

Quick start

If you want to get an experience of this energy work method, give this a try. Like so many things it is nuanced and yet with a little knowledge you can get quite amazing results. There is even a “beginners effect” that is on your side. Your lack of experience work in your favour. So please be brave, you have nothing to lose.

This is a great place to start. You can do this on yourself or even with a friend who is open to try something.

The principle is to strengthen the energy at the centreline to a weakness. Then to reconstitute the centreline using the concept “Delete”. This is like restarting your smartphone or computer.

Go into this with an open mind. There’s no need to believe. Just be open to the results you get.

Defining a topic

Think of a problem.

This can be anything! The complexity of the problem doesn’t matter. We aren’t interested in explanations. We are interested in boiling it down to its essence. Define the problem in the shortest sentence possible, that makes sense to you.

Your topic can be Pain: Pain – define a pain point. Start with just one.

(If possible, attribute a number to the physical sensation you have when saying the sentence). This is harder than it seems. Most people these days are not so in touch with their bodies.

But if possible you find the first physical reaction to the disturbing sentence.

The Level: Give it a number out of ten.

So normally an intense feeling is a higher number and if you have no feeling it’s zero. This is like a benchmark value. It tells you if there has been a subjective feeling of change.

Strengthening and Deleting:

With the intention to strengthen centreline (an imaginary line from the top of the head to the crotch) of the person to the problem, do one of the following:

- Imagine a flash of light traveling lightning fast up or down the centreline
- Tense the anus upwards
- Bring both palms together in front of the body. Quickly from the lowest reach to the highest point.

As you do one of the above your intention is to strengthen the centreline to the problem. Repeat this one more time with the intention to Delete it. Deletion means completely eliminate it, to bring it back to its primal state. To bring it back to before creation.

Even after one process there can be an immediate improvement. So check **The Level** out of ten.

- You learned how to define a problem
- You learned how to strengthen and delete at the centreline.

Now maybe you want to activate your insight:

Insight:

Insight is attained from going to the root of unjudging consciousness. This normally manifests as a feeling.

Ask yourself what do you need to strengthen and delete at the centreline to be in complete balance to the problem.

Stop thinking

What came up before you could comment or change it in your mind? That's your insight.

Strengthening and deleting to Insight:

With the intention to strengthen the centreline to the insight repeat the strengthening and deleting process.

Recheck **The Level**

Sub-sessions:

When we don't get any more results we need to **go into the layers**. This involves subsessions. To go into the layers we need to muscle test. Originally, the muscle test associates the strength of the centreline to the relative strength of a muscle. Now it is adapted to an image we create in the mind.

Make a simple image that in its normal state has a variable form. It can be a flower. A flower can be blooming, drooping, shrivelling etc. I like a fuel gauge. It can be low on petrol, empty, half-full, full etc.

Test your image, with the intention to see the image as a weak strong representation of the energy at the centreline, by thinking of various arbitrary things. For example:

- Numbers
- Colours
- Fruits
- Foods
- Brands of Smartphones

Each time you ask yourself am I weak or strong to this thing. Look at your image in mind and see if it has changed. Unless it is in a perfect state it is called weak.

Go into the layers

When you are strengthening something, after strengthening and deleting, do a muscle test. If it is still weak despite strengthening we need to go into the layers of the insight. In most cases this means getting an insight about the insight.

For example:

Read this example as the numbered steps of a very simple and short session. Notice that it is not a dialogue with another person. The energy work is done quite alone once the initial level of feeling has been given.

Topic: Elbow pain, level 4/10

1. Insight: throat
2. Muscle tested throat is weak
3. Strengthen and delete “Throat”
4. Retest with Muscle test the throat it is STILL weak so we need to **Go into the Layers.**
5. Ask Insight on Throat weakness – an unresolved argument
6. Muscle test unresolved argument – weak
7. Strengthen and delete –“unresolved argument and throat” as one weakness 8. Retest throat. Now it is strong
9. Ask how the elbow pain is.
10. The pain is now 2/10

Now you have the shortest and fastest way to get energy work results.

Try it out.

Your feedback, questions and results are important for me and other people. Your feedback and results help us to improve presentation.

Your feedback and results can provide data and inspiration for more scientific research into the area.

Please send your results to me at:

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You can also get a free list to help with Physical Strengthening at: www.wickesway.com

There you will also find out about certification too.

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