



**P3 – PURPOSE | PLANNING | PROSPERITY**

**CREATE A BIZ - CREATE A FUTURE**

**Ultimate Edge Technique for Deliberate Creation(TM)**

## Ultimate Edge Technique for Deliberate Creation(TM)

First, I want you to thank you for entrusting me with helping you to understand how you can Be, Do and Have the life and business of your dreams.

Before we start, please understand that I've spent the last several years asking the questions and doing the research to find out the reasons why life breaks down for some and not for others. I've questioned how life expands easily for some (even in the most horrendous of economies) and not for others. I've studied NLP (Neuro Linguistic Programming), EFT (Emotional Freedom Technique), and now through exploring Hypnosis, Quantum Physics and Neuroscience, the evidence clearly supports that the change that must happen to be in a consistent flow of grace, peace and abundance, happens internally, in the subconscious mind. It is in the subconscious mind that manifesting begins and that today's reality is the result of yesterday's mindfulness in manifesting, both negative and positive mindfulness.

"For as he [or she] thinketh in his [her] heart, so is he [she]." Proverbs 23:7

This thought was also expounded upon in James Allen's timeless classic "*As a Man Thinketh, So Shall He Be*". He knew, as many of us understand from a conscious perspective, that what we think can come to pass, because thoughts are things. If you think fear, fear is what you will see. If you think struggle, struggle is what you will see. If you think of yourself always being in situations where you are taken advantage of, you will experience it in your reality.

Whether your current reality is 'life is a mess', or 'I'm on top of the world', you have more to do, more to build upon, more to grow into, more people to impact with your message, more, more, more ...

If that sounds scary, it's only because you know you've been called to a purpose and your work is just beginning, and thus ... our work begins.

I believe it starts with two things ...

- 1. You must understand that change comes one of three ways; (1) gradually, (2) quickly, or (3) not at all.** Because all that has life goes through change, whether we like it or not. The trees grow, pets grow up and grow old, our children grow up, our homes and mechanical devices grow old with use, and so we all change as life continues.

It is my goal that change is growth in a positive way and that it comes as quickly and easily as possible. That change is called transformation and I've experienced some amazing breakthroughs and transformations and I've witnessed some as well. Because I know the possibilities, I know that change can be effected and it can be easy, as well as painless, with such a sense of relief and empowerment following.

I've asked questions and studied the research, and the answers that have helped me to become very clear that if you've ever attended a 2-day, a 4-day, or even a 7-day transformational event, a Tony Robbins or Peak Potentials event (not to name drop, but I'm just sayin' ... I've been there, and for years), where we've seen some major transformation, and even with years of therapy and counseling sessions ... all of this helps. It is just not long lasting, or doesn't delve deep enough.

It's the times you're alone and in the moments when that negative thought rears its head because of a deeper negative and limiting belief. It is these times when this technique is so effective. This technique addresses the limiting belief and clears it from your sub-consciousness (or begins the clearing process), allowing you to reprogram your subconscious mind with an empowering, affirming belief.

- 2. You must understand the basics of the brain.** We have 1 brain and you're probably aware of the concept of the left brain (analytical, methodical) and the right brain (creative, more of the spiritual connection). Well that's all very real. Even more, understanding the brain lays the foundation for what we'll be doing when we use this technique, so I'll give you my layperson's view of how the brain works and include a couple of analogies so it's easy to understand along with the science.

I believe and studies show, as well as experts like Dr. Robert Anthony state that we have 01 brain and 2 minds ; the conscious and the unconscious (sometime referred to as the subconscious) mind. These two minds work in tandem, however, one is more dominant in its activities, cause and results that the other. So let me tell you about the two minds ....

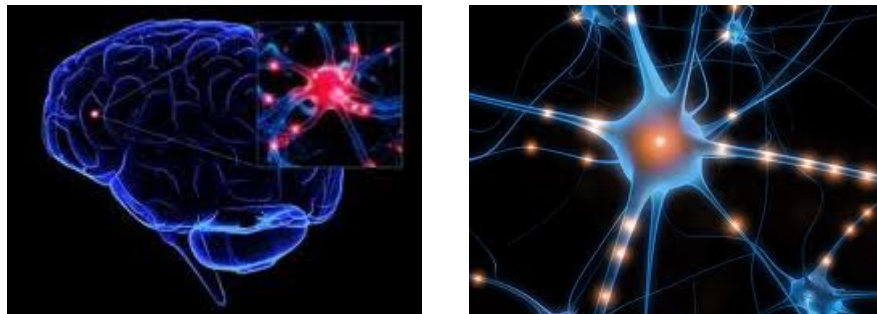


- (1) The conscious mind is about 5 to 10% of the brain's functioning. This is where we learn, we recite affirmations, we write, we do so many activities including planning and visioning for our lives and businesses. It is also where we experience life, whether painful or joyous, and if there are experiences that are painful, they are remembered in our subconscious and used as support for previously stored data, or possibly even begin new data storage.

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(2) The unconscious mind is 90-95% of the brain’s functioning. This is what controls our breathing, the way we walk, the way our mouths move when we talk, how often we blink, how we sit, or stand. These are some of the only things we generally think the unconscious mind does, however, it does much, much more. The unconscious mind is the place where decisions are made that can cause us to ask ourselves why we did what we did. There is a reason and that reason is the belief that is stored in a memory cell, a neuron that communicates with the brain. This is the part of the mind that stores old painful memories that your mind uses to made decisions that end up being procrastination, or denial, or doing something that you didn’t want to do, or visa versa, not doing something that you wanted to do (like make those phone calls, or put those donuts back).

Let me paint this picture for you ... 95% of the brain is the sub-conscious / unconscious mind and the communication between the sub-consciousness and the brain happens when neurons (pictured as a single cell on the right) fire up and send impulse messages to the brain.



Picture this as if the neuron is holding the messages and the messages travel as a neuronal impulse across the axon (the conducting fiber) to the brain. The brain interprets the message and acts accordingly to do, or not do, be in a certain emotional state, or more commonly go into ‘fight or flight’. The result is the reality you see.

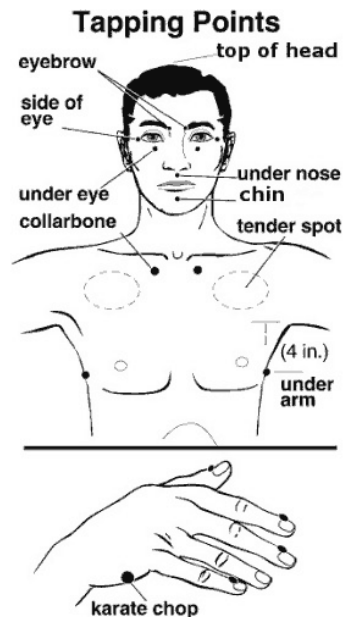
Now many of the techniques I described, NLP and Hypnosis in particular, actually have to deal with the protector of the neuronal path, the Gatekeeper. NLP works with the Gatekeeper to come into alignment with the positive change messaging over time. That’s generally through reciting of Affirmations and Affirmations (a technique created by Noah St. John), but they engage much of the conscious mind in doing this work.



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Through hypnosis, you enter a trance state and can there, bypass communication with the Gatekeeper so when the Gatekeeper comes back online, it receives the new messaging and doesn't skip a beat. Things are proven to change much more quickly through using hypnosis, a technique done during a time dedicated to being able to relax to go into the deep trance state needed.

With EFT (Emotional Freedom Technique), you do a little of all three practices because (1) you engage the conscious mind to assist you in the awareness and the recitation of the acknowledgement of a limiting belief, as well as the statement of the affirming belief. This technique combines speaking with tapping on one or more acupressure points on the body. The vibrational combination of speaking and tapping with engage your unconscious mind, going through the Gatekeeper and bringing the new thought into alignment in your gratitude. This is the essence of the **5 Step Ultimate Edge Technique for Deliberate Creation™**.



The typical 8-point tapping locations are shown in this diagram along with the location of the karate chop tapping spot where what's called a 'set up statement' is stated. Due to the fact that most of your opportunities to use the **Ultimate Edge Technique™** will probably be in the company of others, at your desk, or at some other time (the grocery store, etc) when a negative statement and limiting belief show up, going through this shorter process will make for a point not to miss our chance to work on eliminating a limiting belief.

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To go through the full EFT 7 or 8-point tapping process is more time consuming and more attention will be drawn to you when you are in a public place. That’s what makes the **Ultimate Edge Technique™** so great!

The **Ultimate Edge Technique™** limits our tapping focus to the collarbone point only. Tapping at the center of the body, the vibration released will reach deeply enough into the body. With consistent tapping on this spot for the duration of this short process, you will feel the relief and the installation of the new positive belief immediately.

Before we go further with explaining the **Ultimate Edge Technique™**, let me explain a tad bit further how we get into what is called a “Reality Loop”. The diagram below shows how the painful experience, which may have impacted you as early at 3 or 4 years old gets interpreted, and conclusions are drawn to start a limiting belief that leads to skewed thinking. These experiences travel with us through life, we experience new painful things in life that set us up with additional or supporting limiting beliefs, and we are ultimately led to make fear-based choices resulting in misguided actions, that lead to more painful experiences that support this reality continuing and thus ... our ‘Reality Loop’.

Leads me to show you the following diagram of how we set up our ‘Reality Loop’ and form what we believe.



When we see our reality breaking down, our choices have led us there. The good news is that with our previous choices and beliefs having gotten us into situations and a reality that we want out of, the method to get us there is available.

To change what we believe will change what we see in our lives and our businesses. Know what you want in life, what you want to have in your business and then we can go to work. You have the ability to create whatever you’d like to see in your life, so be mindful of what you want and where it (what you want) will come from.



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Now just keeping it real, don't be fooled, tricked or drink the happy juice that life won't throw you a curve every once in a while ... that's life, it will. How we take those curves, however, ... whether we have our hands firmly on the wheel and screech around the curve, or use our breaks as we go around it with caution, or we are scared out of our minds and fall of the cliff, know that whatever happens is because we've made a decision on a subconscious level because of our belief system.

So if we want to be more empowered, act more courageously, change how we've reacted to a situation in the past, have your ideal relationships, attract your ideal clients, bring to you that new car, be led to your perfect home purchase, bring in more revenue to your business, You Can! You can change things ... and you can have things through these 5 easy steps ... the **Ultimate Edge Technique for Deliberate Creation™**

Use this technique and be blessed in your evolving to be who you are truly meant to be. The Bible says that we go "from Glory, to Glory, to Glory". It's my belief that in the context where this is used and what this implies is that as we go through life, as we grow personally, we evolve so that we can live our Divine full lives. The Bible also says that God is no respecter of persons, so if someone has so much abundance in their life, you can too. We are also gifted with the teachers and the tools that will come to us to help us, the gurus, Shamans, counselors, and the opportunities like the **5 Step Ultimate Edge Technique for Deliberate Creation™**.

Use this tool as frequently as needed. Be blessed, and bless others. Don't forget to come and join me for some amazing new programs and opportunities that might fit for you, or someone you know.

**Here's to you living your P3 Life and having your P3 Biz [Passion, Purpose, Prosperity]**

# Lynn

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## Ultimate Edge Technique for Deliberate Creation™ - The Process

**[1] Recognize a disempowering, negative thought when it happens.** This is you awakening to your desire to change those negative feelings and it brings awareness to the pain that these thoughts are causing you. It is these thoughts that are happening because of a deeper negative limiting belief, which is where the real pain is crying out to be resolved.

These disempowering, negative thoughts generally find you ...

- not making those phone calls to achieve a milestone goal because I haven't made it yet, and I'm likely not to make it anyway
- wanting to buy those Enntenmen's Chocolate covered donuts and screw the healthy eating
- not going to the gym because I've been impacted by time and a 30 minute workout isn't going to be worth going over and getting it done, especially if I can't do what I originally planned

Hold this disempowering thought and determine what the negative or limiting belief is that could be the cause

- I'm not good enough
- I'm not deserving
- I'm not loved
- I'm afraid of rejection
- I don't really matter ... nobody loves me, so why should I care
- I'm afraid of failure
- I'm afraid of success
- If I'm successful my family will want things from me
- I can't earn more money than my father/mother/my parents
- No one in my family has done what I want to do and I have no support

**[2] Acknowledge your disempowering thought and the limiting belief and frame your disempowering limiting belief statement.** In your awareness, acknowledge the disempowering thought and the limiting negative belief and hold that thought. Acknowledge that there is pain in that thought and frame the following statement, then move into step

Your statement will be ...

- I am really afraid I'll get more rejection making any more calls and I'm not up for that. I'll live if I don't reach my goals. [I'm not good enough.]
- I don't want to make more money then my Dad. [I'm not worthy.]
- I have 30 lbs to let go of and it's just too hard, it's taking too much, so why try. [I'm not deserving.]





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- I have these last 10 lbs to let go of and having a couple of donuts today won't do any harm, and maybe I just won't have breakfast or lunch tomorrow. [I'm going to eat what I want. It / I don't matter.]
- I'm always late and I'm late for the business mixer, probably won't meet anyone anyway, so I'm not going. [I'm not worthy.]
- Missing a day at the gym doesn't matter and I can make up for it tomorrow. [I knew I couldn't do it and I was right.]

**[3] Acknowledge and frame your empowering belief in a statement.** In your acknowledgement, look at your disempowering thought and negative limiting belief, and the circumstances, situation that allowed it to come and reverse the thought to frame an empowering belief to replace it.

Empowering Beliefs:

1. It is possible.
2. I am worthy.
3. I am deserving of every good thing in my life.
4. I am confident.
5. Rich people are thoughtful and caring like me.
6. I am highly motivated.
7. I am organized and it's easy being on time.
8. I'm a healthy eater.
9. I care about being my healthiest self.
10. I make good informed decisions.
11. I am releasing weight naturally.
12. I am worthy of great prosperity.
13. I am a money magnet.
14. I attract my ideal clients who I love working with, who love working with me, and who can afford to pay me.
15. It is easy and effortless to create money.
16. The flood gates of prosperity have opened for me.
17. I am an excellent money manager.
18. I get rich doing what I love.
19. I am a generous giver.
20. I am a great receiver.
21. I can do all things through Christ who strengthens me.
22. I always have enough money to pay myself, to pay my bills, and to give of.
23. I am willing to receive the abundance of the Universe in many different forms.
24. I choose to embrace thoughts of prosperity that nurture and support me.
25. I welcome an abundance of joy, love and money into my life.





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**[4] Add the breathing and Tapping (1<sup>st</sup> limiting belief release / 2<sup>nd</sup> empowering belief reprogram.)**

Here are the 3 steps to add your breathing and tapping to this process.

1. Begin tapping at the collarbone point and continue tapping throughout this entire 1-2 minute process.
2. Take a deep breath in for the count of 4.  
Feel the breath move deep into your lower abdominals into your Root Chakra and hold for the count of 4.  
Feel it and know that the energy is moving in your lower chakra.  
On your exhale (again a 4 count) and while continuing your tapping at the collarbone point, state your acknowledgement statement of your disempowering thought and negative belief. (i.e., I release the fear of rejection about these calls that I'm going to make.)
3. Take a deep breath in for the count of 4  
Hold for the count of 4.  
On your exhale, state your empowering belief acknowledgement statement. (i.e., I am deserving of every good thing in my life, including good results by completing these calls.)

**[5] Acknowledge completion of the process in gratefulness.** Feel free to do one last breath and tapping, state again the empowering belief, and more importantly, state your gratitude. (i.e., In gratitude I complete this process, or In gratitude, so it is!)

Let's recap.

### **The 5 Step Ultimate Edge Technique for Deliberate Creation™**

- [1] Recognize a disempowering, negative thought when it happens.
- [2] Acknowledge your disempowering thought and the limiting belief and frame your disempowering limiting belief statement.
- [3] Acknowledge and frame your empowering belief in a statement.
- [4] Add the breathing and Tapping (1<sup>st</sup> limiting belief release / 2<sup>nd</sup> empowering belief reprogram.)
- [5] Acknowledge completion of the process in gratefulness.

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