

RECOMMENDATIONS

Your Practitioner: Brianne Gates / E4L Staff / 0000000000 / brianne.gates@e4l.com
Client Name: Lindsey Parsons | Scan Date: 2025-09-03

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
INFOCEUTICALS																												
ED1 - Source	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
ED8 - Stomach	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
ED11 - Liver	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
EI10 - Circulation	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
ET9 - Stomach	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15

Practitioner Note:

Hi Lindsey,

Your scan identifies several high-priority areas (shown in orange and purple) where your body-field is seeking support to restore optimal energy and flow.

These areas are especially important as they can directly affect how you feel in terms of vitality, emotional balance, and your ability to handle daily stresses. **One other important note is the 'Patterns' area above will highlight collections of test items are bioenergetically linked to related aspects of the body -- for instance an organ or a system or a function - for you we see stomach/ intestines and how this is affecting the immune system.**

Your Scan Summary:

1. Core Energy Strength

- ED1 - Source (orange priority): This is the foundational energy for your entire system. When this area needs support, you may feel less energized or resilient than usual. Supporting it helps all other systems work better.
- ED8 - Stomach (purple priority): This reflects the energetic processing of nourishment – not just food, but life experiences as well. Disturbances here can impact your overall sense of being nourished, stable, and energized.
- ED11 - Liver (purple priority): This field relates to how you process and adapt to stress and challenges. Support here can improve your ability to “bounce back” from both physical and emotional strains.

2. Communication & Flow

- EI10 - Circulation – Heart Protector (purple priority): This field governs the smooth flow of energy and information throughout your body-field, supporting both physical and emotional openness. Priorities here can sometimes relate to tension, stagnation, or difficulty expressing yourself.

3. Energetic Protection

- ET9 - Stomach Terrain (purple priority): This is about your energetic ability to protect, repair, and restore the “stomach terrain.” When this area is a priority, it can point to sensitivities related to taking in or processing life’s external influences—whether physical or emotional.

4. Life Journey Screen Insights

This screen explores your personal development, growth themes, and your relationship to your life path. Notable priorities include:

- **Prudence & Focus (purple):** A call to pay attention to how you direct your mental and emotional energy—being mindful and intentional in everyday actions.
- **Wake Up & Align Your Purpose (purple):** There could be an important opportunity for personal transformation—perhaps reflecting a need to break free from old patterns, awaken to new possibilities, or adjust your path to feel more purpose-driven.
- **Calm, Generosity, and Compassion (orange):** These areas suggest a need for nurturing inner peace and openness, allowing both self-kindness and kindness to others.
- **Creative Cycle (Assimilate, Transform):** Priorities in your creative life cycle suggest you're ready to let go of what no longer serves and take in new opportunities and experiences.

Infoceutical Recommendations

Your protocol includes five Infoceuticals that specifically address these priorities. Each one supports specific areas of your body-field:

1. ED1 – Source: Strengthens your core energy supply, enhancing overall resilience, vitality, and the foundation for all other systems.
2. ED8 – Stomach: Supports the assimilation of nourishment from both food and experience, helping with a sense of stability and balanced energy.
3. ED11 – Liver: Aids in energetic detoxification, adaptability, and emotional processing, improving your ability to recover from stress.

4. EI10 – Circulation: Helps restore smooth communication and energy flow, reducing stagnation and supporting emotional ease.

5. ET9 – Stomach: Assists with energetic repair functions in the stomach terrain, reinforcing your field's natural ability to handle and process outside influences.

Note on : INFOCEUTICALS:

You can take all of them at the same time. It is advised to start with 3-6 drops of each and see how you feel and then increase over time to 15 drops of each per day.

NOTE: Any of the Mind Body Infoceuticals -starts with MB, should be taken at night before bed.

Why Regular Use Is Important

Infoceuticals are gentle yet effective tools for restoring your body's energy and information pathways. Taking them consistently, as recommended, is essential for lasting improvements. With regular use, the positive changes can build and accumulate, bringing about greater and more sustainable wellness.

Best,
Brianne

How to Take Infoceuticals:

Use the dropper to put the number of drops (indicated by your practitioner in the chart above) into water and drink. Different Infoceuticals can be taken separately or mixed in one glass, as directed by your practitioner. They can also be taken directly on the tongue, provided you do not touch the dropper to your tongue. Your drop count will be less precise in this way (this is fine) and the drops will have a saltier taste. Infoceuticals can be taken with or without food. They are often taken in the morning or by early afternoon, though “Night” and “Sleep” should be taken any time after sunset or before you sleep. Your practitioner may also advise you to take others prior to sleeping.

For Strong Responses:

People’s bodies seek to correct themselves in different ways. Some people have stronger responses than others to corrective information, and most are encouraged by the change they see. But if the process ever feels too fast or strong, you can reduce the number of drops you are taking and begin taking the Infoceutical called ESR to help smooth out this response. Please check with your practitioner for guidance on this.

Infoceutical Ingredients:

Purified water; Himalayan Sea Salt (1%); Potassium Chloride (1.5%); Magnesium Chloride (1%); Potassium Sorbate (0.2%); Citric Acid (0.1%).

What are Infoceuticals?

In physics, information guides the body’s energy, affecting our health. So if information in the body is distorted or blocked, this can be the root cause of health problems. By introducing corrective information to the body, we can help restore the body’s movement of energy and the body’s ability to heal and maintain itself. Infoceuticals provide this corrective information through the properties of structured water.

WHAT ARE THE INFOCEUTICALS IN THIS PROTOCOL?

- **ED1: SOURCE DRIVER** Energetic Drivers support the strength of various fields in the body. The Source Driver is the "Master Driver" at the core, providing us with energy for life. It supports all other energetic Drivers.
- **ED8: STOMACH DRIVER** Energetic Driver support strength of various fields in the body. The Stomach Driver bioenergetically supports the entire digestive tract and the microbiome. It is indirectly connected to the muscles, heart, lungs, brain function, and immunity.
- **ED11: LIVER DRIVER** Energetic Drivers support of various fields in the body. The Liver Driver bioenergetically supports overall liver function. It is also connected to pancreatic cells, lymphatic cells, and the eyes (specifically the retina and optic nerve).
- **EI10: CIRCULATION - HEART PROTECTOR MERIDIAN** Energetic Integrators support communication for the functions that keep your body working. This Integrator bioenergetically supports the overall circulatory system and neuroendocrine regulation. It also links to digestion and cellular respiration.
- **ET9: STOMACH** Energetic Terrains support communication for the body's healing functions. This Terrain bioenergetically supports primarily the stomach and duodenum. Also the gallbladder, liver, breast ducts, and sensory cortex. It has links to gastric reflux and acid stomach in general, as well as chronic sensitivity of the digestive system, so it may help provide relief for these.

MIHEALTH FUNCTIONS																											
ER4 - Fingers	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
ER9 - Tailbone	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
ER29 - Liver	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
ER33 - Thyroid	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
MR6 - Reconnection	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
MR7 - Calcium	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

What the miHealth Does:

When used off-body (without the electrodes touching the body), the miHealth provides information to the body-field that improves the body's energy system, in turn supporting the body in its effort to heal and maintain itself. Please log into portal.e4l.com for instructions on how to use the miHealth off-body or on-body.

How to Use ERs (Energetic Rejuvenators):

Your practitioner may set up a Cycle for your miHealth that includes all the ERs shown above. This will appear for 30 days as a folder in your miHealth. Select this and run it with the miHealth placed near your body until the Cycle is complete. If you do not have a Cycle provided to you, you can select the ER folder, then choose and run each ER separately.

How to Use MRs (Matrix Regulators):

Your practitioner may set up a Cycle for your miHealth that includes your MRs with your ERs. This will appear for 30 days as a folder in your miHealth. Select this and run it with the miHealth placed near your body until the Cycle is complete. If you do not have a Cycle provided to you, you can select the MR folder, then choose and run each MR separately.

ENERGY SOURCE

Diet	Hydration	Movement
Oxygenation	Day	Night
Big Fields (BFA)	Polarity	

ENERGY SOURCE

For good health and optimum performance, your body needs an abundance of free-flowing energy. Energy sources from the environment can power up your body like a battery for a supercharged state of health that can transform your life. With these tools, you can double or even triple your energy. With enough energy, the possibilities become limitless.

Hydration

- Make sure you're drinking enough water each day while avoiding excess.
- Make sure you're choosing the purest water you have access to.
- Consider your relationship with water in general: e.g., do you need to spend more time near water? Are you washing excessively? Do you need to release judgments about what and how others drink?
- Water is often associated with emotions: look for ways to balance their expressions.

Night

- Repair mechanisms of proteins, especially in the cell protoplasm; also in collagen fibers and the cell membrane's hydrophilic layers.
- Charge separation of water through the information of 3000 nm infrared radiation, providing the electrons needed for protein and cell membrane repair.
- Vagus nerve and parasympathetic nervous system.
- Contains info of EI6 for links to pineal gland, melatonin, and DHEA (linked to sleep).
- Primary Bioenergetic Matches: Indicates a need for better sleep and improved tissue repair. May also indicate the ability to burn fat at night is compromised.

Oxygenation

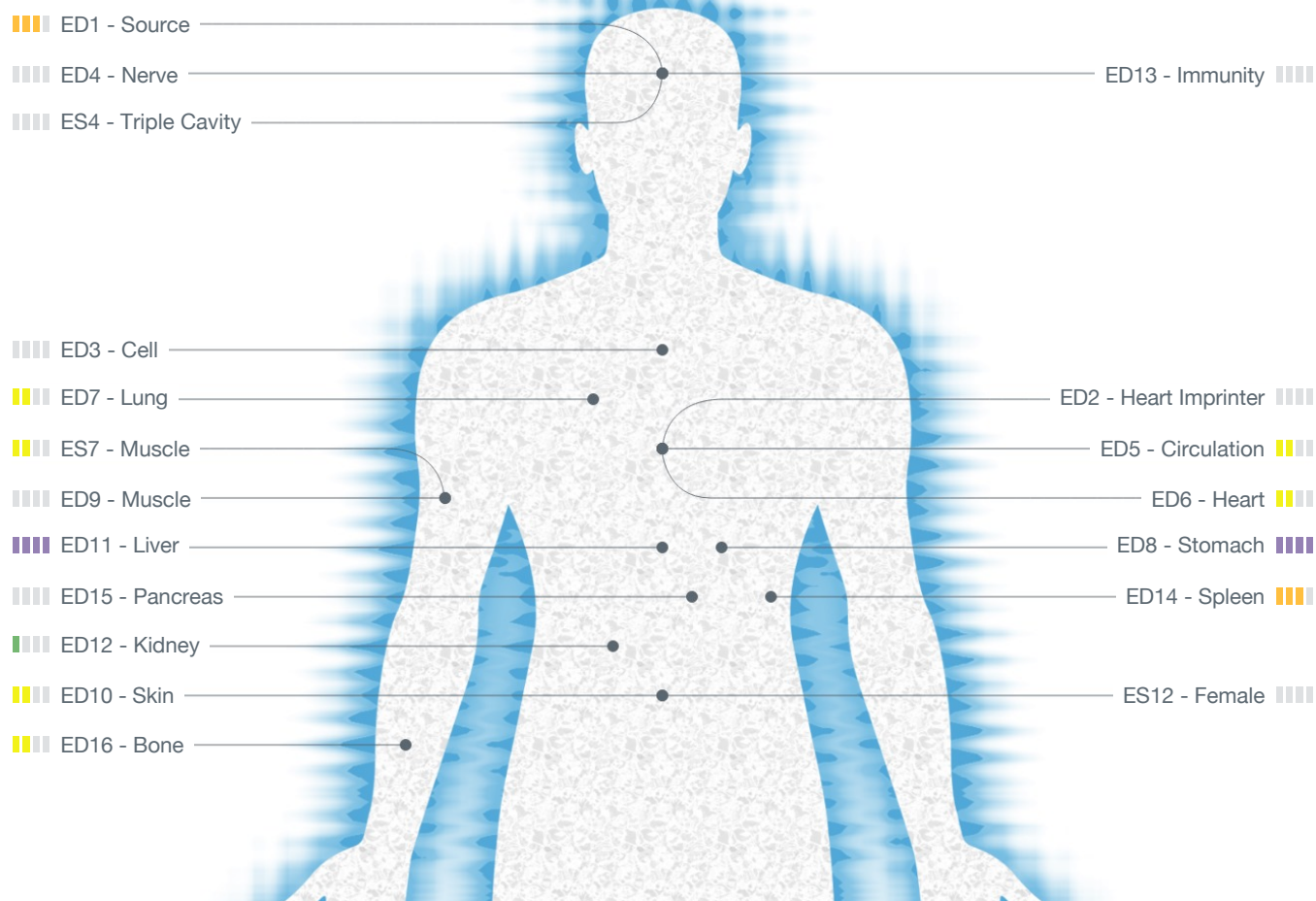
- Consider the need to breathe more slowly, more deeply. This can be affected by both posture and one's pace of life both mentally (racing thoughts) and physically.
- May indicate emotional events (often subconscious) that affected the lungs and need clearing. Could include serious frights (gasping), those that caused hyperventilation or the feeling you could not breathe, etc.
- Look for more balanced exchanges with your environment both literally (quality of the air you breathe) and figuratively (e.g., social interactions).

ENERGY STRENGTH

ED1 - Source	ED2 - Heart Imprinter	ED3 - Cell
ED4 - Nerve	ED5 - Circulation	ED6 - Heart
ED7 - Lung	ED8 - Stomach	ED9 - Muscle
ED10 - Skin	ED11 - Liver	ED12 - Kidney
ED13 - Immunity	ED14 - Spleen	ED15 - Pancreas
ED16 - Bone		

ENERGY STARS

ES4 - Triple Cavity	ES7 - Muscle	ES12 - Female
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ENERGY STRENGTH

(The Energetic Drivers)

Here we are looking at how well energy is being driven through the major organ and system networks in your body. One important concept to understand is how structure influences energy. In nature we know that cavities (empty spaces surrounded by a solid structure) collect, store, amplify and tune energy. Think of how the shape of a musical instrument influences the sound it makes. The human body is full of cavities, from the major cavities of the head, chest and abdomen, to the lungs and the chambers of the heart, to the tubules in organs like the kidneys, down to the cells themselves and down further still into the microtubule structures within the cells. It is important to consider structure, therefore, when we are thinking about energy. All the activity in the body, such as all its chemical reactions, nerve impulses, the generation of heat, or of sound, and the physical movement and flow in the tissues, also generates energy. So we are considering too how well organs and systems are functioning in relation to energy. Finally, the energy of each organ or system has a particular energetic pattern and “feel” to it. We can look at the strength of our emotional and creative energies in relation to these Driver fields. There are 16 Energetic Drivers. Their development matches with stages of embryological development, with Source Driver being the first to appear and Bone Driver the last. Look at the Creative Cycle section to read about the metaphysical aspects of the Drivers.

ED8 - Stomach

- Entire digestive tract; also supports microbiome.
- Maturation of granulocytes and basophils.
- Associated with muscles, heart, lungs, brain function, and immunity, including autoimmune and allergic issues.

ED11 - Liver

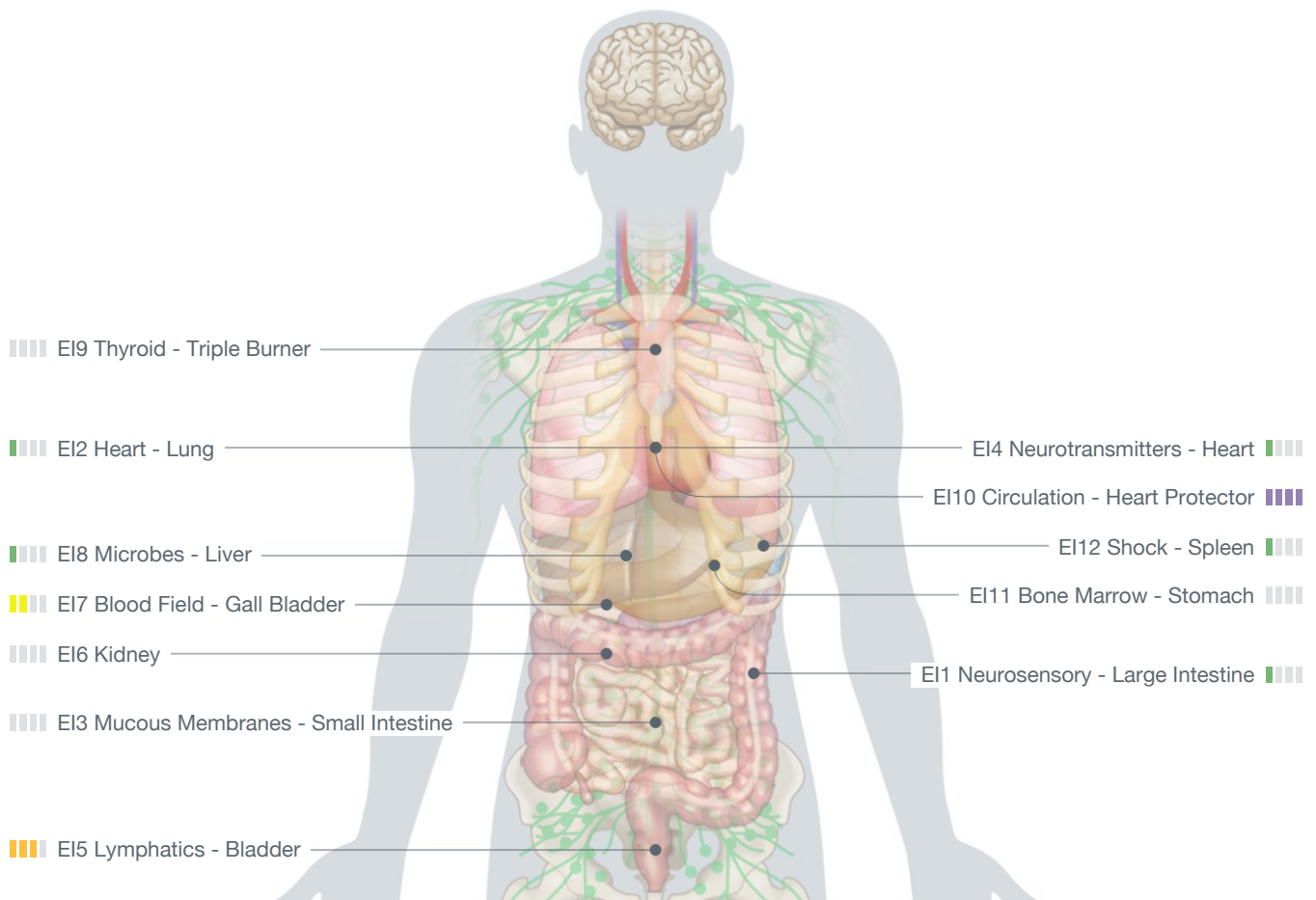
- Liver function, including detox and waste processing; bile and cholesterol production; storage and processing of fats; pH levels; blood sugar regulation.
- Kupffer cells and their role in immunity; reticulocytes; prothrombin.
- Links to pancreatic cells, lymphatic cells, and the eyes (specifically the retina and optic nerve).
- TCM association is Anger.

ED1 - Source

- Life force energy, important for those who are tired / exhausted.
 - Macrophage system.
 - Helps to power all other Drivers.
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ENERGY FLOW

EI1 Neurosensory - Large Intestine ■■■■■	EI2 Heart - Lung ■■■■■	EI3 Mucous Membranes - Small Intestine ■■■■■
EI4 Neurotransmitters - Heart ■■■■■	EI5 Lymphatics - Bladder ■■■■■	EI6 Kidney ■■■■■
EI7 Blood Field - Gall Bladder ■■■■■	EI8 Microbes - Liver ■■■■■	EI9 Thyroid - Triple Burner ■■■■■
EI10 Circulation - Heart Protector ■■■■■	EI11 Bone Marrow - Stomach ■■■■■	EI12 Shock - Spleen ■■■■■



ENERGY FLOW

(The Energetic Integrators)

Whereas with the Drivers we are looking at how well energy is being driven through the organs and systems in your body, with the Integrators we are looking at how well information is flowing. This is the job of the 12 Energetic Integrators. Together they form a comprehensive communication network that directs the flow of energy and information around the body (instantaneously) ensuring that every bit of the body knows what it's doing and that information arrives in the right place at the right time.

The Integrators match with the twelve main meridians in Traditional Chinese Medicine, the energy channels that follow specific routes through the body, linking up various tissues, organs, structures and systems. Their range of influence is much broader than that of the meridian channels, however, due to the Integrator network being non-local and entangled. Entanglement is similar to the principle of resonance or what we call "matching" and simply means that certain particles in your body can communicate more efficiently with each other than others. With the Integrators we can both detect and correct broad highways of communication in the body all at once.

The Energetic Integrators are the heart of the E4L System. They regulate many things, including the rhythm of energy flow and activity in organs and systems. Their range of influence extends from individual elements, up to the cells, tissues and organs, and then to particular functions and, more complex still, up to the vibrational signatures of emotions and consciousness. If energy and information is flowing well, we have good health. If an Integrator is not fully functioning, then information will not flow as well as it should, messages get scrambled, the body lacks clarity, or needs to find a less efficient route to pass on information. When communication is blocked or distorted it ultimately results in health symptoms and disease.

An Integrator may become distorted or blocked for any number of reasons including a physical condition, an injury, an infection, a predominant negative emotion or belief, shock, stress, a toxin or interference from electromagnetic fields. This can disturb the flow of information within an Integrator and also affect how well information is passed on to the next Integrator in sequence. In this way it is often necessary to correct and re-correct information flow as you continue to go deeper into clearing your issues and achieving your health goals.

You can see the detail within each of the Integrator files but bear in mind that we don't necessarily need to hone in on the priorities within. Nor may we know whether an issue is a physical or an emotional one, or, most commonly, a bit of both. We can, however, help the body to correct information flow and so help everything within to come into better balance. Consider also that it is often in the space between, where the shift happens from one Integrator to the next, that information can become scrambled or stuck. It's possible that here is where we find consciousness and fundamental beliefs about ourselves and how we view our condition. And it's possible too that this is where the Integrator Infoceuticals can have their biggest influence, by first changing fundamental attitudes and negative beliefs that are blocks to health, healing and manifestation.

EI10 Circulation - Heart Protector

- Circulatory system: arterial and venous.
 - Neuroendocrine regulation (incl. hypothalamus)
 - Motor, visual and auditory regulation (midbrain).
 - Pylorus; mucous coat of stomach.
 - Eye lens; pancreas tail; bones.
 - Female sexual system.
 - Emotions - love, joy, trust, doubt, intimacy, thoughtfulness, connection, blocked feelings.
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EI5 Lymphatics - Bladder

- Bladder.
 - Lymph: drainage, nodes, and lymphocytes.
 - Spinal nerves, vertebrae, intervertebral discs.
 - White and grey matter.
 - Male genitalia.
 - Emotions: self-assertion/timidity, decisiveness/hesitation, endurance/patience, peace/restlessness.
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EI7 Blood Field - Gall Bladder

- Blood cell production; hemoglobin.
 - Blood pressure regulation.
 - Immune activation, T and NK cells.
 - Upper digestive tract and gallbladder function.
 - Motor cortex and grey matter function.
 - Emotions: decisiveness, honesty, loyalty, emotional blocks, anger, wrath, bitterness.
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MIND BODY - LOOK WITHIN

MB1 - BSH (Brain Stem Hologram) 	MB2 - CMH (Cerebral Medulla Hologram) 	MB3 - CBH (Cerebellum Hologram) 
MB4 - CCH (Cerebral Cortex Hologram) 	MB5 - ESR 	MB6 - Liberator 
MB7 - Peace 	MB8 - Love 	

ENERGY STARS

ES8 - Chill 
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MIND BODY

The mind is the part of us that represents awareness and has two fundamental aspects:

1. The part we rely on in our day to day activities and associated with thoughts, intellect, reasoning, beliefs, values, memories, conditional emotions. This is the dominant part in most people and conditions how we act and behave.
2. The second aspect only reveals itself when the conditional mind is quiet. This part is associated with intuition, will, creativity, collective consciousness, being in the 'now', unconditional emotions, inner guidance, spiritual connection. This is the unconditional, trusting part of the mind that accepts us for who we are and provides the inner nourishment of love.

According to E4L theory the mind resides in the fluid matrix aspect of the Human Body-Field. The fluid matrix is a superconductive, interconnecting matrix that is formed from connective tissues of the body.

MB6 - Liberator

Acts as a general unblocker of shocks and traumas. It is designed to bring subconscious emotions to the surface for processing, restoring information flow between the central nervous system, heart, and connective tissue matrix. Effects may include vivid dreams, increased daydreaming, general happiness, better sleep, an increase in problem solving abilities, and reduced anxiety. May affect hearing.

MB1 - BSH (Brain Stem Hologram)

Relates to the oldest part of the brain and is linked energetically to endodermal tissues with which the brain stem developed. It relates to shock and conflict around themes of survival, existence, and family.

ES8 - Chill

- Positive emotions. Supports feelings of peace, happiness, openness, and increased relaxation.
 - Cerebral cortex processing of thoughts and emotions, and helps to clear mental overload, especially in relation to persistent thoughts due to worry / anxiety.
 - Particularly noticeable effect on aiding sleep because one of the most common causes of insomnia is excessive thought, especially worries. It is not a sedative.
 - May be related to learning difficulties and problem solving, and social learning for adults.
 - Good to take in the evening. Many people report meaningful dreams or clear insights while using it.
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MIND BODY - CORE EMOTIONS

POSITIVE

1 - Love 	2 - Compassion 	3 - Joy 
4 - Peace 	5 - Trust 	6 - Acceptance 
7 - Contentment 	8 - Humility 	9 - Gratitude 
10 - Empowerment 	11 - Meaningfulness 	12 - Security 

NEGATIVE

1 - Fear 	2 - Despair 	3 - Guilt 
4 - Anger 	5 - Shock 	6 - Resentment 
7 - Abandonment 	8 - Envy 	9 - Grief 
10 - Worry 	11 - Blame 	12 - Regret 

CORE EMOTIONS

The indicators on this page identify where issues exist with core emotions at the time of the scan. Please note that an emotional priority only represents imbalance, and may represent too much or too little of an emotion, and may even be influenced by an imbalance in someone close to us. So do consider others in your life sphere who may be affected by the emotional priority, and how this is indirectly affecting you.

Emotions are an expression of how we feel. They are an integral part of our human experience. They are a message about our state of being and the most important indicator of 'how we are' in the world. Emotions are intimately linked to beliefs and thoughts.

Emotions form into two distinct groups:

- Those that have a basis of trust and acceptance and associated with being: uplifted, light, calm, positive, balanced, centred, harmonised.
- Those that have a basis of fear and associated with being: heavy, turbulent, negative, unbalancing, decentering, disharmonising.

All emotions are valid and it is natural to experience both those that bring a sense of harmony as well as disharmony. Emotions naturally flow -they arise, gather intensity, are expressed and then dissolve away. This normally occurs in a matter of seconds or minutes.

Issues arise with emotions (of both aspects) when they become:

The harmonising and uplifting emotions arise from the core aspects of our being and mind, the part that exists in the 'now' and resides behind the thoughts and intellect. These emotions are a natural unconditional expression of the joy and love that exists within us, and in every cell of our body. The disharmonising feelings arise from the surface level of the mind where thoughts, beliefs, values, memories, programmed reactions exist and induce turbulence into the emotions. This part of the mind pays attention to the past and future not the present.

Every emotion is a gift: the harmonising emotions bring a sense of aliveness, connection, openness and joy to be alive. The disharmonising ones bring a message about some part of us that needs to be listened to, nurtured and loved like a young child, allowing some aspect of us to grow and be transformed, so we can experience true joy. By acknowledging turbulent, heavy, unbalancing emotions and examining what caused their emergence, this brings understanding to why we act the way we do and the nature of our suffering.

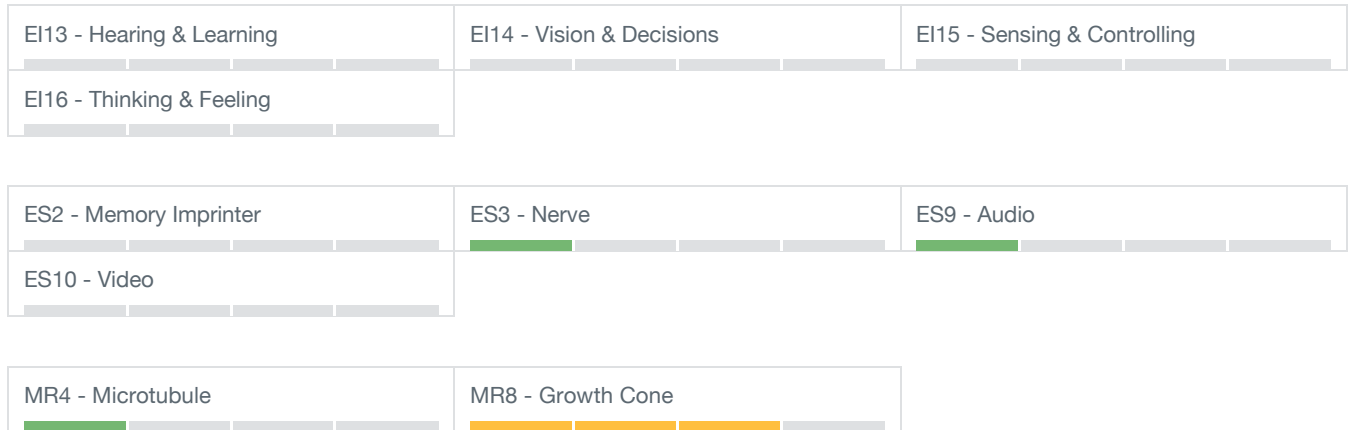
Listening to, feeling and experiencing emotions, teaches us about who we are. Experiencing emotions is experiencing the self. Often people repress emotions (both positive and negative) because they do not want to look at themselves or they believe they should not experience certain feelings. We are solely responsible for how we feel, but it is the human nature to 'blame' and empower others with how we feel. Taking responsibility for our own feelings is a powerful step for self growth.

A quiet, harmonised emotional state gives the ability to hear the inner wise voice that can guide our decisions to lead us to true joy, fulfilment and experience of love. Noisy, turbulent emotions drown out the voice of our inherent wisdom and intuition.

E4L research has found that the heart's role in transferring information in the HBF is greatly influenced by dominant emotions. Disharmonious emotional states restrict the free flow of information while harmonious ones enhance information flow. Also, disharmonising emotions lead to an over energised state whereas harmonising tends to restore the energy state.

The use of various techniques such as Thought Field Therapy, Emotional Freedom Technique, Matrix Reimprinting, Neuro Linguistic Programming and hypnosis can be used to successfully harmonise the process of emotional reactions, reducing emotional turmoil and increasing emotional balance.

MIND BODY - BRAIN PERFORMANCE



BRAIN PERFORMANCE

As with everything related to physiology, optimal brain performance begins in the body-field, and this screen shows several ways to bioenergetically support the brain. This includes several high-level Integrators; several Stars; and optionally (for those who have this function on their miHealth device), two Matrix Regulator settings.

Energetic Integrators 13-16

The big body wave corresponding to the Chinese meridian system fits into 12 energy compartments that we call Energetic Integrators (EIs) 1-12. There appears to be a feedback loop moving from 12 back to 1. These compartments move directionally from extremely low frequency sounds at EI1 to much higher frequencies in the far infrared spectrum at EI12 before looping back.

But we have always acknowledged a second set of Integrators possible by combinations of the first 12, giving us a theoretical limit of 24, reaching frequencies well into the gamma ray range.

These are not associated with the traditional Chinese meridian system. Instead, our research into the Integrators shown on this screen match with the brain, providing it with bioenergetic support.

Energetic Stars 2 & 3, 9 & 10

Energetic Star Infoceuticals are made from combinations of other Infoceuticals bioenergetically matched to specific systems and processes in the body. You can think of them as targeted support. They often help with issues that individual Infoceuticals have not fully addressed.

Our matching tests have revealed a complex web of connections in each Star, so the Stars affect or are affected by just about everything that goes on in the body.

Stars are placed in our software on the pages most relevant to what they support, and in this case Stars 2, 3, 9, and 10

are closely related to brain function.

Matrix Regulators 4 & 8

Matrix Regulators are powerful combinations designed to unblock major distortions in the overall flow of information in the body, and they have particular resonance with connecting points between Integrators 1-12, helping to ensure phase coherence in the big body wave. This makes them strong allies for those Integrators, supporting both our maintenance and healing processes. Similar to Energetic Stars, MRs do deep work that may help to restore information flow when other approaches have failed. They also help to ensure alignment of the matrix with the morphic field (the aspect of the field that controls tissue shape) and the heart field.

Matrix Regulars (MRs) 4 and 8 are both closely associated with brain function, so they appear on our Brain Performance screen for those who have purchased these optional items for their miHealth.

ES3 - Nerve

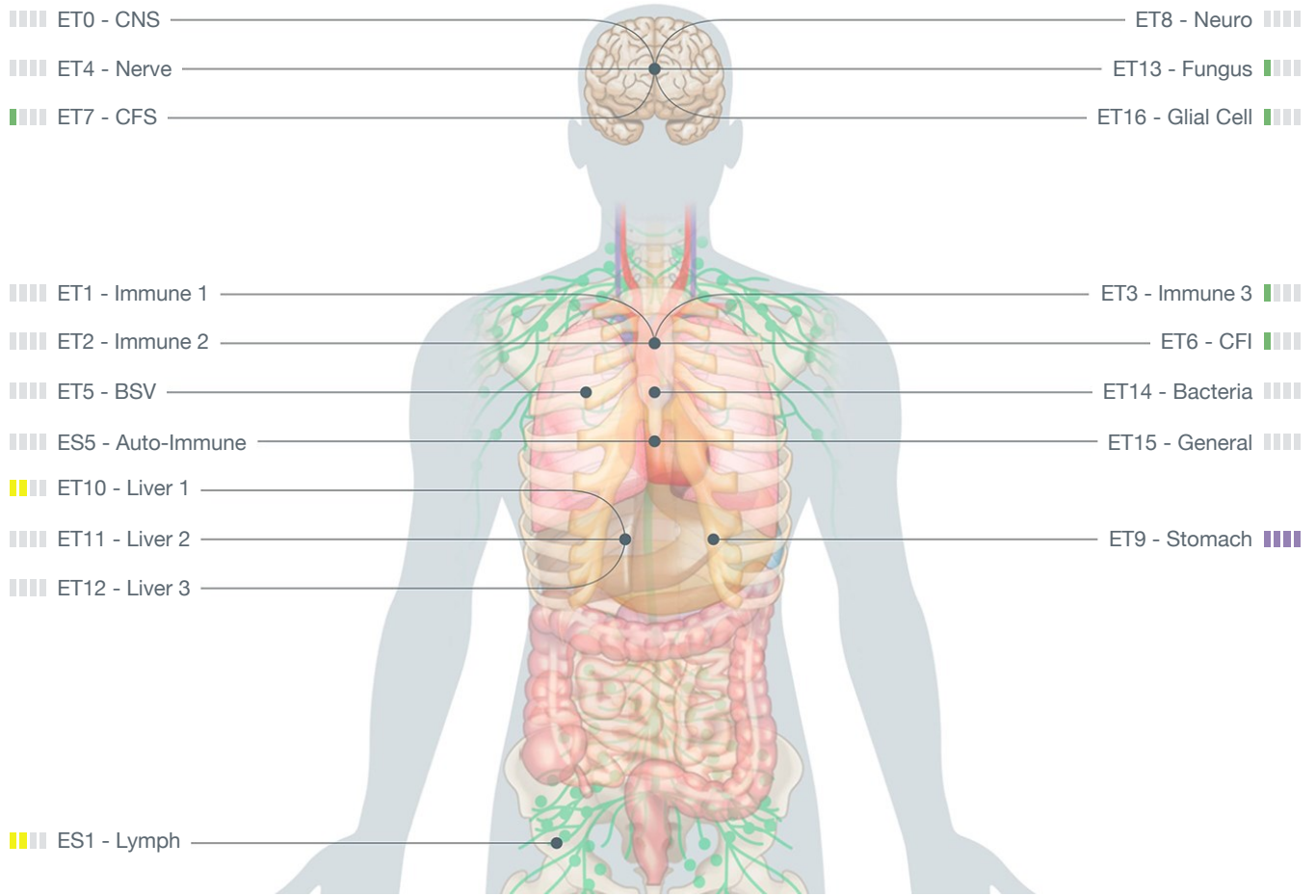
- The central nervous system, neurotransmitters of all kinds, and specific aspects of the nerves such as axons, neurons, and dendrites.
 - Also to heavy metals, such as lead, cadmium, and mercury, which may be implicated bioenergetically to many nervous system conditions. Attempts to clear these and other toxins from the nervous system.
 - Triglycerides and their detoxification and metabolism.
 - Ear function, so it may be related to hearing acuity.
 - Plays a protective role in how the nerve field deals with molds, fungi, protozoa, yeast. Distortions caused by these may be associated with neuropathic pain.
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ENERGETIC IMMUNITY

ET0 - CNS	ET1 - Immune 1	ET2 - Immune 2
ET3 - Immune 3	ET4 - Nerve	ET5 - BSV
ET6 - CFI	ET7 - CFS	ET8 - Neuro
ET9 - Stomach	ET10 - Liver 1	ET11 - Liver 2
ET12 - Liver 3	ET13 - Fungus	ET14 - Bacteria
ET15 - General	ET16 - Glial Cell	

ENERGY STARS

ES1 - Lymph	ES5 - Auto-Immune
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ENERGETIC IMMUNITY

The 16 Energetic Terrain (ET) fields form part of the human body-field and have many functions including:

- Providing healing messages for self repair of body tissues.
- Forming an important part of the body's 'energetic immune system'.

The ET report reveals where the body's ET fields require assistance in restoring their integrity through the use of the ET Infoceuticals.

ET9 - Stomach

- Primarily the stomach and duodenum.
- Also the gallbladder, liver, breast ducts, and sensory cortex.
- Often seen in those with gastric reflux and acid stomach in general, or chronic sensitivity of the digestive system.
- May affect the bowels and even the throat.

ET10 - Liver 1

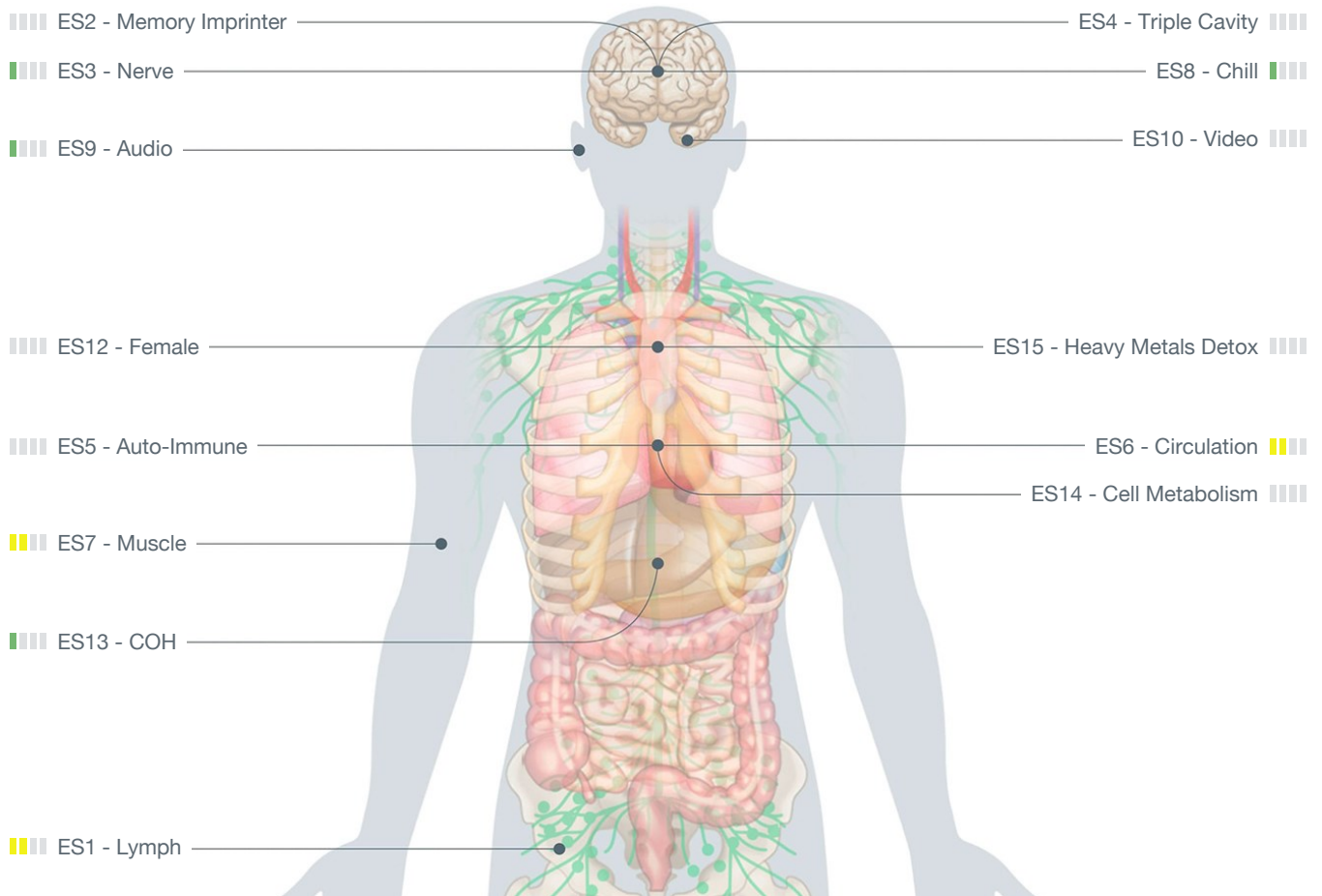
- Primarily the liver, chest, and gastrointestinal tract.
- Also the gallbladder, breast gland, and motor and sensory cortex.
- May be related to a sore liver, cold, or flu symptoms with no known cause.

ES1 - Lymph

- Most components of the overall immune system, including the thymus, spleen, omentum, and bone marrow.
 - Also the macrophage system, monocytes, and the immune cells of the red and yellow bone marrow.
 - Also to cell-mediated immunity; e.g., T-cells that destroy diseased cells.
 - Also to the heart. There is a strong match between the heart, the immune system, and electromagnetic radiation, or e-smog, from both manmade sources and natural ones.
 - May be related to conditions of the chest and viral problems of the nervous system.
-

ENERGETIC STARS

ES1 - Lymph ■■■	ES2 - Memory Imprinter ■■■	ES3 - Nerve ■■■
ES4 - Triple Cavity ■■■	ES5 - Auto-Immune ■■■	ES6 - Circulation ■■■
ES7 - Muscle ■■■	ES8 - Chill ■■■	ES9 - Audio ■■■
ES10 - Video ■■■	ES12 - Female ■■■	ES13 - COH ■■■
ES14 - Cell Metabolism ■■■	ES15 - Heavy Metals Detox ■■■	



ENERGETIC STARS

The body provides itself with mini information networks which function as subsystems of the more complex Big Body-Field and act as metabolic pathways governing energy usage. These subsystems are known as Energetic Stars.

ES1 - Lymph

- Most components of the overall immune system, including the thymus, spleen, omentum, and bone marrow.
 - Also the macrophage system, monocytes, and the immune cells of the red and yellow bone marrow.
 - Also to cell-mediated immunity; e.g., T-cells that destroy diseased cells.
 - Also to the heart. There is a strong match between the heart, the immune system, and electromagnetic radiation, or e-smog, from both manmade sources and natural ones.
 - May be related to conditions of the chest and viral problems of the nervous system.
-

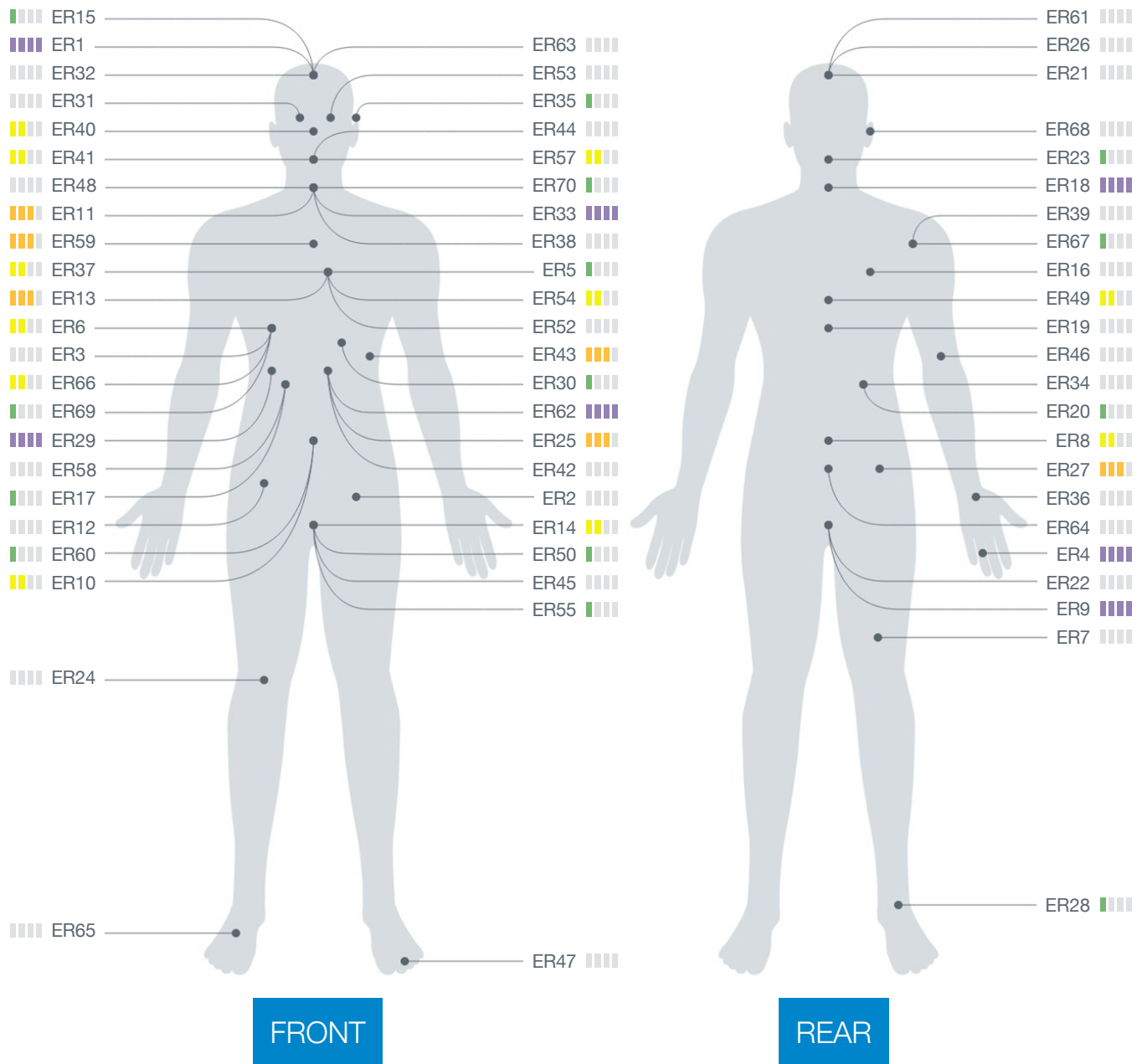
ES6 - Circulation

- Specific arteries that are prone to narrowing from fat deposits or the buildup of calcium plaque, and to blood flow overall.
 - Also to the tissue of ligaments, tendons, and cartilage.
 - Several anti-inflammatory hormones.
 - Does not link to cholesterol in terms of the "good" and "bad" fats in the bloodstream.
-

ES7 - Muscle

- Striated muscles, fascia, and triglycerides. Designed to support tissue repair.
 - May help to unblock shocks and traumas stored in the muscles, supporting muscle metabolism and excretion.
 - Enzyme production and use.
 - May support hormones and neurotransmitters matched to muscles, including GABA, serotonin, dopamine, norepinephrine, and melatonin.
 - May be related to mental deterioration or any rapid onset of aging.
 - Designed to bioenergetically stimulate stem cell activity.
-

ENERGY REJUVENATION - ERs



ERS

The Energetic Rejuvenators (ER) screen indicates specific anatomical points on the body where there are energetic blocks. The color of the dots indicates the relative priority, with red/purple being the highest priority. Clicking on a reading will display the corresponding help file containing details of the anatomical location of the priority point, the body-mind association and how to use the miHealth to clear energetic blocks and promote rejuvenation of that area.

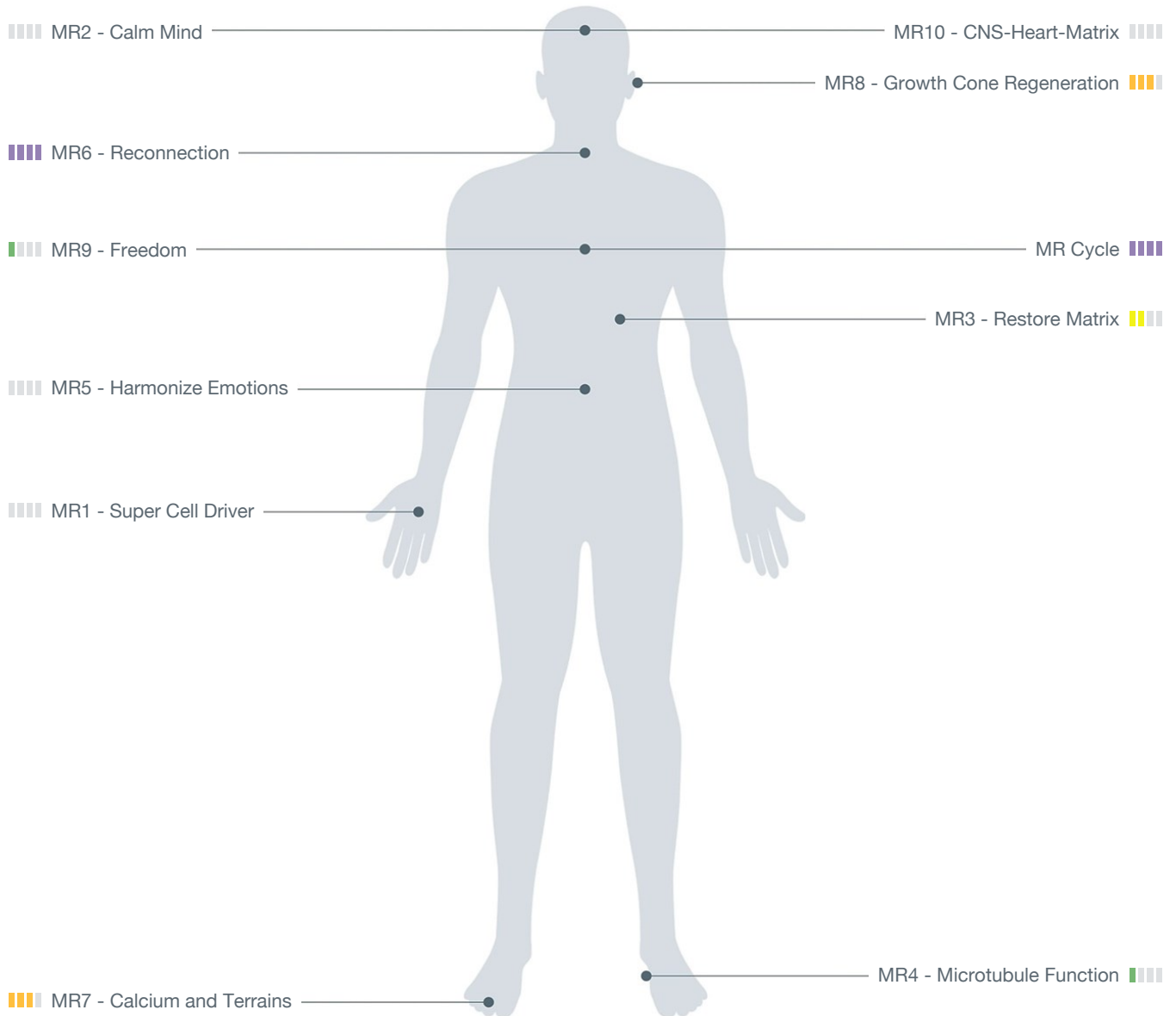
Clicking on a reading will also display all the ER readings associated with the same Energetic Integrator and the associated acupuncture meridian pathways, both external and internal. If you would like to further explore the related

Energetic Integrators, these can be found on the "Energy Flow" screen of the scan results.

To use the ERs, set the miHealth to the required ER function and use on or off body techniques as appropriate over the indicated area. Normally this is done for around two minutes, however do follow training instructions on duration and application techniques. To add depth to the rejuvenating process, the body-mind association in the help file can be used to help identify underlying emotional/mental blocks. Appropriate resolution techniques such as EFT, TFT, NLP and others can then be used while the miHealth ER function is running.

ENERGY REJUVENATION - MRs

MR1 - Super Cell Driver ■■■■	MR2 - Calm Mind ■■■■	MR3 - Restore Matrix ■■■■
MR4 - Microtubule Function ■■■■	MR5 - Harmonize Emotions ■■■■	MR6 - Reconnection ■■■■
MR7 - Calcium and Terrains ■■■■	MR8 - Growth Cone Regeneration ■■■■	MR9 - Freedom ■■■■
MR10 - CNS-Heart-Matrix ■■■■	MR Cycle ■■■■	



MATRIX REGULATORS (MRS)

The matrix is a term Peter Fraser used to describe the liquid crystalline connective tissue elements of the body ... a matrix to which the Energetic Integrators belong. Therefore, this matrix is associated with all the information pathways that allow our bodies to function properly. They are key to the flow of information.

Energetic Integrators 1-12 are not distinct entities, but parts of what we call the big body wave, a continuous flow of information. There are places along this wave where one Energetic Integrator has to give its information to the next. These must be in correct phase to ensure coherence.

Matrix Regulators are strong combinations designed to unblock major distortions in the overall flow of information in the body, and they have particular resonance with these connecting points between Integrators, helping to ensure phase coherence. This makes them powerful partners to the Integrators, supporting both our maintenance and healing processes. They also help to ensure alignment of the matrix with the morphic field (the aspect of the field that controls tissue growth) and the heart field.

The help file for each MR describes the role of each MR, including which Integrators they help to connect.

Usage: Use the scan results of the MR screen to choose which MR functions of the miHealth you should use. Click on individual MRs on this page to read about their best application locations. Use MRs off body over the indicated area for up to five minutes.

ENVIRONMENTAL

HOME, WORK & PERSONAL CARE

Asbestos	Azo Dyes	Bisphenol A (BPA Binding Protein)
Flame Retardants	Fluoride	Formaldehyde
Furnishings	Isocyanate	p-Phenylenediamine
Parabens	Petrochemicals	Phthalates
Smoke	Sodium Lauryl Sulphate	Teflon (PTFE)
Water Based Chemicals		

SOLVENTS

Butanols	Carbonyls	Dioxane
Hydroxytoluene	N-heptane	Nitrotoluene
Xylenes		

TOXIC METALS

Aluminum	Arsenic	Cadmium
Lead	Mercury	Nickel/Chromium/Beryllium
Tin		

AGRICULTURE - HERBICIDES

2,4-D	Atrazine	Glyphosate
Metolachlor-S		

AGRICULTURE - FUNGICIDES

Chlorothalonil	Copper Hydroxide	Hydrated Lime
Mancozeb		

AGRICULTURE - INSECTICIDES

Allethrins	Chlorpyrifos	Dichlorvos
PCP		

FOOD

Advanced Glycation End Products	Benzoates	Dioxins
Fat Based (Acrylamide)	Nitrosamines	Sulfites

MOLD

Aflatoxin	Enniatin B	Ochratoxin A
Roridin E	Sterigmatocystin	Verrucaric Acid
Zearalenone		

RADIATION

EMF	Microwave	Far Infrared
Computer	Cell Phone	Radio
Nuclear Radiation	Blue Light	

MISSING HELP FILE

NUTRITION

NUTRITION FIELDS - VITAMIN FIELDS

Vitamin A 	Vitamin C 	Vitamin D 
Vitamin E 	Vitamin K 	Vitamin B Complex 
Vitamin B1 	Vitamin B2 	Vitamin B3 
Vitamin B5 	Vitamin B6 	Vitamin B7 
Vitamin B8 	Vitamin B9 	Vitamin B10 
Vitamin B12 	Betaine / TMG 	Choline 

NUTRITION FIELDS - MINERAL FIELDS

Boron 	Calcium 	Chromium 
Cobalt 	Copper 	Iodine 
Iron 	Magnesium 	Manganese 
Molybdenum 	Phosphorus 	Potassium 
Selenium 	Silica 	Sodium 
Zinc 		

NUTRITION FIELDS - FAT FIELDS

Omega 3 - ALA 	Omega 3 - DHA 	Omega 3 - EPA 
Omega 6 - GLA 	Omega 6 - LA 	Omega 9 - OA 
Cholesterol 	Conjugated Linoleic Acid (CLA) 	

NUTRITION FIELDS - PROTEIN FIELDS (CONDITIONALLY ESSENTIAL AMINO ACIDS)

Histidine	Isoleucine	Leucine
Lysine	Methionine	Phenylalanine
Threonine	Tryptophan	Valine

NUTRITION FIELDS - PROTEIN FIELDS (ESSENTIAL AMINO ACIDS)

Arginine	Cysteine	Glutamine
Glycine	Proline	Serine
Tyrosine		

NUTRITION FIELDS - PROTEIN FIELDS (OTHER AMINO ACIDS)

Carnitine	Carnosine	Citrulline
Creatine	Glutamic Acid	Homocysteine
Ornithine	Taurine	

NUTRITION FIELDS - ANTIOXIDANT FIELDS

Catalase	Co-Enzyme Q10	Glutathione
Glutathione Peroxidase / Reductase	Superoxide Dismutase (SOD))	

DIGESTION / METABOLISM - METABOLISM

Basal Metabolic Rate	Carbohydrate Metabolism	Fat Metabolism
Protein Metabolism	Glucose Metabolism	pH Balance
Sugar Regulation	ES13 - COH Matrix Star	

DIGESTION / METABOLISM - MALABSORPTION

ED8 - Stomach	ED10 - Skin	EI1 Neurosensory - Large Intestine
EI3 Mucous Membranes - Small Intestine	EI7 Blood Field - Gallbladder	EI11 - Bone Marrow - Stomach
ET9 - Stomach	MB5 - ESR	Equatorial

DIGESTION / METABOLISM - BLOOD OXYGENATION

Vitamin B9	Vitamin B12	Vitamin C
Iron		

SENSITIVITIES - GENERAL

Food Allergy	Non-Fixed Sensitivities	ES5 - Auto-Immune
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SENSITIVITIES - GLUTEN GRAINS

Gluten	Barley	Kamut
Rye	Spelt	Wheat

SENSITIVITIES - OTHER GRAINS

Corn	Millet	Oats
Quinoa	Rice	

SENSITIVITIES - LEGUMES

Legumes	Beans	Lentils
Peanuts	Peas	Soy

SENSITIVITIES - TREE NUTS

Tree Nuts	Almonds	Cashews
Pistachios		

SENSITIVITIES - CITRUS FRUITS

Citrus Fruits	Grapefruit	Lemons
Limes	Oranges	

SENSITIVITIES - NIGHTSHADES

Nightshades	Eggplant	Peppers
Potatoes	Tomatoes	

SENSITIVITIES - OTHER

Casein	Eggs	Histamines
Lactose	Oxalates	Salicylates
Sulfites	Tapioca	Tyramines
Yeast		

NUTRITION

This screen reports on the functional integrity of the Body-Field in relation to the absorption, regulation and metabolism of nutrients. This report does not directly indicate nutritional level issues; it more indicates the body's functional ability to assimilate, manage and use nutrients effectively.

Vitamins, minerals and other nutrients are fundamental requirements for the body to function. Optimum health requires that nutrients are managed correctly. Through the use of the E4L Infoceuticals and correction of the Body-Field the body can begin to utilise the nutrients it gains from food in the proper way, correcting nutritional issues.

Correcting nutritional issues can be addressed through a number of approaches.

The removal of environmental toxins from your body will aid nutritional uptake. All the E4L Infoceuticals are designed to help remove toxins from the body.

If nutritional supplements are being used then taking ESR at night followed by the supplements can increase absorption of these nutrients. This is because the body's absorption rate increases whilst asleep and not under stress.

Consume greater amounts of healthier foods. Avoid foods suspected of having a high environmental toxin load.

LIFE JOURNEY

BE THE CHANGE

Courage	Prudence	Decisiveness
Faith	Trust	Compassion
Willpower	Gratitude	Honesty
Focus	Love	Self-Love
Calm	Generosity	Joy
Forgiveness		

BE THE CHANGE

Metamorphosis – Emergence – Regeneration - Transform

The universe is like a great information and energy matching system, always trying to match people's thoughts and actions with their outside experiences. And through this system, as we change ourselves we change our outside experiences.

Through understanding patterns, you are able to align your purpose. But to fully experience the reality of what you're working towards you have to change yourself to be the closest match you can be to what you want to experience.

Think of it like a radio. If you want to listen to a particular station then you have to tune into that station – not just approximately, or you'll get static – but completely. Your receiver must be a match for the signal being broadcast. In the same way we need to tune into the station of what we want in life.

Whatever you want to See, in this sense, you have to Be.

Gandhi's immortalized words, "We must be the change we want to see in the world," have stood the tests of time because they speak volumes of truth that resonate with most people. Almost everyone can recognize that things change more when they put their heart and soul into something. As we change ourselves, we begin to impact upon everything, and everyone, around us.

Social network research now shows us that we are always contagious, although not necessarily in the sense of passing on disease. Our social behaviors and emotions are contagious, usually up to 3-degrees of separation from us. In other words, your behavior affects your friends (1), your friends' friends (2), and your friends' friends' friends (3). So as you change, you impact your immediate environment and then this begins to ripple farther afield.

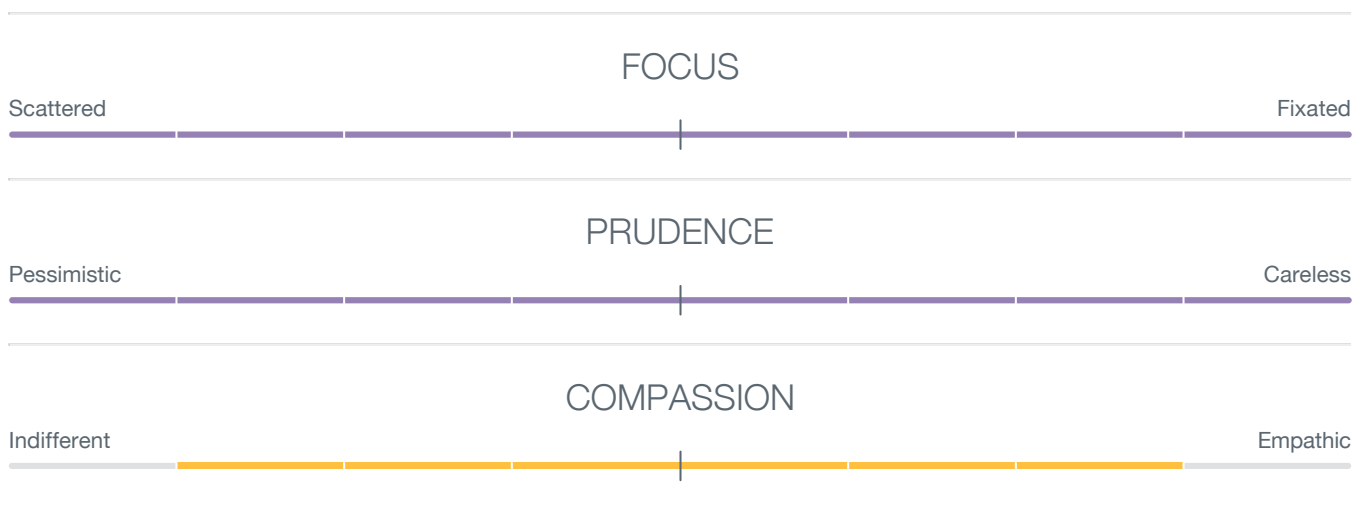
So we need to make sure the changes in ourselves are lasting changes to give the ripple enough time to spread. So Be the Change means you have to live the change. This can mean making deep changes within yourself to ensure that you are really in harmony with your goal. This takes commitment to whatever it is you want to change. It might not always be

easy. We mustn't delude ourselves into thinking that it won't take effort and perhaps even introduce us to some real challenges. But when we master humility, any suffering that is born out of attachment to our goal quickly fades.

Internal states also have a ripple effect. If you want to have a peaceful environment around you, for instance, it does little good if you are angry inside, or perpetually in conflict with co-workers, friends, or even loved ones. If you want something in your life but are annoyed and complaining that you don't have it then you're projecting that annoyance outwards. The world inside needs to be in harmony with the world you want to create because our inner world projects out and colors our outer world.

So we need to look at ourselves and honestly examine whether we are being a match for what we want to change, whether this is in our lives or in our environment. If you want to make a positive difference in the world, then, it means looking at what you are thinking, doing and what you are being, and making changes that are necessary so that you are actually being that positive change.

In the film, Robert E Quinn tells us that, "Everybody can make a positive difference." We can, especially when we be the positive difference!



LIFE PURPOSE - UNDERSTAND YOUR WORLD

1. Enquirer 	2. Creator 	3. Endings
4. Forgiveness 	5. Ask Questions 	6. Empathy
7. Intuition 	8. Signs 	9. Destiny
10. Illusions 	11. Understand Your World 	

LIFE PURPOSE - ALIGN YOUR PURPOSE

12. Choice Point 	13. Humility 	14. Wake Up
15. Define Your Purpose 	16. Align Your Purpose 	17. Engage With Passion
18. Wisdom 		

CHOICE POINT

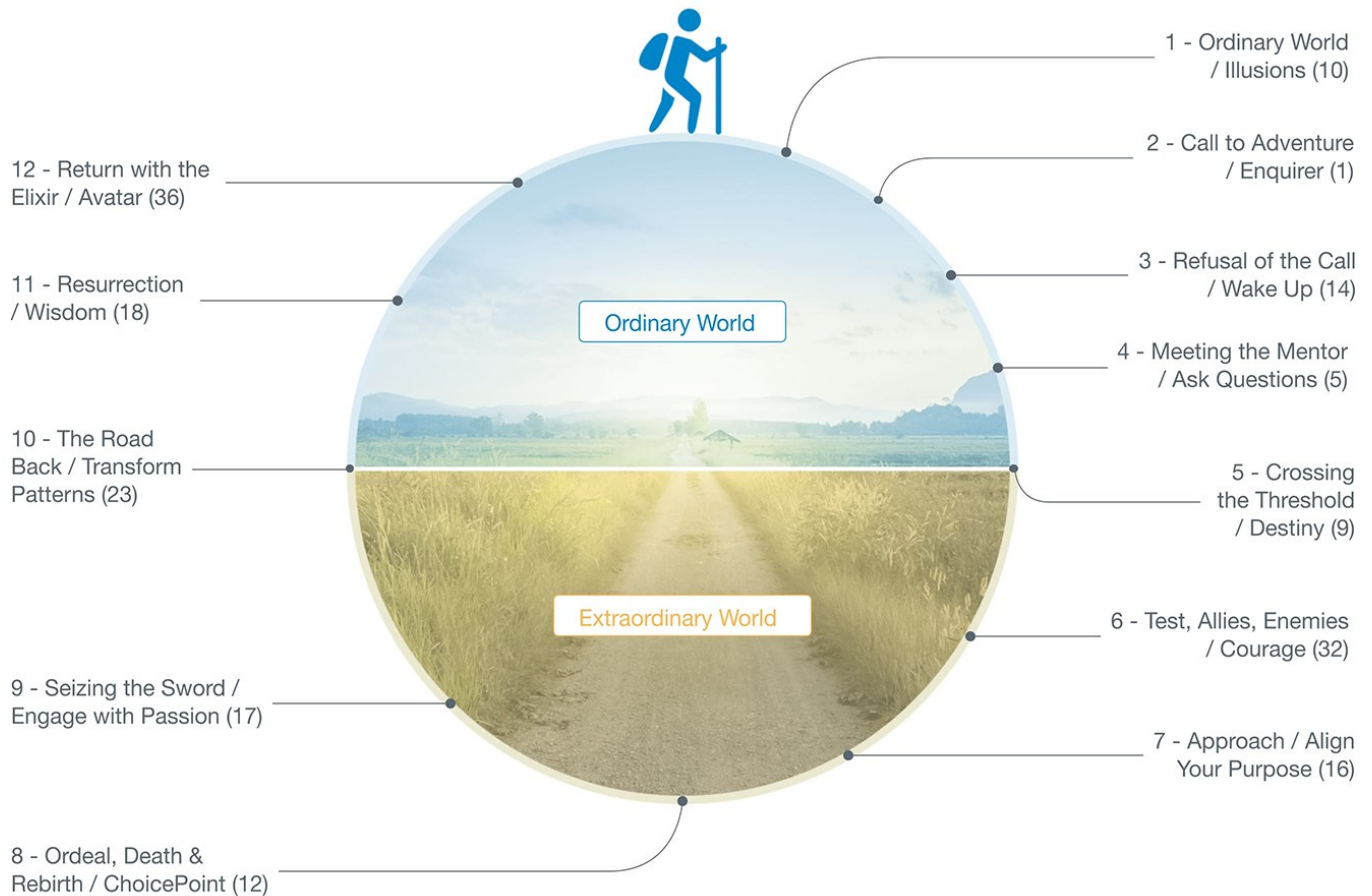
The eighteen indicators on this screen give an insight into areas within your life that you may wish to look at to aid the process of aligning with your life's purpose and making the choices that will take you toward your goals.

The 'Understand Your World' panel covers aspects of how you connect with and experience the world around you. The Align Your Purpose panel covers aspects of joining with your higher purpose in life.

A complete course covering the many aspects of the alignment process is available from your E4L Health practitioner.

HERO'S JOURNEY

1 - Illusions	2 - Enquirer	3 - Wake Up
4 - Ask Questions	5 - Destiny	6 - Courage
7 - Align Your Purpose	8 - ChoicePoint	9 - Engage with Passion
10 - Transform Patterns	11 - Wisdom	12 - Avatar



HERO'S JOURNEY

The Hero's Journey is a template of the human story. Although it can be dressed up in many ways, the overall theme is about someone living an ordinary life in an ordinary world, and yet being pressed by life to wake up and start an adventure toward his or her destiny. After facing great tribulation and finally overcoming, the hero returns to the ordinary world, but now personally transformed, is able to bring back the lessons learned for others.

As a template for human life, it is also a template for story writing that allows books, shows, and films to resonate with an audience, for we see ourselves in the story on some level. As just a couple of popular examples:

Luke Skywalker is living an ordinary life on Tatooine when he is called on by Ben Kenobi to fight the Empire. He refuses the call to adventure, but life insists; when his aunt and uncle are killed by storm troopers, his adventure into the extraordinary world begins. He learns to use the Force, saves the princess (or does she save him?), destroys the Death Star, and returns a triumphant hero and a leader of others, applying the gifts of his journey to others.

Harry Potter gets the same call out of an ordinary life and gradually masters his own skills, eventually becoming a teacher of younger students. Neo is famously called out of the ordinary world to choose between a red pill and blue pill if he wishes to leave that world (the Matrix) and discover the truth of everything ... and mastery over it so he can save those in the ordinary world when he returns.

Thanks to movie sequels, we can even see how the Hero's Journey completes a cycle within a single movie, but how each cycle is itself just a step in the larger journey that the hero takes. This is important to understanding how this screen applies to us.

When we see a priority on the Hero's Journey screen, it gives us a stage in our personal journey to explore for ourselves. You can click on a priority to read its help file and understand what that step in the journey is about. But you also should understand how to interpret that priority.

A priority can represent an area we need to give more attention to; it could also show us an area where we've put too much energy and have gotten stuck. And because our personal lives are influenced by those close to us, we can also consider whether a friend, family member, or colleague needs to address this priority and how that may be affecting us.

As an example, the first step in our Hero's Journey is the Ordinary World / Illusion. If this shows up as a priority, it's an opportunity to look at whether you're getting caught in the outer world – the physical pleasures, a desire for money and power, the dramas and stories of media, etc. – in a way that keeps you from moving forward with your journey.

On the other hand, you could also consider whether you need to ground yourself a bit – perhaps you're too often caught up in ideas and inner visions, or failing to support your physical body through good lifestyle habits. So the priority could be pointing to a need to plant your feet in the ordinary world from time to time.

And again, perhaps there is someone close to you who is struggling with either of these issues. Is this triggering a similar priority in your life? Or otherwise impacting your life? Why is it showing up as a priority in your field, and how might you assist them?

Try to look at both sides of any priority that shows up to better understand how it applies to your life and what efforts you might make to progress in life. Remember that our scan assesses the body-field, which is where we store our subconscious information. Because of this, results show the imbalances that are ready for a shift, so this becomes an incredible tool for understanding where to give energy at any given time. By following this guidance, you can make more efficient progress.

Now, we mentioned that complete cycles of the Hero's Journey could represent smaller parts of a larger journey, just as a single book or movie represents both a complete cycle and a smaller part of a book or movie series.

In a similar way, you may have several priorities show up on this screen because you are living many Hero's Journeys at the same time. You have your overall life as a single journey. But within that, how many journeys are there? Each stage of life is its own journey. Your career is a journey. Each relationship – romantic or otherwise – is a journey. Your hobbies and projects are journeys – in fact, each project may be a journey within a larger journey of a hobby.

You get the idea: you are likely experiencing all steps of the Hero's Journey at any given time, because you're in a different step in each different journey. Because of this, you could have several priorities representing different journeys, and interpreting this screen means considering how the priorities relate to different areas of your life and considering how to

move forward in each area.

Of course sometimes it's best to focus on one change at a time, and often a shift in one area of our lives helps to shift others. But by choosing your area of focus with the help of this screen, you can make more efficient shifts as you progress toward your own mastery, expanding on the ways you can affect your world.

ARCHETYPES

Mystic 	Ruler 	Philosopher 
Master 	Messenger 	Pioneer 
Analyst 	Treasurer 	Builder 
Merchant 	Warrior 	Lover 
Jester 	Healer 	Alchemist 

ARCHETYPES

Archetypes represent templates or patterns of human behavior. We intuitively call on the energy of an archetype to fulfill various roles in life – defending our family requires a different template than running a business, which is different from promoting that business, which is different from caring for a friend in need or lighting up a room at a party. We can also consciously call on these energies when trying to achieve something or simply to find better balance in relationship to that energy.

Each archetype focuses on certain skills or traits that are neither positive nor negative in and of themselves. All can be beneficial when used at the appropriate times in appropriate ways. All can also become a problem when used in unbalanced ways.

For instance, if we're in a situation that asks us to apply logical analysis to a problem, it's ideal to call on the "Analyst" within; but if we rely on this archetype at all times, we can get stuck in analyzing something and never move into action around it; or we may apply logical analysis to people's feelings when, in fact, what they need is a Healer / Caregiver in that moment.

Anyone may tend to display one archetype (or a few) more than others, but everyone has some level of access to all of them, and ideally we want to move easily between them in a way that best supports us in different circumstances.

Unfortunately, it's possible to tap into an archetype for defense / survival purposes in stressful (and shocking / traumatic) situations and to build an unconscious habit (body memory) around calling on that archetype every time we're in a similar situation. This may include being around certain people as well as others who might only remind us of them. In this case, we're not consciously involved in choosing the best archetype in a given moment because we're responding from that body-memory or unconscious habit. This leaves us stuck in emotional or behavioral patterns with certain people or situations.

For instance, perhaps a child has called repeatedly on the Warrior to defend his younger sister against an abusive parent and has, himself, been abused; and perhaps sister has played Healer / Caregiver to him afterwards. They come to identify with these archetypes through the years, especially in the presence of authority figures. They're not easily able to move to other archetypes as needed, because the Warrior and Healer helped them to survive. He could become combative as a default response to life, and she could give too much of herself to others, losing her identity and energy to them because she only knows how to heal others. Both archetypes are highly important and valuable, but in this case unbalanced.

This screen may indicate a situation where we're calling on an archetype for these deeper reasons, where we may not at all understand the origin but may begin a conscious effort to find balance. (We may be able to use subconscious correction techniques like hypnotherapy to assist as well.)

A screen priority could also indicate an archetype that has only recently come out of balance for us due to life stresses ... something that can be more easily managed as we put our conscious intention to balance it. The Analyst may well show up after doing taxes, the Lover after we've had to play an intense diplomatic role between two people, or the Warrior when we've had to defend something we believe in.

Either way, this screen helps to indicate where we can focus our efforts for greater strength and balance, and points to where we're most ready for an internal shift. It helps us to see where we need to use the power of an archetype more, or use it less.

Alternately, it can also point to an unbalanced archetype as expressed by someone close to you that is therefore impacting you. For instance, one's child is struggling with an authoritative teacher (a "Ruler" archetype for the child) at school. Mom and Dad may be aware of this and upset with the "Ruler," so it shows up as a priority. But also, Mom and Dad may not be aware of this and still have it show up because the child's energy is intertwined with theirs to a degree.

On a final note, there is not just one agreed-upon set of archetype names from which we act. Our "Messenger" could be called the Communicator or Storyteller, for instance. Others may put together lists of different sizes. We test for many of the well-known archetypes that help to power us through our lives.

BELIEFS

I am perfect	I am significant	I am confident
I am accepted	I am blessed	I am abundant
I am peaceful	I am free	I am capable
I am helpful	I am able to be helped	I am supported by others
I am hopeful about the future	I am creative	I am the creator of my experiences
I am healthy and able to heal		

CORE BELIEFS

The indicators on this page are used to identify where issues exist in core beliefs of the client at the time of the E4L scan.

Core beliefs are usually formed during childhood and represent deeply rooted convictions about who we perceive ourselves to be and how we perceive the world at large. They form a personal perception of the truth that influences the way we shape and colour what we see, feel and hear. Core beliefs have a profound influence on what we allow to happen in our lives and how life events are interpreted.

Core beliefs can be both empowering and disempowering. A belief of 'I am capable' will empower actions while a core belief of 'I am incapable' will tend to disempowering actions. Core beliefs may become an issue if there is:

- A lack of conviction of the empowering aspect.
- A dominance of the disempowering aspect.
- Unstable convictions that continually vary between the empowering and disempowering.

Core beliefs are immensely powerful aspects of the human psyche, mostly existing at the subconscious level and can empower activity or lead to obstacles in life and thinking poorly of ourselves and distrusting others. Becoming aware of core beliefs, questioning the purpose of these subconscious programs, listening to our internal dialog of interpreting the truth about experiences and our capabilities, can all lead to a deeper understanding of who we are, why we experience what we do and open up the possibility for self-acceptance and growth.

The use of various techniques such as Thought Field Therapy, Emotional Freedom Technique, Matrix Reimprinting, Neuro Linguistic Programming and hypnosis can be used to successfully transform self limiting, counterproductive and restrictive beliefs into ones that allow choices that lead to more positive flow, contentment and fulfilment in life.

EMOTIONAL ATTRACTION - POSITIVE

1 - Love	2 - Compassion	3 - Joy
4 - Peace	5 - Trust	6 - Acceptance
7 - Contentment	8 - Humility	9 - Gratitude
10 - Empowerment	11 - Meaningfulness	12 - Security

EMOTIONAL ATTRACTION - NEGATIVE

1 - Fear	2 - Despair	3 - Guilt
4 - Anger	5 - Shock	6 - Resentment
7 - Abandonment	8 - Envy	9 - Grief
10 - Worry	11 - Blame	12 - Regret

CORE EMOTIONS

The indicators on this page identify where issues exist with core emotions at the time of the E4L scan.

Emotions are an expression of how we feel. They are an integral part of our human experience. They are a message about our state of being and the most important indicator of 'how we are' in the world. Emotions are intimately linked to beliefs and thoughts.

Emotions form into two distinct groups:

- Those that have a basis of trust and acceptance and associated with being: uplifted, light, calm, positive, balanced, centred, harmonised.
- Those that have a basis of fear and associated with being: heavy, turbulent, negative, unbalancing, decentring, disharmonising.

All emotions are valid and it is natural to experience both those that bring a sense of harmony as well as disharmony. Emotions naturally flow -they arise, gather intensity, are expressed and then dissolve away. This normally occurs in a matter of seconds or minutes.

Issues arise with emotions (of both aspects) when they become:

- Repressed - never allowed to be expressed
- Denied - their existence is not acknowledged
- False - deluding oneself that we feel a certain way
- Dominant - often prevent and overpower all other feelings
- Grasping - trying to hold onto an emotion, not letting it go

- Projection - making others responsible for our emotions

The harmonising and uplifting emotions arise from the core aspects of our being and mind, the part that exists in the 'now' and resides behind the thoughts and intellect. These emotions are a natural unconditional expression of the joy and love that exists within us, and in every cell of our body. The disharmonising feelings arise from the surface level of the mind where thoughts, beliefs, values, memories, programmed reactions exist and induce turbulence into the emotions. This part of the mind pays attention to the past and future not the present.

Every emotion is a gift: the harmonising emotions bring a sense of aliveness, connection, openness and joy to be alive. The disharmonising ones bring a message about some part of us that needs to be listened to, nurtured and loved like a young child, allowing some aspect of us to grow and be transformed, so we can experience true joy. By acknowledging turbulent, heavy, unbalancing emotions and examining what caused their emergence, this brings understanding to why we act the way we do and the nature of our suffering.

Listening to, feeling and experiencing emotions, teaches us about who we are. Experiencing emotions is experiencing the self. Often people repress emotions (both positive and negative) because they do not want to look at themselves or they believe they should not experience certain feelings. We are solely responsible for how we feel, but it is the human nature to 'blame' and empower others with how we feel. Taking responsibility for our own feelings is a powerful step for self growth.

A quiet, harmonised emotional state gives the ability to hear the inner wise voice that can guide our decisions to lead us to true joy, fulfilment and experience of love. Noisy, turbulent emotions drown out the voice of our inherent wisdom and intuition.

NES research has found that the heart's role in transferring information in the HBF is greatly influenced by dominant emotions. Disharmonious emotional states restrict the free flow of information while harmonious ones enhance information flow. Also, disharmonising emotions lead to an over energised state whereas harmonising tends to restore the energy state.

The use of various techniques such as Thought Field Therapy, Emotional Freedom Technique, Matrix Reimprinting, Neuro Linguistic Programming and hypnosis can be used to successfully harmonise the process of emotional reactions, reducing emotional turmoil and increasing emotional balance.

TRANSFORMATIONS

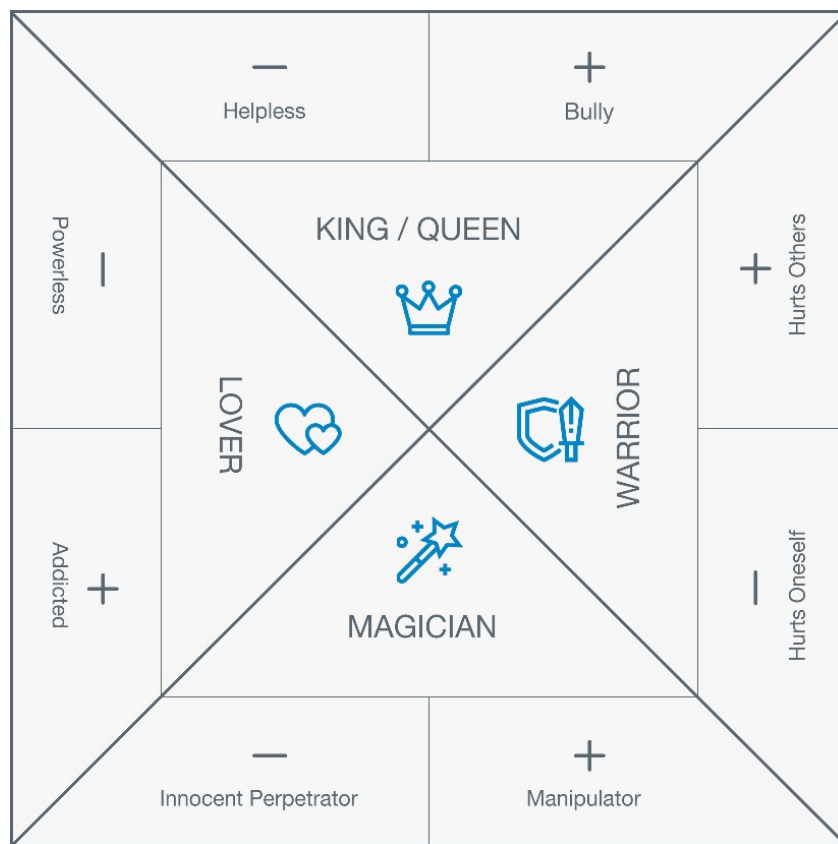
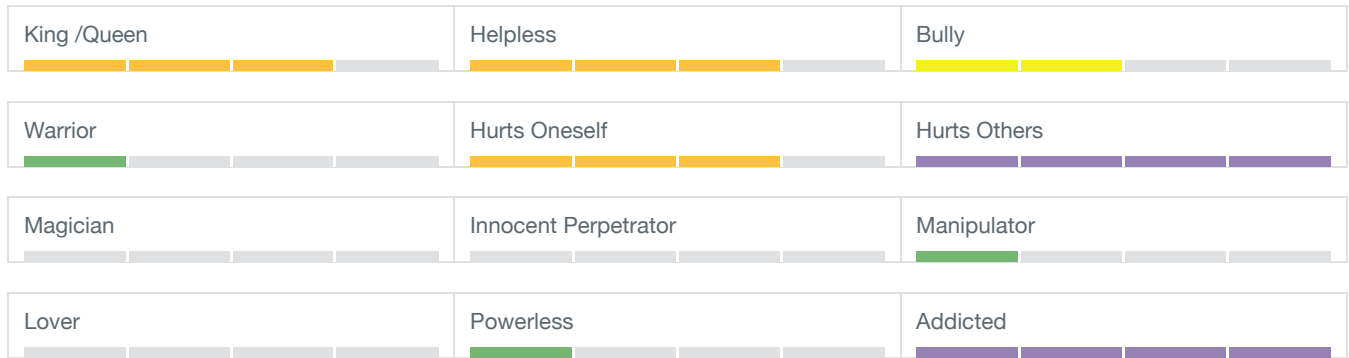
Love	Focus	Honesty
Gratitude	Willpower	Compassion
Trust		

TRANSFORMATION OVERVIEW

This screen gives indications of where energetic imbalances exist in the seven life memory centres of the body located near the spine. These are traditionally called Chakras but from the perspective of the E4L system they are more related to life memories and their recollection. By releasing blame and bringing understanding and resolution to past shocks and traumas, the memories will become integrated and you can transform your life and transcend difficulties. By transforming negative and disruptive memory associations, a profound positive effect on the health states can be achieved, particularly as it is often the case that the memory of disease and injury (both physical and emotional) can upset health.

Who we are now is a reflection of who we were and what we experienced in the past. Evolving the understanding of the past allows us to experience a different perspective of the now and how we move into the future.

UNCONSCIOUS PATTERNS



UNCONSCIOUS PATTERNS

The psychiatrist and psychotherapist Carl Gustav Jung proposed that everyone's personality contains elements of four major archetypes. These archetypes provide models for our behavior and influence the way we think and act.

Jung believed these archetypes contain elements of our personality that we need to address in order to develop a healthy rounded personality. He suggested that by working through these archetypes, we can begin to choose our actions rather than responding automatically from patterns in our personalities that no longer serve us. Jung argued that by working

through the archetypes in the following order, we can achieve spiritual development and become whole.
