



“The Inner Secrets of Doc’s Ez Energy Method™!”

Part II of II Parts

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(Continued from Part I)

I did identify the commonalities of hypnosis, NLP, Silva Mind Control, Huna, Energy Psychology, Sports Psychology, EFT, Meridian Tapping and Energy Medicine.

That had many effective characteristics and tactics that work hand in glove with each other in such a way to really build a fantastic energy system that is very workable and easy for most to use effectively.

Where is the REAL Huna?

I went back to work in the field of Max’s Huna and started giving seminars where I taught Huna students Master Keys of Psychic Development, of accurate and clean thinking (The meta model and the Clarity Model), of

remote viewing, on Energy Healing and all the other aspects they begged to learn more about.

I was not held back or imprisoned by an erroneous belief that some Huna authority or some God must “knight” me before my Huna teachings were taken seriously.

Verification of any Skills is Necessary!

I knew that the effectiveness of what I taught could be easily and effectively verified by anyone with an open mind.

Yes, I did study all the Huna books, especially the writings of Huna founder Max Freedom Long.

They were fun and interesting.

I did all his drills.

I experienced all the skills that he taught by doing them, practicing them and becoming highly skilled in them.

And I did that over several years.

I became very accurate at pendulum dowsing very quickly because I had already trained the bridges of awareness and consciousness between the conscious mind, the subconscious mind and the super conscious minds.

The Huna people called those 3 aspects of the mind Uhane, Unihipili, and Aumakua.

I already knew how to do energy healing and I could (and did) verify those skills in the real world.

How to Become a World Class Trainer!

The way I got into the Huna World Organization is I trained people in Huna.

I had those trainings video taped.

Then I sent a copy of those video tapes to the man-in-charge.

He hired me on the spot as soon as he watched them.

He told me he'd learned more about Huna in watching those 3 seminars than he'd learned in 32 years of Huna immersion.

I was with that organization for a period of ten years.

I first pulled them out of bankruptcy.

They had \$90 bucks in their checking account and were ready to declare bankruptcy.

I am rather good at running a business to make money.

I've been successful in every business I've went in, and I knew that if I taught them a few simple things, they could make money also, and have a great life.

So my attitude about money does literally attract to me a certain form of success.

Their attitude of failure, of loss, of "they are out to get me", only attracted more of that to them.

This is where the Easy Energy Method™ really comes in handy.

**Thinking good thoughts that attract what you want,
and to avoid
getting more of what you don't want,
is as easy as switching channels on a television.**

If you are watching a program on the television you don't like, you just change it, to another channel you find more appealing, right?

Making money and being successful is really as simple as that.

I taught them specific marketing skills and ways of teaching so they made money hand over fist.

In one year they went from imminent bankruptcy to having over \$180,000 in the bank, all bills paid off, and a new roof on their Huna center.

Here's a quick and easy and simplified version of what I taught them and what I have also taught many others over the years.

But first, I do need to say something that is very important.

Every once in awhile I have some fellow call me up and ask me the following question.

Here's his question.

**“Can you guarantee me that if I
get your product I will be able to do X?”**

A tell them the truth.

Here it is.

**“I can guarantee you that if you don't get the product
and then take the steps that are pointed out,
you will NEVER BE SUCCESSFUL!”**

They want you to take responsibility for their behavior.

Self-responsibility is one of the Master Keys that leads directly to success in money making, in wonderful relationships, and to a fantastically healthy and happy life.

Giving over that responsibility to any other person takes away all your power and leaves you as a slave.

So here's a few of the simple steps I taught them:

Feel that something is not right. Feel that there is more to life. For example, feeling a massive amount of, 'fear of losses', is very motivating for some people.

Feel anger at the situation that you are in. Don't point that anger at your self, unless you are doing a behavior that is getting you what you don't want. Working for others will never lead anyone to the real success.

Feel dissatisfaction about something.

For example I have a business location that has turned ugly for me. A recycler has moved in next door and now there is junk everywhere.

I am dissatisfied being here.

So I just finished buying my own new and better business location.

And because of the current down-turn in the real estate economy I've picked up an \$800,000.00 property for much less.

And we just wrote them a check for it after we determined through research, through going to level for better self-communication, and by feeling the vibes of certain people, this was the way for us to go.

Sort of like the method I'll be showing you down the page.

My point being, 'dissatisfaction' is a very powerful motivator for certain people.

Knowing you are better than what you are currently doing is also a great motivator.

Getting pissed at someone that you know is your intellectual inferior, and who doesn't have a clue to the best way to do what you are really an expert at, but has the power (or seniority) to tell you what to do just because he is your boss, is a powerful motivator, for many.

So get motivated first.

Find out what you really don't want more of.

Write all that stuff down.

Get a piece of paper and put two columns on it.

On the left side, write down what you don't want.

Then right across from it on the same piece of paper, write down what you want instead.

Then write down what stops you.

Write down the emotions you have about the stuff that stops you.

Decide to do, decide to commit right now to doing whatever is necessary for getting what you want.

Now go back to those things that you think stop you and erase the negative perturbations on those negative energies.

Install a positive energy charge to the complimentary emotions that will help you achieve what you want.

Then collapse both of them together sequentially so that if the old emotion is accidentally triggered, it will automatically and instantly activate the complimentary emotion that will drive you to success.

Find a model of success, a person that has done what you wish to do.

Find the first step, the thing that you can do right now.

Then do it.

The key is to doing something, with the proper strategies and tactics, and the proper attitudes.

Then on the path of 'doing' be sure to calibrate that what you are doing is getting you to where you want to go.

If you want to go to New York, but are on a plane to San Francisco, you are not calibrating correctly.

In fact, many people climb the ladder to success and find out the ladder is leaning on the wrong building.

It's neat to find that out in advance.

Over the next few years I developed for them many different courses (Such as the Kahuna ESP Mind series, and the Kahuna Energy Healing 3 year practicum series)...

And for the last 3 years I was with them I was on their board of directors.

**My point being, I taught them Huna,
they did NOT teach me Huna.**

But they did certify me.

Here's where I made a very bad mistake.

**When you give someone too much, they get very lazy
and demand even more.**

It's human nature.

I made it too easy for them to learn healing, psychic skills and business money making secrets.

Because I liked them so much (I still do, but choose not to train them any more) I taught them skills they were not ready for.

They never had the opportunity to test the limits of their own abilities.

I believe that we can accomplish pretty much whatever we make up our minds to accomplish.

And we can do it without lying, stealing or deceiving.

But if we are not forced to test our skills, to strengthen our skills through dire necessity, through struggle, through hardship, we cannot discover our own possibilities.

We become copy cats, and poor dupes at that.

Real skills and abilities only come to use from struggle, Hardships, adversity and handicaps imposed upon us by causes that “seem” beyond our immediate control.

For example, when I decided to go to college I qualified for no scholar ships and my parents were poor.

So I was forced to work as a laborer doing jobs like dishwashing, pear picking, mill worker, pear packing plant, roustabout, floor sweeper, janitor, cook’s helper, waxing and polishing floors, boiler cleaning, etc.

I learned if I really wanted something, whether it was a car, an education, a black belt, a champion, an education, a girl friend, it was up to me to get it by my own efforts.

Just as a World Class weight lifter like my fiend Bill Pearl developed his Super Human strength out of “resistance”, we can develop our psychic skills, peak performance skills, money making skills, and other desired abilities out of “resistance”.

But resistance also causes a dangerous handicap.

A handicap like Angela had where her only defense was to cry and rely on others to do for her what she could not do for her self.

A handicap like the bum with a knife had when he attempted to kidnap Lynn at knife point and possible kill her.

A handicap that I’ve named “PLOM’s disease”.

PLOM’s disease stands for “POOR LITTLE OLD ME”...

...and it stands in the way of any achievement for those that have it.

A major handicap in the unconscious beliefs and values that stop them cold from achieving anything worth while.

Which is the reason I've developed over the years, many very effective tools of the mind, based upon my experience in the mind sciences of hypnosis, NLP Huna, Mind Control, Healing energies, Psychology and energy meridian tapping.

Most people are defeated before they start.

Their past unconscious programming has done that to them.

So to help people, as I love to help people, we need skills to help them overcome self-defeating emotional patterns, so they can achieve higher levels of psychological well-being, and open their realms of positive possibilities way beyond their expectations.

The Easy Energy Method™ gives you a powerful mind/energy tool that helps you become the powerful person you were meant to become.

Your emotional health, your bank account, and your level of joy and achievement can all be dramatically enhanced by shifting the energies that become locked into your energy fields because of old negative conditionings.

You can lose your fear in a few minutes, and sometimes in a few seconds.

If depressed you easily do a simple drill and become happy.

Your peak performance in sports, school, romance and business can be given a Super Boost in just a few sessions with an expert.

Let me switch topics and give you something you can easily use.

Without the How-To's NOTHING works!

Well, before I go on with the Easy Energy Method™ and some of the paths I took to develop it, I've been talked into sharing some of how-to's with you by Jack.

If you've not yet noticed it, Jack is a 'go-getter'.

He's a person that makes up his mind instantly and gets stuff done.

One of his methods of doing that is by always asking himself, "What's the purpose of what I'm doing right now?"

If there is no direction in his action, then he will change his behavior to find an action that leads to a purpose that is important to him.

The way he thinks is a process of doing.

Without a reason for 'doing' he cannot do.

Does that make sense?

Like many people just like to take a drive in the country.

That is hard for someone like Jack to do.

Now if there is a reason for the drive, i.e., going to Applegate Lake to go kayaking on the river with his fiancé, then he'll go.

He and his fiancé will enjoy themselves for 2 hours. Then he is on to something else, which in his mind must be done.

His attitude is a Powerful form of energy.

And in the Easy Energy Method™ as in the Easy Money Method™ there are some general steps, that when taken, get you what you want.

To accomplish anything 3 things need to be aligned and working together.

1. You attitude about what you are doing and what you desire.

2. The model you choose must be an effective model that has specific strategies and tactics to achieve what they want. You follow the methods of others that have been successful at getting what you want.

3. You take action, massive action using the sequence and behavior of what other successful people have done.

Jack and I do teach people to make money and to be successful.

It takes more than a visualization done 3 times a day for 15 minutes each time.

Jose Silva had a formula for success which is called desire, belief and expectancy.

You really needed to want it.

You need to want it even if your wife or your husband starts griping about how you are “money driven”, or “How you don’t spend any time with the family”, or “Coming up with things like, “What if we fail? What if we lose all our money?”

So you need to do things that align your loved ones energies with your energies. Otherwise you are trying to go forward with your brakes engaged.

You must believe it is possible to achieve what you want. That means that others other there have been successful achieving what you want to achieve.

Then you need to believe achieving that ‘want’ is something that is possible for you.

Notice that all 3 of these Jose Silva concepts are really about just one thing.

Attitude!

Those who can manifest what they want think in a completely different way than those that fail at achieving what they want.

Rich people think about money differently than do poor people.

Fat people think about food differently than do slender people.

And it's their ways of thinking that determines their actions and therefore determines their results.

There is a general formula of the process of achieving any thing.

Here it is.

Your have past programming.

Your past programming by your parents, relatives, church, schools, etc, determines your thoughts.

Your thoughts determine which set of energies your body-mind automatically trigger.

Negative thoughts normally trigger fear, anger, depression, which are called freeze, flight or fight.

So you have past programming, then thoughts, then emotions, then energy (good or not so good), then actions.

So programming leads to thoughts.

Thoughts lead to feelings.

Feelings lead to actions.

Actions lead to results.

And there is more to it.

There are 7 realms when these are interactive.

The 4 that affect us the most on this plane of existence are the physical world, the mental world, the emotional world and the spiritual world.

Your attitude affects all 4 realms to one degree or another.

Especially the worlds of thinking, planning, deciding, emotions and energy receiving and transmission.

What most people never realize is that this physical world and the things in it are really manifestations of the other 3 realms.

So when you want to heal someone or yourself, you heal it on the mental level, and the emotional level, and the energy level.

Those 3 levels will then make the physical level according to the blueprint given.

Let me tell you about Clyde.

Clyde was a restaurant manager. He was very good at his job.

12 years ago he was making \$90,000 a year managing an upper scale restaurant and he had massive benefits.

He was sitting on top of the world.

Then the restaurant owner sold the business to a chain of restaurants.

That new owner fired Clyde and replaced him with someone else for \$25,000 year.

From there Clyde went to various restaurants dropping lower and lower on the scale.

About a year ago he got fired from his last job.

**And no matter what he did,
how many resumes he sent out,
no one would hire him.**

He came to me for help.

**I defocused, went into Hakalau,
checked my feelings and said,
“People are badmouthing you!”**

He told me, “No way, all my past employers love me”.

He found out one of them was giving him a bad referral.

I defocused, got in touch with my feelings and what those feeling mean to me and said, “Someone else is badmouthing you.”

His reply, “It’s not possible”.

Next day he came in and told me, “I just found out the marketing direction from 9 years back is badmouthing me”.

I told him, “Let’s work on your attitude”.

He thought I was crazy.

He wanted me to remote view his prospective boss and **remote influence him into hiring Clyde.**

I will admit to having done that in the past.

In fact I’ve done it many, many times.

Let me give you a few examples.

On one deal I sold a business to another and made \$144,000 on the deal...but I neglected to align my values with his values. 2 years later that business went bankrupt and I never got the rest of the money he owed me.

On another deal I sold a business to a fellow for \$90,000. He didn't really want the business, but he did appreciate the money possibilities. That business brought me in \$150,000 every year for 11 years. 6 months later, after he had destroyed the business he gave it back to me.

My point being, if your subconscious values, beliefs and behaviors are NOT in pretty good alignment with theirs, you might have the deal boomerang on you in a way that you won't like.

So you can affect their decisions and motivate them covertly without them knowing consciously.

Just be forewarned in advance.

I told Clyde, "Just bare with me. Do what I tell you to do and we'll see what happens".

We went back to when he was first fired.

He had much anger and resentment towards the original owners and the original buyers.

All of those negative emotions were blocking his own positive energies in his own meridian system, in his chakras, and his flight and fight mechanism was broadcasting that resentment outwards from him like a massive tidal wave.

So when a prospective owner would read his application, they would subconsciously and psychically pick up on his negative energies.

They would feel bad about him, and pass him by.

Those negative energy blockages are called perturbations.

The emotions that let you know you have perturbations are fear, anger, depression, not deserving, thoughts of death, and thoughts of failing, thoughts of running out of money.

A lot of emotions that lead to that type of negative energy transmission that stop people from wanting to be around you.

Those energies are transmitted from you to them remotely through the Zero Point Energy Field that is interconnected with all that is, past, present and future.

How to test FEELINGS successfully!

You can easily test the above for yourself.

Have someone hold out their dominant arm so it is extended straight to the floor.

Have them say their name, i.e., “My name is Clyde”, and then press down on their arm with 2 fingers at their wrist.

Their arm will be strong.

Now have them say a fake name, i.e., “My name is Sue”.

Retest the strength of their arm.

You’ll notice that their strength is 50% less than before.

That is because a lie weakens their energy flow.

Then have a friend stand behind them and think about a food they dislike, like liver.

Energy test Clyde as their friend thinks of liver.

Clyde will test weak.

Then have their friend stand behind them and think about a food they love, like fresh strawberries.

Energy test Clyde as their friend thinks of fresh strawberries.

Now Clyde will test strong.

Other people's thoughts, emotions and energies affect you all the time.

(If you want to learn how to neutralize their thoughts ask Jack about “Secrets of the Bullet Proof Aura”, and about “Kahuna Secrets of Energy Attacks”.)

Your own past memories (conscious and unconscious), thoughts, emotions, energies affect your behavior all the time.

So Clyde wanted that new job but because of **negative past memories** which he did not really evaluate, he felt he did **not deserve** that job.

And he felt that those original people had disrespected him and he wanted to **get even with all bosses**.

He also **thought it wasn't safe** to get the new job because he'd just be fired again.

So what I did was check the emotional intensity of his biggest problem. On a scale of 0 to 10, it was a 10.

Using the Inner Demon Destroyer™ I neutralized that biggest negative emotion of his until it was a zero.

“Even though I want to kick their butts I choose to accept and appreciate myself”.

I then talked to him about what he wanted instead. He wanted a job where he could show his competence.

So we checked out his competence level. After a year of unemployment it was at a 6.

“Even though I’ve not had a job for a year, I know I am one of the best restaurant managers in the entire state”.

“Even though I was fired from job X, I choose to know I’ve proven how good I am already many times.”

**I then used the Easy Energy Method™
and got his job competence and his self-esteem
(Two different energies) up to a 9.**

Then I ran through the negation as I anchored it sequentially to his newly increased competence and his newly increased self-esteem.

“Kill them/I’m a great manager”.

So that went the old negative thought popped into his head, it would automatically flow to a more positive energy that would affect his performance and his unconscious energy projection in a positive way.

Next day I got a telephone call from Clyde. “Doc! God Damn it, I just got hired at the restaurant I wanted most”.

8 seconds to learn how to appreciate beauty!

Let me give you one more drill, something that will take only 8 seconds.

At my last intensive I gave the attendees a drill that would help them learn how to appreciate beauty and to have it in their lives more.

“Beauty” is an energy called a Radiant Circuit.

Noticing a beautiful sunset is a Radiant Circuit.

Noticing a beautiful flower is a Radiant Circuit.

Working out and sweating hard, for some people is a Radiant Circuit.

On the other hand...

When People bitch, gripe and moan about life they are activating a depressing state and turning on their fear-freeze, anger-fight, and desperation-running away.

They are also turning on those emotions in others, except the ones that agree with them.

The best thing to do with those people is to ‘walk away’.

Now on yahoo groups, those fear mongers do abound and multiply just like rats.

And on my own lists I do reply to them, but NOT because I can convince them of anything, but it will help others that are not sure of what to think.

In the following example a fear-monger spouted their truth.

Read my reply. It's funny.

<doubting_thomas101@...> wrote:

>

> It seems like this great nation of ours is being torn limb to limb
> and that it's getting worse with every passing day.

Doc: The rest of the above belief system (BS) deleted.

It was some religious nut attempting to do their NEGATIVE HYPNOTIC PROGRAMMING because they are full of vinegar.

I think I'd rather go out on my porch in the morning...

...and look at the petunias (or roses, or tomato plants, or...) in all their glory.

To notice the vibrancy of one flower, and then tap that radiant circuit into my own energy field at the ends of the meridians.

That entire sequence takes about 8 seconds.

And then, after doing that daily...

...to notice what else you notice.

At least then you are aware of something good, wonderful and pleasant in your life.

Especially when the flowers start moving in your presence.

Especially when other things with your awareness starts to expand beyond any type of logical progression.

I did get some replies to that post.

Here's two of them.

On Applegate Lake, having tons of fun rowing that kayak around & feeling good!

> A while back, I posted something I thought was really BIG--about

> curing a cat of immunodeficiency virus. No response.

Doc: Yep.

I also posted something I'd figured out that literally enhances the Radiant Circuit flow instantly and totally through all cells of the body, and does it in 8 seconds.

I posted it there, and virtually NO response.

Cool.

> I assume everyone is as overwhelmed by the fates as I am.
>Running >as fast as I can and losing ground.

I just figured they didn't understand the importance of that type of information and how they could use it instantly in their lives.

Sue, Sorry that the 'fates' are after you.

Any thing I can do to help? Even though a few Earth elements think I'm an asshole, I am very, very good at what I do.

>Re: On Applegate Lake, having tons of fun rowing that kayak
>around & feeling good!

Lyn: Hi Doc,

I think I found the post you're talking about on the energy collaborative.

Anyway, I'm very interested in the details of what you have put together, expanded energy tapping, if you would like to share it.

I like the term Energy Medicine Tapping, and the idea of noticing and enjoying the color of life!

Radiant circuit work has been a big part of helping my dad, and my mom.

Closing a session with hook ups and figure 8s is great, and doing some radiant circuit stuff like 9 hearts and belt flows feels even more complete to me right now.

Doc, will you please share?

Thanks,

Lyn

How to make a Positive Emotion a 100 Times Better!

Hi Lynn,

Here's the post addition:

1. First find some thing that triggers the radiant circuits in you.

For me it was looking at the bright red roses hanging down in clusters from our 6 feet tall cyclone fence.

So I walked close enough to smell them.

I got into their energy.

And I did that with all my senses, seeing, feeling (tactile), smelling, tasting the smell, noticing the softness of the petal, noticing the emotions I got from those roses as I admired them.

This part takes about 2 seconds.

2. Then as you are in that "zone of appreciate", totally engrossed in those things 100%, then you tap that 'appreciation' into your energy system via the acupressure points.

3. Use both hands and do both sides where there are 2 sides.

Here are the tapping points I use in the Easy Energy Method™.

Tap each set of points 10-12 times in a rapid motion!

a. Inner eyes

b. Outer eyes

- c. Under eyes
 - d. under nose
 - e. under lip
 - f. Both K-27's with crossed hands
 - g. thymus
 - h. Spleen 21's
 - i. Outer thighs
 - j. Crown of head
4. Be sure **to smile** and **breathe deeply** through the entire process.
5. And it does take a really, really long time, 8 seconds, so I'm sure that most people will find an "excuse" for never doing the drill.
6. Why's that?

Here's a list of common excuses.

- a. Because it's too hard.
- b. They can't remember the points.
- c. They can't remember the steps.
- d. They don't know how to smile.
- e. They don't know how to breathe deeply.
- f. They can't find their head.

- g. They don't know what a K-27 is.
- h. They don't have thighs.
- i. They think that a 'crown' is in their teeth.
- j. Many, many, many, excuses us obi wan kanobies can come up with to NOT do something.

Have fun Lyn, and others that choose to do the damn drills.

John La Tourette, PhD
PS. The Applegate lake part?

Well, when I was doing that rowing around, I stopped, paused, looked and enjoyed.

I got into the moment of that really neat experience.

The sun bathing me in a warm sweaty glow.

The sun reflecting off the blue water.

The gently sway of the blue water.

The relaxed feeling of leaning back and gently rocking on water.

Being with family, those that love me, care about me and appreciate me.

Watching the wife enjoy herself.

Watching Jack and his fiancé enjoy themselves, and being with each other in their embrace of newly found love and sexuality.

I also tapped in that lovely lake experience.

That energy tapping Makes it 100 X's MORE enjoyable.

PPS. Gees. I wonder 'how else' it could be used?

Re: On Applegate Lake, having tons of fun rowing
that kayak around & feeling good!

Lyn,

Thanks Doc -

Some traffic lights keep me captive for at least 8 seconds - (smile!)

I just did this, with the vivid memory of a particular rose I encountered
a few years ago, and on Sp21 tapping, I could smell it again ... nice.

I will enjoy playing with this.

Warmly,

Lyn

Re: On Applegate Lake, having tons of fun rowing
that kayak around & feeling good!

Doc: You are welcome, Lyn.

I do have one very important point to add.

What you did is effective.

The only question is, "how effective is a memory of a radiant moment
in the past when compared to a radiant circuit activation done in the
present moment"?

Not as much.

What you did (described) is a hypnotic revivification, which is NOT as powerful as 'being in the moment' is.

When you 'become in the moment' and do the drill with all the senses activated and in full bloom, THEN you have a much bigger and solid hypnotic anchor than you do from any memory...

...and that new, fresh, totally activated radiant circuit to the cellular energy level is something that you can then be taught to activate at will, quickly and easily...

...and to use when ever you wish in your own life.

John La Tourette, PhD

Re: On Applegate Lake, having tons of fun rowing that kayak around & feeling good!

Lyn: Hi Doc,

Immersion in the moment's living radiant energies - it makes sense that it would be more potent than a memory ...

I like this a lot. I like how deeply impactful the radiant energies are, how instant and how strong and how powerfully healing.

Thanks again,
Lyn

Why the EASY ENERGY METHOD™ is so damned effective.

Because it is based upon a social anchor for the word "beautiful".

“I am looking at this beautiful rose”. Tap it into the inner eye.

“I am looking at this beautiful rose”. Tap it into the outer eye.

So you say it, as you feel it, as you tap.

You are NOT saying “I am beautiful”. You are saying “the rose is beautiful”. “The red is beautiful”. “the hanging roses are beautiful”.

So there is NO restrictions and disbelief on the part of your subconscious mind about the ‘beauty’.

Since the word is about the rose, not the person, there is no conflict between saying that something in the world is beautiful when the person is not feeling that they are beautiful or happy or vibrant.

But saying that about the rose, about the color, about the scent, as you tap your own acupuncture points WILL install that positive emotion into you.

Because an unhappy person can still look at the petunia and notice the various beautiful aspects of the petunia.

That is very different than an affirmation you know is false. An affirmation that will cause internal conflict between what you believe deep down and what you want to believe because they are incongruent with each other.

The word “beauty” is an emotional trigger for a positive state that does tend to bring forth happy feelings, and when you tap at the same time those feeling of beauty will connect with your inner person.

When you do this a minute or two every day, those positive feelings tend to stack up, and you become a person that is more aware of the

neat and beautiful and happy things of life than you do the things that pull you down.

So have fun with it!

Just a few words here of “THANK YOU” to a few very special people. To Richard Bandler for developing and evolving NLP, for developing very good and specific modeling tactics, and how to think clearly and productively.

Richard was the one that said, “We can control our own states”.

To Donna Eden for giving me a method to verify the 9 different energy systems and to see and feel them so I can assist others in become healthy, loving and wealthy. I especially thank her for the teachings on the Radiant Energies and how to augment them and use them in daily life.

Donna taught me how to tap a positive emotional response into the 3rd. And she’s the one that taught me about the beauty of flowers and how to see that energy.

To Jose Silva for putting together one of the best ESP Psychic Skills training of all time. Stuff like that used to be taught in religious Mystery Schools 2,000 years ago, but had either fell by the wayside, or were so corrupted that they no longer made sense.

He gave us back the skills of clairvoyance, telepathy and remote influence.

To Gary Craig and Pat Carrington for the massive amount of thought and creativity they’ve both put into their various and different meridian Tapping Energy systems.

My special thanks to Pat for her Choices method, for her explanations of 'why affirmations do NOT work' and what to do instead. And for her method of building up a pleasurable moment and anchoring it into your neurology at an energy/'cell level so you could retrieve it at any time you desired.

Thank you very much.

John La Tourette, PhD

Founder of the EASY ENERGY METHOD™

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