

# **WHO WE ARE AND HOW WE CAN HAVE MORE OF OURSELVES**

A PERSONAL GROWTH & PERSONAL DEVELOPMENT  
SYSTEM FOR PERFORMANCE ENHANCEMENT.  
IT RAPIDLY AND SIGNIFICANTLY IMPROVES OUR  
ACTUAL "STATE OF BEING."

**Easy to Do – Works Fast – Feels Great  
Significant, Long Lasting and Even Permanent Results**

by Lou Gross

School Certified Master Postural Integrator  
Expert in Bodymind Release Therapies; Netherton, Reichian, Bioenergetic,  
Structural & Energetic. Since 1982.  
Founder & Director of The Institute for Enhanced Performance  
18 years successful experience with this particular system

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Body-Energy Strengthening techniques  
And Mind-Body Increased Awareness

# **INTRODUCTORY FLYER**

## **WHO WE ARE**

## **AND HOW WE CAN HAVE**

## **MORE OF OURSELVES**

**Scanning: Read all Bold This is multi-part long article.**

**by Lou Gross, School Certified Master Postural Integrator  
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**The Human Body is actually a Body-Mind. The physical, emotional and mental parts of who we are, are much more interconnected than most people realize. So how well we perform is actually a manifestation of how well our physical and energetic "structures" are working.** How much can *your* Body-Mind receive and process information and then express itself in its most effective way, in accord with your "biologically *designed*" potential? And would you like to make that performance a whole lot better?

**The techniques employed in my Performance Enhancement System have a 40-year track record of consistently, and very significantly, improving *everyone's* performance in these mental, emotional and physical ways, for both professional and personal success.** In addition, they improve a person's psychological outlook and actually clear out a lot of old negativities from the past.

**Even when people are already doing "fine," their centeredness, grounded-ness and awareness all increase. Their thought processes see both the bigger picture and the small details better. And they can articulate what they think and say more clearly. They also become more astute in their ability to understand and relate to others. People even look and feel better, and others notice.**

**Because we are actually improving the physical and energetic condition of your body, and mind, we are improving abilities**

**like focus, attention and concentration. And we are opening up more channels for creativity, insight and intuition.**

**Results start happening *right away*, right in the first session. And each session adds to everything we've done before.** For most people, four to five 2-hour sessions create a significant, very long lasting change. Ten to fifteen sessions can create a major life transformation. And everybody can feel it happening.

**This is a personal development system that unblocks the parts of you that have been tight and-or shut off from optimal functioning, often for years. So we actually give you more of who you are.** And we reduce the size of the parts that were not working so well, or not with what you want.

**You are already capable in your work accomplishments. You've learned a lot. Now you can be even more accomplished as you become able to incorporate *more of who you are* into everything you *do*.** We quite literally increase what I call your "State of Being," and it's very noticeable.

**First, what we are already good at gets better; our abilities increase in both quality and quantity. Yet doing what we do also becomes easier.** Most everybody notices more energy, longer endurance and a higher quality performance. What we've done is remove actual physical and energetic hindrances that have been there, probably for a long time.

**Second, what we have been blocked from doing well also gets better; we can open up many long tightened areas of our being, perhaps for the first time in decades. Further, we can increase the positive qualities of these parts** because the process makes the parts of us that were blocked by negative experiences now function in a "healthier," more likeable way. At the same time, that "freeing up" removes the negative qualities you might have noticed about these parts when they were blocked and "polluted" with the old stresses.

**In addition, our tightness and negative energy has accumulated in a random way; that is, our bodies and minds have one distortion and restriction piled on another. This accumulation has taken us away from the more effective, biological way we're *supposed* to be functioning. So the releasing system actually re-establishes our own proper**

**"organization" and "integration;"** each part of us works more efficiently, it isn't hindered by tightnesses in other parts interconnecting to it, and each part works better with all the others so all the parts of us function together, as a cooperative unit. This is very noticeable in athletics, in leadership and in everyday activities, too.

**Those who get massage, acupuncture or chiropractic find those treatments can do more for them because their bodies are more opened and function better. Those who work out or participate in sports find they get more conditioning and strengthening benefits, they stay more flexible, and they perform at a higher level.**

**The improvement within us also manifests on the outside of us.** We actually become more "aligned" with our physical environment, and even draw more energy from it. We're better balanced with gravity, we stand straighter with less effort, we move more freely, we're more deeply relaxed even in the midst of activity, and even our metabolism and breathing are better. People can feel their energy flow up and down their whole bodies, and from the surface all the way to deep inside. Some say they feel more confident, both athletically and professionally.

**A lot of previously un-seen stress is now noticeably gone and we can become more harmonious, and "natural" in our interpersonal contacts,** even in the midst of busy times and with hard to deal with individuals. We can be better aligned with our interpersonal environment and help that environment be better aligned with us.

**My Olympic and Professional Athlete clients found they could *immediately* do much more of what they wanted to do, *easier*. In the same way, most business people find they, too, can apply what they already know how to do, better, and it's easier.** In interpersonal relationships, people find their negative behaviors have noticeably diminished while their positive and more constructive ways of relating increase. Even their kinder and loving feelings come out more.

In the 1970's, laboratory measurements showed that the body's physical muscles and tissues actually had a "better" energy frequency; it had become more harmonious, "coherent" and "likeable." These energies were also stronger than before and each part of the body was more balanced with all the others. People actually do feel more opened

and balanced inside themselves and they relate in more balanced ways. Plus, they say they feel much more "in" their bodies.

**You're already good at things on the outside. You can call *me* "Mr. Inside," because I create depth and wholeness in *you*. And at the same time, we are reducing, and even *eliminating*, the negative and blocked conditions you've been trying to adjust to, or work around, for years.**

**This State-of-the-Art Technology has repeatedly shown to produce greater, more thorough results, faster than anything else I, or my hundreds of clients, have ever tried in the past 20 years!**

**I Make Who You Are Better,  
So Everything You Do is Better !**

PART 1  
BLOCKAGES IN THE LAYERS OF THE BODY...  
HOW THEY KEEP US UNCONSCIOUS  
AND WHAT WE CAN DO ABOUT IT

PART 2  
THE "FOUR LAYERED GLOBES"  
THAT DESCRIBE WHO WE ARE,  
.....HOW WE FUNCTION FROM EACH ONE,  
.....AND HOW WE CAN SIGNIFICANTLY IMPROVE OUR PERFORMANCE

We Make The Good Parts Of You Bigger, And Better,  
While We Make The Bad Parts Smaller.  
You get to use more of yourself in ways that you want to, and your being is a more highly functional system with stronger and more positive energy vibrations.

# **BLOCKAGES IN THE LAYERS OF THE BODY...**

## **HOW THEY KEEP US UNCONSCIOUS AND WHAT WE CAN DO ABOUT IT**

I Make Who You Are Better,  
So Everything You Do is Better !  
Here's How, And Why We Can Do It.

As you read this explanation, you will see what we're really made up of, and how we can make ourselves better.

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**The body is made up of cylindrical layers of muscles and energies. And our conscious minds can only make use of the parts that are open and accessible. Usually, we express only what's contained in the top layers, on the surface.** This is because all of us grow up with lots and lots of tightness from both physical and emotional experiences, and lots of lots of embedded negative energies from how we were treated when we were young, and in more recent times, too.

**Tightness restricts both energy perception and neurological sensing. It limits what we can feel, even about our own selves. It also limits what we can do because our muscles are restricted and we can only move in a limited way. So our minds can just perceive the surface parts of our being, and that's all we can function with, from "our own" intentions.** And our bodies can only express part of what they're designed to do. We aren't in touch with, and aren't using, a lot of our own potential.

These tightnesses and negative energies are embedded in these muscular and energetic layers of our bodies. **They** form the blocks

that we notice mentally as reduced performance and an inability to act in the way we want. Many people think this is just "who **they** are." But what they, and most of the rest of us miss, is the fact that these "problems" are really caused by "separate things." **We** can actually objectify, and then remove these "things" with well worked out techniques. The fact is, that many of our hindrances, including our inability to see and use more of ourselves, are physical conditions that **can** be corrected.

The accumulated shortness and tension in the body also makes our shape too compressed. The actual muscles, and all the blood and lymph vessels in them, are tightened up. Besides reducing health, this condition makes us psychologically uptight and physically tense, all the time. Things bother us more than they should, we can't "let go" very easily. And we can't express ourselves in a free and open manner.

The shortness also misaligns our bones and muscles at wrong angles to each other, so they work at odds instead of with one another. That means lots of parts of us are separate, and at best, we have to make effort to keep things in control.

The tightness even reduces the optimal nerve and energy flow we're supposed to have. And, it restricts our breathing, even for those people who breathe pretty OK. So a lot of our energy potential is restricted.

**This ongoing tension has shaped many parts of us; and it's been so solidified for so long that we actually think this restrictive form is who we are. We struggle to work with, or try to change, this part of "ourselves." And we do this by making physical and psychological compensations on top of what's already there.** While that helps somewhat to get things done in the world, it also adds tension and strain to an already restricted condition.

**Everyone who goes deeply through the releasing process sees that this condition is not who "we" are. It's just pollution and distortion affecting the real "us." These Performance Enhancement, body-oriented treatments actually remove both the tensions and the negative energies.** Even the very first session shows this by releasing weeks and months of accumulated tightness. And as "we" become more and more cleared of "it," our true potential starts to show and we can notice an increase in how we feel and perform.

**We start the release on the outside of the body and go deeper and deeper into the entire structure, all the way down to the bones, even clearing out some restrictions in the organs. The procedure is methodical; and in the process, it addresses the specifics of each person's blockages.** It works in a series of inter-related muscle groups that have both physical and psychosomatic significance, and also works through the sequence of psychological layers that all of us seem to have. Each session on specific areas or layers also makes greater improvements throughout the whole of our being, in all the parts.

**To a large degree, this treatment "system" can correct *all* the problem conditions associated with tightness and pollution. Right away, people notice it creates greater flexibility, deeper relaxation, less stress and more "aliveness."** They even feel "lighter." It also makes breathing deeper and fuller so more oxygen gets into every cell of the body. This even happened for Olympic and professional athletes.

**When our misalignments and shortnesses are corrected, we have more strength, power and flexibility to express ourselves, and all that expression goes in the same direction we are putting it in.** This in itself improves both athletic and expressive performance.

**Before, because of the tension, a lot of our energy and muscle movement would go in the opposite direction from where we wanted it to go.** You see, when the accumulated tensions are not cleared, we are literally fighting inside ourselves; we try to use muscular effort and psychological technique with some muscles and nerve patterns in order to overpower restrictions in other muscles and in other psychological patterns.

**But if we simply remove the restrictions, we can function much easier, and feel much better.** Then, anything we do to better ourselves can be done with more parts of us, and those parts are better organized so they make improvement more enjoyable and they produce greater results.

In Essence, with this treatment,  
We Make The Good Parts Of You Bigger, And Better,  
While We Make The Bad Parts Smaller.

# THE "FOUR LAYERED GLOBES" THAT DESCRIBE WHO WE ARE, .....HOW WE FUNCTION FROM EACH ONE, .....AND HOW WE CAN SIGNIFICANTLY IMPROVE OUR PERFORMANCE

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Now, think of your body as a set of four lighted globes of the world, one inside the other. Each globe represents a particular layer of who we are and the light that we see on the outside is the combined filtering of all those globe colors. This is what people see of us. Ideally, we'd like all those globes, or parts of us, to be aligned so that the maximum brightness can shine out in the pattern of who we are, as unique individuals with a specific purpose for being.

The light bulb in the middle is your life force, or God light or however you wish to think of it. The most inner globe represents our soul-path, what we're supposed to be doing with our life. The next globe out is our "primary personality." This is our true creative self and it could express itself clearly in all our endeavors were it not for the next globe outward which blocks it. The idea is to align the primary personality globe with the soul path globe and enable the inner light to flow all the way out into the world, expressing who we are. That always brings the success we are entitled to. In fact, it even draws supportive people to us and gives us a better sense of what we should do.

However, there are reasons that positive experience doesn't happen. First of all, the primary personality is almost always restricted. It doesn't have enough room in there to function well. It's covered over by physical tension and its energies are polluted with the other energy that we absorbed, that tells us we can't or shouldn't express ourselves in the best, most creative way.

**You see, the next globe outward, between the primary personality and the outside world, represents all the negative energies we experienced in very serious circumstances. And it is made up of the physical tightness and the embedded emotional qualities that we have accumulated through our life long experiences, even going all the way back to our biological conception.**

**In fact, some of the most restrictive tensions and negative emotional "recordings" happened during our infancy, birth, and the pre-natal nine months. Even though we don't consciously remember those actual events, at those times our bodies were embedded with patterns that are still "alive" for years afterward.** They are physical tightnesses and recordings of negative thoughts, actions and ideas. And these still limit and block us in our adult affairs because these recordings act **us** out. They are that powerful, because they have a lot of energy associated with them.

**We also aren't using all our own parts sufficiently because some of them are restricted and "polluted" with these self-defeating qualities stored as the tightness and energy.** Things that were put there quite some time ago stay there just like videotapes in your VCR.. Because these are really physical things in the body and not mental thoughts that "we" have, standard psychotherapy usually cannot find them nor clear most of them out. And many of the recordings and physical restrictions also occurred very early in our lives, at times our conscious minds don't remember. But these Performance Enhancement techniques, with the Bodywork, do find and clear them. In fact, we can access and release them in a fairly easy and non-traumatic way.

**The innermost layer of this "negative accumulation" globe is the fear, and even the terror that we experienced when we were confronted, or abused, by much bigger forces. It contracts inward,** pulling us into ourselves because, when it got embedded, we were afraid of being hurt. And ever since then, these pulling in muscles and energies have held those emotions of fear and running away right inside them.

You may also know that you, as an adult, also pull in with fear, most often in the belly, but also maybe all over your body, as general tension. A lot of people tighten in the pelvis and thighs, and there are internal muscles that go from the top of the legs to the lower back spine which contain the nerve plexus for the intestines. These muscles

also contain reflexes to the kidneys, and in Traditional Chinese Medicine, the negative emotion associated with the kidney system is fear. Hence, tightening up from fear, in the guts, tightens both the intestines and all the muscles from the diaphragm just under the chest to the legs right down to the knees.

The reason each of us pulls in, when confronted with our specific issues, is, in part, because there's a lot of tense energy in those locations already. It got stored there during the past similar, but more intense experiences. The embedded energies are right inside the tight muscles and they contain emotional "words" and feelings that actually define our lifelong upsetting patterns. Those words are what the energies would say if they could borrow our mouth and speak. And, as you will read, that "speaking" is how part of these clearing techniques work.

Our conscious minds nowadays, connected to our outermost muscles, may not be thinking fear, but this **inner** layer is an actual recording in the physical flesh of much earlier events. And what you should know is that the recording is **still** broadcasting within us **all the time**. Even though it's now years later, part of us is **still** pulling inward instead of being able to express itself outward, the way "we" would now want it to. And that restricts the primary personality and soul path from coming out into the world. So how can they be successful?

**As you continue to read this explanation, please remember that we all become physically stuck with restrictions from the past, and these physical restrictions cannot be overcome with new ideas, or verbal arguments to others, to try to get "them" to change.**

**Each globe of our being has a different function. The primary personality, and what you will see is our "skill layer," on the outside, can adapt to change, and the skill layer can learn new behaviors. But these recordings can't change.** We cannot change recordings in our bodies any more than we can change the recordings on a videotape or CD. If we are spiritually or professionally developed enough so we know they're not in our best interest, we will be able to behave in other ways much of the time. But the physical condition we picked up long ago is still reducing our effectiveness.

**So what's very important to understand about this pulling-in and the other tightnesses we absorbed is that the largest part is now *solidified* in the soft connective tissue of the muscles.**

**It's no longer a neuro-muscular or energetic pattern "we" can release with mental intentions or hands-on energy techniques.** And even the parts that are just energetic and neuro-logically programmed cannot be released with standard emotional or energy release methods. The great majority of this stored material, and especially the physical tensions that now hold everything restricted, require *special* processing.

**The next layer above the retreating fear is an actual wall of tightness. It was created to protect us from harm. We tightened up against pain and anger, or against the blow of a fall. But now, with no harm really occurring outside, we are, in a sense, still protecting ourselves inside,** and we might even be feeling and thinking consciously that we have to do so. Many people even say that they have to protect themselves, and they act that way while their friends see that they really don't have to.

But remember, all of these patterns are really muscular tightness, contracting energy and words and thoughts recorded into the body in the past. While this wall was originally created as an on-the-spot-protection, it got solidified inside our physical tissues. And from that moment on, it has literally prevented the good from other people from getting to our primary personality, and it has prevented our primary personality's good from getting out there to others. The person "we" would like to be is still trapped inside a physical and energetic wall even if our mental intentions don't want it to be. And we simply cannot receive all the benefits our innermost efforts deserve.

**So if our primary personality is blocked, how do we relate to others? We do it with a "push away" set of layers and with what's called a "secondary personality"** and then a "nice-person capable personality" on top of that. This push away behavior is the next layer outward.

**Right on top of the wall is a set of behaviors that push outward in a self defeating way. And again, it's a recording. It's not our own efforts to express ourselves in the world successfully. It's energies that keep creating distraction or chaos in our lives, it's our own avoidance, mental put-downs, anger and rage, and even how some people break off relationships.**

These behaviors, too, were the actual experiences we had when we were forced to put up the wall and retreat inside. That's what was going on around us and then how we responded to it. Now, these

qualities, too, reside inside us and serve to keep us from getting to that primary personality which has the ability to make us successful. **Push away behaviors always keep us from having that success.** And because we are often unconscious about where these behaviors are really coming from, we attach to them, act them out as if they're our own, and point them at others in our current lives. I call it, "shooting ourselves in the foot."

As I said, the emotional energy from the old experiences is recorded right inside the tight muscular and energetic layers. And that energy contains actual statements from ***the other people*** in those old incidents that say we're no good, or stupid, or no one wants us or no one cares about our needs or feelings, or that we don't deserve to have our needs met, because we're not good enough. They'll even say we have to strain to try to get what we want, or we'll always lose, or we shouldn't even try. The "forms" of these recorded energies are these kinds of verbal statements.

**In the verbal releasing technology I use, people feel their energies or see the mental pictures of what's going on, and with a special kind of awareness, they're coached to make sentences, expressing what these feelings and images would be saying if they had been verbal statements spoken by the people in the original episodes. And since the recordings are still in exactly the same form that they were when they actually got in there, we can go through each episode as if we were watching, and participating in it right now.**

**But in *this* method, as people speak out all the sentences of a scene, the pictures of that scene, and the associated feelings in their bodies, actually dissolve away.** And so does the emotional charge. It is a technique to remove energy out of the body. And people do indeed notice that their walls, fears and push away behaviors diminish more and more. In fact, progress happens quite quickly.

**Right inside this tension of the push away behaviors are additional kinds of statements that were impressed on us *by others*, like statements of control, manipulation, and lack of commitment. And the technique releases them as well. We have been physically embedded with commands from other people. And from our unconscious minds these commands have been telling us how "we" should be limited.**

In fact, they not only limit us with words, but the actual physical

tensions themselves greatly limit our overall healthy energy flow, and they block our inner "core" energies from coming to consciousness or getting out into the world. Those experiences set up a psychological attitude, and that "attitude" is expressed by these "instructions." Year after year, both the words, and the tightnesses keep re-creating our problems.

These statements say we can't show our anger about being abused because we'll get hurt worse. And they tell us that we shouldn't show our emotions because that's weak, or it gets in the way of our daily tasks. So we've had to stay stuck with physically solidified muscles that hold these emotions in us, even to this day, because all our bodies create emotions of every kind, quite naturally.

**For many people, this kind of tightness eventually creates ongoing low back pain, fibromyalgia in the shoulders and other kinds of joint stiffness and muscular shortness in between the joints.** It even creates tight legs, a tight chest, ongoing overweight and tense abdominal organs, because each of these places is where our own **programmed** neuro-muscular behavior and energy patterns put the emotions we are **still** being forced to hold in.

**Instead of our inner primary personality and soul path activities, what many of us are only aware of mentally, and what other people see of us on the outside, are these "push away" behaviors.** In fact, many people's conscious minds are so stuck to only the outer, dysfunctional layers that they don't see their own inner withdrawal that's going on at the same time, nor do they have any conception of the positive possibilities available from their primary personality. Their behaviors just push out at others, in a negative way. And all those behaviors, from distraction and chaos to anger and avoidance, stop us from being successful in both work and personal relationships. They make us chaotic, tense or inefficient, and they turn other, capable people off.

**Some folks even stop in the middle of the releasing process, and then blame the process for not fixing them. This, of course, is the same pattern that has been sabotaging their lives all along. And it is the recording of what's located in the outer layers of their bodies and psychological issues.** This layer of recording is a script; it can only say certain kinds of things. And it has no concept of letting itself go or of having satisfaction. Those letting go abilities are only part of our deepest layers. But if the deeper parts are cut off from consciousness, and all a person's mind can connect with is

the surface layers, then that self-defeating action is the only way he or she can behave.

**Often times, people do want to express positive things. And instead of being aware of the negative behaviors on the outside, they are aware only of their positive intentions on the inside. But the negative ones are what come out to others. And they don't even realize those qualities have been in them.** It's like the writing on the outside of a balloon. That's what other people see. But because these folks' conscious minds are connected only to their inner layers, they don't see the outside of the balloon. In some circles, this is what's called "hidden" personality qualities, and to be successful, these people should become more aware of those characteristics.

**These unacknowledged behaviors include the embedded energies that the people absorbed from their restrictive, angry and perhaps abusive parents.** The child, and now the adult, identifies with his or her own role in the recordings because in the past events, it was the other people who acted abusively or expressed physical control or mental put-downs.

**The person's primary personality has been forced to live restricted by tight muscles, solidified in shortened soft connective tissue. But that is covered over, in the push away layers, by both the parents' angry and restrictive behaviors, and also, the person's own unacknowledged, angry resentment.**

**Psychotherapists might say these "push away" behaviors are our defenses, to avoid the hurt deeper inside. And they do function that way.** We naturally push away energies that come at us that will be harmful. With embedded energies, what we, and others did a long time ago is **still alive** in our bodies, so "we" and "they" are **still** pushing away, and it's "transferring" itself onto events in our current life.

If some people are offered input on how they could change their behaviors, they will ignore the comment, or distract to another subject. And when that doesn't work they could get very angry, and even break off the relationship. Some people always keep themselves busy, or they drink or smoke, or their lives get interrupted by other people's chaos. But these distractions and strong emotions are not **our** defenses. They are the defenses created long ago and they now

operate ***on their own, but inside of us***. ***Our*** problem is when we think this behavior ***is*** us, instead of a condition we've been stuck to that is ***running*** us. When we adopt the belief that it really is us, we have "attached" ourselves to a sure-fire recipe for reduced performance and failure.

**As I have said, many people are simply not consciously in touch with their deeper layers. And this is a physical thing. It isn't because the person is *consciously* trying to avoid sensing. The consciousness is truly blocked with physically hard muscles, and the *blockage* contains actual sentences from the past that say to avoid looking deeper.** Our minds automatically relate from what they are in touch with. But in this case, the people's minds are just in contact with the outer tensions and defenses instead. Their minds are not conscious of large portions of their being underneath.

**What the Performance Enhancement techniques do is erase the tightness and the negative information out of the layers of flesh and energy.** And it doesn't matter whether or not the person is initially consciously aware of all the layers and all the behaviors or not. The Bodywork alone removes a lot of energy and much of the tightness from each soft connective tissue layer as we go deeper and deeper into the Body-Mind. As each amount of tightness is released, people's conscious minds perceive more and more of the layers, and globes underneath. And simultaneously, the negative thoughts and behaviors associated with each layer are reduced and are replaced with a more relaxed, more open and more capable behavior instead.

**Much of the Bodywork is quite comfortable and often feels "great." And it produces an increasing comfort and enjoyment of one's own body.**

**The Blockage-Release Processing adds to this clearing and feeling of release and comfort because it removes more energy from the layers and can even access deeper inside the body, even into the bones, organs and spine. It also removes the negative belief systems and unconscious negative command statements that were recorded and solidified in our past events.** We can even remove the negative attitudes created by the voices of Mother, Father and other people in those very formative episodes of childhood, birth and the pre-natal months. Because this state-of-the-art technique is done with our conscious mind clearly aware, we also get to see the details of each past event, and get to understand it much better than we had before.

**But this is not a mental technique. We are using our consciousness, not our descriptive intellect or reminiscing memories. We use the conscious awareness in a very focused way to access the body, and then release the negative energies from that body. We employ a clear and down-to-earth verbal technique that is coached and guided in a very detailed, school taught way.** It is quite different from what almost everyone has done before. Yet it is easy to learn, non-traumatic to do, and people get better at it as they continue to release more.

**Now, on top of these push away layers is what's called a "secondary" personality. This is the behavior scheme we were forced to adopt in order to survive the earlier difficulties.** Some people might always act helpless while others will never let down into weakness. Some may act very emotional while others never show any emotion, or limit their expression of anger or crying. Some people may retreat whenever rejection or trouble occurs while others may rush out to fix it and still others may just act angrily about it.

Some people are always good and others are always bad. Some people are always tense and others are kind of soft. Some people are very alert and aware while others might be lay back and not so attentive. But both the softness or tension, the good or bad, and the alertness or non-attentiveness can each operate as a push away part.

**Each behavior we were forced to adopt was a way to get more love or acknowledgement but it's also a way to prevent abandonment, rejection, embarrassment or physical harm. We'll be *one way* because *that way* keeps us safe, even if we really don't *have* to be all the time in our current lives, and other ways would be more successful.**

**Even people who might seem very successful and make a lot of money have these kinds of internal conditions.** Some people who are in charge in business are arrogant, and engage in angry battles and negative put downs of others. They hold onto resentment, and make sure they "win," and conquer all. That's actually how they got on top. **A secondary personality of always winning was created because early experiences, when other people were in charge, caused them physical or emotional harm. In order to survive and avoid further harm, the person automatically created ways to avoid getting hurt, and the socially acceptable and most effective way was to always keep moving to the top.**

**But the problems these successful people keep running into are due to the negative experiences that hurt them in the past. In the layers underneath their successful outer behaviors, they are still burdened with inner behaviors that limit their even greater success:** the hurt, the angry control or chaos from others, and the resentment they still store in their abdomens and legs. There are also sometimes statements that say, "I'll never let you close to me," and "I'll never trust you." There a lot of "I won'ts" at this level of behavior.

**When the negative push away, contracting and walled layers are cleared from the person's body-mind, he or she still has the successful secondary personality abilities intact. But now, the soul path and primary personality are also in contact with it, and direct it.** Not only do the people become a lot nicer in their stressful circumstances, but they win more effectively. They can still take a strong stand, but the anger and resentment that had been re-creating more negative energies around and through them, will not keep coming up anywhere near as strong.

Further, the "other" people in their recordings kept attracting similar kinds of people in current life to do them "harm." But now they won't keep popping up as much. Since the recordings of the original attacking people have been removed from their bodies, the energy that kept attracting those kinds of people is also gone. And because the person's conscious mind is now connected to his or her own "nicer" quality energies, the person's own behaviors will tend to influence others with those same "nicer" qualities. The person may still have to connect with the same old negative people, but the experiences will in general, be more successful and more internally satisfying.

**So what you have in these more outer layers is what you became, or at least that's what you became in this *part* of you. And what we want to do with the treatments is give "you" access to all the *other* parts of you as well. And that will also get you unstuck from always behaving from just this one.**

**Secondary personality characteristics are not bad. Necessity is the mother of invention.** For whatever reason, either God's divine plan or your own "karma," these are important learned skills. We all gain compassion and "gifts" that we can use in the world to help ourselves and help others.

**But the problem is that when we are *only* operating from these outer layers of our being, we cannot express ourselves other ways. So we do not have much of a choice in how we respond to the variations of life. This alone will cause us to have problems in relationships and business success.** Further, associated with these fixed behaviors are our own negativities about how we were treated or restricted, and also the negativities of the people whose actions forced us to learn to behave that way.

**These negativities *always* come out.** Some people act like a rebel, and can only see society, or authority figures, or people of the opposite sex as something to be feared and resented. If they were trained to be "good" on the outside layer of their secondary personalities, they will tend to think of themselves as nice people, and it's the others who are bad to them. But they don't acknowledge that their mental negative put downs, or demeaning jokes, are really expressions of their angry resentment about how they've just been treated by the people who are the object of their comments.

**The outer "nice person" layer is holding in the negative feelings, but the negativity has to come out some way,** and so it comes out in the "acceptable" way he or she learned in upbringing, via the negative joke or put down. Because these people are only operating from their outermost layer they don't see how their comments might be hurting other people. And because the experiences that created their blockages prevents them from opening up to their own hurt and angry feelings, they cannot easily communicate to other people about how they were affected in their past restrictions and how they'd want things to change now. This outer layer, and even the resentful one that sneaks out, do not communicate in that open way. And the person is stuck to their scripts. No one "deeper" inside is speaking about what these "acting roles" are doing.

**What is needed is for the *fixation* in these and other layers to be dissolved and the primary personality to come out. Remember, we're dealing with physically formed flesh with recorded energies of the past. And the mental behaviors are simply manifestations of these physical conditions.**

You might be surprised to learn that when the negativity, tightness and energy restriction in the layers is removed, the rebel role does not go away. Rather, it is transformed into something positive. The repressive experiences of the past have helped to awaken and develop the person's innate ability to see and take action in ways that are

different than the "society" or people who did the restriction. But when the energies of the restrictive experiences are still forming the person's state of being, he or she is still stuck in the same negative restriction in adult life and the same negative, resentful reaction to what had happened.

**When these negative emotions and attitudes are cleared away, the person's physical and energy layers can all start operating in an integrated, more powerful way,** and he or she can become a leader in alternative and pioneering products, services and organizations.

**Capableness is very important in business. Some people have very large outer capable layers, especially after a lot of Bodywork and some Release-Processing has removed the restrictions and pollution in them. As I said in the beginning flyer, these people can now do much more of what they're already good at. But if they don't also open up the very deep inner layers, all their very capable efforts do not bring them the success they desire. Their own need centers, which are physical, receiving things, are still somewhat blocked and polluted.** The cells don't operate sufficiently, the energy field is weakened and covered over by other, negative energies, and even the spaces inside the atoms have other people's defeating, negative words broadcasting out of them like a negative propaganda radio station.

**Like other secondary personalities, this one also has a "script." This kind of script says things like "I can do it alone, my way, and I don't need any more help. 'I' am very capable."**

**What the "person" misses is that this 'I' is not all of them, and it surely doesn't represent the need centers, which it's probably been pushing back all its life.** In fact, that pushing down was originally a set of commands, and some physical restrictions, forced upon the person in childhood, and embedded by others even earlier.

At the same time, the person's capable part was encouraged to grow, either with positive comments from others, or with determined self-interest, because it was the way to survive at the time. Then later, capableness became a big ego thing, something they got appreciated for and something they took pride in. This capableness is very helpful; it can do great things. But it's only so big because the person's body and energy field are blocked in the area of getting his or her deepest

needs met. Energy comes out of the person, but the energy pattern of the body-mind is not even. Some parts have too much energy and others never get enough.

**This imbalance can be significantly improved upon. When the Performance Enhancement techniques clear the restrictive tensions, the energies of the need centers can actually fill up while the capableness areas stay just as strong.** Then, as the need centers actually get nourished more, from the person's new, more satisfying experiences, the **whole body** fills up further, and the capableness can even do more. Lots of people experience this quite noticeably.

**On top of all these globes is the outer globe, what I call the "nice person capable personality." It's all the skills we have, from brushing the teeth to being a good wife or husband to being skilled in your work. These are computer programs we learned. What's important to realize is that these outer skills are used by the layers underneath!**

**Psychotherapists, success coaches and others in the performance enhancement field often teach behavioral change. And that will occur, to some degree, in this globe, or section of muscles and energy, located more to the surface than the others, on the outside of the body. But that kind of learning is often not enough to create an ongoing improved behavior because the negative behaviors deeper down, in the push away layers, will often sabotage what the person has learned.**

**Married couples, for instance, may go to weekend workshops to learn how to relate better. But when they get home, they revert to their own, deeply embedded ways of relating.** The energy of the workshop environment allowed them to develop the behaviors on their outside layer, but the ones underneath have a lot, lot more energy to them, and they will predominate in their usual lives. For people still fixed in their tightness, this can often be the anger, distraction or avoidance of the push away layers. **These layers** will use the skills of speech and memory of recent events to justify pulling away or being angry or resistive.

**The same thing happens in business. Unless a person is free from self-defeating blocks, he or she will not be able to effectively use the improved methods that can be learned.** Even more so, some people won't even go for the training in the first place

and they don't want to change their behaviors. They don't even see a need to. And this is the behavior of only those negative energies of defensiveness and spite located on top of hurt.

**But if we clear out these strong blocks and self-defeating internal commands, people can much more effectively excel in the direction of their success.** When the negative behavior globe is significantly cleared, so its colors align with the primary personality and soul path globes, all that musculature and energy can now be used to make the skill layer bigger and more capable.

**In fact, as the treatments clear deeper and deeper into the body and energy fields, what's left of the negatives becomes clearer and can be articulated better. People can define and work on the crux of the matter inside them better.** The same improved abilities can also be applied to projects in the world. In fact, these skills are applied automatically because this is now how the person functions.

**I want to emphasize that what we are doing is improving the way the person is "put together," the way he or she functions internally. That function is also how we perform in the world.**

**The physical transforming process makes the good parts of us bigger, and better, while we are simultaneously making the bad parts smaller. The body's muscle and energy system becomes more differentiated, and more organized. And since this is the avenue through which we express ourselves, and the avenue through which we perceive and understand others, our actions and perceptions will both become clearer, more articulate and not be distracted by outer emotional side issues.** We can then use this more capable "functioning" for greater success. We will have aligned the soul path, our "real self" and our tools all in the same direction.

**It's important to understand that the original skills we have developed on the outside, especially in accord with our unique gifts, are in line with our soul path.** This is true even if we have been forced to learn them through difficulties. The way it often works is that we would not develop these disciplines if the other avenues of our activities were not limited at the time.

So we are forced to channel our efforts in these developmental ways. Then, after we have developed spiritually to a sufficient degree, so

that we can use these skills for the greater good, and also, that we have developed the compassion for others that we didn't have before, then, we find someone who can help us eliminate these negative "side effects" of how we were painfully forced into developing the skills.

**What we want to do is have people see "the real us." And if that's aligned with well-developed skills, we'll have more success. The "real us," that primary personality aligned with the soul path, is then more likeable and earns the appreciation and respect of people around it.**

We Make The Good Parts Of You Bigger, And Better,  
While We Make The Bad Parts Smaller.

You get to use more of yourself in ways that you want to, and your being is a more highly functional system with stronger and more positive energy vibrations.