



65 Lessons

10 Powers

Context First

Context Predetermines..

...your Probable Outcome

Denial, Survival, Addiction..

...Context

Integral Context

Reality Artist

Co-Creation

Hey Hey Breathing Method

You have the Power..

...to Domain Shift

Your CHIEF Awake..

...and Choosing

Language - Linguaging

There is Always a..

...Resolution

Affirmations: I Wonder?

Clarity Brings Power

First 15%

Last 5%

Crisis Model of Change

Change can be Easy

Nucleus Effect

Energy Dancing

Expanded States..

...of Release

Multi-dimensional Reality

Feelings are Energy

Feelings are Messengers

Love and Ease =..

...You're on Track

Dissonating Feelings =..

...Make a Change

Addictive Thought..

...Provoked Feelings

Looping

How to Embrace and..

...Move Your Feelings..

...Safely

Expressing and Releasing..

...Techniques

How to Let Go

Meditation and Being

Stopping

Aspect Identification

Aspecting

Reclamation of Aspects

The World is Your..

...Reflection

Sobriety and Impeccability

Abandonment, Inundation..

..., Humiliation

Isolation Bubble

Select, Distort and Provoke

Toxic Shame is a Lie

Healthy Shame

Response-Ability

I Lack Chart Exercise

Responding vs Reacting

Empowered Action

Optimum Level of Being

12-1 Technique for OLB

Breathe Technique for OLB

Structural Questions

Movement and Loose Its

90 Second Burst

Contact Breathing

Beliefs: Brick and Mortar

Types of Beliefs

Survival Beliefs

Releasing Limiting Beliefs

Non Verbal Agreements

Releasing Non Verbal..

...Agreements

All Addictions are..

...Preoccupation Addictions

Types of Addictions

How to Cure Addiction

Over Commitment is a Lie

Empowered..

...Communication

Active Listening Technique

Empowered Requests..

...creates Results

Empowered Action