

A person is seen from behind, standing in a field of yellow wildflowers. Their arms are raised in a gesture of joy or freedom. The sky is bright and hazy, suggesting a sunrise or sunset. The overall mood is one of happiness and liberation.

7 Steps to Happiness

Your Guide to Freedom Without Limits

Brent Phillips

7 Steps to Happiness



Brent Phillips "The Mind Hacker" is an internationally known healer, speaker and best selling author; the media has called him the "#1 most powerful American healer and spiritual teacher."

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Knowing his life path was fortuitously altered, he then spent years studying with various master healers and spiritual teachers to discover and reverse-engineer the scientific laws and principles underlying miraculous instant healing, mind power, financial abundance, loving relationships, and even enlightenment.

He has created thousands of miracles for students and clients around the world, enriching their lives and helping them to achieve freedom without limits in all areas of life using the state-of-the-art Awakening Dynamics spiritual technology.

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**This book is dedicated to
the light of my life, my son
Robert Jay Phillips.**

WARNING:

**The contents of this book
can change your life!**

**Please continue reading
ONLY if you are ready for
serious transformation...**

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Introduction: The Unseen Advantage

According to the Cleveland Clinic, 80% of everything positive you try to accomplish, every single day, is sabotaged by unseen forces that create negative thoughts and drain your personal power.

And guess what? If you live like most people, you won't experience much happiness, and you won't feel truly free.

In the extreme, these unseen forces can create a medical crisis, an injury, a job loss, or a divorce, and can even be life threatening. But more commonly, these same unseen forces also fill our day to day lives with seemingly non-stop struggle, stress, setbacks, and obstacles.

Have you ever thought "Why does it have to be this way?"

Have you ever thought "Why can't things ever be easy?"

Have you ever thought "Why is this happening to me?"

The blunt truth is that as long as you are unaware of these unseen forces or don't know how to work with them, you will be at their mercy, and getting anywhere in life will feel like slogging through tar.

Most people experience very little genuine freedom in life...but it doesn't have to be that way!

The good news is that this book is designed to be your guide to a new life, where you can experience bliss on a daily basis and achieve total freedom from the external forces that have been making us miserable.

In the past, it was just accepted that life was hard and full of struggle, pain, and loss, and most humans – even with access to modern technological marvels – live lives dominated by quiet desperation.

In the past, there was no alternative to the constant struggle and stress, because there was very little understanding about these forces or how to overcome them and achieve freedom.

But now that's changing! Now - for the first time in human history – you now have the ability to learn to recognize and harness these unseen forces; you can put them to work for you to create a spiritual life full of health, wealth, and love, and truly create freedom without limits!

Do you want to change the script and learn how to recognize, discover and master these unseen forces and experience freedom without limits?

Do you want to learn to use these unseen forces to your advantage?

Do you want to experience freedom without limits?

Are you curious to discover how an MIT trained engineer “cracked the code” to the power of the mind?

Can you imagine how much more awesome your life will be when we've shared the 7 Steps to Happiness with you?

Your happiness and freedom has nothing to do with politics, the government, your job, or the people in your life who wear you down. Sure, those things don't help, but around 40,000 times per day you're suffering from a force five times more

harmful than all of these other opposing forces combined: your own negative thoughts and destructive behaviors.

And don't worry, I'm not talking about yet another version of the same old tired Law of Attraction/positive thinking/mind power material; if you are like me, you know that stuff doesn't work! I've personally spent many years and wasted a small fortune on various positive thinking, mind power, wealth building, and Law of Attraction programs, and I've always come away disappointed.

However, the one thing these kinds of programs get right is that there really are unseen forces that control our lives, and you really can learn to harness the power of your mind to improve your life and achieve incredible freedom. There really is a technology to consciousness and spirituality, and if you use it properly, you'll see amazing results!

The Law of Attraction can work to leverage these unseen forces, and it really can be used to manifest wealth, heal your body, or find love; the problem is that pretty much all the available Law of Attraction material uses primitive consciousness technologies that just aren't up to the job.

For example, expecting that saying mantras will magically make you millions of dollars is pure fantasy! That's about as likely as getting a paper airplane to fly all the way to the Moon: the technology just isn't anywhere near good enough to achieve that goal.

If you are serious about taking the 7 Steps to Happiness and actually seeing real results in your life, please start right now

by forgetting everything you've learned in the past about manifesting and the Law of Attraction!

I think you'll find that the difference between popular Law of Attraction programs and what you'll learn in this book is like the difference between a pocket calculator and a supercomputer!

Chapter 1

Step #1 to Happiness: Find YOUR Path to Freedom Without Limits!

In our modern world, there are so many demands up on our limited resources that most of us rarely have time to reflect on such seemingly tangential aspects of life such as how happy or free we are. However, I think you'll find that achieving genuine freedom without limits is actually pretty simple: you just need the proper spiritual technology to make adjustments on the inside so that you can stay connected to abundant happiness and freedom, 24/7, every day, no matter what!

But most of us get so distracted by life's problems that we miss the big picture. After all, if you have bills to pay, a job (or two!), children to take care of, and/or a million other things to do, how much time can you really afford to spend on something as impractical as increasing your personal happiness and freedom?

Like many self-improvement and spiritual pursuits, the powerful truth is that you **can't afford not to**. Indeed, the quest for happiness is so fundamental to the human condition that it is named as one of the three inalienable rights of man by the writers of the Declaration of Independence, which are **life, liberty, and the pursuit of happiness!**

Further, all of our modern political systems are built on a foundation of freedom, where we believe all people – regardless of age, gender, race, etc. – have a right to freedom and self-determination.

Isn't it pretty amazing that happiness and freedoms are the cornerstones for modern democracy, yet so many of us are missing out on both in our lives?

The sad truth is that, all too often, the busyness of modern life leads us to lose sight of the forest for the trees. In other words, we forget why we do all the things we do.

After all, when was the last time you paused to think about why you have a job, work hard, stay in shape, eat well, date, develop relationships and friendships, pursue hobbies, or enjoy entertainment?

I encourage you to take a moment right now to stop and dissect your motivations! I'm confident you'll find that the core, underlying motivation for everything you do is rather simple: you want to be happy and free!

As an example, let's take a look at the modern obsession with money. **In our current society, money is truly our god, and we worship at the altar of commerce.** No matter how much or how little money we have, we all want (and often think we need!) more money. In fact, we take it as an axiom of modern life that **money is good and more money is better.**

As a result, it is readily accepted - without any explanation required - that it is okay (even admirable!) to do something you dislike, or even hate, to get money. How often have you missed out on a party, or a barbeque, or concert, or a game or an artistic performance or a social event because you had to work? I'm not saying this behavior is bad or wrong - most of us are not insane and there are valid and important reasons for why we do what we

do - but all too often we sacrifice what is truly important in our lives because we think we need the money.

But why exactly do we really need the money? The most typical answers involve the so-called necessities of life; we need money to pay the rent, or to buy food, or put gas in the car, or to buy clothes, or to pay for medical care. Other answers stray closer to leisure and involve hobbies or entertainment. **But none of these things is an end in itself.** After all, why do you think you need to pay the rent? Or to buy clothes? Or to pay the electric bill? Or to repair your car? The answer is always the same: because if you don't, you think it will make you feel bad, or you'll have to do something you don't want to do. In other words, it will make you unhappy and/or cause you to lose freedom!

If you are really honest with yourself, the underlying reason you want all the things you want is simple: you want to be happy and free! Of course, there's nothing inherently wrong or bad with wanting money, or food, or clothes, or a big house, or a fancy car, or world class medical care, or great entertainment. But really, the reason underneath the wanting for all these things is usually the same: you want to feel good...you want to be happy and free!

Your life will function better if you can tell yourself the truth and recognize that - more than anything - you want to be happy and free. And instead of taking the circuitous, indirect route programmed into us by society – in other words, grow up, get an education, get a job, buy tons of stuff, get married, etc. - why not cut to the chase and see what you can do to be happier and free right here, right now in this moment?

And in case you may think that the quest for happiness and freedom is a distraction, or superfluous, or flighty and whimsical, let me put your mind at ease by emphasizing a critically important point:

The fastest way to get just about anything you want in life is to be happier and free, right here and right now!

This may seem counter-intuitive at first, but upon further inspection you will find a powerful truth.

Let's take a moment and look at what we might call the "big three" desires: health, wealth, and love. I call them the "big three" because they are the three things that most of us think we need before we can be happy. Below, we'll examine each of the "big three" in turn.

Let's start with health. It is said that if you don't have your health, you don't have anything. As someone who has spent many years living in chronic pain and disability, I can vouch that this is correct! But when we think about what it takes to get healthy, most of us get it backwards: we think that we need to be healthy before we can be happy. This is not true!

In fact, study after study has proven just the opposite: instead, **the fact is that the happier you are, the healthier you will be.**

Plus, it should be obvious that if you don't have good health, then you don't have real freedom, no matter how much money or fame you may have.

It is now widely accepted in the medical community that if you are generally happy and able to laugh a lot, you will be

healthier. In particular, your immune system will be stronger, you will be less likely to get sick or suffer from chronic diseases such as cancer and diabetes, and you will heal more quickly from injuries. Studies done in the blossoming science of psychoneuroimmunology offers ample proof of this connection.

In fact, some dangerous diseases that ruin many lives are caused by an underlying unhappiness that typically persists for decades before it manifests as physical illness.

So if you really want to be healthy, get happy; it works!

Next we'll look at money. If you are new to New Age thinking and the Law of Attraction, you may not immediately see the connection between happiness and wealth. However, those of you who have studied this material know that all the wealth building gurus - everyone from Napoleon Hill to T Harv Eker to Chris Howard - teach that **in order to generate serious wealth, you need to follow your bliss.**

While you may be able to make a living doing something you hate, know that it is unlikely that you will strike it rich!

To put it in another way, your income is often directly proportionate to how happy you are doing the work you are doing. **If you love what you do, and if you can bring passion and focus to your day-to-day duties and responsibilities, you are well prepared to make tons of money.** As with health, it's really that simple: the happier you are, the more money you will make!

Isn't it ironic, then, that most of us cite a lack of money as the main reason we aren't happier?

And isn't it ironic that financial struggles are the primary thing that seem to keep us from living lives of genuine freedom?

Hopefully now you can see more clearly how society has programmed you with a paradigm that is totally backwards and directly opposed to the truth of how the Universe really works!

Lastly, we'll consider the subject of love. For many of us, an intimate romantic relationship is considered a requirement to be happy. In fact, our language reflects this attitude, because we often talk about a significant other as someone who "makes us happy." But as with money and health, conventional thinking is backwards, because love, romance, and sex do not create happiness or freedom. Instead, the opposite is true: happiness and freedom attracts love, romance, and sex!

If you doubt this, think for a moment about what makes you attracted to other people, or even just what makes you like them. It's pretty simple: if you are around someone that makes you feel good, you will like them. On the other hand, if you are around someone that makes you feel bad, you won't like them; and unless you are seriously depressed, you'll feel better around happy people. So, as with health and wealth, if you desire more friends, more romance, and more people to like you, the solution is simple: get happier!

You see, when you can achieve happiness no matter what is happening around you, and how you feel is no longer a victim of external circumstance, you have achieved total freedom. Period!

In summary, it's important to recognize the real reason why you want the things you want in life, and it's nearly always to be happy and free.

Even things you do for other people have an underlying selfish motive. Namely, when you do nice things for other people, it makes you feel good. It makes you happy! (There's a reason why every spiritual tradition emphasizes the importance of service: serving others is the fast track to happiness and freedom.)

And if you can be happy and free, right here, right now, not only will you not need the other things to make you happy, but being happy will empower you and allow you to manifest health, wealth, love, and everything else you desire, often quickly and easily, delivering genuine freedom.

And that is exactly why these steps to happiness are important...not only do these steps deliver happiness, but they can also lead YOU to genuine freedom without limits!

Chapter 2

Step #2 to Happiness: Choosing Happiness and Freedom

There was a fascinating article published several years ago (it was featured on the front page of *The Economist*) about a study into what makes people happy. If you are curious I encourage you to look it up and read the entire article, but we'll summarize the list of it below.

Scientific researchers found that happiness consists of three different components:

- 10% circumstance
- 40% choice
- 50% "genetic"

At first, this may seem strange, since we tend to give all of our power to our circumstances. But the study showed that **only 10% of happiness is created out of circumstances!** (We'll delve into this 10% in the next chapter and find that even this 10% is actually illusionary and ephemeral, merely a result of psychological inflation; but for now we will accept the conclusions of the study and assign 10% of happiness as a result of circumstance.)

Even more amazing, the study found that **a full 40% of happiness is the result of a simple choice to be happy.** This is a profoundly important point: your choice as to how happy you

choose to be is four times more important than your circumstances!

People have intuited this truth for centuries, and one of my favorite quotes is from Abraham Lincoln, who observed the following:

Most people are about as happy as they make up their minds to be!

Indeed, happiness is simply a choice! So what about the 50% of happiness that is attributed to "genetics"? In this context, "genetics" means the way you are wired, which you seemingly don't have any control over. However, from the perspective of someone who understands energy healing and the Law of Attraction, you can see that this 50% assigned to genetics is also a choice, but is an unconscious choice.

The 50% genetic component of happiness is a direct result of subconscious belief systems. In other words, it is how you are wired, and – unless you are familiar with subconscious reprogramming - you seemingly have no control over it. After all, we've all known people who are terminally happy, even in the face of the most dire circumstances. Similarly, we've all known people who find a way to be miserable even in the best of situations. But because this 50% genetic component is a result of subconscious belief systems, we know that all of these belief systems that dominate your reality are the result of a choice, usually a choice made at some point in the past. (More details on exactly how new subconscious beliefs get created are provided later in this book when we cover "The Cycle of Life"). It might be a choice that you made as a small child, or maybe a choice made by an ancestor, or

perhaps a choice made in a past life. But in the end, even all of your belief systems are a result of a choice which sank into the subconscious mind and became a belief.

When you know how to reprogram the subconscious mind using the *Awakening Dynamics Tools of Higher Dimensional Living*, that 50% "genetic" component is no longer an immutable constant, but instead becomes something we can change! Thus, even if you are "hard-wired" to be unhappy most of the time, you can use spiritual technology to reprogram your subconscious mind and become a happier person.

From this perspective, then, a full 90% of happiness is a result of a choice: 40% is a conscious choice, and 50% is an unconscious choice. Hence, by using subconscious clearing and downloads, you can actually change your unconscious wiring, leading to up to 90% of your happiness resulting from a simple choice of how happy you choose to be.

In the next chapter, we'll examine how the remaining 10% of happiness is really just an illusion created by psychological inflation. Taking this factor into account means that a full 100% of your happiness is a result of a simple choice!

Wow! If you could live every moment in the truth that you can simply chose how happy to be, how much freedom would that create for you?

It does, in fact, turn out that happiness is just a choice. Of course it doesn't seem that way, but that's part of the grand illusion of life. The tricky part is that, for most of us, that choice is made unconsciously...but with the proper spiritual technology, you can literally rewire your brain and reprogram you

subconscious belief systems to make different choices to create more happiness and greater freedom!

Hence, if you want to be happier in your life, you just choose to be happier. First, make a conscious choice to be happier, many times per day. Second, use spiritual technology such as Awakening Dynamics® to reprogram your subconscious mind to make an unconscious choice to be happy. Finally, enjoy the incredible freedom you've created....that's all there is to it!

It sounds too simplistic to be true, but if you can consistently make a choice to be happier – consciously and unconsciously - your life will transform. You see, your choices to be happy will start an avalanche effect that will deliver an enormous amount of freedom to you!

Chapter 3

Step #3 to Happiness: Understanding Psychological Inflation

Most of us are programmed to believe that we need to manipulate the external circumstances of our lives to be happier. This is reflected in how we often talk about what 'makes us happy' and what 'makes us unhappy'.

After all, few people would disagree that being rich, in love, and perfectly healthy – perhaps while sipping a drink with a little umbrella in it on a beach in the tropics - makes one happy.

Similarly, few people would disagree that the tragedies in life - job loss, divorce, loss of a loved one, bankruptcy, foreclosure, disease, injury, chronic pain, etc. - makes one unhappy.

This seems to be "common sense", but remember that research has shown that only 10% of happiness is a result of circumstance.

Even more fascinating is that when we examine this 10% of happiness attributed to circumstance, we find that it isn't real; it's just an illusion. To be precise, it is a temporary result of psychological inflation.

What is psychological inflation? Let's use an analogy. Say that you are sitting around at home one evening and want to be happier. One way to achieve this (assuming you are of legal drinking age) is to go down to the liquor store and buy some beer.

If you drink some beers, you'll get a nice buzz, and you'll be happier. Mission accomplished!

But is drinking beer really making a difference in your happiness? No; it's a temporary drug effect, because we all know that when the alcohol wears off, you're going to feel worse and maybe even have a bad hangover the next day.

Essentially, you are using a drug to "borrow" happiness from the future, and you'll have to pay off this "loan" by feeling unhappy later.

Psychological inflation is exactly that: you aren't making a meaningful, permanent shift in your happiness, but are instead borrowing happiness from the future. It is a loan to be repaid later during a period of psychological deflation. I like to think of this as "taking a loan from the bank of duality": you can do it, but you'll have to pay back the loan, with interest! (And anybody who has had a bad hangover or struggled with any sort of addiction or dependency knows that the interest rate can be quite steep!)

Indeed, the 10% of happiness that results from circumstances isn't "real" happiness in the sense that it is not a permanent, meaningful change in your mood or feeling, but rather just a temporary effect of psychological inflation.

Let's take a few more examples to make this clearer.

You may have been to positive thinking seminars or seen a motivation speaker. These events are largely an exercise in psychological inflation: usually you will jump around and dance on the stage and high five each other and get all pumped up so that the seminar leader can talk you into buying some expensive program or product that you don't really need. Sure, you'll feel

great when you're at the event, but once you return home and resume your normal life, it will likely only be a day or two before you "crash" from the inflated psychological state and feel crappy; it's almost like you had spent the weekend getting drunk!

Similarly, most of us think that having more money will make us happy, but the underlying truth is that getting more money will simply result in a temporary state of psychological inflation, to be matched later by a state of psychological deflation.

For example, let's say that you are a homeless person, and someone comes and hands you \$100. Most likely you'll be stoked! For a short time, the money will put you into an inflated psychological state, and you will feel happy.

But after you spend the money, you'll crash when you go back to your regular life. And if someone repeatedly gives you \$100 every day, the thrill will wear off, and after some number of iterations, getting another \$100 won't make you as happy as it first did. Instead, to get the same amount of happiness, you'll need more money; at first \$200, then \$500, then \$1000, etc.

Money acts just like a drug: you need more and more money to get the same amount of happiness, and eventually you won't be able to get more money, and you'll suffer a terrible crash.

In engineering, this is called a "negative feedback cycle", which means that if you keep providing the same amount of input, you'll get a smaller and smaller amount of output.

So you can see how trying to manipulate circumstances to make yourself happier can never work - at least not forever - because manipulation of circumstances is not an effective long

term solution! Instead, it is simply playing with psychological inflation. And we all know that borrowing Peter to pay Paul will never get you out of debt!

Hence, even the 10% of happiness attributed to circumstance isn't real; instead, it's just a psychological manipulation, a loan taken from the "bank of duality" where you borrow happiness from the future to experience it in the present. (Of course, it's also possible to take a "negative loan" by taking on unhappiness in the present to experience happiness later; for example, if you bang your head against the wall repeatedly, it will feel good when you stop.)

No matter what you may think, manipulating circumstances can not and will not make you happy in the long term. Period! Yet sadly, nearly all of us run around living our lives as if it will.

Realize that you are up against decades – even lifetimes – of conditioning that tell you that circumstances will make you happy. You don't have to accept the truth offered here if you don't want to, but I think that if you do, your life will be more functional, and you will be happier and experience incredible freedom.

The truth requires no defense...just because you don't think gravity is real doesn't mean you can jump off the roof and fly away!

Chapter 4

Step #4 to Happiness: Overcoming Triggers for Unhappiness

We all experience things that make us unhappy. The usual suspects are things like money troubles, loss of love, injury or illness, or generally any situation where you don't get what you want, or where what you don't want is forced upon you.

From the previous chapter we know that - at the core - happiness and freedom are nothing more than a choice. However, this is easier said than done; we're all human, and we all have triggers that agitate us and make us angry, or fearful, or jealous, or resentful, or any of the other myriad so-called "negative emotions" that we all occasionally experience. If you want to experience a consistently higher level of happiness and freedom in your life, you need to learn to change yourself so that you can reduce or even eliminate the negative effect that these triggers have on you.

In the next chapter on "The Cycle of Life", we'll examine the process by which triggers are created and how they affect us. For now, we're going to focus on what we can do about them!

Understand that nearly everything you experience isn't actually a "real" feeling: it is instead a reactive emotion, synthesized by your subconscious mind as a result of your belief systems. You may initially balk at this idea, but I am confident that once you understand it at a deeper level, you'll find it to be quite profound and quite powerful.

First, I want to define what a "real" feeling is. A "real" feeling is genuine experience of being completely in the moment, wherever you are, and whatever you are doing. **Everything else is a "false" feeling, a reactive emotion fabricated by your ego-mind as a result of unconscious belief systems.**

As an example, let's say that your entire life savings is tied up in an investment, and you find out that the investment has gone bust and you are broke. Even worse, you aren't just broke, but are so deep in debt that you have no realistic hope of ever paying it off and have to go bankrupt.

Please know that I choose this example because this happened to me! And of course it has happened to many other people as a result of investment fraud, natural disasters, theft, illness, or plain bad luck.

In the moment you get the bad news, you are likely to experience some mixture of anger, fear, rage, and despair. But none of these feels is real: they are all reactive emotions synthesized by your mind! The truth of the matter is that in that moment, nothing has changed, other than numbers on a piece of paper or in a computer somewhere. In that moment, losing everything has no immediate impact on what you are truly feeling, only on the ego's reactive emotions.

I acknowledge that, yes, this loss will likely have real impacts on your life in the future, but those things haven't happened yet, and so they are entirely in your head and not yet real. (We'll delve into this concept of living in the future in greater detail later in this book when we cover presence and surrender.)

If you look at this experience more closely, you'll find that the emotions you experience are a result of the meaning your mind applies to the situation. You may tell yourself that you are an idiot, or that you deserve to die, or that you will never be successful, or that you'll have to work until the day you die, or that you can never take a vacation, or that all the work you've done up to this point is all for nothing.

And I know that you may tell yourself these things because these are the sorts of things that ran through my mind when it happened to me! I actually calculated that even if I worked doing private sessions all day every weekend and every vacation day and every holiday, it would take me over 100 years to earn back the money I had lost.

But again, none of these things are real feelings; instead these reactive emotions are all synthesized by your mind as a result of subconscious belief systems about what you think to be true about yourself, the world, and God. And if you can change your subconscious belief systems, you can actually change the emotions you feel!

After all, if you had a powerful belief system that told you that you could make all the money back quickly, then you wouldn't feel too bad, would you? So yes, in fact, the feelings are not real; instead they are a mental fabrication or a "virtual reality", despite how real they feel in the moment!

Psychologists have a useful term for this: emotional reasoning. Essentially, emotional reasoning means that because you feel something very strongly, you assume it must be true.

It's difficult to over-emphasize the importance of getting past emotional reasoning so you can achieve freedom without limits. Quite simply, if you can learn to recognize emotional reasoning as it happens to you and move past it, you can achieve phenomenal freedom, because you will no longer be imprisoned by the powerful reactive emotions created from your mind's unconscious judgments.

Eliminating the impact of these triggers is actually rather simple: you just need to identify the subconscious belief systems that sponsor or create these feelings, and you will feel different, sometimes instantly!

Energy healing using the *Awakening Dynamics*® spiritual technology is a powerful, fast, and effective way to do this, but it is certainly not the only way; find whatever method, process, or technique works for you, and start reprogramming yourself so these triggers don't affect you so much.

I know from personal experience that this process really works. It's not always simple, and it's not always easy; in some tough cases, it may take years of focused effort or require a lot of time or money spent on trainings and professionals. But my spiritual journey has shown me that it really is possible to reduce or eliminate the effect of these triggers so that the stresses of modern life don't affect you as much as they used to, resulting in a happier, more fulfilling life full of choice and freedom.

After all, isn't that why you started doing this spiritual stuff in the first place?

Chapter 5

Step #5 to Happiness: The Cycle of Life

How you ever wondered exactly how exactly subconscious beliefs are formed?

I like to call subconscious belief systems the “software of the soul”, because they are literally the energetic software inside of you that creates and attracts everything that happens in your life, in the same way that the software on a computer creates all the programs you see on the screen.

There is a "*Cycle of Life*" which describes how you create your reality. It is a loop, so there is no particular beginning or end; instead, it is a continual cycle, running over and over again in a loop during every moment of your life.

The cycle is as follows:

**BELIEFS => PERSPECTIVES => PERCEPTIONS =>
EXPERIENCES => BELIEFS => etc.**

We'll start with beliefs, or more precisely, subconscious beliefs.

Whatever beliefs you have create your perspectives, or how you view reality. In other words, your belief systems tell you the meaning that your experiences have, and thus shape your perspectives.

Your perspectives then shape your perceptions. For a simple example of this, imagine two people looking at a coin that is standing on edge. Person A looks at the coin from the heads

side, and person B looks at the coin from the tails side. Hence, even though both people are looking at the same coin, person A sees "heads", and person B sees "tails". Why? Because they are standing in different positions, they have different perspectives on the coin, resulting in different perceptions.

Your perceptions then create your experiences. After all, everything you experience is nothing more than some combination of perceptions from your five senses: visual (seeing), auditory (hearing), kinesthetic (feeling), gustatory (taste), and olfactory (smell.) Without perception there can be no experience! If you doubt this, try looking around the room, and then close your eyes and look around the room; it will be obvious how this simple shift in perception (in this case, turning off the visual sense by closing your eyes) radically changes your experience of the world around you. (In the Awakening Dynamics® live workshops, we go into detail as to exactly how perception creates reality.)

Your experiences then create new belief systems when your mind gives meaning to the perceptions you have. For example, if your significant other breaks up with you, your mind may give this experience meaning by telling yourself "nobody will ever love me again". This is not necessarily true, because there is no way you can know when you will find love again, if ever. But as a way of coping with the pain of the moment, your mind starts telling stories about the experience you are having and gives it meaning. In the right circumstances, the meaning your mind gives to an experience can imprint upon your subconscious and become a new belief system.

Fortunately, you can use muscle testing to determine exactly what subconscious belief systems you are holding, and then use spiritual technology to change your beliefs!

These new belief systems then create new perspectives, which create new perceptions, which create new experiences, which create new belief systems. It is the endless "cycle of life" by which we all create our reality, every moment of every day!

Let's take an example that illustrates this cycle. Imagine that two warriors - we'll call them Warrior A and Warrior B - who are standing side by side on a medieval battle field, spears in hand. The battle ensues, and they both fight furiously, but both warriors are struck down and lay dying from their wounds. And though both men are in exactly the same circumstance, you'll see that because they have different belief systems that give them different perspectives and different perceptions, they end up having completely different experiences.

Warrior A doesn't want to be there; he was drafted and taken away from his family at sword point and forced to fight in the king's army. Even worse, the king recently conquered his land and has brutally oppressed his people, so the last thing he wants to do is fight in the army of the man who committed many atrocities upon his friends and family. He's also worried about what will happen to his family and his farm while he is away on a military campaign, and now that he has been struck down, there will be nobody to protect his family or tend to the fields. On top of all that, he is in terrible pain and knows that he will die soon, and as a result he expects that his wife and children will either be killed or will become slaves. **All in all, it's the worst thing that could possibly happen!**

By contrast, Warrior B was raised in a Viking-like warrior culture, and from a young age he has been conditioned to believe that most noble and exalted thing a man can do is to die in combat fighting for his king. In fact, Warrior B believes that if he dies in battle, he will spend eternity in Valhalla fighting, drinking, and feasting with the gods, where he can never die or feel pain! He also knows that because he fought bravely and died in battle, he will return home a fallen hero, and his friends and family will honor his memory and sing songs about him for generations to come. **All in all, it's the best thing that could possibly happen!**

As you can see, these men have had different belief systems instilled in them from their ancestors, society, and personal experiences. As a result, they have different perspectives on what it means to die in battle fighting for their king, and hence have different perceptions of identical circumstances, resulting in completely different experiences. It's the cycle of life in action!

In terms of your own personal happiness, it's important to understand this cycle so that you can "short circuit" it when it is not working for you. Fortunately, you can use techniques such as energy healing to quickly and cleanly change the subconscious belief systems that are not serving you. More specifically, if you are having an unpleasant experience, it is possible to trace back to the underlying belief systems that cause it to be unpleasant, and change them! And when you change the belief systems, you will have a different perspective that results in a different perception that results in a different experience. **In other words, you can reclaim your power and remain happy even in the face of adverse circumstances!**

The biggest obstacle to healing and personal information is what you think you know. Your mind will trick you and tell you that

your beliefs are in fact truths, which misleads you into applying false meaning to experiences, often resulting in unhappiness.

In all situations, it is critically important to distinguish TRUTH from a BELIEF SYSTEM WITH VALIDATING EVIDENCE.

For example, the statement "gravity on the surface of the Earth accelerates falling objects at 9.8 meters per seconds squared" is truth: it is an object, verifiable, and 100% consistent and reproducible.

By contrast, the statement "rich people are greedy" is a belief system. We know that not all rich people are greedy, but this belief may very well masquerade as truth in your mind if every rich person you've ever known is greedy! Hence, it is not truth, but merely a belief system that has created validating evidence.

If you are willing to be wrong about what you think you know about yourself, life, the Universe, and God, and you are willing to tell the truth and identify and change the belief systems underlying things that make you unhappy, you can make a significant shift in your experience of day to day life and be a lot happier, no matter what circumstances you are in.

Make a choice and take action, and the magic will follow. As always, the truth requires no defense, so try it and see for yourself that this process really works!

Chapter 6

Step #6 to Happiness: Happiness, Presence, and Freedom

Previously we discussed how most of the emotions we experience are not actually real feelings, but rather fabrications created by the ego-mind as a result of subconscious belief systems.

Many different spiritual teachers have been telling us for centuries that we are meant to be happy and live in joy, and that the essence of God/Life/Spirit/The Universe is love. In fact, Candace Pert (the scientist who revealed the underlying physiology of feeling as described in her book *Molecules of Emotion*) found that we are actually designed and engineered to be happy!

However, most of us have exactly the opposite experience, as most of our lives are filled primarily with struggle, insufficiency, pain, and other forms of unhappiness. I remember that my father used to say “Life is 99% unhappiness, but we live for the other 1%”.

How do we resolve this? It's actually rather simple!

We know that the vast majority of the so-called negative things we experience are not real feelings, but are instead synthesized in the mind. And if you are really "in your head", it takes you out of the present and into the future or the past. At best, this results in temporary happiness achieved through psychological inflation; at worst, it will make you miserable and

depressed all the time, potentially resulting in misery, mental illness, and (in extreme cases) even suicide.

By contrast, if you can be fully present and "in the now", you will experience far greater joy and contentment and freedom, no matter what your circumstances. And unlike the temporary high resulting from psychological inflation, presence generates a joy, happiness, and freedom that are genuine, real, sustainable, and potentially permanent!

To illustrate this more clearly, let's continue with the example we used previously about learning that you have just lost everything to a bad investment. After getting the news, you go out to a restaurant to have dinner. If you are completely present - not "in your head" - you will be able to find great joy in the moment as you enjoy your food, because the fact of the matter is that you still have enough money to buy food and put a roof over your head, at least for tonight! But most of us would be completely miserable in this situation, and would not be able to find much joy in eating dinner, because your mind would likely be either off in the future worrying about what's going to happen, or in the past beating you up over the mistakes you've made.

Now let's take an even more extreme circumstance where losing your money is going to eventually cause you to be homeless, get sick, and die in pain on the street. For our example, we'll assume that within one month, you'll lose your home, be homeless, fall ill, and die. Even in this extreme circumstance, if you're totally present, you can experience amazing happiness, joy, and fulfillment during that last month, even up to the moment you take your last breath. However, if you are "in your head" and attached to result, you'll likely be miserable the whole time.

This concept is beautifully summarized in my all-time favorite quote from Mark Twain, who said:

"I've experienced many terrible things in my life, and a few of them actually happened."

Pure genius, don't you think? If you can tell yourself the whole truth - and nothing but the truth - you'll find that most of the unhappiness you've experienced is a result of things that never happened and never will happen! How's that for serious freedom?

Granted, some of the things we worry about do come to pass, but for most of us most of the time, the vast majority of our unhappiness is caused by living in the past or the future and giving false meaning to our experiences. In other words, your unhappiness is a direct result of being stuck in your head!

Now if you want to take this one step further, the Law of Attraction tells us that **'what you resist will persist'**. In this context, this means that the more you worry about a bad thing, the more likely it is happen!

The only real solution to life's challenges is simple presence. If you can live in the now, you will be far happier, and experience genuine, sustainable happiness, not just the temporary high you get from psychological inflation.

Many religions, spiritual traditions, and even 12 step programs all tell us to surrender to a higher power. They're all saying exactly the same thing in different ways!

But note that surrender is different than giving up. This distinction is beautifully presented in the 12 Steps Serenity Prayer, which goes something like this:

God grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference.

Buddhists would say to release attachment to result, which is exactly the same thing.

Here is a short list of synonyms for this common concept:

- "getting out of your head"
- "dropping in"
- "living in the now"
- "releasing attachment to result"
- "being present"
- "letting go"
- "surrendering to a higher power"

This is in fact the only true path to greater happiness!

Indeed, a deep analysis of energy healing and subconscious belief work will lead you to understand that the result of clearing your subconscious belief systems - and hence eliminating the meaning your mind gives to various circumstances - is simply to make you more present!

Of course, this is sometimes easier said than done, and it may take years or even lifetimes of work to master. However, this

is *IT*! This is the holy grail, the prize, the end of the road: increased presence is the ultimate goal of all religion, spirituality, and self-improvement.

In fact, we even have a special word for it:

ENLIGHTENMENT!

Chapter 7

Step #7 to Happiness: The Habits of Happiness and Freedom

I am hopeful that these articles on the true nature of happiness and freedom have provided insights that will allow you to experience more happiness, every moment of every day for the rest of your life.

However, it is important to be clear that learning these concepts will not always - on its own - change things for you. Learning new things is great, and I'm confident you'll find that using the spiritual technology Awakening Dynamics to release limiting and negative belief systems will be so powerful and so effective you'll never want to back to living without it!

To really see a difference in your life and experience freedom without limits, you have to make a choice to be happier every moment of every day for the rest of your life.

Fortunately, this task is not as daunting as it seems. Without advanced spiritual technology, it would be nearly impossible for most people to "just make a choice to be happy" when their lives are filled with struggles and problems.

Using the Awakening Dynamics spiritual technology, it is easy to permanently change belief systems in an instant. However, once the beliefs are shifted, it usually takes more time to re-pattern your brain and nervous system to setup new habits and ways of being. Studies have shown that it takes anywhere from 30-90 days of continuous effort to re-pattern your brain;

fortunately, after the re-patterning occurs, it happens automatically thereafter!

In other words, if you want to be happier, you need to consistently make a choice to be happier every moment of every day for 90 days. Simple, but not necessarily easy! For some people this may be a monumental struggle, but if you succeed, you will have reconditioned your brain and nervous system and you will be happier for the rest of your life with no further effort or work.

Fortunately, all the sabotage mechanisms can be easily dealt with by the right spiritual technology.

I wish that I had some kind of magical wand that I could just whack you with, and make you instantly freed, happy, and enlightened. However, it's not quite that simple.

Instead, what I have created for you is a comprehensive system of spiritual technology that can support you to clear your limiting and negative beliefs, teach you the highest truth about life, the Universe, and the Divine, and give you a set of powerful "shortcuts" to Enlightenment.

You're going to need to apply this technology to see the big results, but that's true of everything in life. For example, if you want to master playing guitar, having a great teacher and a great instrument isn't enough; you still need to practice to develop your skill!

Awakening Dynamics can be your teacher and your instrument; honestly and genuinely, it contains all the knowledge, teachings, tools, and techniques you need to completely transform your life and experience genuine freedom without limits. It's all waiting for you, right now: freedom from worry;

freedom from stress; freedom from lack; freedom from loneliness; freedom from suffering; all of it!

I'd say it's worth it; what do you think?

Popular Law of Attraction material calls this "the tennis match in your head". Your old belief systems, patterns, and habits will fight like mad when you try to change them, and you will likely need support from other people and the right spiritual technologies to succeed. But know that the tennis match doesn't go on forever; there really is light at the end of the tunnel!

This brain re-patterning phenomena is well illustrated in an experiment done with astronauts on the space station. In this experiment, the astronauts were given special visors to wear that turned their field of vision upside down. In other words, everything appeared upside down to them! (Note that this experiment could only work in zero gravity, such as on a space station.)

The result of the experiment was startling: if the astronauts kept their visors on and didn't take them off, then at some point (between 22-45 days) their brains would spontaneously rewire and their vision would correct, resulting in everything appearing right side up again! But if an astronaut took off the visor during this period, the clock would reset, and they'd be right back at Day 1 again the next time they put the visor on.

So if you try to make a change in your happiness and it doesn't seem to take, don't despair, and don't get frustrated. It doesn't mean that it won't work, but instead just means that you weren't consistent enough in your choice for greater happiness, or that you haven't done it for long enough.

I know from my own life and from the experiences of my clients and students that this re-patterning process really works. It may take some time, effort, and/or money (since you might need the support of healing professionals to be successful), but it really works, and you really can be happier for the whole rest of your life and achieve incredible freedom!

Truly, freedom without limits is waiting for you! All you need is the right spiritual technology to help get you there quickly, easily, and inexpensively...

Now, if you'd like to figure this out the hard way like I did, then you are more than welcome to struggle and suffer for decades. My path involved years of horrible chronic pain, betrayal, loss of many millions of dollars (twice!), divorce, heartbreak, bankruptcy, incurable injuries, depression, social anxiety, devastating migraine headaches, and even getting cancer. Along the way, I spent well over \$250,000 on various healers, coaches, seminars, books, gurus, mystics, and experts before I was able to reverse-engineer what they were doing and find the formula for genuine freedom and happiness.

So, if you want to do it like I did, please stop reading right now!

On the other hand, if you'd like to get a few hints and shortcuts on your path to freedom, please say YES out loud to acknowledge you want more out of life...then keep reading.

Chapter 8

How Mind Power Really Works



Now that you've learned the 7 Steps to Happiness, the next step is to give you the understanding and technology to actually make the shifts required to experience genuine freedom without limits.

At the core, living a life of true happiness and freedom requires only that we consistently make both conscious and unconscious choices to be happy and free. To do this, we'll want to eliminate the subconscious triggers for unhappiness, recognize

psychological inflation, overcome emotional reasons, and install powerful habit and routines in the nervous system so the choices for happiness and freedom are made automatically and effortlessly.

The good news is that all of this can be accomplished by anyone...you just need the right technology. Fortunately, I've devoted my life and all of my MIT education and scientific training to develop a set of simple tools of consciousness to make this easy for you.

I want YOU to experience freedom without limits!

But to get there, we first need to explain exactly how mind power and consciousness technology work. And we'll start by demystifying the Law of Attraction!

The Law of Attraction has gotten a lot of press in the last several years. In fact, an entire cottage industry has developed around it, with Law of Attraction coaches, seminars, books, videos, audio programs, Web sites, and other media and applications.

We've all heard the stories about people who have purported to use the Law of Attraction to do amazing things. There are reports of those who have used the Law of Attraction to make millions of dollars, to heal from incurable and fatal diseases, and to find their soul mates.

But what is the Law of Attraction? Is it "real" law, like the Law of Gravity, or just a bunch of New Age mumbo jumbo?

And, more important, why haven't YOU been able to use the Law of Attraction to create meaningful transformations in YOUR life?

In short, the Law of Attraction is one of the Laws of the Universe, akin to the Law of Gravity or the Law of Electromagnetism, which states that ***like attracts like***.

Yes, it really is that simple: the Law of Attraction is nothing more than the Universal principle that like attracts like!

More specifically, though, when we talk about using the Law of Attraction to transform our lives – whether the problem is physical illness, emotional distress, poverty, dysfunctional relationships, or other challenges – what we really mean is that ***thought energy and consciousness attracts like energy and consciousness***. In other words, what we think about and put our focus on, we tend to attract to us and create in our lives.

For example, if you are generally happy and think happy thoughts and focus on happy things, you will tend to attract happy experiences and situations in your life. On the other hand, if you are generally unhappy and focus on sadness and despair, you will tend to attract unhappiness, sadness, and despair into your life.

The traditional application of the Law of Attraction, then, is pretty simple, and promises us the following:

If you change your thoughts and your focus, you will change your life!



According to this traditional application, making any sort of change in your life is as simple and easy as changing your thinking.

For example, if you are ill, you need to shift your thoughts and your focus away from sickness and pain to health and wellness so that you will recover, no matter how serious or debilitating your condition.

Alternatively, if you are poor, the theory is that you simply need to shift your thoughts and your focus away from poverty and debt and lack to abundance and prosperity so that you will

become wealthy, no matter how serious or hopeless your financial state.

Or, if you are alone and desirous of a loving companion, the theory is you simply need to shift your thoughts and your focus away from loneliness to love and companionship so that you will quickly attract and find your most compatible soul mate.

If you are reading this, you probably are not new to the Law of Attraction. Most likely you have seen a video, or read a book, or visited a Web site, or been to a seminar where you were promised that if you change the focus of your thoughts, you will change your life.

However, unless you are one of the lucky chosen few who can make a few tweaks to their thinking patterns and healing instantly from a dreadful disease, or make a million dollars, or find your soul mate, then you have probably found that changing your thinking and focus created at most small changes in your life. Maybe you created a vision board, or said your affirmations and mantras, or wrote out your dreams, or joined a mastermind, or did some of the other popular exercises that the Law of Attraction industry recommends.

But it probably didn't work! If you're not a completely healthy multi-millionaire reading this book with your loving life partner while sipping a tropical drink at a vacation resort, then clearly there's more to these unseen forces than what you were told.

And, after trying really hard to change your thinking and making your vision board and saying your affirmations, maybe you saw a few peripheral changes in your life, but not the major

shifts you were hoping for. And you probably got frustrated with it after a while.

I completely understand, as I went through all of this myself!



How an MIT-trained Engineer Became a Healer

In the late 1990s I went through a really horrible period in my life where I became disabled and lived in terrible chronic pain. Doctors told me I could never recover, and in just a few months I managed to lose my job, I lost the multi-million dollar company I had founded that was supposed to make me rich, *and* found out that the woman I was in love with was secretly dating my life-long best friend. This was especially devastating because just a few years before - when I left MIT - I had the world at my feet! I had received my Bachelor's and Master's degree in computer science from MIT and was enrolled in the PhD program and working towards my doctorate as a specialist in Internet software when I moved to California to form a software company and make my millions in the Internet boom.

Yes, I actually am one of the people that invented the Internet!

But those unseen forces certainly made a mess of my life, and I felt like I had no freedom at all, and I was absolutely miserable...but because I had no idea what these unseen forces were or how to work with them, it just seemed like I was an unlucky loser whose life had been totally wrecked, perhaps irreparably, by a combination of injuries, illness, chronic pain, betrayal by my business partner and life-long best friend, and the loss of two multi-million dollar companies I had founded.

In response to this terrible period in my life, one of the things I did was to get into positive thinking, working the Law of Attraction through all the traditional exercises: I made a vision

board, and put power words up on my walls, and said my affirmations and mantras, and made a supreme effort to think positively and hang in there until my life changed.

But it didn't work! I kept up with the whole positive thinking thing pretty seriously for about six months, but during that time my life just kept getting worse and worse. After a while I got so frustrated with it all that I tore down my power words and my vision board and burned them in the fireplace; I then descended into negativity, despair, and depression for the next several years. During this time I was exploring every form of conventional and alternative treatment possible to try to recover my health and get my life back, but nothing worked.

In February of 2003 I had a surgery that went terribly wrong and left me unable to move my right arm at all. My arm was frozen for four months, until my Aunt Lauren arranged for me to have an energy healing session with her friend Terry. At the time, Terry had just started her professional energy healing practice. When I arrived, she explained to me that she worked by accessing a conscious theta brainwave to clear blocks from the subconscious mind. The theory was pretty simple: that as humans our mind is divided into two portions, which we'll call the conscious mind and the subconscious mind. You can use special techniques to change subconsciously held belief systems, programs, traumas, and experiences that underlie the various problems in our lives, so that both the conscious mind and the subconscious mind are aligned and working together.

And it worked! After just one hour of subconscious clearing, she told me “OK, now I’m going to do a healing process on your arm”, and she closed her eyes and went into a trance. A

minute later, I felt something “pop” inside my frozen elbow, and my arm healed instantly; it was an honest-to-goodness miracle!

I was so transformed by this experience that I gave up my career in software engineering and instead devoted myself to the full time study and practice of energy healing and spirituality. My goal was to help others learn to work with these unseen forces and unleash the power of the subconscious mind for positive changes so that everyone can experience genuine freedom without limits.

It took several years of research and experimentation studying with master healers and spiritual teachers to reverse-engineer and understand exactly how energy healing and consciousness technology work. There were many disappointments and dead-ends, but eventually the technology improved to where it could deliver consistent, powerful results: I was finally able to really learn how to use the power of the mind to help create the life I wanted!

Chapter 9

Harnessing the Power of the Subconscious Mind

The reason that traditional applications of the Law of Attraction – such as positive thinking, affirmations, mantras, vision boards, power words, etc. - are often ineffective is simple:

Most applications of the Law of Attraction don't work because they are only involving the conscious mind!

As human beings, our minds can be divided into two portions: the ***conscious mind*** and the ***subconscious mind***.

The Conscious Mind

The conscious mind is the part of us that we are all intimately familiar with. It is our thoughts, the voice in our head, and how we think; it is our memories, or experiences, and what we have been taught.

Physically, the conscious mind is located in the frontal lobe of the brain. Doctors and scientists have determined conclusively that many of the so-called “higher thought functions”, such as logic and reasoning, are located in the frontal lobe.

Traditional applications of the Law of Attraction involve only the conscious mind. So when you focus on positive thoughts, and say your affirmations and mantras, and do all the other Law of Attraction techniques, you are only able to access and apply

the power of your conscious mind, which is only a tiny fraction of your total mind power.

The Subconscious Mind

The subconscious mind is all the rest of your mind, beyond your conscious mind. It includes your body's cellular intelligence, your genetic memories, and other influences that we may not be consciously aware of. For our purposes here, we treat the subconscious mind as all the aspects of the mind that are not the conscious mind. (Others might subdivide the subconscious into the subconscious, unconscious, and super-conscious, or use other similar terms, but in this e-book we're going to lump it all into the genetic term "subconscious".)

Roughly speaking, human mind power can be broken down as follows:

- The conscious mind contains about 5-10% of your power and ability to create
- The subconscious mind contains about 90-95% of your power and ability to create

So it should be pretty easy to see why traditional applications of the Law of Attraction don't work: because they only work with a small fraction of your mind's power!

And guess what happens when 10% of your mind is trying to create one thing, and the other 90% of your mind is trying to create something else? You got it, the 90% wins every time!

And don't forget, studies show that the 80% of your conscious mind is negative thoughts! So you have roughly a 1-2%

chance of ever obtaining positive outcome with traditional Law of Attraction techniques.

It now becomes clear why a few people get amazing results — and sometimes nearly instantly — from changing their thinking and doing the traditional Law of Attraction techniques: these lucky individuals are those who already had their subconscious mind programmed for health, or prosperity, or love, or whatever else they desired. Hence, when they shifted their conscious mind, their subconscious mind was aligned with the same goal, and they were quickly able to attract and create the experience they desired.

On the other hand, most of the rest of us aren't so lucky. For whatever reason, we carry programs and memories in our subconscious mind that conflict with the goals of our affirmations and mantras and positive thinking. Hence, no matter how much positive thinking you do, or how many affirmations you say, or how many vision boards you make, you'll just get frustrated and end up spending a lot of time, money, and energy for nothing...because 90+% of your mind – the subconscious – won't allow you to have what you want!

For example, let's say that you are poor, and you would like to be rich. So you watch some videos and read some books and go to some seminars on the Law of Attraction. You are serious about making money, so you create your vision board, and say your affirmations, and hang your power words on your walls, and focus on positive thoughts about money and wealth. In fact, you are so dedicated and so serious about these exercises that you manage to get your conscious mind aligned with your goal of being rich...

But it still doesn't work! No matter how many affirmations you say and no matter how many positive thoughts you have, you are still poor. Why? Because you're holding programming in your subconscious mind which tells you that you need to be poor, thereby counteracting and overpowering all the positive thinking and manifestation techniques you are doing with your conscious mind.

Perhaps you had an ancestor who took on a vow of poverty, and now today you are carrying the program of "I have a vow of poverty" in your subconscious mind as a genetic memory. Yet not only do you have no idea that this vow of poverty is lodged in your subconscious...because even if you knew it was there, you'd have no way to get rid of it!

And because your subconscious mind is much bigger and stronger than your conscious mind, it's going to overpower it and win every time, and you are going to stay poor forever!

That totally sucks...but fortunately, there is a solution!

The Solution: Subconscious Clearing

The solution is simple, in theory: we just need a way to get your subconscious mind aligned with your conscious mind so that 100% of your mind's power is focused in the same direction, creating and attracting the things you want. Then, real freedom results!

Once you get both your conscious and subconscious mind aligned with the same purpose, you really can live the life of your dreams: heal physically and emotionally, attracts tons of money, and experience amazing loving relationships!

Quite simply, mastery of the subconscious mind is the short cut to freedom without limits.

There are two parts to this solution:

- We need some way to look into the subconscious mind and see what's there. Of course, learning what is in your conscious mind is easy: I can just ask you and you can tell me. But an easy method to find out what is in your subconscious mind is not so obvious!
- We need some way to change the negative programs and beliefs in the subconscious mind so that it will be aligned with creating the same positive things that the conscious mind wants.

If you are able to find tools to do both of these jobs – namely, to first find what is in your subconscious mind that is causing your problems, and to second change your subconscious belief systems to create the kind of life you desire – then you can finally get your mind fully aligned and manifest a life full of an abundance of health, wealth, and love!

The secret to recognizing and working with the unseen forces that rule our lives is simple: You create with both your conscious and subconscious mind, and your mind is able to transform your life much more quickly and much more powerfully when your entire mind – conscious and subconscious alike – is aligned to achieve the same purpose.

Fortunately, the next chapter provides exactly these two tools!

Chapter 10

Muscle Testing and the Subconscious



Awakening Dynamics

MUSCLE TESTING & SUBCONSCIOUS REPROGRAMMING



The first tool we need to work with the unseen forces is one that lets you look into your subconscious mind and see what's in there. It isn't obvious how to do this, because the subconscious has typically been seen as an invisible, mysterious, off-limits part of us that is only revealed in mysterious flashes and intuitive insights in dreams and such.

Fortunately, there is an entire body of knowledge known as *applied kinesiology*, which uses the technique known as *muscle testing* to ask direct yes/no questions of your subconscious mind!

How Does Muscle Testing Work?

In short, when you say or think something that resonates as true with the subconscious mind, the electrical and magnetic fields around the body actually become stronger. Similarly, when you say or think something that resonates as false with the subconscious mind, the electrical and magnetic fields around the body become weaker. These electrical and magnetic fields around the body are very real, and can be measured with highly sensitive electrical equipment.

Because the strength of a muscle is influenced by the strength of the electromagnetic field that surrounds that muscle, we can measure muscle strength to determine the strength of the electromagnetic field around a person. How does this work? Anybody who has ever gone through rehabilitation after surgery or otherwise been in a physical therapist's office knows that they are full of electrical equipment. Why? Because muscles are little electro-magnetic machines. They have the property that the strength of a muscle's contraction is proportional to the strength of the electromagnetic field in which surrounds it. So, muscles actually become stronger when they are in stronger fields, and weaker when they are in weaker fields.

For example, if a man named John says, "*I am a man*" or "*My name is John*", these statements resonate as true with his subconscious mind and his field. As a result, his muscles become stronger. This is a very real, very physical effect that can be

measured with sensitive electrical equipment! Conversely, if John states, “*I am a woman*” or “*My name is Joan*”, these statements will resonate as false with his subconscious and his field. As a result, his muscles will go weak.

Because the strength of a muscle is related to the strength of the electromagnetic field in which the muscle resides, it is possible to indirectly measure the strength of a field by measuring the strength of the muscle. Specifically, if you measure the strength of a muscle when you are saying or thinking something that resonates true with the subconscious, you will actually measure that your muscles are about 17% stronger than when you are thinking or saying something that resonates false with the subconscious mind!”

Hence, by using the technique of muscle testing, we can ask direct yes and no questions of the subconscious mind, and thereby find out exactly what belief systems, traumas, and programs are held there.

Later in this book I’ll be offering you an opportunity to join me at one of my monthly **VIP Club “Wealth Club”** live group block clearing calls, and the introduction to the Wealth Club includes a tutorial on how to do self muscle testing. In addition, there is in-depth coverage of muscle testing – including many troubleshooting tips – in the *Secrets of Muscle Testing* video, which is a free download for all members of the Awakening Dynamics® VIP Club.

Once you learn to muscle test – which for most people takes less than ten minutes – you will have the power find out **exactly** what is in **your** subconscious mind, any time you want, for the entire rest of your life. Cool!

For example, let's say that you are having trouble making a lot of money. To find the underlying blocks in your subconscious mind that are getting in the way of your prosperity, you might muscle test the following beliefs:

- “I have to be poor to be close to God”
- “Money is the root of all evil”
- “Rich people are greedy”
- “I have a vow of poverty”
- “If I'm a rich person, people will only like me for my money”
- “I need to be poor to be a great artist”

If your muscle test result is TRUE for one of these beliefs, then it means that your subconscious mind holds that block...and you better find a way to clear it if you actually want to make a lot of money!

Muscle testing gives us the first tool we need to change our lives, which is a mechanism to see what is in the subconscious mind. But just knowing what it is in the subconscious mind that is blocking our health, or prosperity, or love is just half the battle; we also need a way to change these negative and limiting subconscious belief systems. Fortunately, there is another tool that does exactly this: it's a special consciousness technology called subconscious clearing!

Subconscious Clearing

Muscle testing is extremely powerful because it lets you identify which subconscious blocks and traumas you are carrying. However, finding the blocks isn't enough; you also need a tool that lets you clear subconscious blocks.

Subconscious reprogramming can be done easily using energy healing techniques from a *waking theta brain wave state* to harness the power of your mind to recognize, change, and control the subconscious programs that are the unseen forces that rule our lives. Accessing the brainwave state is critical; one of the primary reasons typical Law of Attraction programs don't work is that you aren't in the proper brainwave state. **You simply must be in a theta state to access the subconscious!**

In other words, first you can use muscle testing to identify your subconscious blocks. Then you can use a subconscious reprogramming technology that uses the theta state to clear the blocks! *And using the Awakening Dynamics® spiritual technology, it generally takes only a few seconds to permanently clear a subconscious block!*

By combining traditional Law of Attraction techniques such as affirmations, positive thinking, and making vision boards with muscle testing with the state-of-the-art consciousness technology that allows for subconscious reprogramming, it is possible to get powerful and immediate life changes, including experiencing miraculous instant healings, incredible prosperity, and true love! Take a second and imagine the freedom you could experience if you didn't have to worry about health, money, and relationships...

Energy healing encompasses a wide variety of techniques of working with the subtle energies of the body and mind. For our purposes, we'll focus on using energy healing to achieve a waking, conscious theta brainwave to directly access and manipulate the subconscious mind, allowing for miraculous instant healings and amazing life transformations. Your freedom awaits!

It is truly the “state of the art” in working directly with consciousness; in my experience both with myself and with my clients and students, I know it works but I have seen not just one, and not just a handful, but literally ***hundreds and hundreds of miracles!***

For example, you might muscle test yourself for the subconscious belief system “I have to be poor to be close to God” and get a TRUE answer, meaning that belief is in your subconscious mind. To change this, you need to access a conscious theta brain wave state to remove that program from your subconscious mind, and replace it with a better program such as “I can be rich and close to God at the same time.” In an instant, it is possible to change what you are attracting with your subconscious mind, and to begin using the Law of Attraction to attract experiences of wealth rather than poverty!

Now that you understand the theory and have learned the basics of muscle testing, you have taken the first steps to mastering the unseen forces! But you are probably wondering, “How can I clear my subconscious blocks?”

There are a myriad of different mind power and subconscious re-patterning technologies available, including hypnosis, EFT (Emotional Freedom Technique), and dozens of different energy healing modalities. I encourage you to use any

tool that brings benefits to your life! However, you may find that while many of these technologies can be wonderful and transformative, they have now been made obsolete by the power, speed, and simplicity of *Awakening Dynamics*®.



Awakening Dynamics®

I've studied many different energy healing and mind power and spiritual systems and techniques, and I have spent years to reverse-engineer and synthesize the "best of the best" from many master teachers around the world to create *Awakening Dynamics*®. And one of the easiest things to do with *Awakening Dynamics*® is to - within a few seconds – instantly and

permanently clear the subconsciously held blocks that are blocking you from living the life of your dreams!

If you have never been exposed to this kind of advanced technology of consciousness, this may all sound too good to be true. But don't take my word for it; please experience it to see for yourself! In the last several years, tens of thousands of people have experienced remarkable results from working to release blocks from their subconscious mind with this spiritual technology, and I'm confident you will too.

Of course, the *Awakening Dynamics*® system is not the only way to work with the subconscious mind; however, I have consistently found it to be the most powerful, easiest, and fastest way to shift the subconscious mind to be in alignment with the conscious mind. And unlike some other modalities, *Awakening Dynamics*® works extremely quickly; most people report immediate changes after their very first session of subconscious block clearing.

Awakening Dynamics® is complete system of advanced tools of consciousness that are the “state of the art” spiritual technology for using life's unseen forces to facilitate healing, prosperity, love, spiritual advancement, and intuitive development. And it can be YOUR shortcut to freedom!

The foundation of *Awakening Dynamics*® is the “Seven Sacred Tools of Higher Dimensional Living”, which give you the power to conquer the unseen forces and experience more freedom. You can use them to heal your body and mind, manifest abundance, prosperity, and love, and even advance towards true spiritual enlightenment.

The Seven Sacred Tools of Higher Dimensional Living are:

1. ***Awakening***
2. ***Instant Healing***
3. ***Muscle Testing***
4. ***Intuitive Readings***
5. ***Subconscious Reprogramming***
6. ***Manifesting***
7. ***Embodiment***

I wish it was possible to teach you all of these tools in a short book, but that's like trying to fit an MIT education into a single lecture: there's just way too much you need to learn. But don't worry; if you're serious about achieving genuine happiness and freedom, spiritual ascension, and/or improving your life, at some point you may want to check out the ***Awakening Dynamics*** weekend training class where you can learn how to use all these tools, plus do interactive exercises to ensure you've mastered all of them before you leave the class, all in just a few days!

(Note to 2016 Harvard Faculty Club Business Expert Forum attendees: you have received a special edition copy of this book with a limited time offer to get this weekend training completely for free. This is NOT just another "pitch fest"; it is a life-changing experience crammed with the most advanced content and spiritual technology. I DO NOT normally give away this training for free. See the first four pages of this book for your special offer!)

Chapter 11

How do I Make This Really Work for Me?

Our last step here is to show you how you can start applying the *Awakening Dynamics*® spiritual technology to harness the unseen forces and make positive changes in your life.

I want you to experience greater happiness and amazing freedom, right away!

At first you'll probably want to use this technology to heal your body and mind, attract wealth and prosperity, and experience an abundance of loving relationships in all areas of life. However, over time you'll want to dig deeply into the "inner game" and achieve your own Awakening to guarantee your happiness and freedom for a lifetime.

Yes, I am an MIT trained engineer who suffered a severe disability, and I learned this stuff as a way to regain my health and rebuild an independent life. But, somewhere along the way, what I found was something far more profound: I discovered the higher dimensions and spiritual Awakening, which is the direct path to Enlightenment.

So How Do I Make this Work for Me?

Are you ready to start to finally live the life of your dreams?

Are you ready to finally experience health, wealth, and happiness?

Are you sick and tired of using Law of Attraction techniques that just aren't working for you?

Are you finally ready to experience freedom without limits?

If you answered, “yes” to any of these questions, you're in luck, because I'm about to tell you *how you can see incredible changes, more happiness, and more freedom - without any risk to you.*

Are you curious to learn more? Keep reading. (Of course, if your life is perfect already, stop reading this and go enjoy your awesome life!)

I'm actually a little jealous about the things in the next section, because I had to do this all the hard way. Everything below took me years and many thousands of dollars to learn and develop...but it is my life's purpose and mission to spread the power of *Awakening Dynamics*® with the world, so I'm making myself available to you – completely for free – to teach you how to do muscle testing and to clear some of your subconscious blocks at my next upcoming live Wealth Club event.

Special Bonus:

**FREE Admission to the next
LIVE Wealth Club Event**

Clearing Your Blocks to Prosperity!

<http://awakeningdynamics.com>

The next step is to give you the chance to experience *Awakening Dynamics*® for yourself by joining me at my next live Wealth Club block clearing call, where you can submit your blocks to prosperity, success, wealth, and abundance, and I will clear them for you!

I typically do one live Wealth Club event every month. This is not just a gimmick to get you to download a recorded call; I'm actually inviting you to join me LIVE where I can personally help you clear YOUR blocks and answer YOUR questions!

To get your free admission to the next live Wealth Club, please go online to the Web site <http://awakeningdynamics.com> and register for the free *Awakening Dynamics*® transformational newsletter, which is your ticket to an abundance of free articles, videos, audios, and other spiritual resources to help you increase your spiritual vibration and improve your life.

After registration, you'll receive a confirmation email that includes the date, time, and dial-in codes and password to the next live Wealth Club group block clearing live call. And you can either dial in to the Wealth Club using a regular telephone, or join us online via the World Wide Web!

Each Wealth Club program begins with a 30-35 introduction to energy healing and muscle testing, with a tutorial exercise to teach all attendees how to do self-muscle testing. If possible, please have a glass of water with you when you dial in.

I'll then spend the next hour using *Awakening Dynamics*® Tools of Higher Dimensional Living to clear the subconscious blocks to wealth and prosperity that you and others have submitted.

If you can identify some of your blocks ahead of time, you are encouraged to email. Just put “Wealth Club” in the subject line, and email to wealthclub@AwakeningDynamics.com, and I’ll clear them for you during the call!

Blocks should be submitted in the form of specific, individual belief systems, as opposed to general topics. Examples of good blocks to submit would be:

“I have to be poor to be close to God”

“I have a vow of poverty”

“I know how to live without struggling for money”



Continue for testimonials and a special \$1 coupon!

Testimonials



Watch the video testimonials:

<http://AwakeningDynamics.com/testimonials>

Drug Addiction/Depression -

"I have been completely healed of my depression and drug addiction....I love my life!"

Job/Money/Career -

"Just 8 business days after Brent had a session with me....I received a call to interview for the job topmost on my list."

Emotional Transformation -

"Euphoric breakthroughs, inexplicable windows of joy opening in my heart..."

Prosperity & Spirituality -

"The financial situation has begun to improve...every area of my life is moving in the direction I always wished for, but seemed unable to achieve."



Join the VIP Club for just \$1!

VIP Club members get immediate access to download both of my two full length books, plus the hour-long muscle testing video, plus the binaural-beat encoded 15 minute and 45 minute deep theta meditations, plus 30 days of Bronze level membership in the VIP Club.

The VIP Club features:

- Multiple live tele-seminars (several per month), such as The Wealth Club and The Love Club, where I use *Awakening Dynamics* to clear your subconscious blocks to health, wealth, love, enlightenment, and more!
- Immediate access to download my two full length books *Where Science Meets Spirit: The Formula for Miracles* and *Spiritual Weight Loss*
- Immediate access to download the entire *Secrets of Muscle Testing* video
- Immediate access to download all the *Deep Theta Meditation* encoded audios
- Live question-and-answer sessions, through chat and conference calls
- Significant discounts on private sessions
- Access to a large number (hundreds!) of previously recorded calls
- Full access to monthly special events at no extra charge, such as “Activating the 12 Layers of Your DNA” or the popular “Transcending Fear” series
- Access to and eligibility to win a free hour long private session with me (one per month)
- Previews and “beta” copies of my yet-to-be-released books, audio programs, and videos

If you wish to try the VIP Club for 30 days for just \$1,
please use the following link:

<http://awakeningdynamics.com/register>

Use coupon code: **vip30**



Credits:

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