

## Clearing Sabotage Programs

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One dread that computer owners face today is that somehow, often through a rogue software program, a "glitch" will happen in the works, causing loss of computer memory, erasing stored programs, or creating false conclusions. Once this happens, it is a frustrating, expensive, and exhaustive process to identify, find and erase the source of the problem and its ongoing destructive effects.

Likewise, in our own built-in bio-computer, our brain, we may have a sabotage program that occasionally comes on line and creates havoc to the motivational direction in which we are consciously heading.

Our brain has had its software programmed by an infant, based on her perception of life, people, and experiences and with her own expectations. In your experience, does the infant always have the big picture, free of misperceptions ?

Perhaps a certain program served us well at one stage of our life. However, the program may no longer be appropriate to our current situation. In fact, that message may continually head us down a self-destructing pathway, when consciously we wish to function in a different way.

Over the past eighteen months we have tested clients (when we feel they are ready for this level of awareness) on various basic life statements with yes/no statements to find if there is a clear consistent agreement of motivation, or whether there exists a conflict or reversal of attitude at a deep level originating from earlier life programs.

Let us take the example of a client presenting a low energy problem, such as loss of motivation, exhaustion, burn-out, depression, overgrowths, post-viral syndrome, etc.

Before getting on with the clearing procedure, take a personal history of family, illnesses, operations, problem areas, interests and activities. Then with these insights available, proceed with the muscle testing and balancing.

The Goal they will be working on is, "I have abundant energy."

Muscle test to find the present stress level as a percentage.

1. CL Thymus and measure
  - mental energy level as a %.
  - physical energy level as a %.
  - spiritual energy level as a %.
  - immune energy level as a %.
2. Test willingness to benefit
  - mentally as a %.
  - physically as a %.
  - spiritually as a %.
  - emotionally as a %.
  - other factors as a %.
3. Before working on the Goal, clear on "life statements" (see table on next page) and possible "sabotage programs" culled from the person's history. Use yes/no statements. Test each statement in pairs, using a statement and its opposite. Look for reversals and conflicts.
  - A reversal occurs when the person muscle tests weak for a statement that would test strong when they are in balance, and tests strong for the opposite statement.
  - A conflict occurs when the person muscle tests the same way for both a statement and its opposite.
4. Number the stressor statements that show reversals or conflicts.
5. Test for the most important one to clear first. Make a guess and then muscle test to confirm. If the statement tested does not confirm, test another statement.
6. Test to see if best to clear the program by tapping the appropriate acupuncture point (or use DD to determine priority balance technique if a PHP II grad.)

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**Life Statements** (as presented by Carol Albee in 1987)

- .....I'm glad I'm alive. (I'm not)
- .....I'm glad I'm a woman/man - girl/boy (I'm not)
- .....My needs are OK by me. (They're not)
- .....I like to be needed and touched by ..... (I don't)
- .....I like to need and touch .....(I don't)
- .....I am optimistic. (I'm not)
- .....I can take my time. (I can't)
- .....I have a right to abundant energy. (I don't)
- .....I want abundant energy. (I don't)
- .....I handle my fear. (I don't)
- .....I like who I am. (I don't)
- .....I deserve a satisfying job/relationship. (I don't)
- .....The only way to rest is to get sick (It is not)
- .....I wish I were dead. (I don't)

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7. Age recess to best age to clear the program by saying, "Take yourself to the best time to clear this sabotage program. Show me that you are there with an indicator muscle change." It is not necessary to consciously verbalize the particular age or time that the person has returned to.
  8. Test for reversal or conflict at that age.
  9. Find the acupuncture point to use to tap out the sabotage program:  
SI-3, TW-3, K-27, or the beginning or end points of meridians on the face,  
e.g., BL-1, ST-1, GB-1, TW-end, SI-end, LI-end, GV-end, CV-end.
  10. Have the person look at an X while doing eye rotations, clockwise, counter clockwise, both open and closed, and simultaneously saying,  
"In spite of this reversal/conflict of attitude, I deeply and profoundly love, accept and respect myself."
  11. Muscle test to check if the statement is clear.
  12. Instruct the person to return to the present time. Check that the statement is still clear.
  13. Find the next most important statement to clear, and repeat the process until all the "life statements" have been cleared.
  14. CL the Thymus and recheck % energy levels for the physical, mental, emotional, spiritual, and immune as before.
  15. Now you are ready to work on the goal and balance it in your usual way.  
  
(We would now check for Pain Behaviors, as described in the *Structural Neurology* text by Three-In-One Concepts, and DD to find the specific corrections the body needs to upgrade its energy, using the PHP II synthesis.)
  16. Home reinforcement: The cleared statements may now be used as positive affirmations.

**Bibliography**

Carol Albee, Paper presented in the 1987 TFH International Journal.

Roger Callahan, Paper presented in the ICAK Journal 1987.