

Energy Conversion Box

Create in your mind a box with a heavy lid. Fill the box with any worries or concerns that might get in your way. Close the heavy lid. The box may be reopened in Focus 10 for cleansing of encapsulated fears, worries, etc. (Bubble them away or neutralize them with your Energy Bar Tool and be filled with clean, energized sparkling energy.)

Resonant Tuning

Breathe in sparkling, vibrant energy. Pull energy into all parts of your body and move it to your head. Allow it to swirl gently around your head. Exhale through your lips (as if blowing out a candle) while vocalizing with an aah, ooh, or umm sound, releasing any tired, and stale energy. Moves your vital energy, and makes you aware of the energy in and around you.

Focus 10 - Mind Awake, Body Asleep

Count slowly to 10, or simply breathe in sparkling energy and say or think "10" in your mind and exhale. (Any and all FOCUS levels may be used for inner exploration and/or quick access in physical waking reality.)

Memory

To quickly recall any part of your life experience, lightly touch your fingers to your forehead.

Awake/Alert

To quickly become awake and alert, lightly touch your fingers to the back of your neck and say or think the number "1" in your mind.

REBAL - Resonant Energy Balloon

Inhale vibrant energy. With the energy in your head, form a shining circle (with the number 10 inside it) in your mind. Exhale, blowing the circle out with your breath. For protection and/or attracting positive energy.

Energy Bar Tool

May take any shape/color that makes you comfortable. For protection, energizing, empowering, communication - its functions will expand and change with use.

Focus 12 - State of Expanded Awareness

Count slowly from 10 - or simply inhale, say or think "12" in your mind and exhale.

Problem Solving 12

Inhale Focus 12 energy. Push your question or problem out to the furthest reaches of your awareness. Exhale and wait for an answer. (May be repeated as necessary for clarification-be aware of symbols, puns, and new questions.)

Patterning

Thoughts manifest as things; what we think, we become. It's not a matter of whether we pattern, but of how. Like PROBLEM SOLVING: IN FOCUS 12, place the pattern in the center of your consciousness, push it out strongly in all directions, and then release it. Remember: Pattern for yourself, for the good of all concerned, always in the present or past tense, and put some feeling into it. Be sure that what you ask for is really what you want.

Focus 15 - State of No Time

Count slowly in your mind from 12 to 15.

Focus 15 - 20 Miranon Colors

From FOCUS 15, move through the patterns of blue, red, yellow, rose, green, and purple.

Focus 21 - Other Energy Systems

Move through the patterns of color and beyond the white of 21.

Quick Return

(From any FOCUS level) Simply wiggle some physical fingers or toes and say or think the number "1" in your mind.