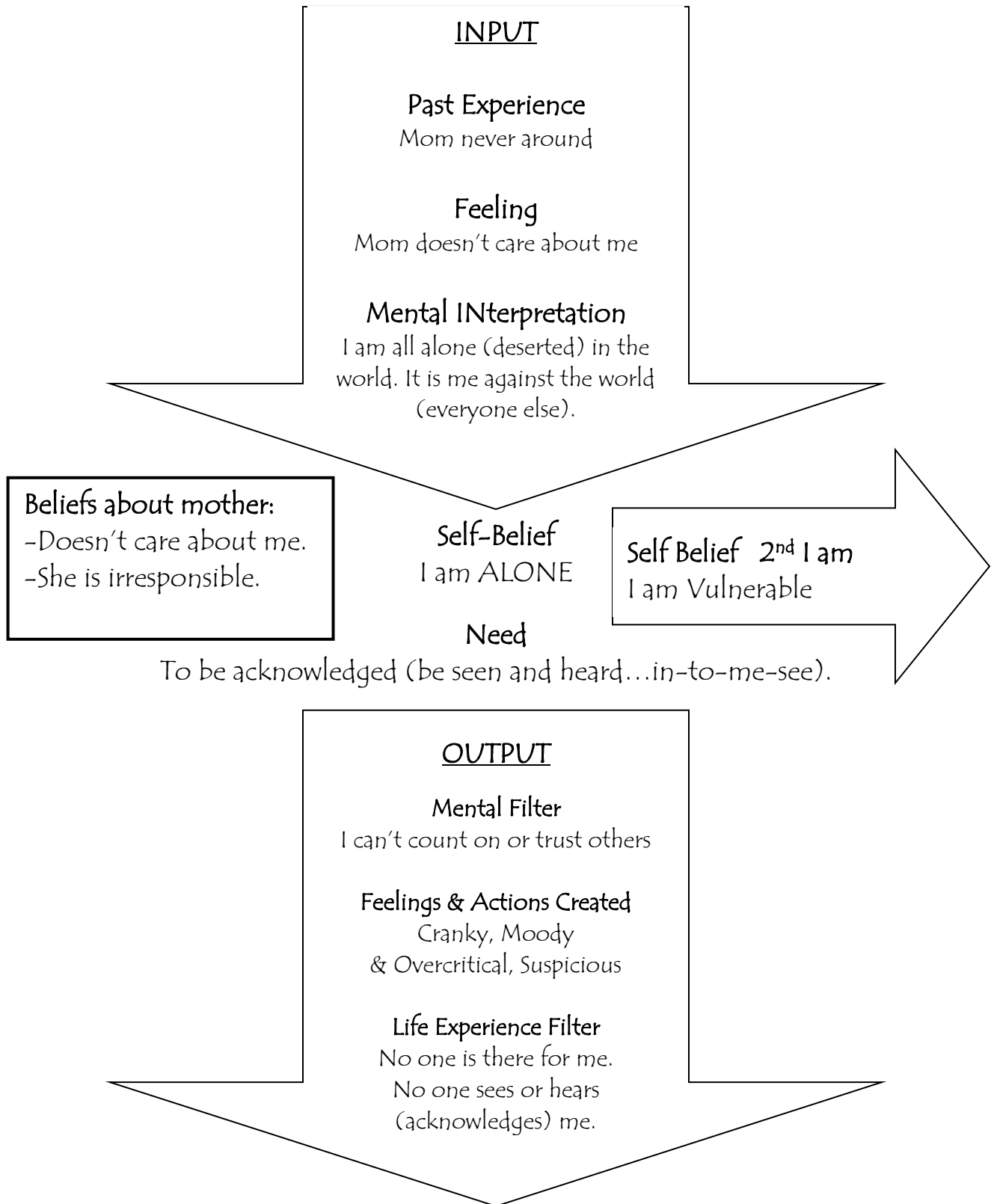


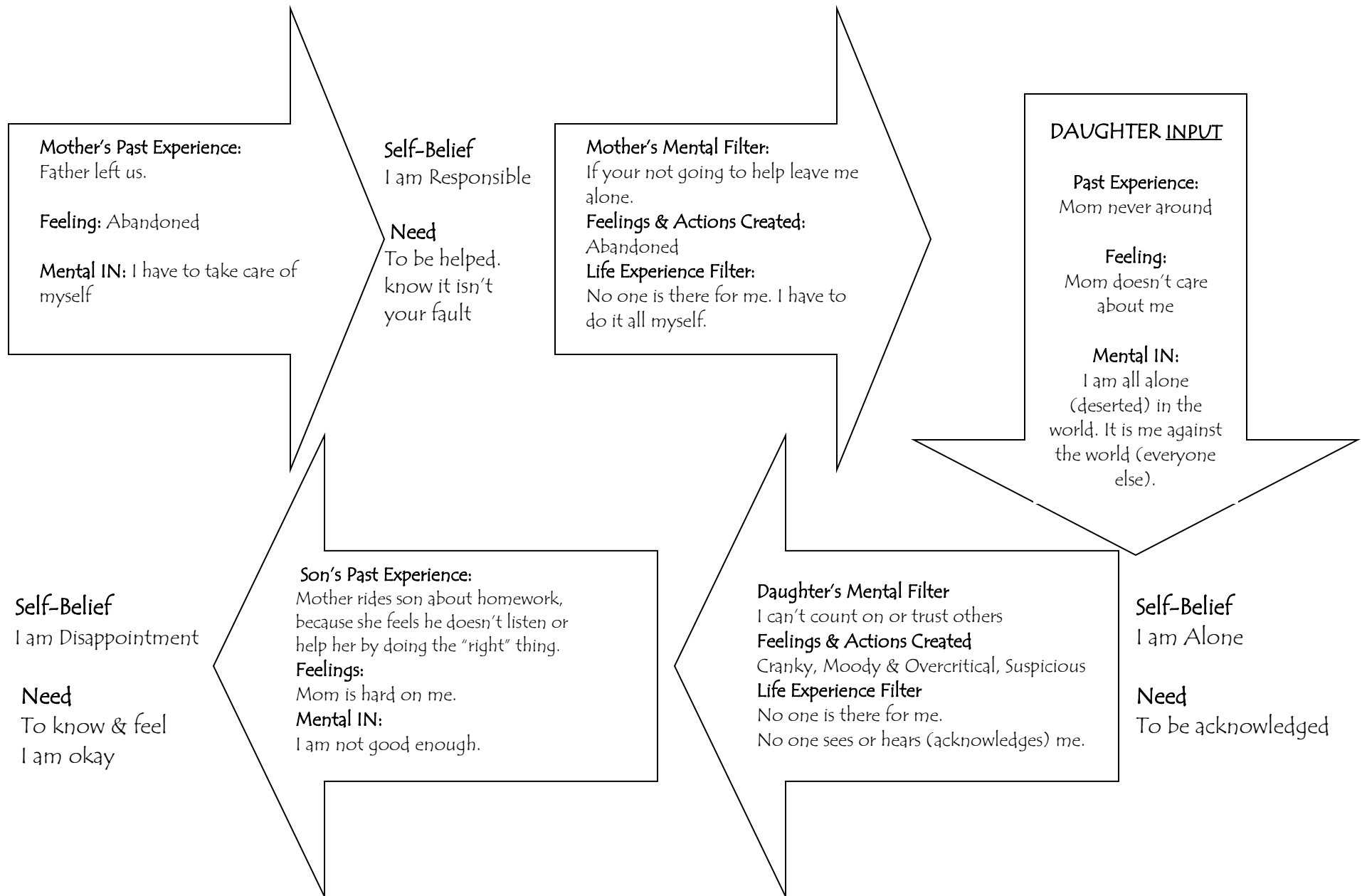
# I am Creation



The child's perceptions/beliefs about Mother or whoever become expectations of EVERYONE! In this case the world view becomes **"Everyone is Careless and Irresponsible!"** The child's mentality, emotions and actions will be based on the world view. In the end this person will create and experience EXACTLY what they believe whether it is true or not!

# THE APPLE DOESN'T FALL FAR FROM THE TREE

## Passing of the Poisonous Fruit



# Possible I am's

## DEFINES PERSONALITY (behavior): "I am \_\_\_\_\_"

<b>BAD</b> I am Bad I am Awful I am Evil I am Heartless I am Dishonest I am Godless I am Negative	I am Good I am Honest I am Positive	<b>SELFISH</b> I am Selfish I am Greedy I am Self Centered I am Stingy I am Spoiled	I am Generous	<b>DIRTY</b> I am Dirty I am Gross I am Nasty I am Perverted I am Filthy	
<b>WEAK</b> I am Weak I am Dependent I am Needy I am Pathetic I am Frail I am Feeble I am Puny I am Pathetic I am Fragile I am Scrawny I am Powerless I am Vulnerable I am Helpless I am Hopeless I am Alone	I am Strong I am Capable I am Capable I am Capable I am Strong I am Strong I am Strong I am Capable I am Strong I am Strong I am Capable I am Strong I am Capable I am Capable	<b>STUPID</b> I am Stupid I am Slow I am Retarded I am Foolish I am Gullible	I am Smart I am Smart I am Smart I am Smart I am Smart	<b>IMPERFECT/FAILURE (worthy = \$)</b> I am Imperfect I am Defective I am Lacking I am Laughable I am Inadequate I am Ineffective I am Insufficient I am 2nd Best I am Incompetent I am Worthless I am Undeserving	I am Good Enough I am Enough I am Enough I am Okay I am Enough I am Capable I am Enough I am Good Enough I am Capable I am Valuable I am Worthy
<b>STUCK</b> I am Stuck I am Stubborn I am Inflexible	I am Flexible I am Flexible I am Flexible	<b>UGLY</b> I am Ugly I am Fat I am Disgusting	I am Beautiful I am Beautiful I am Beautiful	<b>BLAME</b> I am to Blame I am Responsible I am Rigid	

## DEFINES ME (me as a whole): "I am a \_\_\_\_\_"

<b>BAD</b> I am a Bastard I am a Bitch	<b>SELFISH</b>	<b>DIRTY</b> I am a Mess
<b>WEAK</b>	<b>STUPID</b> I am a Dumbass I am a Retard I am a Dipshit I am a Dim-wit	<b>IMPERFECT/FAILURE (worthy = \$)</b> I am a Disappointment I am a Failure I am a Looser I am a Reject I am a Fuckup I am a Black Sheep I am an Oddball

## Our "I am" beliefs create the need for Defense Programs/Patterns!

I am _____	+ A DEFENSE /SURVIVAL PATTERN	= Stuck on an endless loop.
I am a Disappointment (hurt)	+ Well fuck you! (anger)	= Get caught up in anger...loop
I am Alone (against the world)	+ Suspicious (can't trust anyone)	= Needing to connect but unable to...loop

*NO PROGRAM*

=

*No need for a DEFENSE/SURVIVAL PATTERN*

=

*NO MORE LIFE LOOPS*

# WHAT I AM...

I am \_\_a DISAPPOINTMENT\_\_

Define \_\_DISAPPOINTMENT\_\_:

\_\_ Lets others down \_\_\_\_\_

\_\_ I can't do it \_\_\_\_\_

\_\_ No good - good for nothing \_\_\_\_\_

\_\_ In the way \_\_\_\_\_

Compensated for "I am" by:

\_\_ collecting knowledge and \_\_\_\_\_

Where does this "I am" play out in your life?

\_\_ In work not doing things exactly how I want to do them \_\_\_\_\_

\_\_ Don't ask for help \_\_\_\_\_

Is this "I am" a compensation for something else? Yes/No

If so, what?

\_\_ "I am a Failure." \_\_\_\_\_

# WHAT I AM...

I am \_\_\_\_\_

Define \_\_\_\_\_:

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Compensated for "I am" by:

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Where does this "I am" play out in your life?

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Is this "I am" a compensation for something else?  
If so, what?

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# GENERAL BELIEFS

## BELIEFS ABOUT REALITY:

\_\_ Resources are limited \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PERSONALITY BELIEFS

\_\_ "I'm not safe" = Unless I make a scene, so my needs are known and I get what I need \_\_\_\_\_  
\_\_ "I have to make a scene to get my needs met" = It's not safe for me to stop making a scene because I won't get what I need \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## BEHAVIOR RESULTS

\_\_ I will make a fuss, because I need to get what I need to survive. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# GENERAL BELIEFS

## BELIEFS ABOUT REALITY

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## PERSONALITY BELIEFS

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## BEHAVIOR RESULTS

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# CULLING THE POISONOUS FRUIT

The original Problem is the belief in a false "I am \_\_\_\_\_"

## Solve Problem

1. Identify false I am Belief = "I am \_\_\_\_\_"
2. See truth, that the Belief is a lie, distortion of truth and you.
3. Get rid (tap) Poisonous Fruit.

\*Tap every day for at least 21 days or **to Neutrality** get rid of the Poisonous Fruit.

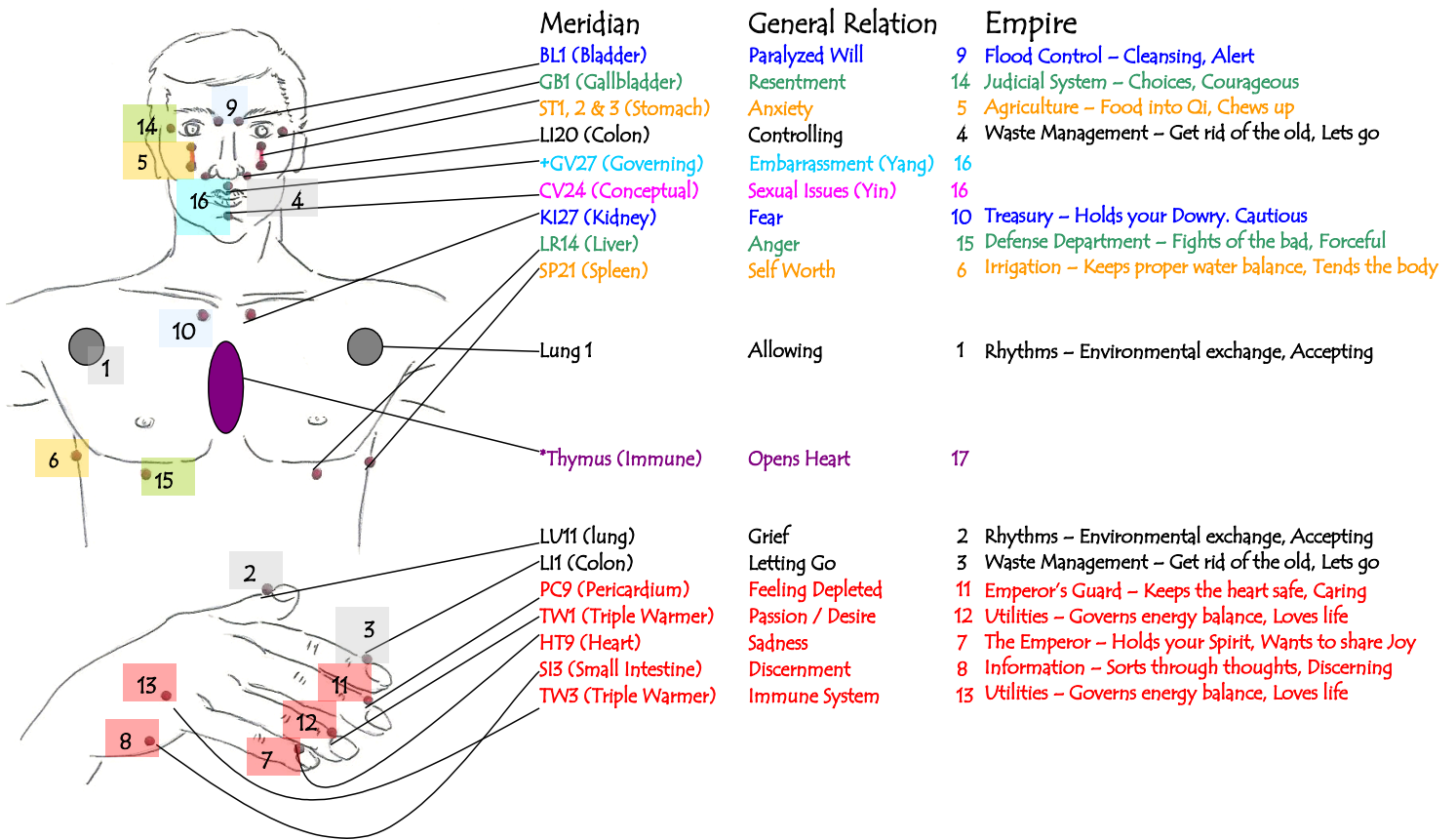
4. Rewrite a new positive belief! YOU HAVE TO FEEL IT!!! It will be reflected in your body and in life when you FEEL IT IS TRUE!!!

## EXAMPLE

### Solve Problem

1. Identify false Belief = "I am wrong"
2. See that "I am NOT wrong". There are no absolutes.
3. Tap on PF for 21 days  
*"Although I've been believing and acting as if "I am wrong"-I love and accept myself."*  
*"Although I've been believe that I am Wrong, I see that this is a lie, and I choose to be free from it"*
4. "I am Right for me!"

# Meridian energy Activation & Neutralization



Jon Tomas Whatley