

**ENERGY WORK
BASIC
TRAINING
MANUAL
ESP**

ENERGY STRENGTHENING PROCESS

FREE VERSION

SECTION 1

PRACTICAL

DECLASSIFIED

**RICHARD WICKES
WICKES WAY**

Energy Work

Training Manual

FREE Version

Section 1

Practical

Wickes Way

ESP

Basic Training

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Dedication:

Emma

Acknowledgements and deep thanks:

Firstly Dr Peter Yeung, who read, corrected, questioned me as well as inspiring me at times.

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Obviously my teachers, but specifically Dr Kam Yuen, who made incredible advances in this field. Dr Lu JinChuan taught me so very much about energy and to observe nature, without judgement.

My reader who puts this into their lives and helps other people is deeply thanked by me and all my teachers.

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Prologue

Where should I start? I want to summarise a story of how I came to write this book. I want to explain why I chose to name this method ESP and what I can see against the name. There's a number of big topics rolled into one. This method outlined here is to many observers a knock off version of Yuen Method. I was a master student of Dr Kam Yuen. I understand that. Dr Kam Yuen was a fantastic healer, marketeer, and creator. In my opinion he was a genius. He put many many things in the public domain including the centreline strengthening of Yuen Method. It is not copyrighted and not secret, it is shared freely on Youtube. ESP has distinctive features. It has philosophy, theory and ethics.

What is Yuen Method?

What constitutes Yuen Method? Yuen method and many of the names used afterwards including Yuen Master etc. is centred around some basic assumptions. You need to strengthen the centreline. You need to delete whatever is weakening the centreline. Yuen Method has no theory or philosophy.

No theory or Philosophy

If you are Christian, Buddhist etc you might have concerns about the philosophy of an energetic practice. Dr Yuen avoided this by publicly defining Yuen Method as having no theory or philosophy. He refused all discussions and debates about these topics, wisely I might add. There is an irony that having no theory and philosophy is a philosophy.

Powerful and Mysterious Practice

The theory of Yuen method is implicitly that our centreline strength or weakness will predict health, sickness, abundance, attitude, prospect and much much more. This centreline is an imaginary line in the centre of our body. Just by putting thought energy there, miraculous changes take place. The centreline is central to Yuen Method. However, when Dr Yuen would talk of groups or organizations, he would strengthen the centreline of the group. This is an imaginary line that doesn't exist in the same definable way our own central axis does. In other words, it may indeed not be about the centreline. How mysterious? It may all be about an inimitable place, energy, intention. Regardless of this strengthening the centreline has a lot going for it as a theoretical practice for resetting energy. Dr Yuen never gave an explanation.

Dr Kam Yuen was a Kung Fu master. His discovery of the importance of the centreline, probably developed from the importance that Kung Fu puts on the centreline. Although Chinese Kung Fu tradition is very varied. It does have a central ethos of loyalty to the teacher. The teacher is highly highly respected. As a student develops it is possible that he or she will develop their own style. This style will always acknowledge the original master and will often include techniques and even whole forms from their lineage. Indeed lineage is a key term. It refers to a family. Equally the early students of a grandmaster have a different development trajectory than later ones. We see this in the case of Wu Style TaiJi (I practice Wu Style TaiJi). Wu style is openly based on the Yang Style. The founder of Yang Style taught the Wu family. Accumulated insights and developments by the Wu family led to changing the name to Wu style. The two families remained in good relations. I heard the Wu Style Grandmaster say, we owe everything to the Yang family.

A Vacuum exists when a master dies.

In Summer 2023, Kam Yuen died. Since his death there have been no major podcasts, promoting his lifework. The named ancestor of Yuen Method, hardly even mentions his name on publicity material, website, press kit etc. I can't know the meaning of this. It is open to speculation.

Also, according to Kung Fu tradition, a new Grandmaster does not automatically inherit students. So far as I have noticed there has been silence about any developments or public teaching of Yuen Method. I sincerely wish them luck with all my heart.

ESP

It is important to honour our predecessors work, dedication and inspiration. We are all standing on the shoulders of others in some way, be they giants or dwarves. The early expression for psychic powers was "Extra Sensory Perception". At the time I was writing, I felt ESP was a dead expression. It seemed a positive name had gone. I wanted to honour the researchers and pioneers in the field by naming this method ESP. Sadly, I later discovered that a cult called NXIVM has also borrowed the terms (Executive Success Program). I am a cult mind control survivor. I have a strong ethos to avoid becoming a leader of that kind of organization. You can see the irony in that. I have a strong commitment to self-regulate that my work be supporting , independent and critical.

ESP blends Kam Yuen's work with his Yuen Method and brings a theory and philosophy inspired by the works and teachings of Dao by Prof. Lu Jin Chuan. Where does that leave me? I brought it together and with years of practice, like the Kung Fu masters say, I have made it my own.

Finally an ethos sits with me. It was something a teacher said on a TV show. Do your best to help others. This is central for me. We are all in this life, world, existence together. Helping each other is also helping ourselves. How can we potentiate this? For me the answer is: "help others, help others".

Help others²

Unit 0 Introduction to this section:

The following training manual section is a guidebook. It is also a transient document. It is so subject to change. As you will know from your own life, we grow and change. My friend Victor Geronimo, a student of Grandmaster Kam Yuen told me an anecdote of our teacher. Kam Yuen was teaching a class and absolutely nothing he said was in the class documentation. One student pointed this out and he said, the method changes every week. I can't keep up with it. The lesson here is not to confine yourself to the method, or a book, or a belief. This is the subtext of this training manual. This is not the final version, it will always be a published draft.

If that is the case, why do we have a training manual. This is simple. We all need reminders of where we came from. In my own experience with over forty years in Chinese Kung Fu training, the basics are godsent. By going back to the basics again and again we notice small things. Another reason is we are often cursed; the curse of knowledge. This phenomena in psychology is what we call it when an expert has great difficulty in explaining something to the beginner. The expert will assume it is easy. The expert forgets the difficulties he faced

Unit 1 How to use this section

This training manual as a whole is meant to accompany personal attendance in an online or in-person training in ESP. It is supposed to be guiding and explaining the topic in detail. If someone already has previous experience in energy training, it should also make sense.

This reference book is for beginners but will also be useful for a seasoned practitioner. The assumption is that you are working on a problem with a client or yourself and you are either stuck or in need of guidance.

In the appendix, I will include bullet point reminders of concepts that you should know. However, a beginner or even a master can easily overlook them. It is beneficial to revisit them as there is a lot in the basics. I can't state this enough. There is immense value in revisiting the basics over and over again.

I do not assume you are learning this without a training course. There are too many risks of misunderstanding, misinterpreting, and twisting the information given here, even though the basic concept is available online for free.

The Unit "Quick Start Wickes Way ESP" covers the basic process in ESP. This is exactly the same as the free guide on my website (www.wickesway.com), but may differ over time.

The general structure of each unit in this section:

- Briefly introduce the topic.
- Give some practical tips about the topic.
- Give a short list of things to check if applicable.
- Include any common cross-connections with topic if applicable.

As-if

Let's face it. Nobody fully knows or fully understands reality! We have lots of experiments and science to help us understand it. But honestly, science

is regularly being updated, or, in other words, being shown to be erroneous. We are all acting **as if** we understand reality. These two words “**as if**” are key to understanding and doing energy work. We act **as if** we understand energy work too. We open ourselves to our creativity and fun by joining in this make-believe. In our world, we have done things long before we understood the science behind it. We had wheels before we understood the value of Pi and mechanics. We could eat before we understood digestion and nutrition. We could speak before we learned grammar.

Read this manual and don't believe it. Believing isn't necessary. Follow the instructions with the “As if” mantra.

“As if” Mantra.

I will strengthen and delete **as if** it is going to help.

I will activate my insight **as if** it's going to work

I will tell people something **as if** it is real.

I will also tell people I am in the **as-if-world**.

As you might already be able to tell, don't take your energy work too seriously. Let its results be your guide. But remember the body responds to an imagined juicy steak, in the same way as it does to a real steak. It's **as if** the steak were really there!

Be Practical, Start with Doing.

Remember that in order to do ESP, you are not healing, you are not practicing therapy, you are not guiding a person, you are strengthening and deleting energy so that it will return to its original neutral nature. (There's a fairly detailed explanation of the rationale behind ESP in the Theory of Energy Section.)

Don't let it go to your head

Any advice you give to someone is NOT ESP or included in this method. People, and I include everyone, have a tendency to let power go to their heads. Just because you can delete people's pain or relieve them from their problems, does not qualify you to give advice. Keep yourself neutral about the outcome of sessions and what people do in their lives.

Also knowing a little bit about energy does not make you an expert on energy. The more you research this topic the less you can say about it definitively.

Please see the “Practitioner Notes Section” for more ideas about how practicing energy work can affect us as a practitioner.

Unit 2 Quick start to ESP (Energy Strengthening Process)

Give this a try to experience of ESP.

The Goal: Bring the person to energetic neutrality (in relation to their problem).

The Principle: In neutrality your energy is natural and free flowing. Flow is integral and needed to optimize life.

The Practice:

Find what is weakening the energy of the person at the centreline.

Afterwards, Strengthen the centreline and also delete what's causing the weaknesses at the centreline.

Follow these 3 Steps:

1. What's the problem?
2. What's causing the problem ?
3. Strengthen and delete.

Are you done? Is the problem fixed?

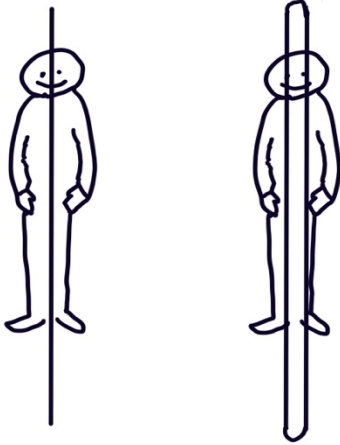
Step 1 What's the problem?

Connect to the problem and notice how you feel. This can be anything including physical pain and emotional stress. There is no need to go any further to explain or analyse. Just connect to the problem and notice how you feel. That's it.

Step 2 What's causing the problem?

We are not interested in reasons, logic or understanding. We are interested in accessing direct insight to get to the root cause of the issue. To obtain this, you simply stop all thought and then ask yourself - "what's the cause of the problem?" The **feeling** you get after that is the answer.

Step 3 Strengthen



Imagine a line from the top of the head to the crotch. Suddenly expand the line as if it were a long balloon. Do this in a flash (instantly). Now delete with the intention to delete or restart the centreline. Another option is you can also do the same long balloon action in a flash.

Are you done?

Is the pain/problem still there? If it is, go back to step 2 and repeat each step until there's an improvement.

Learn More...

Go and visit my website for other training opportunities.

Sign up to my email list. (put this on its own line)

Please send your results to me at:

Wickesway@gmail.com

You can also get a free list to help with Physical Strengthening at:

www.wickesway.com On the website, you will also find out about other certification programs as well.

Contact for personal sessions:

WhatsApp: +852-91603064

Facebook: Wickesway

Youtube: Wickesway

Line: richwickes

Unit 3 - Before and After a session:

We have said that there is a basic structure to energy work. Before we even start a session there is an effect. It is explained in the Theory of Energy section, simply said energy works under different time-space rules.

Preparation for yourself:

You need to be strong to all topics that can arise.

You need to be aligned with yourself.

You need to be strong to all results of the session.

Preparation for your Client: (i.e. your client should be strong to)

All outcomes.

Paying.

Go through a preparation checklist for example in the Appendix

Defining the problem and getting baselines.

Ending or closing a session

After a session ends, all kinds ecological changes need to be taken into consideration. How will family, friends, ancestors deal with the energetic changes?

Use insight and strengthen and Delete to ensure the longevity of neutrality at the centreline.

Checking times, and spaces, past present and future.

Cross Reference to list in appendix:

Pre-session

Closing a session

Unit 4 Insight

Insight is the term we give to non-knowledge based knowing. Getting insight is the process of accessing this knowing. The process obviously requires the knowledge of the steps. You are also developing a capacity to listen to the difference between your knowledge and a level of self that gives you a knowing. It is important to highlight that this knowing is NOT a diagnosis in any medical sense. You are learning to access a different level of consciousness.

In the beginning you aren't going to be familiar with this way of knowing. Most probably you are used to knowing because someone told you something, or you read it somewhere. This way of knowing is probably going to be unfamiliar. You aren't going to trust it and honestly you shouldn't. Just act **as if** it's right.

General Steps to Accessing Insight:

1. Word the question carefully. You get what you ask for. For example, Why is my friend sick?
2. Stop thinking for a second. (this might be an **as if** moment.)
3. Wait for the first response. Do not judge, edit or expand the response.

Insight is probably the most useful tool in this book. You can use insight in all areas of life and as you develop it, it becomes a skill. It becomes automatic in many cases too.

Practical application of insight in a session:

1. Word the question carefully. For example, For this person's headache; what do I need to strengthen to get to neutrality?
2. Stop thinking for a second.
3. Wait for the first response. Do not judge, edit or expand the response.
4. Muscle test the response. (See the relevant Unit)
5. If strong, go back and question insight again with the intention for more clarity. If weak, strengthen at the centreline and retest.

Insight is mostly a symbolic representation of something valid. It may not be true or even correct. We look at the nuances of true, correct and valid in the Theory of Energy Section. The most important thing is finding

something which strengthens the centreline towards neutrality in relations to the problem.

Common Phrasing of Question to Access Insight:

1. What do I need to strengthen at the centreline for “client” to be neutral to their problem?
2. Why is this problem persisting?
3. What does the client need to be sustainably Neutral to their weakness?

Insight can be muscle tested to check it for subjective validity. (See unit on Muscle testing.)

Unit 5 Defining the problem

In traditional therapy the client wants you to understand their problem. This is because they are normally thinking that they will get cognitive insight that will solve their concern.

The client talking about their problem gives you the following benefits:

- Empathy
- Understanding the history
- Understanding their goals
- Understanding their wishes

The disadvantages are:

- You can easily take sides, thus losing your neutrality and impartiality.
- You spend a lot of the clients time and, therefore, money on talking and eliciting bad feelings, It is better to spent time on strengthening and deleting the weaknesses causing the problem.
- The client normally doesn't understand their problem from an energetic level, whereas you are only interested in it from an energetic point of view.
- Thinking and talking about problems will normally elicit bad feelings, emotions, thoughts.

What is the “problem”?

The “problem” is what the client thinks the problem is. In nearly every case the wisdom of Dr House from the TV series House is true, “Everybody lies!” This doesn't mean that people intentionally mislead the doctors. It mostly means that if they knew how to solve their problem, they would have solved it already. It seems that their main problem is truly not knowing what the problem is.

Brief summary

Ask the client for the shortest summary of the problem they can make.

Reduce the problem to a single sentence. This has the effect of:

- It cuts out the drama.

- It concentrates the focus and attention.
- It reduces thinking and overthinking.
- It can be repeated to retest for changes easily. For example: I hate my boss as a statement can be easily repeated and checked for congruence.

(When your client uses words to describe their problem, it is very useful to see if any of the individual words are weakening the client at the centreline.)

Baseline of the Problem - Elicit the level of the feeling.

When the client says the briefest summary of their problem, what body part has a feeling?

Many clients have a lack of body awareness. So to elicit clarity they need a little coaching.

It must be clear to them that if they have no physical reaction to a thought then it is not a problem. We only know something is wrong because we feel it is wrong. Thus even though they might not have registered where, their body has reacted to the thought of the problem.

Ask them to think of the briefest summary of the problem and notice the first body part. Do NOT ask them how they feel. Asking them how they feel will often only result in a flow of explanations and logic. It will spend time better used to strengthen them at the centreline.

If they cannot feel anything. Ask them to think of something relaxing or neutral first then try again.

Normally they will notice a change in feeling in the body.

This must be a single point. This must be a point on, in or around the body.

- The body may have many feelings one after the other.
- The feelings will start at a single point.

Ask them to give a number between one and ten for the intensity of the feeling. (it is useful to give them the guidance, one is the lowest intensity and ten the highest). This number is your baseline value.

Make a note of the location and level of the baseline value.

Referring to the Baseline:

When you have strengthened the Energy, you will recheck their baseline value. This means checking for any changes in intensity or location.

- A change in location means the original location is a zero
- A change in intensity up or down means we are changing the energetic structure of the problem.

Unit 6 - Strengthening Energy at the Centreline and Deletion Processes:

The centreline is a line from the top of the head to the crotch. Putting energy into this line using the following methods will strengthen it. The energy in the centreline is omnidirectional, so it doesn't matter in which direction it is strengthened. You can strengthen from up to down or from down to up.

Why we Strengthen the centreline.

Why do we strengthen the energy at the centreline? As explained in the "Theory of Energy" section, the centre of anything has special powerful properties. We are strengthening at the centreline primarily to get a state of neutrality. In other words, the state of neutrality is a kind of non-attachment of inner peace and freedom towards whatever topic we are working on.

How to do it Using your intention:

ESP Original Methods

Imagine a tubular structure like a windsock running the length of the centreline. Suddenly expand the whole tube in all directions. It's like a hose suddenly filling with water.

Method 1

(reference and respect to Dr Kam Yuen – public domain

https://youtu.be/gaqq6wyr0nE?si=d_kfwloLPleW7r_Y)

Imagine a sudden impulse running through the centreline. It can be a flash or a bolt of electricity. It doesn't matter what it is. It must be fast and linear.

Method 2

Imagine a zip in your centreline. Fasten the zip. As you close the zip you are strengthening your centreline. Again, the direction up or down doesn't matter.

Method 3

Pull the anus inwards and upwards towards the head. The intention is towards the top of the head and beyond.

Deletion

What is deletion? Firstly, it is a word. (We go more deeply into why words are important and the importance of deletion in the Theory of Energy section.) Secondly, it is based on the idea that we can return an energy to its most natural state. This state is just after it is “born”. So the intention is to return to primal.

The words used to facilitate this energetic change are Eliminate, Free, independent, release and protect.

Long Form:

Eliminate - all weaknesses at the centreline

Free - the person from all weaknesses at the centreline

Independent – make the person completely independent from the weaknesses at the centreline

Protect – the person from all influences in the future.

Shorter form: Eliminate, Free, independent, Release, and Protect.

Shortest form: Delete

How to Delete:

While strengthening, intend the deletion of the weakening element in the centreline. You can also delete the centreline. The centreline will restart itself.

Unit 7 Muscle testing Checking the Energy at the centreline:

The purpose of muscle testing in ESP is to do a status check, did we make a difference?

Muscle Testing and insight:

Another use of muscle testing is to get feedback on your insight. If you got insight to a question relating to a weakness or a problem. It is useful to know if the person is weak to the insight. If they are not weak to the insight, you might want to check how you have interpreted your insight, or if the insight is related to another person. So muscle testing is a way to get subjective support for your insight.

We do muscle testing before the strengthening and after the strengthening. This allows us to find out in a very subjective way whether the centreline was weak before the strengthening and if it is still weak after strengthening as well. Although I use the term muscle testing, in my personal practice I don't do it in the traditional sense. I use my mind to do the same thing. There are many muscle testing instructional videos available on YouTube. Please go and learn the traditional way to do it there. After, you can read more below to learn the way I do it. A big advantage of muscle testing in your mind, is that we avoid straining the physical muscles. Another advantage is that we also develop a sense of what is weak. Over time and with practice, this becomes more and more instinctual.

Another use of muscle testing is to get feedback on your insight. Let's say you received insight to a problem. It is also useful to know if the person is weak to the insight. If they are not weak to the insight, you might want to check how you have interpreted your insight, or if the insight is related to another person. So muscle testing is a way to get subjective support for your insight.

Method 1 is to give yourself the experience of what is weak or strong at the centreline.

Method 1- muscle testing with balance:

Stand in balance facing north south or south north.

Say a true statement and notice how your balance changes.

Say a false statement and notice how your balance changes.

To expand this exercise include Make a list of arbitrary things. Make a couple of statements you know to be true. You can make a list of your own or use the list below. As you say each item on the list, notice how your balance changes. Do you move forward or backwards? Normally people are strong to the truth, so that is your baseline for strong and weak:

- a. True – I am standing.
- b. Untrue – I am sitting.
- c. Banana
- d. Bluetooth
- e. Green
- f. Left
- g. Right

The results are telling you if you are weak or strong to a thing or statement at the centreline.

Method 2 – muscle testing yourself in the mind:

1. Using an imaginal image of a petrol gauge in a car, with the intention that it should show energy, fullness or emptiness, strength and weakness.
2. Say true statements and visualise this gauge. Notice the reading on the gauge.
3. Say false statements and visualise this gauge. Notice the reading on the gauge.
4. Repeat using different foods (butter, margarine, oranges, apples, pork, chicken, beef, duck, fish etc).

The results are telling you if you are weak or strong to a thing or statement at the centreline.

Method 3 – Muscle testing for someone else:

1. Using an image of a petrol gauge in a car, with the intention that it should show energy, fullness or emptiness, strength and weakness.

2. Think of any other person, organization, group, country, planet. Using the following steps with the intention to know if they are weak or strong to the statements or things.
3. Say true statements and visualise this gauge. Notice the reading on the gauge.
4. Say false statements and visualise this gauge. Notice the reading on the gauge.
5. Repeat using foods.

The results are telling you if you are weak or strong to a thing or statement at the centreline.

Note: Muscle testing is not the basis for any kind of medical advice. We have all heard of the horror stories of some psychic telling people they are healed, and the patient then dying of an avoidable sickness. **Do not ever give medical, legal or financial advice based on ESP.** Just stick with getting results. See Practitioner Notes.

Unit 8. Resources

Sessions:

Richard offers group sessions as well as personal one to one sessions.
Connect with me (see below).

Training:

I am building a network of powerful energy workers with

Online and in-person courses:

ESP Basic

ESP Pro

ESP ProMax (3Day class covering Basic and Pro topics)

ESP Master – Deep dive into ESP

ESP Master Teacher (deep Dive into Energy Work)

Join a training.

I publish classes on my website and on my social media.

Teachers and training are listed on my website. Please connect with me if you want to learn. I want to teach you.

I strongly suggest you get training from a certified ESP Trainer found on my website. Some people in the energy work area suffer from the Dunning Krueger Effect.

Find a Practitioner:

Please go to practitioners List on my website: www.wickesway.com. N.B. certified practitioners are highly qualified and keep their certification up to date with biyearly training.

Connect with me via:

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