



peacefruit
your place for inner peace

Z POINT PROCESS

Once you have heard or read the "healing program," you can use the following statements to clear self-limiting emotions, beliefs, habits, etc. Experiment, play with the process and discover how it can help you create a more peace-filled life.

First, think of the issue that you want to address to release any emotional static or charge. Give yourself a SUDs (subjective unit of distress) rating. On a scale of 1 -10, how distressing is the problem with ten being the most distressing?

Now read each statement below then close your eyes and repeat your cue word for 10 - 15 seconds.

Whenever I think about (issue), I feel <cue>
(This "whenever" statement clues your subconscious mind into what you want to address, like pointing a flashlight in the direction of what you are wanting to illuminate).

I clear all the ways I feel THAT feeling <cue>
I clear all the ways I feel THAT feeling because <cue>
I clear all the ways I feel THAT feeling whenever <cue>
I clear all the ways I may feel THAT feeling if <cue>
I clear all the ways any unconscious or hidden parts of me feel THAT feeling <cue>
I clear all the ways any unconscious or hidden parts of me feel THAT feeling because <cue>
I clear all the ways any part of me benefits from or identifies with THAT feeling <cue>
I clear all the ways any part of me wouldn't feel safe letting THAT feeling go right now <cue>

And that makes me feel <cue>
And under that I feel <cue>
And that makes me feel <cue>
And beneath that I feel <cue>

You can find out more about ZPoint Process at www.zpointforpeace.com
For more information about Melanie McGhee, LCSW please visit
www.illuminedlife.com or www.peacefruit.com



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And that makes me feel <cue>
And that makes my mind feel <cue>
And that makes my body feel <cue>
And that makes my spirit feel <cue>

I clear all the pattern of all of these ways <cue>
I clear all the emotions of all of these patterns <cue>

Take a deep breath and check in with yourself to see what you are experiencing.
What is your SUDs rating now?

If you are still feeling even somewhat unsettled about the issue, in other words, if you are not feeling peaceful, relaxed, quiet, then you can do another round or so of the statements above using the words, remainder and remaining...or you could do the countdown to 10 or both.

I clear all the remaining ways I feel THAT feeling <cue> (or I clear all the remaining ways that (issue)...
I clear all the remaining ways I feel THAT feeling because <cue>
I clear all the remaining ways I feel THAT feeling whenever <cue>
I clear all the remaining ways I may feel THAT feeling if <cue>
I clear all the remaining ways any hidden or unconscious parts of me feel the remainder of THAT feeling <cue>
I clear all the remaining ways any hidden or unconscious parts of me feel the remainder of THAT feeling because <cue>
I clear all the remaining ways any parts of me may identify with or benefit from THAT feeling
I clear all the ways I would not feel safe if I let the remainder of THAT feeling go right now <cue>

And that makes me feel <cue>
And that makes my body feel <cue>



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And that makes my mind feel <cue>
And that makes my spirit feel <cue>
Take a deep breath.

Check in with yourself – What is your SUDs rating now? If you are still feeling unsettled - less than peaceful, you could do the Countdown again or keep going with remainder statements. The countdown is also something you can do in the moment when you are feeling something in the moment that unsettles you.

Countdown

Closing your eyes may help you concentrate for this. Imagine a circle of light in front of you. Have the strong intention that this circle of light can release any remaining patterns, images, beliefs, feelings or residue from old memories that are stuck in your body, mind, emotions, energy system and spirit that have any connection to the problem your are addressing. In the same way that light dispels darkness, understand as you envision yourself stepping into this circle of light that the light with your cue word will dissipate any remaining influences as you count down from 10 to 0.

10 represents this moment in time and 0 represents the moment you first burst forth into life. Also, have the intention of coming to peace with whatever issue you are addressing.

10 <cue>
9 <cue>
8 <cue>
7 <cue>
6 <cue>
5 <cue>
4 <cue>
3 <cue>
2 <cue>



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1 <cue>

0 <cue>

Again check in with yourself to see how you are feeling. If you are feeling completely peaceful, great...just focus on and allow that feeling to expand. You could even imagine yourself filled with light. Just as if you were to drop a leaf into a still pool of water, the effects of the leaf would expand and ripple out to the edges of the pool. In the same way, imagine that the peace you are feeling is rippling out on all sides of you to the edges of infinity.

Once you are feeling completely peaceful about the issue, you could use affirmations such as:

I install and allow all the ways I (insert affirmation about issue - such as I feel safe and secure)
<cue>

I install and allow all the ways I (insert affirmation or other empowering statement that feels true to you <cue>

I install and allow all of the patterns of all of these ways <cue>

I install and allow all of the emotions of all of these ways <cue>