

# ADVENTURES IN CONSCIOUSNESS™

## Tools for Transformation for Everyone

Here are four great tools I'm giving to you for healing mental, emotional, physical and spiritual problems. These are simple techniques. Once you experience them for yourself, you should share them with anyone and everyone for the benefit of the whole world. This is a gift, so please feel free to make as many copies as you wish and give them out to as many people as you can. Anyone who does these will start improving mentally, emotionally and physically.

1. **ALTERNATE NOSTRIL BREATHING:** This has been known throughout the world as a simple, safe breathing exercise to open up your energy channels (which the acupuncturists call meridians), detoxify the body of negative energies, and fill it with fresh light force. It balances you physically, mentally and emotionally when you do it. Three rounds are sufficient to get benefits—morning and evening if you can. It's energizing and healing.
2. **LIGHT MEDITATION:** It's easy, just say "I call on the Light to fill, surround and protect me for the highest good." Repeat this phrase before you begin the full Light Meditation. It will flood your body with pure clean graceful life energy. You will honestly feel peace, happiness and joy. You can call on the light before any undertaking (i.e. starting your day, getting in your car, before meetings, before sleeping) for protection and guidance. Always thank the Light and offer everything you think, say and do throughout the day to the Light.
3. **EMOTIONAL FREEDOM TECHNIQUE (EFT):** by Gary Craig (Amazon.com \$15.95): EFT is an acupressure system discovered about thirty years ago by Dr. Rodger Callahan (see his book, THE HEALER WITHIN) and then popularized by Craig. It has also been simply referred to as TAPPING. Here in this packet you have a copy of the original healing sequence for getting rid of any emotional problem in two minutes, once you know how to do it. EFT has been used globally with Iraq war vets, people who have experienced trauma, and even school children. It is safe, simple and VERY effective. It is extremely effective for drug and alcoholic abuse, and t=nicotine addiction. It has also been used successfully for PTSD suffered by veterans and people who have been traumatized by war in their country. For more information you can visit: [www.emofree.com](http://www.emofree.com).
4. **SELF-LIBERATIONTECHNIQUE (SLT):** This is a streamlined version of EFT, using pressure points around the eyes and eye movements. It's just as effective as EFT in erasing negative emotions, but it is easier to use and remember (which makes it ideal for teaching to children). And finally, there are health benefits for the eyes and internal energies
4. **JIN SIN JYUTSU:** (pronounced Gin-Sin-Jit-Su) A very simple self-healing art that is safe and extremely effective for healing even serious health problems—physical or emotional. For example, just by holding your middle finger for a few minutes you can calm anger. Easy to do, anyone can do it, all you have to do is hold your fingers as described. Do it for specific health problems, or just to keep tuned-up a couple times of week. You will feel a sense of relaxation and well-being immediately. As with the all the practices take note of the flow of energy in your body during and after the practice. (For more information you can read Touch of Healing by Alice Burmeister)

### TO LEARN MORE:

Visit our website, [www.AdventuresInConsciousness.org](http://www.AdventuresInConsciousness.org), or email: [AdventuresInConsciousnessInfo@gmail.com](mailto:AdventuresInConsciousnessInfo@gmail.com)

## Alternate Nostril Breathing

This exercise purifies the internal energies for healing, calms the mind, relaxes you and increases your energy level. This is a treasure.

1. Sit in a comfortable cross legged or sitting position.
2. Use your right hand and bring your thumb to the right side of your nose and your ring finger to the left side.
3. Close off your right nostril with your thumb.
4. Inhale through your left nostril. (5 seconds)
5. Close off your left nostril with your ring finger. Both nostrils closed hold one second
6. Open and exhale through your right nostril. (5 seconds)
7. Inhale through your right nostril. (5 seconds)
8. Close off your right nostril with your thumb. Both nostrils closed hold one second
9. Open and exhale through your left nostril. (5 seconds)
10. Inhale through your left nostril. (5 seconds) Right nostril is still closed.
11. Continue alternating 3 to 5 times.
12. On the last round, when you breathe in through the right, and your left nostril is closed, then close right nostril so both are closed. Hold for 5 seconds. Then open both nostrils evenly at the same time and breathe out slowly. Sit and be aware of your face tingling, the energy moving. That's the beginning of the unblocking of the energy channels in the body. That sensation is welcome. It is a sign that the energy is unblocking in the channels and the purification process is starting of you internal energies.

It takes about 6 months of daily practice for your energy channels to become purified. This exercise should be done morning and evening (and at noon, if you have the time) for the rest of your life to keep your channels purified. This is very good for your health.

NOTE: If you have any breathing problems do not do the holding, just go from one nostril to the other. This is the simple version of this breathing exercise.

These exercises should be done at least one half-hour before or after you eat or shower. If your stomach is full of food it blocks the flow of energy. And the body has to cool off before or after bathing.

## Light Meditation

In order to free our mind from all darkness, doubt and despondent thoughts, we must learn to meditate upon the great Light without a shadow—Light beyond all darkness, Light of the soul—whose presence revives and redeems one from the weight of the body

God is light and in Him  
is no darkness at all

– St John

The light which resides in  
the sun, in the moon, in  
fire and which illumines  
the whole world, know  
that light to be Mine.

–  
*Bhagavad-Gita*

Light is the most perfect symbol of Truth. We must let this Light penetrate into our being—every part of our being. For whatever this Light touches will be redeemed.

So long as our mind remains outgoing and scattered, it will not be easy for us to find our contact with this inner Light. Therefore let us form the regular habit of meditation upon the effulgent Spirit of Light.

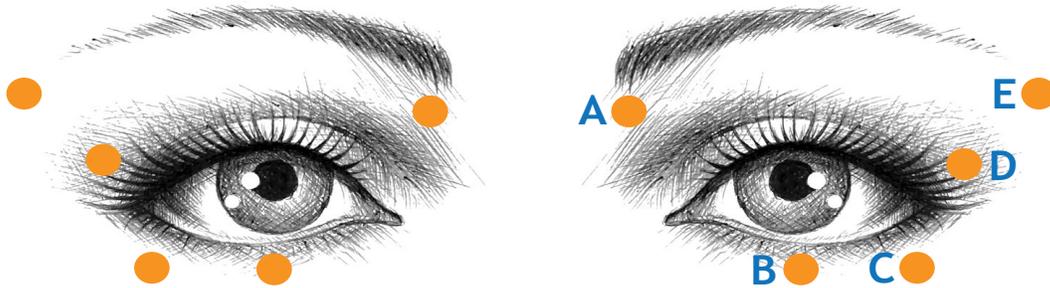
Start with Alternate Nostril Breathing, three rounds. Then say, "I call on the light to fill, surround, and protect me for the highest good." (As you meditate on the parts of the body put your attention on them. Pause after each line.)

My body is full of Light,  
My hands are full of light  
My feet are full of light  
My head is full of Light  
My senses are full of of Light,  
My heart center is full of Light

(the heart center is one finger length below the hollow in the throat on the breastbone)

Tap on your heart center and let the light flow into the heart center deeper and deeper. God resides in the deepest part of your heart.

# Self-Liberation Technique (SLT)



The Self-Liberation Technique© (SLT) is a simple method of pressing pressure points around the eyes at the same time that you're bringing up a negative emotion or problem you want to work on, and completely dissolving it.

You can use this simple tool for erasing many feelings and issues. But, we suggest you use it daily to work on negative emotions, which are the root of all pain and suffering. This means targeting anger, greed, or desire for anything, which are the top personal and public enemies on the planet.

You should use SLT to erase fears, anxieties, stresses, angers, traumas, addictions, relationship problems, self-hatred, hatred or disgust towards others, pride, arrogance, jealousy, and any feelings of needing or wanting something to happen.

Think of the issue you want to work on, for example "I'm angry at my boss". Rate it 1-10.

Think of the emotion and then start pressing lightly on the first pressure point in between the eyes. Before you press each time think your phrase, then press the points with both hands.

Do each point shown on the diagram 7 times.

1. Point A: In between eyes where the eyebrows begin
2. Point B: Underneath the eyes directly underneath the pupils

3. Point C: Underneath the eyes further out from the pupils
4. Point D: On the top of the eye socket towards the outer edge of the eye
5. Point E: On the soft spot extending past the end of the eyebrows

Notice if your feeling has gone down in its rating, if it is still not a zero, continue to the eye movement sequence. Repeat each movement 7 times while still thinking your phrase and allowing the feeling to come up. Your eyes should move slowly and deliberately.

1. Begin by keeping your head straight, but with the eyes looking up towards the sky, then down at the floor..
2. Next look to either side of your head.
3. Then look diagonally into the opposite corners of your eyes.
4. Now rotate the eyes in a clockwise direction, then counterclockwise.

Finish the technique with rubbing your hands together, then pressing the palms onto the eyes to bring heat and energy to them. Take this time to relax and see if the feeling is gone. If the feeling is still not a zero, begin the sequence with the first point, and say "remaining anger at my boss." Think of the negative emotion like a splinter in your finger—you want to make sure you get it all out.

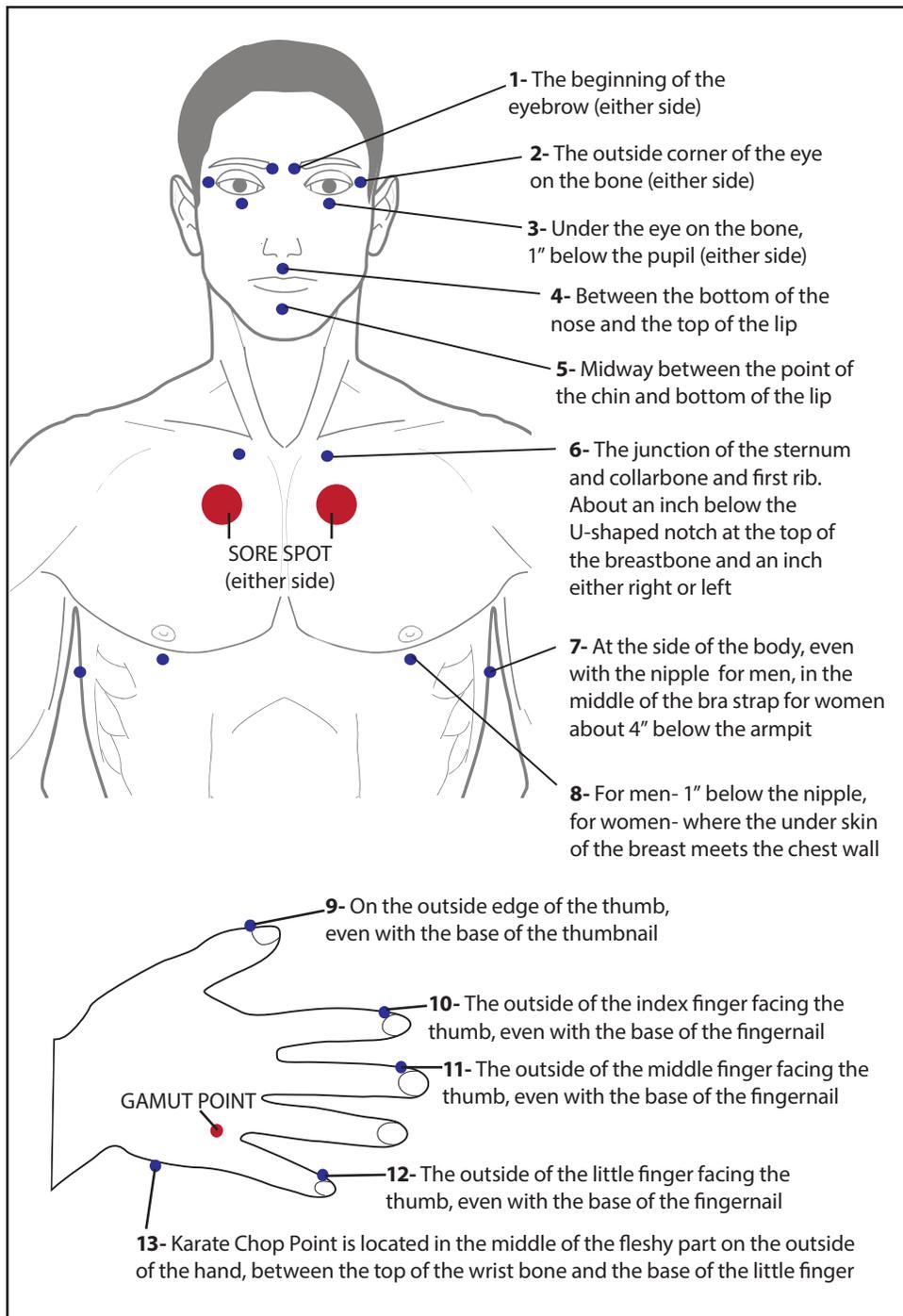
# Emotional Freedom Technique (EFT)

**STEP 1 - THE AFFIRMATION:** Identify what you wish to heal or transform, and rate how much it bothers you from one to ten. Next make it into an affirmation, such as “Even though I have this \_\_\_\_\_, I deeply and completely accept myself.” It doesn’t matter if you believe the affirmation, just say it with feeling and emphasis, out loud if you can.

Repeat your affirmation while rubbing the Sore Spot (either side) vigorously. If you cannot rub the **Sore Spot** for some reason, you may tap the Karate Chop point instead, although it may not be as effective.

**STEP 2 - THE SEQUENCE:** (listed on the figure below) You can use either hand, tap (press and release) with the finger tips of your index and middle finger. Tap solidly but not so hard as to hurt or bruise yourself. Tap seven times on each of the 13 tapping points on the figure below in the order listed, while repeating a reminder phrase – a word or two that describes your affirmation, e.g., anger at boss, fear of speaking, depression, etc.

**STEP 3- THE GAMUT PROCEDURE:** This may seem strange but its purpose is to “fine-tune” the brain via some eye



movements, humming and counting. It is a 10-second process wherein these brain-stimulating actions are performed while continuously tapping one of the body’s energy points.

Find the Gamut Point (see hand figure below). It is located on the back of either hand, a half-inch toward the wrist, centered between the knuckles of the ring finger and little finger.

While tapping the Gamut Point continuously:

1. Eyes closed
2. Eyes open
3. Eyes hard down right while holding head steady
4. Eyes hard down left while holding head steady
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order
6. Same as above but reverse direction of eye roll
7. Hum a song for 2 seconds (e.g., Happy Birthday)
8. Count rapidly from 1 to 5
9. Hum the song for 2 seconds again.

## STEP 4:- REPEAT STEP 2

Now rate the emotion again on a 1-10 scale. If it is zero, so are done, if it rates a 2 or 3, repeat Steps 1 through 4. Also adjust your affirmation and reminder phrase to include the word “remaining;” e.g., “remaining anger, remaining depression, remaining fear, etc.”

# How To Make The Most Out Of Your SLT & EFT

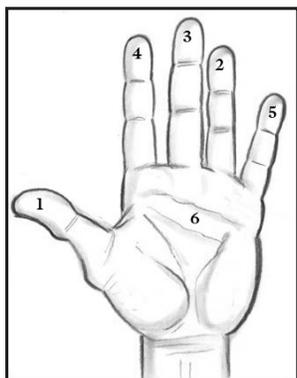
**A LITTLE BIT ABOUT EFT:** The Emotional Freedom Technique or EFT is an acupuncture system discovered about thirty years ago by Dr. Rodger Callahan (see his book, *THE HEALER WITHIN*) and then popularized by Gary Craig. A shortened form has also come out simply referred to as TAPPING. You have in your hands a copy of the original healing sequence for getting rid of any emotional problem or issue in a few minutes, once you know how to do it. EFT has been used globally with Iraq war vets, people who have experienced trauma, people with severe or moderate addictions, and even school children to help with learning blocks. It is safe, simple and VERY effective. It's been used successfully for all kinds of addictions and for victims of war suffering post traumatic stress. Read and follow instructions exactly on the diagram, but below are some pointers.

- First create a HIT LIST, the top 10-20 incidents of your life that have caused you the most pain, suffering, or anger. Tap on those FIRST. Then tap on major points of anger/frustration, fear/anxiety, greed/lust, pride/envy, over indulgence/laziness and attachment to outcomes in your life. Everyone has their work cut out for them, so basically a never ending hit list is great! I keep my hit list on a Post-It and check them off each week. NO ISSUE IS TOO SMALL to tap on!
- When creating your phrase to work on try and make it as simple as possible, and get to the root of the issue. Attach the simplest emotion possible, eg, "I am afraid of failing this interview" or "I am angry at myself for messing up" or "I am jealous at Scott." Another way to look at it is this, choose issues to work on that are rooted in the core negative emotions: anger, greed, lust, jealousy, fear, anxiety, laziness, and the desire to not tell the truth.
- When doing EFT allow your emotions to come to the surface, don't suppress them, just allow yourself to feel them fully and tap them away. You will probably feel them physically as a vibration at certain places in your body, especially in the pit of your stomach.
- After you've worked on the phrase with the simplest emotion, look a little deeper. Maybe on the surface it's anger at someone, though the underlying reason could be a feeling of fear you feel presently or from your past. Do yourself a favor and tap some more. Attack the problem from as many angles as you can. When you work on negative emotions then, what you really need to work on, deep inside, comes up naturally.
- Always remember to rate your emotion in its degree of intensity before you begin (1-10). When you are through a full sequence, try to recall the emotion. It should be at a ZERO inside. If you still feel even a shred of it start from the beginning of the tapping until it's completely gone. It's like this: If you got a splinter in your finger, got most of it out- except a painful sliver- would you just leave it in? I think not!
- If you feel adventurous go ahead and try tapping IN a good quality after a round of tapping OUT a bad quality, i.e.,  
If you tap out "I am angry at my boss" tap in "I am compassionate/patient with my boss."

**THIS LOOKS SO SIMPLE, IS IT REALLY THAT VALUABLE?** Workshops have been happening all over the world for decades with EFT and Tapping. It's a HUGE money making industry. Workshops could cost you \$1,500 for a weekend, or a session on the phone with a practitioner for JUST ONE ISSUE could cost you \$250. We have this for FREE because it's SIMPLE and EVERYONE should know it. USE THIS AND SPREAD IT for the health and happiness of you and those around you.

**BUT AREN'T MY EMOTIONS, PAIN, AND NEUROSIS WHAT MAKE ME A DYNAMIC AND STRONG INDIVIDUAL?** Your pain only makes you mean, not strong. Don't let your emotions RUN you, heal them so you are STRONGER. If there is no pain about an issue then you are untouchable and THAT is true strength. Pain lives in our bodies and our cells and this method is a great introductory way to make some big strides wiping that pain out on a deeper level than just suppressing an emotion, pretending it's not there, numbing it with chemicals, or talking ourselves out of feeling a certain way. Don't let pain or negativity linger inside you because all it does is breed even deeper anger, resentment, fear, and selfishness—all of which stop you from living a healthy life, a life where YOU and NOT YOUR EMOTIONS are in control. When you tap out a negative emotion you are actively allowing your consciousness to evolve.

# Jin Shin Jyutsu: A Self Healing Art



Wrap fingers around each finger in sequence for approximately three minutes. For sixth position, wrap one hand over backside of other hand and press thumb in center of palm.

## 1. THUMB- 1ST DEPTH

Worry and Obsessing

## 2. RING FINGER- 2ND DEPTH

Grief

Out of a disruption of our natural emotional rhythms. We experience a diminished capacity for letting go. We become stuck. Balancing the second depth helps us to release our grip on the old and be receptive to the new on both the emotional and physical plane. Will revitalize and heal the lungs and large intestine. A person with a twenty year history of asthma cleared up after three sessions.

## 3. MIDDLE FINGER- 3RD DEPTH

The key to harmonizing the elements.

By balancing the third depth, we increase our capacity for compassion as well as reinstate harmony to the liver and gall bladder. A man came home from work in an extremely frustrated state- he had a bad day at work. His wife suggested he hold his middle finger while expressing his annoyances at work. He did and in a few minutes his mood shifted. He laughed and said "I can't talk about these things now. They don't seem to bother me anymore."

## 4. INDEX FINGER- 4TH DEPTH

Organs affected; kidney and bladder.

Balancing the fourth depth restores freedom of circulation and gives us freedom from fear. A man had a great deal of fear about an upcoming business trip. His left lower back was so painful he went to see a chiropractor with no relief. He boarded the plane still in pain and remembered to hold his index finger and both the back pain and the fear went away. For the entire week of the business trip he was fear and back pain free.

## 5. THE LITTLE FINGER- 5TH DEPTH

Imbalances often cause heart or small intestine function disharmony.



Holding the little finger enables us to address these problems. It is also the source of intuitive knowledge. When this depth is balanced, we are able to receive inspiration directly from the universe. No comparing, competing, babbling or labeling. No asking why or when. When we reach the time when understanding is needed, the answer emerges. For example, there was a case where a person as a child was diagnosed with heart problems. As an adult, his general practitioner was concerned at what he saw through his stethoscope and wanted to refer him to a cardiologist. "I worked holding the little finger a while and later on, no problem was found by the doctor."

## 6. CENTER OF THE PALM- 6TH DEPTH

On the physical plane, disharmony may occur in the diaphragm and umbilicus organ functions

When the sixth depth is balanced, we feel a sense of profound peace and oneness with the universe. Harmony is brought to the related organs.

For more information about Jin Shin Jyutsu see *The Touch of Healing: Energizing the Body, Mind, and Spirit With Jin Shin Jyutsu* by Alice Burmeister