

DELTA LIFE SKILLSsm

EMOTIONAL FREEDOM IS IN YOUR HANDS with EFPsm

Integral Energy Psychology

Phillip W. Warren, B.A., Ph.C., Professor Emeritus, A.P.O.E.C., Cert.Edu-K.

4459 52A St., Delta, B.C., V4K 2Y3 Canada

Phone and voice mail: (604) 946-4963. Toll free North America: 1-866-946-4963

EEmail: <phillip_warren@telus.net>

Website <www.rebprotocol.net>

U.S. mailing address: P.O. Box 1595, Point Roberts, WA 98281-1595

Δ∞xΔ∞

LASTING EMOTIONAL FREEDOM IS NOW IN YOUR HANDS with EFPsm

Free Introductory Workshops Available for groups on request.

New discoveries in the energetic aspects of emotional healing can aid in the rapid release from the effects of trauma, anger, fears, phobias, depression, sadness, anxiety, stress, frustration, cravings and other emotional issues. Unwanted emotional pain from rape, accidents and war are often eliminated in one session -- sometimes in a matter of minutes. While the process is not perfect, it often works where everything else fails.

Engaging the body's energy system accesses some of the most efficient adjunctive therapeutic modalities available since the energetic approaches both resolve psychoenergetic imbalances on their own and also they serve as powerful catalists for other interventions.

EFP (Emotional Freedom Processes)sm is a doorway to this remarkable new approach using the many buttons and switches of your body's energy system (mainly the traditional meridian acupressure points) to attain emotional freedom. As people experience EFPsm, most report a profound easing of stress-producing emotions. EFPsm teaches you simple processes of gently stimulating these stress-relief points as you "tune into" your emotional issue and notice how it **SPECIFICALLY** is affecting you **RIGHT NOW**. This provides an energy system "balancing effect" that replaces emotional distress with a feeling of peace. You do this yourself and, as you personally learn how to release your negative emotional charges and replace them with positive emotions, you'll also learn a very effective tool to help others as well as yourself.

Many people are able to go deeper into their issues as EFPsm "peels the layers of the emotional onion" and at those deeper levels, real transformation can take place. You may be aware that certain situations tend to upset you. It's as if you have "emotional wiring" programmed into you from prior experiences. EFPsm helps you "rewire" the emotional patterns within so that you are no longer triggered in painful ways. It is literally "emotional freedom" to feel different, lighter, less burdened by the past, less susceptible to reacting with painful emotion.

- ∞ EFPsm can be done practically anywhere at anytime.
- ∞ It is inexpensive to learn and use.
- ∞ The process is relatively gentle.
- ∞ It requires no special equipment or medicinals whatever. ***IT'S IN YOUR HANDS***, literally!
- ∞ The results are usually long lasting.
- ∞ Most people can apply the techniques to themselves, although a skilled coach/helper makes it much easier.
- ∞ It often provides relief for physical pain, headaches and addictive cravings.

the body and if you use the coherent power of positive emotions such as love and appreciation, you put peace, quality, and vital energy back into your life.

Evening session deals mainly with the Radiant Energies Balance (REB)sm protocol for balancing the Autonomic Nervous system using the Radiant Circuits of the energy/information system with theory and demonstration of the method. The full day sessions involve practice and discussion of the various methods. You learn how to skillfully use the many "buttons and switches" which control your energy/information system. Free follow up practice and reinforcement sessions will be arranged for interested class participants.

COURSE 2. THE RADIANT ENERGIES BALANCE (REB)sm PROTOCOL: A FLEXIBLE, COMPREHENSIVE, THERAPEUTIC and TRANSFORMATIVE PROTOCOL©

Levels of REBsm training:

Level I: Basic Fundamentals of REBsm (an introduction to the protocol with practice in the modules. Semi professional level, 12 hours).

Level II: Certified REBsm Practitioner (prerequisite Level I; more advanced training and more theory with at least 5 case studies. Professional level, 12 class hours plus practicum time)

Level III: Master REBsm practitioner. (prerequisite Level II; more advanced training and more theory with at least 10 case studies; some must deal with significant and difficult issues. Professional level, 12 class hours plus practicum time)

Level IV: Certified REBsm Trainer (prerequisite Level III; will conduct a satisfactory supervised Level I training. 12 hours).

The Radiant Energies Balance (REB)sm protocol is one of the simplest, most flexible and efficient approaches to tapping into and correcting imbalances in the body's energy system. It can easily be incorporated into many more traditional approaches, especially cognitive/imagery methods.

The protocol builds on leading edge approaches from trauma/PTSD therapy and psychophysiology while incorporating approaches from several Energy/Information Psychology systems: Eden's Energy Medicine, HeartMath, EMDR, Brain Gym, Integrative States Therapy, One Eye Technique, NLP, One Brain, Focusing, and Reiki.

The REBsm posture engages the powerful "Radiant Circuit" system which serves as a "hyper link" to all of the body's energy system. With intention, the "Radiant Circuit" system automatically corrects and balances where ever needed. The basic REBsm posture uses Eden's triple warmer/spleen "hug" and connects the central and governing meridians. These four meridians all have dual functions of regular meridians as well as being Radiant Circuits (curious or extraordinary meridians or strange flows). The protocol balances the autonomic nervous system and, from a spiritual development perspective, engages the Radiant Circuits which are the principal channels for "Yuan chi" energy which, in the Chinese model, represents ancestral energy or the energy of the soul.

REBsm CORE DOCUMENTS (* = free download)

- *One: Part One: The Radiant Energies Balance (REB)sm Protocol Research/Theory Background© (~300 pp) With Bibliography, References And Resources © (~60 pp.)
- Part Two: The Radiant Energies Balance (REB)sm Protocol Instructions© (~20 pp.)
- *REBsm on a page" ©
- Part Three: Additional Approaches, Other Practitioners' Uses Of The Radiant Energies Balance (REB)sm Protocol, And Resources For "The Art Of Delivery"© (~200 pp.)
- *A Descriptive Summary of the Radiant Energies Balance (REB)sm ©(~40pp)
- *An "Active Ingredients" analysis of the Radiant Energies Balance (REB)sm protocol © (~85pp)

RELATED DOCUMENTS (* = free download)

- *Eden and Feinstein "Wired for Joy" (11 pp.)
- *Eden and Feinstein "Triple Warmer: It's Hotter Than You Think" (4 pp.)
- *Feinstein and Eden "The Meridians and the Emotions: Why Energy Psychology Can Go Where Joseph Wolpe Never Dreamed" (10 pp.)
- *Andrade and Feinstein "Energy Psychology: Theory, Indications, Evidence" (20 pp.)

COURSE 3. HAVE A GOOD LIFE (Unless You Have Other Plans!): SIMPLE NATURAL BIO-DESTRESSING ACTIVITIES YOU CAN USE©

A 3 hour (introduction) or one day (indepth) course for the general public on how to use your Body's Natural Destressor System. Learn how to SKILLFULLY use your body's bio-destressing "buttons and switches" to eliminate stress and stuck emotional problems. Full instructional manual on the many approaches gathered from Energy Kinesiology/Psychology/Medicine and HeartMath.

COURSE 4. INTRODUCTION TO DONNA EDEN'S ENERGY MEDICINE©

A semi professional one day 6 hour introductory course on Eden's system using instructional video and handout, and practicing each of the balances by class participants.

Original Sources:

Donna Eden VHS tapes (Times: hr:mins:secs):

An Introduction to Energy Healing 1hr51mins.

Energy Healing: three tapes: 2hr7min, 2hr1min, 1hr50min.

Available @ Innersource, POB 213, Ashland, OR, 97520, 1-800-835-8332.

www.innersource.net

Book (1998) Energy Medicine, Jeremy P. Tarcher/Putnam

I have done excerpts from Donna Eden's Energy Healing (original involved 3 VHS, 6 hours total). The excerpt VHS is 1hr 51mins. Using the excerpt VHS, the handout instructional pages and, practicing of each of the balances the course will cover the following:

- A. Daily Energy Tune Up Routine:
 - 1. 3 Thumps
 - 2. Cross Crawl
 - 3. Wayne Cook Posture and Alternate
 - 4. Crown Pull
 - 5. NeuroLymphatic Massage
 - 6. Zip/Sweep Ups
- B. Using NeuroLymphatic Reflex Points and NeuroVascular Points for balancing
- C. Aura strengthening and repairing
- D. Correcting Homolateral Energies
- E. Balancing Illeocecal and Houston Valves and Diaphragm
- F. How to strengthen your "Strange Flows" energy pathways and balance the autonomic nervous system
 - 1. Hook up
 - 2. Separating Heaven and Earth
 - 3. Drying Off
 - 4. Jump Start
- G. Balancing and clearing out disruptions in the Chakras
- H. Reprogramming Your Thought, Behaviour And Energy Habits with Temporal Tapping

COURSE 5. INTRODUCTION TO THE HeartMath SYSTEM©

A 2-3 hour introductory course for the general public on the research background and Freeze Frame approach of the HeartMath System. A very simple and effective method to bring peace to your life. Taught also as part of the other courses (Numbers 1, 2 & 3).

COURSE 6. RAPID ELIMINATION OF SPECIFIC PHOBIAS AND FEARS©

In this one day course (6 hours) for the general public you will learn simple, effective and rapid ways to get rid of any specific troubling phobias such as performance anxiety and stage fright (e.g. fear of public speaking), test anxiety; fears of heights, enclosed spaces, crowds, spiders and insects, snakes and other wiggling things, various animals, thunder/lightening etc.etc.etc. You recognize that these fears are irrational or inappropriate but seem to be "stuck" with them, unable to get them out of your bodymind system with out great effort (if at all). You will also learn a technique to eliminate your self sabotage tendencies. Many therapists have used and taught these techniques to many ordinary people with great success. People not only learn how to help themselves but, since the techniques are so simple, they have used them to help others and taught others how to help themselves.

Following an introduction to this approach explaining how "All negative stuck emotions are caused by disturbances in the bodymind energy system" (acupressure points, meridians, and energy centers-chakras) and describing my use of these techniques in many different situations, participants will watch a demonstration of the technique on one or more of the participants while the other participants follow along using the approach on their own issues. Then the participants will pair up to use the technique on an issue or problem of their choice while the instructor coaches them. Participants leave the session with a plan and commitment to use the techniques in their life.

COURSE 7. RAPID REDUCTION OF SPECIFIC ADDICTIVE URGES©

In this one day course (6 hours) for the general public you will learn simple, effective and rapid ways to reduce specific troubling addictive and obsessive/compulsive urges such as urges to eat specific foods (chocolate, peanut butter, "Snickers bars", ice cream, coffee, pop, doughnuts, etc.), drinking and drugs (alcohol, heroin, cocaine, marijuana, prescription drugs, over-the-counter medications, etc.), gambling, shopping, compulsive urges to perform specific behaviours (nail biting, hair pulling, head scratching, checking, hand washing, counting, etc.), and obsessive thoughts and fears. You will also learn a technique to eliminate your self sabotage tendencies. You recognize that these urges are irrational or inappropriate but seem to be "stuck" with them, unable to get them out of your bodymind system without great effort (if at all). Many therapists have used and taught these techniques to many ordinary people with great success. People not only learn how to help themselves but, since the techniques are so simple, they have used them to help others and taught others how to help themselves.

Following an introduction to this approach describing the bodymind energy system (acupressure points, meridians, and energy centers-chakras) and describing my use of these techniques in different treatments for addictive and obsessive/compulsive urges, participants will watch a demonstration of the technique on one or more of the participants while the other participants follow along using the approach on their own issues. Then the participants will pair up to use the technique on an issue or problem of their choice while the instructor coaches them. Participants leave the session with a plan and commitment to use the techniques in their life.

BRING YOUR FAVORITE ADDICTIVE OBJECT TO THE WORKSHOP SO THAT YOU CAN PROVE TO YOURSELF THAT THE URGE IS REDUCED. MOST PEOPLE WILL NEED TO REPEAT THE TECHNIQUES WHEN THE URGE GETS TRIGGERED AGAIN. HOWEVER, THE INTENSITY AND FREQUENCY OF THE URGE WILL DECREASE OVER TIME. THE TREATMENT LASTS FOR VARYING AMOUNTS OF TIME DEPENDING ON YOUR STRESS LEVEL. SINCE THE TREATMENT IS SO EASY TO REPEAT YOU CAN REDUCE YOUR INAPPROPRIATE URGES IN MINUTES ANY PLACE AND ANY TIME YOU NEED TO.

