

Nessor Therapy Guide

The Nessor Remembering Project

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Chapter 1

The NESSOR Remembering Project:

A New Dawn For Humanity

“Imagine all the people living life in Peace”

-John Lennon

NESSOR Remembering infuses strong Delta Rhythm activity into every cell of the body through a patented process of Stochastic Resonance, allowing Pavlovian conditioned responses to change quickly, comfortably, and effortlessly. Delta was the dominant frequency rhythm of our cells and nervous system before we were two years old. Speaking life affirming statements to the cells of the body and feeling their responses encourages the cells to cast off reactive programming that undermines peace, joy, and a productive life.

Most people choose Nessor Remembering because past trauma disrupts their lives and interferes with their quality of life. Whether a car accident, death of a loved one, domestic violence, a violent injury or violent crime, divorce, rape, flood, earthquake, the traumatic stress can live on in our lives. An abusive childhood, verbal abuse, abandonment, betrayal, or ongoing passive aggressive behavior can leave scars at the unconscious, cellular level, and get triggered in our daily lives. We also carry stored trauma from when we were in the womb, or inherit it as instinctual behavior from our ancestors through the initial egg and sperm that created us.

Nessor Remembering softens this trauma at the cellular level, and systematically builds a solid foundation of life affirming behavior displacing the traumatic programming with what we call Foundational Truths, life affirming, cooperative behaviors which our cells can remember from millions of years ago, long before they were a part of human bodies.

Imagine a world in which the post-traumatic stress we now carry and the unconscious reactivity of our ancestors is no longer present in your life. Imagine that you can give your children and grandchildren the gift of a life of Peace, Joy, Love, and Bliss. Imagine thriving in a life of peace and calm.

This is the Hope of the NESSOR Remembering Project.

“Remembering who we are – One cell at a time”

There is war in our world. There is anger, greed, violence. There is suicide, anxiety, depression. Psychologists claim this is because of “juice”, secondary gain: that there are “secondary rewards” in our desire nature causing this destructive behavior. Psychiatrists claim that all this craziness is caused by “biochemical imbalance”. Sociologists see it as an expression of the animal in man. Politicians often see it as an opportunity to fan the fires of anger and discontent to control populations or win elections.

We at Sound Vitality have a different view. The violence, trauma, anger, and moodiness are principally stored as behavioral conditioning (often called Pavlovian conditioning, operant

conditioning, or behavior modification). This is stored at the level of the individual cell and can be passed down from parent to child through the generations. This dysfunctional behavior is tenacious precisely because it is transferred as instincts. These unconscious patterns remain plastic, changeable, until we are about two years old, at which point our brain rhythms begin to speed up from Delta rhythm dominance to Theta dominance and faster. Thus, for the most part, the violence, depression, rage, and greediness of humanity come from before we were born and before the age of two. A loving family can do much to dissipate ancestral traumatic programming. Unfortunately, parents usually express their unconscious trauma, often reinforcing and strengthening a child's instinctual trauma through anger, violence, or other reactive behaviors.

Fortunately, these conditioned responses are “written over” the original nature of the cells. This is very important because it is vastly easier to relearn an old forgotten behavior than to learn something new. Take computers and cell phones for instance. Children, whose parents knew how to use these devices when they were conceived, can operate them almost before they learn to speak. Those whose parents who had not learned these skills before the child was 2 have a much more difficult time learning. (This reflects both inherited and learned behaviors before the age of two.)

In the book **Biology of Belief** by *Bruce Lipton*, we discover that each individual cell contains all the functions of the entire human body. While the DNA provides a blueprint of the physical structure of the cell, the endoplasm contains the stored memories (instincts or Pavlovian Conditioning) and the cell membrane is an intelligent liquid crystal. The Nessor is the tool to engage the process of change at the cellular level. The human body is simply a community of cells which have chosen to specialize as kidneys, muscles, nervous system, etc, to expand the capabilities of the individual cell. The DNA doesn't control our behavior. It is the collective of trillions of cells, each with its brain (membrane) and memory (endoplasm) which collectively determine our behavior based on stored programming and triggers from the environment. To change our behavior, we must change our cells! Herein lies the Key to Peace and a Joy Filled Life.

Our conscious awareness where our beliefs live is an entirely different layer of awareness than the unconscious awareness of our cells. If you have tried saying affirmations, you have probably discovered that they seldom work. This is because affirmations are spoken and processed at our conscious level of awareness and usually don't interact with the unconscious conditioned responses of the individual cells. Also, the influence of the cells is so strong that we can't change our core beliefs if the cells don't change first. Success with the Nessor process requires that two processes occur simultaneously at different levels of consciousness. At the conscious level, negative beliefs must be replaced with life affirming beliefs, and at the unconscious cellular level, reactive lies (disruptive conditioned responses) must be replaced with Foundational Truths (life affirming automatic responses). Thus, beliefs are important but are only part of the answer.

Instincts and Conditioned Responses

Unconscious conditioned responses come from two places. They come from all our education, trauma and life experiences since conception. They also come from our ancestral inheritance through our cells at conception. This is called instincts, and it can often dominate our lives. We often don't notice because our parents and grandparents tend to have the same instinctual programming.

Dictionary Definition of Instincts: 1) “A largely inheritable and unalterable tendency of an organism to make complex and specific response to environmental stimulus without involving reason.” 2. “Behavior that is mediated by reactions below the conscious level.”

Are they really unalterable? Rage, depression, self-sabotage, obesity, psychiatric disorders, criminal behavior. They certainly don’t change easily. The key problem is the stubborn nature of these unconscious conditioned responses which live on, often generation after generation.

Sources of Instincts:

Ancestral: We tend to do what our parents and grandparents did. Domesticated animals do not have the instincts of wild animals. They do what their parents learned to do. Instincts are learned. Our parents did whatever worked for them and, through the conditioned response structure of the cells’ membrane and cytoplasm, pass those instinctual behaviors onto us. Cells come programmed at birth. The single initial cell determines, to a large extent, what ancestral instincts are duplicated from parental cells. The cell multiplies and duplicates this “instruction set”. It can be rewritten.

Prenatal and childhood: Our instincts can be shaped while we are in the womb then during childhood, and through traumatic incidents. This is not properly called ancestral instincts. This is Pavlovian operant conditioning, the modification of ancestral instincts. When scientists induce Pavlovian conditioning in test animals, their descendants often inherit this conditioning as ancestral instincts. This only works if these new reactive responses are appropriate to the world they are born into. Thus, if human parents carry unconscious shame, and shame their children to control them, the children will have a strong ancestral instinct toward feeling shame. On the other hand, if the child receives only unconditional love, the ancestral instinct of shame will likely fade away.

Because both instincts and post-conception experiences shape our unconscious behavior and can be improved through the Nessor process, we will refer to both as contributing to our overall conditioned responses. We will refer to negative conditioned responses as reactive programming or reactive lies and positive conditioned responses as Foundational Truths.

Here are examples of Foundational Truths:

- From *shame* to: I am worthy to shine in this world.
- From *despair* to: The Creator always walks with me.
- From *hopelessness* to: Anything is possible.
- From *guilt* to: I always make the best decision I can.

Rewriting Conditioned Responses:

Formula: Time and Intensity of Foundational Truths x Plasticity = Rewriting

(Fake it ‘til you make it.) In a supportive environment our reactive programming softens so they can be reformed more easily. When in this supportive environment it is easy to focus on and apply Foundational Truths which are things like: “I am worthy no matter what others say.” “Whenever I do the best I can I am okay no matter what happens.” “There is always a way forward.” “A loving Universe walks with me every step of the way.” ***Shame, despair, guilt, and apathy are illusions we inherit from ancestral instincts and childhood programming.***

The Nessor Way: Nessor Affirmation Amplifier + Life Affirming Statements (Affirmations)

= Positive Beliefs + Foundational Truths = Happy Peaceful People

“I loved the whole experience, I’ve never felt such a wonderful peaceful feeling. I used to live my life by pulling myself off the ceiling or picking myself up off the floor.....I never knew life could be lived in the middle. I am so peaceful, even my Children and Grandchildren noticed.”

-Dee Miller Bend, OR

How Can We Gauge Progress

It is particularly challenging to gauge the progress of a Nessor session precisely because we are seeking to soften and reconstruct the unconscious conditioned responses of the body, and by definition, we are generally unconscious of our unconscious conditioned responses. People may feel as if they are exactly the same before and after a series of Nessor sessions. They are still themselves. They still have the same lives they had before, the same jobs, the same friends and family. When unconscious reactive programs are shifted to unconscious supportive responses, it feels like our lives are in sync. When asked before a Nessor session what they really want, most people respond, “My life has been hectic, full of conflict, out of control. What I really want is peace.” And what they say after a Nessor session is quite often, “I feel so peaceful.” Peace may seem like a strange objective of a process, but it is the best way to describe one of the advantages of the Nessor session.

At the level of the subconscious, we can get a little better grasp of changes. Our subconscious attachments shape our unconscious conditioned responses, so discovering that our beliefs have shifted offers us a clear sign that the unconscious has shifted, or will continue to shift to correspond with our new subconscious attachments. You will see in chapter 4 that I introduce the Octaves of Consciousness chart, which I have found is a useful way to gauge progress at the subconscious level of attachments. It is not a direct measure of the unconscious conditioned responses, the real objective of a Nessor session, but it is a level that makes a lot more sense to us, and it does indicate progress. Where people already hold solid Foundational Truths at the subconscious level, they respond very quickly to the Nessor. Where they hold a lot of subconscious attachments, particularly shame and despair, unconscious conditioned responses are slower to change. Thus, the Octaves of Consciousness chart offers a window into progress.

Removing Mental and Emotional Obstacles

Combining a Nessor session with conscious awareness of feelings in the body is highly effective with the majority of individuals. However, where conscious awareness is impeded with emotional turmoil like intense stress or other emotions or with extreme mental clutter from such things as depression or obsession, additional tools are available to calm or clear out these obstacles quickly and efficiently before a Nessor session. We have described other tools in Chapter 7 which Nessor practitioners will find very useful whenever the client is preoccupied.

The Bigger Nessor Remembering Project

We have invented the Key, the Nessor, but this is only the beginning. Imagine what would happen if every person in the world released unconscious reactive lies before having children. Within a few generations, we would have a world free of war, conflict, self-sabotage, and inner turmoil. It's so quick, effortless and comfortable to help others toward a life of inner peace. We need your help. We hope you join us.

Chapter 2. The Nessor System

The Nessor system was designed to replace unconscious reactive conditioned responses with automatic responses of the body that are more appropriate to current circumstances. Toward this end, the NESSOR stimulation, applied for five minutes, softens (makes more plastic) the conditioned responses that are stored in the nervous system and the cells of the body. Then, for the next 15 to 30 minutes, as the cells become more plastic, affirmations are repeated by the client, which have the effect of displacing unconscious, inappropriate attachments such as “I am shameful”, “I am abandoned”, and “the disaster is my fault”, with Foundational Truths. A key part of this therapeutic method is that the client focuses on feelings and tactile sensations in the physical body and is directed away from thoughts and stories of the past. Thoughts and stories tend to distract the client’s awareness from the physical body into the mental state, mostly defeating the process. The plastic state increases rapidly and peaks within two hours after the NESSOR treatment. It then declines gradually over the next two days. Thus it is valuable to continue repeating the affirmations from time to time during these two days.

NESSOR technology consists of applying gentle stimulation to the bottom of the left or right foot. This travels up the kidney meridian, the most conductive pathway up the leg, to the kidney, where it stimulates the base of the lateral sympathetic nervous system. This starts a propagating neuronal impulse that travels up the sympathetic nervous system and across into the central nervous system, arriving to the brain as a Delta brainwave signal. This signal also propagates through the ground substance of the body, stimulating every cell, inducing cell polarization and depolarization of the ground substance changes relative to the interior of each cell. The NESSOR signal itself is a highly unpredictable sinusoidal sort of the wave (Stochastic Resonance) in the range of the brain’s Delta rhythm with constantly changing phase angle. The unpredictable variation in the signal along with the coherent brainwave and cell induction, is the key to the rapid and profound shift in consciousness induced by the NESSOR device.

Nessor and Physical Consciousness

To understand the basis on which I developed the Nessor, it might help to read my book “Opening to Abundance”. However, to save time, I have summarized a little of the basic background here:

The following is the model of the three substances of human consciousness laid out in traditional Taoist thought (Jing, Qi and Shen), brought forward into modern psychological terms. I’ve been working on developing and testing this model for the last 25 years. I’ve done a great deal of work with the emotional body (Qi) and Shen, a mental or Spirit field that surrounds our body and participates in our visionary ability, but until now have not done much with Jing, the physical, electrical consciousness field of our body. The Nessor is a big entry into this area.

1) The Human Substance Jing

Jing is an electrical substance of consciousness, the consciousness of the physical body. The obstacles that reside in the physical consciousness of Jing can be viewed as unconscious reactivities, Pavlovian conditioned responses, usually passed on from our ancestors. In psychoanalysis these obstacles can be viewed as the Id, instinctual survival behavior, though instinctual survival behavior covers more than just the dysfunctional aspects we seek to modify. The Nessor, a biofeedback device tends to break up or soften this reactive conditioning such that it can reform. Saying

appropriate affirmations during and after a Nessor session tends to cause unconscious reactive patterns to reform and conform to the intention of the affirmations.

2) The Human Substance Qi

Qi (Chi) is a magnetic substance of emotional consciousness, our “normal” consciousness. A principal obstacle in Qi is emotional turbulence, stress. It can be felt as hot, cold, tight, weak, and pain, and is related to impeded healing and chronic illness. The Infratonic 9 is very effective to calm the stress, the emotional turbulence, to establish peace of mind, relieve pain, and accelerate recovery. A second principal obstacle in Chi is emotional congestion, stagnant or congealed Chi. This can be viewed as limiting beliefs. It can come from ancestral patterning, though it can also come from the soul through past lives, rebirth contracts, astrology and destiny. The Infratonic S tends to break up stagnant and congealed Qi. It is not nearly as calming and soothing as the Infratonic 9. It can stir up stress rather than calming the stress. Thus, While the Infratonic S is very useful, the Infratonic 9 remains the best tool for relief of pain and accelerated healing.

In psychoanalysis obstacles in the Qi can be viewed as the ego, the perceived need to make sense of it all, or attachment to the different levels of consciousness development. The ego is that aspect of emotional consciousness that identifies with the physical body and physical life on Earth. Thus, stress is caused by all those aspects of our lives that don’t make sense and that we are trying to bring together in harmony. The Infratonic 9, by calming the stress, helps us to make sense of our lives at the cellular and human levels, thus relieving pain and accelerating healing.

3) The Human Substance Shen

Shen is something like a gravitational substance, and is a substance of a higher mental consciousness. The Spirit (the Higher Self) expresses through the Shen and speaks to the emotional consciousness through the filter of mental noise which is created by our inner chatter, which is usually triggered into turmoil by our unconscious reactivity. This mental space gets clouded through repetitive thoughts. The phrase, “Life is hopeless and depressing”, if repeated enough forms a dark cloud of depression in the mental space. “That guy is a rotten scoundrel”, repeated often enough can work us into an angry frenzy. The Scalene Light can temporarily clear this mental space of judgmental thoughts and worries allowing mental clarity so that we can become aware of what’s really going on behind the mental noise. The effects last about two days. Comparing our thoughts before and after the Scalene Light allows us to discover what is coming from our mental filter.

Surrender:

We spend much of our lives buried in confusion, judgment, and projection, trying to sort out the confusion within us by “fixing” the world around us. We may find ourselves lost in grief, despair, shame or other emotional states that turn us against ourselves. The biggest illusion is that we are separate, left alone in our misery and suffering. The truth is that we are never alone. At the level of the physical consciousness, kinesiology shows us that our bodies know truth from falsehood. At the level of our emotional consciousness our heart is one with the heart of all that is. At the mental level, our mind is our Higher Self and is one with all consciousness.

The problem is that we identify with the nervous system, the brain and the thoughts that run around in our heads. This is the only part of us that can be separate. And, in fact, the aloneness is

only an illusion created by attachment to our rational, linear mind. This is the part of us that insists on cause-and-effect, casting blame, and denies the possibility of synchronicity and Divine Grace.

You have chosen to read these words, and if you choose to continue reading, you have chosen or are choosing to explore the world of consciousness beyond your linear mind. Beyond this linear mind you are never alone. You don't need to make logical sense out of your life, and at any time you can choose to "let go", to "Surrender" your problems and confusion to a "higher power". It doesn't matter whether you view this higher power as a friendly Universe, God, your Higher Self, the Creator, Guardian Angels, or a great spiritual leader. All you need to do is Surrender your problems to this higher power, then let go, relax, and trust that everything is coming together in a better way. Then pay attention to whatever opportunities or resolutions come your way. Then, do your best to accept any gifts, reprieves, or opportunities that are provided to you. Finally, where opportunity, Grace, or Providence allows, you can choose to leave what you Surrendered behind, or pick it up again and carry it some more. You choose.

This is not a magical trick. This is unification with the Divine, temporarily suspending limitations of your linear perspective. This may involve using some of the consciousness tools described above, and it may involve accepting unexpected help. In any case, whatever methods you choose to pursue, you will realize greater success if you first, with a sincere heart, Surrender your problems to the Divine, then let go and Trust.

This concept of Surrender is included here because any consciousness tools work vastly better if you release the restrictions that your linear, analytical mind places upon you, and open yourself to the possibility that you can leave your chosen problems behind.

NESSOR: Affirmations said with the Nessor call upon you to Surrender the unconscious reactivity of your ancestors and childhood. This process allows you to displace this old programming. You will be able to replace these reactive patterns with ease and peace.

Chapter 3

Attachments, and the Unconscious

We think our lives are guided at a level of conscious awareness. To some extent this is true. Mostly, it is false. The biggest message in this book is that the role of subconscious emotional attachments and unconscious foundational beliefs are often far more significant or influential than our thoughts. To change our lives, to change our behaviors and the filters through which we perceive the world around us we must address the subconscious and unconscious. We must soften our cells' from instinctual and conditioned response patterns. The automatic response patterns of our cells are critical if we are to enhance our lives.

The Nessor system is largely devoted to becoming aware of our subconscious, emotional attachments and our unconscious conditioned responses or reactive programming. These two factors strongly determine our behavior, our beliefs, and the quality of our lives. As you will discover, each of these areas encompasses a huge part of our day-to-day lives and our emotional lives.

The basic theories that have emerged from research with the Nessor system contradict many established psychological beliefs. The unconscious is viewed the way the behaviorist, Pavlov viewed conditioned responses. If you give a rat an electric shock each time he tries to eat food he will soon no longer pursue eating food even though he is hungry. We find that most human behavior stems from unconscious conditioned responses. The nervous system is a cooperative communication system developed by the cells of the body to provide a collective agreement on what is needed for the body. Thus the nervous system becomes a pattern recognition program. Through the eyes and ears, through all the senses and through input from the cells in the body, the central nervous system identifies patterns and compares them to past situations. Many of these are brought to our conscious attention. Most of them initiate a conditioned response. We are not the pattern recognition program that is active in our nervous system. This is a feature of our bodies, a tool. It is not us. These patterns are merely brought to our attention. What we do with them is up to us.

At first, when you're learning to drive a car you need to pay conscious attention. However, once you can drive, your body simply goes to work identifying patterns and initiating conditioned responses. It is an amazing body that can perform these functions. As we see in the Olympics and in professional dance human bodies are capable of amazing performances because of complex pattern identification and training of conditioned responses. It is not just driving and athletic skills that can be trained into this body. This body can also learn traumatic reactions from such things as child abuse, sexual abuse, devastating loss, or violent injury. In addition, much of our skill comes from the instinctual memory that we inherit from our ancestral patterns. Much of what we are good at, our ancestors were good at. They passed the skills on to us as instincts. However, in many cases our ancestors lived in times of war, immense cruelty, traditions of sexual abuse or slavery. Many of the instincts we inherit from them are dysfunctional in our modern world, as are most of our programmed responses from childhood abuses and other traumatic events in our lives.

Unconscious reactivity is one factor. Subconscious emotional attachments are another. Our emotional attachments are viewed in terms of the work of David Hawkins who wrote the book, Power Versus Force. In his books, he presents an entire theory of consciousness with a hierarchy of emotional attachments or emotional development which strongly influences our "level" of consciousness. People may attach themselves to grief or shame, desire or fear. These attachments

strongly shape how we experience our lives. Many of the attachments create dysfunctional emotions, feelings, and sometimes behaviors. In the Nessor system we emphasize what we call Foundational Truths. These universal truths displace dysfunctional attachments, reprogramming the unconscious conditioned response level. This can bring us peace and joy, and brings harmony to our lives.

Thus, the objective of the Nessor system is twofold. First, the Nessor equipment softens unconscious reactive programming so it can be reformed. Second, our new conscious beliefs or Foundational Truths reshape this unconscious reactive programming into forms that are more appropriate for the lives we live. These two tasks must be accomplished at the same time, or at least in parallel. Unconscious reactive programming must be softened and, made available for reprogramming. At the same time, dysfunctional attachments need to be replaced with Foundational Truths. This is a bit of a “chicken or the egg” challenge. The unconscious reactive programs tend to reinforce our emotional attachments to dysfunctional emotions like fear, greed, shame, etc. so application of the Nessor system, by softening the unconscious reactive programs, opens the door to replace dysfunctional attachments with Foundational Truths. At the same time, saying affirmations can implant solid Foundational Truths which cause unconscious reactive programs to dissolve and reform, providing for more comfortable, appropriate, and peaceful unconscious responses to whatever stimuli the world presents to us.

Affirmations to Instill Foundational Truth with Nessor

This is a list of affirmations we have collected which appear to be effective at helping people to become aware of where the reactive lies are stored in their bodies, and what appropriate Foundational Truths they can be replaced with. Simply by using the Nessor and saying affirmations, people feel profound cognitive dissonance between the words they say and the feelings generated by their bodies. Simply feeling the feelings and saying the affirmations causes the reactive lies to dissipate. In many cases people become aware of an inner voice or inner thinking which attempts to contradict the affirmation. This has been called the “Inner Critic” or “superego”. It is often a parental voice, a recording stored deep within us which tries to keep us small and imprisoned by the reactive lie. Repeating the affirmation to the inner critic initially usually causes the inner critic to try different angles to assert control. With additional repetition, the inner voice often comes to agree with the affirmation. At that point, the new foundational belief is installed at the cellular level.

Where people have conscious problems (mental objections) with saying a particular affirmation, it can be worthwhile to read the appropriate chapters of Letting Go (fear, desire, anger, pride) or Transcending the Levels of Consciousness (grief, rage, shame, despair), both by David Hawkins.

AFFIRMATIONS WITH NESSOR™ (Select the 2 or 3 groups which best apply)

Post-Traumatic Reactivity: (Burnout, ASD)

1. I guide my actions through conscious choices.
2. I trust myself to make good decisions.
3. I feel good about being alive.

Autoimmune: (Hashimoto's, allergies, arthritis, IBS, etc.)

1. I love all aspects of my body.
2. I love the innate intelligence of my body.
3. My body brings me Joy, Love, and Bliss.

Childhood Trauma or Abuse:

1. Some people can be trusted.
2. All of my feelings are okay.
3. I can find treatment that helps.

Voice, Assertiveness, Public Speaking:

1. I speak my truth freely and comfortably.
2. It is safe to express myself.
3. My words heal and uplift the world.

Anxiety:

1. Wherever I go and whatever I do, I am 100% safe.
2. The Universe is friendly.
3. I am perfect just as I am.
4. Exploring the unknown, I am safe and secure.

Dissociation:

1. I am the unification of my parts in all aspects of my world
2. I am complete and whole at all times
3. Every part of me is important at this moment

Food:

1. My body, mind, and Spirit love healthy, nutritious foods
2. I love every part of my body
3. The love and beauty of the foods I eat express themselves in all aspects of my life

Poor Me:

1. Mistakes are opportunities for growth
2. Decisions make me stronger
3. With each setback I rise again and become stronger

Forgiveness:

1. I Forgive myself for all I have ever done to others
2. I forgive myself for all I have ever done to myself
3. I bring joy to myself and others with every thought, word and deed

Co-Dependence:

1. I am perfect just as I am.
2. I am my authentic self in all situations

Depression:

1. The Universe is Friendly
2. My life is guided and purposeful
3. I learn and grow from all circumstances.

Self-Worth:

1. I am worthy to shine in this world.
2. I deserve to be seen for exactly who I am.
3. I stand proud and ready to serve.

Reengaging Will:

1. I express my will
2. I am my will
3. My intentions manifest solidly and inevitably

Trust:

1. I trust the Universe.
2. I trust other
3. I trust
4. I can be trusted

Heartbreak:

1. I breathe freely and fully. I am safe. I trust the process of life.
2. My heart beats to the rhythm of love.
3. I bring joy to the center of my heart. I express love to all

Which Comes First, Releasing Attachments or Foundational Truths

It would be wonderful if we could soften up all of our unconscious reactive programming at once, and at the same time replace all dysfunctional attachments with Foundational Truths. However, what usually happens is that there is a softening of the unconscious reactive programs which allows some degree of installation of Foundational Truths. This adds some degree of installation of healthy unconscious responses. Then, over the next several days, between Nessor sessions, we feel cognitive dissonance between new Foundational Truths and old unconscious reactivity, and see patterns that we never saw before. We see ourselves responding in new ways. We notice our dysfunctional reactive patterns which we never used to notice. Also, we see how fear, grief or shame, have faded and how we have a new, more optimistic perspective on life. All of these observations open the door to more progress during a second Nessor session. One to five Nessor sessions are typically optimal to release a great deal of unconscious reactivity and to instill great peace and joy in our lives.

One emotional attachment which can be very strong and insidiously invisible is worth discussing before we get started: it is our attachment to the voice, chatter, or endless monologue that seems to go on and on in our head. We tend to believe that we *ARE* this endless chatter of thoughts. It is most problematic in its form as the inner critic, sometimes called the super ego. It is this voice inside of us which is constantly being negative and finding fault with us, or otherwise conflicting with our self-esteem. There are many other ways this inner monologue can influence us as well.

The truth is that this inner monologue is simply a product of the central nervous system, which collects input from the cells of the body, from the eyes and ears and other sensory organs, and searches for patterns. It's amazing how skilled humans are at finding patterns. And it's amazing how this voice inside of us or this inner chatter can go on and on endlessly finding patterns. We see a news report of violent events in the world and this inner chatter can go on and on relating those violent events to everything around us. It is useless.

This brings us back to the key concept presented in this book, Foundational Truths. Believing that I am the endless drivel of thoughts my nervous system comes up with is far from the truth. It is noise, drivel. I have discovered that I am not the thoughts that my nervous system creates. This is usually just drivel, noise generated by the nervous system. Realizing this Foundational Truth (I am not my thoughts) has made life on Earth much easier for me. I hope that applying the Nessor system and understanding that most of your thoughts, including the inner critic are drivel will bring peace and joy to your life as well.

Chapter 4

Foundational Truths

Our cells know things -Foundational Truths- which we, in our modern world, have mostly forgotten:

- Anything is possible.
- I am part of something much larger than myself which supplies all my needs.
- I am here for some purpose. I am worthy to express that purpose.
- At my core, I am connected through love to all that is.

As our cells evolved through animal and particularly human life they began to learn false beliefs which lead to misery and conflict; beliefs such as:

- It's a dog eat dog world. (I am alone in a violent world. Cooperation is weakness.)
- Murphy's Law: if it can go wrong will go wrong. (The Creator has turned his back on me, or worse.)
- I deserve to suffer. (I am not worthy to show my face to others or to the Creator)
- It's impossible. (There is no way forward)

We call these “false beliefs” or “foundational lies” because they lead to war and suffering, and also, because they will vanish once examined with an open heart, and cells that are flexible enough to change their conditioned responses. Foundational Truths are already known at the heart of every cell, but overshadowed by the Pavlovian conditioning of countless generations.

These Foundational Truths include:

- From *shame* to: I am worthy to shine in this world.
- From *despair* to: The Creator always walks with me.
- From *hopelessness* to: Anything is possible.
- From *guilt* to: I always make the best decision I can.

If parents realize, embody, and live these Foundational Truths before they conceive children, their children will embody and live these Foundational Truths as well. Releasing the misery-causing false beliefs and remembering these Foundational Truths is now not only possible it is quick and easy with the Nessor Remembering process.

Four Major Bottoms and Four Major Foundations:

“Hitting bottom” or strongly experiencing a foundational lie like shame or despair, is often the only way to restructure our foundation. If we are to be stable and confident at higher octaves we must build a solid foundation at the lowest levels and from the bottom up. We often believe an alcoholic must wind up in the gutter before he is willing to surrender and be free. You will read two case studies of people with alcohol addiction problems at the end of this book. One had hit bottom 6 months before the Nessor session and was left with the bottoms listed below which she needed to work through with the Nessor. The second had not hit bottom, but happened to try the Nessor. It now appears to me that these bottoms, these attachments to very low states of consciousness are a frequent “cause” of addiction. These are the consciousness states we frequently find ourselves in when we “hit bottom”. Drugs can help us to “hide” from these feelings which come with these very low states of consciousness.

The Four Bottoms:

1. At the bottom of **Reason** are apathy and denial (denies the possibility of success).
2. At the bottom of **Love** are remorse and guilt (self-blame for destroying relationship, community, and Oneness).
3. At the bottom of **Union** are abandonment and despair (lost connection with divinity,- God, community, soul mate has abandoned me.).
4. At the bottom of **Transformation** are hatred and shame (I don’t deserve to live, to wield power.)

The Four Foundations:

The solid foundation that must grow out of apathy and denial is: **Anything is possible**. There is no limit to the creative potential of hope, prayer, teamwork, and ingenuity.

The solid foundation that must grow out of remorse and guilt is that the Creator does whatever is perfect in every circumstance. “**I always make the best decision I can** with the resources, understanding, and unconscious programming at hand.” I make my decision. I let go of the outcome. The Universe does whatever it does with the situation. Finally, I accept whatever emerges as simply *what is*. I am not great because of unexpected victory or windfall profits, nor do I blame myself for any negative events that emerge. I simply make the best decision I can, then life happens.

The solid foundation that must grow out of despair is: “**I am never alone – whatever arises** .. the Creator always walks with me.” Every plant, rock, and person is the Creator standing with me, and even when all else fades away the Creator still walks with me.

The solid foundation that must grow out of shame is: “**I am worthy to shine in this world.**” Anything that says otherwise is unconscious reactivity in my cells, nervous system, and inner critic, from childhood programming and ancestral inheritance.

‘The Difference Between Shame and Despair

Shame is attachment to the belief that we don’t deserve the love of the Creator, parents, or anyone, and despair is attachment to the belief that the Creator, family, has turned their back on us. Thus with shame, we believe we don’t deserve the love and blessings of God, and with despair, we believe that God has abandoned us.

Both are difficult to treat with talk therapy. Despair leads to a withdrawal, a withering away, and shame leads to self-hatred, hatred of others and the world. The challenge to recovery is that the victim in both cases simply has no interest in recovery. With despair “it is pointless anyway”, and with shame, “I will never deserve.”

With despair, a new HOPE for connection, a new job, a new friend, or often a counselor, opens the door to the possibility that the love and support of God will shine again. With shame, there is this huge, self-destructive tendency that undermines and sabotages relationships, seeks to bury the self-loathing under drugs, conflict, physical illness, and other destructive behavior.

Thus, while behind despair there is hope, behind shame there is the constant nagging voice. “You don’t deserve.” “You screwed up again.”

Why’s it so hard to get to a life of powerful service? The human body comes pre-programmed with “survival instincts”:

One is “desire to acquire.” Humans attach their highly developed but poorly understood magnetic desire to an object, person, or abstract entity and “want” incessantly, bringing whatever disasters might arise until their wants materialize in their life or until this magnetic desire becomes distracted and attached to some other object.

A second survival instinct is filling one’s thoughts with the “facts” and opinions of others, clouding the ability to see clearly.

A third survival instinct is unconscious reactivity, known scientifically as Pavlovian conditioning. Our bodies are amazingly programmable. Initial programming comes from avoiding pain and pursuing pleasure. This can get associated with all sorts of strange behaviors. Perfume associated with a traumatic childhood incident can trigger a migraine, and in cases of PTSD, a mildly aggressive action can trigger a wild, violent response. We get much of this conditioning through our ancestors as instinctual reactivity. We love bread, sauerkraut, or salty fish because they did. We hate our enemies because they did.

How can one evolve from unconscious turmoil to clarity, love, peace, and stewardship?

One must see that we are attached to our beliefs because we believe their understanding gives us control. We are attached to our desires because... “How else can we get what we want?” Finally, we are attached to our Pavlovian conditioning simply because we are unaware that these unconscious reactivity patterns dominate our lives. We simply live the lives that our traumatized ancestors lived, just in a more modern context.

Guidelines for stepping into the driver's seat:

1. Gain control of your thoughts. Question all your beliefs. Ask: "Is it true?" "Is it useful?"
2. Gain control of your desire muscle. Move your desire from object to object without obtaining anything. Give up habits and addictions.
3. Observe all unconscious reactions and ask "is this appropriate in the current situation?" Bring them to consciousness.
4. Be patient. Human bodies have been on autopilot for thousands of years.

Dissolving Shame

Shame is a transitory state. When a person feels shame it means a person resonates with self-punishment. To do this, we manage to adjust our consciousness such that it is capable of vibrating at the very low frequency of believing we deserve punishment for being who we are.

It is so easy to jump from frequency to frequency, yet it is also possible to believe we "deserve" to resonate with shame permanently and hold ourselves in a state of suffering.

Why would we ever do such a thing? Because someone whom we believe is, or speaks for God told us shame is what we deserve. This most often happens when we are very young and a parent or other adult tells us in a judgmental way that we deserve other than joy, love, and bliss, and we believe them. It can also come from religious leaders who "speaks for God". It can also come because loved ones and particularly lovers express negative judgments against us. We become particularly impressionable when we are "in love" and during and soon after abuse. Physical abuse leaves us most impressionable, but emotional, mental, and verbal abuse, (loud, angry, or threatening voices) can make us more receptive as well.

Can we "get" shame ancestrally? Ancestral patterning increases our propensity to be shamed. This means that very small judgments from others can resonate within us for a long time, and can tend to be amplified through internal repetition. "You deserve to burn in hell." Turns into "I deserve to burn in hell." This ancestral propensity to internalized shame is part of what makes shame, guilt, depression, and other such states so tenacious. It is important for people to clear out these ancestral patterns before having children so their children will be far more resilient against shame and other dark or negative states.

Separation and Shame

Separation is the cause of blind and often violent adherence to the creed, teachings, and beliefs; of a group, culture, religion, or intellectual camp. It can be seen in the body as separation of the: heart from mind; left sympathetic nervous system from right sympathetic nervous system; left hand from right hand; and right brain from left brain. (reversal at brain stem).

Shame is the major cause of separation. To greater and lesser extents, shame is woven into the energetic fiber of every cell of the body. What determines the "extent"? Ancestral/parental inheritance, early childhood training, the recorded parental voice (inner critic). On the other side of the scale are: determining to sort through and overcome the negative illusions, observing self-sabotaging thoughts and behaviors, and living in the Now.

It is also productive to observe our reaction to criticism from others. What is their real intent? To help us improve? To get us to obey? Or to create conditioned responses in us so as to shape our behavior? It is important to ask ourselves whether their intention is to support us or to control us.

Also it is important to ask “What is our intention?” How do we avoid dysfunctional programming? Avoid emotional, persuasive, and ideological programs and people. Ask, “Is the intent of this message to control me.” Avoid repetitive programming. If you watch enough burger commercials you will find yourself eating burgers, shakes, and fries.

FEAR

Fear can be viewed and experienced in multiple ways. From the standpoint of ideas, fear is a phobia, a concept or image which triggers unconscious reactivity. A car mechanic says, “It’s a good thing you stopped.” Driving any further could be very dangerous.” He is using a mental concept, death, to activate unconscious fear reactions to motivate you to do what he thinks is best for you (or for him). Then, at the emotional level, fear is one of Hawkins levels of consciousness. It is 100, the transition between me, isolated in my own world (20 to 90) and me attempting to shape the world (125-200). Thus fear is a very important transition between the isolated self, unconcerned with the workings of society and me trying to shape the behaviors of others. Fear is the level at which we become aware that the world around us is influencing our lives. A third perspective is that unconscious reactivity, the traumatic automatic fear reactions, dominate our lives before we start taking charge of our lives. This unconscious reactivity is described as stagnant electricity, a substance stored in the tissues of the physical body. It is easy to visualize the electrostatic signals of the Nessor shaking up and liquefying this stagnant electricity so it can be reshaped by new Foundational Truths. Those who are aware of significant anxiety in their bodies will be amazed at how effectively and permanently a Nessor session dissipates this unconscious electrical fear. The point of this is that the most challenging aspect of fear is unconscious. Phobias are just mental images which activate this unconscious material. Emerging emotional awareness that the world influences our lives and we have the choice to take charge, is just emotional awareness. It is at the unconscious level that we must deal with the real challenge of reactive fear.

What is FEAR?

Fear is stagnation in the electrical field, the physical consciousness centered in the belly center. It is unconscious. Objects of fears, or triggers are sometimes conscious. Anxiety is the physical expression of fear, though fear can become lodged in any corner of the body, any tissue or system.

The Nessor dissolves most fear and anxiety. It is a turbo affirmation amplifier.

Fear: There is no external object that is the fear. At the physical, electrical level, fear is simply electrical stagnation, yet at the emotional level, Fear is much like desire. Fear is a combination of desire, aversion, and limiting belief.

Fear: I can’t overcome the obstacles to acquiring my desire. It is a very familiar pattern. It is taught to us. It is brought in from the past. It is from our ancestors.

And it can be applied to anything I want, don't want, and am afraid to do. **Afraid is the same as "I don't give myself permission to do."**

I want to fly freely, to manifest all my desires easily, effortlessly, and on a huge scale. I want to move through all resistance to my freedom to manifest, and my effectiveness in manifesting. The world is perfect just as it is. The world has unlimited hurdles to overcome, so there are plenty of opportunities to practice. None of these hurdles are sufficient to stop me.

The only thing that can stop me now is my unconscious belief that I can't, that I don't deserve, that it's wrong, that is too grand, or that something will stop me, that the world will destroy itself, that someone will destroy me, that it is impossible. I am so full of excuses, limiting beliefs which prevent me from simply walking past/through my fears and obtaining what I want, or simply having what I want flow to me.

Fear is not an object outside of ourselves. It is not Ebola or terrorists or the news, cancer or bureaucracies. These are objects, identifiable mental constructs, which we claim "cause" fear. It is important to perceive the fear as separate from the object of the fear.

ANGER

Anger Turned Inward

Point: People who are diagnosed as mentally ill have usually been shamed at a very young age, **repressing their anger at having their needs ignored and repressed.**

Counterpoint: The quickest, most effective way to shape unconscious behaviors is to punish undesired behavior as Pavlov did.

Result: This approach to child rearing, education, business management, religions that control with shame and guilt, and police state tactics results in a population that not only tends to be mentally ill, stressed out, suicidal, and depressed, but also has turned their anger inward and manifests a broad spectrum of autoimmune diseases and chronic inflammatory conditions.

Solution: Nessor softens ancestral instincts and Pavlovian conditioning so that a process of repeating and feeling affirmations reshapes these unconscious reaction patterns, often liberating the individual from the dysfunctions of anger turned inward without need to discuss the myriad of conscious stories that have been built around this unconscious scar.

Reactive Memory, Not Reason, Controls Behavior

Long before people invented psychology, there was unconscious, instinctual memory. Now this is important. People have always done things simply because that's what they did last time. It's not usually because they thought about it and decided to do it. It's because external stimuli activated reactive memory, reactive behavior. A part of that reactive behavior generates desire, and the rational mind which believes it is in charge tries to rationalize the behavior.

Thus, if you ask a child or an adult, “why did you do that?” They will come up with what appears to be a rational “reason”. If you point out that their reason was not rational and present them with a more rational reason, and if the reason makes them look good, they will say “Yes that’s why I did it.” If they don’t particularly like the reason, they’ll still probably agree because the ego loves conveying the impression that it is smart and rational.

Many people will have strong unconscious triggered behaviors that call them to study a problem before reacting. This can be inherited and learned. It is still an unconscious reactive behavior that initiates the desire to take a rational approach to the problem. It is the unconscious conditioned response that controls how we respond to challenges.

This is all to say that people don’t do things because of logical reasons. They do them because of unconscious triggered behaviors. They generate the needed emotions, then the reason, so as to complete the picture in a seemingly rational way.

DRIVEL: The Incessant Chatter of the Nervous System

The brain can be viewed as a pattern recognition device which produces a response for every environmental stimulus. From this perspective, drivel is the product of the analytical mind, which responds to every stimulus with a thought or idea, usually a repetition of something previously heard or read. It is usually not useful, and generally clouds the mind.

Drivel 125-200

Drivel: Being right at the expense of truth: Two people tossing back and forth miscellaneous theories, patting each other on the back for being right. This is unconscious drivel. It is far safer speaking confidently about a collective agreement than speaking about what appears to be true but goes against the collective agreement.

In truth, you need do nothing more than listen to another with a radiant heart because all their thoughts, doubts, arguments about their own story and the collective agreement are nothing more than drivel of the ego expressing 175 or below. None of it has any effect on their lives or the world except to keep them busy and occupied with unconscious drivel.

Listening with a radiant heart causes stories, doubts, drivel to be seen for the meaninglessness of their words. At some point the person will stop the stories and smile. This is enlightenment for it involves letting go of the heavy burden of incessant repetition of unconscious drivel.

Being Consciously Aware of the Drivel

How do we identify the difference between being consciously aware of the content of drivel and being consciously aware that it is drivel? This is one of the huge challenges of being human. What is the difference between me and my vehicle? When you are driving a car you become the car, the speedometer, the view out the window and out the mirrors, the gas, brake, the steering wheel, the horn. If your car gets damaged while you’re driving, you feel damaged. Yet when you get out of the car, you are, in most cases, fully aware that you are not your car.

Some people only feel significant when they are “in the driver’s seat” of their car. They truly have a destination and a procedure. Many are like this in marriage or relationship. They don’t know who they are when they’re not “in the relationship” or “in the driver’s seat”. They feel totally lost when they are without it, not seeing that the relationship or the car is not them, but rather, is something they wear.

The body is the same. You identify with your body and experience what you believe to be “all of life” through the sensory systems of your body. You believe, or mostly believe, that if you lose your body, you lose everything. This is, of course, far from the truth.

When someone who is fully identified with their car steps out of their car, their life expands greatly. Similarly, when you die you lose your body and all the limitations you assumed were true fall away. It doesn’t happen right away. At first you are disoriented, not sure whether you lost the ability to walk and to think. Of prime importance here is that you lose your inner chatter. That inner dialogue you’ve been listening to for decades simply stops. All that is left is the sound of the Universe quietly in the background. You discover gradually that you can focus your attention on virtually anything, and like a zoom lens, you can focus in on the object of your attention. No matter how small, complex, or far away.

You can do that now from within a physical body. However, you so identify with your five senses that you discount or ignore these special abilities as illusions, unimportant, bad. It is from within this framework that we view the inner chatter. You rest your consciousness on the inner chatter because it is loud and familiar. You believe it is you. In fact, it is the same inner chatter as your parents and grandparents listened to. It is the collective voice of your cells, consolidated, refined, filtered, and simplified to be the pinnacle of your body’s biological activities.

It is pretty incredible that 10 trillion cells can create such a stream of consciousness. Yet, before we call it conscious, let’s look at what it truly is. It is a pattern recognition program on autopilot. Just as your cell phone can convert the words you speak to text, or interpret them as commands, and can read your fingerprints to identify you, your body has developed a spectrum of pattern recognition capabilities, along with a prioritizing system which selects and amplifies whatever appears to be the most significant pattern activity for your survival, safety, and nurturance.

To survive and flourish your body needs its activities directed to wherever they are required. You may think this is why they are brought to your attention, to your awareness. But, in fact, your body also takes action. It slams on the brake, pulls your hand off a hot stove, and caresses a loved one. You don’t even need to be aware of your body’s pattern recognition to benefit from the automatic processing of your body. Even if you go off on a daydream, or ponder some great problem of physics or philosophy, your body will take care of itself. It will protect itself, feed itself, and pee without you reminding it to do so.

So why are you shown this high level pattern recognition and behavior generation activity? So you have the opportunity to choose. You can sometimes choose not to act, though often the compulsion is too strong for you to do anything but observe. You can choose to focus on a particular aspect of your sensory input. You might focus on a policeman in the background or remind yourself that you are worthy to shine despite the criticism of another.

Your conscious input is generally subtle but can have a profound impact on the priorities of your pattern recognition and activity generation programs. We might call this “stimulus/response” like the behavioral scientists do, except that we are looking more deeply into the phenomenon with specific emphasis on how your awareness allows you to zoom into and out of particular sensory signals or thought processes.

Chapter 5

How to Get Started Using the Nessor System

Starting a Nessor Session – Orientation:

1. Select affirmations for relationships with either abandonment or betrayal using your method of testing
2. Select either left or right foot for either fear or anger (alternate foot for next session).
3. Ask the client what feelings or reactivities they would like to be free from. Let them know we are looking for feelings and locations within the body, not people or situations in the outside world. Interrupt stories before their first sentence ends.
4. Make it clear that part of making the process effective involves letting go of:
 - a. Stories
 - b. Blaming others
 - c. Explaining feelings
 - d. Free associating thoughts
 - e. **ALL** other mental chatter
5. The client's goal is to feel the body responding to the affirmations, mostly finding feelings in the torso and particularly in the lower belly.

Our objective is to work the affirmation deeply and fully into the client through repetition, feeling and exploratory questioning.

Instructions for Clients During a Nessor Session

During the session it is valuable to remind the client of how the process works. “You are speaking to the cells of your body, reminding them of Foundational Truths which it already knows, but which have been overwritten by instincts, ancestral habits, childhood trauma or PTSD. As you speak these truths feel the visceral response, a cognitive dissonance in your cells. Your cells are listening, adjusting, remembering the Foundational Truths which are stored deep within every cell, and which can be reawakened by the Nessor.”

This gives clients an orientation as to why they are saying affirmations out loud and feeling for a response in their bodies. They are speaking affirmations containing Foundational Truths to the cells. The cells are listening. The client may mentally judge the given affirmations. This is a good time to let them know this process isn't about the mental mind or judgements, it's about giving our cells an opportunity for new information. Let judgements pass like a cloud in the sky/

After a Nessor Session

After a Nessor session people have a choice. They can slip back into their old patterns. Or they can stay with the Nessor process for up to several days. Staying with the session allows the new Foundational Truths to be incorporated more deeply. There are several things the client can do which will help this:

First it is quite valuable if the client can plan to take a few hours off right after a Nessor session so they can relax, review the affirmations, and notice how their bodies feel.

Another excellent approach is reading something soothing and uplifting.

The following are some reactive lies from the work of Carolyn Myss, followed by Foundational Truths:

Wounded child *to* fun-loving playful explorer.

Prostitute *to* I am my own owner.

Victim *to* faith.

Saboteur *to* cheerleader.

One other caution: there are people who are constantly “in crisis” or on the edge of crisis. A Nessor session can install Foundational Truths which help people to realize that “in crisis” is just a story and is not them. However, practitioners should be aware that a Nessor session does not install all Foundational Truths in one session. Thus somebody who tends to be in crisis is likely to declare that they are in crisis because of the Nessor session. They have been perpetual victims all their lives looking for a perpetrator.

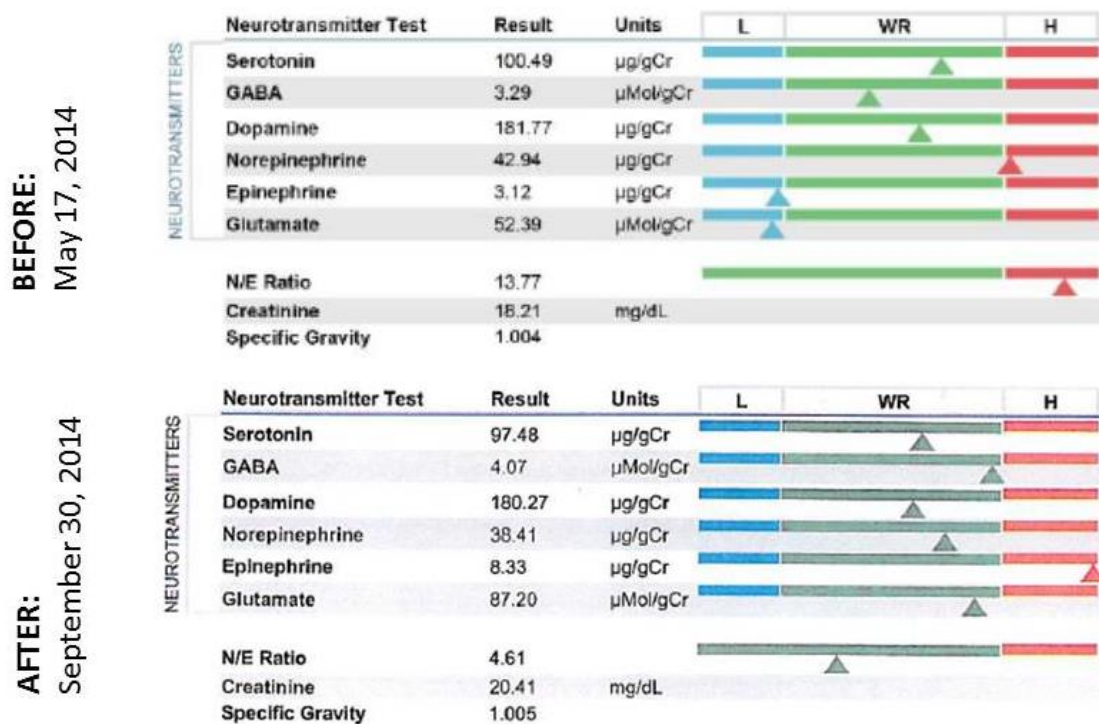
Chapter 6

Client Reports

Nessor, Hormones, and Neurotransmitters

I did a session for a woman who wanted to see whether changing her unconscious beliefs would change her biochemical makeup, her levels of hormones and neurotransmitters. She had been having trouble with her hormones because of heavy stress and had not been able to get pregnant. She was seeking a way to bring her body into balance. She seemed hesitant and was stuttering over some words. We did the session and found that, over the next several days, she felt much more comfortable speaking and her stutter had decreased. A few weeks later she sent me a report on her hormones, which I include here:

Neuro Transmitter Test



Saliva Hormone Test

BEFORE:
May 17, 2014

AFTER:
September 30, 2014

Result	Units	L	WR		Saliva Hormone Test	Result	Units	L	WR
30.44	pg/ml		◆	HORMONES	Estrone (E1)	33.79	pg/ml		◆
< 1.00	pg/ml	↓			Estradiol (E2)	5.57	pg/ml		◆
8.35	pg/ml		◆		Estriol (E3)	44.21	pg/ml		◆
0.27		↓			EQ (E3 / (E1 + E2))	1.12			◆
48.70	pg/ml	↓			Progesterone (Pg)	166.02	pg/ml		◆
48.70		↓			Ratio of Pg/E2	29.82		↓	
23.74	pg/ml		◆		Testosterone	25.47	pg/ml		◆
181.71	pg/ml		◆	ADRENALS	DHEA	101.37	pg/ml	↓	
8.03	nmol/L		◆		Cortisol Morning	7.18	nmol/L		◆
2.81	nmol/L		◆		Cortisol Noon	8.49	nmol/L		◆
1.75	nmol/L	↓			Cortisol Evening	6.03	nmol/L		◆
1.09	nmol/L		◆		Cortisol Night	2.39	nmol/L		◆

Both neurotransmitters and hormones improved significantly. Not long after that, she informed me that she had become pregnant. She could still feel more free in her throat and less stammering, but some of the initial improvement had faded, so I sent her a Nessor and we arranged to do a few more Nessor sessions by phone.

Nessor and Voice

Terrie's situation before the second Nessor session: "I make a lot of phone calls every day. That's a problem. I used to be able to make 10 calls a day. Now I can make 30 calls a day. That's a definite improvement. I still have a problem with vowel sounds at the beginning of sentences. I feel more confident and more able to communicate. Still, there are good days and bad days."

Terrie's objectives: "I want to have a more fluent speaking voice on the phone. I want to feel more confident, and feel good about my voice. I would like to reduce the jerkiness and pauses in my voice."

Background since 2008: "I was still working as a newscaster in 2008. I stopped being a newscaster in 2009 and started working at Starbucks. Talking up over all the noise at Starbucks cause me to strain my voice. That's when I notice my voice beginning to have trouble."

Emotional factors: "I had two bad breakups from two men. I had some depression, was prescribed Zoloft, and had a bad reaction. In the first relationship I chose to break up and had a lot of guilt feelings. I also had to end a female relationship which was hard. In my second relationship, my boyfriend wanted me to quit my job as a newscaster and to write a book in partnership with him. I quit my job and started writing the book. But he did not do his part. When I talked to him about it he acted like I was bothering him."

During that period, I got turned off about myself and the whole human race. Now I am married to a wonderful man and am working on a solid relationship and a solid foundation for my life.

Terrie's Second Nessor session: She felt the different affirmations in different areas of her body. Significantly, after she spoke: "I speak my truth freely and comfortably", and "I am perfect just as I am", she felt tension and discomfort in the TMJ area of her jaw. Also she felt throat discomfort after the following affirmations: "every part of me is important at this moment", and "I love my voice". She felt her upper back tighten up with the following affirmations: "my words heal and uplift the world", "I learn and grow from all circumstances", "I am worthy to shine in this world", and "I trust the universe", she felt discomfort in the heart area with the following affirmations "I trust", and "I can be trusted". Finally, she felt warmth all over with the affirmation "the Universe is friendly."

Over the period of about 30 minutes of the Nessor session she felt considerable reduction in most of this discomfort. She agreed to repeat the affirmations twice more that day, and again twice the next day, Sunday. We also agreed that we would do a third session a week later.

Layers of the Onion

On Aug 10 at 4PM, Alan was completing a Nessor Session with Richard on the other end of the phone line. At the end of the conversation, Alan seemed amazingly aware of his body and all that was changing so Richard suggested that the conversation be ended and that Alan simply lay down and feel the changes that were happening. Early the next morning, the following email exchange evolved:

On Aug 11 at 6:35 AM, A wrote: I am not feeling up to doing an interview about the Nessor process this morning. I am feeling that information is coming in that needs to be heard and experienced and I need to let it in and be in stillness.

R: I get it. Take your time.

A: 7:08AM Thank you. In disconnecting from the egoic distortions of the matrix and coming home to my I AM presence and the stillness within I feel that there is a far greater responsibility in creating anew in complete alignment with the truth of my I AM presence than there seemed to be in telling everyone what they were doing wrong out of the unhealed aspects of ego - theirs and my own. This feels like I plunged into a space of quantum deep.

A: 7:10AM I feel like I am just beginning to be present to what is rather than the way I previously perceived it from the distortions of my fear based state.

A: 7:23AM In repeating the affirmations I am feeling anger and resentment with the statement : I trust the universe. I feel I have been let down and kicked around in some pretty big ways by trusting the Universe. I am not positive if it's a Trust Issue in general or a not trusting the Universe issue. I could use some support and clarification here.

A: 7:26AM The cool thing is that even though I feel in a floaty sort of disconnected state with no real thoughts running the show - I do not feel depressed or hopeless or in despair. I feel like all of my circuitry is rewiring itself to experience life as my I Am presence. I just am in the process and haven't come back on line yet.

A: 7:37AM One thing I am noticing in my physical body is my joints ankles and wrists are much more relaxed and loose and my lower left kidney area is pain free and it had been very sore for almost a week. Feels like I am feeling safe to come home into my body.

On Aug 11 at 8:40 AM, Richard wrote: Nearly all humans operate from unconscious conditioned response. You can't trust humans to behave any differently. You can trust a crocodile to be a crocodile and a butterfly to be a butterfly. And you can trust your unconscious programming to draw crocs or butterfly as needed to help you bring this unconscious programming to light. It is important to understand that, just as you can trust crocs and bf's to be themselves, you can also trust the Universe to bring you just what you need every moment. It's what a loving Universe does.

You came into this life with major trauma about times when God's support seemed to collapse. To give you an opportunity to heal, you chose a powerful astrology and parents who would behave like humans and abandon you at key times. You are close to the heart of the "fall from grace", the center of most human drama. If you can trust the universe now, everything shifts.

A: 8:50AM Very well said. And yes I choose to trust now. Didn't realize I had gone back to the fall.

On Aug 11 at 8:50 AM, Richard Lee wrote: You feel Nessor's ability to interrupt the normal stimulus-response function of the nervous system very clearly. You feel the "spiritual truths" rewiring the stimulus response cycle. Try this one: "The Creator always walks with me."

8:51 AM Yep. Will do. Yes. Definitely interrupted. And I feel hooked back up to my craniosacral rhythm much more profoundly.

8:56 AM No wonder my abandonment and rejection and aloneness issues went so deep. It wasn't even ever really about my parents. It was about my separation and now reunion with God source.

9:02 AM And this isn't about any type of intellectual knowledge. This is about the big Knowing of pure connection to your Intuition and Instinct directly from source. Primal being that is highly intelligent. Makes so much sense why I feel so much connection to the animal kingdom. And why the wolves are so present in my life. Experience and instinct over intellect.

9:12 AM I feel there are a few things that would like to clear from my right side as well. I also am feeling a much deeper connection to my ability to talk and connect with the cells in order to assist them in rebalancing and realigning more quickly.

9:17 In repeating the affirmations now and feeling how deeply the words can connect and rearrange my cellular biology- I now get why the Native Americans said "white man speak w forked tongue". Our words are so incredibly powerful and we seem to be so disconnected from them. Oy!

R: Aug 11 at 11:11 AM: Can we build a permanent bridge as clear as the temporary bridge allowed by Nessor? You are at a high point in the Nessor stimulation where the stimulus-response function of the nervous system is still quiet. We have two very different functions here:

1) the direct knowing, communion with the Truths of the "Creator who always walks with us". And

2) The incredibly valuable physical body with its very complex programming for living life in this world. I am repeatedly amazed at my ability to play soccer without thinking about it. My body simply knows how to do it. This is stimulus response in action and it is awesome.

Thus, we somehow want to optimize the direct connection with the Creator and yet have our physical bodies free to live an optimal life. As you have probably noticed our bodies are in charge. Our conscious awareness is pretty much along for the ride.

Summary: We need an auto-pilot body to navigate this world. We need our Spirit connection to guide us to a better world. It appears that Nessor is helping tune up both.

Alan: 10:48AM Wow. This is so interesting and fascinating. I get that my body has been asking for a wifi upgrade too. So with the unconscious Foundational beliefs changing and being rewired to their correct station - I am excited to see the changes in my body and life I am curious how I can assist my body in an easier transition and upgrade as well.

Post Nessor: Emergence to Consciousness of Buried Reactivities.

Immediately after a Nessor session people often feel very calm and peaceful. Then, over the next few days, within the peaceful clarity, old reactive patterns often emerge. But instead of grabbing us and unconsciously controlling us, they come into our awareness such that we can feel them and make conscious choices about them. This is an e-mail exchange that took place 3 days after a Nessor session. It was an indication that another Nessor session would probably be very valuable:

Alan: I absorbed some sun shine and felt really clear, connected and centered. Free of PTSD. Then had some tasks to complete. Started to feel a little overwhelm. Then the anger started flaring again at my inability to control money or my time or future.

I saw some info on the possible US bombing of China in retaliation for devaluing currency and some info on a possible EPA breach of mine sludge into the Animas River affecting the Navajo Nation after they just secured rights to their own water to grow their own food.

The injustice just got me angrier as the insanity of poisoning Mother Earth and thus me and humanity is just beyond comprehension. I feel fear and trauma and it tripped up a powerlessness that then turns to a rage. I am not sure if this is just me or what I feel from the Earth.

The past few days have been penetrating and touching on some deep emotions that I have not been able to feel for a long time and probably didn't want to. And I know that all my feelings are ok. The biggest challenge I feel in my body especially the left side of my throat is my inability to feel what is right for me and make a steady plan. Can we do a Nessor session tomorrow?

R: Weird news you found!!! Truth is hard to find in the news. News is often designed to make people angry. Angry people are easy to control.

Alan: OHHHHHHHHHHHHH!!!!!! SO anger is the hook. Ok and there is some massive damage happening on Mother Earth that is pretty dangerous and affecting a lot of people and animals. Am I missing something about not being angry about it?

R: We create whatever we focus on. Focus on harmony and love and peace and joy and healing, and you shall create it. Focus on anger and you will join fear mongers and create more anger, discord, and destruction in the world. Be angry if you want. You simply take yourself out of the game. In any case, Earth will take care of herself.

As we see, Alan was moving back into his thoughts, engaging familiar reaction patterns, but aware that they were reactions. In this exchange, he was guided to see the Foundational Truth that “we become whatever we focus on”.

The Resonance of Foundational Statements

Here’s an interesting experience: a person was conducting a Nessor session for another, and the affirmation came up: “The love and beauty of the foods I eat express themselves in all aspects of my life.” The client felt a shift between his love of food and the intrinsic quality of loving that most raw foods, and many foods prepared with love carry. Later, the person conducting the session reflected:

“Your affirmation influenced me: I know I am changing. Normally I cut up several fruits and put them in a bowl and add some things on top, and eat them for breakfast. This morning, I cut up the melon, put it in the bowl, then tasted one piece. It was so delicious. I stopped. I took the bowl over and sat in the comfy chair and proceeded to enjoy every piece of fruit, One piece at a time, doing nothing but enjoying the fruit. Not very efficient, but very enjoyable.

That melon was so full of love. Now I am full of love.”

Tim Case Study. Disabled by Attachment to Fundamentals

Tim is partially disabled by his beliefs, by the abstraction of his attention from experiencing life directly to seeing the world through the filters of thoughts or beliefs. Thus his consciousness is not fully in the present, but rather abstracted to a significant extent, to the past. He is replaying stories created by humans long ago. There is no question that there is some historical accuracy in these beliefs, as is true of most beliefs held by humans. Historical accuracy does not make it worthwhile to “hold” a belief. “Is it useful to my life?” is a better test. An important third test is “is the usefulness of a belief more valuable than the loss in presence in the real, physical world?”

Beliefs, and particularly fundamentalist beliefs like what Tim holds, tend to isolate people from the world around them. A Course in Miracles teaches that the only human problem is separation, and that the path back to wholeness is simply realizing that all separation is illusion, thereby releasing it from their lives.

The challenge is that these beliefs/illusions appear to serve a purpose. They can even be addicting by providing relief from pain. People’s emotional bodies are often filled with painful psychological scars from traumatic events, usually from early childhood. When these scars are felt, and held in the light and love of awareness, they will fade away. They are illusions because the scars are just memories of past events that have no significance in the present. Many people discover that, when they abstract their awareness by thinking useless but busy thoughts, they are often unaware of the emotional pain. Thus “thinking” appears to be a “cure” for psychological scars.

However, the way it works out, buried psychological scars remain, and often get more painful or inflamed when they are repressed. 90% of the medical system involves treating these inflamed/ignored emotional scars. Much of the relief from a religious service comes from getting people more into their thoughts – lofty thoughts – but still abstractions from feeling in their bodies. This includes thought-based meditation, meditation that explores other realms of ideas/beliefs, realities, any abstractions from living in the physical body. This is a major part of the attraction of meditation.

How does all this help Tim? This helps you understand that value of Nessor is in suspending thinking, of temporarily suspending fundamentalism.

Humans who have plunged their thoughts into anything, whether New Age beliefs, fundamentalist beliefs, scientific beliefs, Internet information overload, sports or soap operas on TV, awful news stories, medical worries, worries about family, etc., are all avoiding being alive by “living in their heads”, living in a world of make-believe relative to the real life they would experience by being present in the NOW in their physical bodies.

How does all this influence my ability to collaborate with Tim on projects? You simply cannot collaborate with someone who lives in an abstracted mental reality.

A Case Study. Who Controls the Power?

She is on her way to true sanity, which extends way beyond normal human consciousness. She is taking the fast, and what some would call, “the dangerous way.” There is no danger because there is no death. Nothing can go wrong.

You are witnessing kundalini psychosis. When someone suddenly starts shedding impediments to power the response of the ego, of the reptilian brain, of the ancestral heritage, is to try to control that power. This is a normal battle among humans – the indwelling human struggles against the cunning (pattern recognition and internal logic) of the human animal. Who will win? In most cases the animal wins and that “silly request” to become truly awakened and enlightened, is forgotten.

In her case, the human animal is firmly in charge and the in-dwelling life is DETERMINED to break free. Hence, the battle has expanded to extreme proportions. The animal takes the battle to the world of illusions, to “out there”. The fact that the entire battle is taking place within her body is difficult for her to see because the human animal only sees “out there”, and “inside of me” is unknown territory.

Nothing is happening outside of her skin. All thoughts, emotions, and feelings are happening within her. Yet the animal is constantly pointing to the surrounding world to distract her.

She is bouncing around like a pinball from “out there” to “out there”, slowly learning the terrain of “in here”. And yet she is making headway, slowly constructing a map of her true inner terrain, gradually seeing and discarding each illusion as she identifies it.

Shame and Self Sabotage:

Through my work with Nessor and the Vital Harmony Pendant it has become clear to me that much illness and suffering has its foundation in self sabotage from deeply embedded shame or self-torment. This is an odd concept because we live in a society in which so many professionals make a living helping

others overcome their illnesses and interpersonal conflicts by viewing the problem as outside the stimulus response mechanisms of their nervous system.

The idea that most of our suffering is caused by our own unconscious is not at all popular. Nonetheless, it appears to be True. We see it in the placebo effect. Sham controlled studies show that two thirds or more of the effectiveness of pharmaceuticals results from the placebo effect. Some studies show that all of the effectiveness of psychotherapeutic drugs comes from the placebo effect! How is it possible that having somebody in a white coat give us a little placebo pill can fix most anything we might have wrong. Why is this so often effective? The answer comes down to this: At an unconscious level we believe we don't deserve to be healthy or happy because of unconscious shame, internalized parental or ancestral judgment or emotionally traumatic incidents. People who proclaim the value of positive thinking, affirmations, and positive visualizations often point to the placebo effect as evidence that we, through our thoughts, can create our health and happiness. What they don't say is that we, through our unconscious programming, create the misery and health problems that can occasionally be fixed with positive thinking, affirmations, positive visualizations, and little placebo pills provided by people in white coats.

Following this thought process to its logical conclusion, we see that most human suffering appears simply to be programmed into us. We fight wars and engage in interpersonal conflict out of unconscious habit. We eat health damaging junk food because of unconscious habit. We engage in dysfunctional relationships filled with victims and perpetrators, rage, violence, passive aggressive behaviors, or drug abuse and codependence, all because of unconscious reactive lies, Pavlovian programming stored at the unconscious level which causes us to repeat the dysfunctional behaviors our ancestors engaged in.

I was speaking with Jack, a very intuitive and health conscious guy who had overcome, or mostly overcome prostate cancer without the use of surgery, chemo, or radiation. He still felt that there was a degree of prostate cancer to overcome. We did some kinesiology testing to see if we can gain some insight into it. It appeared that his diet which was mostly raw and quite full of antioxidants was contributing to his becoming fully healthy. His practice of ketosis, sometimes going into a metabolic activity of burning fats instead of sugars in his body, appeared to be contributing to his health as well. Our kinesiology testing indicated that energies coming from, or associated with wireless equipment, like wifi, power lines and cell phone towers was contributing to his residual problem. Our testing showed that he had an even bigger problem with some sort of shame, beliefs that were stored within him which contributed to the condition which the medical profession calls prostate cancer.

Jack held the Vital Harmony Pendant in his hand. It is a tool which transforms free-radical-causing ionizing ultraviolet in the atmosphere into healthy energies for the body. He felt a strong discomfort in his head, and some sort of current flowing from above him through his head to his hand. He described his head as feeling like an antenna which was receiving uncomfortable energies. His kinesiology testing indicated that this was not good for him. We then moved the Vital Harmony Pendant to a position on the center of his chest. He then felt much more comfortable. Testing indicated that the Pendant in this position was good for him. The idea that Jack's head could act as a receiving antenna for high energy radiation was a puzzle. However, since then, several people have observed the feeling of energy flowing above their heads on the first day of wearing the Vital Harmony Pendant. It appears that these people are simply more conscious than most of the energetic activities in the mental fields surrounding their heads.]

That same day Jack also did a Nessor session and discovered that he had carried an unconscious critical voice, an inner critic which had reflected the voice of his mother for many decades. During this session he spoke several affirmations to this inner critic and heard it's response, mocking him, telling him that his efforts were hopeless, then gradually coming around to his side and telling him that the affirmations were true. In this way the inner critic with his mother's voice became much more supportive in his life. Kinesiology testing indicated that the effect of shame on his prostate condition was much diminished.

This is a most interesting case study because it illustrates the role that internalized shame can have on a disease process. It also set the stage for this next case study:

A Superpower Self Sabotage Case Study

I was out on a hike one day and wound up talking with Ellie, a woman who said she had a serious problem with fluorescent lights. She explained that just a short exposure to fluorescent lights could debilitate her and keep her in bed for days. I was just beginning a placebo controlled test of the Vital Harmony Pendant and thought she would be a perfect test subject for this study. She followed the protocol, first testing her urine for free radical concentration. Her first free radical concentration was at $\frac{3}{4}$ of the maximum level measurable by the test kit. Then she put on either the Vital Harmony Pendant or a sham device that appeared identical. (It was a double blind protocol so nobody knew at the time which device she was using. Later that day she reported that she had a meeting with her son's teacher in a room with fluorescent lights for 45 minutes and did well for the first half hour but then felt exhausted by the end of the meeting. That first night around midnight she woke up with an electrical jolt to her forehead right before the phone rang with her mother calling. The free radical test the next morning showed that her free radical concentration had increased. As we discovered after the end of the study, she was wearing the sham device, showing that all these experiences were unrelated to the Pendant being tested.

As a part of our research, we measured the accumulated free radicals in the collagen with an electronic device that shines ultraviolet into the skin and measures the fluorescent light that is returned. This electronic test device malfunctioned every time we tested her. She suggested that I test myself. It still did not function. She moved about 20 feet away and it still malfunctioned. She then moved 40 feet away. Then the device functioned perfectly. When she returned the device malfunctioned again and was unable to test her at all. Thus, we learned that she had some sort of human vital field that surrounded her for at least 20 feet which would interfere with electronic devices. She confirmed that when checking out at the market, her husband would ask her to move away from the checkout counter so that he could run the credit card. Otherwise the credit card machine would malfunction.

Based on her strange relationship with electronic equipment and fluorescent lights I proposed that we try a Nessor session. She agreed. We did two Nessor sessions and she made very good progress, bringing much early childhood trauma to light and absorbing several Foundational Truths. We explored her early childhood propensity to become ill so that her mother would love her. We also explored her amazing ability to influence electronic devices, and to somehow connect to fluorescent lights and to pull in high energy ultraviolet, which is present within fluorescent tubes, into her body to create the high level of free radicals we had measured. A week after the first Nessor session we tried testing for collagen free radical levels again and the test equipment worked perfectly.

Here is a report I wrote soon after the first Nessor session: “Ellie is well. She appreciates her life now. Night terrors have mostly retreated. Her nightmare attacks are retreating. She now knows they are a fading memory. She knows she is always loved. She used to have night memories of abuse and would take-to-heart the shaming that came with them. When having these memories, she would again feel that she was undeserving of anything but suffering, and would draw “hellfire” to herself as punishment. [Apparently, by blending her mental field with atmospheric free radical-causing UV or by placing her mental field inside of fluorescent tubes where high energy UV is generated, she could connect to high energy ultraviolet in her environment, and draw it directly into her body and create free radicals in her bloodstream which created a host of apparent diseases and showed up on our test. This allowed her to be loved out of sympathy.] It appeared that she had a pattern from back when she was in the womb, and in early childhood, of exposure to high level free radical concentration in her mother’s blood, due to a large extent to her mother’s consumption of sweets containing things like high fructose corn syrup, which can create high free radical levels in the blood.

“Ellie still gets echoes of these memories and tends to draw this “hellfire”, but no longer believes she deserves it. It is just a knee-jerk habitual reaction which she observes. The Vital Harmony Pendant absorbs the ionizing radiation she draws to herself if she will allow it to. Simply visualizing all attacking energies passing through the medallion and being converted to love will work in the interim as these old memories and unconscious self-sabotaging reactions fade away over time.”

Her Free radical end products test then recorded the lowest she had been, a decrease of about 20%

Elli Risks Losing Everything

Ellie’s story is awesome for your book because it shows “shame theory in action.” *Anything to add?* She had been going so long with a lifestyle of illness as part of her role in the family that she is rightfully concerned that, if she “becomes well” her whole family structure, and particularly the “strong bond born of pity” between her husband and her will fall apart. Despite all your optimistic comments of her being very capable and having Superwoman skills with electronic equipment, she is still in fear of losing her husband, her lifeline, her means of caring for her children. She believes that, if she recovers fully, she will lose everything and will wind up a single mom supporting two kids. It’s too much to risk. This is partly conscious but mostly unconscious. You pointed out to her that her allergy to fluorescents proves she has superpowers. Superpowers are dangerous to her relationship. After the Nessor, her allergy to fluorescents disappeared. She can manifest her diseases in other ways which are more unconscious and inscrutable. Being perpetually sick to preserve the relationship is a weird theory, but no more weird than becoming ill because of fluorescent lights.

Here’s Ellie’s most recent report: “Richard, I am doing very well thank you! I am not wearing any kind of medallion at the moment and I feel fine in fluorescent lights. I haven’t been affecting electronics like I used to. I’m still working through some of those medical conditions.”

Jack and Ellie seem to have had a similar experience. Both have a strong degree of intuitive ability, and both seem to be able to pull (or at least feel) ionizing ultraviolet radiation from the electromagnetic fields created by electronic devices and fluorescent lights. Both discovered aspects of unworthiness, shame, or inner torment that was playing in their unconscious and reduced it through Nessor sessions. There are so many people who suffer from environmental sensitivities and other strange diseases and

allergies that defy modern medicine. To what extent are these people victims of their environment? And to what extent do they create their health problems through unconscious conditioned responses recorded in their bodies?

I am left with the firm impression that application of the Nessor with appropriate affirmations, by allowing people to rewrite the reactive lies stored in their bodies and replace them with Foundational Truths, can eliminate a large percentage of what is called, by the medical profession, psychosomatic illness, and may be able to eliminate many autoimmune conditions and conditions of inflammation as well. I am hopeful that all suffering which can be temporarily relieved through placebo pills can be permanently removed by installing Foundational Truths in place of reactive lies.

A Case Study. Addiction and Nessor:

My principal realization about addiction is that it is often a way to cope with uncomfortable emotional content and unconscious reactivity which we attempt to hide or bury in a variety of ways. Drugs is one of the ways. Conflict is another. Noise, news, and keeping the TV on all the time are other options. Comfort food, food that contains high sugar levels, processed flours, alcohol, and other ingredients that tend to numb the emotional body can be used to temporarily avoid experiencing anxiety and emotional turbulence in the body. Another way, which is the principal way our society attempts to deal with emotional turbulence, is by staying in our thoughts. By keeping our consciousness focused on stories, theories, philosophies or religions, we can keep our consciousness out of emotional turbulence.

The point here is that avoiding authentic emotions is a common problem faced in many ways. A second important realization about addiction is that it is often related to shame. Not only does shame involve constant emotional conflict, self-judgment, and an attempt to hide from ourselves, it also involves self-destructive behaviors. “I don’t deserve to live.” “I deserve to suffer.” Where there is heavy shame, burying our feelings becomes quite desirable. Burying our feelings in a way that causes suffering and pain fulfills some of the self-judgment and self-condemnation that come with shame is well. Thus, from the standpoint of the Nessor, reaching and dissolving the shame can provide Foundational Truths we can rely on such that addiction to drugs doesn’t serve us anymore.

Lisa, a Full Case Study

Lisa’s experience makes a great case study. So much detail. Such illuminating results. Note that, in most cases, the results were cumulative and the best results happened with longer delays.

Summary of Lisa’s first Video with background: 12/8/2014

After using the Nessor on her right foot she found that for the first day she was a little confused, but by the end of the second day she was feeling like she had found her power again. Then, she started using the Infratonic S to remove limiting beliefs, and for the first two days of using the S, was very excited that she was discovering that she could shine from her heart.

The first video, taken on day 9, after 2 days of Nessor and 7 days of Infratonic S, shows Lisa expressing concern about the ups and downs she experienced while using the Infratonic S for the previous 7 days. Sometimes she felt really good and sometimes she felt like she took a setback. Sometimes she was shining. Sometime she was not. The Infratonic S also helped her to relieve the anxiousness she had

been feeling previously. She had been feeling a lot of turmoil in her solar plexus area, particularly with emotional triggers which happened this last week. Her main issue over the last six months had been a break up which she hadn't recovered from and still hasn't recovered from yet. Rejection, sadness, guilt, and shame. That's the main trigger she was going through.

At the start of the session on day 9, her reaction to the breakup is lessening in intensity but she still thinks about it a couple times a day. "It's still painful". She saw that, in a way, the breakup was a gift for her. The resulting increased alcohol abuse had forced her to an emotional bottom during which she decided to get sober.

[Describing the first couple of days with the Nessor:] Lisa: "After I left the Nessor treatment, I was feeling really confused. My thoughts weren't really coming together. I went to the beach instead of going home to get my thoughts together. The beach wasn't working for me. But when I got home, an immense amount of energy built up in me and I felt I had to go to the gym and work it out. I was working one of the machines and all of a sudden the realization came to me that I had my power back. In my alcoholism all my power was gone. I discovered that I tend to be codependent in my relationships. I give my power away and let people take it. The realization was: I got my power back. It made me feel strong again.

"In the two days afterwards it was an ebb and flow. I had to remind myself "I have my power" "I have my power". It seems like I get it, but the peaks and valleys are too high. I feel powerful and in control and then I lose it. Then I have to remember it again. I've been using affirmations. I totally see this as a process.

"After using the Infratonic S for two days I felt really elated and had a sense that my light was shining. My light was back. I felt at peace. I felt that the work is working. But then it would dip down and up and down and up. I had to keep affirming it to bring it back up again. I realized that this is what I need for myself. I know that now. The concrete thing that you miss is your power and your light. I'm getting this information now. I now know solidly what I'm aiming for."

Richard: "What do you want from here?"

Lisa: "I want an emotional healing of all the emotions that I have experienced before in my life. I'm getting little bits and pieces. My goal is to live every day feeling the power and the light and the hope. I know realistically life has ups and downs but I want to become a whole person and not be so fragmented, to have functional relationships, and to recognize dysfunctional behavior, and when I do it, to turn it around. I didn't notice how emotionally sick I was. I wasn't recovering.

"I do have some good stuff going on with me now but it's just about how dysfunctional I can be in relationships. Not even just with men, but all relationships.

Chapter 7

Additional Tips

While simply being aware of the feelings during and after a Nessor session is usually sufficient to achieve great results, you will find times when the client is preoccupied with mental or emotional overload. Here are some additional tools and tips to make the most of each Nessor session:

1. Whenever clients are preoccupied with stress or other emotions which has them in turmoil, this will distract them from experiencing conscious awareness. In this case, it is often valuable to apply the **Infratonic 9** over the thymus. (upper chest 3 inches below where the collar bones meet.) This will put them in a state of deep calm before the beginning of the Nessor session and allow them to feel sensations in their bodies more deeply.
2. Whenever clients are preoccupied with heavy mental overload such as depression, obsession, or worry, applying the **Scalene Light** to their field within 10 feet away will dissolve the residual clutter of thoughts in the mental field that surrounds their heads. Simply stand 5 to 10 feet away from them, set the **Scalene Light** to soothe, and move it in a circular motion toward the space 5 to 10 feet around their heads and bodies. The depression or worry will dissipate and allow their conscious awareness to emerge and to be aware of the feelings in the body. They will feel greater mental clarity.
3. Nessor Remembering involves making the conscious awareness more aware of the underlying feelings which are emerging from deep within the cells for 2 to 3 days after the session, or sometimes longer. This is a very valuable part of the process. Sometimes clients are expecting this to work like a talk therapy session in which they come into the session feeling discomfort in their bodies, and feel relieved of the discomfort after the session. A Nessor session works at a different level. It reduces the unconscious reactivity by increasing the conscious awareness of the unconscious reactivity in the cells. Feeling the discomfort can be an important part of the process. Where there is an intense charge of reactivity which has been emerging as emotional turbulence, the Nessor session will relieve much of the charge, but the client will be more aware of the residual emotion as it emerges. Use of the **Infratonic 9** before and after the session makes these sensations far more comfortable, and will help to calm the client, if necessary.
4. Often, limiting beliefs are present as stagnant energy in the emotional field. Limiting beliefs can impede the effectiveness of the affirmative statements in infusing the cells with foundational truths. In other words, inflexible limiting beliefs can prevent reactive lies stored in the cells from being replaced with foundational truths. In rare cases, where the client makes little progress during the first session, before the second session it is often valuable to have them use the **Infratonic S** around the solar plexus and all around the diaphragm while blowing a strong stream of air through pursed lips with the intention of releasing any discomfort or heaviness they feel in the upper abdomen area. Just 10 minutes of this process before the Nessor session, applying the **Infratonic S** to several points around the diaphragm, will remove much of the stagnant emotional limiting beliefs and frees the Nessor Remembering process to be most effective. (Note that the **Infratonic S** is a much more penetrating version of the **Infratonic 9**. **The S** is much better at breaking up emotional stagnation, but not as good at relieving pain and promoting accelerated healing.

5. **Nessor Improves Applied Kinesiology Testing:** Accuracy of kinesiology testing can be improved through use of the Nessor. This is because people often hold false assumptions at the unconscious Pavlovian, conditioned response level. Examples of false assumptions might be “I don’t deserve to live”, or “God has turned his back on me.” False beliefs at the subconscious or unconscious level cause inaccurate answers in kinesiology testing. As these are replaced with Foundational Truths through use of the Nessor, important causes of inaccurate kinesiology responses disappear and kinesiology becomes more accurate.
6. **Our Cells Remember Foundational Truths at a Deep Level:** It is important here that people can learn much more quickly when they have a previous foundation in a particular skill. A child whose parents knew how to drive can learn to drive much more quickly and confidently than a child whose parents did not know how to drive. The important thing here is that spiritual truths like “I am worthy to shine in this world.” Or “the Creator always walks with me.”, are well known to the cells of our body. They are Truths. Instinctual fear responses and other dysfunctional behavior may be dominant at the moment, but the Foundational Truths are already stored in the cells of the body, thus the body can learn them very quickly during a Nessor session, and spontaneously realizes they are true. This is similar to a person who spoke, or was exposed to a foreign language as a young child. They can “pickup” this language quickly and easily.
7. **Conscious Awareness Moves from Head to Belly during Nessor:** A common progression during a Nessor session or series of Nessor sessions is that people start out with their awareness in their heads, that is in a state of thinking, abstracting their consciousness from their physical lives. This means that people can live in a bubble of thoughts which separates them from direct experience of their bodies. When people have a painful trauma stored in the cells of the body, moving their consciousness into the thoughts is a way to avoid that pain. Constant television or radio chatter, arguments, conflict, repetition of stories from the past or intellectual debate keep people in their heads as well. We are trained to take painkillers or psychoactive drugs whenever we begin to feel the pain stored in our bodies. One of the reasons psychotherapy can be long and slow is that talking generally takes people into their thoughts and away from their bodies where the problems reside. When physicians say “It’s all in your head.” We believe the problem is not in your thinking, but rather in the reactive programming of your body.

The big secret is that, whenever we hold our conscious awareness on the discomfort in our body, it begins to dissipate. The Nessor is extremely helpful in this process because it reduces unconscious reactivity so we can more comfortably feel the actual discomfort that is stored behind the reactivity.

As a Nessor session progresses people often begin by feeling sensations in their head and shoulders, gradually moving to the throat, the upper chest, and the solar plexus. Often, toward the end of the Nessor session, people will begin to feel awareness in the lower belly, which is the center of will, the center of physical consciousness from which our physical lives are lived. This is the center stimulated by the Nessor. This will center in the lower belly decides whether we eat cookies, when we get up, what friends we choose, and a host of other things. Thus, as we progress through a Nessor session we tend to move from the abstract world of thoughts which usually has illusions or inaccuracies relative to the Truth of the actual world of the NOW. We tend to move toward direct experience of the

physical world. (The world is in a state of Truth because it is exactly the way it is every instant. We can come up with lots of theories and arguments about why it should be different, but it is still going to be just as it is. All thought abstracts us from this Reality or Truth.) Byron Katie expresses this well with her book and mantra “Loving What Is”.

Through Nessor therapy we dissipate stored discomfort and become more aware of the consciousness of the physical body. Thus we are more capable of directing and enjoying the lives we are living. May you find the Nessor an extraordinary tool as a client and/or practitioner. Leaving the trauma so you can remember your true and divine self.

-Sincerely

Richard Lee