

BE
FOCUSED
FEARLESS
& AWARE

Through the Dimensional
Awareness Process™

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Awareness Process™

MARC MALLAT

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Dedication

- To** all my teachers, both physical and non-physical.
- To** Veronique Chanelet Mallat, my wife, for her continuous and never-ending love and support.
- To** my father, Raymond Mallat, for teaching me about tough love.
- To** my daughter, Yasmina Mallat, for her courage and sensitivity.
- To** those who helped contribute to and cause my Post-Traumatic Stress Disorder (PTSD) and to those who helped me heal it.

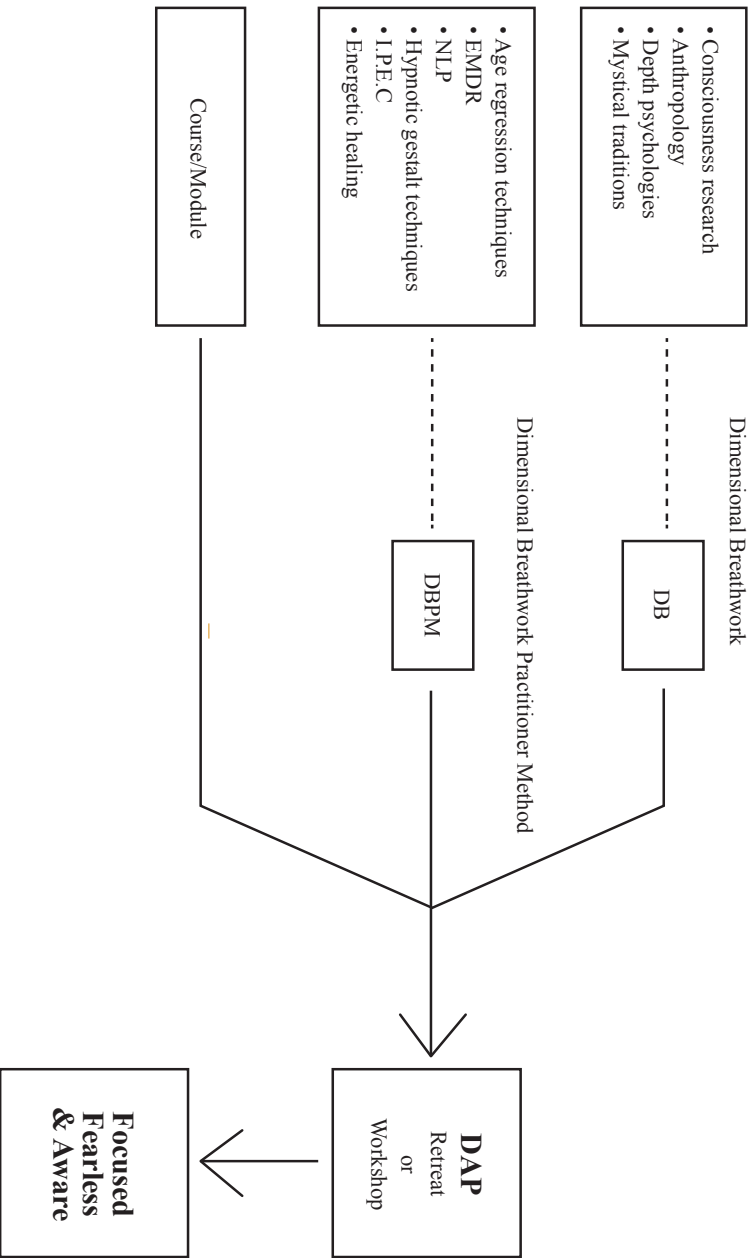
Introduction

This is a practical guide describing revolutionary new self-exploration and psychotherapy methods. Derived from modern consciousness research, anthropology, various depth psychologies, mystical traditions of the world including shamanism and specifically from various breathwork modalities, Dimensional Breathwork™ (DB) guides individuals into therapeutic and transformative heightened states of awareness where insightful healings occur on the mental, physical, emotional and transpersonal levels. Inspired by age regression techniques, Eye Movement Desensitization and Reprocessing (EMDR), Neuro-Linguistic Programming (NLP), hypnotic gestalt techniques and energetic healing, the Dimensional Breathwork Practitioner Method™ (DBPM) is also a transformative and insightful type of psychotherapy which includes the Intuitive Potentiation and Energetic Conditioning™ (I.P.E.C) technique as part of its six step process which is, in and of itself, a profound method for rapid, permanent and effective change.

Combining the three, Dimensional Breathwork™ (DB), the Dimensional Breathwork Practitioner Method™ (DBPM)

and the Intuitive Potentiation and Energetic Conditioning™ (I.P.E.C) with a special course curriculum (refer to page 85) within a retreat or workshop setting gives birth to the Dimensional Awareness Process™ (DAP) which is a groundbreaking, intuitive and potent approach for those seeking how to move towards wholeness and to become more Focused, Fearless and Aware.

Birth of the Dimensional Awareness Process™ (DAP)



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Section I

ON THE MENTAL AND EMOTIONAL LEVELS

|

1. You are what you think

You are not your thoughts; you are the awareness which is aware of them. So, let us be aware!

‘For there is nothing either good or bad, but thinking makes it so.’

William Shakespeare

Our belief and thinking patterns create our emotions which in turn drive our behaviors which directly impact the quality of our lives.

Most people I know are not even remotely aware of their thinking process or the limiting questions they ask themselves and do not make the effort to do so despite the fact that there is no single factor which contributes more to one’s inner peace, emotional well-being and success.

It is our restrictive thinking which limits us, keeps us down and controls our lives, and in my opinion, nobody and nothing has the power to do so unless we allow it.

So that is why I came up with a process, a process that will liberate you and raise an awareness within you, a process which will help you take back control of the quality of your life!

But before I get to the method which will set you free from the egoic mind, let us take a look at some examples of limiting beliefs and distorted thinking.

A limiting belief is any belief which does not empower you whether it is true or not, within reason.

A childhood friend of mine, believing he was superman, once jumped out of the second floor window of his room in order to fly off into the sky; he counted 1, 2, 3 and jumped, fell and broke his arm!

That is not the type of empowering belief I am talking about and just in case you are wondering the answer is no, not all my friends are like that!

2. Limiting beliefs and possible substitutes

Dispute your beliefs, be bold, focused, fearless and aware. Choose the beliefs you want to adopt to become part of your full potential self.

Imagine yourself going to the “belief store” and purchasing the beliefs you need to succeed according to your own definition of success.

I will show you later on how to condition these new empowering beliefs and make them part of your being.

In the meantime, here are some examples of limiting beliefs and their more mature and empowering substitutes.

I encourage you to make a list in each area of your life about the beliefs which encapsulate a general view point about yourself, others or the world, which are dogmatic and which simply do not help you to happily achieve or don't reinforce your self-esteem!

If you have difficulty identifying your limiting beliefs, take a negative thought and use the downward arrow technique by asking yourself: What does that show? What does that mean? What is negative about that? Why does that matter? What does that say about me? Whatever answer you give, apply the same questions to it and keep doing that with each answer you give until you reach the limiting belief which underlies the thought; and then, find a more suitable belief substitute to adopt.

Example:

- I keep trying but to no avail
- What does that show?
- It shows that I have no control over my life!
(limiting belief)
- What does that mean?
- It means that I cannot succeed! (limiting belief)
- What does that mean?
- It means that I won't be able to live my dream and support my family (limiting beliefs).

I am sure that you get the picture. The fact is that you do have control of your life, you can succeed, support your family and live your dream. If there is a will, there is a way.

Some limiting beliefs about ourselves	Possible substitute beliefs	Possible substitute spiritual knowings
<p>I need the approval / love of others</p> <p>I am not strong, intelligent competent..... enough.</p> <p>I cannot be happy unless I do this or that</p>	<p>I like / accept myself as I am</p> <p>I have everything I need to succeed</p> <p>I deserve and decide to be happy</p>	<p>I AM a spiritual being and I AM loved no matter what.</p> <p>The part contains the whole and I AM a part of 'all that is'</p> <p>Peaceful joy is my nature and essence</p>
Some limiting beliefs about others	Possible substitute beliefs	Possible substitute spiritual knowings
<p>People are unfair, greedy, ignorant, aggressive etc.....</p>	<p>I accept people as they are</p>	<p>I respect the role people are playing out in this duality no matter what</p>

Some limiting beliefs about life	Possible substitute beliefs	Possible substitute spiritual knowings
Life is so unfair, hard, insignificant....	I accept that life can be unfair, hard..... however, I can change my thinking and my life	I know that everything happens for a reason that serves me whether I am aware of it or not
Some limiting beliefs about relationships	Possible substitute beliefs	Possible substitute spiritual knowings
<p>I cannot trust him / her</p> <p>Love does not last</p> <p>I cannot stand his / her character flaws.</p>	<p>If I want a fulfilling relationship, I accept to take a calculated risk and trust</p> <p>Love grows deeper with time</p> <p>I accept that my partner triggers me sometimes & learn from it</p>	<p>I know and accept that there is a lesson to be learned about trust</p> <p>I know and accept that there is a lesson to be learned about love</p> <p>I know and accept that there is a lesson to be learned that will expand my consciousness</p>

Some limiting beliefs about money	Possible substitute beliefs	Possible substitute spiritual knowings
<p>I cannot make money in this economy</p> <p>There are no more opportunities to make money</p> <p>I have to take away from others to make money</p>	<p>If there is a will, there is a way</p> <p>There are more and more opportunities being created every day</p> <p>There is more than enough for everyone!</p> <p>There is abundance</p>	<p>Abundance, including material abundance is part of my true nature</p> <p>I AM open to receiving abundance</p> <p>I co-create and manifest abundance</p>

3. Distorted beliefs and thought patterns hurt

You now have an idea of how to find your limiting beliefs and their more empowering substitutes. Be aware that your thoughts are causes and that your life conditions are the effects.

‘You are today where the thoughts of yesterday have brought you and you will be tomorrow where the thoughts of today take you’.

Blaise Pascal

Remember that it is how you perceive and think about life situations that create your reality and not the other way around.

Let us take a look at some common thinking distortions which many psychologists usually warn us about and which push us into the vicious circle of fear, anger and guilt or cause frustration, resentment and even depression.

a. Overgeneralizing

Overgeneralizing is jumping to conclusions about people, oneself, the world and life situations based on limited evidence and tending to see a negative event as a never-ending pattern of defeat. These over generalizations include words such as “everybody”, “nobody”, “always”, “never”, “all the time” ...

- “Nobody really cares”
- “Everybody wants money and power”
- “She always does that to me”
- “He is late all the time”
- “I never thought she would do that”

b. All – or – Nothing Thinking

This is seeing things either in black or in white without any shades of grey. You consider yourself a failure if your performance falls short of perfect. This type of rigid thinking causes anxiety which is a cousin of fear and can block you

from taking the initiative in any endeavor you might consider, decreases yourself worth and robs you from happily achieving.

- a. “If this book is not a best seller, my life is over!”
- b. “Do or die!”
- c. “I either make it, lose it or break it”

c. Magnification and Minimization

Magnification is exaggerating the importance of things such as a little mishap or someone else’s achievement. Minimization is shrinking things down and underplaying your own desirable qualities, an important fact or someone else’s imperfections.

- “He noticed the coffee stain on my tie, so there is no way I will get the job even though I am perfect for it.”

-**Mary**: “Did you see what he did! He just transformed water into wine, healed a leper and resurrected a guy from the dead!”

-**John**: “No big deal! We do that back in Kansas all the time!”

d. Should / Have to / Must / Ought to Statements

You use these statements when trying to motivate yourself or others through guilt. These rigid beliefs aren’t

usually absolute truths and steer you towards focusing on the problem and not on the solution causing you to be a victim and lose personal power, responsibility and self-control.

- “I should have known better to open my heart to someone like that.”
- “You have to understand”

These statements can easily be turned around by rephrasing them with “I would like to”, “It would be a good idea if”, “I would prefer if”, etc.

e. Labeling

Labeling is an extreme form of overgeneralization and attaches a negative and emotionally loaded label to yourself or others. It does not separate the person from the action and leads to even more unnecessary negativity.

- “What an arrogant ass”
- “I’m so stupid and stubborn”

f. Emotional Reasoning

Emotional Reasoning is believing that what you are feeling is true! “I feel it; therefore, it must be true.”

Granted, it could be true!

However, there is a difference between feelings and emotions.

Emotions are our immature children manifesting and coming through our unbalanced egos and feelings are kind whispers from our intuitive consciousness.

Emotions are explosions of misunderstandings begging to be understood, calling you to respond without reacting or to change your perception, whereas feelings are matured, grown-up emotions which are part of your full potential self.

Negative emotions can manipulate us into more restrictive thinking patterns and even more density and allow our egos to take full control instead of our consciousness. Be aware and observe your children carefully!

- “I am feeling unloved, fearful, angry and guilty.”

This is not to say that our emotions are always unfounded and unjustified, but simply that they can usually rise up to higher levels of consciousness and be transformed into feelings.

g. Personalizing

Personalizing is believing you are the cause of some negative external event and taking the blame for something outside of your control.

- “She looked straight at me and didn’t even say hello. What did I do wrong?”

You can start blaming yourself and feel worse and worse about it or decide to make up a positive scenario! You can say to yourself: “She is funny and has always been an airhead,” and laugh it off. You can also muster the strength to just let it go and focus on something else. The point is that you have a choice and can change your state of mind by focusing on a more positive scenario and deciding to feel good vibrations instead.

h. Jumping to negative conclusions

You make a negative interpretation without knowing the facts by arbitrarily concluding that someone is reacting negatively towards you or anticipating and expecting the worst case scenario.

In other words, you are projecting your own insecurities onto others or expecting the worst instead of hoping and intending for the best and being prepared not to be devastated in the event of a mishap.

The outer world is a reflection of your inner world which means that the energy (thoughts are energy) you are bathing in, will eventually attract similar energies which will manifest in your life circumstances. So, if you allow mostly negative thoughts to take root in your mind, you will attract and reap negative life situations and get entangled in counterproductive self-fulfilling prophecies.

As is often said: People see what they want to see and filter what comes into their minds according to the quality of their beliefs.

- “I am not going to that conference; I never learn anything worthwhile anyway. Those speakers only care about the money and not about people.”
- “I don’t see the point of personal development courses; people rarely change anyway.”

4. How to take back control?

If you don’t know where you are going, you will most probably end up drifting from place to place disheartened and confused.

And if you know where you would like to go, then it would be a good idea to decide which beliefs, thoughts, feelings and behaviors have the potential to take you there!

Decide who and how you want to be, considering the painful alternatives of allowing yourself to be controlled and manipulated by disempowering beliefs, limiting thinking and defeating self-talk.

I was influenced over the years by many personal development trainers and teachers who spoke passionately about the reasons why it is more effective and even crucial to be absolutely clear about the pains and detailed disadvantages

of not changing and the beneficial pleasures and advantages of making a decision to transform for the better.

Neuro-linguistic-programming (NLP) and many other personal development modalities also emphasize this point.

Get as much leverage as you can by projecting yourself in the future and imagining and exaggerating how you could end up if you don't change; and how you would be if you took back control of your thoughts and emotions and categorically decided to select only the empowering ones no matter what!

One of the famous personal development trainers who influenced me over thirty years ago was Anthony Robbins. He spoke, among other interesting things about pattern interrupts. A pattern interrupt does exactly what it says. It interrupts the negative energy before it leads you to more negativity and density and before the egoic mind has the time to take full control of your consciousness. You can have fun with these so-called pattern interrupts besides the fact that they weaken the old physical neural pathways in your brain and give you the space to condition new more empowering and mature ones which lead to successful habits of behavior.

Before we take a look at some examples of pattern interrupts, make sure to make the unequivocal decision to be more aware of the beliefs, thoughts and emotions to be transformed and to get motivated.

If you have any difficulties in imagining the positive and negative scenarios of the future, picture yourself in your mind's eye, pretend and ask yourself:

What would I look like then? What would I be saying to myself and others? How would I feel if I abandoned myself to the mercy of random distorted thoughts and emotions? Alternatively, ask yourself the same questions about what it would be like, what you would be saying and how it would feel to be in control. You may use Anthony Robbins's checklist of possible, visual, auditory and kinesthetic (V.A.K) submodalities below to experiment with and discover what clicks and resonates the most with you while you are imagining these scenarios. Feel free of course to add any other senses like tastes and smells and allow your intuition to run wild.

Play the game and pretend until you feel excitedly motivated and then make a decision to take back control of your life!

CHECKLIST OF POSSIBLE (V.A.K) SUBMODALITIES⁽¹⁾

Visual

- | | |
|-----------------------------|---|
| 1. Movie/still | Is it a movie or a still frame? |
| 2. Color/black-and-white | Is it color or black-and-white? |
| 3. Right/left/center | Is the image on the right, left, or center? |
| 4. Up/middle/down | Is the image up, middle, or down? |
| 5. Bright/dim/dark | Is the image bright, dim, or dark? |
| 6. Life size/bigger/smaller | Is the image life size, bigger or smaller? |
| 7. Proximity | How close is the image to you? |
| 8. Fast/medium/slow | Is the speed of the image fast, medium or slow? |
| 9. Specific focus? | Particular element focused on consistently? |
| 10. In picture | Are you in the picture or watching from a distance? |
| 11. Frame/panorama | Does the image have a frame or is it a panorama? |
| 12. 3D/2D | Is this three-dimensional or two dimensional? |
| 13. Particular color | Is there a color that impacts you most? |
| 14. Viewpoint | Are you looking down on it, up, from side, etc.? |
| 15. Special trigger | Anything else that triggers strong feelings? |

Auditory

1. Self/others Are you saying something to yourself or hearing it from others?
2. Content What specifically do you say or hear?
3. How it's said How do you say or hear it?
4. Volume How loud is it?
5. Tonality What is the tonality?
6. Tempo How fast is it?
7. Location Where is the sound coming from?
8. Harmony/cacophony Is the sound in harmony or cacophony?
9. Regular/irregular Is the sound regular or irregular?
10. Inflection Is there inflection in the voice?
11. Certain words Are certain words emphasized?
12. Duration How long did the sound last?
13. Uniqueness What is unique about the sound?
14. Special trigger Anything else that triggers strong feelings?

Kinesthetic

- | | |
|-------------------------|---|
| 1. Temperature change | Was there a temperature change?
Hot or cold? |
| 2. Texture change | Was there a texture change?
Rough or smooth? |
| 3. Rigid/flexible | Is it rigid or flexible? |
| 4. Vibration | Is there vibration? |
| 5. Pressure | Was there an increase or decrease
in pressure? |
| 6. Location of pressure | Where was the pressure located? |
| 7. Tension/relaxation | Was there an increase in tension
or relaxation? |
| 8. Movement/direction | Was there movement? If so, what
was the direction and speed? |
| 9. Breathing | Quality of breathing? Where did
it start/end? |
| 10. Weight | Is it heavy or light? |
| 11. Steady/intermittent | Are the feelings steady or
intermittent? |
| 12. Size/shape change | Did it change size or shape? |
| 13. Direction | Were feelings coming into body
or going out? |
| 14. Special trigger | Anything else that triggers strong
feelings |

Some possible pattern interrupts

Whenever a nagging thought or emotion is troubling you and you cannot seem to let it pass on by like a floating cloud and observe it or have difficulty in finding and focusing on its full potential substitute, use a powerful pattern interrupt to interrupt its energy as rapidly and as frequently as possible. You could also intensify the emotion for as long as you need to for it to simmer down a bit if you are in an acceptable and safe place to do so. As the saying goes: It's not about feeling good, it's about getting good at feeling! (the emotion). Feeling the emotion and/or intensifying it will eventually help you digest, integrate and process it.

Make up your own pattern interrupts using visual, auditory and kinesthetic submodalities which resonate with you or just play around and try these:

1. Powerfully say: "STOP! Not going there!" Out loud or scream it to yourself internally while extending your hand out abruptly like a policeman would do.
2. Yell out "YEEEEHA" while tilting your head upwards towards the ceiling or sky.
3. Cluck like a chicken, imitate something Donald Duck

would say and do or any other animated cartoon character or politician for that matter.

4. Rapidly clap your hands like a hysterical person with a stupid grin on your face.
5. Imagine yourself flushing it all down with the powerful suction noise of an airplane toilet.
6. Subtly pinch your hand, arm or leg while singing internally “Halleluiah”
7. Repeatedly say to yourself: “I like myself” and imagine yourself as a very likable person.
8. Repeatedly say to yourself: “I am responsible for my emotions” and imagine yourself being cool-headed, accepting and peaceful.

For the more spiritually inclined:

9. Imagine sending it vertically to a higher power to take care of it or into a purifying and transforming fire.
10. Imagine breathing in through the crown chakra, a magnetic, purifying and cleansing light which attaches to the excess emotion and then send it all the way down through the first chakra and into mother earth to take care of it.

Simply deciding to let go of a disempowering pattern and actually allowing it to let go, could also be used as a pattern interrupt.

If you are ready to let it go, then more power to you!

If not, ask yourself: If not now, when? Keep doing that until you are ready to do so and release what no longer serves you.

Pattern interrupts are useful, practical and effective if you don't have the time to observe and understand the emotion's message. If needed, repeat it several times until the emotion subsides and you can focus on something else. Another pattern interrupt option would be to simply focus on your breath coming in and out of your mouth or nostrils and at the same time, to feel or sense the vibrations of your body (your energy field or aliveness of your body). However, I urge you to eventually find out what the emotion is telling you it needs and to use that to take appropriate action or change your perception by potentiating it into its more mature substitute feeling. And by the way, if you don't somehow integrate it by preferably finding its full potential and "grown-up" substitute, the chances are that it will come back to haunt you again and again until you help it grow up because as you probably already know, "what you resist will persist."

So as best you can, don't allow the negative thought to lead you anywhere to start with by substituting it with a more conscious thought; and if it does, or if an immature emotion arises despite that, use a pattern interrupt and if time allows, just observe it with curiosity like a parent would observe a child having an incomprehensible fit before trying to reason with him or her and finding a solution or a positive substitute (to be explained next). I am not saying that emotions do not have a place in our lives, but rather that it would be best not to repress them and not drown in them either. If you repress them too long, they will eventually cause physical dis-eases and if you let them run wild, they will control you and limit your potential and consequently, your life.

|

Some possible substitute feelings

Some psychologists call fear, anger, guilt, stress, sadness, loneliness and boredom, the seven primary emotions and consider all other emotions as simple derivations of them, besides the secondary emotion of frustration and the tertiary emotion of depression.

Whether this is true, is not really the point. However, I would like to use them to demonstrate that they all have a purpose - an important message.

Fear for example is a call to protect oneself if it is founded and reasonably justified.

If you found yourself unarmed and face to face with an angry and hungry jaguar in the middle of the jungle, I wouldn't think it would be a good idea to pause and start observing your fear unless you wanted to become dinner!

However, if you have a fear of seeing and facing your new mother-in-law because of the negativities you faced with the previous one, (does that remind you of anyone?), then you need to transform your unfounded fear into the energy needed for the situation at hand.

In this case, what would be the energy or feeling that the immature fear (F.E.A.R. = False Evidence Appearing Real)

would have to have in order to be mature? How about the feeling of being too strong for any unnecessary fear? Strong as in being capable of letting go of any unwarranted criticism, or strong as in loving patience and compassion and calmly refusing to take anything personally!

The substitute in this scenario would then be the calm inner strength type of energy! So now imagine yourself being strong (using visual submodalities), say to yourself (using auditory submodalities) “I am too strong for unnecessary fears” and feel (using kinesthetic submodalities) that calm and strong energy permeating your whole being.

And by the way, some psychotherapists and hypnotherapists believe that it is absolutely necessary whenever you have an excess of any primary emotion, to regress back to the initial sensitizing event (the event which started the problem) and major subsequent sensitizing events (the events which reinforced the initial sensitizing event) in order to transform the misperceptions and erroneous beliefs and/or neutralize the emotional intensity. I have found that it is not necessary and that the symptoms caused by the emotions vanish permanently once the emotion has matured into its full potential self and has been sufficiently and effectively conditioned.

However, in my private practice when I use the Dimensional Breathwork Practitioner Method™ (refer to

section III), I still enjoy discovering the lessons of the initial sensitizing events and the major subsequent sensitizing events as much as finding and putting together their full potential counterparts which are usually one and the same.

Reasonable and necessary messages from the primary emotions:

Fear is a call for protection, anger is a message to obtain justice and to forgive, guilt is a call to make things right and forgive oneself, stress is a call to prioritize your values and activities, sadness requires that you replace your loss, loneliness wants you to connect with people you like and who like you and boredom is asking for stimulation and excitement.

You may use the following if your heart so desires:

Excess/ Unreasonable /
Unnecessary perception of the
emotion of:

Possible full potential
substitute feeling

(May use V.A.K submodalities
to enhance the feeling)

Fear (anxiety, worry...)

I am too strong for this
unnecessary fear

Anger

I am too cool (headed) for
this excess anger

Guilt	I am too noble for this unnecessary guilt
Stress	I am too cool and aware for this excess stress
Sadness	I am too happy and aware to permit the presence of this unreasonable and excess sadness
Loneliness	I am too loved and aware for this unnecessary loneliness
Boredom	I am too loving and aware for this unnecessary boredom

Please keep [!] in mind that emotions can be necessary at times.

I have discovered over the years that the acronym formula Cool. S.A.H.L.L.N (Cool-Headed, Strong, Aware, Happy, Loved, Loving, Noble) seems to be all that is required to find the full potential substitute of the unfounded emotion which arises within you, as long as you are creative in combining the letters in order to discover the specific needed energy. Also, keep in mind that you can always use the “A” for awareness as your trump card because awareness is the key to transformation and inner peace!

Cool. S.A.H.L.L.N

I am	Fill in blanks as you sense and feel it	Original Formula
Too cool (headed)		For unnecessary anger
Too strong		For unnecessary fear
Too aware		To not know who I really AM
Too happy		To permit presence of trouble
Too loved		For emotional pain
Too loving		For real failure
Too noble		To lower my standards

Please experiment and discover your truth by filling in the blanks in the second column or using the third.

The use of the Cool. S.A.H.L.L.N acronym formula for effectively finding the Energetic Potentiated Substitute Feeling (EPSF) is part of a method I call: The Intuitive Potentiation and Energetic Conditioning Method TM (I.P.E.C)

I call the acronym a formula because you can combine any part or initial with any other to get a feeling for a different energy altogether.

For example, I can combine Cool and S to obtain the specific energy of “Cool Strength” and the L and A to obtain the energy of Loving Awareness, the Cool with the H for Cool Happiness and so forth. The whole acronym in itself has a unique type of conscious energy and vibration I call the Full Potential Self, (FPS)⁽²⁾.

Each and every one of us has a unique and special FPS which is a variation of the Cool. S.A.H.L.L.N full potential self and it goes by many names such as the higher self, inner healer, intrinsic intelligence or consciousness, inner knowing, intuition and others.

I believe that the more you intuitively use this acronym formula in a creative and flexible manner, the simpler and more effective it will get, that more and more opportunities for growth will manifest your way and that it will most probably guide you to discover and connect with your own full potential self if you haven't already!

You can now experiment by combining the letters of the acronym and formulate the energy specifically needed by the immature emotion to unfold its particular full potential self and then integrate it as part of your new being which is a step closer to being your own Full Potential Self (FPS).

The I.P.E.C method™ applies to any limiting emotion, thought, belief and unwanted behavior which is blocking you from connecting with your Full Potential Self (FPS). You can imagine the emotion, thought or bad habit by giving it a personality, shape and color and then ask it, as you feel its energy, what it wants and needs to feel whole. And what it really and truly wants, boils down to transforming itself into its FPS whether it is aware of it or not, which is discovered and put together like a puzzle within the Cool. S.A.H.L.L.N acronym formula. Once the energetic full potential self substitute has been revealed, you can also creatively assign it a personality, shape and color and then adopt it, integrate it and allow it to become part of you and feel how it transforms your energetic way of being.

As I insinuated earlier, the ultimate goal and purpose is to do enough of this inner work, enough I.P.E.C.s of your limiting thoughts, emotions and behaviors to connect with your personal FPS, become it, and live it in your daily life.

Here's an example on how to use the I.P.E.C method™ to transform an unhealthy habit like cigarette smoking.

1. Decide to stop smoking by getting leverage and getting extremely motivated to do so by projecting yourself into positive and negative scenarios of the future.
2. Use a pattern interrupt such as imagining that you are throwing the cigarette up into a purifying fire, up in to smokes! Use visual submodalities to imagine throwing

it powerfully up into the fire, auditory submodalities such as yelling “YEEEEHA” while throwing it up and the kinesthetic submodalities such as rapidly raising your arm up to throw it. If you don’t want to do this in public, you can yell “YEEEEHA” internally while throwing it up in your imagination and pinching your leg. Do this every time you feel a cigarette attack (urge to smoke) and then act out the energy of the FPS of the hypocritical cigarette that you are going to create in step 5.

3. Intuitively create and sense the personality, color and shape of the hurtful cigarette. It could be a little, sickly looking, black, cancerous and hypocritical monster, full of slimy thick yellowish pus. (may use the submodalities to detail more)
4. Put together, using the Cool. S.A.H.L.L.N acronym its Energetic Full Potential Substitute (EFPS) knowing that its deepest desire is to transform into its Full Potential Self, (FPS). Let us use the S, the A, the L and the N from the Cool. S.A.H.L.L.N acronym formula.
 - I am (speaking of the FPS of the cigarette) too Strong to continue to allow you to control me!
 - I am too Aware of the emotions that used to push me to smoke to ever allow them to hurt myself and my family!
 - I am too Loving towards myself to allow your hypocrisy in my life!
 - I am too Noble to disrespect my body ever again!

5. Feel and sense the energy of each sentence, (can use submodalities to enhance feelings) the strength, the awareness, the love towards yourself and the nobility of it all and create a personality, color and shape which represents this loving noble and conscious strength.

The image of a strong oak tree or a strong and noble person may come to mind. Whatever it may be, it becomes the FPS of the cigarette!

6. Incorporate, absorb and soak in the qualities of the cigarette's full potential self (FPS) by breathing in and out its energy (physically inhaling and exhaling) and acting out the role as best you can to become loving, noble and conscious strength like the oak tree or person of your choice. Whenever you sense the slightest cigarette attack, play and act out this new role as if you were the best actor in Hollywood by talking, moving, breathing it all in and being these combined energies of conscious strength!

If needed, repeat the formulated phrases put together in step four while consciously and gently breathing in the energy of each phrase in order to stay focused. Physically play the role and continue conditioning this energy for as long as it takes until you have taken back full control from the nasty, stinky and hypocritical cigarette!

Summary of the I.P.E.C. Method™

1. Get motivated and decide to change for the better by projecting yourself in the negative and positive scenarios of the future and getting enough leverage to transform.
2. Use pattern interrupts repeatedly especially if you don't have the time for inner work (you may also intensify the emotion if place and time allow or just feel the emotion until you integrate, digest and process it completely) and continue to do so until you can detach and observe it with curiosity, courage, acceptance or peace and feel completely and totally ready to help it fully mature into its full potential self (FPS).
3. Intuitively sense, create and assign a personality, shape and color to the limiting and disempowering thought, belief, emotion or behavior (may use other submodalities for more detail) and feel or intuitively sense what type of energy it needs from the Cool. S.A.H.L.L.N formula to become mature and conscious.
4. Formulate the energetically needed phrases with the initials chosen by intuitively and creatively using any combination of the Cool. S.A.H.L.L.N formula.
5. Put together, using your imagination and in-tu-it-ion, the energies of the phrases into one coherent energetic full potential substitute and give it a personality, shape and color. (May use other submodalities for more detail). Imagine the

old limiting thought, belief, emotion or behavior transform into the substitute which is its full potential self (FPS) by feeding it the energy needed by gently inhaling that energy into it and exhaling it out in a focused, fearless and aware manner.

6. Integrate the new FPS into your being by breathing in its energy while “acting out” and playing the role of being it.

Continue acting out this new role whenever needed until the “new you” (which is the totality of who you were plus the added qualities of the new FPS once integrated) is conditioned.

Note: As an alternative, you may “act out” the energy of each phrase separately if you prefer until fully integrated by repeating the phrase to yourself as you breathe in its assigned and chosen energetic color and feeling.

The Cool. S.A.H.L.L.N Meditation™ for FPS integration.

I believe that anything can be turned into a mindful meditation and that it is a matter of focus and awareness.

The Cool. S.A.H.L.L.N Meditation™ could take just a couple of minutes and is best done in the early mornings before getting out of bed to set you up for the day.

Choose the initial representing the energy wanted such as L for feeling loved or the other L for feeling loving or the C for feeling cool-headed and centered and so forth. I recommend starting with one particular initial and energy per day and then expanding into different energetic combinations as you progress, such as cool strength, loving awareness, noble, strong, happy and eventually moving up to more and more complex combinations to finally reach and practically become the energy of your own special variation of the Cool. S.A.H.L.L.N full potential self.

Once you have picked the energy for the day, repeat the following phrase (I am) by ending the sentence with it, preferably with your eyes closed in a gentle relaxed yet focused manner.

Example: Let's suppose you picked the L for feeling loved, then slowly repeat to yourself: "I AM loved" and then breathe in and out that energy (may choose a matching color) with the intent of feeling completely, unconditionally and totally loved including by yourself.

Inhale and exhale the energetic feeling in a gentle and focused way while periodically repeating the phrase and letting yourself go.

You can add other submodalities such as tastes and smells and imagine what you would look like when you are feeling loved, what you would say to yourself and others, what posture you would have and how you would move with perhaps a bit of a smile on your face and a little twinkle in your eye. Role-play the feeling until you become the feeling!

Keep repeating the energetic phrase to yourself, breathing in its energy and imagining yourself being totally loved for the previously decided upon time of the meditation. Project yourself into your daily activities or other scenarios and imagine what it would feel like to be that way. Stay with the intent, as best you can, of soaking in this feeling for the rest of the day (or for the rest of your life for that matter) in varying degrees of course, because as we all know, life has a way of distracting and "triggering" us.

In this way, rest assured that you will incorporate and integrate the Cool. S.A.H.L.L.N energy using your own style and become more and more, every day and in every way, your FPS which will be an interesting and intrinsic variation of the Cool. S.A.H.L.L.N energetic formula!

I invite you to have fun and use this meditation as a sacred daily goal (SDG).

The Leader's Circle of 7 Agreements™

To lead, first and foremost, is to lead oneself!

After reading and studying many self-help and personal development books and especially after many years of deep experiential inner work including Dimensional Breathwork™ and the grueling experiences of working with sacred plants and different shamans in the Peruvian jungle, I put together a creed, a system of beliefs which came to be known as the leader's circle of 7 agreements. I personally make a daily effort to abide by these rules as it has a remarkable effect on the development of one's inner peace and joy. I encourage you to do the same.

- 1- Be focused, fearless and aware by engaging in a sacred daily "inner work" practice
- 2- Take nothing personally
- 3- Criticize nothing, judge nothing, assume nothing and blame nothing
- 4- Be fearlessly present and happily live your purpose and mission
- 5- Let go, observe and potentiate (I.P.E.C) your reflections and projections (emotions & reactions)
- 6- Use your willpower to guide your attention and intentions
- 7- Embrace life and death with gratitude

Section II

**ON THE PHYSICAL
LEVEL**

In this section, I will mention some basic threats to our physical health and some practical solutions as a comprehensive and holistic way of becoming more focused, fearless and aware without going too much into detail. I encourage you to do your own research on this topic as my aim is to get you to rethink your beliefs about health in general and hopefully adopt healthier habits and choices.

‘The microbe is nothing, the terrain is everything.’

Louis Pasteur
(Pierre Béchamp)

1. Malfunction of Cells

I have come to learn that all disease is a malfunction of the cells whether it is caused by excess stress, a bacterial or viral infection or a genetic predisposition.

The process of the malfunction of enough cells is the one and only true disease worth understanding for optimum health⁽³⁾.

It is in understanding the many different ways that the cells can malfunction rather than focusing on the elimination of the symptoms or the effects of the disease that is crucial.

The common denominator of all disease is twofold: sins of omission and sins of commission to use psychotherapy terms.

Sins of omission simply means that the cells are not getting what they need to stay balanced and healthy such as enough nutrients, oxygen and water; in other words, a deficiency of some sort.

Sins of commission is simply not protecting the cells enough from harmful factors such as chemical poisons, or not being able to eliminate wastes effectively because of an accumulation of toxins which can also create an overly acidic blood stream.

2. Optimizing Healthy Cells

To overcome the sins of omission, it is a good idea, as best as possible, to give the cells what they need to be balanced and healthy.

I recommend a visit to a holistic nutritionist who will most probably first conduct some blood tests to check for vitamin and mineral deficiencies as well as other lab tests to check for example for levels of heavy metals in the body.

After she or he has set a vitamin and mineral plan to follow as part of a more comprehensive diet and holistic program, I suggest that you pause and breathe in and out a couple of times before eating anything to become aware of whether you are really hungry or whether you are simply distracting from an excess primary emotion and to also become aware of your chosen “food combining”. Then, make the decision to either

nutritiously feed your body or to feed your emotion.

I also recommend eating small meals approximately every 3 hours instead of the traditional larger 3 meals per day.

In any case, you already know how to use the I.P.E.C method to transform the emotion if you so decide. Keep in mind that proper food combining can make a real difference in your energy levels and in maintaining a normal PH level in the fluid in the cells which normally is about 7.4 on the PH scale.

3. Optimum Food Combining for Optimum Digestion

Proteins and starches are not to be combined.

Vegetables with either proteins or starches is acceptable.

Eat fruits by themselves.

Avoid refined sugars, white flour, processed fats/oils and milk products which rob nutrients from your body and are detrimental to your cells and accelerate the aging process.

Avoid drinking while eating and drink enough clean water throughout the day preferably purified through reverse osmosis.

Simply following these basic guidelines has personally helped me to focus better, has increased my energy levels and has done wonders for my lower back pain which has totally

vanished in conjunction with moderate aerobic exercise, anaerobic training and stretching.

One more element worth mentioning is the importance of deep and gentle breathing which is incorporated in the daily Cool. S.A.H.L.L.N meditation already mentioned earlier which assures that the cells get enough oxygen, an obviously vital component for optimum health and energy!

A good way to minimize toxins derived from your diet and to maximize the absorption of nutrients, besides proper food combining, is to buy organic foods which are free from chemicals, fertilizers, preservatives, radiation, ripening agents, antibiotics, artificial additives, hormones, pesticides and genetic modifications.

4. Some Environmental Pollutants

Be aware that most health, beauty products and household products such as skin lotions, toothpastes, soaps, deodorants, perfumes, shampoos and laundry detergents contain artificial fragrances, colors, formaldehyde, phenol, BHT, BHA, EDIA, glycols, cresol, parabens, sodium lauryl sulfate, nitrates, synthetic petrochemicals, aluminum and fluoride which can accumulate in the body's tissues and cause disease.

The solution of course is to choose safe and natural products available at health food and specialty stores or to diminish their use to a strict minimum.

Another major concern are the side effects of prescription and over-the-counter drugs which suppress symptoms instead of addressing the sources of dis-ease.

I quote Raymond Francis, M.Sc. in his book “Never be sick again”: “In fact, medical journals acknowledge that prescription drugs are the third leading cause of death in America (after heart disease and cancer)”⁽⁴⁾.

It is also worth mentioning that how we think and what we feel affects our cells too. The world health organization states that 83% of diseases are psychosomatic, meaning that the physical symptoms are caused or influenced by the emotional state of the patient.

In other words, your emotions cause physical chemical reactions and affect your cells!

An overload of negative thinking and emotions weakens the immune system, thereby causing the weakest emotional or physical links of the chain to break and cause disorders and dis-eases.

And that is why I encourage you to use the I.P.E.C method to transform and potentiate your emotions and to move towards wholeness on the mental, emotional, physical and spiritual levels!

5. I.P.E.C and Physical Healing

Do you want to be rid of some disease and be healthy?

Firstly, study everything you can about the disease, its medical causes and the potential cures. If you have not improved after trying out the possible cures, (I personally would try the least invasive treatments first) decide to go “in-tu-it”, call on your intuition or FPS and use the I.P.E.C for physical healing.

- 1- Know that all dis-eases can be traced back to a psychological cause or to a transpersonal one (including the so-called genetic ones) and decide to heal thyself. (refer to transpersonal domain in section III)
- 2- Intuitively sense, create and assign a personality, shape and color to the dis-eases (may use other submodalities for more detail). Moreover, feel or intuitively sense what type of energy it needs from the Cool. S.A.H.L.L.N formula to become mature and conscious.

The “A” for awareness and the “L” for love are usually the energies required to transform diseased cells into healthy and harmonious ones.

The awareness energy “kicks in” as soon as you start to sense what message the dis-ease is trying to convey to you. It could be a message to forgive someone or yourself, to accept, understand, let go or potentiate a limiting emotion or simply a call for action. In any case, the dis-ease always knows what the lesson is and what caused its manifestation. So befriend it, learn everything about it and find its positive intent.

What I mean by “intuitively sensing” the message being conveyed is actually expanding your imagination to include all of your senses. People have different dominant senses, so you might find it easier to hear or feel your imagination instead of visualizing it. For example, you might have an internal dialogue with the dis-ease and hear it clearly or feel it accurately and then imagine it instead of immediately visualizing it.

- 3- Inhale the energy of divine healing love into your heart and gently exhale the energy through your arms and hands into the dis-ease with the intent of helping it to transform into its full potential “healed” self. If viruses, bacteria or other types of intruders are the causes of the dis-ease, have the intent to transform

them into light and love as you are exhaling into them and the affected area will transform back into its healthy, full potential self again. Repeat as many times as necessary.

- 4- Intuitively communicate as necessary with the healthy full potential self (organ or tissue) and learn everything you need to know about the old dis-ease. Take action and take charge of your healing and prevent the dis-ease from coming back again.

Healing from afar is conducted in the same manner with the exception that you are now using a hologram of the client/patient and a hologram of the diseased area of the body which is created from the pictures previously sent to you from him/her.

Section III

ON THE PERINATAL AND TRANSPERSONAL LEVELS

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1. Dr. Grof's Expanded Cartography of the Psyche

The next best way to understand the transpersonal and perinatal realm besides experiencing it directly is to take a look at Dr. Stanislav Grof's expanded cartography of the psyche as compared to the traditional limited one of Dr. Sigmund Freud's which is limited to the postnatal biography and to the individual unconscious.

After carefully observing numerous individuals in modified states of consciousness over many years, Dr. Grof added two additional large domains which are the perinatal and the transpersonal domains.

The perinatal refers to everything surrounding the trauma of biological birth and consists of four Basic Perinatal Matrices (BPM I-IV).

The BPM I consists of all the memories, including all the emotions and physical sensations which have occurred before the onset of the uterus' contractions. Visual imagery may accompany "oceanic" type of ecstasy experiences associated with the "good womb" such as visions of heaven and paradise or visions of the "bad womb" associated with unpleasant emotional and physical sensations such as visions of metaphysical evil forces.

The BPM II is related to the stage when the uterus contracts and the cervix is not yet open and comprises all the desperation, shock and trauma experienced by the fetus which can be associated with images of hell, wars, concentration camps and other types of hopeless and threatening situations.

The BPM III reflects the situation where the fetus is struggling to be born despite the uterus contractions while the cervix is opening up or opened and can be associated with imagery such as battles and revolutions, sexual activities, experiences of dying and being reborn and other aggressive intense physical and life threatening situations.

The BPM IV is related to the final expulsion from the birth canal and is called the death- rebirth experience. It is experienced as a psycho-spiritual death and rebirth and can be a healing and life changing experience.

Visions of radiant light and rainbow colors accompanied by feelings of appreciation, gratitude, redemption and a new sense of self can be experienced.

These four matrices of our psyche can unconsciously influence the quality of our lives to a very large extent and can give access to the third domain of the expanded cartography of the psyche named the “transpersonal”, meaning beyond the personal in which consciousness transcends the boundaries of

the body, ego, linear time and the three dimensional space as we currently and “normally” perceive them in our ordinary state of consciousness.

The spectrum of the transpersonal experiences which Dr. Grof has categorized after repeatedly observing them is shown in the following table:

Transpersonal Experiences⁽⁵⁾

Experiential Extension within Space- Time and Consensus Reality

Transcendence of Spatial Boundaries

- Experience of Dual Unity
- Identification with Other Persons
- Group Identification and Group Consciousness
- Identification with Animals
- Identification with Plants and Botanical Processes
- Oneness with Life and All Creation
- Experience of Inorganic Materials and Processes
- Planetary Consciousness
- Experiences of Extraterrestrial Beings and Worlds.
- Identification with the Entire Physical Universe
- Psychic Phenomena Involving Transcendence of Space

Transcendence of Temporal Boundaries

- Embryonal and Fetal Experiences
- Ancestral Experiences
- Racial and Collective Experiences
- Past Incarnation Experiences
- Phylogenetic Experiences
- Experiences of Planetary Evolution
- Cosmogenetic Experiences
- Psychic Phenomena Involving Transcendence of Time

Experiential Exploration of the Microworld

- Organ and Tissue Consciousness
- Cellular Consciousness
- Experience of the DNA
- Experiences of the World of Atoms and Subatomic Particles

Experiential Extension beyond Space-Time and Consensus Reality

- Spiritistic and Mediumistic Experiences
- Energetic Phenomena of the Subtle Body
- Experiences of Animal Spirits (Power Animals)
- Encounters with Spirit Guides and Suprahuman Beings
- Visits to Parallel Universes and Meetings with Their Inhabitants
- Experiences of Mythological and Fairytale Sequences
- Experiences of Specific Blissful and Wrathful Deities
- Experiences of Universal Archetypes
- Intuitive Understanding of Universal Symbols
- Creative Inspiration and the Promethean Impulse
- Experiences of the Demiurg and Insights into Cosmic Creation
- Experiences of Cosmic Consciousness
- The Supracosmic and Metacosmic Void

Transpersonal Experiences of Psychoid Nature

Synchronicities (Interplay between Intrapyschic Experiences and Consensus Reality)

Spontaneous Psychoid Events

- Supernormal Physical Feats
- Spiritistic Phenomena and Physical Mediumship
- Recurrent Spontaneous Psychokinesis (Poltergeist)
- UFOs and Alien Abduction Experiences

Intentional Psychokinesis

- Ceremonial Magic
- Healing and Hexing
- Yogic Siddhis
- Laboratory Psychokinesis

The expanded cartography of the psyche offers many additional highly effective mechanisms of personality transformations and healings as compared to the traditional cartography of the psyche which traditional psychotherapy operates by and which is limited to the biographical material such as remembering repressed events, weakening of the psychological defense mechanisms, analysis of transference and obtaining emotional and intellectual insights from the limited postnatal period alone.

There is more to come on this subject in the testimonials, but before that, I would like to introduce you to the practice of Dimensional Breathwork™ (DB) and to the Dimensional Breathwork Practitioner Method™ (DBPM)

2. Dimensional Breathwork™ (DB)

DB was inspired from different types of breathwork modalities and from Holotropic Breathwork in particular.

DB is a powerful approach to self-exploration and healing which integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, psychotherapy techniques such as Eye Movement Desensitization and Reprocessing (EMDR) and hypnotherapy, eastern spiritual practices and mystical traditions of the world.

The process itself uses very simple means: It combines accelerated breathing with evocative music in a special set and setting. With the eyes closed and lying on a mat, each person uses their own breath and the music in the room to enter an expanded state of consciousness. This state activates the natural inner healing process of the individual's psyche bringing him or her a particular set of internal experiences. With the inner healing intelligence guiding the process, the quality and content brought forth is unique to each person and for that particular time and place. While recurring themes are common, no two sessions are ever alike. Additional elements of the process include focused bodywork, self-regressions, Eye Movement Desensitizing and Reprocessing (EMDR), circle sharing, grounding meditations and mandala drawings. DB is conducted in groups and individually. Within the groups, people work in pairs and alternate in the roles of "breather" and "sitter". The sitter's role is simply to be available to assist the breather, not to interfere or interrupt the process. The same is true for trained facilitators who are available to assist upon request or if deemed necessary. When conducted individually, DB is used as an effective, holistic, therapeutic and healing method consisting of six phases which are continuously guided by the inner healing's intelligence and which can be taught in a classroom setting. After the successful completion of the course, the student becomes a Dimensional Breathwork Practitioner and may continue his/her apprenticeship and apply for the Dimensional Awareness Process Certification Program to become a facilitator in order to assist and conduct

group breathworks. Participants in DB sessions report a wide variety of experiences from the expanded cartography of the psyche:

a) Sensory and somatic:

This realm of experience includes various hallucinatory phenomena such as visualizing images or geometrical patterns. More commonly, participants report a greater awareness of an ability to act out somatic processes and bodily impulses.

b) Biographical and the individual unconscious:

As in more traditional therapies, participants revisit unresolved conflicts, repressed memories and unintegrated traumas. Compared to talk therapies, the unconscious material is more likely to be re-experienced than merely remembered. Participants report that this deeper processing is more effective at clearing traumas.

c) Perinatal:

Along with almost all other Breathwork Practitioners, we believe that the birth process is a traumatic event which leaves powerful residue in the psyche. Participants in DB sessions report having images,

emotions, physical sensations and cognitions which convince them that they are remembering aspects of their own birth. These experiences help them release the birth trauma, including deeply held negative beliefs about themselves or the world. Sometimes specific details can be verified and matched with medical records.

d) Transpersonal:

Referring to the possibility of accessing information outside the normal boundaries of the ego and body, transpersonal experiences reported in DB sessions include past life memories, experiential identification with other life forms, out of body experiences, oneness with all that is, encounters with spiritual archetypes and connections with the collective unconscious.

3. The Dimensional Breathwork Practitioner Method™ (DBPM)

The DBPM is conducted on a one to one basis and can target more specific emotional and psychosomatic problems. It consists of the following six phases and is continuously guided by the individual's inner healing intelligence and supported by the DB practitioner:

- I- Pre-talk and preparation.
- II- Dimensional Breathwork™ (DB) and the Intuitive Potentiation and Energetic Conditioning (I.P.E.C) method (I.P.E.C refer to first section).
- III- DB, Forgiveness of Others (F.O.O), EMDR and I.P.E.C.
- IV- DB, Forgiveness of Self (F.O.S), EMDR and I.P.E.C.
- V- DB, EMDR, and I.P.E.C.
- VI- EMDR and I.P.E.C of all parts.

These six phases are not sessions, meaning that a phase could take one or more sessions to fully satisfy the structure of the therapeutic process of preparation, session and integration of all the conscious and unconscious material being processed. These phases are not necessarily in a particular order as the practitioner intuitively deals with whatever emerges in the sessions and may “scramble” the phases as deemed necessary.

The student interested in becoming a **Dimensional Breathwork Practitioner™** must take the twenty-hour course and show competency in the six phases shown above.

An apprenticeship program is also set up for the student who is willing to gain more practical “hands-on experience” in the application of the DBPM™. This apprenticeship involves group Dimensional Breathworks where the apprentice utilizes these phases at the sole request of the “Breather” and under the supervisions of a Dimensional Awareness Facilitator.

4. Cases of Therapeutic Transformations from DB and DBPM.

From anxiety, fibromyalgia and depression to inner peace and physical well-being

(Joe’s testimonial)

I have always been interested in non-ordinary states of consciousness and had tried different types of therapies for my depression, fibromyalgia and general state of anxiety without any permanent results, so I decided to try DB.

Around twenty minutes or so into the faster breathing, I revisited a scene in my childhood at around four years old of age when my father and mother were violently arguing and shoving each other in the living room. I felt tremendous

fear, helplessness and hopelessness as my chest and throat contracted with pain. As I slowly came out of the scene, I requested, as recommended in the pre-talk, to ask my “sitter” to call upon a facilitator for some help with my physical pains. We started the bodywork and it triggered yet another hellish episode filled with mixed emotions of rage and anxiety accompanied by choking, pressures and pains in various parts of my body. All of a sudden, the entire world seemed to be closing in on me as I felt threatened and began to panic. I felt the agony of dying as my entire body felt compressed for what seemed to be an eternity. I gradually became aware that everything happening to me had to do with the reliving of the memory of my biological birth, of the agonizing experience of the confinement in the birth canal and started to sense what seemed to be impossible at the onset - a sense of hope. A sense of hope that I might find some meaning to this, that I might transcend this hellish agony.

And that’s when it happened, all of sudden, I felt overwhelming joy, a new beginning, as if I was tuned into the flow of life, into a new way of existing.

I felt I could breathe easily for the first time in my life and I felt at peace.

Later, I was able to integrate my experience and fully understand the lessons. I understood that my lack of fulfillment

in life resulted mostly from the fact that I had not come to terms with the unconscious trauma of birth and with the fear of death. I understood now on a deeper level, not just intellectually like I did after the module I attended during the retreat, that most of us have been born anatomically and have not really integrated this process psychologically.

After four DBs, I can safely say that I have completed and integrated the trauma of birth and that I have a renewed sense of self, an enhanced ability to enjoy the present moment and a heightened sense of psychological, emotional and physical well-being!

Thank you, respectfully Joe.

From aggressively achieving to be happy to happily achieving!

(Marco's Testimonial)

I began breathing rapidly and deeply as the music entrained me into another dimension. I suddenly became an American Indian warrior fiercely riding a wild horse into battle. I felt the rush of adrenaline in my veins as I was yelling in ecstasy searching for someone to kill while fearlessly and madly expecting to be killed. To my surprise nothing of the sort happened as I saw myself returning to my village where in front of my tepee, I found my three daughters and wife in a pool of blood with their throats cut. The whole village

burned to the ground, had been ambushed and my people slaughtered without mercy. Even the dogs had been pierced through, from side to side, several times, with black arrows. An overwhelming sorrow overcame me as I fell to my knees crying and moaning.

I soon realized how much sadness I had bottled up over the years and that I had not cried since I was an infant. After around two hours of crying and sobbing, a deep soothing sense of relief enveloped my being as the muscle tensions evaporated from my body. Lying there on the mat somewhat dazed from the intense experience, I began to receive profound life changing insights.

I realized, as violent images and different scenes from the French revolution, world war II, and from the recent middle east crises, that humanity's evolution was still in the basic perinatal matrix number three, (BPM III) and that the violent and aggressive struggles would continue to escalate and that the ego based consciousness would eventually intensify before the rebirth of the BPM IV - a new heart based consciousness. I realized as my slain wife and three daughters appeared, as real as could be, in front of me smiling in delight, that the saying: "We are spiritual beings living human experiences" is absolutely true. I had no more doubts, I was certain that there was a much bigger cosmic plan at stake and that my free-will would grow to be part of it as I grew in consciousness.

It felt like a knowing, an experiential knowing, different than a hallucination and more like a spiritual vision.

Later, as I pondered these insights, I sensed the futility of aggressively pursuing my life goals, of my ambitions to be happy by achieving and felt and decided, “to do by being” instead.

Like the fetus stuck in the birth canal, I had continuously felt a strong drive to get to a more satisfying situation that lied somewhere in the future instead of going with the flow and sensing how best to fit into the process of life.

I AM now much more Present and happily achieve instead of achieving to be happy.

It is the realization that spirituality is an integral part of the psyche and that our deepest needs as human beings are more spiritual in nature than materialistic which has changed my outlook on life and has brought me inner peace.

Marco

Reaching the perinatal and transpersonal domains in expanded states of awareness, through Dimensional Breathwork™ (DB) has far more reaching implications which are not only beneficial for the evolution of humanity’s consciousness, but more importantly crucial and essential for our survival as a species at this point in time in our history because of the environmental and political global threats.

DB directly addresses the so called three poisons of the Tibetan Buddhists which are causing human suffering and threatening the very fabric of our societies:

Ignorance represented by the pig, **anger and aggressiveness** represented by the snake and **greed / lust and excessive desires** represented by the rooster which cause attachments and addictions.

Deep experiential work such as DB gives us access to knowledge and insights about ourselves, nature and the cosmos allowing us to eliminate these poisons by understanding our true nature and the nature of reality at a core level.

Once we have relived the traumas of birth and connected to our true divine nature which is the deepest motivating force and craving in our psyche, we can start to eliminate ignorance, aggressiveness and excessive desires.

Reliving the basic perinatal matrices and the rich array of experiences from the transpersonal domain is only the beginning as the real challenge is to fully integrate them in this earthly duality.

The Dimensional Breathwork Practitioner Method™ (DBPM), as mentioned earlier, is a one-on-one process and can be conducted after a group DB for a more thorough

integration but is usually utilized as an independent therapy in and of itself. Here are two cases as revealed in the DBPM.

Carole's psychogenic asthma:

Carole, a forty-three year old mother of two young boys started to manifest some asthma symptoms fifteen minutes into the breathing and regressed back to her childhood at five years of age where her older brother was playfully smothering her with a large pillow placed on her face. Not knowing the seriousness of the matter, her brother repeatedly smothered her as she almost suffocated and passed out in terror.

Continuing the regression, her inner healing's intelligence brought her to a scene where she was stuck behind the pubic bone of her mother as she was being born and had almost died by suffocation. Going further back into the transpersonal, we discovered the initial sensitizing event where Carole apparently in another time and place was an Irish immigrant man being hung for sleeping with the wife of a locally influential man. This event was taking place in a small town in America in the year 1861 and as he was dropped from the gallows, he twisted and swung in agony while hanging and slowly choked to death instead of immediately dying from the neck snapping under the weight of the sand bag attached to his feet. Apparently, the sand bag was not heavy enough to instantly finish the job causing him a slow and painful death

by suffocation. As Carole was reliving these events, she was encouraged at certain times to observe the scene and reassured that she wasn't really going to physically die in the here and now! After fully integrating all the material that emerged into her conscious mind, Carole reported three years later that she had not had an asthma attack ever since.

Yasmina's post-traumatic stress disorder (PTSD)

Yasmina was in her early fifties, divorced with a daughter and had general anxiety and could not manage her temper and intense reactions as if every little misunderstanding or argument appeared to be life threatening. She was diagnosed with Post-Traumatic Stress Disorder (PTSD) and had not benefitted much with regular "talk therapies".

She got in touch with an emotion she named anxiety within ten minutes of the session. Her inner intelligence immediately took her back to a scene where her older sister and brother abruptly woke her up in the middle of the night because a loud noise, similar to the shattering of a window, had startled and awakened them. They all rushed to the kitchen to find that glass was all over the floor and that the steel frames of the doors had swung wide open. It was obvious that someone had broken in from the balcony leading to the kitchen and escaped without a trace. Eventhough nothing seemed to be missing from the house or stolen, Yasmina, her sister and brother and both parents were in total shock and in panic mode.

As Yasmina was reliving the scene, she had the insight that, since everybody was distracting from this fearful event by eating what was then available in the refrigerator that night, her long held habit of overeating to try and calm her fears had started right there and then when she was only eleven years old.

As she regressed further back in time, she relived events where her mother would cuddle her and give her affection one moment and then suddenly act out angrily and/ or in irritation the next.

These events had caused her to feel disappointed, unworthy of love and depressed as she craved her mother's attention.

Furthermore, she developed a fearful physical reaction of being yelled at which sent chills down her spine every time her mother flew off the handle. As she regressed further back into her past and relived the anguish of being stuck in the birth canal (BPM II) and kicked out of heaven (BPM I), she understood the pattern which had a controlling grip on her life.

This pattern of pleasure followed by sudden shocking pain which she had carried with her since birth was manifested at a deeper level, in the transpersonal, when she relived a past life where he (she was a man) was tortured to death for speaking a spiritual truth to an undercover spy pretending to be on a spiritual quest during the Spanish inquisition.

As she gained insights from her past, she was able to make peace with her energy of being victimized, to let go of the emotional and physical traumas by learning to forgive the persecutors and adopt a more positive outlook on life.

Yasmina reported later that she was able to respond instead of react to problematic incidents, to manage her temper and anger outbursts and to control her overeating.

5. The Dimensional Awareness Process™ (DAP)

The DAP consists of a minimum of one Dimensional Breathwork™ (DB), a course (see list below), a grounding meditation and sharing and a self-integration process called the Intuitive Potentiation and Energetic Conditioning Method™ (I.P.E.C/ Refer to section I).

The DAP can be conducted as a workshop or as a retreat which can vary in length from a weekend to six days depending on the number of DBs per individual.

Progressions Group offers these retreats/workshops to the general public which are designed both for those wishing to become certified Dimensional Breathwork Facilitators and for people just interested in the experience and the special topics listed below.

The DAP is particularly valuable for professionals such as therapists and health care providers, as well as for spiritual and self-improvement seekers.

The certification for the Dimensional Awareness Facilitator Program consists of seven, twenty-hour courses picked from the twelve topics listed below of which four are mandatory.

List of courses:

- 1- Basic Bodywork and Breathwork (Mandatory).
- 2- Modern Shamanism.
- 3- Playing the Cosmic Game.
- 4- Music and Dimensions (Mandatory).
- 5- Psycho-Spiritual Crises (Mandatory).
- 6- Living Heart Consciousness.
- 7- The Dimensional Awareness Facilitator.
- 8- The Psychedelic Experience.
- 9- Leadership, Awareness and Personal Transformation.
- 10- Letting Go of Excess Ego.
- 11- Forgive to live.
- 12- The Dimensional Breathwork Practitioner Method™ (Mandatory).

In addition to these courses, twenty-four Dimensional Breathworks (DBs) are required over a minimum of two years and not any sooner as there is no rush or maximum time to complete the training.

The certification program also includes fifteen personal one-hour consultations with a certified facilitator, twelve apprenticeships during DBs and a closing ten-day intensive training and ceremony.

The practice of Dimensional Breathwork™ and the Dimensional Breathwork Practitioner Method™ require commitment and dedication to inner work, to the love of learning and exploring one’s own psyche and demand high ethics which are demonstrated daily through the Leader’s Circle of 7 Agreements™ (refer to section I). It would be grossly inappropriate to use these methods without completing the certification training program. Furthermore, only the persons certified through Progressions Group have permission to call the work they do, “Dimensional Breathwork™” and/or the “Dimensional Breathwork Practitioner Method™.”

This said, I encourage you to join the International Dimensional Breathwork movement as a partner and/or as a participant.

In the hopes of meeting you on your personal journey and in friendship.

Sincerely,
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Endnotes

- (1) “Awaken the Giant Within” by Anthony Robbins, p-168.
- (2) FPS was first introduced by one of my teachers, Dr. Victor Vernon woolf, see “Holodynamics” by V. Vernon Woolf, Ph.D
- (3) For more information on this topic, please refer to “Never be sick again” by Raymond Francis, M. Sc. with Caster Cotton.
- (4) “Never be sick again,” by Raymond Francis with Caster Cotton M.Sc. p-183.
- (5) Transpersonal Experiences “Psychology of the Future” by Dr. Stanislav Grof, pp- 58, 59.

