

# **ELEVATED ENERGY THERAPY**

## **The Tree Of Life**

### *Spirit & Science*

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**Elevated Therapy International seeks to show that a fusion of the answers provided by science and spirituality will allow us to heal properly by integrating science with spirituality to lead to a single, complete answer.**

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### ***Introduction***

My own development within the Energy Psychotherapy field presented here and which I see as a significant part in contributing to the world arena of `energy psychotherapy` with emphasis on the holistic, proffers a wonderful and innovative blend of energetics working in unison to clear and heal the subtle energetic fields and structures of a client, and has the potential to be immensely transformative in one's life. I have been involved with and practicing energy therapy for some years, and believe EET offers a huge contribution to the realms of energetic and spiritual healing. I have found the work I am putting forward here now (the EET Kundalini Protocol) to be amongst the most powerful expression of energy work I have personally encountered and is the next step to a complete answer.

I see this work as an adjunct to the present variety of energy therapy protocols and processes and is best used after completing any of them either on your own or in session with a qualified practitioner or therapist.

I have chosen to forge forward without binding myself to the status quo and I have continued to focus my creative energy on the developing art of healing. You too have access to the universal mind and with will and intention can reach new levels of understanding.

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### **What is Energy Psychotherapy?**

Energy psychotherapy focuses on the body's energy systems as they link to emotions, behaviour and psychological health.

These energy systems include the electrical activity of the nervous system, acupuncture meridians, chakras, biofields (also called auras), and morphogenetic fields.

While our psychological functioning is affected by cognitive, hormonal, neurochemical, and environmental factors, at a fundamental level bioenergy also accounts for emotions and behaviour.

Over the last two decades, the increasing speed and pressures of modern living has caused much more negative emotions and distress for people as well and this has been matched by an increasing need for ways to cope with it.

To this end, the last few years heralded the development of the energy psychotherapies in the progressive art of healing.

Subsequently, we have seen the evolution of a variety of therapeutic processes whereby this inner balance and integration of the body's energy system can take place in ordinary people everywhere, irrespective of age, occupation, race, colour and creed. It is not a theory or a concept that has to be worked at. Therapists and practitioners are now proving that working with the energetic system from the inside out has measurable beneficial effects on all levels of our being with no damaging side effects.

It is a solid experience, an actual, physical reality verifiable in one's own nervous system, that leads on to spontaneous improvements in one's well-being and relationship with the world. These include numerous incidents in overcoming, reducing or eliminating negative affective states such as trauma, abuse, stress, anxiety, fears, phobias, depression, grief, addictive cravings and children's issues.

Energy psychotherapy includes approaches that harness bioenergy systems in the diagnosis and treatment of psychological and emotional problems and affective states.

Energy therapies involve procedures and protocols that specifically address the underlying energetic aspects of the problem through manual muscle testing, energy checking, and processes such as having the client stimulate acupuncture meridians and chakras (by holding, rubbing, tapping, etc.), assuming specified body postures and movements, use of certain affirmations and assertions and focusing on the relationship among bioenergy, consciousness, thought, intention, and spirituality.

Most of these Energy Therapies owe a great deal to the discoveries of George Goodheart who developed Applied Kinesiology in the 1960's. While Goodheart did not focus on the treatment of affective states, Roger Callahan, Ph.D., John Diamond, M.D., Gary Craig, Larry Nims Ph.D., and Tapas Flemming and others began experimenting in this area.

Because of their wonderful work, we now have a growing number of highly effective treatments for correcting negative affective states.

Among the most widely known energy therapies are Emotional Freedom Techniques (EFT), Energy Diagnostic and Treatment Methods (EDxTM), Tapas Acupressure Technique (TAT), Therapeutic Touch (TT), Thought Field Therapy (TFT) and Be Set Free Fast (BSFF).

Procedures such as Eye Movement Desensitisation and Reprocessing (EMDR) and Eye Movement Integration (EMI), while not delineated exactly as energy therapies, also appear to be energetically oriented.

These new energy psychotherapies specialize in the most effective forms of mind body healing by treating the problem at source from the inside out with the energetic system.

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### ***There is Nothing New About Energy Therapy***

There is nothing new about energy therapy, only our understanding and application of it.

The Human Being is a powerful, energetic being (mind, body, and spirit) that is governed by a subtle energy system. It is true to say over time, a build up of negative emotion can cause blocks, which redirect life giving energy away from portions of the body – causing them to malfunction. Physical discomfort and disease is the body's way of telling you that an area or emotional issue needs attention – if serious issues are left unattended serious disease and malfunction of the body may result. If the symptom is alleviated and the body heals, but the block is not removed, similar symptoms may again result, in the same place or perhaps even in a related area of the body, thus 'chronic' symptoms that re-occur or never seem to clear up.

Hippocrates believed that body and mind are a unity, and to affect one is to affect the other. Modern medicine has taken more of the viewpoint of isolating the "one cause" and prescribing a specific remedy that will bring the solution.

Interestingly, although Pasteur originally held strongly onto the effect of the microbe in medicine, his dying words were, "the microbe is nothing, the terrain is everything." Indeed, the subtle energies that circulate throughout the body have been largely ignored (until recently) by western scientists.

However, there is a realization now within our mass consciousness that the ailments and illnesses that we experience are related to thought forms and emotions which are the power and the impetus of the universe. The root of many ailments begins so deeply in the etheric or other bodies that to view the body as a machine is limiting and contradictory to the healing process.

To put it simply, a person's thinking has a relation to his or her body similar to that which a motion picture film has to the image projected on the screen.

Nothing can appear on the screen which does not originate in the film. If one sees something negative or unpleasant on the screen, he/she cuts it out of the film. He/she does not go to the screen and attempt to cut out part of it or to paint over it. Once the scene has been cut out of the film, he/she has no fear that it will ever again show on the screen.

Therefore, we could postulate that all disease is a result of a lack of equilibrium between the various bodies and life forces.

One hundred years ago, what we do with medicine now would be considered a miracle. So too, one hundred years from now what we consider miracles will be understood as a part and portion of the cycle of life. A miracle is a miracle, based on whose perspective is viewing the event. We are learning the art of manifestation. We are also learning that we have been manifesting all along and now with the `new energy psychotherapies`, we are understanding how to consciously manifest to bring ourselves better health and joy instead of sorrow.

I believe that the main reason the new `energy psychotherapies` work to balance or eradicate negative affective states is that at the heart of all energy therapies is intention. In our everyday lives we recognize intention as fundamental. We do not penalize people if they did not "intend" to do wrong. We evaluate and judge others according to how we perceive their intention. Therefore, I believe that intention is the focused use of energy to effect change.

All healing is energy transfer. This energy is transferred in the form of thoughts, touch, intention, attention, purpose, desire, and will. All healing, as well as `energy psychotherapy` is the transfer and alteration of energy.

The healer is the impetus and the catalyst of the healing process. All healing of the self is done by the self either through the conscious or unconscious process of creating an environment where the catalyst is available.

Intention is an energetic occurrence just like attention. Attention determines the limit of our focus. Intention directs our energy to effect change toward the area of attention. In mathematics this is called a vector (a quantity that has magnitude and a direction). Our intention then is used to shift our or another's attention from one energetic spot to another.

The tapping and holding that happens in the highly effective `energy therapy` treatments act as a medium for the focusing of attention and intention. All energy therapies appear to operate and work this way even surrogate tapping. This treatment is delivered by the surrogate and it effects the recipient. Therefore, the surrogate must "intend" to act as a

surrogate. He or she must think about the other with the intention of passing on the help and benefits of a treatment. If this is not carried out, no effect will be noticed. In TFT, an experienced practitioner can imagine tapping his or her treatment points and it will have the same effect as actually tapping them. This would be impossible if physical stimulation of the acupuncture site were necessary for treatment and subsequent results. Studies have found that when one person contacts another person's energy field with a healing intention, with or without contacting their physical body, a state of coherence and synchrony between the brain waves of the therapist, practitioner or healer and the recipient develops - they literally become unified in one energetic field. Other studies have found this kind of communion to reduce the severity of pain, reduce anxiety, heal wounds more rapidly, and even raise the level of haemoglobin in the recipient's blood. It appears that time and space are no barriers to energy therapy and I therefore maintain they derive from a transcendental source. So forget not the Spirit within science.

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### ***Therapist's Intention***

It seems that our intention is directly effected by our faith and beliefs and these can be negative and limiting.

I treat my own negative or limiting beliefs in the same way as I treat trauma or other negative affective states in myself and others. Since the greater part of the beliefs that we maintain are outside of our field of conscious perception, I see them as self created separations. They can separate us energetically from the source. When we uncover them, we can re-evaluate them in case we want to update and enhance our model of reality and if so, the trapped energy can be quickly neutralized and permanently released. Because we are all limited by our beliefs, so too is our intention.

I have personally noticed that my success and effectiveness goes up and down depending on my own ability to see my clients as whole, healthy and `elevated`. This situation is so profound that I have often considered that it is perhaps the most important aspect of therapy and healing. I do experience an immediate transformation when I am able to truly `see` my client as whole and `elevated`.

Healing takes place not only on this plane but at many levels of the individual who is healed. As I the healer focus my intention in harmony with the intention of the individual who desires to be healed and then I too receive healing to some extent within my various bodies.

All of those who heal, who desire to heal others are strongly aligned with a desire to serve others. When the desire to heal is merely for increasing self importance the healer finds his or her results hollow and this lack of empathy is sensed by those who might otherwise experience significant improvement in their ailments. When the energy is given with intention and attention through thoughts, touch, purpose, desire, and will and given abundantly with love this is sensed as opposed to energy that is given in measured

amounts primarily for the gain of energy in return, whether it be in the form of money or status.

Indeed, we have the ability to send love to the farthest reaches of creation and at the very moment that we send the energy, our intention makes it so. Therefore in this way we move in unison with each other co-creating harmony or discord within the turning cycles of creation.

There is a science to healing as there is science behind everything we do and every action we take. Science is simply another name for spirit. Behind and beyond all science is spirit, the fuel that impels the phenomena of our physical world.

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### ***What is Kundalini?***

The word Kundalini is derived from a Sanskrit word 'Kundal' meaning coiled up like a serpent and therefore it has been called, 'The Serpent Power'. It is the primordial dormant energy present in three-and-a-half coils at the base of the spine in a triangular bone called the Sacrum which is to nourish the tree of life within us.

The Latin name 'Os Sacrum' suggests that it is a holy or sacred part of the body. The ancient Greeks were aware of this and therefore they called it the 'Hieron Osteon', noting that it was the last bone to be destroyed when the body was burnt, and also attributed supernatural powers to it. The Egyptians also held this bone to be very valuable and considered it the seat of special power (the ancients knew that in this bone resides a sacred energy).

Also the awareness of the presence of this primordial energy Kundalini within the human body was considered by the sages and saints to be the highest knowledge. The Kundalini and Chakras have been vividly described in Vedic and Tantric texts. In the West, Sacrum is symbolised by the sign of Aquarius and by the Holy Grail, container of the water of life.

Self Realization and Awareness result in the awakening of the Kundalini through the central channel, piercing the seven chakras and emerging at the top of the head through the Crown Chakra (fontanelle bone area) as a gentle "fountain" of coolness.

The word fontanelle itself means "little fountain" which shows again the ancient knowledge about this phenomenon of Self Realization and Awareness.

The manifestation of the Kundalini energy is like a vibration working up from the bottom of the spine. It is the integrated force of your physiological, mental, emotional and spiritual Selves.

This is humanity's greatest evolutionary force - once awakened, it ultimately propels one

toward enlightenment. When all the energies of the physiological, mental, emotional and spiritual interact, the effects are often stunningly remarkable within the subjective mechanics of consciousness and energetics.

They can open and align the centres and subtle bodies, and the nadi network, an energetic system far outstripping the meridians by sheer numbers. There are millions of nadis, it is said, the most important being the Sushumna, Ida and Pingala channels.

Nadis are variously translated as "conduits", "nerves", "veins", "vessels" or "arteries" - and constitute the composition of the subtle body. Like the meridians, the nadis constitute channels of flow of subtle vital force (prana).

The symbolism regarding the Ida, Pingala, and Sushumna nadis is especially richly developed in tantric texts. The Ida is generally associated with the moon, white in colour, and with the prana or rising vital breath, semen and Shiva (male) ; the Pingala with the sun, the colour red, blood or ovum and Shakti (female). The Ida is also sometimes associated with the prana or rising vital breath, and the Pingala with the apana or descending breath.\*

The more you practice balance, the more effortlessly you will create balance in your own life and the lives of others.

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### ***The EET Kundalini Protocol***

#### **So what is the Elevated Energy Therapy Kundalini Protocol and what does it do?**

It is a highly focused Energy Therapy system for rapidly awakening dormant Kundalini to raise ones consciousness and self-realization after engaging in one of the other energy therapy protocols and processes.

These processes help to eliminate negative emotions and the self-limiting beliefs which lead to numerous everyday problems of human adjustment, personal ineffectiveness, emotional pain, dissatisfaction, and personal unfulfillment. The unconscious programmes which automatically keep us from living freely and joyfully at our full potential.

Kundalini energy is an awesome force and when linked with energy psychotherapy, the effects are manifold.

This EET Kundalini Protocol and routine can give complete peace and joy by bringing the subtle, internal side of your being into balance.

Through this process and the application of focussed, creative will, you can awaken dormant Kundalini which is the universal, feminine and creative power or the body's inner woman or Shakti (cosmic creative feminine energy) and draw it into the body. It is



then nurtured by the chakra system that governs your well being at every level and transformed into a more subtle and usable form of energy. Purification and cleansing of the various layers of bodies occurs, spurring the dissolution of old, deep-rooted stresses, impressions, thoughtforms, diseased energy, old patterns, and the like. This will occur in varying degrees of intensity.

The result will diagnose and improve your mental, physical, emotional and spiritual condition.

It will dissolve inner tensions and bring yourself into balance.

This protocol will also contribute to developing a new awareness, expansion, transcendence and joy through your own inner loving guidance by the natural release of Kundalini.

Its application is an adjunct to the present variety of energy therapy protocols and processes and is best used after completing any of them either on your own or in session with a qualified practitioner or therapist.

A client can literally become Light (er) and this can be felt as an expansiveness occurring during the session. Negative or clinging energies can disappear, thus creating a new space for positive energies to emerge. The Light Body of the recipient receives a strong energetic boost, dissolving energy constrictions and reorganizing pathological vibrations through subtle forms, life-force, energy pathways and networks.

As the energies meld and work with or off of one another, other possibilities may unfold. Chakras may open in powerful ways beyond simply being "balanced." There is a great potential for alchemizing the energetic centres and spiritual states of awareness. One's consciousness may settle toward a state of transcendence where feeling states become exquisite creating an ability of the mind to hold itself in the Light." allowing for many shifts and changes to occur in the soul/ mind/body unified field.

Furthermore, the energies might, for instance, open a nadi in the brain that regulates stillness. In this stillness, the silence of the soul goes about its attentive work. At this time one can feel like being enveloped in a cocoon, or a chamber of light, decompressing us from the stresses and dislocations of our beings as we emerge into the higher vibrational frequencies of Light and consciousness. After using the EET Kundalini Protocol with one of my clients after an energy therapy session, she said she had never in her life felt so still and quiet.

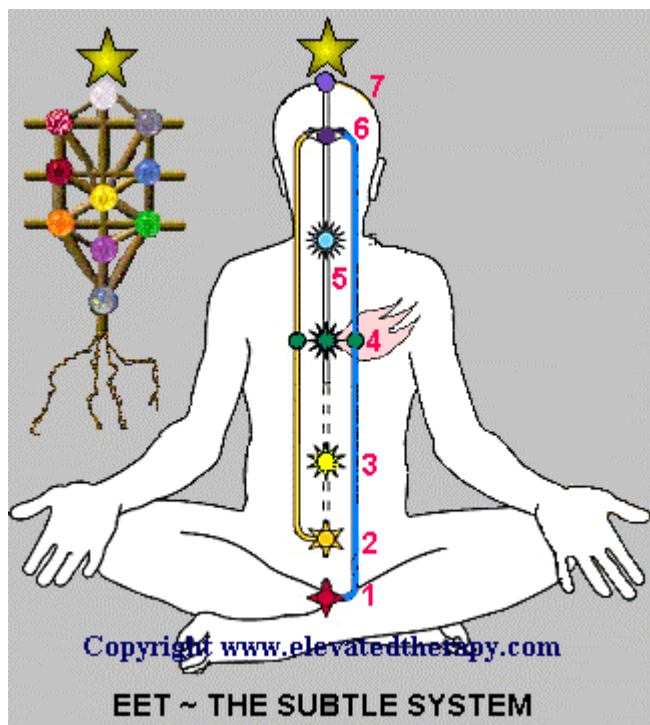
The application of the EET Kundalini Protocol at this stage for her, in fact, had been her first experience of a profound trance state.

As well as the benefits mentioned above, this technique can bring one onto the central path between such damaging opposites as too much lethargy or too much frantic activity or too much emotion or lack of emotion or living too much in the past, or thinking too

much of the future. So one can become a calm, joyful personality, confident and able to enjoy living in the `now`.

- Please note that every session is different, and the intensity and results will vary according to each individual.
-

## **The Process**



## **The Chakras and Channels of Energy**

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a subtle system of channels (*nadis*) and centres of energy (*chakras*) which look after our physical, intellectual, emotional and spiritual being.

The chakras, sometimes called wheels or lotus flowers, represent seven power centres in the body.

They are built on each other, from the most elemental, earth, up to the most cosmic.

They are not anatomical locations observed by the physical eye. Rather, they are electromagnetic vortexes of energy located in our subtle body.

The crown chakra is only accessible by controlling or empowering the first six. Each of the seven chakras has several spiritual qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed. When the

Kundalini is awakened, these qualities start manifesting spontaneously and express themselves in our life.

Thus, through regularly using the **EET Kundalini Protocol**, we become automatically very dynamic, creative, confident and at the same time very humble, loving and compassionate.

It is a process which starts to develop by itself when the Kundalini rises and starts to nourish our chakras.

The Chakras also draw in energy from the Universal energy field, which is then distributed via the neoridians (channels) of the etheric body to the cells of the physical body.

The goal is a strong, clear, balanced energy system. The more open, clear and balanced the chakras, the more energy can flow through your system. This energy is essential for vitality, health, and continued growth on all levels. Think of kundalini energy as the very foundation of our consciousness, a rich source of psychic or libidinous energy in our unconscious, so that when kundalini moves through our bodies our consciousness necessarily changes with it.

A chakra system that is in balance is a prerequisite for overall health and harmony of the energy field.

### **1. The Root Chakra or Muladhara Chakra**

The first chakra is situated below the sacrum bone in which resides the Kundalini, and its main aspect is innocence and links the individual with the physical world. Innocence is the quality by which we experience pure, childlike joy, without the limitations of prejudice or conditionings. Innocence gives us dignity, balance, and a tremendous sense of direction and purpose in life. It is nothing but simplicity, purity and joy and defines the concept 'Being' and 'Accepting Being'.

It is the inner wisdom that is ever present in small children, and gets sometimes clouded by our modern lifestyles. But it is a quality which exists eternally within us and cannot be destroyed, waiting to be manifest as pure joy when the Kundalini rises.

**Out of Balance:** Our inability to trust nature. We may focus on material possessions and have a deep need to satisfy own desires. Limitations of prejudice or conditionings.

**Energy Focus:** Developing stability, grounding, physical energy, will and security.

### **2. The Sacrum Chakra or Svadisthana Chakra**

The second chakra is the chakra of sexual energy, creativity, pure emotion, attention and pure knowledge.

It is the one which connects us to the inner source of inspiration, and enables us to

experience the beauty around us. It balances the giving and receiving of emotions. The pure knowledge given by this chakra is not mental, but it is direct perception of the Reality.

Also this is the centre of pure, steady attention and power of concentration.

**Out of balance:** We may be unsure and unstable in sexual and emotional matters. We cannot express our feelings and may suppress our needs.

**Energy Focus:** Developing creativity, healing, sexuality and reproduction, desire, emotion and intuition.

### **3. The Solar Plexus Chakra or Manipuraka Chakra**

The third chakra is the one that gives us the sense of generosity, complete satisfaction and contentment.

Connecting the base with the sublime. Here is where the personality is formed. On the left side, the main quality of this centre is peace - clearing this chakra can relieve stress and tensions. On the right side, it looks after our liver which is the organ of our attention and power of concentration.

When enlightened by the Kundalini, the Manipuraka chakra gives us our spiritual ascent, righteousness and inner sense of morality, and complete balance at all levels in our life. It is a core healing space. It is recognized that when the solar plexus, or manipuraka chakra, is fully pierced and awakened by energy, it gains knowledge of all the systems of the body. By extension, it also knows how to heal any disturbance in the body down to the cellular level.

There further exists an intimate relationship between the solar plexus and the brain, the solar plexus being the feeler and healer, and the brain the thinker. Conjoined, these energies bring into rapid succession both purification and alignment of the factors that are out of sync. The solar plexus innately knows how to restore order, much more so than the brain.

**Out of Balance:** We find it difficult to trust in the natural flow. We may feel the need to dominate. We are insecure. There may be emphasis on the material.

**Energy Focus:** Developing intellect, ambition, personal power, and a feeling of inner protection.

### **4. The Heart Chakra or Anahatha Chakra**

The fourth chakra, the chakra of the heart is the centre of the chakra system. It is the place where our Spirit resides, our true Self, which is eternally pure and unaffected by

anything, like a shining jewel hidden within us which witnesses all our actions. Aesthetic impulses (art, music) are processed into feelings and emotions.

After the EET Kundalini Protocol, our attention can become for the first time connected to our Spirit and we gradually become aware of it. Our misidentifications with our ego or conditionings can drop and we start becoming identified with our Spirit, which is our true nature.

It is from our heart that the compassion and love manifests, and also the heart chakra is the one that gives us the sense of responsibility and pure behaviour towards others. The heart chakra manifests in the centre (at the level of the sternum bone) as complete security and confidence. All our worries, doubts and fears are destroyed when the heart chakra is fully enlightened by the Kundalini.

**Out of Balance:** We may be somewhat insincere and looking for rewards. We do not find it easy to accept the love given by others.

**Energy Focus:** Developing love, compassion, universal consciousness and emotional balance.

## **5. The Throat Chakra or Visshudha Chakra**

The fifth chakra is the chakra of diplomacy, of pure relationships with others, and of playful detachment.

It removes all our guilts and remorse when it is opened by the Kundalini, and gives us a kind and compassionate voice. Feelings and emotions are transformed into expressions and we communicate emotions and feelings.

Tendencies to dominate others or to feel dominated by others, the feelings of superiority or inferiority and all jealousies are removed when this chakra is nourished by the Kundalini. Also, the Visshudha is the chakra which gives us the connection with the whole, enabling us to feel our oneness and the fact that we are all part and parcel of the whole and ONE.

**Out of Balance:** We fear judgement and rejection. We may talk a lot, but cannot express. We are afraid of silence.

**Energy Focus:** This is our communication centre for expression, divine guidance.

## **6. The Third Eye Chakra or Ajna Chakra**

The sixth chakra connects the part of creation, which is beyond science and physical manifestation. It is the chakra of forgiveness and compassion and the recognition of 'Being'. Forgiveness is the power to let go of anger, hatred and resentment and to discover, in humility, the nobility and generosity of the Spirit. It is the one that dissolves

all our ego, conditionings, habits and all our misidentifications. It is the narrow gate which opens the way for our consciousness to ascend to its final destination, which is the seventh centre.

**Out of Balance:** We reject spiritual aspects. We only focus on intellect and science. We only see the obvious, surface meaning.

**Energy Focus:** Developing Spiritual awareness, psychic power, intuition, light.

## **7. The Crown Chakra or Sahasrara Chakra**

The seventh centre integrates all the chakras with their respective qualities. It is the last milestone of the evolution of human awareness. The totality of a person opening to the Divine forces.

Nowadays, we are at a level which corresponds to this chakra, and our consciousness is able to easily enter into this new realm of perception, which is beyond our limited mind and concepts, and which becomes absolute at the level of the Sahasrara.

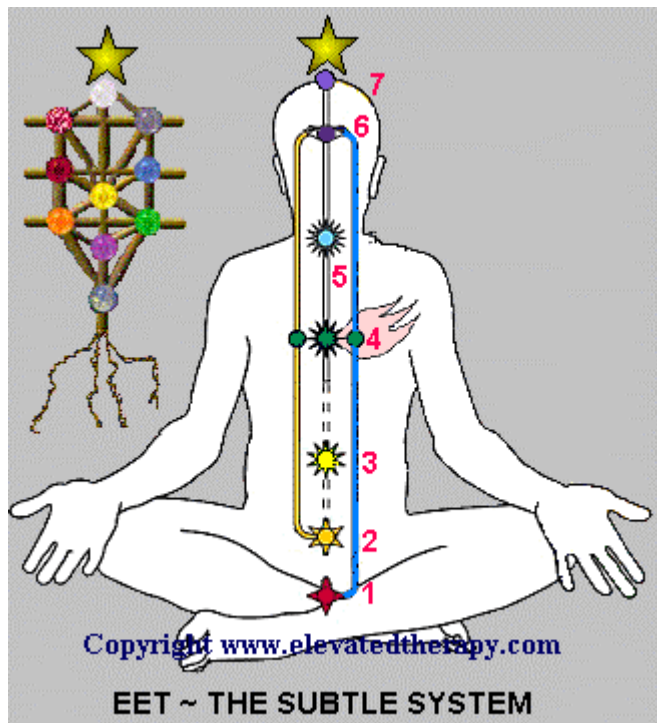
**Out Of Balance:** We are unable to overcome anxiety and fear. We are unable to imagine Cosmic Unity. We can feel depressed and unsatisfied.

**Energy Focus:** Developing enlightenment, cosmic consciousness, energy and perfection.

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## Notes On The Three Energy Channels

With regard to the three channels of energy as depicted in the *EET ~ Subtle System* picture:



The left or Ida or lunar channel (blue) corresponds to our past, emotions, desires, affectivity. Its termination is the superego, which is the storehouse of all our memories, habits and conditionings, it is associated with Shakti-rupa or the female principle.

The right channel (yellow) or Pingala or solar channel is associated with the masculine principle and corresponds to our actions and planning, to our physical and mental activity.

Its termination is the ego, which gives us the idea of I-ness, the sense that we are separate from the world.

The central channel is the channel of ascent or Sushumna and is associated with

fire and the union of the two.

It is the power which sustains our evolution and guides us, consciously or unconsciously, towards the higher awareness of the Sahasrara (seventh chakra).



## **EET KUNDALINI PROTOCOL**

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This protocol is an adjunct to the present variety of energy therapy protocols and processes and is best used **AFTER** completing any of them to raise ones consciousness and self-realization. It also helps put the frayed energy systems back together again in a far more holistic balance after some heavy duty `energy` work.

It can be completed on your own or in session with a practitioner or therapist. You can use either side of the body. For the crown and forehead points of course this does not apply.

### **What kind of results should you expect from the EET Kundalini Protocol?**

The possibilities are endless.

- You may feel complete peace and joy by bringing the subtle, internal side of your being into balance.
- Purification and cleansing of the various layers of bodies can occur, spurring the dissolution of old, deep-rooted stresses, impressions, thoughtforms, diseased energy, old patterns, and the like. This will occur in varying degrees of intensity.
- The result may diagnose and improve your mental, physical, emotional and spiritual condition.
- It will dissolve inner tensions and bring yourself into balance.
- This protocol will also contribute to developing a new awareness, expansion, transcendence and joy through your own inner loving guidance by the natural release of Kundalini.

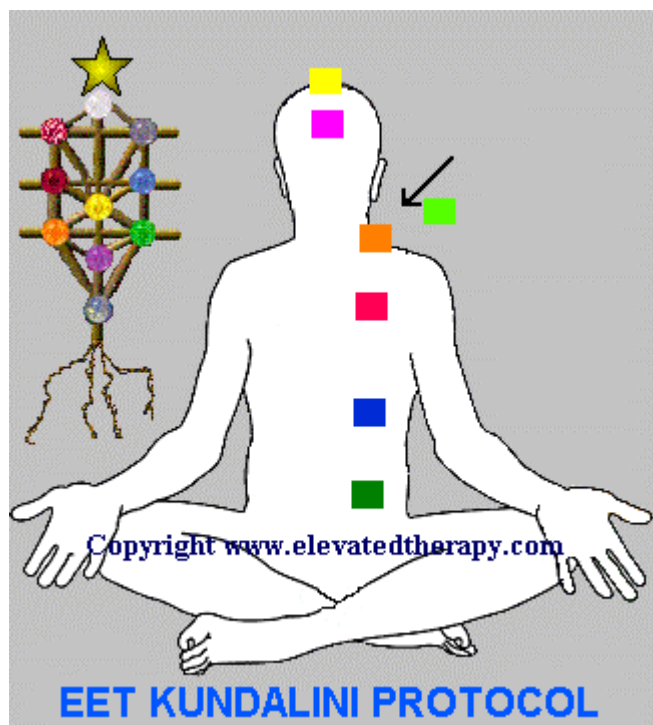
We are often surprised how different we feel after we are balanced on all levels. Some things are easy to change. Other areas may need more time or other energy therapy work before we are ready to balance them and move toward Self Realization and Awareness. I make no claims as to the success or outcome of your experience using EET. There is always a possibility that the session will miss your expectations. However, there is also the same likelihood that your expectations will be surpassed.

It is best to enter into the process with surrender, acceptance and the application of focussed, creative will. By engaging the healing energies of the EET Kundalini Protocol, we open new doors to our spiritual understanding through Self Realization and Awareness.

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**The Elevated Energy Therapy Kundalini Protocol**  
**– Devised By Dr Michael G Millett –**

**\*TO BEGIN - FOLLOW THE INSTRUCTION STEPS BELOW ONE BY ONE**



**RED - Sore Spot or K27 point**

While rubbing this area in a circular motion - say the following affirmation 3 times out loud: **"I release the Kundalini Energy within me and I am the Spirit"**

**BLUE - Bottom of Rib Cage**

While tapping this area with the full palm of the hand - say the following affirmation 3 times out loud: **"I choose to be my own master/mistress"**. as applicable.

**GREEN - Level with Navel**

While tapping this area with the full palm of the hand - say the following affirmation 3 times out loud: **"I open myself to pure knowledge"**

**BLUE - Bottom of Rib Cage**

While tapping this area with the full palm of the hand - say this following affirmation again 3 times out loud: **"I choose to be my own master/mistress"**

**RED - Sore Spot or K27 point**

While rubbing this area in a circular motion - say this following affirmation again 3 times out loud: **"I release the Kundalini Energy within me and I am the Spirit"**

**ORANGE - Side of the Neck**

While tapping this area with the full palm of the hand - say the following affirmation 3 times out loud: **"I release all guilt and choose to feel my innocence"**

**PINK - Middle of Forehead**

First centre your awareness on your spiritual form - a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between you the sparkling star, and your body, the physical vehicle. Think about detaching yourself from the vehicle. Then while tapping this area with the fingers - say the following affirmation 3 times out loud: **"I choose to forgive everyone"**

**LIGHT GREEN - Back of the Neck**

While tapping this area with the full hand - say the following affirmation 3 times out loud: **"I choose to forgive myself"**

**YELLOW - Top of the head** (fontanelle bone area) turning your scalp clockwise with your hand 3 times saying the following affirmation 3 times out loud: **"I accept and open to my Self Realization and Awareness"**

**Conclusion**

I hope you find my work and the Elevated Energy Therapy Kundalini Protocol helpful in bringing you complete peace and joy through balancing the internal side of your being.

Regularly using the EET Kundalini Protocol can lead to you becoming automatically very dynamic, creative, confident and at the same time very humble, loving and compassionate. With will and intention you can reach new levels of understanding.

Integrating science and spirituality through the body, mind and spirit will allow us to heal properly by addressing all aspects of ourselves. For the therapist and healer using EET, it serves to give the patient a feeling of solidarity, of not being alone in their struggle for both their heart and health. This opens doors to new possibilities with regard to healing and self-awareness leading to a single complete answer.

I would be delighted to hear about your experiences using this protocol with comments on its effectiveness for you and your patients and clients.

Bright Blessings,

Michael

***Dr Michael G Millett, 17<sup>th</sup> July 2001***

**Further Information**

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***A Personal Note:***

I would like to dedicate this work to my father Matthew Richard Millett with boundless love and gratitude who is my constant source of strength.

However, my Dad is going through a health crisis at the moment at home in Ireland.

“Dad, I love you and you need to be stronger now for yourself”.

I also wish to thank all my clients who contributed to the development of this work here in London and each and every member of the Elevated Therapy International Press Office Group as `connected energies` to me and my work.

Also Silvia Hartmann who is so obliging and helpful.

My journey in the world of therapy and healing is an amazing one and I am indeed privileged.

Each person I help, I help not only them, but everyone that comes in contact with them and thereby raising All That Is into higher realms of consciousness.

Each success story invites us to see what we truly are.

**\*\*\*Every man and every woman is a star\*\*\***