

# Three In One Concepts

By Gordon Stokes

Every one of us, child or adult has an image of Self – what we are, what’s expected of us and what we expect of ourselves. We build this image on how we feel about “things” plus input from our peers, parents, teachers and people to whom we grant authority or influence – not to mention our genetic blue-print which, of itself, determines our basic matrix of behavior.

The experiences we have reinforce this Self-image, for “good or bad” as the case may be. Actually, we (mentally) talk ourselves into what we believe true about ourselves. And this Self-Talk cycle turns us into “self-fulfilling prophecies.”

We then accept only the input that reinforces our self-image, which is really a lie, and we begin to act out this role as if it were true.

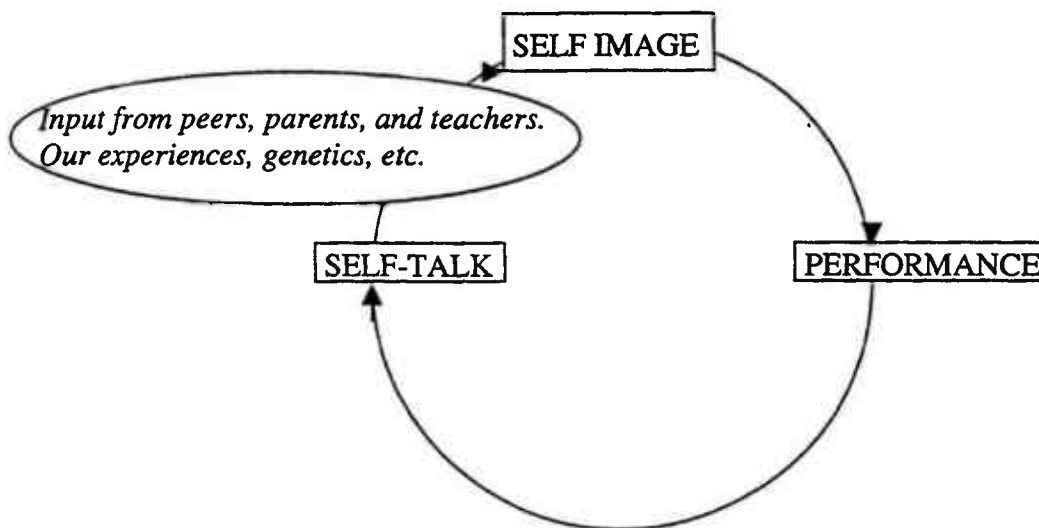
Here’s how the process works. Just follow the diagram:

We talk to ourselves based on how we judge the experiences we have. How we judge the experience reinforces Self-Image: “I’m good!” or “I’m bad!”

We act according to our Self-Image.

Then we judge our next performance, talk to ourselves about it, reinforce our Self-Image and act accordingly.

Round and round this Self-Talk cycle goes until it becomes a self-fulfilling prophecy. “Sure enough,” If we do *that* then *this* will happen. “I don’t do it well” becomes “I can’t do that” which in turn becomes “I *won’t* do that!”



Let's take this concept into the school system. How children perform results from the Self-Image they've created: what they believe to be true about themselves. If this image of self is that of a poor reader, then they'll *continue* to read poorly.

Taking this a step further: If you think of yourself as a poor speller, you'll look at words closely, remind yourself you have a problem with spelling, then try to "get it right" and fail to do so – which reinforces your Self-Image as someone who "can't spell." Naturally, this also means that you're a "a poor reader."

When teachers and others in authority who are "good spellers and readers" explain something to those of us who believe we can't understand the *written* word, chances are we've also come to believe we can't understand *the spoken word* because of who speaks it.

Not being able to read and write is embarrassing, so we don't want anyone to know and we AVOID reading and writing. In fact, we'll go to great lengths not to be put in a position, which would reveal our ignorance.

Worse, to cover our tracks we DENY our emotional embarrassment and "act out" being tough or a loner, or dumb. Alas! When we act out "dumb" the assumption is everyone knows how "dumb" we are – so there's no need to hide it. We just give up and get "dumber."

This carries on into our adulthood and the world as we see it is an exact reflection of what we believe to be true. Our projected thoughts, feelings and expectations outward are perceived as the outside reality.

Using Specialized Kinesiology (muscle-testing) to gain bio-feedback from the body (and thus bypass the conscious mind) we help people identify exactly which person or experience first triggered our image of being a poor speller – or, for example, "dumb."

Working with children labeled as "learning disabled" or "dyslexic" or slow learners," we often ask: "Do you think you're dumb?" Almost always they answer. "Of course I am, why else would I be in this special education class?"

Obviously the *causer* of this Self-Image didn't happen yesterday, It's been on-line for quite a while.

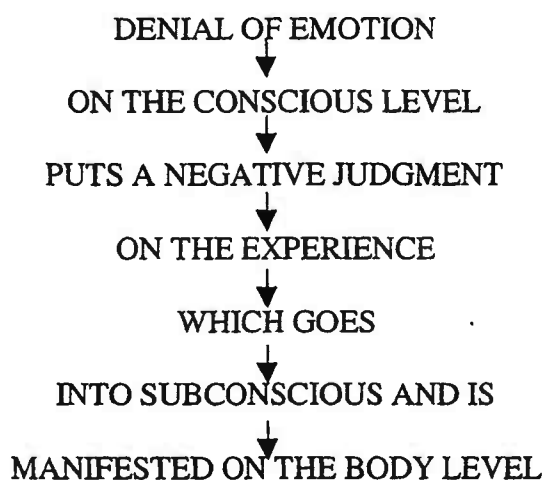
Well, no matter how much we want to forget past traumas, no matter how we've repressed them, the memory of past events is still alive, stored in our unique memory system. And even though we may not consciously recall them when making choices in present time, those past memories unite with our present experience of life. Our past determines our emotional reactions today, and we based our decisions on how we feel.

What we'd do now: Age Recess the person (via muscle—testing) to the *causer experience* which resulted in the “dumb” self-image or a current relationship problem, or a stress related problem such as bed-wetting, etc.

At the Age of Cause we use a battery of skills to identify the kind of energy blockages that took place and put them in balance. Then the emphasis goes to defusing the negative emotion that is attached to the person/event involved. Then returning to Present time we make sure that any remaining negative emotional “charge” has also been defused.

With 0% Negative Emotional charge in the past (at cause) and in the present, the individual is free to make positive new CHOICES where none seemed to exist before.

When the Negative Emotional Charge is defused from the energy field, we lose the “magnetic” charge that draws to us those experiences. Unpleasantness is only drawn in response to what we've denied or judged against. Our CHOICE to *deny* our emotions (to “stuff” them) is what gives the experience its unpleasant qualities because to deny that, we feel, puts us into a denial that there is no other CHOICE available. Locked into limitation, we can only reinforce what we already believe to be true.



Denial of emotion takes root on the SUBCONSCIOUS level and eventually blossoms on the BODY level. What we plant from the CONSCIOUS level, we reap in our body – all too often in the form of physical “symptoms, allergies or problems.”

Yes, It's been our experience that the emotions we try to deny (or “stuff”) crop up again as “Physical problems.” After all, the negative emotional charge we're denying on a Conscious level doesn't just evaporate because we “did not like the experience.” This leaves the body to deal with the effect of held-in emotions. Since we denied expression of the emotion, the physical body ACTS OUT the negative emotional charge it is holding and illness becomes the only expression it has available for CLEARING ITSELF.

The scientific establishment uses surgery and drugs to repress such symptoms. As a matter of fact, it views the body as a machine. If the body clogs, dope it up or use a roto-rooter. If that doesn't work, plumb around the blocked part. And if that doesn't work, replace the part. It's viewed like a watch. If something doesn't work – replace it.

To us, that's pure insanity if the CAUSE of the symptom is denied emotion – and in our experience, nine times out of ten it is! At the very least physical symptoms are supported by, or aggravated by, our “emotional state.”

Too often, we forget that the body is a complete part of us. It has an intelligence that far surpasses anything we could do consciously or scientifically for it. And the body is in complete communication with itself. The heart communicates with all the cells in the body whether they are in the liver or the brain.

Experience is meant to teach us, to help us evolve. Repeated experience is only meant to go on as long as needed. When understanding comes, the repetition is no longer necessary and we are free to move on.

## OUR POTENTIAL

We all have 100% potential, on the basis of our genetics and awareness level, for doing what we want to do. None of us is using 100% of our potential. And the only person responsible for this is ourselves. We put the limitations on ourselves, maybe not intentionally, but we do. Then we usually pin a label on his limitation that reinforces it.

So if you believe you're dumb, you'll act dumb. If you believe you're angry, you'll act out your anger.

Once we identify and defuse the denied emotions at the Age of Cause, related Body “symptoms” most often vanish – so do the related Self-Image “symptoms” (such as “dumb”). We find ourselves free to make more effective CHOICES.

Defusing our emotions in the past really does change the present, and since our feelings in the present create the future, we can change the future, too.

This is exactly what we do at Three In One Concepts.

Clearing our denied emotion releases the limitations we placed on ourselves. These limitations are made up of our denials, judgments, and the conditions we place on accepting ourselves. If we hold something within that is not allowed FREE movement or free expression, we draw a reflection of this to ourselves from the outer world. When we defuse our denials, we no longer draw to ourselves the kind of experience we don't want to have. “Unpleasant” experience comes in response to what we deny within ourselves.

We actually do this all the time. It's called WORRY.

### WORRY

1. We visualize what we don't want – an undesirable outcome.
2. We think it might or could happen.
3. We feel fearful, anxious, trapped.
4. We dwell on the mental outcome, and keep it going over and over in our mind.
5. The more we visualize it the more real it becomes as a possibility.

### WHAT'S YOUR GOAL?

The subconscious does not reason nor question the data you feed it. It merely processes it and reacts appropriately to it.

Our journey to full consciousness and full awareness is the most exciting journey we will ever take.

***The best way to have the future you want is to create it!***

### THE BEHAVIORAL BAROMETER

Unique to us, the Barometer forms the spine of ALL our work at Three In One Concepts. Daily, we find more and more appreciation for its power.

The Barometer is so exact, so incredibly specific, that it almost seems to have a life of its own. You can pretty well discover where you are on the Barometer just by looking it over while you think about any given issue because the Barometer's Major headings and Subheadings tell a complete story. Its words have a nearly magical significance – one of them will attract you as being the right one.

### THE THREE LEVELS OF AWARENESS

As you can see, the Barometer has three primary levels - Conscious, Subconscious and Body.

CONSCIOUS means exactly that: you're consciously aware of what's happening in the Present Time/Right Now. Our conscious mind is the most powerful in that it sends messages to the Subconscious either as a denial, affirmation or belief.

SUBCONSCIOUS represents the Past Experience that relates directly to how (and why) we react the way we do in specific Present time situations based on our denials, affirmations or beliefs. The subconscious has a direct influence on the Body level.

BODY refers to your entire life experience from Conception up to now – every microsecond of it. In effect, BODY is as close as we can come to a person's Essential Self, the genuine truth about that person's overall experience.

How we react in the Present (Conscious) relates directly to the CHOICES we've made in the Past (Subconscious) when similar events took place – as based on our overall experience of life from the moment of conception (Body). Each of these Levels of Awareness interrelates directly with the other two. Because of this three-level interaction, the Barometer always offers you a three-dimensional view of any issue.

Once you identify exactly where you are on one of the levels (CONSCIOUS, SUBCONSCIOUS or BODY) and then identify the Major Category – ENTHUSIASM/HOSTILITY and the Subheading – (Trusting/With-holding) you know exactly where you are on the other two Levels as well. That's right, the Barometer always gives you "three for the price of one."

Now put the information from all three Levels of Awareness together. You can then read it as a story.

In Present Time you went somewhere (or to someone) where your INTEREST led you. You wanted to feel Welcomed. Alas, that didn't happen, so RESENTMENT overwhelmed you and you felt Used/Abused and Confused instead. Based on your Past Experience, you know the kind of GRIEF that causes – not to mention the GUILT which comes from not being interesting enough for "them" to find *you* of Interest! Naturally you found the whole situation totally Unacceptable. Once again, no EQUALITY. Another blow to your sense of Purpose!

And all of it reinforced by your longtime track record of feeling that you had NO CHOICE in the matter that you were at "their" mercy.

Your story will of course read differently.

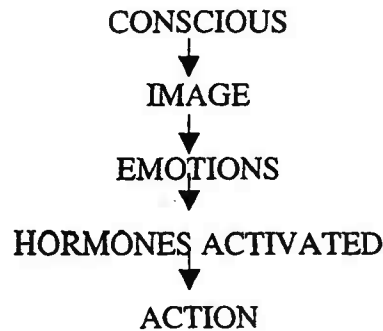
## NEGATIVE and POSITIVE EMOTIONAL CHARGE

### NEGATIVE EMOTIONAL CHARGE – SELF DOUBT

This insight came to me when I was doing a workshop in Australia quite a few years ago. I was so excited that immediately upon arriving home I changed all of our manuals to include it.

## YOUR POWERFUL CONSCIOUS MIND

The conscious mind is more powerful than the subconscious mind in directing your life. In the conscious mind you get the spark of an idea. As you hold on to this idea, the imagination takes over and expands this idea into possibilities. This triggers the emotions in the body. These emotions can be either positive or negative depending on what your focus is. When the emotions get strong enough, they turn on the hormones and the adrenal system. Once these chemicals are turned on, the body moves into action. Now, the action can be to your benefit or not, depending on what you imagined in the first place.



When we're really motivated in reaching a goal we usually do the following steps:

### GOAL SETTING

1. We visualize what we want.
2. We think it might be possible.
3. We become enthusiastic about it.
4. We dwell on the mental outcome, and we keep it going over and over in our mind adding more and more details.
5. The more we think about our goal and visualize it, the more real it becomes as a possibility.

Once the person has an issue and we test for "what the Barometer tells about this issue", we find out the Percentage of Negative Emotional Charge (NEC) attached to that issue.

Why? Because knowing the NEC% attached to an issue before the defusion gives you a way to measure the success of the defusion. For example: if you had 97% NEC prior to defusion and 0% NEC after the defusion, then obviously the defusion made a positive change for the better. This is the best indicator we have that "the work" *works!*

NEC is always identified in Present time AND during Age Recession.

#### POSITIVE EMOTIONAL CHARGE – MOTIVATION FOR CHANGE

Energy is energy. The emotional label assigned it determines whether its effect is positive or negative. For instance, ANGER and WILLING use the same actual energy. It's all a matter of perception and how you choose to use the energy. WILLING and ANGER are the same energy because that is the same vibration. Two sides of the same vibrational coin.

This is true of stress as well. Some stress is good for us. It brings us to a state of alertness when we're challenged to run a marathon, or give a talk to a group of people or have an important business appointment. The body turns on the adrenal system, ready for the challenge. This stress is a healthy stress for the entire system as it keeps the body in a balanced state. This stress we call POSITIVE EMOTIONAL CHARGE.

In every defusion, we're as interested in Positive Emotional Charge as we are in Negative Emotional Charge. When similar issues come up in the future, we're much more likely to make the CHOICE for *positive change*.



# THE BEHAVIORAL BAROMETER

## ACCEPTANCE

- Choosing to . Approachable
- Optimistic . Acceptable
- Adaptable . Worthy
- Deserving . Open

## WILLING

- Receptive . Adequate
- Prepared . Answerable
- Encouraging . Refreshed
- Invigorated . Aware

## INTEREST

- Fascinated . Tuned-in
- Needed . Welcomed
- Understanding . Appreciated
- Essential . Caring

## ENTHUSIASM

- Amused . Jubilant
- Admirable . Attractive
- Delighted . Excited
- Alive . Trusting

## ASSURANCE

- Motivated . Daring
- Protected . Bold
- Brave . Considered
- Affectionate . Proud

## EQUALITY

- Lucky . Co-operative
- Involved . Purposeful
- Reliable . Concerned
- Sincere . Productive

## ATTUNEMENT

- In tune with . Congruent
- In balance . Creative
- Perceptive . Appreciative
- Tender . Gentle

## ONENESS

- Quiet . Safe
- Calm . At peace
- Unified . Completed
- Fulfilled . At-one-ment

## CHOICE

## CONSCIOUS

## SUBCONSCIOUS

## BODY

## CHOICE/NO CHOICE

## ANTAGONISM

- Attcked . Bothered
- Questioned . Burdened
- Annoyed . Indignant
- Opposing . Inadequate

## ANGER

- Incensed . Furious
- Over-wrought . Fuming
- Seething . Fiery
- Belligerent . Hysterical

## RESENTMENT

- Hurt . Embarrassed
- Wounded . Used/abused/confused
- Unappreciated . Rejected
- Dumb . Offended

## HOSTILITY

- Trapped . Picked-on
- Put-upon . Frustrated
- Deprived . Sarcastic
- Vindictive . With-holding

## FEAR OF LOSS

- Let-down . Not-heard
- Bitter . Disappointed
- Threatened . Over-looked
- Frightened . Unwelcome

## GRIEF AND GUILT

- Betrayed . Conquered
- Discouraged . Unacceptable
- Self-punishing . Despondent
- Defeated . Ruined

## INDIFFERENCE

- Pessimistic . Immobilized
- Rigid . Numb
- Stagnant . Unfeeling
- Destructive . Disconnected

## SEPARATION

- Uncared for . Unloved
- Unacceptable . Loveless/unlovable
- Unimportant . Melancholy
- Morbid . Deserted