

"Change the beliefs of the subconscious mind according to the way you'd like your life to be, and then sit back and be present to each moment as events unfold and lead you to your goals."
Brent Phillips

Awakening DynamicsTM



as an Occupational Health Nursing tool!

John Cutajar
Ready to Awaken, LLC

Ready To Awaken, LLC



Awakening Dynamics Level 1

As an Occupational Health Nursing tool!

- What will be covered in this presentation:
 - Awakening Dynamics!
 - The truth about truth!
 - Muscle Testing!
 - Digging the subconscious mind!
 - Intuitive Readings!
 - Manifesting!
 - The science behind Energy Healing!



Awakening Dynamics

Ready To Awaken, LLC



Awakening Dynamics



- What it is!
- Benefits!
- Carol Knox's Human Progression!
- Hawkins' scale of consciousness!



Awakening Dynamics

What it is!

- Awakening Dynamics is a synthesis of the “best of the best” meta-physical technologies developed by Brent Phillips after years of using eastern and western methods and modalities for his own healing and to help others.
- Where the practitioner works from an “Awakened” state and not ego to effect all healings and manifestations...



Awakening Dynamics

Benefits!

- Change your beliefs and watch as your life changes!
 - Relax more!
 - Find peace!
 - Believe in yourself!
 - Increased happiness and joy!
- A solution for your Relationships, Health, and Wealth beliefs!

Awakening Dynamics

Carol Knox's human progression!

- **Who?**
- **Victim** (you feel things outside of you hold all the power in your life)
- **Victor** (you learn to become powerful and take action to get what you want)
- **Vehicle** (you surrender your egoic agenda to instead live as a pure vessel of divine will)

Hawkins'- scale of consciousness!

	Level	Scale (Log of)	Emotion	Process	Life-View
P O W E R	Enlightenment	700- 1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
F O R C E	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable



The truth about truth



The truth about truth

- In order to understand pure truth!
- The preferred frame of reference!
- Truth analysis!
- The Context!
- Relative vs Absolute truth!
- Contradicting truths!

The truth about truth

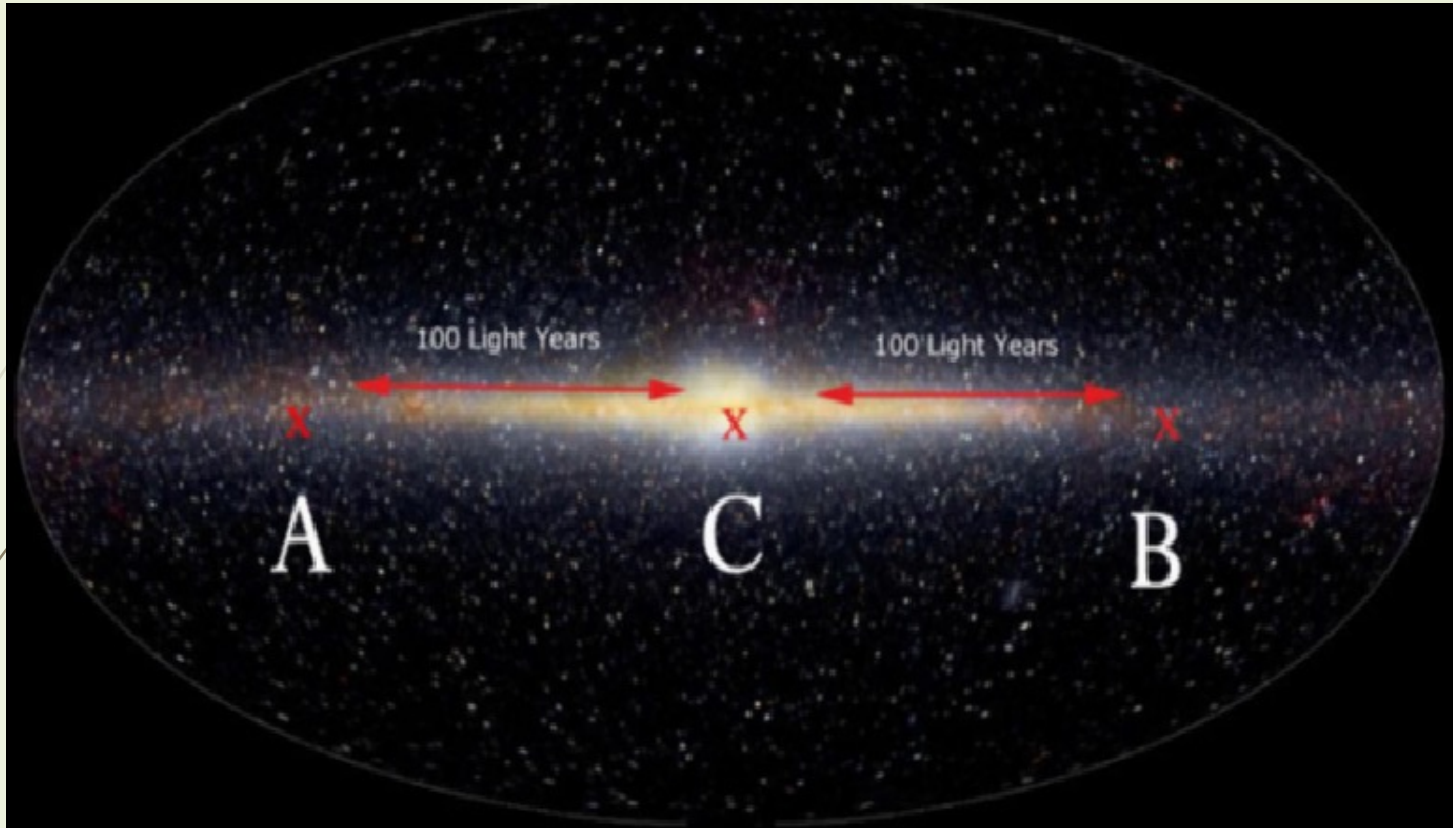
In order to understand pure truth

- We first need to *release the need* to linearize and simplify everything, and instead make peace with the paradox of reality where multiple simultaneous and contradictory truths are all valid and real!
- Definition of TRUE: agreeing with the facts : not false!
- Definition of TRUTH: the real facts about something : the things that are true!
- The linear egoic mind insists that there must be one simple answer that always applies!

The truth about truth

The preferred frame of reference!

- In his Theory of Relativity, Einstein tells us: *"There is no preferred frame of reference in the Universe!"*
- What this means is that there is no "center" to the Universe, and that no position in space or time can ever be better, more absolute, or more fundamental than another position.



Both Star A and Star B go supernova!



The truth about truth

The context!

- Multiple different contradictory truths can exist at the same time, at different levels, and the highest truth – that is, the truth with the largest context - is not always the one you want to use!

The truth about truth

Relative vs Absolute truth!

- *Relative Truth*: a truth within a limited but well defined frame of reference that can, for all practical purposes, be treated as absolute. For example, while building a dog house, it is a relative truth that the Earth is flat.
- *Absolute Truth*: truth within the highest frame of reference that can be understood or achieved by the analyzing mechanism (typically the human mind); for example, the Earth is round.

The truth about truth

Contradicting truths!

- The act of participating here is the most meaningful thing that has ever been or ever could be accomplished!
- The act of participating here is totally meaningless, because someday you will die, as will all the people and all the descendants of all the people you help!

The truth about truth

Linear & non-linear!

- Much of the confusion in life results from the egoic mind's insistence that all phenomena are fundamentally linear, often insisting that things must be *this way* **or** *that way*.
- Higher truth always expresses itself as both *this way* **and** *that way*, depending on your frame of reference.



Muscle Testing

Ready To Awaken, LLC



Muscle Testing



- What it is!
- The Subconscious!
- Communicating with the subconscious!
- Beliefs!
- Muscle Testing Demonstration & exercise!

Muscle Testing

What it is!

- Also known as applied kinesiology, comprises of a variety of techniques that allow you to tap directly into the content of your subconscious mind!
- A very important tool - it allows you to discover exactly what is, and what is not, in the subconscious mind!
- Muscle testing is the only reliable way to ask questions of the subconscious mind because the conscious mind is a terrible judge of what is in the subconscious!

Muscle Testing

What it is – responses of the muscles!

- When the individual being “muscle tested” makes a statement that is true to the subconscious all the muscles in the body become strong!
- Conversely - When the individual makes a statement that is false or different from the subconscious all the muscles in the body become weak!



Muscle Testing

The Subconscious - Definition!

The sub-conscious is that part of the mind that is operating or existing outside of consciousness. For purposes of this application it encompasses all states of the mind other than consciousness.

Muscle Testing

The Subconscious - What is it?

- It is a vast store house of beliefs, experiences, programming. It also includes knowledge of the past, present, future, the Creator and the creation!
- It does not know right from wrong!
- It does not know the difference between Yes and No. It does not judge!
- It just provides the information asked for and ensures that you respond the way you are supposed to based on the data stored within it!

Muscle Testing

The subconscious - Its Impact!

- 99% of your life is created based on information in the subconscious mind!
- The subconscious mind is vastly more powerful and always overrides the conscious mind!
- The subconscious mind is between 100,000 and 1,000,000 times more powerful than the conscious mind!
- “Your unconscious mind is running your life!” - Perspective of cutting edge molecular biologist including former professor of medicine at Stanford University, Dr Bruce Lipton.



Muscle Testing

So!

"You must make certain to give your subconscious only suggestions which heal, bless, elevate, and inspire you in all your ways.

Remember that your subconscious mind cannot take a joke. It takes you at your word."

The power of the subconscious mind ! By Joseph Murphy.

Muscle Testing

Communicating with the subconscious – the data!

The most important ways 'data' gets into the subconscious includes:

- Genetics (the biggest piece)!
- Life Experiences (including your time in the womb)!
- Group Consciousness!



Muscle Testing

Communicating with the subconscious – change!

Fortunately, no matter how all the junk got in there, it's easy to clean out and reprogram the subconscious mind!

Two things are needed:

1. You need a way of communicating with the subconscious mind to determine what is stored there. (Muscle Testing)!
2. You need a way of changing the non-supportive content. (Awakening Dynamics™)!

Muscle Testing

Communicating with the subconscious – the brain!

- Your brain is made up of billions of brain cells, which use electricity to communicate with each other.
- The combination of billions of neurons sending signals at once produces an enormous amount of electrical activity in the brain commonly called a brainwave pattern, because of its cyclic, "wave-like" nature!
- There are 5 different brainwaves!

Muscle Testing

Communicating with the subconscious – brain waves!

- Delta brainwaves, measured at less than 4 Hz, are the brain state of deep sleep and unconsciousness, including comas!
- Theta brainwaves, measured at 4-7 Hz, are the brain state of REM sleep (dreams), hypnosis, lucid dreaming, and the barely conscious state just before sleeping and just after waking. Theta is the border between the conscious and the subconscious world!
- Alpha brainwaves, measured at 7-13 Hz, are the brain state of relaxation and meditation!

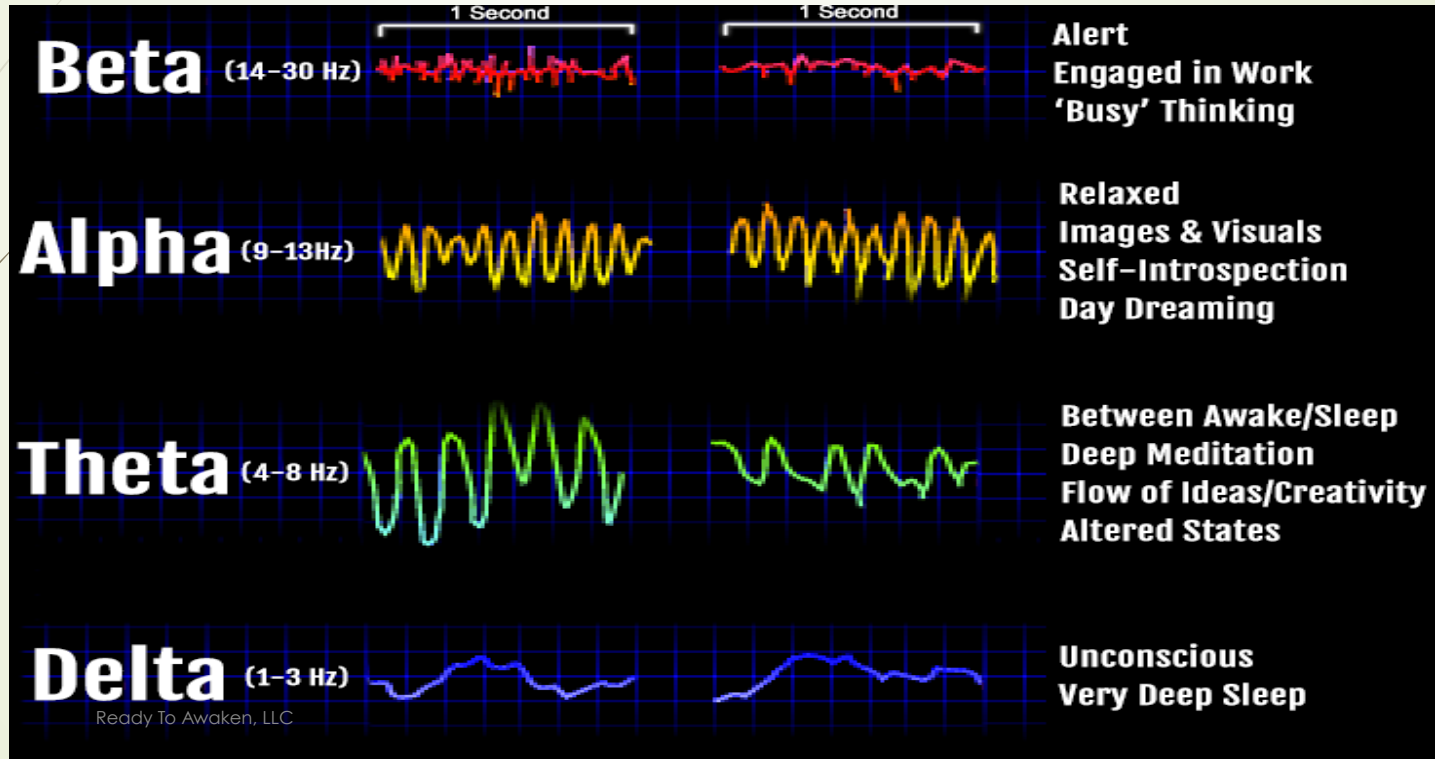
Muscle Testing

Communicating with the subconscious – brain waves!

- Beta brainwaves, measured at 13-40 Hz, are the brain state of our normal waking consciousness!
- Gamma brainwaves, measured at 22+ Hz, are the brainwaves of hyper-alertness, perception, and the integration of sensory input! (During a car accident, the brain enters a gamma brainwave; in fact, time is not slowing down so much as the brain is speeding up.)

Muscle Testing

Brain waves – ECG output!





Muscle Testing

Communicating with the subconscious – which wave!

- All the different brainwave frequencies are active in the brain at all times.
- The dominant frequency at the time depends on the state of the individual and what is transpiring. It is indicated by an increase in the amplitude of the brainwave of the dominant frequency.



Muscle Testing

Brain Waves - Why are they important?

By learning to use a conscious, waking theta brainwave, as a practitioner you can access and influence the subconscious mind and perform powerful healings and manifestations!

Muscle Testing

Beliefs - Establish the correct beliefs!

"The significant problems we have cannot be solved at the same level of thinking with which we created them."

Albert Einstein

In other words, you cannot solve a problem at the level it presents; instead, in order to permanently and completely solve a problem, you must address the root cause, and not just treat the presenting symptoms!

Muscle Testing

Beliefs - How to effect changes!

- Using repetitive affirmations is one way but it requires a very long time if they work at all.
- To make real, permanent, effective changes, you need to debug the content of the subconscious and remove any blocks to success and/or install an entirely new set of supportive, positive, success beliefs!



Muscle Testing

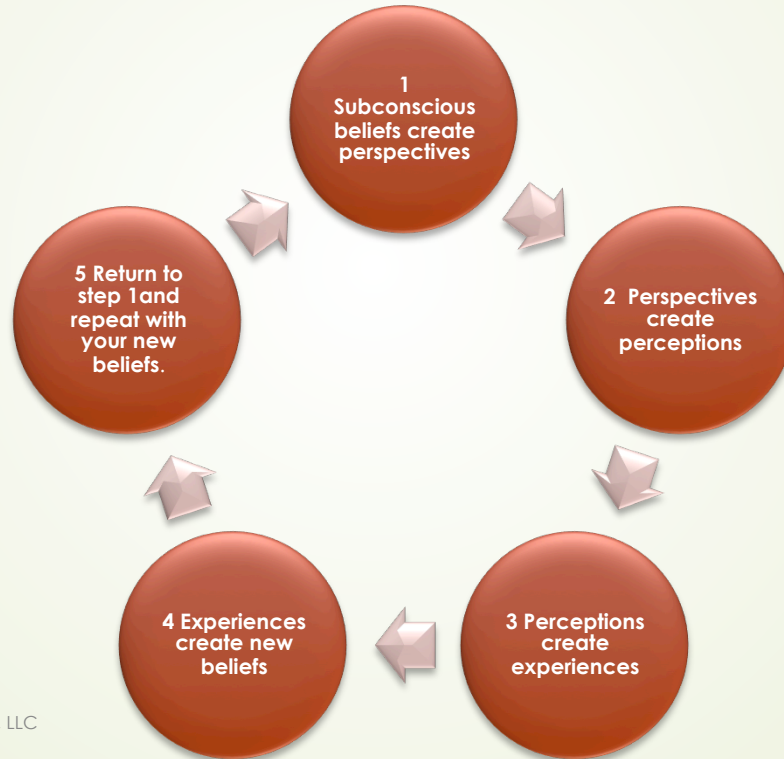
Beliefs – what makes one behave the way one does!

So what exactly is this system that controls your life?

Your subconscious belief systems!

Learning to change these subconscious beliefs represents a radical increase in personal power!

Muscle Testing - Genesis of beliefs!



Muscle Testing

Beliefs – your Archetypes i.e. who you are!

- **Belief:** A belief is a single line of code in the subconscious mind. Most people have billions (or more) individual beliefs.
- **Mythology:** A mythology is a set of beliefs that work together and act as a complete subroutine or small program. “poverty consciousness”, “racial prejudice” or various philosophical belief systems. Most people have thousands (or more) mythologies.
- **Archetype:** An archetype is a set of complementary mythologies that defines a person and how they behave, such as “the victim.” Most people have only a small number of primary archetypes (usually not more than a few dozen.)

Muscle Testing

Muscle testing – what!

- Two methods of Muscle Testing will be demonstrated here.
 1. Arm-lever muscle test
 2. Standing muscle test
- The individual being muscle tested expresses a statement
- The body will respond in a certain way depending on the truth or belief held in the subconscious. The response will be revealed in the demonstration.

Muscle Testing

Muscle testing – do's!

Keep your muscle testing statements concise, short, and test only one thing at a time –

- e.g. “Muscle testing must be short and concise” should be:
 - “Muscle testing must be short!”
 - “Muscle testing must be concise!”

Muscle Testing

Muscle testing – don'ts!

- Avoid using “don't”, “can't”, “shouldn't”, or other logical negations in your muscle test statement; instead, rephrase your statements in the affirmative, present tense:
- “I don't deserve to be wealthy” => “I deserve to be wealthy!”
- “If I do what I love I can't make money” => “I can make money doing what I love!”

Muscle Testing

Preparing to Muscle Test!

- Hydrate!
- Face north!
- Stance!
- Zip energy field!
- Calibrate - test known positives, negatives!



Muscle Testing

Muscle Testing Demonstration/Practice!



Digging the Subconscious mind



Digging the subconscious mind

- What is it?
- Truth cannot be changed!
- Digging on fear!
- How do I start the interview?
- Healing 101!
- Where do I start the digging?
- Demonstration & exercise!



Digging the subconscious mind

What it is!

- The process by which one discovers what beliefs the subconscious is holding around a specific issue.
- This is where non-supportive beliefs are uncovered. This includes any belief that is blocking an issue or issues from being cleared or modified.

Digging the subconscious mind

Truth cannot be changed, but beliefs can!

- The subconscious is the individual's vast repository where all of the supportive and non-supportive beliefs are kept. It is where the changes we petition for are effected!
- Digging the subconscious is the process where the client is "interviewed", not interrogate, to discover the beliefs that are blocking the desired healing or manifestation!
- The discovered non-supportive beliefs are then changed to supportive beliefs and as a result the client experiences positive changes in their life.



Digging the subconscious mind

Digging on fear

- *For healings*, one of the easiest ways to find the hidden blocks is to find the fear that represents what your client is *really afraid* of if they don't heal, or *what will happen* in their life if they do heal.
- *For manifesting*, one of the easiest ways to find the hidden blocks is to find the fear that represents what your client is *really afraid* of if they don't manifest what they want, or *what will happen* in their life if they do get what they want.



Digging the subconscious mind

How do I start the interview?

- Provide as much explanation and answer as many questions as your client needs so they are comfortable with the digging process!
- Teach them muscle testing if needed!
- Go through the “Healing 101” downloads!

Digging the subconscious mind

Healing “101!”

Test the following basic subconscious beliefs to accept and process healing energy:

- I know what it feels like to be completely loved
- I know what it feels like to love completely
- I know what joy feels like
- I know what it feels like to be completely healthy
- I know what unconditional love feels like
- I know what it feels like to receive and accept a healing
- I am worthy of Creator's love

Digging the subconscious mind

Where do I start the digging?

The two key places to start digging:

- The major stressors in your client's life around the time they first experienced or became aware of the problem; *"what was happening in your life about the time this started?"*
- What will change in their life when the problem disappears; *"if this issues goes away what will change?"*



Digging the subconscious mind

Demonstration

Digging the Subconscious!



Manifesting

Ready To Awaken, LLC



Manifesting

- What it is!
- How does one intentionally manifest!
- Witnessing!
- Blocking beliefs!



Manifesting

What it is!

- Manifesting is the tool used to invoke the Universe to bring something into your life.
- The process of manifesting is almost identical to healing; the only difference is that healing will happen inside the body, and manifesting will happen outside the body.

Manifesting

How does one intentionally manifest?

- Once an objective is determined the individual is guided through a manifesting meditation.
- For the sake of explanation and demonstration we elect to manifest a parking spot that is free, legal, sheltered and within 5 spots from the door at the store of your choice!
- The client is Guided through the Manifestation Meditation to get the majority, if not all, of the parameters specified around the objective. In this case a parking spot.

Manifesting

Witnessing!

- The visualization in the meditation is called the witness. It involves your thoughts, feelings, emotions and it is very important!
- The witnessing should be as detailed as possible – see it, feel it, hear it, smell it; involve as many senses as possible and be clear on your requirements... free, legal, sheltered parking spot within 5 spots from the door at Costco.



Manifesting

Higher dimensional living!

“Program the subconscious mind to reflect the way you want your life to be, and let the Universe figure out the details of how to manifest it!”



Manifesting

It does not work for me...

You are close but still not within the specified parameters of the manifestation –

If you find that you never manifest a parking spot it is a sign that there is a belief or beliefs blocking you from manifesting the spot... This is where Digging the Subconscious mind will be applied to discover whatever is blocking you!



Manifesting

Manifesting Meditation!

Parking spot.



Intuitive Reading

Ready To Awaken, LLC



Intuitive reading



- Views of Intuition!
- Ego vs Intuition!
- Receive guidance on anything!
- Input!
- Two types!
- How to access intuition!
- Demonstration!

Intuitive Reading

Views of Intuition!

- “The only real valuable thing is intuition!” - Albert Einstein.
- “More powerful than intellect!” – Steve Jobs.
- “I define intuition as the subtle knowing without ever having any idea why you know it!” - Sophy Burnham Author- “Art of Intuition.”
- It is more than just “Spidey-Sense.” John Cutajar.

Intuitive Reading

Ego vs Intuition !

Through the ego

- Analytical thought **relies on developing the capacity** to think in a thoughtful, discerning way, to solve problems, analyze data, and recall and use information!

Through the Intuition

- Intuitive knowing - **having the ability** to understand or know something without any direct evidence or reasoning process!



Intuitive Reading

Critically important!

- Once you learn how to connect to the higher dimensional mind via your intuition, you can learn whatever you need to know to work with an issue!

Intuitive Reading

The “Prime Directive!”

- Intuitive readings are so important that they are considered the “Prime Directive” of all of your metaphysical work!

The Prime Directive:

Anytime you don't know what to do, or what to say, or what technique to apply, or where to go, the answer is simple: do an intuitive reading and get higher dimensional guidance!

Ask Universe/God/Higher Self/Source!

Intuitive Reading

Input !

For simplicity of language, we'll use visual language and talk about "readings" where you "see" things. Be aware that intuition can involve all your senses, including but not limited to:

- Visual Intuition (aka psychic seeing or clairvoyance)!
- Auditory Intuition (aka psychic hearing or clairsaudience)!
- Feeling Intuition (aka psychic feeling or clairsentience)!
- Smell Intuition (aka psychic smelling or clairolfactance)!
- Taste Intuition (aka psychic taste or clairgustance)!
- Knowing Intuition (aka psychic knowing or claircognizance)!

Intuitive Reading

Two types!

- Active Readings are where you actively imagine something, and the reading shows up in the details of your imagination. Active readings are what you'll use most of the time, at least at first!
- Passive Readings are the “gold standard” of intuition where stuff just shows up; if this happens, go with it!

Intuitive Reading

How to access intuition!

- Relax!
- Trust!
- Allow!
- Ask for what you need guidance with!
- Be open to the possibility!
- Listen carefully!



Intuitive Reading

What now?

- The first input through any of your senses is your answer – make a note of it... get more input!
- The input will be quiet and nonchalant!
- Stay open and keep receiving... keep recording the input!
- Once complete, apply the input as appropriate!

Intuitive Reading

The right tool?

- There are *DIFFERENT TOOLS* used for *DIFFERENT PURPOSES* – avoid the temptation to use muscle testing as a substitute for intuitive readings or vice versa!
- Muscle testing is how you communicate with the *subconscious mind*!
- Intuitive readings are how you tap into *higher truth*!



Intuitive Reading

Intuitive Reading Demonstration!

Relax, trust, be open, allow, listen!



The science behind Energy Healing



The Science behind Energy Healing!

- Is there some science behind this?
- Werner Heisenberg's uncertainty principle!
- Schrodinger's cat thought-experiment!
- The double slit experiment!
- Observations!
- Summary!
- Conclusion!

The Science behind Energy Healing

Is there some science behind this?

- There is a scientific explanation for energy healing, based on well-understood laws of physics!
- We will explore three mind-bending breakthroughs made by science. (Please note that the explanations are simplified!)

The Science behind Energy Healing

Werner Heisenberg – Uncertainty Principle!

- The principle states – *“It is impossible to measure both the exact position and momentum of a particle at the same time!”*
- The mathematical expression of the principle is: $\mathbf{dp * dx \geq C}$
- Uncertainty is a critical foundation for the science of miracles because it provides a firm mathematical foundation for a philosophically profound conclusion: Anything can happen!

The Science behind Energy Healing

Points to consider about the Principle!

- The more closely you measure position, the more “fuzzy” or uncertain the momentum becomes, and vice-versa.
- The numbers in the equation are *really, really, really* small, and only relevant on a sub-atomic scale.
- When a particle is observed to measure its position, it is disturbed and might be moved, but it doesn't move randomly; instead, the new position is determined by a probability function, where the new position is overwhelmingly likely to be extremely close to the old position.

The Science behind Energy Healing

Schrodinger's cat: thought-experiment!

Let us say that you have a big cardboard box and there is a cat inside the box. You know that when you close the box, the cat is awake.

After one minute, there is a 50% chance that the cat is awake, **or** a 50% chance that the cat is asleep.

Common sense tells us that the cat must be either awake or asleep.

Please note that the experiment, as presented here, is slightly modified so as to not offend anyone.

The Science behind Energy Healing

Schrodinger's cat: thought-experiment...but!

- Quantum physics tells us that this is not how it works. Instead, the truth is that the cat is both awake **and** asleep – with 50% probability of each – until the box is opened and the cat is observed.
- Indeed, until the box is opened, ***the cat is both awake and asleep at the same time!***
- It is only when the cat is observed that one of the probabilities is chosen, and the cat then becomes either awake or asleep!

The Science behind Energy Healing

Schrodinger's cat: thought experiment... Witness!

- In other words, until a system is observed, it acts like a wave, and exists in multiple states at the same time, with varying probabilities!
- The instant it is observed, the Universe must make a choice and pick one potential as the specific, concrete outcome!

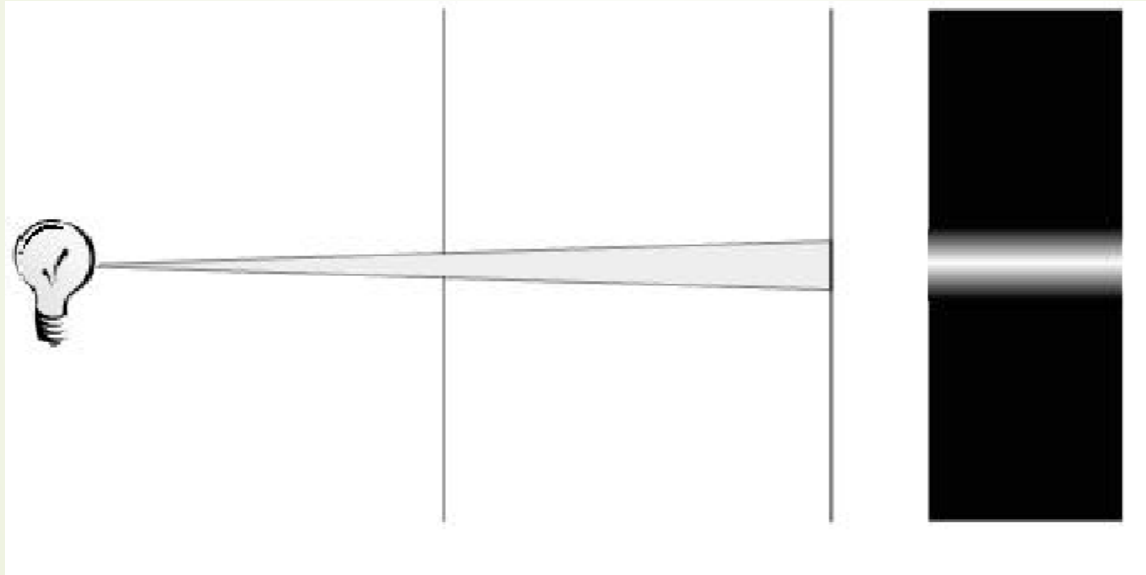
The Science behind Energy Healing

The double slit experiment!

- During the 19th century a great debate raged in the physics community about the true nature of light!
- The question was: at the most fundamental level, is light a stream of particles (like bullets being shot from a machine gun), or is light a wave (like ocean waves travelling across the water)?
- The following show the findings of the experiment!

The Science behind Energy Healing

Double Slit Experiment – single slit test

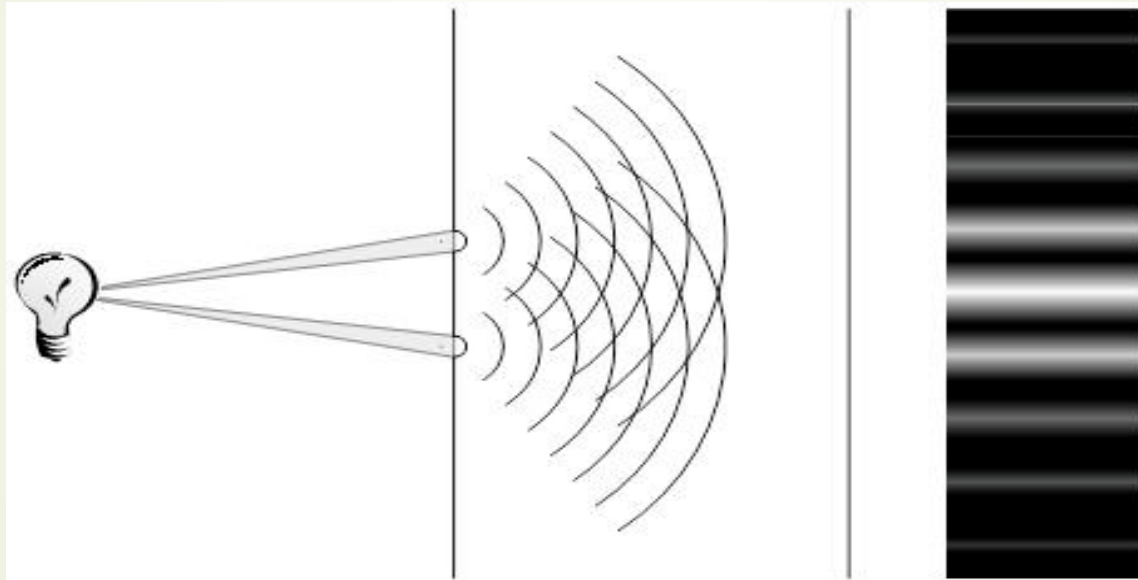


One slit; result - one concentrated area of light

Ready To Awaken, LLC

The Science behind Energy Healing

Double Slit Experiment – no detector, double slit test

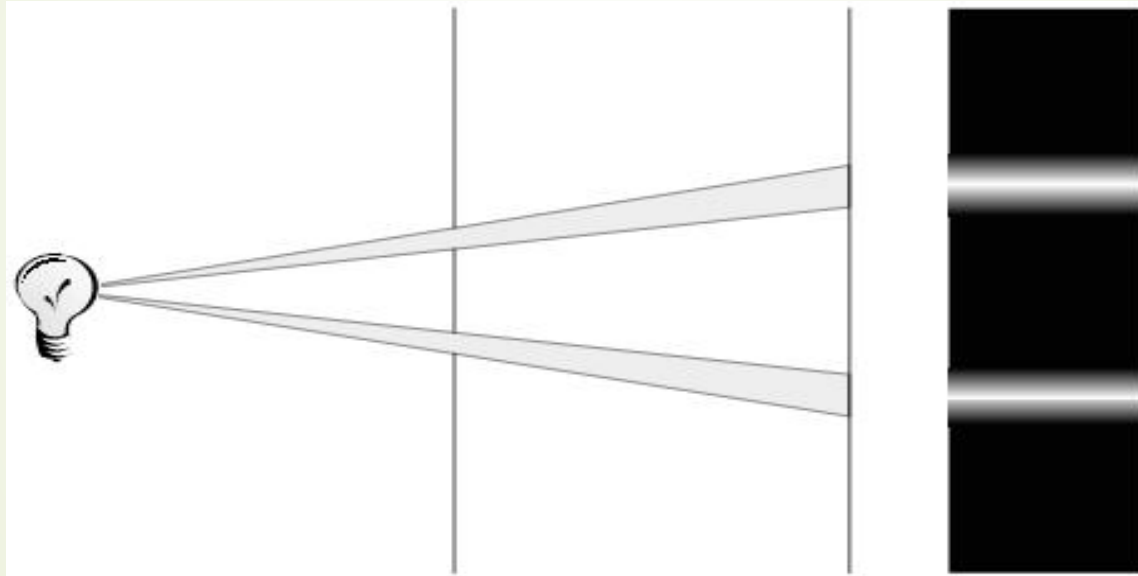


Two slits without photon detectors; result - alternating bands of light and dark

Ready To Awaken, LLC

The Science behind Energy Healing

Double Slit Experiment – double slit with detectors



Two slits with photon detectors; result - two concentrated areas of light

Ready To Awaken, LLC

The Science behind Energy Healing

The double slit experiment - conclusion!

- *Light is a wave (defined by a probability distribution or "wave function") until it is observed.*
- Once observed it becomes a particle with a fixed location!

The Science behind Energy Healing

Observations!

- 1) The *Universe operates according to Uncertainty*, where an object is likely – but not guaranteed – to be in the same place and in the same state it was a moment ago!
- 2) *Until an object is observed, it exists in multiple locations at the same time with varying degrees of probability defined by a wave function!*
- 3) *When an object is observed, the Universe makes a choice, and picks one concrete outcome from the various potentials!*

The Science behind Energy Healing

Summary!

- In each moment, there is an extremely small but finite chance that the issue will instantly heal!
- By clearing subconscious blocks, the practitioner increases the probability that the issue will heal!
- At the end of the session, an energy healing process is invoked to make a powerful quantum choice that, in the next moment, the issue will be healed!

The Science behind Energy Healing

Application Conclusions!

- The programming in your subconscious mind determines the *probabilities* that you'll be sick or healthy, rich or poor, alone or in love!
- The work *MUST* be done while in a Theta brain-wave state. Use the Theta brain-wave state to change subconscious programs to maximize the chances of positive things happening.
- Also, while in the same state you make a quantum choice (healing or manifesting) to pick the highest probability of the most desirable potential outcome!



Open discussion -

How to apply the modality as an Occupational Health Nursing tool!



What was learned



What was learned!



➤ What this presentation Encompassed!

- Awakening Dynamics!
- The Truth about truth!
- Muscle Testing!
- Digging the subconscious mind!
- Intuitive Readings!
- Manifesting!
- The science behind Energy Healing!

➤ Experience with parts of the modality!

- Muscle Testing!
- Subconscious Digging!
- Manifesting!
- Intuitive Reading!