

The powers at our disposal through 'aspects' of our being

Multi-dimensional functionality is a deep structure of our being.

Multi-dimensional functionality is manifest through aspects.

Our experiences are stored as aspects.

Our emotional experiences are also stored as aspects, in our bodies.

Aspects

Examples:

Our relationships

Our talents

Our achievements

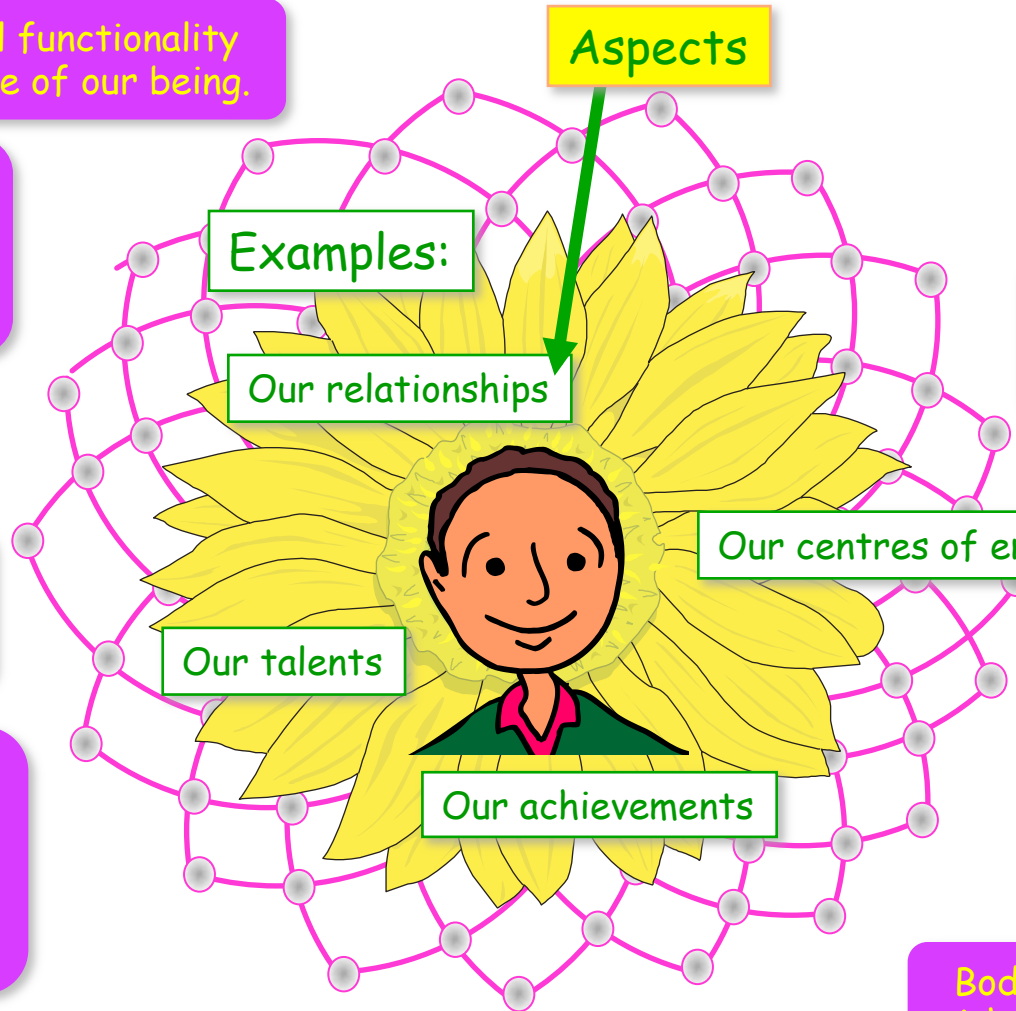
Our centres of emotion

Aspects are functional groupings of patterns of our experiences in life.

We can have direct access to these aspects through various techniques.

We are endowed with the power to change our stored emotions through the knowledge of aspects.

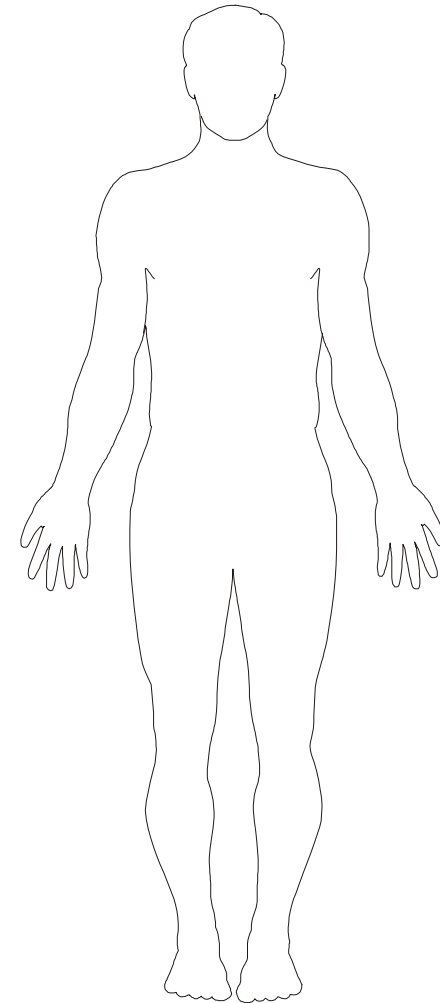

Body tensions are closely linked with aspects and stored emotions.



The aspect method

Worksheet for 'relationships'

1. Important relationships:



Mark the aspect locations

2. Relax your body (use a deep relaxation technique).
3. 'Is there an aspect in me which stores the relationship with?'
4. Listen for the reaction of your body.
5. In your mind, make the aspect region very heavy.
6. Have the tension flow out into the earth, to dissolve it and make it harmless.
7. Fill the aspect region with universal white light, energy of love, joy and inner smile.



For each relationship of choice

Aspect method

Worksheet for Centers of Achievement

1. Relax your body (deep relaxation)

2. Ask yourself:

Is there an aspect in me which stores my memories of:

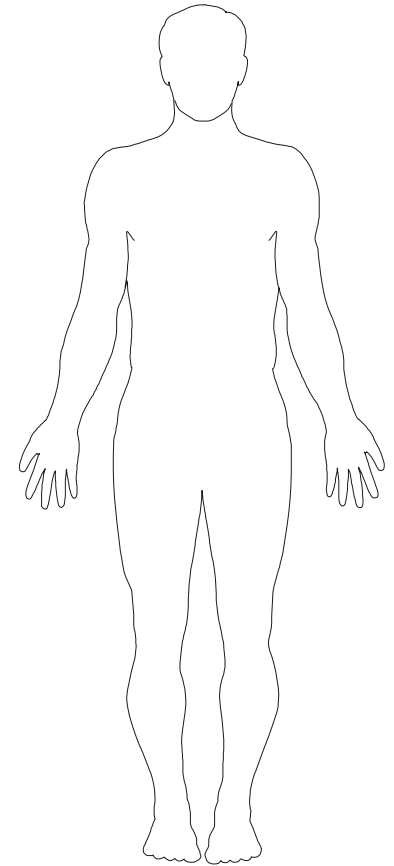
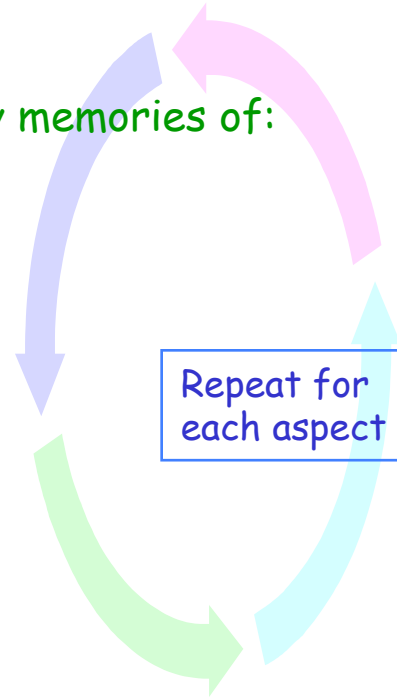
- Successful me
- Healthy me
- Confident me
- Intelligent me
- Calm and focussed me

3. Listen for the reaction of your body.

4. Fill the aspect region with joyful energy.

5. Create a physical anchor*.

*Squeeze your body somewhere for later recall with the same squeeze.



Note the aspect location

You have now instant access to these resources through the use of the created anchor.

The aspect method

Worksheet for 'talents/abilities'

1. Relax your body (use a deep relaxation technique).

2. 'Is there an aspect in me which stores my talent':



As an investor?
As a parent?
As a lover?
As a professional?
In enjoying myself?
In staying fit?

As an earner?
As a friend?
As a colleague?
As a creative person?
In finding wisdom?

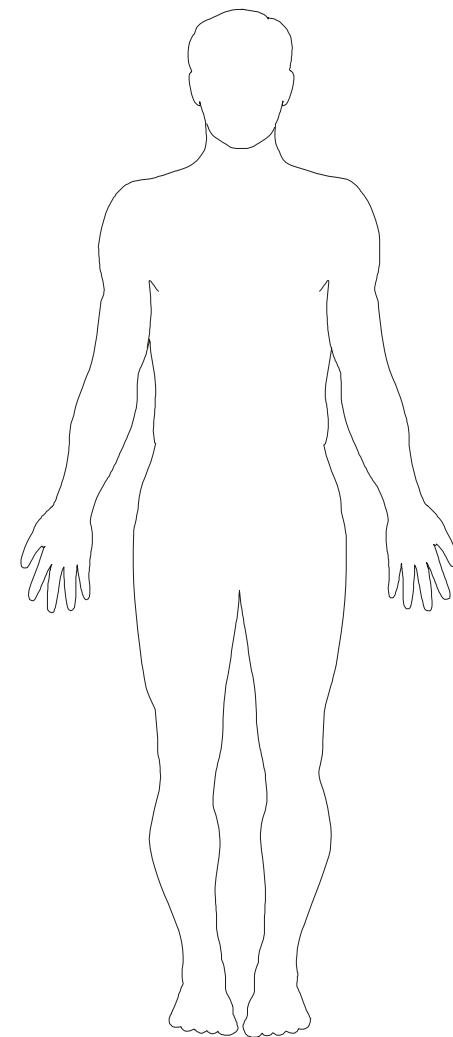
*Repeat for
each talent.*

3. Listen for the reaction of your body.

4. In your mind, make the aspect region very heavy.

5. Have the tension flow out into the earth, to dissolve it and make it harmless.

6. Fill the aspect region with universal light, energy of love, joy and inner smile.



Mark the aspect locations

Combination Aspect & Inner Smile methods
Worksheet for centres of emotion

1. Relax your body (deep relaxation)

2. Ask yourself:

Is there an aspect in me which stores my memories of:

Worry?

Anger?

Grief?

Sadness?

Despair?

Hate?

Regret?

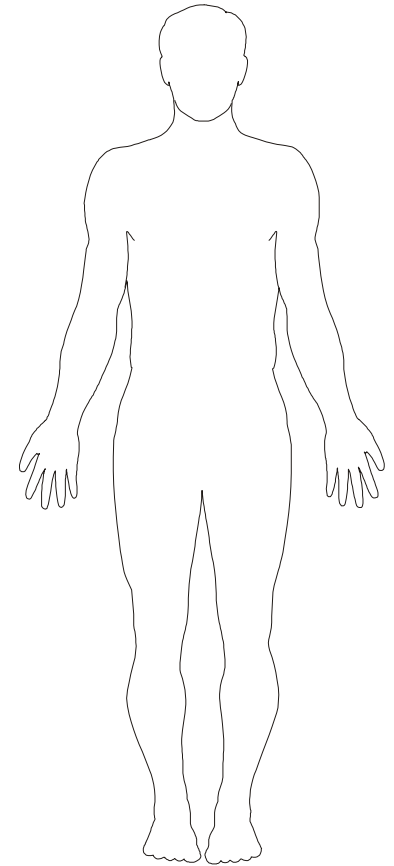
Jealousy?

Loneliness?

Cruelty?

Arrogance?

Fear*



Note the aspect locations

3. Listen for the reaction of your body.

4. In your mind, make the aspect region very heavy.

5. Have the tension flow out into the earth, to dissolve it and make it harmless.

6. Fill the aspect region with warmth of the inner smile.

** Be careful here, we need some healthy fear.*

Combine and discover
- Aspect Future Shaping -

1. Relax as per standard technique.
2. Ask yourself -
Is there an aspect in me which stores my feelings of:

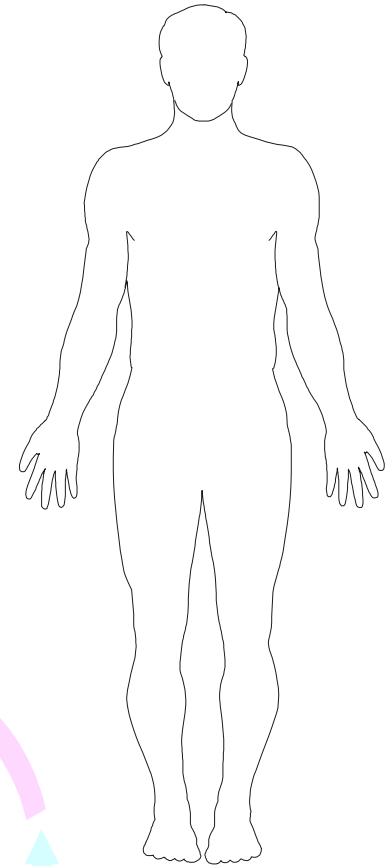
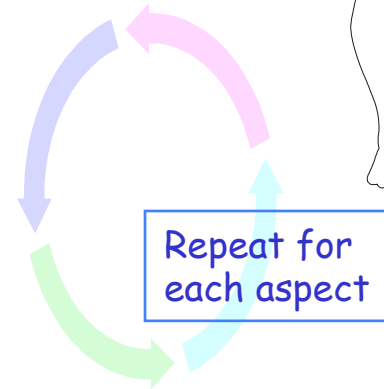
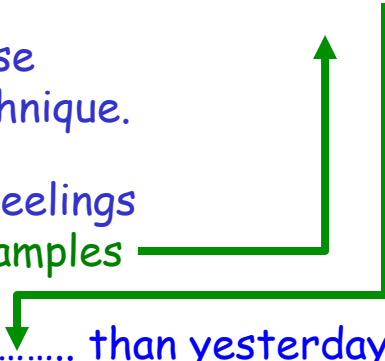


- inadequacy _____
- frustration _____
- etc.

Desired opposite feeling:

- success
- confident
- etc.

3. Locate the region and release tension as per standard technique.
4. Fill the aspect region with feelings of the desired opposite. **Examples**
5. Confirm, I feel now more than yesterday.
6. Do this confirmation every day - as long as needed -



You have now linked a new set of feelings to the present beliefs, creating new futures.