



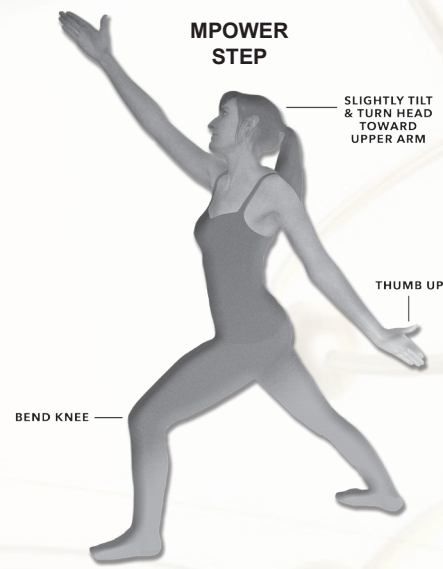
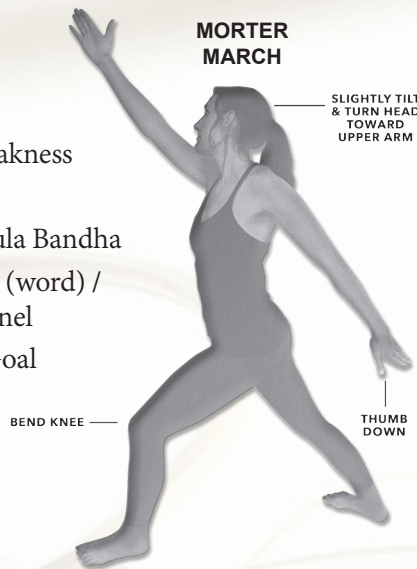
# LEVEL I: APPLICATION OF B.E.S.T. RELEASE – SUBCONSCIOUS CLEARING

CERTIFIED FACILITATOR TRAINING



THE ENERGY CODES®

1. Test for the Yes
2. Envision the Goal
3. Muscle Test, Find Weakness
4. Test for the Word
5. mPower Step with Mula Bandha
6. Embrace the Concept (word) / Breathe Central Channel
7. Retest Word, Retest Goal



- Fear
- Anger
- Love
- Sadness
- Enjoyment
- Judgment

### Morter March Position

1. Step forward with your right foot, bend knees.
2. Raise your left arm over your head and forward, relax your hand.
3. Move your right arm behind you, back and down, relax your hand.
4. Turn your head left toward the lifted arm.
5. Close your right eye.
6. Breathe deeply in the belly, and hold the breath.
7. Repeat on the opposite side.

### Steps to add for the mPower Step

1. Squeeze the lower pelvic muscles (mula bandha).
2. Squeeze the heart, constrict the throat.
3. “Open” the bottom of the feet & palms of the hands.
4. Turn thumbs up of both hands and squeeze between the shoulder blades, lift the heart.
5. Squeeze the upper thighs together as you breathe.
6. Look at the raised thumb, and “pull” your consciousness back “behind the eye” that is looking.
7. Breathe up and down the central channel to the heart and out either end.

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