

## The Journey Process Transforming Core Issues

by John Varun Maguire

This emotional clearing process gives a person access to their inner source through which they can gain insight, freedom and empowerment. This is a very powerful, yet gentle technique which can be used in a client setting to produce substantial physical, as well as psychological benefits. It was developed by Brandon Bays, a Master Trainer with Anthony Robbins, out of her own personal experience dealing with a health crisis. This is a simplified version of Brandon's more in-depth process.

You can use this approach when a person has a reoccurring emotional problem or pattern which they are unable to resolve. They may feel stuck in this pattern and powerless to gain control over their emotional state. It can also be used to help clear a physical problem and the emotional blocks which are linked to it.

Muscle testing is not an essential part of this process, however it can be used to demonstrate energy blocks as well as anchor in the positive results of the clearing.

1. Have your partner identify the situation or physical issue which they would like to resolve. Ask them what is the predominate feeling they have associated to their problem. Test an indicator muscle as they focus on the issue and it will switch off. Ask them how it has been affecting their life. Ask why it is important that they overcome this problem.

Let them know that at any point during this process they can open their eyes and change their focus if the procedure becomes too stressful. This will probably not be necessary, though it is an option should they choose to do so. The object is to drop through our levels of emotion to the Source of our being, and then bring that source up through our levels and illumine them.

Have your partner close their eyes for the process to get more in touch with their inner feelings. They can do the process

sitting or lying down. Holding the ESR points is not essential, however can facilitate the process. You will need one hand free to write down their responses on the record sheet while you do the following procedure:

2. Pause for a few seconds between each of the following phrases to allow your partner time to get in touch with their experience. Say:

A) *Feel the feeling fully...*

*Breathe into it...*

*Where in your body do you feel it?*

(pause until they identify where they feel it)

*Experience it fully...*

After about 15 - 30 seconds ask:

B) *What is behind the \_\_\_\_\_ ?  
(whatever the feeling is) ...*

*What is underneath it?*

(pause until they identify it, and if they do not discover a new feeling say:)

*Take a deep breath and allow yourself to drop through...*

(Make sure they name the new feeling and write it down.)

3. Go back to A and continue to B for each level. Remember to give the person a chance to identify and fully experience their feeling before moving on.
4. Keep dropping through to the next level until you get to their Source. Let your partner REST there (30 seconds to a minute).

The Source may be called one of many names, but it will have a boundless quality like: Silence, Unlimited Peace, Eternal/Eternity, God, Unlimited Love, Consciousness, Emptiness, etc. When asked where in their body do they feel it,

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they will say something like, "Everywhere", or "I feel it all around me."

5. Then say: "If \_\_\_\_\_ (Person's Source) *had something to say to* \_\_\_\_\_ (last Level), *what would it say?... Say what needs to be said and hear what needs to be heard.*"
6. Continue bringing their Source up through the levels asking question 5 at each level until you reach their original starting level.
7. Test the indicator muscle while they think of the original issue. It will now test strong.
8. Ask them to share with you what they have gained from doing this process and how it will affect their future.

For more information on Brandon Bays' Journey Process Seminars contact the Kinesiology Institute at 6955 Fernhill Dr. #10 Malibu, CA 90265 Phone (310) 457-8407, Fax: (310) 457-2264
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Worksheet for \_\_\_\_\_

SOURCE \_\_\_\_\_

Emotion Levels	Anything said going down thru levels	What Source said to each level while coming back up through the levels