HIGHER TRUE SELF
Life Change Training



REMOVE HIDDEN NEGATIVITY SO YOU ACHIEVE YOUR DESIRE

WITH THE BLOCKER BYPASS PROCESS

BENEFIT:

Manifest a desire from your Wish List by removing stress and frustration from your starter memory using the Blocker Bypass.

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Overview

This eBook will give you specific guidance on how to articulate exactly what you want in life, so every WISH on your Wish List becomes a true "10" in desirability.

From that Wish List, you'll choose one wish at a time to manifest. The good news is you don't have to do all the work on your own. Your unconscious mind will be your partner in manifesting your wishes. Because your unconscious stores every single one of your experiences, with the correct application, you can harness it to automate manifesting for you. This means your unconscious mind can "recreate" successful experiences for you. You activate your unconscious mind's ability to manifest from thought alone by identifying memories that relate to your current wishes.

If there was stress involved in your experiences, you could use the Blocker Bypass process to create a memory based on the future, free of any stress from the original experience.

The following are a few definitions used in the Blocker Bypass process.

Success Memory is a memory of you accomplishing something similar to your wish. You will have written those memories on the Wish List-Step 2 form.

Starter Memory is the "success memory" you selected from the Wish List-Step 2 form and will become a Future Memory of your desire fulfilled.

Imaginary Experience is when you create an experience in your mind that you'd like to have. It is like creating a vision.

End Point Success Image, also referred to as Future Memory, is your desire described precisely as you want it to unfold, infused with positive emotions. Your unconscious will take this "Future Memory" as it has already happened.

Overview of the Blocker Bypass Process - The Four Phases

Phase 1: Select a success memory from Wish List-Step 2 and you will remove any hidden negativity that has become integrated into the memory you will use for your wish. You can call this your **Starter Memory.**

Phase 2: Enhance your chosen "Success Memory." Do this by describing what was going on in that success memory and elevate the desirability by adding positive emotions. Effectively, this sets the stage for maximum results and brings the wish to a 10. Your Success Memory will enhance and become an irresistible desire to your unconscious mind.

Phase 3: Use this enhanced "memory" to generate a desirable Future Memory.

Phase 4: Memorize your Future Memory into reality.

There is power in creating imaginary experiences and implanting them into your unconscious. If you do this, you'll feel life supporting you, and you'll experience more synchronistic events. You won't have to force yourself or power over things.

When you have implemented these steps, you will have created a potent and inspiring Future Memory your unconscious mind believes has already happened.

Now onto the Blocker Bypass Process, which will outline the Wish List manifestation process.

Blocker Bypass Process—Step by Step

Phase 1: Select the Wish You Want to Manifest (Get your Wish List-Step 1 Form)

Select the wish you feel the most joy and excitement about when you envision it unfolding. Choose a wish that is desirable but doesn't trigger "overwhelm" or thoughts of "this is impossible." Ask True Self to assist you in finding the wish that will bring the most fulfillment to your life today. Put your finger on each wish and ask True Self, *"Is this the wish that is for my highest good to manifest at this time?"*

Example: Get a four-wheel vehicle that suits my adventure lifestyle.

Phase 2: Gather Past Success Memories (Get your: Wish List- Step 2 Form)

Focus on the area above your heart in the center of your chest (for clients, use your Inner Anchor Point) and make a request, fully expecting an answer. The request is: *"Show me memories of past success experiences when I accomplished < insert your wish >."*

Record these memories of you having, doing, or receiving what you desire on your Wish List - Step 2 Form as they come to mind.

Example: *These are my Success Memories for my wish of getting a car:*

1. *My first car was a VW Bug, which my dad had completely renovated with fresh paint, new seats, and more. It looked beautiful with its huge sunroof. All I recall now is I hated learning how to drive a stick shift. Major stress–I remember swearing and wanting to give the car away to my best friend Amy, who was helping me learn how to drive a manual transmission.*

2. *I remember my sister's boyfriend repainting my Honda Civic as a birthday present. I had mixed emotions. On the one hand, I felt gratitude for the present, but the paint job included fancy stripes and many overly colorful designs on the doors and hood. I appreciated the generous gift but didn't like the results of his creative painting.*

3. *After passing an exceedingly difficult British driving test, I qualified to buy my first car in England. It was a used Vauxhall, which I had to pick up in downtown London. I recall driving across the bridge, trying to shift gears with my left hand, feeling stressed and worried I might hit someone.*

4. *I got my first brand-new car when I returned from living in Venezuela. I felt empowered by my husband when he said, "Find the car you want," and that he would buy it for me. At first, I was disappointed when he said that one of the cars I liked didn't fit him because his head touched the ceiling of the car, but overall, I felt genuinely supported to make my own decision. Ultimately, we both decided on a vehicle that fit him and I liked. It pleased us both. It was a sporty, fun car to drive. I got everything I wanted: a sunroof, manual transmission, and even a special-order teal color. We paid cash, and I drove off the lot with the stereo blasting and the sunroof open. Purchasing this car is one of my finest memories of abundance and fulfillment.*

   Note: I came to love manual transmission even though I hated it before.

5. *I remember trading in the first new car I bought myself. I felt conflicted: I was happy with the new vehicle but also sad to release the Subaru. I didn't want to let the Subaru go, but I had to because of an allergic reaction to something inside the car. I cried as they took it away while I experienced joy in getting a brand-new Mazda 6 with a great sound system that was fun to drive.*

6. *After nine fun years of driving my zoom-zoom Mazda 6, the repairs were becoming expensive; I decided I must let it go. I felt so conflicted; I loved driving it, but financially it made no sense to keep it. It had a Bose stereo and handled well and was, overall, a fun ride. I felt like an old lady since this was the car my mother drove. I was despondent that I had to sell my zoom-zoom care and now my only option was to drive an old white Toyota Camry. Oddly, the car is the same model and color my mother drove. Ironic story, the last time I recollect driving a white Toyota Camry was to identify her body at the mortuary.*

By now, I hope you see that memories of even basic events like getting a car aren't all black and white, good, or bad, or success or failure. In all these cases, emotions are usually present like joy, gratitude, or even frustration or loss.

When we have a "success moment" of getting something we want, we need to become conscious of the emotions present during that "success moment." These emotions profoundly influence us and hide from our view, as we just look at the "success" aspect and forget the struggle and pain aspect. There may be aspects of that success we wouldn't want to re-experience. Memories can be powerful, launching us to create similar outcomes in the future, but of course, we don't want to carry negativity into our new creations.

Soon you'll learn to perform the Blocker Bypass to remove residual negativity.

Step 3: Rate the Desirability of Each of Your Success Memories (Refer to: Wish List - Step 2 Form)

Now comes the fun part: turning a memory into alchemical gold that will launch a future success for you.

To start, review the memories you wrote on your Wishlist-Step 2 Form.

As odd as it might feel to review and rate something long since passed, in fact, you naturally do this whenever you think or talk about your history. You can't help but assess that event from who you are today. Like when you open a Word document and re-read something you wrote years ago, you might edit it. When you save the Word document, the changes overwrite what was there before.

You can't help but assess an event from who you are today.

A similar process happens when you recall a memory. You revise it just by bringing it to mind.

Another essential aspect of recalling a memory is that whenever you revisit an event in your mind, you experience the emotions of the situation. The feelings can be so strong they take you out of the present moment. You may well realize how self-defeating this can be when you think about something painful. You will now view your life's possibilities through those negative emotions.

That's why clearing blocked energy is an important skill. When someone clears a blocker, they feel lighter. They re-perceive the situation and infuse positivity into how they would have liked to handle it. This changes the blocker pattern. We recommend they not talk about the actual event and embrace the new perception. This doesn't mean we forget the experience; it means the memory of what happened is free of negative emotion, making you free of that painful situation.

In the same way, we advise you to not re-live the pain of the past by talking about what you DON'T want to happen in the future.

Eyes forward. Focus on what you have control over. Focus on what is happening in the PRESENT MOMENT and your FUTURE.

There is an additional benefit to reassessing and rating important moments in your life. You are giving constructive guidance to your unconscious mind. Tell it what went well and then recommend improvements. You are telling the unconscious how well it is doing on what you've asked it to do. This allows your unconscious to improve its performance, just as you would request from an employee.

Remember, your unconscious is working to fulfill your desires; your job is to articulate what you want, hand it to your unconscious, and allow your unconscious to guide you to manifest it.

Now onto Rating Your Memories in the Wish List-Step 2 Form

Work through each of your memories. When you recall what happened, ask yourself, did the experience fulfill all my expectations? Was it joyful? If so, rate the desirability of that memory a 10.

Another way to consider the fulfillment of that memory is to ask yourself: "Would I want to experience that memory exactly as described?" If you get a "no," that shows it wasn't an ideal 10.

If the memory has negative aspects, it will naturally reduce your desire to repeat it, reducing the desirability rating. Understandably, you don't want to recreate something in the future that has already caused you disappointment or even pain.

Now review your Wish List-Step 2 and rate your memories on the level of desirability:

Remember, a rating of 10 means *"I'd love to experience this just as it occurred," and a rating of 1 = "There was so much stress and frustration that even though I got what I wanted, I wouldn't want to go through that again."*

Example: Desirability ratings for my Success Memories in getting a car:

Car memory # 1: Desirability Rating: 6

Car memory # 2: Desirability Rating: 2

Car memory # 3: Desirability Rating: 4

Car memory # 4: Desirability Rating: 9

Car memory # 5: Desirability Rating: 4

Car memory # 6: Desirability Rating: 2

Now rate your memories and record the rating on your form.

Step 4: Rate Each Memory for Hidden Negativity (Refer to: Wish List-Step 2)

You are looking to uncover negative emotions like stress, anger, and overwhelm since heavy emotions become embedded in the memory, creating resistance in the manifesting process.

Review each of your memories.

Was it effortless? Or did it contain frustration or struggle? Remember, even when you are successful, you can encounter negativity on your way to success. Now, look at each of your memories to confirm how effortless it was or how challenging it was.

A rating of 1 = "*Effortless,*" and a rating of 10 = *"Almost impossible."*

My Example: Negativity/difficulty ratings of Success Memories in getting a car:

Car memory # 1: Rating: 3

Car memory # 2: Rating: 5

Car memory # 3: Rating: 4

Car memory # 4: Rating: 2

Car memory # 5: Rating: 4

Car memory # 6: Rating: 8

Now it's your turn to rate your memories and record the ratings on Wish List-Step 2 Form.

Step 5: Blocker Bypass—Canceling the Hidden Negativity (Use a Blank Sheet of Paper)

After you have selected your most fulfilling memory, you will remove any stress or frustration from the memory so you don't inadvertently manifest the same situation. You will learn to bypass any residual negativity from the "starter memory" you are using to launch your wish.

It is easier to start with a memory you have rated low in difficulty but high in desirability. This way, you will have a better chance of avoiding activation of any sabotaging blockers.

Now review your list. Locate the memory with the highest desirability that has a low rated difficulty (1, 2, or 3). Record all you remember about the event on a blank piece of paper.

How to Perform the Blocker Bypass

Read your chosen memory and draw a red line through anything that creates negative feelings-remove the parts of that memory you don't want to re-experience, like stress, fear, doubt, frustration, worry, negativity, pain, or struggle.

Remember, the Blocker Bypass works best on memories that contain minimal negativity. As you review your memory, if you find overwhelming emotions drown out positivity, then don't use that memory.

Example: I got my first ever brand-new car when I was just back from living in Venezuela. I felt empowered by my husband when he said, "Find the car you want," and that he would then come and buy it for me. At first, I was disappointed when he said that one of the cars, I liked didn't fit him because his head touched the ceiling of the car, but overall, I felt genuinely supported to make my own decision. In the end, we both decided on a car that he fit in and I liked. It pleased us both. It was a sporty, fun car to drive. I got everything I wanted: sunroof, manual transmission, and even a special-order teal color. We paid cash, and I drove it away that same day with the stereo blasting and the sunroof open. Purchasing this car is one of my best memories of abundance and fulfillment.

Desirability Rating: 9

Difficulty Rating: 2

Step 6: Bring in the Positives and Gently change Your Starter Memory

The point here is to create a very desirable Imaginary Experience of you accomplishing what you want with grace and ease, one that is a 10 in

desirability and less than a 4 in difficulty.

In this step, you move beyond any limitations of the memory and turn it into an Imaginary Experience (part memory and part future dream). Do not limit yourself. Add details of exactly how you want the experience to unfold. This may include the people you would celebrate with, aspects of your current environment, where you live, or the work you do now to make it real and less of a "memory of the past." These details will make your wish authentic and desirable, allowing your creativity to extend and lift the memory so it feels sublime and inspiring.

Keep re-rating your Imaginary Experience after each change to make sure it has not increased in difficulty or dropped in desirability.

Blocker Alert!

There were more mixed emotions in the memory than I realized when I first wrote it down. The memory I chose morphed from a 2 in difficulty into a 10 because of the extravagance of buying a brand-new car. Now I am single. I also realized this memory brought up emotions about my former husband.

The fact that I was married in that memory caused the difficulty level to rise to a 10 since blockers were whispering in my ear, "You have to be married to experience that level of abundance and fulfillment again."

This could happen to you, too. So, write as much as possible about what was going on in your life relating to your wish. In my example, I removed the "husband" part to reduce the difficulty to a manageable level.

My original memory: *I got my first ever brand-new car when I was just back from living in Venezuela. I felt empowered by my husband when he said, "Find the car you want," and that he would then come and buy it for me. At first, I was disappointed when he said that one of the cars I liked didn't fit him because his head touched the ceiling of the car, but overall, I felt genuinely supported to make my own decision. In the end, we both decided on a car that he fit in and I liked. It pleased us both. It was a sporty, fun car to drive. I got everything I wanted: sunroof, manual transmission, and even a special-order teal color. We paid cash, and I drove it away that same day with the stereo blasting and the sunroof open. Purchasing this car is one of my best memories of abundance and fulfillment.*

Desirability Rating: 9

Difficulty Rating: was a 2, became a 10 since I couldn't imagine I could get a car like this without "being married."

After Performing the Blocker Bypass

I feel supported by my friend as he advises what to look for in a car and how to find the best deal. I find my perfect-for-me Subaru Forester online. I am excited to pick the ideal car that suits my adventurous lifestyle. It is AWD, so I can drive in the snowy mountains and carry a lot of stuff for True Self retreats. The car has great acceleration and everything else I wanted: a sunroof, manual transmission, and an electric blue color. I pay cash for it and drive away with it that day.

In the example above, I removed the aspects that related to my husband buying the car for me, which allowed the identity of who I was at that time to fall away. Even though I was no longer married, I was confident that I could create what I wanted. I also became clear about what I wanted. I didn't want a Mazda sporty car since I enjoy traveling through the mountains in the winter snow.

Step 7: Create an Imaginary Experience of Your Wish Fulfilled

Add all the aspects to ensure you feel excited, grateful, and certain your wish will happen. Doubt and lack of certainty are signs a blocker is present, or the difficulty is too high.

In this step, you will create an Imaginary Experience, which we call an End Point Success Image (or a Future Memory).

Bring in the components that would be present in an actual memory:

- What is going on in the environment around you as you envision your wish coming true?
- What are you hearing?
- What are you feeling in your body?
- What are you sensing from your thoughts and emotions?

The example below is my end point success image where I envision my wish fulfilled:

You can select a fixed end point date if it doesn't increase the difficulty level above a 5.

1. **Fixed end point date:** On or before _____, with the right action and at the right timing I will have done whatever is necessary and appropriate to have _____ (insert your wish).

Or you can utilize the open-ended request with no date.

2. **Open-ended:** I will have done whatever is necessary and appropriate to have _____ (insert your wish). Please make this happen with the right action and at the right timing.

Please make this happen with the right action and right timing. I will have done whatever is necessary and appropriate to have bought an AWD car with less than 50,000 miles and costs less than $10,000. I notice how good I feel with my friend's support as he advises me how to search for a high-quality used car online and how to find the best deal. I feel the excitement in my stomach that I will get the ideal car that suits my current lifestyle. I am easily finding my perfect vehicle. It's a Subaru Forester. I recognize how much I want an all-wheel-drive vehicle again. I see myself driving in the snowy mountains. I see myself in the driver's seat and looking at the back seat, and I smile at how easily the car carries all my stuff for True Self retreats. I imagine test-driving it. My new car has great acceleration and everything else I desire: a sunroof, manual transmission, and even the electric blue color. I will make this happen in ways that are for the highest good of me and everyone involved.

Within a month, my wish manifested.
Read below what happened:

My friend surprised me when, after all the research, he bought that kind of car for himself. His choosing to buy the car was a stunning way to get what I wanted since I didn't have the additional funds to get the exact car I wanted.

He then generously offered to let me take his car on my True Self trips.

I recall the day we test-drove the car. It was clean, with leather seats and great acceleration. It had everything I desired: I got the electric blue with a sunroof. It even had something I didn't know I would find useful. It had a rearview camera. After we test-drove the car, he immediately bought it. He paid cash, and I got to drive the Subaru home that day. I thank my unconscious for all the help in manifesting my perfect memory of my car.

See how a wish can manifest most unusually? When I gave my unconscious mind a detailed description and communicated WHY I wanted a new car, I permitted my unconscious to fulfill my desire directly, one that my conscious mind might not have thought of.

Step 8: Rate the Desirability and Difficulty of your Future Memory

Now, back to you. Rate how desirable and fulfilling your Future Memory is. A rating of 10 = "Ideal, I couldn't add a thing," and a rating of 1 = "Awful."

In my example in Step 7, you can see how I reduced the difficulty from a 10 to a 2 by removing the part of the memory where I had to be married.

Example:

Desirability: 10

Difficulty: 2

Your Rating of Future Memory:

Desirability: ____

Difficulty: ____

Step 9: Make Whatever Changes You Need to Your Future Memory

Let's recap what you've learned so far:

1. You have found a starter memory that you can revise to launch your wish.

2. With the benefit of hindsight, you have removed any negativity that dragged the success down using a red pen.

3. You expanded the memory into what you would like to happen today, turning it into a Future Memory.

You rated your Future Memory to ensure it was not above a 4 in difficulty and ensured you maintained a 10 in desirability.

In this step, review your Future Memory for completeness, and document any changes necessary to create a fulfilling vision of what you'd like to experience.

Step 10: Final Rating of Desirability and Difficulty

Read through what you wrote in Step 9 and rate the desirability again. Does it contain all you truly desire? Have you removed all stress and negativity? Read it through, be completely honest with yourself, and rate its difficulty, where a rating of 10 = "*Near impossible*," and a rating of 1 = "*Very easy.*"

Your Ratings:

Desirability: ____

Difficulty: ____

Step 11: Make Your Wish a High Priority in Your Unconscious Mind

Read through your Future Memory in a way that brings it to life. Close your eyes and visualize it unfolding exactly as you desire. Notice your body–are you relaxed? Does your heart feel expanded? Is your mind peaceful?

If this step is difficult, it is a sign a blocker has surfaced, or you have selected a memory with too much associated negativity. Go back to Step 5 and perform a Blocker Bypass to remove anything that reduces the level of desirability. If you can't get your Future Memory to a 10 in desirability with a difficulty of 4 or less, consider selecting a different starter memory and perform the steps again to create a more suitable Future Memory.

Once you have a Future Memory with a rating of 4 or less in difficulty and a 10 in desirability, you're ready to hand it over to your unconscious mind to help you manifest it.

How to Memorize Your Wish into Reality

Read your Future Memory aloud 100 times in complete privacy. Privacy is important because you don't want someone else's negative thoughts about

your wish, which might fill you with doubt and dilute your confidence and certainty. You must read it out where no one will hear you.

As you visualize your wish coming true, infuse it each time with positive emotions, including gratitude.

While you do this, notice your thoughts and feelings. When you have read your Future Memory aloud 10 times, pause and observe how you feel. Do you sense any negative sensations in your body? Is your mind still peaceful? Have thoughts or emotions of doubt or negativity surfaced?

IMPORTANT! If you notice any negativity, review your Future Memory, and do the Blocker Bypass again. Remove the negativity by crossing a line through it and rewrite the Future Memory until it feels congruent and achievable.

Continue reading, pausing every 10 times to see if you still feel peaceful and are free of any resistance, like negativity or doubt. Do these steps until you have completed reading it out loud 100 times.

Why is Rating Desirability and Difficulty While You Are Reading Essential for Success?

Each time you rate the desirability and difficulty, you allow your unconscious to give you feedback. You are training yourself to become conscious of blockers, which may come as self-defeating thoughts, feelings, or body sensations.

As you notice the subtle negative messages, you can remove what is causing discomfort. Over time, this builds a bond of trust between your conscious mind and your unconscious.

You are communicating to your unconscious that you are listening to it and wish to ally within. When you become effective at this type of communication, you establish a harmony between your conscious mind and your unconscious, which works increasingly on your behalf.

This is significantly different to ignoring your unconscious–when you do that, you inadvertently train it to ignore your DESIRES. Like any relationship, you want to be heard, however, you also need to listen.

Step 12: Document Your Final Future Memory (End Point Success Image) Use a Clean Sheet of Paper

After you have completed reading your Future Memory (also referred to as End Point Success Image EPSI) 100 times, document the final version on a clean new piece of paper.

Step 13: Wish List-Step3; Anchor Your Future Memory (End Point Success Image)

1. Now you are ready to request the support of your unconscious mind by anchoring your End Point Success Image in your heart.

   Close your eyes and imagine a ball of white light surrounding your End Point Success Image and place it into the area above your heart in the center of your chest (for clients, place it in your Inner Anchor Point.)

2. Say this statement as you imagine placing the image into the area above your heart in the center of your chest (or Inner Anchor Point):

   "This is how I would like things to unfold in the right timing, and with the right action, as I ***<insert your wish>.*** *Please make this happen in ways that are for the highest good of me and all involved."*

   As you do this, breathe deeply and allow the hope and possibility to fill your body.

Note: While anchoring, you can catch blockers before they sabotage your wish. Stay alert to negative thoughts or feelings rising to the surface.

Make sure the difficulty of your wish does not spike. If the difficulty has increased, do a Blocker Bypass, and rewrite your End Point Success Image. Resume reading your End Point Success Image out loud.

Congratulations! You have now successfully asked your unconscious mind to help you manifest your wishes.

The last step is holding your Future Memory lightly without forcing and, most importantly, be open to opportunities and to act on them!