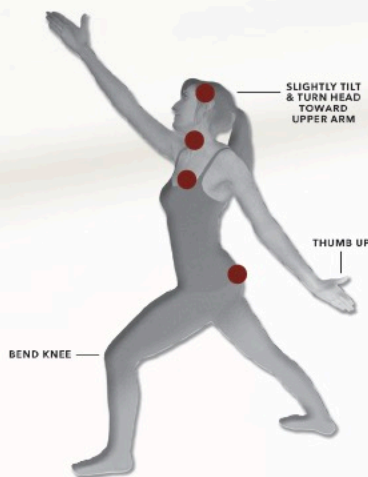


B.E.S.T. Release and the mPower Step

1. Test for Strength / Weakness
2. Envision the Intention
3. Muscle Test, Find Weakness
4. Test for the Word, Find Weakness
5. mPower Step with Mula Bandha
6. Embrace the Belief / Word / Feeling of Love / Breathe Central Channel
7. Retest Word, Retest Intention



B.E.S.T. Release Chart:

Fear
Anger
Love
Sadness
Enjoyment
JUDGMENT

"I forgive and embrace any interference that _____ has caused as it relates to my intention."

mPower Step Position

1. Step forward with your left foot, bend knees.
2. Raise your right arm over your head and forward, thumb pointing up.
3. Move your left arm behind you, back and down, thumb pointing up.
4. Turn your head right toward the lifted arm.
5. Close your left eye.
6. Breathe deep in the belly and cultivate the feeling of love.
7. Squeeze the lower pelvic muscles (mula bandha).
8. Squeeze the heart, constrict the throat.
9. "Open" the bottom of the feet & palms of the hands.
10. Turn thumbs up of both hands and squeeze between the shoulder blades, lift the heart.
11. Squeeze the upper thighs together as you breathe. Let it feel good.
12. Look at the raised thumb, and "pull" your consciousness back "behind the eye" that is looking.
13. Breathe up and down the central channel to the heart and out either end.

Fundamental Information

The mPower Step position reconnects the basic fundamental somatosensory pathways (Brain and Body) in the nervous system.

The weakness = a gap in the circuitry. We get excited when we find a gap. (This is what we are looking for.) The mPower step fills the gaps in the circuitry.

Holding the Breath while in the mPower Step position creates a greater stress momentarily, allowing the nervous system to re-prioritize its emergency responses. This "updates" the computer (brain/field).

Cultivate the feeling of love flowing through the body to embrace and melt any interference. Love awakens pristine perfected circuitry and unifies the body, mind and breath.

The squeezing of the anchor points tethers the magnificent mind to the core of the body. Let the squeeze be LOVING! Let it feel good.

Feel the Shift at the Core. Awareness at the Core is greatly significant. Use your awareness to assess the alignment/misalignment, resonance, or dissonance of future thoughts and decisions.

Self Test

1. Begin by making a ring with the thumb and index finger of your non-dominant hand (Ring 1). You will hold tight with this ring.
2. Make another ring with the thumb and index finger of your dominant hand (Ring 2). You will use this ring to push out/test Ring 1.
3. Place Ring 2 inside Ring 1.
4. State a "Truth," e.g., "My name is Mary." Test for strength by pushing out with Ring 2 while holding tight with Ring 1. Ring 1 should hold tight. Next, state a "Lie," e.g., "My name is Betty." Test for strength by pushing out with Ring 2 while holding tight with Ring 1. Ring 1 should fail.

