

Science Meets Spirit, Inc. Presents

The End of Suffering



8 Simple Secrets to:

Transcend Money Stress, Overcome Low Self
Esteem, and Reclaim YOUR Happiness!

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www.AwakeningDynamics.com

IMPORTANT WARNINGS:

The material you have here truly is the “beginning of the end of suffering”! Hence, if you feel the need to suffer just a little while longer, may be for “old time’s sake”, please put this down until you’re TRULY, FINALLY ready to transcend suffering, once and for all.

Still with me? GREAT! Let’s rock...

First, here are some important things you need to know to get the maximum benefit from the program in the shortest time:

- *The End of Suffering* is NOT just another feel-good Law of Attraction program that promises to fix all your problems overnight if you make a vision board and maybe jump around on a stage and high-five your friends.

However, if you’re willing to put in the time and focus to master what is contained here, your suffering doesn’t stand a chance...its days are numbered!

- *The End of Suffering* contains an enormous amount of spiritually advanced material; much of it you will likely not find anywhere else.

However, the program is designed to be simple and easy for everyone, no matter what your background! The most important distinguishing feature of this program is that it explains advanced and sophisticated spiritual concepts using simple everyday language and metaphors that everyone can understand.

- *The End of Suffering* is densely packed with 17 truly life-changing insights.

If you’re like me and you’ve been on your spiritual path for decades, I would hope that you’ve seen at least some of the material here before...but no matter how many books you’ve read or how many seminars you’ve attended, I’m totally confident you’ll be surprised by the incredible value and new insights, ideas, and tools packed into this program. There’s not just “something for everybody” here

... instead, **there is an enormous amount of life changing content for everybody here!**

- Most self-improvement programs contain one or two good ideas that are padded with tons of fluff and repeated over and over to make it seem like you're getting a lot of material. *The End of Suffering* is NOT that!

Unlike most other self-improvement programs you may have used, you will continue to get value from repeating this program in the future. This program is densely packed with powerful ideas, insights, and techniques, any one of which can change your life.

Introduction to *The End of Suffering*

If you're like me and have been on your spiritual path for decades, it's not too often that you encounter new teachings that significantly change your experience of day-to-day life.

I first got involved in my own spiritual path in the 1990s when I read books like *The Celestine Prophecy* and *Conversations with God*. And things got really interesting when I experienced my first genuine miracle in 2003!

However, even after I took dozens of seminars ... and did hundreds of private sessions with healers, coaches, masters, gurus, and intuitives ... and read thousands of books ... and even after I built a thriving full-time practice as a professional healer where I was blessed to see hundreds of miracles happen for my students and clients....

Most of these wonderful spiritual teachings were still just shiny ideas bouncing around in my mind.

For too many of us, spirituality is something akin to a hobby, where it's something we do on weekends, or after work, or during our free time. There's certainly nothing wrong with that, but I knew there had to be more to it!

I admit that, even for many years after I became a full-time professional healer...

Even after I had facilitated hundreds of miraculous instant healings...

Even after I had achieved Amazon.com #1 best seller status...

Even after I had taught thousands of people how to be healers and intuitives...

Even after being the #1 best-seller on several of the biggest tele-summits...

Even after I had been interviewed on national TV and national radio...

... I still did not embody many of the spiritual teachings I had learned.

There's certainly nothing wrong with setting in your easy chair on a Sunday afternoon and reading a good spiritual book that tells you things like "We are all one" and "We're all connected" and "You are loved and supported".

However, too many times, I'd read a great spiritual book (or attend a workshop...or work with a healer...) and then go back to my "normal life" where the suffering would immediately take over again!

For example, maybe I'd be reading a good spiritual book and then get in my car, and some unaware person would cut me off on the freeway, and I'd immediately react from ego with anger. In other words, no matter how much cool spiritual and metaphysical stuff I knew, I was still suffering!

The material presented here in *The End of Suffering* are exclusively the gems that led me and many of my students and clients to a genuinely different experience of day-to-day life, where spirituality graduating from being more than just "stuff I know", to "how I live".

I'm going to be completely honest and admit right here, right now that I am certainly not any kind of Ascended Master; I don't expect that tomorrow I'll be walking through walls or healing thousands of people with the wave of my hand. (At least not yet!)

But that's exactly why I can be a wonderful teacher for you: I'm still just a regular person learning to deal with life's many stresses, and the material here has profoundly transformed my experience of life, and allowed me to stay present, connected to serenity and grace, through many extremely dark and difficult life experiences.

You see, this advanced spiritual content is no longer reserved for those who have the luxury of living on a mountain top with all their needs met, with nothing to do all day but pursue spiritual perfection. Not at all!

This material is designed for real people just like you and me, living in the real world and being constantly bombarded with all different kinds of suffering.

And I am thrilled that you are reading this, because I KNOW THIS STUFF REALLY WORKS!

It is difficult to over-estimate the importance or value of messages contained in this program. Truly, the process of Awakening described here is a "primary soul purpose" for many of us on Earth at this time. In other words, you came here to Earth and experienced all the things that have happened in your life primarily to lead you to this spiritual Awakening process.

With this program, I want to give you all the tools, insights, techniques, secrets, and support that you need to move past all the different kinds of suffering in life.

If you are like most people these days, the primary cause of stress and suffering is likely money, and so I certainly encourage you to use this material immediately to help to immediately reduce - and eventually eliminate! - your money stress. However, the lessons,

principles, and techniques are certainly not limited to only helping with money stress; you can use them to eliminate suffering in all areas of your life!

Areas where this material can help you to manage, reduce, and eventually stress and suffering include (but are not limited to):

- Financial and money stress and suffering
- The stress and suffering caused by physical pain
- The stress and suffering caused by emotional pain
- Relationship/romance/loneliness stress and suffering
- Family stress and suffering
- The stress and suffering around finding your true purpose/mission in life

So even if you are familiar with energy healing or the Law of Attraction or mind power or positive thinking, but you are still suffering or struggling in your life, it's time for you to begin your journey to the *End of Suffering!*

What's in *The End of Suffering*?

The End of Suffering is a genuine multi-media program to help you fully wake up to real spiritual truth and start to dissolve suffering out of your life. Finally, you're at the beginning of the end of your suffering!

Here is a full list of everything included in *The End of Suffering*:

- This overview .pdf file (~33 pages – it is recommended you print it out)
- Short introduction (~10 minutes) and long introduction (~50 minutes) .mp3 audios
- *The End of Suffering* mp3 lecture/presentation audios (8 audios, 20-50 minutes each)
- *Six Formula for Miracles*® - encoded block clearing .mp3 audios (~30 minutes each)
- *Formula for Miracles*®- encoded *Trauma Clearing* .mp3 audio (~20 minutes)

- *Trauma Clearing* overview and instructions .pdf (~4 pages)
- Special offer .pdf (~1 page) coupon for a 30 day, \$1 trial in the *Awakening Dynamics*® VIP Club
- Special offers .pdf with coupons for big discounts on other *Awakening Dynamics*® programs and services
- Plus a whole ton of other awesome bonuses in the Bonuses folder!

Introduction Audios

The End of Suffering includes both short and long introduction audios. You can use the Long Introduction to get a full tutorial and detailed introduction no matter what your spiritual background, while those who are already familiar with my work can use the Short Introduction and jump right into it!

The End of Suffering Audios

The main body of *The End of Suffering* consists of a series of eight .mp3 audios that will quickly and easily wake you up to what you need to know to transcend all forms of stress, suffering, anxiety, and worry. I understand that's quite a claim, but I'm confident you'll find that this material really is the "beginning of the end" of your suffering!

The eight lecture-presentation chapters in the End of Suffering include:

Chapter 1: The Real Reason Why We Suffer

Chapter 2: Why Can't Things Just Be the Way I Want?

Chapter 3: The Magical Key to Unlocking the Universe: What exactly are YOU?

Chapter 4: Genuine Self Esteem: The Shortcut to Ending Suffering

Chapter 5: The Solution to All Problems: Higher Consciousness

Chapter 6: The Key to Success, Presence, and Enlightenment

Chapter 7: “The Magic Show”: The End of Regrets, Worries, and Fears

Chapter 8: From Awakening to Enlightenment: The End of Suffering!

Formula for Miracles® Encoded Block Clearing Audios

The End of Suffering also includes several audio programs specially encoded using the patent-pending *Formula for Miracles®* technology. These audios are designed to automatically clear your subconscious blocks and install the proper subconscious “codes” so you can quickly and easily wake up spiritual truth, release suffering, and discover the REAL “You” that is the gateway to Enlightenment.

The five block clearing audios and the *Trauma Clearing* program use the *Formula for Miracles®* technology, which combines custom-designed sub-audible binaural beats (that put you into a deep waking theta brainwave) with subconscious block clearing energy infused into the program via a special higher-dimensional energy healing. Don’t worry about the technobabble...all you need to know is that this patent-pending audio technology will actually clear your subconscious mind and help permanently reset your consciousness to a higher spiritual vibration.

A complete list of all the blocks cleared is presented later in this document.

In addition, you get the *Formula for Miracles®*- encoded *Trauma Clearing* audio and a PDF file containing instructions.

There are six *Formula for Miracles®* - encoded audios included in this program:

Part 1: Overcoming Suffering, Worry, Anxiety, and Fear

Part 2: The End of Money Stress

Part 3: Mastering Self-Esteem

Part 4: Ascension of Consciousness

Part 5: Releasing Attachment to Result

Trauma Clearing

How to Use This Program

Start by listening to either the short introduction and/or the long introduction.

The Short Introduction is for those already familiar with energy healing, muscle testing, and subconscious reprogramming, especially if you are already familiar with my work or have already gone through one of my other programs.

The Long Introduction is for anyone that is new to energy healing, muscle testing, or subconscious reprogramming, or who hasn't heard my story, or just wants a refresher on the basics.

The long introduction will teach you everything you need to know so you can use the *Formula for Miracles*[®]- encoded audios (described below) to clear your subconscious blocks holding you back from total spiritual freedom.

If you're not sure where to start, try the long introduction.

Next, start going through the eight chapters and the five block clearing audios!

IMPORTANT NOTE: Because the eight lecture/presentation chapters and the five block clearings are designed to create powerful shifts in your conscious and subconscious mind, it is recommended that you limit yourself to a maximum of one lecture/presentation chapter and one block clearing program per day, or you may shift too much too quickly and get a "healing crisis."

The program is designed for you to go through the eight lecture/presentation chapters in order, but there is no particular sequence for interleaving them with the block clearing programs. You may go through all the block clearing audios before you listen to the eight chapters, or after them, or split it up in any way you like. Just don't try to do too much in one day!

It is strongly recommended that you go through the block clearing sections using muscle testing. However, if you are having a lot of trouble with self muscle testing or get frustrated, skip the muscle testing and just listen to the block clearing audios without it. The important point here is that I don't want something as trivial as difficulty with muscle testing to prevent you from transcending the suffering in your life!

However, most people quickly find at least one form of self muscle testing that works for them. If the muscle testing tutorial in the *Long Introduction* isn't sufficient for you, please go through the full *Secrets of Muscle Testing* video, try all the different methods (standing, arm level, finger ring, and pendulum), and use the troubleshooting tips.

Here is a suggestion for the order to go through the material:

DAY 1: Listen to short and/or long introduction; optionally, watch *Secrets of Muscle Testing* and practice self muscle testing. (The muscle testing video is included with this program to ensure that everyone gets sufficient training to get clear muscle testing results, but it is optional and you can skip it if you are already comfortable and proficient with self muscle testing.)

DAY 2: Listen to Chapter 1 audio; listen to block clearing Part 1

DAY 3: Listen to Chapter 2 audio; listen to block clearing Part 2

DAY 4: Listen to Chapter 3 audio; use *Trauma Clearing* on blocks and traumas that still haven't cleared from the block clearings Part 1 & Part 2

DAY 5: Listen to Chapter 4 audio; listen to block clearing Part 3

DAY 6: Listen to Chapter 5 audio; listen to block clearing Part 4

DAY 7: Listen to Chapter 6 audio; use *Trauma Clearing* on blocks and traumas that still haven't cleared from block clearings Part 3 & Part 4

DAY 8: Listen to Chapter 7 audio; listen to block clearing Part 5

DAY 9: Listen to Chapter 8 audio; use *Trauma Clearing* on any blocks and traumas that still haven't cleared.

DAY 10: Hop over to my web site at <https://www.awakeningdynamics.com> to secure your FREE ticket to my next LIVE Heal-a-thon webinar! Experience live "Consciousness

Shifting”, go deeper into Awakening, and get a free healing from me just for joining us.

DAY 11: Mark your calendar for about 30 days out in the future to listen to the eight lecture/presentation chapters again!

NOTE: While you are encouraged to listen to the lecture/presentation chapters multiple times, it is generally not necessary to run through the block clearing programs more than once. In other words, on your second or third time through this program, just skip the block clearing sections; instead you can use *Trauma Clearing* to clear any traumas you are still carrying around in your subconscious mind.

Don’t forget that you can always use *Trauma Clearing* audio as needed for blocks that don’t clear within a few days of going through the various block clearing programs. (There are instructions on how to do this in the Long Introduction audio, as well as in the *Trauma Clearing Overview* PDF file.)

WARNING: The content in this program is extremely dense and profoundly mind altering, so you will continue to get enormous value from listening to it multiple times.

How do I use the *Formula for Miracles*®-encoded Block Clearing Audios?

If you do use the block clearing programs and want to get the maximum benefits from them, it is important to follow the guidelines below. However, note that these guidelines are **only** relevant to the *Formula for Miracles*® -encoded block clearing sections, and are **not** required for the introductions or the eight chapters of lecture/presentation. (While it is recommended to use the subconscious block clearing programs with muscle testing, you can always listen without muscle testing, or skip them if you don’t like them or don’t find them useful.)

The guidelines for using the block clearing audios are:

Guideline #1: Listen to the block clearing sections with headphones

The block clearing programs are encoded with sub-audible binaural beats to gently guide your brain down to a deep theta brainwave. This opens your subconscious mind and allows the healing energies to clear your subconscious blocks!

It is important to listen to these programs with headphones to benefit from the binaural beats. Any sort of headphones will do.

You can plug headphones into your computer, or download the audio files onto your iPod or other portable music player, or burn the files onto a CD and listen to it on your stereo. Just be sure to use headphones when you listen to the block clearing sections!

Guideline #2: Use Muscle Testing as you listen to the block clearing sections

In order to get the maximum benefit from the block clearing, please follow along and use muscle testing to not only identify which blocks you have, but also to verify when those blocks have been released. While you will get some benefit from listening to the block clearing programs without muscle testing, your results will be better if you follow along and use muscle testing.

If you are new to muscle testing, there are instructions on how to do self muscle testing during the long introduction program. There is an in-depth discussion of muscle testing in my three book series *The Formula for Miracles: Where Science Reveals the Secrets of Spirit* (these books are all included for you in the Bonuses folder).

Another great resource for in-depth training on muscle testing is my video *Secrets of Muscle Testing*, which includes a wealth of information on what muscle testing is, how it works, how to troubleshoot muscle testing, and step-by-step video tutorials on doing four different kinds of muscle testing. The video is included with this program in the Bonuses folder.

If you have trouble with self muscle-testing, you might consider getting a TruTester muscle testing aid. I got my TruTester after doing over ten years of self muscle-testing, and I love it! The manual version is about \$30; if you are interested, you can get your TruTester at:

<http://trutester.com/ffm>

However, let's re-emphasize that if you are having a lot of trouble with muscle testing and are getting frustrated, go ahead and skip the muscle testing, because it's a lot better to go through the program without muscle testing than to skip the block clearings entirely!

Guideline #3: Do not attempt to drive, operate machinery, or do anything that is potentially dangerous or requires concentration.

The binaural beats coded into the block clearing programs will shift you to a deep theta brainwave, which is ideal for clearing subconscious blocks but not safe for driving, operating machinery, or doing anything else that requires your attention, focus, or concentration. Please do not be doing anything other than muscle testing while listening to the block clearing programs!

Guideline #4: Do not try to go through more than one block clearing program per day

Using the block clearing programs will make powerful shifts within you, and it is important to allow your body enough time to integrate these changes. Hence it is not recommended that you listen to more than one block clearing program per day.

You may listen to the block clearing programs in any order

Lists of All Subconscious Blocks

The following is a comprehensive list of all the limiting beliefs cleared by the block clearing sections in *The End of Suffering*.

This list is provided to make it as easy as possible for you to follow along and keep track of which blocks are cleared as you listen.

You will notice that most of the beliefs on the list are negative, limiting belief systems that hold back your wealth and prosperity. For example, “rich people are greedy” is a limiting belief system, so if you muscle test it and the result is YES, you can clear that block so your muscle test is NO.

However, some of the beliefs are positive, and so the muscle test result you want is YES. For example, the belief “It’s safe for me to Awaken” is a positive, supporting belief system, so if you muscle test it and the result is NO, you can clear that block so your muscle test is YES. For these statements (what I call “downloads”) where you want a YES result, the word NO is appended to the end.

Below is the full list of all the beliefs cleared or installed via the block clearing audios. Every belief is followed by a (YES) or (NO), which indicates the desired muscle test result; blocks are limiting or bad beliefs where you want to muscle

test NO, and downloads are positive or good beliefs where you want to muscle test YES.

Block Clearing Program 1: Living Without Suffering, Worry, Anxiety, and Fear

Living without Suffering

I have the Creator's perspective on living without suffering (YES)

My perspective is same (YES)

I know how to live without suffering (YES)

I know what it feels like to live without suffering (YES)

It's safe for me to live without suffering (YES)

I'm allowed to live without suffering (YES)

I know what to do after I live without suffering (YES)

If I live without suffering, something bad will happen (NO)

I have to suffer to be close to God (NO)

I have to suffer to be a good person (NO)

I have to suffer to prove that I care (NO)

I have to suffer to please God (NO)

I have to suffer to go to Heaven (NO)

I have to suffer to be like Jesus (NO)

I have to suffer to make up for bad karma (NO)

I have to suffer because I'm human (NO)

Living without Fear

I have the Creator's perspective on living without fear (YES)

My perspective is same (YES)

I know how to live without fear (YES)

I know what it feels like to live without fear (YES)

It's safe for me to live without fear (YES)

I'm allowed to live without fear (YES)

I know what to do after I live without fear (YES)

If I live without fear, something bad will happen (NO)

I need to live in fear or bad things will happen (NO)

I need to live in fear or I will be punished (NO)

I need to live in fear or I will miss out on something (NO)

I need to live in fear to pay attention (NO)

I need to live in fear to get it right (NO)

I need to live in fear to get things done (NO)

I need to live in fear to be motivated (NO)

I need to live in fear to be safe (NO)

Living without Anxiety

I have the Creator's perspective on living without anxiety (YES)

My perspective is same (YES)

I know how to live without anxiety (YES)

I know what it feels like to live without anxiety (YES)

It's safe for me to live without anxiety (YES)

I'm allowed to live without anxiety (YES)

I know what to do after I live without anxiety (YES)

If I live without anxiety, something bad will happen (NO)

I need anxiety to be motivated (NO)

I need anxiety to pay attention (NO)

I need anxiety to show I care (NO)

I need anxiety to stay alive (NO)

I need anxiety to get things done (NO)

I need anxiety to be alert (NO)

I need anxiety to be safe (NO)

Living without Worry

I have the Creator's perspective on living without worry (YES)

My perspective is same (YES)

I know how to live without worry (YES)

I know what it feels like to live without worry (YES)

It's safe for me to live without worry (YES)

I'm allowed to live without worry (YES)

I know what to do after I live without worry (YES)

If I live without worry, something bad will happen (NO)

I need to worry to be safe (NO)

I need to worry to show that I care (NO)

I need to worry to show my love (NO)

I need to worry to be a good parent (NO)

I need to worry to help others (NO)

I need to worry to get it right (NO)

I need to worry to get things done (NO)

I need to worry to survive (NO)

Checking for Trauma, Shock, and/or Cellular Trauma

I am holding trauma from living in suffering (NO)

I am holding shock from living in suffering (NO)

I am holding cellular trauma from living in suffering (NO)

I am holding trauma from living in fear (NO)

I am holding shock from living in fear (NO)

I am holding cellular trauma from living in fear (NO)

I am holding trauma from living in anxiety (NO)

I am holding shock from living in anxiety (NO)

I am holding cellular trauma from living in anxiety (NO)

I am holding trauma from living in worry (NO)

I am holding shock from living in worry (NO)

I am holding cellular trauma from living in worry (NO)

NOTE #1: if your muscle test result is YES to trauma, shock, and/or cellular trauma, please follow up by clearing it using the Trauma Clearing program.

NOTE #2: Just one time through the Trauma Clearing process will nearly always clear all three levels of trauma all at once (trauma, shock, and cellular trauma.) For example, if you test "YES" to "I am holding trauma from living in fear, and you test "YES" to "I am holding trauma from living in fear, and you test "YES" to "I am holding cellular trauma from living in fear", you probably don't need to run through the Trauma Clearing process three times; instead, just one use of Trauma Clearing should clear out all three levels (trauma, shock, and cellular trauma.)

Blocks from Program 2: The End of Money Stress

I have the Creator's perspective on living without money stress (YES)

My perspective is same (YES)

I know how to live without money stress (YES)

I know what it feels like to live without money stress (YES)

It's safe for me to live without money stress (YES)

I'm allowed to live without money stress (YES)

I know what to do after I live without money stress (YES)

I'm ready to live without money stress, right now (YES)

I'm willing to live without money stress, right now (YES)

I'm able to live without money stress, right now (YES)

If I live without money stress, something bad will happen (NO)

I need money stress to be motivated (NO)

I need money stress to feel like I'm alive (NO)

I need money stress to be like my Mother (NO)

I need money stress to be like my Father (NO)

I need money stress to honor my Mother (NO)

I need money stress to honor my Father (NO)

I need money stress to be close to God (NO)

I need money stress to please God (NO)

I need money stress to be a good person (NO)

I need money stress to keep life interesting (NO)

- I need money stress or I will be bored (NO)
- I need money stress to go to Heaven (NO)
- I need money stress or I will go to Hell (NO)
- Living without money stress is just a dream (NO)
- I need to be a millionaire to live without money stress (NO)
- I need to be a billionaire to live without money stress (NO)
- I need to be rich to live without money stress (NO)
- I need to have passive income to live without money stress (NO)
- I need to be Enlightened to live without money stress (NO)
- I need more money to live without money stress (NO)
- I need to get out of debt to live without money stress (NO)
- I need money stress to provide for my family (NO)
- I need money stress to know what to do with my money (NO)
- I need money stress or I will quit my job (NO)
- I need money stress or I will spend too much (NO)
- I need money stress or I will get into too much debt (NO)
- I need money stress to be spiritual (NO)
- I need money stress to be like everyone else (NO)
- My money stress is real (NO)
- Only money can take away my money stress (NO)

Checking for Trauma, Shock, and/or Cellular Trauma

- I am holding trauma from money stress (NO)
- I am holding shock from money stress (NO)

I am holding cellular trauma from money stress (NO)

I am holding trauma from worrying about money (NO)

I am holding shock from worrying about money (NO)

I am holding cellular trauma from worrying about money (NO)

I am holding trauma from the lack of money (NO)

I am holding shock from the lack of money (NO)

I am holding cellular trauma from the lack of money stress (NO)

I am holding trauma from going bankrupt (NO)

I am holding shock from going bankrupt (NO)

I am holding cellular trauma from going bankrupt (NO)

I am holding trauma from being broke (NO)

I am holding shock from being broke (NO)

I am holding cellular trauma from being broke (NO)

NOTE: if your muscle test result is YES to trauma, shock, and/or cellular trauma, please follow up by clearing it using the Trauma Clearing program.

Blocks from Program 3: Mastering Self Esteem

I have the Creator's perspective on my true self (YES)

My perspective is same (YES)

I know how to live from my true self (YES)

I know what it feels like to live from my true self (YES)

It's safe for me to live from my true self (YES)

I'm allowed to live from my true self (YES)

I know what to do after I live from my true self (YES)

I have the Creator's perspective on genuine self-esteem (YES)

My perspective is same (YES)

I know how to live with genuine self-esteem (YES)

I know what it feels like to live with genuine self-esteem (YES)

It's safe for me to live with genuine self-esteem (YES)

I'm allowed to live with genuine self-esteem (YES)

I know what to do after I live with genuine self-esteem (YES)

If I live from my true self, something bad will happen (NO)

If I live with genuine self-esteem, something bad will happen (NO)

I am a loser (NO)

I am a failure (NO)

I am hopeless (NO)

I am a waste (NO)

I am a victim (NO)

I am a piece of crap (NO)

I'll never be worth it (NO)

I'll never make it (NO)

I'll never be good enough (NO)

I'll never be smart enough (NO)
I'll never get it right (NO)
I'll never be successful (NO)
I'll never be rich (NO)
I'll never be a millionaire (NO)

I am a winner (YES)
I am a success (YES)
I am good enough (YES)
I can do it (YES)
I am worth it (YES)
I will amount to something (YES)
I am smart enough (YES)
I am pretty enough (YES)
I am handsome enough (YES)
I am young enough (YES)
I am old enough (YES)
I have enough education (YES)
I am wise enough (YES)
I am intuitive enough (YES)
I am nice enough (YES)
I am rich enough (YES)
I am strong enough (YES)
I know how to feel good about myself (YES)
I know what it feels like to feel good about myself (YES)

I'm allowed to feel good about myself (YES)
It's possible to feel good about myself (YES)
It's safe to feel good about myself (YES)
I know what to do after I feel good about myself (YES)

Checking for Trauma, Shock, and/or Cellular Trauma

I am holding trauma from low self-esteem (NO)
I am holding shock from low self-esteem (NO)
I am holding cellular trauma from low self-esteem (NO)

I am holding trauma from thinking I am a separate being (NO)
I am holding shock from thinking I am a separate being (NO)
I am holding cellular trauma from thinking I am a separate being (NO)

NOTE: if your muscle test result is YES to trauma, shock, and/or cellular trauma, please follow up by clearing it using the Trauma Clearing program.

Blocks from Program 4: Ascension of Consciousness

I have the Creator's perspective on ascension of consciousness (YES)
My perspective is same (YES)
I know how to ascend consciousness (YES)
I know what it feels like to ascend consciousness (YES)
It's safe for me to ascend consciousness (YES)
I'm allowed to ascend consciousness (YES)

I know what to do after I ascend consciousness (YES)

I have the Creator's perspective on living as a Vehicle (YES)

My perspective is same (YES)

I know how to live as a Vehicle (YES)

I know what it feels like to live as a Vehicle (YES)

It's safe for me to live as a Vehicle (YES)

I'm allowed to live as a Vehicle (YES)

I know what to do after I live as a Vehicle (YES)

I know who and what I truly am (YES)

I know this from the Creator's perspective (YES)

I have Creator's perspective on awareness (YES)

My perspective is the same (YES)

I know the difference between awareness and my mind (YES)

I know this from Creator's perspective (YES)

I know the difference between awareness and my thoughts (YES)

I know this from Creator's perspective (YES)

I know the difference between awareness and my sensations (YES)

I know this from Creator's perspective (YES)

I know the difference between awareness and my emotions (YES)

I know this from Creator's perspective (YES)

I know the difference between the Victor and the Vehicle (YES)

I know this from the Creator's perspective (YES)

I'm ready to graduate from Victor to Vehicle (YES)
I'm willing to graduate from Victor to Vehicle (YES)
I'm able to graduate from Victor to Vehicle (YES)
It's safe for me to graduate from Victor to Vehicle (YES)
There is consciousness beyond the Victor (YES)

I am a victim	(NO)
I need to be a victim	(NO)
I have to have money to be powerful	(NO)
I have to be famous to be powerful	(NO)
I have to be rich to be powerful	(NO)
I am a victim to my boss	(NO)
I am a victim to my landlord	(NO)
I am a victim to the economy	(NO)
I am a victim to my job	(NO)
I am a victim to my Mother	(NO)
I am a victim to my Father	(NO)
I am a victim to my family	(NO)
I am a victim to my children	(NO)
I am a victim to my husband	(NO)
I am a victim to my wife	(NO)
I am a victim to the government	(NO)
I am a victim to money	(NO)

I am a victim to the rich (NO)

I am a victim to power (NO)

I am a victim to my fate (NO)

Checking for Trauma, Shock, and/or Cellular Trauma

I am holding trauma from being a victim (NO)

I am holding shock from being a victim (NO)

I am holding cellular trauma from being a victim (NO)

I am holding trauma from being a victor (NO)

I am holding shock from being a victor (NO)

I am holding cellular trauma from being a victor (NO)

I am holding trauma from being a vehicle (NO)

I am holding shock from being a vehicle (NO)

I am holding cellular trauma from being a vehicle (NO)

I am holding trauma from ascension of consciousness (NO)

I am holding shock from ascension of consciousness (NO)

I am holding cellular trauma from ascension of consciousness (NO)

NOTE: if your muscle test result is YES to trauma, shock, and/or cellular trauma, please follow up by clearing it using the Trauma Clearing program.

Blocks from Program 5: Releasing Attachment to Result

I have the Creator's perspective on living without attachment to result (YES)

My perspective is same (YES)

I know how to live without attachment to result (YES)

I know what it feels like to live without attachment to result (YES)

It's safe for me to live without attachment to result (YES)

I'm allowed to live without attachment to result (YES)

I know what to do after I live without attachment to result (YES)

I have the Creator's perspective on being open to outcome (YES)

My perspective is same (YES)

I know how to be open to outcome (YES)

I know what it feels like to be open to outcome (YES)

It's safe for me to be open to outcome (YES)

I'm allowed to be open to outcome (YES)

I know what to do after I live being open to outcome (YES)

I know the difference between being attached to result and open to outcome (YES)

I know this from the Creator's perspective (YES)

I have Creator's perspective on surrender (YES)

My perspective is the same (YES)

I know the difference between surrender and giving up (YES)

I know this from the Creator's perspective (YES)

I know how to surrender without giving up (YES)

I know what it feels like to surrender without giving up (YES)

It's possible for me to surrender without giving up (YES)

I'm allowed to surrender without giving up (YES)

I know what to do after I surrender without giving up (YES)

I'm ready to surrender my life to a higher power now (YES)

I'm willing to surrender my life to a higher power now (YES)

I'm able to surrender my life to a higher power now (YES)

I surrender my life to the Divine Law (YES)

Presence can dissolve any suffering (YES)

Presence can dissolve my suffering (YES)

I need to be rich before I surrender (NO)

I need to be broke before I surrender (NO)

I need to be healthy before I surrender (NO)

I need to be in pain before I surrender (NO)

I need to be loved before I surrender (NO)

I need to be alone before I surrender (NO)

My suffering is too real (NO)

My problems are too real (NO)

Only death can end my suffering (NO)

My pain is too real (NO)

FILL IN THE BLANK:

The following blocks and downloads are "fill in the blank", meaning that you fill in your own name, occupation, etc. to complete the statement.

I am <insert your name>

I am <insert your occupation>

I am <insert your gender>

I am <insert your nationality>

I am <insert your religion>

I am <insert your race>

Checking for Trauma, Shock, and/or Cellular Trauma

I am holding trauma from being attached to result (NO)

I am holding shock from being attached to result (NO)

I am holding cellular trauma from being attached to result (NO)

I am holding trauma from giving up (NO)

I am holding shock from giving up (NO)

I am holding cellular trauma from giving up (NO)

I am holding trauma from surrendering (NO)

I am holding shock from surrendering (NO)

I am holding cellular trauma from surrendering (NO)

NOTE: if your muscle test result is YES to trauma, shock, and/or cellular trauma, please follow up by clearing it using the Trauma Clearing program.

NEXT STEPS TO THE END OF SUFFERING!

As an extra bonus, you also get a FREE ticket to join me for my next LIVE Heal-a-thon webinar! Just hop on over to my web site at <https://www.awakeningdynamics.com>

A little box will pop up; just put in your first name and primary email, and you'll secure your free ticket to the next Heal-a-thon live webinar.

During the Heal-a-thon, we'll do all of the following and more:

- Get a free healing from me just for joining us on the live webinar
- Demonstrate live subconscious "digging" and healing
- Experience the "Consciousness Shifting" process, aka "Beaming" or "Quantum Field Entrainment"
- Discover the miracle of Movement Feedback Holography
- Unlimited Q&A/Coaching Session

But, if you have any trouble getting your free Heal-a-thon ticket...

Or if you are curious about my other premium programs, trainings, or private session....

Or if you just can't wait for the next live webinar...

Feel free to reach out to me anytime at support@awakeningdynamics.com

Enjoy and Happy Awakening! 😊

