



# THE UNSEEN THERAPIST™

*One Natural Remedy for Everything  
Emotions...Pains...Diseases*

By

**GARY CRAIG**

*EFT Tapping Founder*

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## Table of Contents

Legal Notes .....	3
Opening Thoughts .....	5
Meet The Unseen Therapist.....	6
NewThink – Intro .....	12
NewThink #1: We Don't Know the True Cause of Our Ailments .....	13
NewThink #2: True Cause = Negative Emotions .....	17
NewThink #3: There is One Natural Remedy For Everything.....	23
A Peek at Your Possibilities.....	25
NewThink #4: We Must Finally Listen to What Science Has Been Telling us For Decades.....	48
NewThink #5: We Must Also Listen to the Volumes of Spiritual Evidence .....	56
NewThink #6: The Unseen Therapist is Ultimately the Only True Healer .....	63
Message From The Unseen Therapist to You .....	65
NewThink #7: We have Only One Challenge.....	69
Step by Step Through the Personal Peace Procedure .....	72
The Personal Peace Procedure on a List of Specific Events .....	79
Closing Thoughts .....	82
Where to From Here? The Optimal EFT Course .....	84
Summary of The Optimal EFT Course .....	86
Summary of the Companion Library .....	88



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## *Opening Thoughts*



Gary Craig, Author

**Major advancement:** If you are a student of my original healing method, EFT (Emotional Freedom Techniques), please know that The Unseen Therapist represents a major advancement to that process. It is deeper, broader and more efficient than EFT (or “Tapping,” as it is often called). You may have great affection for EFT Tapping because it has brought you many rewards. In time, however, you will likely replace it with this more advanced, non-tapping process.

For those interested, our Gold Standard EFT Tapping process is still taught on our website at [www.EmoFree.com](http://www.EmoFree.com)

**Get my free support:** Get news, tips, how-to’s and updates with my free support. This is the heartbeat of our process and you can join it at [www.EmoFree.com/newsletter.html](http://www.EmoFree.com/newsletter.html).

**The power of repetition:** I am a great believer in repetition. It is the most time-honored teaching tool on the planet and I use it frequently. The more you are exposed to an idea, particularly the power of The Unseen Therapist, the better you learn it.

So, if you read an idea herein repeatedly, be thankful if it bores you a bit. That is far better than being exposed to an idea once and not have it take root in your memory. Because of the major importance of The Unseen Therapist in your life, I do you a shameful disservice if I don’t drum these crucial ideas home.

So...I repeat. Expect repetition in this book.

**Notes and Feedback:** Throughout the book you’ll find links for more info and support as well as a link to send me feedback regarding your experiences with The Unseen Therapist. This set of links appears immediately below.

Love to all,

*Gary*

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## *Meet The Unseen Therapist* **(In whom the impossible becomes routine)**

The Unseen Therapist is your “spiritual healer within.”

She is ever-present and, when you learn to use Her skills properly, you will find She is vastly more powerful than drugs, surgeries and other man-made attempts at healing. She represents a healing revolution that leaves your current beliefs behind and whisks you off on a magic carpet ride into your personal healing cosmos.



This is where the impossible becomes routine. It is where your ultimate remedy resides and, once mastered, it is also where your view of the entire healing field will shift. Your need for drugs and surgeries will be minimized or erased. Side effects will fade into near nothingness and heavy expenses will be dramatically curtailed. In their place will emerge creative possibilities that will bring new levels of healing into your hands.

If you are a patient, you can draw on The Unseen Therapist for self-help. If you are a doctor, nurse, therapist or other practitioner, you can use Her abundant support *before* resorting to invasive procedures and their side-effects.

To do Her work She needs only your readiness and proper invitation.

Within these pages, you will learn how to develop that readiness and provide that invitation. Doing so involves a very doable process that can generate impressive benefits even while you are learning. You may

go as far as you wish and are limited only by your motivation.

Once mastered to the ultimate degree, you will hold the equivalent of a magic wand that delivers benefits for every ailment imaginable. This includes everything from a common headache — to every conceivable emotional issue — to the apparently hopeless diseases for which conventional methods often fail.

And, yes, that includes your ailment, even if it is considered exotic, rare or impossible. Here are a few examples from my students. Many more to follow later.

### ***Kim Fairrell Gets Relief from Heavy Depression***



“The Unseen Therapist allowed me to wake up this morning, for the first time in decades, with a positive outlook in life. Medications did very little for my depression. My suicide thoughts have disappeared and I’ve all but forgotten what heavy depression is like.”

### ***Camille Vache-Guyet’s Severe Cervical Spine Pain is Gone — as is Her Addiction to Cigarettes***



“After a few sessions with The Unseen Therapist regarding my severely degenerated cervical spine, the pains and discomforts have vanished. I haven’t seen them for a year. Also, my 20+ year addiction to cigarettes seems to be gone after 3 Unseen Therapist sessions 3 months ago. I haven’t wanted one since.”

### ***Jagjeet’s Client has “Strange Tingling” Related to Internal Happiness***



Jagjeet Singh Ahluwalia works with The Unseen Therapist on a client’s emotional issue and, during the process, he reports...

“So with a little bit of pre-talk I just asked her to close her eyes and requested The Unseen Therapist to take over. After a couple of minutes (actually less than 2) she opened her eyes and she was all smiles and said I feel this strange tingling all over my body and her legs were kind of shaky because of whatever she was feeling. She could not believe what she was experiencing internally, the happiness that had suddenly come over her.”

## *Carol Smith no Longer Considers Herself a Victim*



“After one session with Gary and The Unseen Therapist, I am no longer burdened by the childhood thought that I am a victim.”

## *Peace and Relief from Crohn’s Disease for Patsy Anthony*



“The Unseen Therapist not only gave me relief for Crohn’s Disease, She also installed within me an incredible sense of peace. I feel like my true self again.”

## *Dominique Monette, MD Gets Relief for Leaky Gut Syndrome*



“Unless there is an immediate medical emergency, I recommend The Unseen Therapist for my clients before resorting to drugs, surgery or other invasive medical methods. She is efficient, gentle, highly effective and was a central player in my recovery from leaky gut syndrome.”

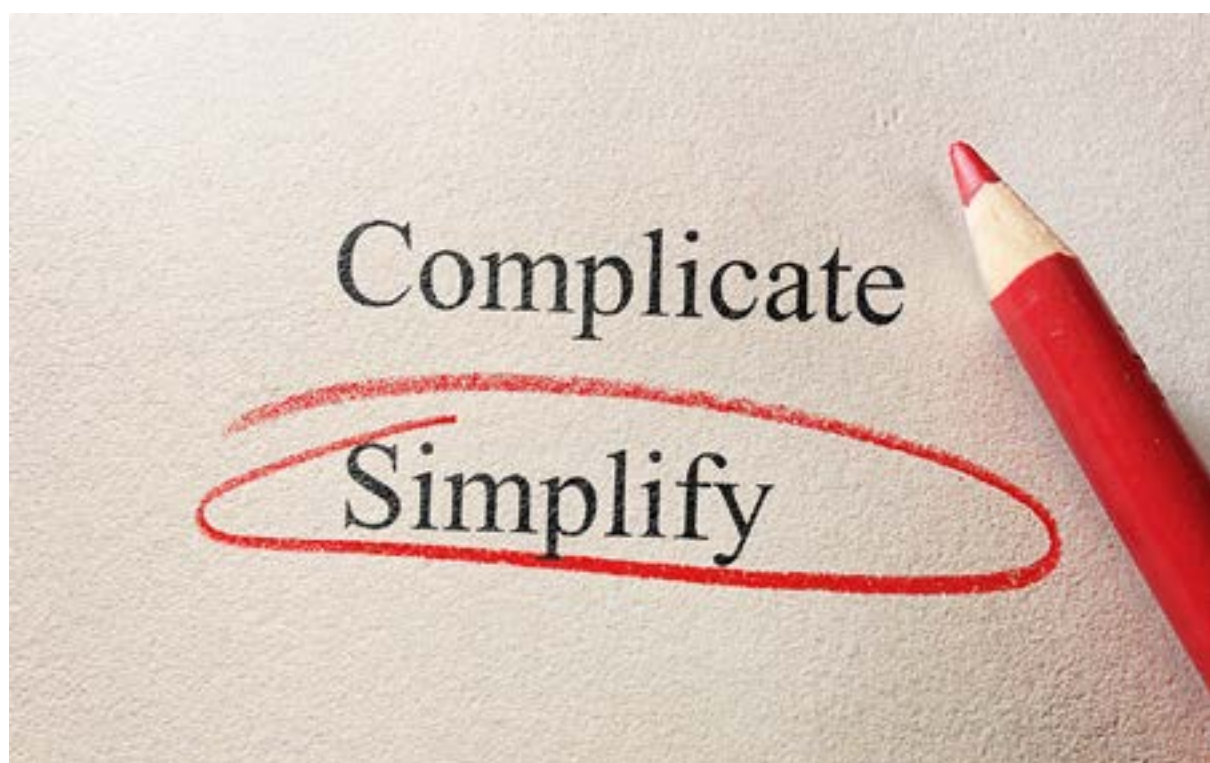
The Unseen Therapist lives within each of us — no exceptions — and thus is readily available to you. A child can call on Her and get impressive results. So can a prisoner, housewife, war veteran or doctor. It doesn’t matter about your educational level either. You only need to be able to read this book. Nor does it matter whether you are rich or poor, young or old, male or female, athletic or crippled. She is waiting — and eager — to bring healing well beyond your expectations.

She is the loving essence of all spiritual practices and thus does not conflict with anyone’s Divine preferences. She is known by many names, including: Love, God, Source, Peace, Jesus, Buddha, Yahweh, Muhammad, Allah, Higher Intelligence, Spirit, Holy Spirit, Jehovah, Guidance, Inner Wisdom, Ruach Hakodesh and more. I’ve had clients who prefer to call Her Nature or the Ocean Waves. Others equate Her with the loving memory of a grandmother, a pet or a coach. It doesn’t matter which name you give Her as She has no ego.

Further, She is not actually a “she” because She has no body and thus no gender. I refer to Her as a She because females are generally considered to be softer and more compassionate than males. But, if you prefer, you can call Her a He — or an It — or even a Cloud or a Breeze. Your choice. What you call Her doesn’t change who She is.

I am bringing you this advancement as an outsider to the healing profession. I am a Stanford trained engineer with no formal education in medicine, therapy or the like. As a result, I am free to innovate because I am not burdened by the hand-me-down beliefs that permeate the healing professions. While medicine has certainly provided some impressive innovations, those advances are small when compared to your possibilities that come from within.

Engineers prefer to simplify. We look at a complex process, break it down into essential pieces, throw out the unnecessary parts and then rebuild it into a streamlined procedure. The result, in this case, is The Unseen Therapist and Her one natural remedy for everything.



“But Gary,” you might ask, “haven’t people been using similar methods — like prayer and distance healing — for many years?”

Yes, of course, and it was those stunning results that helped point me in this direction. What I have added, however, is a companion healing process (The Personal Peace Procedure) that brings unique focus to your issue(s). This focus adds more power to your healing prayers and allows them to be answered with greater reliability, depth and efficiency.

That’s why The Unseen Therapist, together with our companion process, is already reshaping our healing landscape. This is easily verified in “A Peek at Your Possibilities” (later in this book) which includes dramatic examples of this combo at work. These samples range from a stroke recovery, to the fear of dogs, to disappearing blood clots, to hospital miracles and beyond.

This is a practical book that displays how to gain these benefits without the debatable theologies as to why. Thus, you will be connecting with the vast healing power of your spiritual essence while avoiding theological speculation. This allows you to see beyond conventional methods so that the true cause of your ailments is revealed.

And that cause is of the mind. It is emotional, not physical.

This simplifies the entire health field and allows you to step onto a bridge that leads to an ultimate remedy with healing benefits unimaginable by man-made therapies. New doors, new vistas and impressive benefits await you.

# *The Bridge to the Ultimate Remedy*

We stand on one side of a bridge, unaware that the ultimate remedy for our ailments awaits us on the other side.

We are unaware because our attention has been diverted by the conventional beliefs ingrained within the healing professions. Accordingly, we spend mammoth amounts of money to develop thousands of remedies for the multitudes of diseases that we believe we have identified. Much of this is unnecessary and wasteful — and you'll see why.



Furthermore, top medical researchers work within the world's most prestigious universities to study the body in great detail — from cells to neurotransmitters and beyond. Just to administer these complicated treatments requires extensive medical training and licensing. The cost to the patient, of course, is enormous. One can easily spend several months' income for a week in a hospital.

Yet these efforts frequently fail — or are temporary — and may cause even greater problems. The system is clearly flawed.

On the other side of the bridge awaits The Unseen Therapist. Her methods are completely different from those in which we have invested so heavily. They are gentle, peaceful, applicable to everything and limitless. No special education is required and they are free.

She will be heralded throughout this book and described in more detail later. For now, please know that She does not look to your body to find relief because the true cause does not exist there. Rather it is in your mind and that becomes Her focus. This is why She is so effective. She aims at the true cause of your ailments rather than spending massive resources on trying to alleviate symptoms. Properly understood, all your diseases — from hiccups to cancer — are mere symptoms of this deeper cause.

When I refer to the mind, I am not talking about the brain. The brain is a physical organ of the body, as are kidneys, lungs and the liver. The mind, however, is intangible and thus our medical researchers have difficulty containing it for scientific purposes. It is spiritually based and

is where your beliefs and emotions reside. It draws its power from your spiritual dimension — from the other side of the bridge.

Your goal here is to venture across that bridge toward levels of love and peace that generate increasing levels of healing. The further you go, of course, the more profound your healing becomes.

**The foundation is essential:** This book is concise because its essential messages are easy to grasp. However, for best results, you will need the foundational concepts before you learn the actual method. For example, the actual healing process is explained in only a few pages in the latter portion of this book (see Step by Step Through The Personal Peace Procedure). If you are consumed with curiosity, you could go there now and skip the essential NewThink foundation that leads up to that process. However, be aware that without understanding those crucial concepts, it will most likely cost you both time and results. If you do choose to skip ahead, be sure to return here so you can have the full picture.

So what is NewThink? I explain it next.

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## *NewThink - Intro*

Dramatically new innovations are often met with skepticism. This is because old, cherished beliefs must be questioned and new thinking, or NewThink, must take their place. That process can be filled with excitement because it's fun and invigorating to think in this new territory.

Nonetheless, resistance to such shifts is common and understandable. We tend to like our old beliefs, even if they don't always serve us well. We are used to them. They are comfortable and represent what we believe, and hope, is true.



That's why my primary task here is to establish the

NewThink foundation for you. It is not, as you might expect, to establish the validity of our healing method; that is the easy part because you can experience its undeniable validity through simple practices on your own issues.

To facilitate understanding, I have broken our NewThink concept into several digestible pieces. Each follows the other in logical sequence.

However, be prepared. NewThink is likely to challenge many of your beliefs.

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## *NewThink #1: We Don't Know the True Cause of Our Ailments*

Here is where NewThink begins. If we understood the true cause of our ailments, this book wouldn't be necessary. We don't, however, and, as you will soon see, this is readily acknowledged by the medical profession.

I have great respect for the members of the medical profession and count many of them as my personal friends. It takes major dedication to endure the process of medical school and internship and even more dedication to serve the complex needs of patients.



Doctors and nurses are often frustrated because the true cause for diseases has largely escaped them. Despite the massive amounts of time and money spent on medical research, our dedicated physicians have been largely compelled to manage only the symptoms of our diseases. Cause, even for most ailments of a physical nature, remains on their wish lists.

This is because medical researchers tend to look for causes in the wrong places. For example, medical research points to the fact that depression seems to be associated with a chemical imbalance in the body. Accordingly, a counter-balancing chemical (drug) is introduced and the patient feels better. However, patients must continue to take the drug or their symptoms reappear.

Thus, the drug does not cure the problem. Rather, it temporarily masks the symptoms. It follows, then, that a chemical imbalance cannot be the true cause of depression because that imbalance, properly understood, is just another symptom. Ultimately, we need to find what causes the imbalance. Then we will be closer to true cause.

This same reasoning applies to every disease I can think of. Cancer, for example, is not caused by cells going awry, although that cell behavior often becomes the focus of medical treatment. Our devoted medical professionals can sometimes kill off the offending cells with radiation or chemotherapy and remove tumors through surgery. But, even though these processes may have some degree of success, they do not address what caused the cells to go awry in the first place. Thus, the procedures often fail and, in other cases, the cancer returns after a temporary remission.

Out of curiosity, I spent two hours one morning looking for the causes of our various ailments on WebMD.com, one of the largest, and considered more authoritative, medical websites currently available. I could find nothing resembling a true cause for any disease. In fact, the inability to understand true cause is readily admitted. Here are a few quotes (*emphasis added*) representing the multitudes of open admissions in this regard:

- **Multiple Sclerosis:** *“Doctors still don’t understand what causes multiple sclerosis,* but there are interesting data that suggest that genetics, a person’s environment, and possibly even a virus may play a role.”
- **Migraine Headaches:** *“Experts aren’t sure what causes migraines.* They run in families, and experts have found a genetic link. But it isn’t clear why some people get migraines and others don’t.”
- **Asthma:** *“No one really knows what causes asthma.* What we do know is that asthma is a chronic inflammatory disease of the airways.”
- **Irritable Bowel Syndrome:** *“The exact cause of irritable bowel syndrome (IBS) isn’t known.* But health experts believe that faulty communication between the brain and the intestinal tract is one cause of symptoms.”
- **Rheumatoid Arthritis:** *“Doctors don’t know exactly what causes Rheumatoid Arthritis.* It may be a combination of genes and environment. Some researchers think an infection with a bacteria or virus can trigger the disease in some people, but so far, they don’t know what virus or other organism does that.”
- **Scoliosis:** *“In most cases, the cause of scoliosis is not known.* This is called idiopathic scoliosis. It develops mostly in children and teens and appears to be related to several things, including genetics, as it often runs in families.”
- **Sjogren’s Disease:** *“Doctors don’t know the exact cause.* You may have genes that put you at risk. An infection with a bacteria or virus may be a trigger that sets the disease in motion.”
- **Attention Deficit Hyperactivity Disorder:** *“No one knows exactly what causes ADHD,* but certain things are known to play a role.”

- **Dyslexia:** *“The cause of dyslexia is not clear,* although it is probably an inherited (genetic) disorder because it runs in families. Some studies have shown that people with dyslexia have abnormalities in the functioning of the areas of the brain involved in reading and language.”
- **Anxiety:** *“The exact cause of anxiety disorders is unknown,* but anxiety disorders — like other forms of mental illness — are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress.
- **Panic Disorder:** *The exact cause of panic disorder isn’t clear.* It is thought that it may be caused by an imbalance of chemicals in the brain (neurotransmitters). It also may be passed down through families (genetic).”
- **Phobias:** *“The cause of phobias is unknown.* If you have a family member with a phobia, you are more likely to have a phobia.”
- **Endometriosis:** *“The exact cause of endometriosis is not known.”*
- **Leukemia:** *“Experts don’t know what causes leukemia.* But some things can increase the risk of some kinds of leukemia.”
- **Bipolar Disorder:** *“Doctors don’t completely understand the causes of bipolar disorder.* But they’ve gained a greater understanding in recent years of the bipolar spectrum, which includes the elated highs of mania to the lows of major depression, along with various mood states between these two extremes.”
- **Chronic Fatigue Syndrome:** *“Doctors don’t know what causes chronic fatigue syndrome (CFS).* For many people, CFS symptoms start after a viral illness. In some cases, CFS seems to follow a major physical or emotional trauma or an exposure to toxins. But there is no single known cause of CFS.”
- **Eczema:** *“Doctors don’t know exactly what causes eczema.* The most common type of eczema — atopic dermatitis — resembles an allergy. But the skin irritation, which is more often seen in children rather than adults, is not an allergic reaction.”

This is a disappointing display and, regrettably, it only represents around one percent of the complete list. Thus, despite massive amounts of research money spent trying to find cures, our doctors have yet to be given a true cause for the vast majority of our diseases. Yet we rely on those physicians and, while we sometimes have success, we are all too often subject to unnecessary surgeries, misdiagnoses and side effects from prescribed medications.

What better evidence could we have that medical researchers are aiming at the wrong target? They are looking for causes where they don't exist. It's like mining for gold in your bathtub. It's not there.



It's like mining for  
gold in your bathtub.  
It's not there.

Try this for your own ailment(s). Go to WebMD.com, or any other large medical website, and look for the true causes. If you can find one, let me know. However, in your search, please don't accept as true cause definitions such as, "There appears to be a genetic tendency..." or "Those with Diabetes are more likely to suffer this disease..." or "Risk factors include..." Tendencies, second hand influences and risk factors are not causes. They merely help doctors form educated guesses with which they try to explain what is happening.

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## *NewThink # 2:*

# *True Cause = Negative Emotions*

So what does cause our multitudes of diseases?

Our NewThink answer points to the mind, not the body. More specifically, it insists that diseases show up in the body as manifestations of the unresolved fear, anger, guilt and other negative emotions that we all collect over our lifetimes. Resolve your emotional issues, which this book will show you how to do, and you remove the major causes. Without the causes, your disease symptoms must dwindle. It's a simple idea, but truth generally is.



Intuitively, we know this is true. We can often feel the heaviness of guilt, the apprehension of fear and the explosiveness of anger within our bodies. Doctors don't have fear-o-meters, or the like, with which to measure the degree of damage involved, and neither do we. We can sense it internally, however, and thus know that these emotions – or bliss bandits – are robbing us of our health.

Interestingly, our medical researchers have already ventured through this door. They have conducted many studies that profoundly point to the fact that negative emotions are major contributors to our diseases. This, of course, confirms the thrust of this book. There is even an emerging field called psychoneuroimmunology that is centered around this discovery. It has produced many illuminating studies that point in this direction but, unfortunately, nothing much has been done to date with this kind of research.

These studies have confirmed that negative emotions result in a cascade of “negative chemistry” (my term) that floods your body and, when held in your body over long periods of time, can result in a long list of serious diseases.

Your immune system is designed to ward off diseases and, when given the support to do its job, it performs admirably. However, when you permit ongoing thoughts of resentment, guilt, worry, fear and the like, your body becomes immersed in a swarm of negative chemistry that siphons resources from your immune system and seriously impairs the repair mechanisms of the body.

A large body of scientific research, including the aforementioned psychoneuroimmunology, provides a sound, medical, explanation for this phenomenon. So, the problem is not that there is a lack of proof that negative emotions (and the resulting negative chemistry) are real causes of disease. Rather, it is that the medical establishment aims their remedies at the symptom level, not the cause.

And the bigger and more persistent that negative chemistry, the more your immune system — and your body's repair mechanisms — are impeded. This results in an increased tendency for disease and other ailments to take root in our bodies. It's like playing a sport with an ever-weakening defense. The opposition can eventually score at will.

We are aware of some of the surface versions of this damage because they have immediate physical effects. We notice, for example, that a burst of anger causes immediate heart rate and blood pressure effects. Similarly, negative emotions such as anxiety and worry often show up instantly as abdominal distress, breathing difficulties, headaches or tightness in the throat and chest.

Regrettably, we are often unaware of even deeper damage until serious symptoms begin to appear. It often takes months or years — even decades — for that burden of negative chemistry to wear down our immune system and repair mechanisms and develop the more severe, longer duration symptoms that ultimately turn into (chronic) disease.

As stated before, this typically is where the medical profession administers drugs, radiation, surgery and other invasive techniques to, hopefully, arrest your symptoms. In the meantime, the underlying emotional causes go unattended and so, while the medical treatments may develop some apparent successes, the negative chemistry continues its crusade against your body.

Sadly, the emphasis on this important finding is much too low. This is understandable because, until now, doctors have not been given proper tools to truly neutralize the damaging effects of negative emotions. Their medical education is body oriented and “matters of the mind” are generally viewed as belonging to another field.

Due to the fact that matters of the mind are not the focus of their training, they tend to refer to this problem as “stress” and recommend remedies like “change jobs” or “take a vacation” or “meditate.” Meditation

is certainly a step in the right direction, but not enough in itself. That's why we enlist the aid of The Unseen Therapist.

The same philosophy may be applied to psychiatrists and other doctors who are trained to look at "matters of the mind." They also tend to treat the symptoms with drugs rather than target the cause. Again, The Unseen Therapist offers a chance for them to address the root of the problem.

Since 1995, many physicians and nurses have used my "True Cause = Negative Emotions" processes and have sent me many glowing reports. It is inevitable, I think, that the entire medical profession will eventually blend this true cause with the superb physical science they are collecting.

This will take time, of course. When this happens, the most obvious result is that our more progressive physicians will apply The Unseen Therapist *before* resorting to drugs, surgeries, radiation and other harsh remedies. This will be a major step forward for everyone as it will help maximize our healing possibilities while minimizing the sometimes disastrous side-effects of unnatural invasive techniques.

**Introducing Gabriëlle Rutten, MD:** One such progressive physician is Gabriëlle Rutten, MD, (from Holland). She has been following my "True Cause = Negative Emotions" concept for years and has had such stunning results that she has abandoned her regular medical practice in favor of these new ideas.

In her article that follows, she provides you with a bit of useful history by opening with her use of my earlier discovery — EFT (Emotional Freedom Techniques). She then includes her reasoning behind why she has shifted her conventional medical practice in favor of The Unseen Therapist. Note that her words echo many of the threads in this book. Example: *"It was such a relief for me to be able to help clients find the real cause of their problems instead of merely treating their symptoms."*

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# *How I Threw out my Prescription Pad and Never Looked Back*

**Gabriëlle Rutten, MD**



“Before his latest advancement regarding The Unseen Therapist, Gary provided the world with his original process, EFT (Emotional Freedom Techniques). It was introduced in 1995 and is in the hands of millions today. It is a remarkably effective combination of a special form of cognitive therapy and acupressure that has reduced the conventional therapy process from weeks, months or years down to a fraction of that time.

I discovered EFT in 2002 and was immediately drawn to it. It was so very different from what I had learned as an MD. Interestingly, Gary is a Stanford trained engineer and has no formal training or licensing as a therapist or physician. This is a distinct advantage because, as an outsider to the medical profession, he can see the healing field through unique glasses. This brought about his special view on cause and effect that, in turn, produced healing results that have been previously thought impossible.

Intrigued, I started to study all of Gary’s videos that were available back then. My first results were on my own issues and were quite remarkable. For example, I went from using heavy medication for my frequent migraine headaches to no symptoms at all in three months time. And a few months later, I was free from the lower back pains that plagued me for some 20 years. All this in a matter of months, just by “borrowing benefits” while watching Gary’s videos and doing his Personal Peace Procedure.

This really piqued my interest as an MD and so I dived into EFT in earnest. As a result, I shifted my entire medical practice to using EFT for my patients (who are called clients now). I helped them manage their stress and negative emotions with EFT and taught them how to use EFT for themselves. The results were much better than what I could do with drugs and I have never again used my prescription pad.

It was such a relief for me to be able to help clients find the real cause of their problems instead of merely treating their symptoms. I felt so inadequate and powerless doing that. Of course, I was aware that negative emotions are big contributors to diseases. Many, if not all doctors know this. However, we don’t take this knowledge far enough. They are not just contributors; they are the central cause of disease.

I have been working with Gary’s “Gold Standard EFT” for 13 years now and I am very happy with the results my clients are getting.

I thought it couldn't get any better, but I was wrong. I had always wondered why Gary used to say, back in the days when EFT was introduced, that "we are on the ground floor of a Healing High-Rise." But now I understand exactly what he meant. Gary has clearly developed the next powerful step in healing with The Unseen Therapist as one natural remedy for everything.

Although it involves a new way of thinking (that he calls NewThink), it is not only rooted in common sense, but scientific research shows as well that Gary is looking in the right direction by including research in both the medical field and in quantum physics. Gary is not burdened by older beliefs from medical dogma and thus, in true engineer fashion, throws everything out and starts over with the essential parts that truly work.

This is how he has built again a streamlined, therapeutic process for us that far outshines its predecessors. It tackles the true cause of disease even better than his previous EFT. The more I learn to use The Unseen Therapist, the fewer limits I see.

The Unseen Therapist helps me focus on where healing is needed, namely, that the true cause of any disease is found within ourselves. It is in our minds, our beliefs and our emotions. Or, as Gary puts it, True Cause = Negative Emotions. It is the essential piece of healing that should be adopted universally by everyone. And, wherever possible, it should be used before resorting to medical procedures such as drugs, surgeries, radiation and the like. In doing so, the chances are good that relief can be gained with little or no invasion by those unnatural methods.

This is why I have, once again, shifted my medical practice. This time putting The Unseen Therapist and Her gentle healing methods center stage during my sessions. The results include very diverse diseases and problems such as **panic attacks, migraine headaches, PTSD, constipation, bladder dysfunction, childhood trauma, suicidal crisis, Meniere's disease, agoraphobia, rheumatoid arthritis, psychosis, eyesight problems, hay fever, gonarthrosis (knee), coxarthrosis (hip), allergies, eating disorders and Chronic Fatigue Syndrome (CFS).**

The Unseen Therapist deserves a prominent place in healing practice and this book should be a mandatory read for all patients and healing practitioners. It opens the door to new levels of health and well-being for everyone.

Gabriëlle Rutten, MD"

With heartfelt gratitude to Dr. Rutten, let us continue.

Whether you are a self-help patient or a healthcare professional, the ultimate step occurs when you have thoroughly mastered your commu-

nication with The Unseen Therapist. When that happens, medicine, as we know it, will become outdated.

In the meantime, should we drop medicine and all other man-made healing methods in favor of The Unseen Therapist? No! At least not yet. Crossing the bridge is a process and, while each step provides healing advantages, it is unrealistic to think everyone will cross it all the way.

For example, if it takes one thousand steps to completely cross the bridge, my students that have reported the remarkable results displayed in “A Peek at Your Possibilities” (later in this book) have only progressed an estimated two to five steps. They are just getting started (as are you) and yet they have reported solid benefits, some of which are well beyond the capacity of our finest doctors and hospitals. You can, of course, do the same and more. Your possibilities have no boundaries.

Also, at this stage of our understanding, we must give weight to other related causes.

Such causes involve lifestyle (including diet) and accidents, both of which appear to be factors outside of our negative emotions. Even in these cases, a strong emotional contributor is still in play.

For example, filling our bodies with sugar, tobacco, alcohol, drugs and other toxic substances will surely compromise our physical well-being. However, if you examine these poisonous practices in detail, you will discover that one of their purposes is to make us “feel better” or “relax us” by tranquilizing our doubt, fear, guilt, anger and other emotional upsets.

More accurately stated, they take us, at least temporarily, toward the same peace that is naturally offered by The Unseen Therapist. As you might expect, our lifestyle choices will likely shift as we cross that bridge and allow Her to provide peace instead of provocation. This is because we will no longer need artificial substances to create the internal harmony we seek. In this way, negative emotions play a central part in this problem and, happily, can be resolved with our process.

Further, the healing time for accidents and body traumas is also tied to our unresolved negative emotions. This is because our emotional issues tend to show up in weak or traumatized parts of the body and thus hinder healing. This may seem strange to you but I have seen many cases where lowering anger, guilt and the like have accelerated recovery time from accidents by 50% or more.

**[WRITE GARY](#)**

**[FREE SUPPORT](#)**

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*NewThink #3:  
There is One Natural Remedy  
For Everything*

So far we have learned that the true cause underlying the vast majority of our ailments centers around unresolved negative emotions. Accordingly, common sense dictates that we now turn our focus to emotional remedies, rather than those that may appear to be of physical or chemical origins.

We have been conditioned by our man-made healing methods that each of the thousands of ailments that humans develop has a specific remedy for it. Thus we take a specific pill for a headache and a very different one for anxiety. We do special exercises for some problems and restrictive diets for others. Radiation may be recommended for some tumors while surgery may be the suggested means for intestinal disorders.

The methods in this book sail right past this multiple remedy idea. Such beliefs are set aside in favor of...

**One Natural Remedy  
For Everything!**



“There is one natural remedy for everything!”

This is a stunning idea because, properly understood, it collapses much of the medical and pharmaceutical beliefs. It holds that the thousands of treatments that have been developed for a seemingly unlimited number of maladies can all be reduced to one process that anyone can learn.

You might accept this idea academically but still be curious as to whether The Unseen Therapist can bring relief to your specific problem. Your thoughts may be, *“I see how others get relief, but what about me? Maybe my issue is different.”* Thus, you might be tempted to scan through this book to see if “a broken toe” or “Meniere’s disease under age 40” or “PTSD from childhood sexual abuse” are listed anywhere.

They are not.

Neither are most of the thousands of other ailments that have been given labels by the healing professions. Just to list brief descriptions of those ailments would require a book several times the size of this one.

As we have seen, our physical diseases arise from, and are exacerbated by, negative emotions. Such causes are mind-oriented, of course, and manifest differently in our bodies. Thus, resentment of a betrayal at age 14 might contribute to Parkinson’s disease for one person whereas, in someone else, that same resentment may manifest as anything from a painful lower back to esophageal cancer. Thus, the disease is not the problem. It is a *symptom* of the problem.

Accordingly, if you search through these pages for a given symptom (disease or ailment), you are missing the main message. The Unseen Therapist brings peace to the true cause (negative emotions) of your ailments and that peace, in turn, helps resolve the symptoms. This true cause is the same, regardless of your symptoms. Stated differently, your physical symptoms are echoes of your unresolved negative emotions.

As it turns out, we have all collected many versions of that true cause (guilt, fear, resentments, etc.) over the decades. The way in which these symptoms manifest in our bodies is much less important than what causes them. That’s an essential part of our NewThink.

To give you a concrete sense of how The Unseen Therapist provides relief for all such issues, I list next sample reports from my early students. These extraordinary results provide a “peek at your possibilities.”

**[WRITE GARY](#)**

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## *A Peek at Your Possibilities*

The student reports below display impressive Unseen Therapist results for issues that span everything from routine ailments to seemingly hopeless medical issues. Although some are written by doctors and other members of the medical profession, most are provided by self-help patients.

### *The Unseen Therapist Brings Dramatic Stroke Recovery to Isabel Vagos' Mother*



Before learning about The Unseen Therapist, Isabel Vagos persistently applied the tapping form of EFT (my previous healing process) for her mother, a stroke victim, over a several month period. As a result, her mother went from being unable to walk without two people helping her ... to ... walking 2,000 meters (a bit over one mile) while holding on to only Isabel's arm.

This, by itself, is an impressive recovery for someone who was suffering from such a severe disability for nine years. It is well above the average expectation from medical treatments, rehabilitation, etc.

Then, within just one session with The Unseen Therapist, a dramatic new level of results occurred. At one point during the process Isabel's mother said, *"My legs are different. I want to try them [by walking]."* She then walked, unaided, for 5,000 meters (over three miles).

Here is a link to a video of her mother walking. Note that she is walking completely by herself and has only a slight limp. This kind of stroke recovery is rare, or non-existent, using conventional methods.

<https://youtu.be/Lqxxgjaw4uwk>



As a follow-up, here is a letter a few days later from Isabel.

*“Hi Gary!*

*My mother fell yesterday. Usually after a fall she stayed home for two or three days without walking. Today, after 5 minutes with The Unseen Therapist, my mother again asked to go out and test her legs. She was a little nervous because of yesterday’s fall but with a huge desire for going out for a walk.*

*I asked her if she wanted to give a short walk and she said no, she said she wanted to see the sea.*

*We walked the same as the other days (5,000 meters) and then some more, we moved further 500 meters towards the next beach.*

*Recovery shows no signs of turning back, she is better every day :-)*

*THANK YOU*

*God Bless You*

*Isabel Vagos”*

As a final follow-up, I spoke with Isabel one year later and learned that her mother’s stroke recovery has held nicely.

*Taye Bela Corby Felt*

*The Unseen Therapist Working Through Her.*

*Also, Her Fear of Dogs is Gone and Her Dental Surgery  
Recuperation was Dramatically Shortened.*



“While working with The Unseen Therapist in behalf of a friend, I experienced Her working through me, as me, and I was sooooo surprised! I LOVE this!

Also, my major fear of dogs is gone (I now have a puppy).

And... I recently invited in The Unseen Therapist to help with my fears and healing regarding teeth and gum surgery. She helped me relax during the surgery and my recuperation took 4 days instead of the expected 2 weeks. No pain medications were needed.

Taye Bela Corby”

*Gabriele Rother’s Severe Headaches*

*Vanished. She Could Feel The Unseen*

*Therapist Adjusting her Skull.*



“While attending Gary Craig’s first public workshop on The Unseen Therapist, I was experiencing one of my frequent severe headaches. These headaches were largely due to a brain fluid problem I have had since birth and usually continue for days, like a migraine.

Gary brought me on stage and quickly found that another cause was a hidden emotion: anger.

First Gary asked the participants to activate The Unseen Therapist in my behalf and to share that healing with me. It was a very intense experience because I could feel the energy flowing through my whole body. I could feel the love embracing me in a soft and gentle way.

Thereafter Gary worked with The Unseen Therapist for my benefit and, after a short while, I felt a sort of shift in my brain. It felt as though parts of my skull were moving and adjusting to compensate for the brain fluid problem. Quickly, the headache was almost gone, only a bit of pressure was left. It was a big relief for me and, an hour later, the headache was totally gone. No pressure, no pain anymore.

I waited the whole day in a kind of disbelief. Will it come back? Will the pain hit me again so that I can’t even open my eyes?

Since that time I am free from pain, clear and with a slightly better eyesight too, a welcome side effect!

Gabriele Rother”

***Diane von der Weid Gets Stunning Results for a Swollen Left Ankle, Childhood Traumas, Negative Beliefs, a Stye Under the Eyelid, Sciatica, a Sore Throat and Headaches.***



“I noticed one evening that my left ankle was quite swollen, but could feel no pain and couldn’t relate it to any fall or accident. There seemed to be no direct reason for this, but there had been many emotional things going on in my life the months before. I chose to deal with it with the Unseen Therapist and my husband (Alain) joined me in the process. I had no clue as to what might have induced this swell, so we decided to just go with what was there: the swell... and my beliefs on ‘what it could be.’ Within minutes my ankle was back to normal; that was one year ago, and the swell never returned.

Since then I have experienced the work of The Unseen Therapist on different emotional and physical issues – from childhood traumas to negative beliefs, a stye under the eyelid, sciatica, a sore throat and headaches. I got stunning results and lasting resolution for each one of these issues.

Diane von der Weid”

PS from Diane: “Getting quiet, for me, was a challenging part of the process. It would often take me several tries but the result was almost always worth it. Now I can do it in moments. Gary is right. Practice is essential.”

***Sheri Baker’s Client Enjoys Relief from Several Challenging Ailments Without Even Knowing When The Unseen Therapist was at Work: Kidney Pain, Kidney Stones, Blood in Urine, Gout, Eating Issues, Neck and Shoulder Pain, Eye Infection, Migraines.***



“My client, Elizabeth, had been dealing with a variety of physical challenges for quite a while, trying to resolve them herself through a combination of mainstream medical intervention and nutritional supplementation. Wary of the ongoing struggle to find relief, and frustrated with the lack of any discernible improvement, she contacted me for assistance with The Unseen Therapist.

In her initial communication (capitalization is hers), she outlined an extensive array of physical problems: *My kidneys hurt nearly ALL THE TIME. The number of kidney stones I’ve been creating has increased along with the frequency of visible blood in my urine. And now I’ve*

got actual gout with pain in my left big toe. Plus, it seems that nearly all foods in some way create kidney and other problems. Even consuming ONLY fruits and veggies, I STILL have problems. I don't know what to eat. I'm hungry! I also have an infection issue in my left eye. I've been dealing with this for almost two years, and I want to be free of it as well. And if that isn't enough, I also have pain in my neck and shoulders and the occasional migraine headache.

'The doctors want me to see MORE doctors. I actually did go see a hematologist, and that was a wasted visit. He didn't address anything new and even when questioned, he'd say 'that's not my expertise, you have to see someone else.' I realize now I must go deeper and look at emotional causes. I'm scared and need your help. Would you kindly help me?'

"Over the course of a week or so, at various times unbeknownst to Elizabeth, I did some surrogate work for her with The Unseen Therapist. When I followed up to ask what she had experienced, she reported the following results, which I am happy to share with her permission."

### **Pain in kidneys (hurting nearly all the time)**

'As you recall, I had massive pain last year from eating mushrooms. I had to cancel a day trip I had planned to take with my boys. Thanks to your work with The Unseen Therapist at that time, the pain diminished from a 9-10 to 1-2...then zero. A few days later, I managed to take the boys on that ride, and the weather was even better than the original day it was planned. The dizziness I was experiencing because of the mushrooms was also completely alleviated.'

'With the more recent round of kidney issues, your work with The Unseen Therapist took me from another 9-10 down to a range of 0-2 which ebbs and flows.'

### **Kidney Stones**

'In the last year, I've passed MANY kidney stones... including two 1 cm stones. Since your recent work with The Unseen Therapist, I have felt a couple of small ones, but have not seen them. They must have passed easily without pain because I haven't felt them in perhaps 2-3 weeks.'

### **Blood in Urine**

'During the worst of it in recent weeks/months, I went from dark red urine with each bathroom visit to not seeing any blood except maybe once or twice a week, and even that is fairly pale.'

### **Gout — Pain in Left Big Toe**

'This went from about a 5 down to a 1-2. I still feel it somewhat ev-

ery day, worse in the evenings. In the early part of some days, I don't feel it at all. Later in the day... yes... but at that 1 or 2 level.'

## **Eating Issues**

*'I am happy to report improvements in this area. Very small, but improvements none-the-less! It used to be so bad that I couldn't even eat one nut or seed (among other foods I had to avoid). Now, I can eat 4-6 nuts or a tablespoon or two of pumpkin seeds without my kidneys or my left big toe reacting horribly in pain. Here in the last week or so, I've also consumed far less concentrated tart cherry juice. Before your work with The Unseen Therapist, I had to drink quite a bit of it every single day. Right now, I've had a couple of days where I've forgotten to drink any at all.*

*Then late last night, I asked my husband to make me some of his hash browns, and I was able to eat a huge batch — ALL of them! Of course, more grateful feelings went out to you and The Unseen Therapist, as they do now just thinking about this experience.'*

## **Neck and Shoulder Pain**

"At the time of this particular communication, Elizabeth described her neck and shoulder pain as an 8-9 on the left and right side of both areas. Having no idea if and when I would be working on her behalf with The Unseen Therapist, she wrote:"

*'As soon as I woke up 30 minutes ago, I wondered if you had done any work on my neck and shoulders with The Unseen Therapist because some aspects of it finally dropped a bit. As I tune in again, wow! Now, front half of my neck is fine. Left side is much better than the right, I'm guessing a 3. The right side ebbs and flows from a 6 to a 7. And the shoulders are reflecting the same intensity as the neck.'*

Upon further reflection a day or so later, Elizabeth said, 'Wow...this is really strange. I've gone from the original feeling as if I'd been in an auto accident to a level that's more like an occasional annoyance. So on the pain scale, I've gone from a 10 (actually, more like 20) down to a 1-2 in certain spots in my neck and shoulders. The rest of my neck/shoulders went to a zero. This is something of an ebb and flow thing, too. I sense the work you and The Unseen Therapist are doing which is thrilling! Yes, I use that word because 'wonderful' isn't expressive enough.'

## **Eye Infection**

*'With regard to the eye... it's better! I had been meaning to ask if you had done work on behalf of it as well! I had been treating it with liquid antibiotic drops which helped while I was using them, but when I ran out of drops, the infection returned. The eye still has threads of aspects left, but thanks to The Unseen Therapist, there's an improve-*

ment I haven't seen or experienced since near the beginning of this issue two years ago.

## Migraines

"Elizabeth experiences migraine headaches on occasion, and contacted me in the midst of one of them. *'Sheri, I've got a humdinger migraine, about a 9.5 on the pain intensity scale, and I've been doing my usual headache relieving stuff to no avail. Can you help?'*

After doing surrogate work with The Unseen Therapist specifically for her migraine, I contacted her the next day to see how she was doing. Happily, she said, *'I did get relief! I retired around 11:20 p.m. last night. Woke up at 1:00 a.m. with much of the migraine gone. The rest was gone by morning. Pain free! I'm so very grateful to you and The Unseen Therapist, as I am for all of the work you've done on my behalf!'*

Interestingly, Elizabeth reports that she feels more impressive results when she does not know that healing efforts are taking place.

*'Regarding your work with The Unseen Therapist, I've noticed that better effects are realized when I haven't a clue the work is being done at that moment. The surrogate work you've been doing is simply amazing! Since I can't constantly bombard you with the thanks... here's some more... THANK YOU! Can't make these letters large enough to represent how I feel! I feel like these are all gifts... and to a certain degree, some of the gifts feel as if I'm regaining some freedom!'*

Sheri Baker"

## ***Another Result From Sheri Baker: Her Client Feels a Spiritual Presence Followed by Freedom from Severe Dental Surgery Pain.***



"Sunshine" had a problem molar that needed to be removed. Following dental surgery, she joked that her face looked like a chipmunk who got into a bar fight. Her jaw was swollen and she had bruising both inside her mouth and outside on her right cheek and jaw. When the pain meds started to wear off, she got what she called an "in-your-face" introduction to bone pain.

'Just a single sip of water lit me up like a humble 40 watt bulb hooked into a 500 volt line coming straight from the power plant — way too much electricity all at once. With orders to keep up my fluids, I had a real struggle all day. The pain meds helped to a certain degree only after I doubled-up on the dose (as per my doctor's recommendation). But the meds made me horribly dizzy, woozy, and

nauseous. And they didn't ever entirely take the pain away. My grim dilemma: deal with the raw pain or the side effects from medication.

'To distract myself, I started to watch a television program. And then something amazing happened. It was so subtle that at first I didn't realize what was transpiring. I felt a most unusual sensation, like the fingertips of an angel, calming and nourishing at the same time in and around the right side of my mouth and jaw. It took a couple seconds for me to register the sensations. In a couple more seconds, the experience was gone. And so was the pain.

'I had no need to take another pain pill that night, nor for the next couple of days, and then only because my toothbrush slipped off the molar next to the surgical area and impaled itself on the wound. The Unseen Therapist relieved the initial pain permanently, and I am very grateful She did! I was so floored by the experience that I knew She was involved, and that's why I contacted you to see if you had initiated the healing.'

"The night before Sunshine's tooth surgery, and again that very morning, I had been inspired to join with The Unseen Therapist on her behalf even though I didn't know exactly why. I find it interesting not only that Sunshine was unaware of the healing being directed her way, but that she didn't feel the effects until hours later. Coincidence? Maybe, but the experience was so mystifying, she felt Spirit had to be involved. That, plus my compelling need to focus on her within that particular time frame would also suggest otherwise.

In working with The Unseen Therapist, I've come to realize the importance of laying aside expectations of when physical results may or may not occur. Within the illusory concept of time, maybe a delay in relief is necessary in order to bring about a shift in thinking, or because a sudden healing would be too jarring or disorienting. Whatever the reason in this particular case, an unseen force succeeded where medication did not, and pain relief was achieved.

'Each time the experience comes to mind, I can't help but be amazed. Even though you brought in The Unseen Therapist a few hours before the pain released, I strongly feel this was an experience where She crossed the boundaries of time, maybe on purpose, to show that time doesn't actually exist for Her. I don't know. What I do know is that I am still in awe.'

Sheri Baker"

## *Armelle Moneger: Prostate Problems Vastly Improved for her Companion, Patrick*



“Patrick, my companion, has had prostatitis for about 5 years. To begin with, once a year, the level of PSA (Prostatic Specific Antigen), the urine flow, the emptying of the bladder, has been checked. The size of the prostate was also determined by ultrasound.

For the last two years this check has taken place every 6 months. The urinary flow has been irregular and the bladder not completely empty. A year and a half ago surgery was recommended. Patrick is unwilling to undergo the operation because of incontinence problems that frequently can be the consequence. However, at this stage, we believed it had become impossible to delay the surgery.

Yesterday, during our group session, I put Patrick’s problem on the top of my list for The Unseen Therapist’s help.

Today I accompanied Patrick to his regular visit. The doctor was surprised by the results: the PSA level was correct, the urine flow was good, the prostate was smaller and the bladder was practically empty.

Armelle Moneger”

Several months later, the prostate issues showed signs of re-surfacing. This does NOT mean that The Unseen Therapist “didn’t work.” Rather, it means there is more to do.

## *Dr. Gabriëlle Rutten’s Several Cases: A Client Feels a State of Oneness Instead of Anger, a Soldier is PTSD Symptom Free, Anorexia is Improved and Whiplash Symptoms are Relieved.*



Interestingly, the client in this first case felt a state of Oneness instead of anger. Here is how Dr. Rutten says it...

“Anger was at a 10. We closed our eyes and, after 30 sec, she was completely at peace and told me, ‘very strange, I felt a very strong urge to forgive him, I wanted to stay angry at him but all of a sudden I thought, oh he is only another human being fighting his own demons (alcohol) and then we merged and became one.’”

Below are three more examples of Dr. Rutten’s results with The Unseen Therapist.

## **Soldier is now PTSD symptom free.**

“A 28-year-old soldier has been at home with PTSD for more than 5 years after two missions in Afghanistan. He has tried conventional therapy by ‘talking with’ a psychiatrist as well as prescription drugs like tranquilizers, anti-psychotics, sleep medication and anti-depressants. He has had cognitive therapy with two psychologists. All with little or no result. He was desperate and didn’t want to use drugs anymore because it made him ‘numb’ and didn’t help with the PTSD symptoms.

He was referred to me by another doctor that knows of my approach. We invited The Unseen Therapist and, together, we have done 10 one-hour sessions working on his bigger traumas in Afghanistan as well as several big childhood traumas. He has also done the process at home by himself on the remaining, smaller, traumas that we identified. He was encouraged by the results and worked by himself on his issues every day for at least 1-2 hours. In 3 months’ time he was PTSD symptoms free. He has left the military and started his own business.”

## **Eating disorder**

“A 15-year-old girl visited me with her mother. She had suffered anorexia for 4 years and was dangerously underweight. I agreed to work with her but only on the condition that I would work with her parents separately, too. They agreed.

I also informed the girl she needed to be motivated to do ‘homework’ on her issues and explained the importance of this to her. She understood and wanted to really give this a try because, if she were to lose any more weight, she would have to be hospitalized. For perspective, she had been admitted to a special clinic for eating disorders a year before and had only gained a little weight. Despite this extended effort, she wasn’t ‘cured’ of anorexia after a stay for 3 months. She despised being ‘locked up’ and was therefore very motivated to do her homework.

I have worked with the girl (alone) for 11 one-hour sessions during 14 months in which we used The Unseen Therapist to work through a sexual abuse history (involving a cousin) and low self-esteem issues (involving being bullied in school). We compiled a list of specific traumatic incidents together and I gave her homework assignments to invite The Unseen Therapist regarding the many incidents.

She has gained enough weight to be well out of the danger zone. She has resumed school and enjoys socializing with a few classmates who have become her friends. She feels happy and has plans for her future.”

## Whiplash

“A 48-year-old woman came to me with severe whiplash symptoms after a typical low impact car collision (her car being hit from behind during a stop at a traffic light) 1.5 years ago. She had tried physiotherapy, painkillers, osteopathy, wearing a neck brace and chiropractic treatment.

Her pain levels were constantly at a 7-8 (on a 0-10 scale). She had concentration problems, was on sick leave from her teaching job, experienced short term memory loss and was desperate and depressed. Her doctor (a GP) had prescribed an anti-depressant. She was convinced that she had suffered ‘permanent’ damage and would be an ‘invalid’ the rest of her life. She felt helpless and powerless to overcome the whiplash and was discouraged by her GP explaining that many whiplash ‘victims’ have chronic symptoms.

We have worked together with The Unseen Therapist for 15 one-hour sessions on many big and smaller traumatic events in which she felt helpless and powerless. We worked together on her bigger traumas and her many ‘inherited’ beliefs regarding whiplash and its long-term effects that had been ‘installed’ by her GP, her various therapists and her own internet search on the subject.

She stopped using the anti-depressant after 6 sessions (after 4 months). We made a ‘Personal Peace Procedure’ list of many specific issues and she has invited The Unseen Therapist for their resolution — one at a time. As stated above, we did a lot of traumatic events together in our sessions and she worked at the rest of her list at home by herself.

Her short term memory loss dissolved after about 10 sessions (after 6 months). Her neck feels ‘*normal*’ again, no more pains, at the end of our work together. She wants to come back for a ‘check-up’ in 4 months because this helps her to keep working on her list every evening on the ‘issue of the day.’ She has found a new teaching job at a different school (the old job being very stressful for her), has a new relationship (an abusive relationship in the past was part of the problem) and she made amends with her mother whom she had not talked to in more than 3 years.”

## *Patricia Huyn Van Phuong Enjoys Astonishing Relief from the Severe Pains of Ankylosing Spondylitis.*



Gratitude is due to Patricia for sharing this remarkable story. For those unfamiliar with Ankylosing Spondylitis, it is a disease that fuses parts of the spine together to cause great pain and inflexibility. According to the Mayo Clinic, “There is no cure for Ankylosing Spondylitis, but treatments can decrease your pain and lessen your symptoms.”

As you will see, Patricia went from 30 years of pain to, “I suddenly realised that I felt no pain whatsoever, nowhere. I cried with joy because I could not remember having had such a relief ever before in my life.” Also note that it took persistence with her Unseen Therapist sessions and there were some relapses along the way. This happens sometimes, especially when in pursuit of discovering the true emotional causes involved.

Patricia’s native language is French and thus the following is a translation submitted by Bianca von Heiroth.

“I am 53 years old and have suffered from ankylosing spondylitis since I was 26 years old. Since then, and for almost 30 years, my whole body has been painful and sore. It was as if I had a giant hematoma on my whole body.

It took me awhile to achieve the remarkable benefits of The Unseen Therapist. I worked mostly with a group of others and for a while my benefits would come and go. At one point I even had a major relapse where the pains woke me up at 3 am and the upper body stayed paralysed till about 10 – 10:30 am. It was impossible for me to dress alone, to wash, to lift my cup of coffee to my mouth etc.

During subsequent sessions with the group and The Unseen Therapist, we worked on my pains. During the session I felt relief that each time lasted a bit longer. At last, after two months of suffering, the daily Unseen Therapist sessions done by myself as well as with the group, caused this inflammatory crisis to go away.

It happened during an Unseen Therapist session one Saturday morning when I suddenly realised that I felt no pain whatsoever, nowhere. I cried with joy because I could not remember having had such a relief ever before in my life.

Up until today, I naturally work every day with the Unseen Therapist and I have been able to stop all chemical treatment, anti-inflammatory medicines and other painkillers. I LIVE AGAIN!

Patricia Huyn Van Phuong”

## ***Robert Rother Avoids Kidney Dialysis.***



“I lost my right kidney some 6 years ago due to a removal of a tumor the size of a child’s head.

Unfortunately, my remaining left kidney never worked properly, even since childhood, and its ability to clean my blood deteriorated more and more. About 2 years ago the deterioration approached serious levels and my kidney specialist told me to anticipate dialysis.

According to my doctors, it might be possible to slow down that deterioration but I would not be able to return into a healthy state. In short, it was downhill from there. I decided to take over the full responsibility for my health, left the path of established medicine and started my work with The Unseen Therapist.

During this process a feeling of absolute trust occurred between me and The Unseen Therapist and, within days, doors started to open providing me with the right information showing me a path into new health.

In essence, I received a whole toolbox of ‘recipes’ for my condition and these led to dramatic improvements.

For example, I started with a blood cleaning value of 2.0 (Creatinine Clearance). This is the level of kidney failure where one must consider dialysis severe. Within 6 weeks the values started to improve to 1.34 (Crea) which was a better result than I had ever had, even before my kidney removal (when my Crea value was 1.43!).

Thank you Unseen Therapist! – Thank you Gary!

Robert Rother”

## ***Helen Blom’s Restless 9-year-old Sleeps Easily***



“Two days ago my daughter of 9 years-old couldn’t sleep as bad things happened in school that day. So she came down, sat on my lap and started to babble about everything. So I asked her to be quiet for a minute and I went back to the bad situation at school that she told me about and ‘became her’ and invited in The Unseen Therapist.

After 20 seconds I felt her relaxation as she started to yawn. After 1 minute I stopped, brought her back to bed and she felt very good the next morning. No complaints about not wanting to go to school :-).

Helen Blom”

## *Alain von der Weid: “The Left Side of My Chest (Where They Did the Surgery) was Filled Again with Life.”*



“At the age of 7, back in the 1960s, I had major open heart surgery (one of the first surgeries for a Coarctation of the aorta ever in Switzerland). At the time, for obvious technical reasons, this kind of surgery was extremely rough and complex. It lasted 9 hours.

The post-surgery period was particularly rough both, physically and emotionally. It would be too long to go into detail here.

However, what I would like to share here is that before I learned about The Unseen Therapist, I used EFT Tapping (your previous method) very successfully on hundreds of aspects linked to this surgery and the post-surgery, and had great results. For example, since this surgery my blood pressure was always on the high side, and thanks to EFT Tapping, I was able to take it down to normal levels, and more importantly, have it stay at a normal level.

However, there always seemed to be more to do... a missing piece, a sort of weight or burden that never went away. With the help of The Unseen Therapist and with my wife Diane, I was able to deal with very deep emotions related to this surgery, some of which I couldn't find the words for. The work done with The Unseen Therapist resulted in a feeling that the left side of my chest (where they did the surgery) was filled again 'with life.' What a strange feeling that 'life' was gone from it for almost 50 years. Also gone was that ever-present weight or burden.

Alain von der Weid”

## *Joanna Czajkowska Resolves Two Big Anger Memories While Jogging.*



“Hi Gary,

Today I was listening to some of your Unseen Therapist materials while jogging. While doing so, I experienced a healing of two 'big' anger memories. Before I started running I had asked God/The Unseen Therapist to heal these memories in a way that is best for me. I asked for insight, knowledge, understanding and changing my attitude. I got all of that... while running:).

What a wonderful way to heal! No need to do anything else. Thank You Gary!

Joanna

## FOLLOW-UP

Today, after about 24 hours from the “healing while running” experience, I tested these two anger memories. I imagined them in a vivid and exaggerated way and they both had a ‘3’ intensity. A few hours later I went for a walk and again was listening to your Unseen Therapist materials. I did the same thing as a day before - I asked The Unseen Therapist for a healing and stayed very open and willing to let go of any negative emotions. I checked these memories again about seven hours later and the intensity was and still is at ‘0’.

Sincerely,

Joanna”

### *Jacqui Halstead Entered Into a Beautiful Expanding Light*



“...and this beautiful expanding light brought me to floods of tears and literally to my knees.”

Jacqui Halstead after using The Unseen Therapist

### *Linda Carr’s “Frozen life” Turns to a “Bliss Capsule” PLUS Big Heart Rate (Pulse) Improvement.*



“Hi Gary,

As you know, for a number of years I have been greatly challenged emotionally and frozen in my life. I was terrified that me and my life would never ‘get happy’ again. Through my exposure to your webinars and frequent daily use of The Unseen Therapist for myself and others I am ‘getting happy’ again. As I’ve said to you and on the last webinar, I feel encapsulated in bliss. AND these last 4 days since the webinar I have also had these cranky periods... anger, impatience, frustration... I am finding my way back to bliss every time. I use my practice frequently and I keep watching the webinar replays. It really ‘blisses’ me up.

Something I have not yet told you... **when I’m really on the bliss roll I am oblivious to time... to regular eating... I need/want less sleep... all my senses are heightened, big time.** I walk along feeling the breeze on my face and it feels rapturous. The summer smells are intoxicating, the blue of the sky... then I look at the clock and it’s like 4 hours later than the last time I looked. I feel this seamless flow Even on days when I have appointments, all time related details are a flow. It feels amazing.

Linda Carr

PS: And remember we talked about my improved heart rate. Well, my resting pulse is now around 60 instead of high 70's... gentle and soft... feels great. And while running it is also lower by 15 to 20 beats per minute. This seems to be a side effect of practicing with The Unseen Therapist daily. I have done nothing intentionally to create this change; it just changed."

## ***Bianca von Heiroth Enjoys Relief for Chronic Obstructive Pulmonary Disease (COPD).***



I've had many reports of healings that have occurred while watching our Webinars, even the recorded ones. Bianca von Heiroth, from France, gives a detailed description of her experience.

She says, "The next morning, I didn't feel that I needed to take my medication for my lungs... and so I didn't. Years and years ago I was diagnosed with COPD (chronic obstructive pulmonary disease) and I have had to take a 'puff' of the medicine, sometimes two, every single day. Now, a week and two days later, I still feel fine. In fact, I feel much better than before. And I even tend to forget that there was once this necessary routine for my lungs... Bianca von Heiroth"

## ***From Kay Christopher: Relationship Improvement: The Couple Who Fought all the Time.***



Kay Christopher is a seasoned health practitioner who is expanding her skills with The Unseen Therapist. She met with a couple who were constantly fighting and, without even knowing the details, Kay engaged them in an Unseen Therapist session on these conflicts. The clients, of course, knew the issues... but Kay did not. The result astonished

Kay and so she wrote me to tell me about it with this follow up.

"Hi Gary,

Recently I met with a couple that were familiar with Gold Standard EFT (tapping) and I offered to introduce them to Optimal EFT. I asked them to choose an issue and told them I didn't have to know what it was. They whispered to each other and settled on a shared problem. I asked them to rate the problem on a 0-10 scale and they both very emphatically gave it a 10.

Shortly after we began the session the man said he was so tired from a day in the heat of the sun that he couldn't stay awake. He apologized and said he would not be able to engage in the session after all. I told him it didn't matter, he could sleep and it would still work.

Then I proceeded to work with the woman and we invited The Unseen Therapist into the session. The issue went from 10 to 3 to zero. Then we woke up the man and asked him what number the issue was. To his amazement the issue had gone from a 10 to a zero for him. He could hardly believe it!

Two days after the Unseen Therapist session I called the woman. She said it was fine if I knew what the targeted issue was: they had been fighting all the time, and on the day of our meeting they were about to split up because of it. She reported that, since the time of our Unseen Therapist session, the fighting had stopped. And, there were other improvements, as well.

Whereas in the past the man kept bugging her about eating cheddar cheese (which she doesn't eat), the next time he went to the grocery store he brought a different kind of cheese that she would like. That was new behavior.

I spoke with her again on the 9th day after our session and she said, 'He and I are doing very well since the session. Amazing. He is a different person and I am, too.' They are still getting along really well, and it feels very different to her, a great improvement. Pretty wonderful! Thanks for encouraging me to try The Unseen Therapist!!

Kay Christopher"

The issues that can arise between couples are seemingly endless. Thus, new issues may arise in the future and these become opportunities for The Unseen Therapist to further beautify the relationship.

### ***Naturopath Dr. Isabel Reis Reports Impressive Results for Pain, Addictions, Bipolar Issues, Sinusitis, Inner Ear Infections and Gastric Inflammation.***



"Hi Gary,

The last two weeks have been very interesting - I am seeing around 7-8 patients a day and have been inviting The Unseen Therapist into almost all of them. I am observing impressive changes in the chronic patients and miraculous shifts in others.

Sometimes when I hold the patient's head and invite in the Unseen Therapist, she starts moving their heads to and fro (some at a very fast pace ... I can hardly keep up) and then the Energy can actually be seen like waves moving down the body. That releases almost 90% of all pain but I also put my hands on the site of pain. The jaw bones move and I feel as if She (The Unseen Therapist) is twisting the patient's head right around. But when I open my eyes I see the

patient's head moved to the far right or left. At times She holds the head for a very long time and I feel tiny pulses moving until She is ready and I cannot move the head back until She is ready.

Almost without fail patients leave with a sense of tranquility.

Yesterday, my patient and I were working on this drug, alcohol and nicotine addiction. I have seen him for three months now and used The Unseen Therapist in our sessions in the last three weeks and he is totally at peace. Further, his bipolar episodes (he is on medication for it but had huge episodes despite it) have totally stabilized.

He is also totally drug free and we are now working on letting go of cigarettes.

One of the most touching experiences has been with a lady named Lynne (not real name) who is 65 years old and came to me with chronic sinusitis (after 6 operations), osteoporosis, middle ear infections and gastric inflammations. After a few sessions with The Unseen Therapist on some unresolved issues with her mother, Lynne had floods of tears and relief, sinuses unblocked, stomach untwisted and her ears cleared.

She is a totally different person now - confident, happy and owning her own power without any ego.

Gary I can go on and on - everyday every patient is touched in one way or another by this amazing power as peace trickles into their lives - some come back with little change but a huge awareness while others are affected profoundly. And in all of that I get to be part of in this profound process.

I am overflowing with the Miracle that is The Unseen Therapist - Thank you for bringing Her into my life.

Blessings and light, Dr. Isabel Reis"

### *Diane Roy's Grandson Achieves Improvement for Severe Autism*



"Hi Gary,

I recently called on The Unseen Therapist to help my severely autistic grandson. My daughter, his mother, just called and told me of his immediate improvement.

Diane Roy"

## *Intro to Claudia Logan, RN*



The Unseen Therapist can also be applied alongside medical treatments and procedures so that the results are more efficient. To give you an in-depth look at this inspiring use of The Unseen Therapist's power, I have asked Claudia Logan, a registered nurse, to give us some first-hand experiences.

Claudia is constantly helping clients with serious health problems. She has devotedly practiced her skills with The Unseen Therapist and, over time, is finding that her advanced healings are becoming more commonplace. Here are some of her experiences, both personal and with clients. Note that she describes these experiences using technical terms normally expected in a hospital setting. Physicians may appreciate this detail.

### **Extraordinary experiences with The Unseen Therapist by Claudia Logan, a registered nurse:**

**Pneumonia, suspicious breast cancer nodule, thyroid meds no longer needed, blood clots disappeared, atrial fibrillation, mitral valve leak, subdural hematoma, brain tumor operation, "impossible" brain dead response.**

"As a medical professional I seek clinical validation of the effects of The Unseen Therapist, and I am absolutely amazed each time I see it (which is often). I have shared these remarkable results with medical colleagues, physicians, and specialists and they say they've never experienced anything like this. It is so unexpected that they believe the substantiating MRI's, CT scans or labs must have been done on the wrong patient.

On a **personal note**, I have had significant results for myself with The Unseen Therapist. Here are a few examples:

#### **Pneumonia**

I experienced a resistant Pneumonia which lasted two months, in spite of IV antibiotics. It came down to a 5 in severity (on a 0-10 scale) with allopathic medicine. After 4 minutes with The Unseen Therapist, it disappeared altogether and never returned. A subsequent chest x-ray confirmed that the Pneumonia had cleared.

#### **Suspicious Breast Cancer "Nodule" Reduced to Benign Scar Tissue**

In the above-mentioned chest x-ray, the Physician's Assistant thought he saw a recurrence of breast cancer. A mammogram had been done 3 months' prior and was normal, so he was very concerned. A Sono-

Cine (breast cancer screen) was ordered and a 1 cm nodule with encapsulation and vascularity was diagnosed. This nodule was suspicious for a recurrence of the prior breast cancer.

We agreed to do a follow up SonoCine within a specific time frame, since I requested time to do work on the nodule using The Unseen Therapist by myself as well as with a group of practitioners and Gary Craig. The subsequent SonoCine results were: 'post-operative and post irradiative changes in the left breast with a prominent scar that measures 1.3 cm in length.' These results no longer contained the encapsulation or vascularity but rather a diagnosis of scar tissue related to surgery done 18 years earlier. In other words, a potential recurrence of cancer, with the assistance of The Unseen Therapist, was now merely scar tissue.

## **No Longer Need Thyroid Meds**

I also worked with The Unseen Therapist on my Thyroid dysfunction. I had been on Synthroid for 20+ years. TSH and T4 levels had always been low. I told my primary care physician that I wanted to stop medication and asked if we could repeat labs in two months to confirm that I no longer needed the medication. In the interim, I applied The Unseen Therapist to this issue.

The subsequent labs were within normal range for the first time in decades. Further, all subsequent labs have remained within the high end of normal. I no longer need, nor take, the Thyroid meds.

Blood clots disappeared: Three blood clots (Deep Vein Thrombosis) were recently diagnosed on my lateral left lower extremity. The Unseen Therapist was invited in to resolve the issue during a group session conducted by myself and other practitioners. An urgent scan was then performed and, astonishingly, the blood clots were not present. When the results were reviewed by my doctor, he was once again amazed and said "I KNOW they were there!"

Within the **hospital setting**, I have four stories to share:

## **New Onset Atrial Fibrillation Resolved and Mitral Valve Leak Reduced from Severe to Mild**

A client had fallen during a hike and injured herself. She had impacted her sternum and sensed a heart arrhythmia after the injury. She saw her cardiologist and was diagnosed with Persistent Atrial Fibrillation, but had not been started on any medication pending additional work up.

A 2Decho (2-Dimensional Echocardiogram) was ordered and it diagnosed a Severe Mitral Valve Leak. She'd had a Porcine Mitral Valve Replacement 10 years before.

Three sessions with The Unseen Therapist were done before her

next appointment with a cardiac surgeon. The repeat 2DEcho after the three sessions with The Unseen Therapist showed Normal Sinus (Heart) Rhythm and Mild Mitral Valve Leak rather than Severe. This was discussed with several Cardio-thoracic surgeons who all confirmed that they'd never experienced a Severe Mitral Valve Leak improving without surgery or Persistent Atrial Fibrillation resolving without medication initiation or cardioversion.

The client had subsequent surgery. During and after the surgery I invited The Unseen Therapist to help with the recuperation and recovery time. As a result, she had three out of five chest tubes removed and was transferred out of the Cardiac ICU within a day.

## **Remarkable Subdural Hematoma, Pain and Disorientation Recovery**

Another client, in her 70's, was kicked in the head by her horse. I accompanied her to the ER while inviting The Unseen Therapist to help bring relief during the trip. Typically, there is substantial pain and disorientation in this kind of injury.

However, upon testing after we arrived at the hospital, neither of these showed up with any real severity and the only possible explanation for this unusual result was healing work by The Unseen Therapist.

Neuro checks and pain assessment showed minimal pain 0-1 out of 10 even though there was a large laceration on the left cheek, several crushed teeth on the left jaw, several others loosened at the front of the mouth, a skull fracture and a subdural hematoma. Her concierge doctor was assessing her en route to the ER and told her that she was very lucid and minimally disoriented.

The CT scan confirmed the Subdural Hematoma. Another CT scan, done 12 hours later, showed that the Subdural Hematoma had decreased in size, which is highly unusual. The following day, she remained coherent, reported that her memory of what had happened was returning and she realized that she had lost consciousness but didn't know for how long. She remembered waking up lying on the floor (45% experience amnesia for a month). There was minimal bruising on the neck and face, and no headache reported. She only reported discomfort when she ate due to the crushed teeth.

She was assessed by Physical and Occupational Therapy as well as Neurology and no neurologic deficits were found. She was surprised that she was feeling no back pain as she had had several spinal fusions. She was discharged in less than 24 hours even though she met High Risk Criteria due to Age, a Traumatic Brain Injury, and a Subdural Hematoma (Most patients meeting high risk criteria are hospitalized no less than 48-72 hours in order to assure that the subdural or epidural hematomas, hemorrhagic progression of con-

tusions or edema do not develop or cause secondary injuries).

Friends were shocked that she was not anxious to be around her horse which she visited 2 days later. She was not hypervigilant and talked about the accident calmly, therefore, no signs of PTSD which was also unusual.

## **Astonishing Result for Brain Tumor Operation**

This client had a witnessed fall, face first and was seizing. Paramedics were called. She was in Status Epilepticus (severe, prolonged seizures) and was taken to the local trauma center. I met her at the ER. A CT scan and then MRI were done and she was on IV Dilantin for seizure control.

I was inviting in The Unseen Therapist on her behalf while we waited for the neurologist to come assess her and provide the results of the scans. Her neuro checks were excellent, the scrapes on her head and arms were appearing to be days old rather than hours, and she was lucid and coherent.

When the neurologist came, he reviewed the MRI with me. An 11 cm tumor had been found in the frontal lobe and there was a diagnosis of Mid-Line Shift. An urgent craniotomy was planned. She reported that with all her prior surgeries she had always had one or two days of nausea and vomiting post-op.

I invited in The Unseen Therapist on her behalf that night, and in the morning prior to the craniotomy. Extraordinarily, the surgery was less than 5 hours long (average time frame for non-urgent craniotomy is 2-6 hours. Patients with prior craniotomies take longer particularly if there are additional issues, such as the midline shift).

She was sitting in a chair eating breakfast first thing in the morning, therefore, no post-op nausea and vomiting and was experiencing no neurological symptoms of any kind. She did not require a flap procedure (reconstructive surgery) which was unexpected as she had had a prior craniotomy.

Since she was doing so well, I anticipated that she might be transferred from the Neuro ICU to the Neurological unit sooner than expected. Actually she was discharged home from the Neuro ICU on Post Op Day 1. I've never heard of any patient being discharged directly from ICU post elective surgery, let alone, post emergent surgery, and certainly not for a craniotomy when all patients are monitored for potential edema, subdural bleeds, etc. for a minimum of 2-4 days.

She went home, walked her dog, went to a party, and was fully functional immediately. No one was aware that she had just had major surgery.

# Unusual Grief Relief and an “Impossible”

## Brain Dead Response

A friend's sister was dying and I was very concerned for my friend as she had experienced the recent death of her daughter and grandson. This sister had been diagnosed with lung cancer and was in the hospital where her grandson had died and her daughter had been terminally extubated (taken off a ventilator).

I was worried that this would create additional trauma and did remote work with The Unseen Therapist on her behalf with the intention to create the most ideal death for the sister which would assist my friend as well.

The patient was unconscious and having Cheyne-Stokes breathing which my friend recognized. She realized that her sister was dying and called her other sister into the room. As they sat by the bed, she suddenly opened her eyes and stared at my friend and then stared at the other sister, then looked between them to the corner of the room.

My friend turned to see what might be behind her in the corner. She didn't see anything but felt something there. Then the patient's eyes slowly and very gently followed the wall up to the ceiling, took her last breath, closed her eyes, and left her body.

My friend told me that she was in a very unexpected emotional state. She said she was not upset or grieving and actually felt a sense of peace and joy. She and her sister stayed in the room, had drinks, ate dinner and shared memories of their sister with each other.

She said she never expected that another death would feel this peaceful or loving given her experiences and the profound grief she still felt related to her daughter's death. She then said: 'By the way, did I tell you she was Brain Dead?'

The patient was in a hospital setting. She did have brain metastasis due to lung cancer. She had been unconscious and Brain Death had been diagnosed. Given the diagnosis, there was no way she could have opened her eyes, been lucid and focused, stared at them, looked between them to the corner of the room, and slowly gazed up to the ceiling as she took her last breath.

Terminal Lucidity does not occur with Brain Death.

Even though she did not speak, this was once again, a very unexpected result.

Claudia Logan, RN"

We turn now to our next NewThink segment wherein we examine the solid science behind the healing supremacy of The Unseen Therapist.



*NewThink #4:  
We Must Finally Listen to What  
Science Has Been  
Telling us For Decades*

As you will read, scientists have been telling us for decades that the world is quite different from how it appears. It involves a magical kind of deception. It is an illusion.

This is a critical contribution to our NewThink because, if the world we see isn't real...

**Then We Must Question  
Every Belief We  
Have About It!**

This includes, of course, our current beliefs about healing. If they are based on an illusion, which they are, then those beliefs are not to be trusted.

Our examination of this illusionary feature of the world will start below with the well-known scientific fact that our senses deceive us. With this in mind, we must question the reality of what they are telling us.

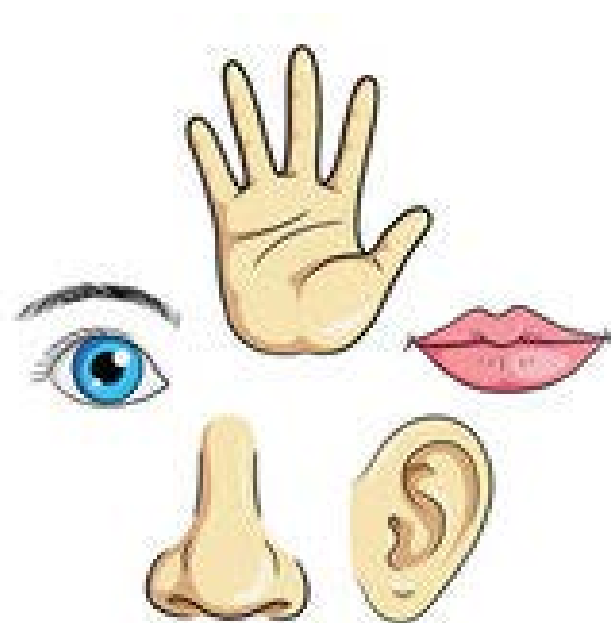
From there we will move into quantum physics, our most advanced science, where we will find even more solid evidence that the world, as we know it, is an illusion. Despite what our erroneous senses so convincingly tell us, nothing is separate from anything else. There is only a grand Oneness of which we are unaware. This is critically important for us to understand because this Oneness is the home of The Unseen Therapist. In essence...

**Quantum Physics Has  
Located The Divine!**

It has thrown open the door to our NewThink and showered question marks all over our current beliefs.

## *Basic Science: Our Senses Deceive us. The World is NOT how it Appears!*

**We rely on our senses:** Our senses inform our bodies as to what the world is about. Without them, we would be clueless. We would see and hear nothing. We would not taste — or smell — or feel — anything. No hunger would tell us to eat and no thirst would tell us to drink. We wouldn't know if we were freezing in the snow at the North Pole or sitting in the middle of an erupting volcano. Without our senses, we wouldn't even know we had a body.



So, to us, our senses are EVERYTHING.

And we rely on them completely. We consult our senses every moment of our existence and interpret what they report. Then we dutifully act as though these reports were accurate. This includes everything from simple conversations — to avoiding danger — to spending money — to making decisions—to every facet of our lives. In essence, we are prisoners within our senses and dutifully obey their every input. It is what we know — at least that's what we think.

### *Our Senses Deceive Us*

Unfortunately, our senses deceive us — badly. They are showing us a very limited world. The compelling evidence for this reaches as far back as the beginning science that we learned in school around age 16.

For starters, we learned that our eyes and other senses perceive only a tiny fraction of our physical existence. If, for example, the entire electromagnetic spectrum — which includes things like radio waves, microwaves, infrared, ultraviolet, x-rays, gamma rays and more — stretched for 3,000 miles from Los Angeles to New York, our eyes would only detect an amount equal to the length of one of our arms. That amount is called the visible spectrum but should be called...

### **The Ridiculously Tiny Amount That We Think Is Reality!**

All the rest of it (99.99999%) is lost from our everyday awareness. I mean lost. It is all going on — right now — but our senses do not detect it.

Also, our ears hear only a tiny portion of the entire sound spectrum. This means the vast majority of all the possible sounds out there are unavailable to our ears.

And, in the same way, our feelings, tastes and smells are also severely limited. Stated differently, we don't have a clue about all that is really going on.

Yet we are convinced that our minuscule senses are giving us reality. We even have phrases that echo our firm beliefs in these illusions. We say things like...

- "Seeing is believing"
- "I saw it with my own eyes" and
- "I heard it with my own ears."

Our lives and our belief systems about politics, science, relationships, health, etc. are almost entirely based on the 0.00001% that our senses perceive. The rest is ignored. Our senses shut almost everything out leaving us with the false impression that the infinitesimal bits we perceive are all there is.

### *We are Unaware of Seven Dimensions*

Additionally, our scientists have identified eleven dimensions to our existence and yet our senses only allow us to be aware of four of them (length, width, depth and time). The wonderments of the other seven are hidden from us, buried beneath our awareness.

Can you, for example, tell me what is going on in dimension #8? Is your unawareness of it causing you to age? Does it contain the answer to world poverty? Is it where Elvis lives (smile)?

What about dimension #10? — or #7? What jewels of our existence do they contain?

These are deep questions that beg for our attention. However, they get pushed aside because they involve ideas outside our awareness. We are too busy trying to work our way through our world, albeit imaginary, to ponder such profound proposals.

### *Our Man-Made Healing Methods are Severely Limited*

Further, our man-made healing methods on this side of the bridge are all based on this minuscule slice of perception and do little or nothing to draw therapeutic power from outside these limitations. Yet, as we have already seen, this unexplored power of The Unseen Therapist is capable of extraordinary results.

We turn now to the essential contribution of Quantum Physics.

## *Quantum Physics: The Advanced Science that Destroys Every Belief We Have!*

Quantum physics whisks us away on a journey beyond our senses. It is an escape into a new reality we never expected and opens the door to a massive palace of possibilities. It also answers the question, “If our senses deceive us, then what is the real world like?”

Let me unfold it for you.

First, Albert Einstein told us in the early part of the twentieth century that everything, including our bodies, was made of energy. That was another “outside our senses” discovery because our senses tell us we are solid forms, not vibrating energy packets.

Later, a new science known as quantum physics emerged. It is the study of very small things (quanta) on the atomic scale and, as such, explores fascinating phenomena that are so infinitesimally tiny that our raw senses can't even begin to perceive them. And, because we are made of atoms...

### **It Is Also the Study of Our Physical Reality!**

This is a Godsend (literally) because these studies have become our scientific probes into the mysteries underlying our existence. They point the way to our true reality and do so without our erroneous senses getting in the way. Thus they provide a pure, sensory-free exploration that is central to our new form of thinking (NewThink).

While quantum physics supplies a compelling list of belief-busting discoveries, our concern focuses on only one of them. That discovery is completely outside of our sensory world (hooray!) and gives substance to The Unseen Therapist. It makes Her believable without having to rely on faith alone. And that discovery is...

### **Separation Is Impossible!**

We are all made of atoms and, at the atomic level, all atoms are connected. Thus your body cannot be separate from mine. Nor can you be separate from the tree you may see out of your window. All these atoms are linked, just like drops of water are blended with each other to form an ocean.

You and I are literally joined with one another and exist within a giant Oneness soup that also includes every seemingly separate object we perceive. I mean everything from cars to books to our pets to the oceans, mountains, clouds and all things in between. We are one with everyone and everything, no exceptions.

This is now solid, well established science that has been in front of us

for decades. It is the most stunning news of all time.

Why? Because it means that everything we perceive through our senses is an illusion and nothing exists in the separated form. Again, our senses deceive us. We see and hear things that are not really there. Our true reality is Oneness.

So quantum physics provides proof of our true reality that is completely independent of my, or anyone else's, view. You no longer need raw faith to venture across the bridge because you are backed by our most prestigious science.

As you may appreciate, however, it takes people with Einstein's intelligence and background to properly explore the extraordinary messages of quantum physics. The endless experiments that have been performed over several decades require a grounding in science and mathematics that few possess.



Fortunately, the findings from this highly complex science were summarized and beautifully portrayed in the 2004 DVD production known as "What the Bleep!?! Down the Rabbit Hole" (highly recommended). It included inputs from some of the most prominent scientists of our time, such as Dr. Candace Pert, Dr. William Tiller, Dr. Joe Dispenza, Dr. John Hagelin, Dr. David Alpert, Dr. Amit Goswami, Dr. Dean Radin and Dr. Fred Alan Wolf.

Here are some of the central conclusions from that popular film. Note the common themes (**emphasis added**) that we are *not* separate — we are all One — and our senses deceive us.

- "At the most fundamental level of our being, **we are all One and that Oneness is love. It is God. We are not separate from each other or from anything else in the universe.** Our senses tell us otherwise, of course, but that is an illusion."
- "All of our worldly problems can be reduced to the perceptual **error that we think we are separate.**"
- "**The world, as we see it, is a projection of our own beliefs in separateness.** We are conditioned to believe this because **our limited senses deceive us.** There is nothing outside of ourselves and everything our eyes 'see' is an illusion. **We have projected our own beliefs onto the world's screen** and are acting according to our own erroneous projections. There is no out there, out there."
- "Time and space do not exist. They are merely creations of our own minds to help us make sense of **our erroneous belief in separateness.**"
- "We are now realizing that this erroneous view of ourselves as separate is most destructive — it's the thing that creates all the problems

in the world. We are now realizing that that notion is all wrong — **we are all One**. We are all together. At the very essence of our being we are connected.”

- “The deepest level of truth uncovered by science and by philosophy is the fundamental truth of unity. **At the deepest sub-nuclear level of our reality you and I are literally One.**”
- “This interconnectedness — this timelessness — I think of as the beginning of a scientific understanding of spirituality.”
- “There is one God self that is all of us. We grow from that. The whole Universe grew from it and each of the separate personalities that appeared has grown from it with **the illusion that each one is a separate individual.**”
- “When people have a mystical experience, how they describe it is that they begin to lose the usual sense of material reality around them. In fact if they go far enough and achieve a sense of absolute unitary experience, **then all of the material world as we typically know it basically goes away.** What we are talking about there is just an experience of pure being, pure awareness, pure consciousness.”
- “**There is no real separation between us.** So that, what we do to another, we do to an aspect of ourselves.”
- “There is no place where we end and everything else begins. **We are all connected.**”
- The most fundamental thing is that we are all connected by an energy field. We swim in a sea of light basically. **You have to get away from the whole idea of separateness because separateness is the biggest problem in the world now.**”
- One then begins to see others as part of themselves. One begins to see that it’s best just to love others and not judge them, that what you do to build another actually builds yourself. **You begin to see that you are connected, you are part of a large family.**”

We owe endless gratitude to these dedicated scientists because they have revealed to us a world of vast possibilities that is rightfully ours. Properly understood, their gifts are unparalleled in history. They are pulsing with possibilities, and awaiting our use.

However, the findings of our quantum physicists lack one thing. They point the way to new possibilities but they do not show us how to get there. That gap is beautifully filled by The Unseen Therapist.

Now think about what our scientists are saying. I mean really think about it. Every belief we have assumes a separated world and, since separation is impossible...

## All of Our Beliefs Are Open to Question!

They are built on an illusory foundation that tends to shift and change over time. That's why our beliefs tend to be unstable. For example, are your beliefs about religion or politics the same now as they were 10 or 20 years ago?

What about your beliefs regarding how to raise children or how our educational system should work? Have they changed over the years?

And then there are those beliefs about marriage, relationships, money and medicine. How many of those beliefs have remained the same for you over time? Even if some of your beliefs seem to have been stable, how many other people agree with every detail of those beliefs?

Again, our illusory beliefs change and shift and it is a real challenge to find any two people who have an identical list of beliefs. That's because those beliefs are built upon a foundation of sensory deception and must change and shift because they are not built on truth.

Now back to the scientific fact that separation is impossible.

It should dominate the evening news — and the newspaper headlines — and every blog or talk show on the planet. It should be taught in schools and permeate global politics so we can move toward a Oneness existence instead of expending endless resources toward the inevitable conflict that comes from separation. And...

### It Should be the Centerpiece of a New, Ultimate Healing Process!

That ultimate healing process is contained in this book. Here is where we cross the bridge and look past our erroneous senses and our mistaken belief in separation. Here is where we begin to replace our “many-treatments-for-many-issues” mindset with one natural remedy for everything. Here is where The Unseen Therapist shines Her light. She represents our Oneness dimension and sees beyond our erroneous beliefs. That is why She can perform healing miracles that are beyond man-made methods.

**Why do we believe in separation?** Why, if our Oneness reality is so exquisite, would we bother with limiting ourselves to illusory bodies and seemingly undergo pain, conflict and death? This is a theological question that scholars will debate for decades to come. Books will be written about it and movies will be made.

To date, however, there is no answer to this question that would satisfy everyone. That, as I stated early on, is why I'm avoiding theological debates; they aren't necessary for us to make progress.

So it is not important to spend energy on this question of why. That will only distract us from our more important and achievable task of how to get there. Besides, once you master the how, the why will become trivial.

Now it is time to dig more deeply into our NewThink. We are about to shift from the FACT of Oneness to the EXPERIENCES of those who have awakened into it.



Oneness

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## *NewThink #5: We Must Also Listen to the Volumes of Spiritual Evidence*

In addition to the substantial scientific backing of the idea of Oneness, there is also an inspiring collection of spiritual experiences that have been accumulating “proof of Oneness” for decades. As we explore those experiences in this segment, you will gain confidence in your journey across the bridge. We start with my personal visit with the Divine.



### *My Visit with the Divine!*

It came on an October morning in 1988. Unexpected — overwhelming — glorious.

I had heard about people having spiritual experiences and I had read about near death experiences (NDEs) and other visits with the Divine, but never thought I would be so lucky as

to have one of my own.

But there it was — my personal revelation — a visit with the Divine. It was my introduction to Oneness, the healing power of spiritual love and The Unseen Therapist. It set me in a new direction toward the NewThink that threads throughout this book.

### *The Visit*

Upon awakening that morning, I was lying in bed pondering my unrelenting list of things to do. It was an irritating experience because I had piled more pointless stuff on my plate than I could possibly swallow. I felt a tightness in my body and thought emphatically, “Who needs this?”

I know that doesn’t sound like a life changing event. I mean it wasn’t like I was drowning or about to be thrown off the top of a tall building. But, as I look back, it had one critical feature that caused my visit with the Divine. That feature was...

## I Let Go of This World!

It wasn't a suicide thought or anything like that. Rather, it was a deep recognition that there's something nonsensical about this world; something false; something artificial. *Who in their right mind, I thought, would buy into it?*

My thoughts continued. This world, as we know it, is filled with fleeting pleasures while surrounded by worries, doubts, wars, pain, disease and, ultimately, death. Nothing ever seems to truly satisfy. Whatever goals we appear to achieve eventually fade in importance behind another goal — and another — and another — ad nauseam. No matter how much money one makes, we always want more. The perfect soul mate usually falls from perfection and thus fails to satisfy us. The ideal body ages and falls from grace. And on it goes.

So, as these thoughts washed through me, I let go of this world and was instantly shifted into an unspeakable grandeur. It was a spiritual thing, nothing physical about it. It was a new emotional state where the only reality was that of love.

It was as though I had been living in a fictitious bubble within which existed our nonsensical world. And then — as my thoughts revealed the above absurdities and I let go of this world — it was like someone popped the bubble.

Instantly the world vanished and a new reality rushed in to fill the vacuum. It was an all-encompassing love — a spiritual love — a healing love beyond description where everything is connected within that free flowing Oneness of joy that our quantum physicists have discovered. If human love would fill a swimming pool, then this love would overflow an ocean.

Let me try to describe it.

Imagine gently wading into an endless ocean of loving puppy dogs. The puppies are thrilled with your presence and can't wait to nuzzle up to you, kiss your face, and love you endlessly. Squeals of delight, wag-



ging tails and joyous eyes are everywhere.

They see only your loving essence and are ecstatic about blending it with theirs. Why? Because that blending increases their own love. True love — spiritual love — cannot be contained. To be what it is, it must be shared. So, in our puppy dog ocean, you are absorbed into a state of Oneness filled with continuous ecstasy. You become part of something far grander than your separated self.

Love is all that counts in this ocean because that's all there is. Our fears, resentments and guilt dwindle into nothingness as this blissful state replaces them with complete protection and unconditional acceptance. Anxieties and physical ailments then become impossible because they cannot survive in an ocean of love where there are no negative emotions to cause them.

This state, this love, is where The Unseen Therapist resides on the other side of the bridge. It is that power we wish to absorb for healing purposes and this happens as we reduce our negative emotions.

To the extent we can do this, we are free. As we discard our negative emotions, and practice being in this ocean of love, we become those puppy dogs. We join in the love — merge as one with it — and play joyously and eternally with our brothers and sisters. Nothing stands between us. We are love. We are One. We are home.

### ***It was our Real Home***

In my visit with the Divine, I was in the arms of the Creator. It was awe inspiring and yet it was comfortable, somehow familiar. It was home.

I mean it was our real home, where all wisdom and knowledge resides and where The Unseen Therapist fulfills all needs. Here, worries, doubts, sickness, death and all the issues of the world are unknown.

In this realm sickness is impossible and thus The Unseen Therapist represents the perfect healing capacity of love. This blows right by our many man-made remedies and exposes us to a vast healing presence who knows no limits. Our mission, of course, is to capture as much as we can of Her willing help.

### ***Oneness and Other Features of this Unspeakable Grandeur***

I don't know how long I was immersed in my visit with the Divine because time disappears in this state. There is, instead, a splendid sense of *now* that never ends. As our worldly clocks measure it, however, I think I was only in this state for a few minutes.

Nonetheless, I have distinct recollections from this experience that

shine a light on our journey across the bridge. I share them below:

- **We exist in a state of Oneness.** Despite our seemingly separate bodies, we are all connected into one grand unified experience of which we are currently unaware. This blends beautifully with the Oneness findings of quantum physics.
- **We erroneously believe we are separate** and that belief in separation is the cause of every issue we have. I don't just mean our emotional and physical ailments. It is the ultimate cause for war, trauma, poverty and every problem you can name. All of these issues, including death, are impossible in the Oneness state. Since The Unseen Therapist comes from that place, She can lead us to the resolution of these issues.

I know this seems to be a far-reaching statement but, as you experience The Unseen Therapist, you will get an exquisite taste of the true grandeur that resides beyond our belief in separation. It is an easy reach from there to expand that taste into an elegant new gourmet meal that can feed a world hungry for this new meaning to life.

- **Spiritual love is our only true nature.** It is the only thing that exists in our true state of Oneness. Anger, fear, guilt and other negative emotions, while seemingly real to us in the separated state, will gradually diminish as we conduct the practices recommended herein and regain the awareness of our true reality.
- **Love is the ultimate healing source.** If I could re-achieve and maintain the pure loving state of my visit with the Divine, I could walk into a hospital and my mere presence would have healing effects. Tumors would subside, joints would repair, lungs would clear and every ailment in the hospital would fade into non-existence. You could do the same.

I call this ability the Pleasance of Your Presence. It lifts your life to new levels and tends to grow as you perfect your communication with The Unseen Therapist. The improvement may be small at first but, with continued practice, there are no boundaries to its expansion.

### *Thousands of Visits with the Divine*

Many others have had visits from the Divine with similar experiences. Some are like mine in that they happened during life while others are piled up for you on the internet in the form of near death experiences (NDEs). There are more than you can possibly read. I mean thousands upon thousands!

Just do an internet search for the term “near death experiences” and you will see. There are just simply too many to ignore.

For decades these NDEs were given little or no weight by the scientific community. They were considered “woo-woo” despite the voluminous reports to the contrary. Neurosurgeons, in particular, downplayed the phenomenon. In lay terms, they claimed that these experiences were caused by the activation, as death nears, of that portion of the brain responsible for hallucinations. Thus, the neurosurgeons claimed, these visits with the Divine were merely delusions, not to be taken seriously.



Thousands have had near death experiences.

That all changed in 2012 upon the publishing of the book *Proof of Heaven* by Eben Alexander, MD. Dr. Alexander is a neurosurgeon who contracted a rare brain disease that ate away portions of his brain, including that portion responsible for hallucinations. As he slipped into coma on his way to certain death, he had one of these near death experiences that was supposed to be impossible given the nature of his deteriorated brain.

He completely recovered into perfect health and wrote his book. This put to rest any scientific objection to our visits with the Divine.

Also, I have conducted many interviews with others having “during life spiritual experiences” such as mine. I list them below, together with appropriate links, and urge you to listen to them all. Notice how they describe their experiences using different details but with similar adoration for the Oneness or love that permeated these visits with the Divine.

The first interview is with Sally Shallenberg and is a must see. Sally had several “WOW” experiences such as mine as well as one that lasted two weeks. Note how, during these two weeks, she functioned normally but could only see perfection. Further, she was essentially unaware of needing to eat or sleep.

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Sally Shallenberg

<https://youtu.be/GkQZIYjIzqI>



Agatha Gelderloos

<https://youtu.be/EGhybyw2TXU>



Dianne Kilpatrick

<https://youtu.be/z35p58WJVVA>



Jane Buchan

<https://youtu.be/-O5BA1HfuZQ>



Hilda Gymz

<https://youtu.be/cCMHw54IIRm>



Kurt Brendstrup

[https://youtu.be/t\\_2Zu83gAAo](https://youtu.be/t_2Zu83gAAo)



Linda Lang

<https://youtu.be/yZq3SsrJl9w>



Susan Thornton

<https://youtu.be/zMUZhVjf2G0>



Emma Johnson

<https://youtu.be/UOCC70-pBg>



Judith Jackson

<https://youtu.be/bo4SHVVfaqg>



Aileen Morris

<https://youtu.be/SF02QdyQQfl>



Jan Evans

<https://youtu.be/MO69C-UdtDE>



Donna Browning

[https://youtu.be/q9PhVoxE\\_dQ](https://youtu.be/q9PhVoxE_dQ)

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## *NewThink # 6: The Unseen Therapist is Ultimately the Only True Healer*

The Unseen Therapist has been integrated throughout this book so, by now, you should have a good idea of Her abilities.

She is, of course, the true therapist within our process. Earthly health practitioners, whether professionals or self-help students, learn to work by Her side and become Her valued assistants. This is in direct contrast to our current beliefs that therapists, doctors and other health practitioners possess the ultimate key to healing. They do not. NewThink insists that this key rests with The Unseen Therapist.

I have watched The Unseen Therapist at work — both for myself and others — ever since I was first introduced to Her during my 1988 revelation.

At first, my ego thought I was just getting better at the therapy process because of my privileged visit with the Divine. I labored under that perception for many years and didn't realize that "my results," however extraordinary many people considered them to be, were really "Her results" and all I was doing was opening the door to Her presence.

Fortunately, my ego has gradually subsided and that has allowed me to observe, in gratitude and wonder, many other features of The Unseen Therapist. I give those observations below.

### *Her Many Other Features*

- **Patience:** She understands our erroneous allegiance to the belief in separation and patiently accepts our stumbles as we awaken to our natural Oneness state. Thus, to get results, you need not be in a hurry nor are you required to 100% believe in the Oneness concept nor any other spiritual idea in this book. Everyone has their own pace as well as their own degree of skepticism and resistance. You need only be open. She will work within your degree of readiness.
- **Gentleness:** She never criticizes or fights. Nor is She combative in any way. She gently nudges and never forces. She makes available to you the possibilities and awaits your acceptance of them.

- **Defenselessness:** You cannot confront Her as She has nothing to defend. To Her, love is the ultimate truth. It is the essence of Her (and our) being and needs no defense to be what it is. Skeptics often want to challenge this but go nowhere because She does not engage in the debate.
- **She never judges:** To do so would thwart the very peace She represents. Judgment compares and inevitably brings about levels of better or worse. Peace, to Her, involves the omission of judgment.

I consulted with The Unseen Therapist frequently while writing this book. My constant questions involved what to say and how to say it. Accordingly, this book is a collaborative effort. At one point I asked Her to speak more directly to you. Below is the result.

It is not a word for word dictation. Rather, I listened for content — Her ideas — and put my words around them. It provides a summary and adds further emphasis to the essential messages herein. It also introduces some thoughts about which I will elaborate later.

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## *Message From The Unseen Therapist to You*

*Your approach to healing is flawed because you are looking in the wrong place for a cause.*

*The true cause for all your emotional and physical ailments is in the mind and nowhere else. This is simple, straightforward and somewhere within you, you know it is true. You are tempted to ingest an endless number of pills and undergo radiation and surgery in an attempt to counteract undesirable chemistry or adjust body malfunctions. These become unnecessary if you have corrected the true cause.*

*It is your mind that manifests everything in your life, including your body and all its pains and pleasures. I know it doesn't seem that way but you will come to know the truth of what I say. Your mind is the command center of your body and determines the things you seem to perceive. You can use it to perceive either our Oneness or the erroneous state of separation. For now, you choose the latter.*

*Your world unfolds as your mind dictates and your mind acts according to your beliefs. If you have difficulty believing that, it is because you are comparing what I say to your existing beliefs, all of which are based on an illusion and preventing your proper healing.*

*You and I share the same Source. We are One with all the other bodies that seem to occupy this illusory planet. You are not a body. You are part of a mind which, at the core, is immensely powerful. As a result, your thoughts can do anything, including the imaginary creation of a universe filled with separate things and separate bodies.*

*This you have done and, until you proceed across the bridge toward Oneness, you will be limited by your current thoughts. I will help you across the bridge and will do so gently, step-by-step, into a splendid world that is currently outside your awareness.*

*This belief in separation is the cause of every problem you see. This includes not just your health, but also your politics, poverty, wars and everything else as well. There is no separation, only a Oneness that joins us all. Your beliefs, including those about healing, are all based on the illusion of separation and thus are illusions themselves. That is why they need correction.*

*I am here to show you the evidence for what I say and, with your practice and cooperation, will join with you on a healing journey that will transcend everything you currently believe about healing.*

*A few things must be understood.*

*FIRST, I love you beyond anything you can currently imagine. I am love and so are you. It is our joint love that brings about your healing. You have hidden your love behind false doors but we will open those doors as our process evolves.*

*NEXT, together we can resolve any health problems you think you have. It doesn't matter what label you give them. Cancer and migraine headaches are no different than the fear of heights or an anxiety issue. That's because they all have the same cause, an unforgiveness of some kind. Unforgiveness can only result from the conflicts that occur while you dream you are separate from the Oneness in which you truly exist. A fish can live out of water for a while but struggles to do so. It resumes life once it returns to its natural environment. I represent your natural environment and will teach you, through healing, how to resume your life as it was intended.*

*NEXT, unforgiveness takes many forms in the separated world. It is the central player in what you call anger, resentment, guilt, fear, trauma and all other forms of negative emotions. Together we will resolve your unforgivenesses but will often do so using these emotional labels that are familiar to you.*

*NEXT, you don't have to believe anything I say but you do need to practice communicating with me. It is through this practice that we can properly address the true cause of what you think are your problems. Your belief will grow as you observe the healing benefits of our work together.*

*NEXT, in your illusory state of separation you are mostly unaware of the needless pain you have caused yourself through your unforgivenesses. Many of your damaging thoughts are below the surface and, for our purposes, are at least partially hidden from view. You have forgotten some of them and others appear so routine that you don't consider them a problem. Some are too painful to recall while others are on the surface and readily seen.*

*NEXT, I cannot resolve any issues, or portions thereof, if you choose to hide them. Your beliefs and various forms of “emotional protection” are part of your free will and it would be unloving for me to interfere with your choices. However, I will assist you in accessing your issues and removing them from hiding. This way we can put more “on the table” so I can help you resolve them.*

*NEXT, I cannot take you any further than your readiness allows. Your readiness, however, will improve as we practice together.*

*FINALLY, our healing journey is a process. You have so many beliefs that are contrary to the truth that it would be unrealistic to expect all issues to vanish immediately. I repeat, then, the necessity to practice.*

~ ~ ~ ~

*A few more thoughts.*

*Our communication needs help. You do not yet know how to listen to me. I will help you correct that.*

*I listen to you constantly and know all your wishes. I also know all your problems, including those you think you have as well as the real problem underlying them. Your main source of information is from others who also believe they are separated. These often take you in the wrong direction because you are asking for advice about how to transcend the illusion from others who are also immersed within it.*

*I know the cause of all your ailments and am perpetually providing solutions that are easy, gentle and sure. You rarely hear me, however, because you are distracted by the constant voices of separation. I represent our true Oneness, the opposite of what you think you are, and this causes you to resist my guidance.*

*At some level you do not trust me. You are worried that I may unravel your belief in separation and thus erode the tumultuous world to which you have become accustomed.*

*And you are correct.*

*To you, the Oneness seems unfamiliar and it appears that you are being asked to give up the world you have made — despite the pain, disease and death that accompany it — for something far grander, but unknown. This can cause serious doubt, insecurity and unrest. I understand.*

*That is why the process is a gradual one.*

*It involves the bridge between your current world of separation and your natural home of Oneness. You can cross this bridge as far as you like and pause, quit or resume as you see fit. I will help you cross the bridge but will never interfere with your wishes.*

*Through our practices you will gain more comfort with my presence. You will collect expanding evidence in the value I bring as you see tangible results with your issues. It may be slow at first but, as you gain experience hearing my guidance, you will confidently move forward across the bridge.*

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## *NewThink #7: We have Only One Challenge*

Presumably, The Unseen Therapist could enter our bodies and instantly awaken us into our Oneness state. In that case, we would already be across the bridge and this book would be unnecessary.

So why isn't this already done? What stops Her? What is powerful enough to put the brakes on this dominant force? The answer is — us!

We all share the same Oneness as The Unseen Therapist and, because of this, we have the same power. We are unaware of this power, however, and that is why we need Her help. As indicated in Her previous message, She can only assist us to the extent we allow it. That is Her only limit and thus our only challenge. If we choose to hold onto something — or hide it — or forget it — then it is not available for Her to resolve.

To better understand this concept, imagine sitting at a table where issues you genuinely want resolved are resting on top and in plain sight for The Unseen Therapist. Such “on the table” issues are available to be easily and quickly resolved because you are openly allowing the process.

However, if other issues — or parts thereof — are withheld, hidden or forgotten, then they are under the table and thus not allowed. Examples might include, (1) resentments you wish to keep, (2) guilt you don't want to look at or (3) fear that causes you anxiety to think about.

As long as you retain them, they will go unresolved and will remain as causes under the table.



**Our main challenge: The Unseen Therapist can only help us to the extent we allow it.**

Fortunately, there is a solution to this problem. The more you practice our process the more these issues will be coaxed out from under the table and placed on top.

So, to be clear, The Unseen Therapist will never interfere with our free will to believe whatever we wish. Nor will She hinder our choice to retain, forget or hide, even from ourselves, the anger, grief, guilt, fear and other negative emotions that help keep us glued to the belief in separation. To do so would turn Her into an unwanted “thought dictator.”

Stated differently, it might seem loving — at least on the surface — for The Unseen Therapist to wave Her spiritual wand and remove our erroneous beliefs and our retained, forgotten or hidden issues. But that would violate our right to think and believe as we choose — and THAT would be an unloving act indeed.

Instead, with a little effort on our part, The Unseen Therapist will patiently provide abundant evidence regarding our natural state while knowing that we will let go of our limiting beliefs when we are ready to do so.

With practice, we will notice that our healings are accumulating and thus our doubts and limiting beliefs will gradually shift towards enthusiasm. After enthusiasm comes confidence and following that, of course, comes conviction.

In the meantime, we are bombarded 24/7 by our erroneous senses that convincingly report a world of separation. Thus, we believe in this separation. It is what we know. We believe we are contained within fleshy fences that must compete with each other for resources, love and even our very existence. And lost among all this ever-present commotion is the awareness of our Oneness state. That ultimate peace is drowned out unless we actively seek its appearance.

So, that belief in separation stands in our way of absorbing the wonders of Oneness and competes with it constantly. Thus, it keeps Oneness at arm’s length and hinders communication with The Unseen Therapist. The one thing needed for getting closer to the Oneness and making communication easier can be reduced to one word...

**Trust!**

Let me elaborate on that.

Having taught these ideas to thousands, I have come to realize that this mistaken belief in separation is much easier for students to discuss academically than it is to “own” or truly internalize at the deepest level. Fortunately, this will become easier — even natural — as you venture across the bridge and gain more experience with The Unseen Therapist.

Because this emphasis on our erroneous belief in separation seems

a bit hard to grasp, I have previously used other concepts that may be more digestible. One of them is the metaphorical creation of a “Guard at the Gate” whose resistance to The Unseen Therapist is portrayed as keeping Her powers behind a gate with only bits and pieces showing through on occasion. I mention this because you may find reference to this Guard at the Gate if you have read my previous work.

For this book, however, we can point to the lack of trust as our hindrance. Stated differently, trust is an essential component of love and must be present, or developed, to maximize results. Also, The Unseen Therapist, and all that She represents, is likely new to you. For that matter, much of the material in this book may be difficult to “buy” completely. So, again, trust becomes the issue.

Trust is something we develop with experience. For example, we don’t completely trust that we can hit a baseball or ride a bicycle or perform other tasks, until we do so. We may not completely trust other people until they prove their trustworthiness and we don’t completely trust The Unseen Therapist until we have personal evidence that She is real.



**Trust is an essential component of love.**

The more evidence (healing) we get, the more trust we have. And the more we build on that trust the more fluid becomes our communication with The Unseen Therapist. This, in turn, produces even greater evidence and leads us to an upward spiral that points toward Oneness and the unspeakable grandeur that is currently outside our awareness.

So we gain trust through experience and in this book, we get that experience through practicing our Personal Peace Procedure. Everything boils down to that process. It’s next.

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## *Step by Step Through the Personal Peace Procedure*

Now we are ready for The Personal Peace Procedure, our highly effective companion process for crossing the bridge and harnessing the healing love of The Unseen Therapist for your own issues. It automatically blends perfectly with NewThink and our understanding of quantum physics, Oneness and The Unseen Therapist. It requires no prior education and involves a simple two-step procedure that anyone can learn.

However, this is a process and thus practice is essential. Your potential here is immense but you are not expected to experience the full range immediately. You are likely entering into unfamiliar territory and thus your initial results may range from wonderful to woeful. They may even seem non-existent.

### *What to Expect*

Your benefits depend on your degree of readiness, trust and ability to communicate with The Unseen Therapist. These criteria, and thus your results, shift from time to time and from issue to issue. Like all skills, they improve with practice. You may, at times, move three steps forward and two steps back as you cross the bridge. With persistence, however, you will continue to advance.



**Personal Peace**

I have seen some newcomers become ecstatic because “impossible” anxiety, depression, pain or physical limitations magically fade almost immediately while others shrug their shoulders as they perceive no change whatsoever. Most newbies land somewhere in between. With practice, everyone should experience quality benefits. More challenging cases, however, may need to join our Optimal EFT Course Membership for more advanced approaches (See “Where to From Here” described later).

Also, we must recognize that not all healings will be immediate or even recognizable. This is because The Unseen Therapist sees well beyond our limited perspectives. For example, if She sees an immediate healing

as too threatening to your belief system, She will delay it or spread it out over time. If your ailment is covering a deeper, hidden issue that is beyond your readiness to expose, healing will be set aside until your readiness improves. And so it goes for many reasons beyond our current comprehension.



That notwithstanding, you are learning a stunning new skill here that reaches toward truly lofty goals. Your practicing brings far more rewards than any other human achievement. It far surpasses any man-made trophy in existence.

## *The Personal Peace Procedure*

Our fundamental process for personal healing couldn't be simpler. Here are the steps:

1. Identify a bothersome specific event from your past.
2. Be quiet, loving and invite The Unseen Therapist to resolve it.

This two-step method is the basic routine that permeates our sessions with The Unseen Therapist and, fortunately, anyone can do it.

You will notice that physical issues seem to be missing from the process. That's consistent with our teachings as we are aiming at the emotional issues underlying the true cause of all our ailments, including the physical ones. Alleviating the true cause is like pulling a weed out by the roots, rather than merely cutting off the top. To the extent you can get to the emotional roots, physical issues are likely to diminish or leave.

For best results, though, each step needs further explanation. Let's start with what we really mean by step 1, "Identify a bothersome specific event from your past."

### **Step 1. Identify a Bothersome Specific Event from your Past**

You might wonder why we use the term "specific event" in the above step instead of the term "issue." Let me explain this important distinction.

At first it might seem obvious that statements like "my anger problem" or "my back pain" would suffice for identifying the problem. After all, those words describe your experience and those feelings are what you would like eliminated.

However, those descriptions and thousands of others, ranging from pains and diseases to anxiety and Post Traumatic Stress Disorder (PTSD), are symptoms that come from deeper, emotional causes. Thus, we need to define the problem in terms of the actual emotional causes. Otherwise, we are aiming at a target that is much too general.

There is an occasional exception to this, however. Sometimes we can aim The Personal Peace Procedure directly at physical symptoms and, to our surprise, the problem vanishes in moments. This can be the case when nothing has been hidden about this issue, i.e. when enough is on the table for The Unseen Therapist to address.

Over the years, we have given such astonishing results a name. We call them, “one minute wonders.” Please note, however, that many of these “successes” are either temporary or partial. This is because related emotional causes, or pieces thereof, are still “under the table” and hidden from view. Since the resolution is incomplete, the corresponding physical symptoms eventually reappear.

Nonetheless, aiming at physical symptoms can be worth a try and I sometimes start a session this way. I do this because, when it works, even temporarily, it shows the client right away that The Unseen Therapist has unmistakable power.

As stated, longer term results usually require that we aim at underlying emotional causes and thus we need to dig into specifics. That leads us to “specific events,” the difficult experiences of our pasts that contain our negative emotional causes.

## Specific Events

So, let’s define a specific event.

It is like a short, emotionally charged, very specific movie from your past lasting a few seconds to a minute or two. It has characters, a beginning, an end, and an emotional peak or crescendo. If there is more than one crescendo, shorten the movie to contain only one.

**Incorrect example:** My father often abused me. (Way too general. Very little specificity. No emotional crescendo involved. Not a Specific Event.)

**Correct example:** The time when my father hit me in front of my friends at my age eight birthday party and I felt so angry. (Very specific. An actual event with an emotional crescendo).

To help assure that you are aiming at a true specific event, it is useful to house the wording within a sentence of this form...

“The time when [who did what] and I felt [emotion]. “

This will lead you right into a specific event with the emotional crescendo attached.

Examples:

“The time when my third grade teacher told me I was stupid and I felt so embarrassed.”

“The time when I cheated on that math test and I felt so guilty.”

“The time when I fell off the roof and I felt so scared.”

“The time when I was molested by X and felt so confused.”

“The time when I saw Uncle John in his funeral casket and felt so sad.”

“The time when I was left home alone and felt so unlovable.”

As you gain experience with this process, you will see that just about every emotional issue can be reduced to one or more specific events from your past. Fortunately, it is these specific events that help prepare our issues for The Unseen Therapist. Properly done, their detailed nature serves to bring more out of hiding and thus puts more on the table for resolution.

We will be making a list of your specific events soon so it would benefit you to read and re-read the above discussion.

Now we turn to the second step in The Personal Peace Procedure. Once we have identified a bothersome specific event we need to...

## **Step 2. Be Quiet, Loving and Invite The Unseen Therapist to Resolve It.**

Please read and practice this segment several times on one or more specific events. It is so important that I have broken it down into 5 phases, each of which deserves your attention. Eventually, these phases will automatically merge into one seamless routine that you can use for every specific event.

The process may seem strange — even awkward — at first but, once you have achieved even the smallest results, you will have launched your journey across the bridge. After that, your benefits will expand as far as your motivation takes you.

**Phase 1 — Assume an expectation of success:** This phase becomes automatic once you have achieved results. At first, though, we must address our previously stated lack of trust about The Unseen Therapist’s abilities to resolve our issues. We may be hopeful about this but, until we experience results, complete trust may be a bit beyond our grasp.

Fortunately, as a beginner, you do not need an unshakable belief. Just a simple expectation of success will do. No routine is necessary and you can adopt this attitude in an instant. If you need assistance in this you might want to say to yourself, “Okay, Unseen Therapist, do your thing” or “Bring it on” or “I need your help” or anything else that suggests you are at least open to Her assistance.

As I said early on, The Unseen Therapist is really your “spiritual heal-

er within” and it is this capacity you are trying to coax out of yourself. That’s why you want to assume an expectation of success and avoid obstructive thoughts like, “This can’t possibly work.”

**Phase 2 — Achieving quietness:** Being quiet takes the most practice because of the constant chatter that tends to occupy our minds. The quieter the better and, happily, it doesn’t need to be perfect to achieve beginner’s benefits.

At first, I had a difficult time getting quiet and needed to be in a silent room, away from the telephone and distracting noises. Now, I can do this in a noisy restaurant. It’s just practice. Meditators are quite familiar with the process.

So, sit comfortably in a quiet space and take one or more deep breaths. You might want to count backwards from 10 to 0 to help remove the interference from the ricocheting thoughts in your mind. Don’t expect perfection on your first tries. Consider them your first attempts at learning a new, vitally important skill.

**Phase 3 — Entering a loving moment:** Then recall a loving moment and immerse yourself in that feeling. This focused form of thought not only sets up the healing power of love but it’s focus can also assist you in getting rid of the competing chatter.

The loving moment does not need to be dramatic and worthy of a Hollywood movie. It need only be something personal to you. Perhaps it is a family moment or a moment while breast feeding a child. It could be with a pet or a lover or a simple kindness in which you were involved. It could even be a loving moment from a novel or a gentle touch from someone else. There are thousands of possibilities. If you cannot find one, then make one up or imagine enjoying nature.

From experience, I can tell you that The Unseen Therapist is ever present and instantly recognizes what you are doing. Thus, the mere effort of getting quiet and adopting a loving moment, even if it is not done “perfectly,” is seen by Her as an invitation. Some beginners stress needlessly about this because they need to “do it right.” Don’t be one of them.

**Phase 4 — Run your specific event movie and offer it to The Unseen Therapist for resolution:** Your next phase is to mentally shift to your specific event. This tells The Unseen Therapist what you want resolved. Run this movie in your mind and focus on the emotional crescendo.

But take it easy. No need to cause yourself pain by running through it in dramatic fashion. If focusing on the emotional crescendo causes you discomfort, then back off the focus a bit so that it is tolerable. She is listening and can still bring clarity, resolution and peace to it.

As you perform this procedure, it may help to imagine The Unseen Therapist at work through one or more metaphors. For example, I sometimes envision an emotional issue as a red, throbbing ball or as a persistent vi-

bration within my body (I refer to this as the “jitters”). Then I imagine The Unseen Therapist as a gentle waterfall or cool breeze that cools the red ball or calms down the vibration. You could also imagine flooding the crescendo with love or having it float off into the heavens. Many examples are possible. You might start with the ones above and then develop others that customize more fittingly to your specific event(s).

You may also receive images or messages as this process proceeds. If so, make note of them. They are often pointers to important related issues and/or items that are hidden or otherwise “under the table.” You can resolve them in future sessions with The Unseen Therapist.

Other experiences are possible. Perhaps you will notice a softening of your reaction to the offending people that may be in your specific event. Or maybe physical discomforts will subside — now or later. Then again, you may not notice anything on your first tries. That’s okay. Remember, you are a beginner. People’s circumstances differ widely and thus there is no precise way these results manifest for everyone.

The time involved will vary from person to person but, for newcomers, it typically ranges from two to ten minutes. I am very experienced at it and take far less time, usually less than a minute. Just stay with it until you feel you have reached a plateau or end. If in doubt, err on the longer side but, again, do not become overly concerned about “doing it right.” Just give it a reasonable effort. You have more practicing to do and things will eventually fall into place.

**Phase 5 — Test your result:** Once you are done with a specific event, a simple way to test the effectiveness of this effort is to run the movie in your mind again and focus on the emotional crescendo. Has it changed? Is it less intense? Is it there at all? Has the emotion changed? I mean, if it was originally anger, is it now sadness or guilt? Are you having difficulty even finding the specific event? Is a different or related specific event coming up instead? TIP: If a different or related specific event shows up, consider it to be a new candidate for The Personal Peace Procedure.

Any of these results is a positive sign of success because you got movement on your issue in a matter of minutes.

If there was no improvement or if your result was partial or temporary, don’t despair. Repeating the process may bring you results. Again, you are a beginner at this process and you likely need more practice. Also, even though you are using specific events, that doesn’t mean you have taken everything out of hiding and put it on the table. There may be related specific events or hidden pieces that still need to be addressed.

Happily, there is a helpful solution to this problem of related specific events and/or hidden pieces. As it turns out, you likely have many bothersome specific events in your life and, whether you realize it or

not, they tend to have many things in common. For example: similar settings, similar people, similar themes, similar emotions AND similar hidden pieces.

Thus, if you use The Personal Peace Procedure on several of your bothersome specific events, you will be interfacing with the hidden pieces from several different angles. This will bring more out of hiding and symphonically blend your results into a larger set of benefits. With persistence, this can bring longer term, spectacular gains.

Let's do that now.

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## *The Personal Peace Procedure on a List of Specific Events*

We have now arrived at the main process for which we have been preparing. Simply put, we will apply The Personal Peace Procedure, one-by-one, to a list of your specific events that have caused you emotional angst in the past. This will allow you to “clean your emotional house” so that your emotional burdens, and the physical ailments they cause, will fade.



This process is designed to enrich your communication with The Unseen Therapist and requires your practice and diligence. The more you practice, the better your communication. Only you can walk through these doors for yourself and, again, your ultimate results are limited only by your motivation.

Here's what you need to do.

FIRST, because this process is likely to also bring you relief from physical symptoms, take an inventory of your body and make a note of every physical symptom you have. This includes pains, disease symptoms and even discomforts that may come and go. Assess their current intensities on a scale of 0-10 where 10 is maximum intensity and 0 is no intensity whatsoever. Write down the intensity next to your description of the physical symptom. No need to be absolutely accurate here. Your best estimate will do.

This is important because this estimate will give you a base for comparison as this process unfolds. For example, what was an 8 may become a 3 or vanish altogether. These benefits can be subtle (but powerful) and can go unnoticed unless you compare them to the original intensities.

NEXT, make a list of at least 30 bothersome specific events. 50 is better. 100 is better still. Make sure each specific event in that list reflects the instructions previously given above under “Identify a bothersome specific events from your past” (the further back in time, the better). Limiting each specific event to one emotional crescendo is important. If a specific event has, let's say, three crescendos, you may divide that

specific event into three parts, each to house a single crescendo. For our purposes each of these parts can be considered a specific event by itself.

As with the physical issues, write down the intensity of each of the emotional crescendos on a 0-10 scale. Do this by running the specific event movie in your mind and focusing on the emotional intensity as it occurs NOW. We are not interested in the intensity that existed when the specific event actually happened. Your current intensity is what needs to be resolved because it is your current intensity that is of concern.

If you have repressed your intensities and can't assess the number, then guess at its 0-10 impact on you. That will suffice for later comparison purposes.

NEXT, do The Personal Peace Procedure, as previously instructed, on each specific event. Do not expect perfection. Nor should you judge yourself or the process. You are practicing and will only improve with time.

Although you can do as many specific events as you want, and as often as you want, you may want to pace yourself at first. Thus, I suggest that you do up to three specific events per day and leave fifteen minutes between each one. You are looking for quality here, not speed, so be sure to do them with care. After using The Personal Peace Procedure on each specific event, run the movie again to test your intensity on the emotional crescendo as it exists NOW and make note of it. If you guessed at any previously repressed event, then guess again at its 0-10 impact on you.

If the intensity of your crescendo, or your guess at it, improves, that's wonderful. If not, no problem. Make note of the intensity, perhaps try it again, and then proceed to the next specific event. If need be, you can come back to it later. Also, it may subside as you run The Personal Peace Procedure on other specific events. As discussed, that's because other specific events, or parts thereof, may be related to the current one.

NEXT, after 30 specific events go back to your list of physical symptoms and check out their 0-10 intensities. Chances are, some have begun to fade or become extinct. This is a sign of progress. Also, notice other things that may have changed in your day-to-day activities. Examples: Have your angers or resentments subsided? Do you now get along better with that irritating Uncle Charlie or that bothersome co-worker? Are you more at ease in social situations? Less anxious? How is your performance at work, sexually or playing tennis? Have your allergies improved? All of these and thousands more possibilities are the result of the peace that The Unseen Therapist is providing.

NEXT, proceed with the same process for the next 30 specific events.

Keep doing this until all of your specific events have been offered to The Unseen Therapist. Be alert as to the ease and comfort you are developing with the process. Eventually, you will create your own methods of communicating with and enjoying this endless source of love.

FINALLY, after you have finished your list of specific events you may wish to go back over them again. Your first time through was as a beginner. Now you have more seasoning and so your second try should bring more benefits. Add to your list other specific events that may have come up during your first attempts.

NOTE: You may find it helpful to become a member of The Optimal EFT Course. This will give you countless real-life examples of The Unseen Therapist in action (Webinars, live sessions on video, more instructions, etc.) See “Where to From Here” below for more info.

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## *Closing Thoughts*

I began this book by saying...

*The Unseen Therapist is your “spiritual healer within.”*

*She is ever-present and, when you learn to use Her skills properly, you will find She is vastly more powerful than drugs, surgeries and other man-made attempts at healing.*

But, chances are, you already knew that, at least intuitively.

Somewhere within us is the “knowing” that we have far more power than we are using. It’s as though our internal Genie is hidden somewhere beneath our awareness, begging to be released.

That Genie, of course, is The Unseen Therapist. She is part of all of us and eagerly awaits our awareness of Her presence. For centuries we have tried to access Her through prayer and, while there have been notable successes along the way, this method has not been as reliable as we might like.

This introductory book brings more reliability to the prayer process so you can better experience the gifts of your “spiritual healer within.” In this effort, I have offered a better understanding of The Unseen Therapist and how to communicate (pray) with her.

This allows you to “own” the essential idea that you are not separated from Her or from anyone else. Indeed, we exist together in an exquisite Oneness where the ultimate power of spiritual love resolves every issue we think we have. Herein is the essence of the NewThink that opens our minds to this awareness.

For decades, both quantum physics and countless documented spiritual experiences have pointed to the truth of our Oneness. Yet, because we haven’t had a practical method for harnessing this power, we have essentially ignored this obvious solution to our problems.

This book contains that practical method and, now that we have it, the door has swung open to reveal the many wonders of The Unseen Therapist. The question now is, how far will you walk through that door and merge with this new palace of possibilities?

Simply knowing the method is not enough. Neither is enjoying a few results with the process. Rather, you must diligently practice so that you can expand your skills and consistently bask in the beauty of your “spiritual healer within.” The answer to your every issue is contained within these new skills.

Finally, you are not reading this book by accident. It is a calling by The Unseen Therapist to those who are ready for Her loving message. She asked me to write it and has put it before you to read. Do you hear the call? If so, please share this free book with others by giving them this link. [www.unseentherapist.com](http://www.unseentherapist.com).

Together we can touch the world. We can move it, transform it and turn it into an expanding ball of endless love. What greater prize could you pursue?

Love,

*Gary*

PS: Please let me know how you are doing with The Unseen Therapist. You can tell me at this link. [www.emofree.com/gary.html](http://www.emofree.com/gary.html).

PPS: “Where to From Here” is next.

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# *Where to From Here?* *The Optimal EFT Course*

## **The Stairway to Miracles**

This book puts impressive healing in your hands and, for some, it is all you need. For professionals and motivated self-help students, however, it is just a beginning.

The next step involves graduating from our beginner's bridge to a Stairway to Miracles that reaches well beyond this book, medicine and all man-made healing methods.

The higher you ascend this Stairway, of course, the fewer limits you will experience and the less the word "impossible" will show up in your vocabulary.

So, for those interested, a complete Stairway to Miracles awaits you. Join me on this Stairway to further magnify your abilities with *The Unseen Therapist* and ascend to levels well beyond your current beliefs.



The Stairway goes under the name of...

## **The Optimal EFT Course**

... because it blends *The Unseen Therapist* with the most prolific tools from my original healing process, EFT (Emotional Freedom Techniques). This blend is unique in the healing field and there is no equivalent to it... anywhere. It provides far greater abilities to achieve healing results than you can get by spending eight years and over \$400,000 for a PhD from Stanford or Harvard. That's a bold statement, I know, but it is easily defended. You'll see.

Further, The Optimal EFT Course is enhanced by a massive (and ever-expanding) reference library that includes over 100 hours of live video sessions. These videos, and other supporting materials, bring The

Optimal EFT Course to life and provide answers to the inevitable questions that arise as you engage these processes for the kaleidoscope of issues presented by yourself and others.

If you wish to explore this option further you can do so at this link. [www.EmoFree.com/eft-training.html](http://www.EmoFree.com/eft-training.html) Also, a detailed summary of its many benefits are given below.

We also have a hands-on Complete EFT Certification process that, with your diligence and my hand-picked trainers, can put you in the upper echelons of all healing practitioners worldwide. This link will give you more info. [www.EmoFree.com/eft-certification.html](http://www.EmoFree.com/eft-certification.html)

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## *Summary of The Optimal EFT Course*

For your convenience, here's a summary of some of the how-to tools of The Optimal EFT Course. It is followed by a summary of the contents of the vast Companion Library (included).

- How to use The Personal Peace Procedure for a **friend** or **client**. Note: This book shows you how to use the process for yourself while this advanced tool, and the several that follow, multiply that ability to include others, including groups.
- How to use The Personal Peace Procedure by yourself **in behalf of an entire group** of people. I've done this with groups of fifty or more where 65% to 90% received benefits.
- How to use The Personal Peace Procedure where an entire **group helps an individual** and everyone benefits.
- How to use The Personal Peace Procedure where an entire **group helps everyone else in the group** simultaneously. Again, everyone benefits.
- How to **find the individual aspects** that often lurk within specific events. This will give you more to put on the table for The Unseen Therapist. Proper command of this simple idea often separates a superior session from a merely good one.
- How to use the "Table Top and Table Legs" metaphor. This essential concept **simplifies even the most complex issue** into smaller, very doable pieces.
- How to use "The Tearless Trauma Technique" to add an easy entry point into a session for a **seriously traumatized person**. Some people get abnormally intense at the mere mention of their issue. This process is designed to "take the edge off" that intensity so that the client and The Unseen Therapist can deal with it more peacefully.
- How to use a highly effective "tapping" method for **getting quiet and entering a loving space**. It hastens, and deepens, the ability to shut out the competing chatter.
- How to discover specific events for a specific issue. This allows you to focus The Unseen Therapist's benefits on **more targeted issues**. Ex-

amples: PTSD, disease X, panic attacks, anger management, a specific phobia, fear of public speaking, weight issues and hundreds more.

- **How to ask The Unseen Therapist** for items that may be hidden, forgotten or repressed. Learn this one and you will greatly accelerate your abilities.

- How to adopt the “Generalization Effect” within your sessions. This will often **shorten the process** for more complicated issues. With it, you can get the same results by collapsing only one to three specific events... instead of needing to collapse ten to twenty.

- How to use **ten creative ways to test your work** to make sure that you have “gotten it all.” Otherwise, you can be easily fooled by a temporary or partial result that may seem permanent.

- How to use the “Tell the Story Technique” as an easy method to **expose hidden or forgotten aspects** of a specific event. This is a “work-horse” tool for many practitioners. Simple to use. Solid benefits.

- How to help a “**non-feeling client.**” Some people have learned to repress the intensity of their traumatic memories and cannot give you a 0-10 rating. They always report it as zero and thus you have no starting point from which to measure progress. This idea will allow you to work around the problem and provide impressive results.

- How to help someone who **can’t locate a specific event.** This can be a real hindrance, especially since our process revolves around specific events. Fortunately, there is an easy solution to this that, in many cases, produces even better results than a specific event.

- How to help someone who reports “**feeling worse**” after a session. This is relatively rare. However, should such circumstances arise, there are some common sense reasons, and solutions, to manage this and move even deeper into the true cause.

- How to use “Chasing the Pain” and **add efficiency to your sessions.** Since physical issues and their emotional causes are linked, this reverse method can produce remarkable results.

- How to use re-framing to enrich the process. Here you **become the true artist** in this method and this, in turn, is of great assistance to The Unseen Therapist. In complicated cases, good re-framing can reduce the need for several sessions down to one or two.

- How to use the **complete EFT Tapping process.** This is useful for clients who consider The Unseen Therapist too spiritual or too “out there” and thus resist the method. For these people, our Gold Standard Official EFT Tapping is included. This way, you will have two effective methods for bringing relief instead of one.



## *Summary of the Companion Library*

The Optimal EFT Course is also backed up by a vast, and growing, library that shows live cases using both The Unseen Therapist and Gold Standard EFT Tapping. It contains over 100 hours of video... plus... numerous articles and a cascade of true case histories written by those using the process. Here's the summary:

- **Webinars:** Over twenty-five live video webinars where others join me and The Unseen Therapist for healing a wide variety of issues. Many results, Q&A, individual and group sessions. Many people “participate” in these recorded videos as though they were in attendance at the original webinar. Since, in the Oneness state, time doesn't exist, you are likely to generate personal results via these recordings.

- **Articles:** Over seventy true case histories written by those using The Unseen Therapist. Each of these can be a launching pad for your own creativity.

- **Pain management:** Serious pain relief for two ladies (Tricia and Anne). Seven complete sessions. Watch the astonishing results and borrow the creative approaches, re-frames, etc. for your own use. Here are some highlights:

- **Tricia** was in an auto accident in 1994 with severe damage to her mid-back and one foot. Surgery restored her to near normalcy and she led a pain free life (including running and yoga) until 2008. In that year her dad died AND a private guilt issue added yet more emotional stress. For 5 years after 2008 she has had perpetual headaches (intensity at a 9 most of the time), neck pain (8 or 9) and back pains around 4 or 5.

As you will see with Tricia, we aim EFT at the root emotional causes of her pain management issues and, after some trial and error over a few sessions, her pains subside to near zero.

- **Anne's** case is important because her severe pains required her to wear a Fentanyl patch to bring relief. Fentanyl, according to Wikipedia, is 100 times more potent than morphine and, according to Anne, it is potentially fatal. As you will see, aiming EFT at her many emotional issues (just as you will be doing in this course) reduced the pains so that the Fentanyl patch was no longer necessary. She

still needs Oxycodone for occasional relief and we are expecting even that to fade as she continues to use EFT on her own. All this is done with her physician's knowledge and consent, of course.

• **Art of Delivery:** Eleven full length video sessions, each of which contain "blue and white alerts" that point out where I am testing, re-framing, etc. These are first-class teaching videos and contain wall-to-wall artistic approaches. Topics include:

- Breast cancer
- Prostate cancer
- Sexual abuse
- Childhood abuse
- War trauma
- Cystic fibrosis
- Head injury
- CFIDS
- Hepatitis C and vaginal issues
- Anger
- Neuropathy

• **Borrowing Benefits:** Eleven sessions where you can tap along or use The Unseen Therapist to gain personal benefits. They include sessions on relationship counseling, money blocks, molestation, rejection, putting oneself forward, "I can't do anything right!" fear of making presentations, social discomfort, claustrophobia, traumatic childhood school memory, alcoholic mother and "I must fix the world."

• **Emotional Overeating:** Five full sessions with overweight ladies that aim at the emotional reasons for overeating. Very informative and loaded with creative approaches.

• **Nancy – Grief, Guilt and Childhood Abuse:** Twenty-two full length sessions with a lady whose problems spanned many complicated issues. These fed off each other and had to be unraveled to achieve the eventual relief. For example, Nancy's daughter fatally overdosed on drugs in her early twenties and this gave rise to intense grief. Further, Nancy's highly abusive mother left Nancy with the belief that she was "bad at the core" and, of course, intensified her self-imposed guilt over her daughter's death. These sessions were conducted using Gold Standard EFT Tapping because they were conducted prior to the emergence of The Unseen Therapist in the evolution of our process. As a result these sessions become excellent practice grounds for your own issues and the development of your skills. Thus you can pause the videos as the tapping is taking place and substitute The Unseen Therapist for your own parallel issues. Your personal results are likely because we all have the same issues. Only the details are different.

• **Marketing tips and treasures:** A full day workshop covering important marketing concepts for expanding a healing practice. Here are some highlights:

- Why can we do more business with ethical marketing practices than with the hype, overselling and/or clever advertising words that are so prevalent in marketing?
- Properly done, ethical marketing practices will generate more clients than you can possibly handle.
- Who may be the best marketer of our time? Oprah. Why? She is BELIEVABLE.
- How I grew EFT from zero followers to millions without advertising or hype of any kind.
- Central to believability is Product Congruence. Generating congruence with what your product will and will not do.
- Putting yourself on people's TV via DVDs, etc.
- Three sacred marketing rules: Be believable, have an extraordinary product, achieve product congruence.
- What are clients/customers really buying?
- Radiation... a critical marketing mechanism. Your internal attitude WILL be picked up by your customers.
- What does it cost to gain a new client?
- Most clients have nearly unlimited issues. How to point these out without seeming "pushy."
- An introduction to the value of specializing in ads.
- Specializing in your ads brings higher quality responses.
- Sowing seeds to let clients know all that is available to them through you and EFT. Otherwise, they are conditioned to think your skills are limited.
- The importance of reminding (selling) the client on the results they have already gotten. Vitaly important to keep them coming back and bringing referrals with them.
- The many advantages of free sessions.
- Advertising: a critical review of two ads. Strength, weaknesses and tips on creating your own effective ads.
- Reviewing a very successful ad that beautifully portrays the advantages of specializing.
- It is a mistake to try to appeal to everyone.

- The importance of specialization in advertising. Clients are more focused and motivated.
- The importance of testing your ads. Why it is critical to test one feature change at a time?
- Why photos are critical in ads and what to do if you are not photogenic.
- Cross referrals, properly done, will generate more clients than you can possibly handle. The ins and outs of doing this.
- The advantages of newsletters and tips for doing them.
- Be an AUTHORITY by writing something worthwhile and giving it to clients.
- Reframing. Properly guiding clients. Without this, clients and customers walk in the door with their own expectations (that you may unknowingly violate).
- Audience discussions.

Again, more details are given at this link [www.EmoFree.com/eft-training.html](http://www.EmoFree.com/eft-training.html).

With Great Respect,

*Gary*



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