

WORKSHEETS, FAQs, TRANSCRIPTS &
TEN TRANSFORMATION TEMPLATES

Heal Your Situation

GUIDED HEALING SESSIONS
FOR ANY
PAIN, PROBLEM, OR PATTERN



ELMA MAYER

**Worksheets, FAQs, Transcripts,
and Ten Transformation Templates
(Written Material to Accompany the Audios)**

Heal Your Situation

**Customizable
Guided Healing Sessions
for Any Pain, Problem or Pattern**

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Table of Contents

1. Introduction – Transcript	1
The Disclaimer	2
Now Healing is Morphic Healing	2
What can You Use this Product for?	3
How to Use this Product	4
How Often to Do the Sessions.....	5
Do not Listen to the Session Audios while Driving	6
How to Use the Worksheet	6
What to Expect	6
How Long Will it Take to Heal?	8
The Now Healing Commands, Align, Disentangle and Reintegrate.	8
2. Introduction to the Fast Zaps – Transcript	9
An Important Note: These Fast Zaps 1-7, are NOT to be used.	9
These Short “Fast Zap” Audios have Several Purposes.	9
Here’s How To Use the Fast Zaps	10
What are 12x Power Alignments?	10
3. FAQs – Frequently-Asked Questions	11
Q: Which situation to start with?	11
Q: Do I need to finish all six Sessions and all the Fast Zaps?	11
Q: Why are there so many Sessions?	12
Q: Can I use the Fast Zaps without listening to Sessions 1-6?.....	12
Q: Can I use the Fast Zaps for daily maintenance?	13
Q: Can I use the Fast Zaps for specific goals or pains?.....	13
Q: Can I listen to more than one Fast Zap in a row?	14
Q: What’s happening in the Fast Zaps?	14
Q: Can I listen in the background, or while sleeping?.....	14
Q: What if I fall asleep while listening?	15
Q: Can I use this product along with medical treatment or other healing modalities?	15
Q: My situation improved somewhat, but not completely	16
Q: What if my problem comes and goes, or keeps changing?	17
Q: What if my pain or problem keeps coming back?	17
Q: What if new things come up, before I’m finished with all six Sessions?	19
Q: I can’t let go of my attachment to a specific outcome.	19
Q: How “big” or difficult a situation can I work with?	20
Q: Am I doing too much? Or not enough?	20
Q: Do I need to know what is happening, energetically?.....	21
Q: Is there a list of the commands and terminology somewhere?.....	21
Q: Am I going to Center correctly, and doing the Commands right?	21

Q: How can I stay at Center permanently?	22
Q: What is “Collapse to Zero, Expand to Wholeness?”	22
4. Ten Transformation Templates	23
Use These Templates to “Do it Yourself”	23
How to Use the Ten Transformation Templates	23
Template 1: Preparation – Align with Center	24
Template 2: Align All Areas	25
Template 3: Zooming In and Out (from a Pain or Problem)	26
Template 4: Zoom Out (from your Relationship with a Situation)	27
Template 5: The Six A’s	28
Template 6: Collapse to Zero, Expand to Wholeness – Command	29
Template 7: Collapse to Zero, Expand to Wholeness – the 5-Finger Alignment	29
Template 8: Heal Any Situation Instantly – The Basic Template	30
Template 9: One-Minute Transformation Template – to Create your State	31
Template 10: Heal While You Sleep	32
5. Zzzappendix – Healing Others – Transcript	33
Sharing Policy	35
How do you actually do the Alignments for others?	36
Template: Heal a Situation for Another Person	37
Preparation Template to Heal a Situation for Another Person	37
How to use the Worksheets as you run the audios	37
6. Healing Others – Checklist and Preparation Template	39
Sharing this Product - Guidelines	39
How to Use Heal Your Situation on Behalf of Others	39
Preparation Template to Heal a Situation for Another Person	40
7. Worksheets	41
Additional Notes	73

1. Introduction – Transcript

[Transcript of Audio 1 – Audio Filename: NH-HealYrSituation0.Intro.mp3]

Welcome to Heal Your Situation. I am Elma Mayer, and the website is NowHealing.com. This is the Introduction audio. Please listen to it, or read it in your PDF or booklet, before you start doing Session 1 for the first time. Don't skip it if this is your very first time using this product, because it will pre-answer many of the questions that often come up during the Sessions. If you're coming back to these Sessions again and you've already listened to this Introduction before, it's OK to skip it, unless you want a refresher.

Heal your Situation is a radically different approach to healing. It replaces the need for private sessions most of the time, because you don't need the actual presence of a healer in order to connect with the state of Wholeness, which is ultimately what healing is – becoming Whole. Wholeness always exists, and you can *Align* with it anytime, not just when a healer is working on you.

This audio product, Heal Your Situation, is customizable for any situation that you bring to it. And we are not just healing your specific localized pain like arthritis, or an isolated problem or pattern like anxiety or addiction. We are healing everything about that pain or problem or pattern – including all the hidden entanglements that are way beyond our local awareness.

That's why we heal the entire "Situation" rather than heal a problem, or a symptom, or disease, or diagnosis. Because everything is a situation. There's no such thing as an isolated problem or symptom or disease. It's all entangled with everything else. You cannot have a physical problem without a mental component and an emotional component, a social component, a time component and so on. You cannot have a problem with, let's say, not being promoted at your job, without a financial entanglement and family repercussions and a self-esteem entanglement, and emotional entanglement which creates physiological and biochemical changes. You cannot have a knee problem like "Oh, I just have cartilage loss, that's my only problem, everything else is fine" because there is going to be associated tendon and muscle compensation, and nerve interactions with the brain, and less movement causing less lymphatic drainage, and emotional associations like fear of future lack of mobility, and time and space limitations, like "I can't walk down the subway stairs, I have to get up 30 minutes earlier to hobble to work so I'm under-slept, and I just can't afford to take a cab" and so on. It's always a much larger situation. It's not just the medical diagnosis. You have to look at the big picture, and the picture is always infinitely bigger than we think.

Another reason to heal the larger situation rather than the "problem" is that looking at something as a problem will amplify that sense that it is a "problem." Looking at it as a "situation" is more accurate, less colored by interpretation, and it makes you step back and see the larger view. And that actually starts the healing process, because it puts you in neutral, non-attached mode, which allows letting go, which allows healing.

So we are going to be healing the big picture, not just the diagnosis or the dilemma or the details. But first...

The Disclaimer

This is not a substitute for medical care, treatment or diagnosis. I am not a licensed medical professional. This is not medicine, it is not alternative medicine or complementary or integrative or functional medicine – it is not medicine at all. It is not science either. I come from a long line of physicists, mathematicians and biochemists, and I know what science is, and this is not it. Whether or not science can explain what we are doing here has no bearing on the fact that we are doing it, and it is effective. In the same way that science does not need to explain music, or language, or cooking, or love, or emotions or sensations or life itself, in order for them to work. All those things exist and are completely effective and real, without requiring scientific explanation to validate them or make them real, and that applies to what we are doing here, as well.

If you are looking for a medical or alternative medical solution to your situation, please consult a licensed medical professional to help you with the medical component of your situation. If you are looking for a mental health solution, consult a mental health professional.

Same goes for any other area. For a legal issue, consult a lawyer. For a home-building issue, consult an architect or structural engineer.

For a spiritual issue, consult a spiritual guru, because this is not spiritual healing. Spiritual healing can be an effect of what we do here, as can shifts in wellness and legal issues and home construction. But all of those things are effects, not cause. The spiritual realm of your existence is not more or less important than the physical level, the mental level, the bioenergetic level, and so on.

All these levels flow into each other, and ideally they are integrated, rather than imbalanced with one area being primary. They are holons of the larger Whole. We will do a lot more with that later, but for now, back to the disclaimer...

By continuing to use this product, you are acknowledging that you understand and you agree to this disclaimer, and that you take full responsibility for your own healing, health, decisions and actions.

I've told you what this is not. Now I'll tell you what it is.

Now Healing is Morphic Healing

We work with fields of information and resonance. Every situation, every part of your life has an information field, and that field is connected to smaller fields and larger fields. So in *Now Healing*, wherever your fields are disconnected from the larger field of Wholeness, we connect them. It sounds really esoteric, but it's actually extremely simple and instantly effective, you'll see when we do it.

This is different from “Energy Healing” although I’ve used that term in the past to describe *Now Healing*, just for convenience. In energy healing you are usually “doing healing with energy” – by moving energy, like Qi Gong or Reiki. In *Now Healing*, we are not primarily concerned with “moving energy” or “sending energy.” Instead we work with fields of information. Any movement of energy would be a side effect. We are actually doing “information field healing.” A more elegant term is “Morphic Healing” or applied morphic resonance.

The main thing that *Now Healing* does is *Align* things with Wholeness. That allows the flow of information to start up again. Like turning on an electric circuit whose breaker has been tripped, or doing a chiropractic adjustment to open up nerve communication. But the kinds of disconnects I’m talking about are not just on the electric or neurological levels, they can be on any level, they are information flow disconnects – and everything has information.

Once you repair the disconnects for your situation, the information from Wholeness can come in and restore the situation to its healthy, Whole state. And that can happen instantly.

When information flow is appropriately open, then energy and Qi can begin to flow, your auric field changes, your thoughts and emotions flow, interrelationships between people flow, the larger situation changes and reality changes, including physical matter, including energy and time and money and love and life. You’ll be able to experience that, as we get into the Session audios. Now, you may be asking yourself...

What can You Use this Product for?

Anything that you would like to improve. It’s all fair game, everything that you can think of can be *Aligned* with Wholeness.

- You can use it for a situation that has just arisen recently (today, yesterday, last month). For instance, an injury. Or an unwanted change in your work hours, a disagreement with your mom about whether to invite her 3rd ex-husband to your wedding, a new financial opportunity that you’re not sure about, a project that you’re stuck on, or feeling like you’re coming down with a cold.
- You can use it for a long-term or chronic situation, chronic illness, pain, allergy, menopause, disability, habit, tendency, mental pattern, behavior pattern, a personality trait you want to heal, a relationship, even a past relationship with someone who has died.
- You can use it for a future outcome, for instance an upcoming job interview, performance, exam, energetic support for a surgery that you want to create the best outcome for, a move, an upcoming wedding, or break-up, a new health program to get in shape for a marathon, energetic support for a big lifestyle change that you want to implement.
- You can use it for a Trauma - Physical and Emotional from the distant past or near past: childhood abuse, poverty, loss, accident, PTSD, etc.

Whatever you are thinking right now “Well, will it work for *this*? You haven’t mentioned my situation, Elma.” The answer is Yes. The information and energy field of your situation will shift towards Wholeness, when you run it through these audios.

How to Use this Product

For any issue, diagnosis, problem or situation – start at the beginning. If you have what you consider to be a body issue, like arthritis or itchy allergies or a pain in your neck, don’t just skip to Session 4, Scan and *Align* your Body. Always start with Session 1.

Or you might be thinking “I have a financial problem, why do I need to listen to the brain scan in the body scan section?” Well, your brain and the rest of your body *embody* the financial situation. Again, your situation is much bigger than you think it is. Everything affects everything else, nothing exists in isolation. The entire universe needs to *Align* in order to heal any situation – and of course we do that in Session 5.

There may be an occasional rare thing that does not apply to you, but it won’t hurt to *Align* it anyway. I have designed each *Alignment* or command in this product to be applicable to the vast majority of listeners. In the rare case that a specific command is not really applicable to you if you know how to test the energy, just be patient and do it anyway. If you don’t know how to test the energy, no worries, that is not required here.

What if you have several situations that seem equally important, like “My debt, my knee, and my daughter’s wedding?” Do the entire set of audios for each of them, separately. Choose the one issue that is bothering you the most, or coming up the soonest, and run the audios for that situation. Then run the audios again for the next situation, and so on. Of course, you may find that your knee feels much better after you work on the debt situation – but I recommend doing each kind of situation separately, even though everything is interrelated, because that’s how this product was designed. Because you won’t be able to fill out the worksheet and track your transformation if you say “Well, my whole life is a mess, I’ve got two urgent crises happening, and three chronic conditions, so I’ll just do them all at once.” Don’t do that, instead, do one issue or symptom and got through the entire set of audios for that situation. Don’t worry too much about which one you start with – just start somewhere.

For whatever situation you choose to start with, you’ll run all the Sessions 1 through 6, and then you’ll run the Fast Zap audios, and the Sleep Session.

After you’re all done with all those audios for that particular situation, you can come back and run the whole thing again for a new situation. For each new situation, it’s best to start listening at Session 1. There are more details about that in the FAQ section of the PDF or the booklet, so make sure to check out the FAQ, if you have questions on anything. Let me just give you a little overview of...

Which audios to do in which order. After you do the first six full-length Sessions, there are seven short power audios, the Fast Zaps. Don't skip ahead to those, you have to do Sessions 1-6 before doing the Fast Zaps – at least the first time you use this product.

Then there is a Sleep Session, which is a Slow “Zzap” to Heal Your Situation While you Sleep, which you can use anytime after you complete Session 2. So as soon as you're finished with Session 2, you can start using the Zap for Sleep that night, if you like, or anytime thereafter. I will not remind you again to use the Sleep Session, so you'll have to just remember, or make a note of it in your worksheet or booklet.

And lastly, there's the Zzzappendix audio Session on how to use this product to heal others, which is optional. You do not need to listen to that, unless you want to know how to use this product on behalf of other people.

Also – a general reminder - in addition to all the audios, there is some cool written material in PDF format, or if you purchased the hard copy, it's in your booklet.

There's a section called Transformation Templates, for which there is no audio – it's only in written form. It's like a cheat sheet of short healing templates that you can use on your own, anytime, even when you can't be listening to the audios. And there's the written FAQs that I mentioned earlier.

How Often to Do the Sessions

You have several choices. You could do...

- One Session Daily. This will most easily fit it into a regular day. So if you choose this option, I would listen to this introduction audio, then go right into Session 1 today, and do Session 2 tomorrow and so on.
- Two Sessions Daily works too, if you really want an accelerated experience. Make sure to take a break of at least 5 minutes between Sessions, and preferably more like 15 minutes. Go outside, hug a tree, and definitely drink some water. Or you can do one Session in the morning and one before bed. I don't recommend doing more than two Sessions in a day. This product was designed to be used over several days, so don't try to cram it all into one day.
- One Session every two or three days works great, if that's all you have time for, or if you like to take some time to process the shifts. Or do one or two Sessions each on Saturday and Sunday.

Try to do more than one Session per week, unless you absolutely don't have time to do it more often – just because the impetus to continue may dissipate (if you're a normal human being, you might forget to come back and finish the Sessions. On the other hand, that's fine too, because it means that your situation is no longer bothering you enough to “need healing.”)

You may actually get all the shifts you need by the end of Session 1, in which case there is no need to go on. Or you might feel complete after Session 3. And very likely for some situations

you'll want to go through the entire set. It will be different for each situation, and each time you use this product.

Do not Listen to the Session Audios while Driving

It's OK to listen to this Introduction while driving, but the actual Session audios, starting with Session 1, are not conducive to driving, or even walking or jogging, because there may be times you will want to close your eyes, and even if you keep your eyes open, your attention will be on the inner planes or the way-outer planes, so you won't necessarily be in a state to navigate traffic safely. Plus, you'll be filling out the worksheet.

How to Use the Worksheet

You are going to use it every time you listen, and I'll guide you through it in each Session. The worksheet actually has several sheets; there are separate sections in it, for each audio Session. You'll want to write in it by hand, so you'll print out one worksheet which you will use for one situation. In other words, when you listen to the entire set of audios once, you will need one worksheet, which contains several pages. Later, when you listen to the entire set again for a new situation, you'll print out a clean copy of the worksheet.

The worksheet is a really essential part of these Sessions. First of all, it helps your local mind to track the changes in the major areas of your situation. But more importantly, it's actually healing, in and of itself. You will be observing the various different components of your situation – the physical component, the mental, the emotional, and so on. Just this simple act of observation is going to create some big *Disentangling*. So the worksheet is not like the intake form you fill out at the doctor's office to list your symptoms and history – it's much more than that.

If you're working with the same situation over a long period of time, like "In two years, I want to have sold my home and business, and travel the world." For that kind of ongoing work, if you run out of room, on one worksheet, feel free to start over on a new worksheet, and start over listening to the Sessions again, because the situation will have morphed into a new situation over time – you might want to do a pass of all the Sessions every two or three months, for an ongoing long-term goal.

What to Expect

In this work, we always make sure to *Disentangle* from expectations, because that will get better results. So the answer to "What to Expect" is "Nothing, and Wholeness."

This is not a linear process. I try to keep things as logical and systematic as possible, because I like it that way, but please be willing to let go of needing logical, linear step-by-step, one-to-one correspondences, and cause-and effect – because often those things are not applicable or useful in the realms of morphic resonance and entanglement. We may take huge leaps, with no steps in between, and we may also seem to repeat things that we have already done. But this is

not mere repetition or redundancy. In the fractal quality of this work – patterns may seem identical, but they are on different levels or scales.

Things will be shifting while I'm speaking, but also during the silences – there will be many long silences where lots of *Alignments* are taking place. This work happens way beyond the verbal level, and beyond what our local awareness can track or comprehend. The words are just the tip of the energetic iceberg.

If you are a newcomer to this kind of work, you may try to figure out what's happening, or you may be concerned about doing it right, or whether you are sensing anything at all. Just allow your experience to be what it is, without trying to experience anything specific.

If questions come up about “How does this work? What does this mean?” you might want to jot them down, but don't stop and try to find answers, just continue with the Sessions. Your conscious mind will probably get an answer in the near future. But this work can continue without your conscious mind's understanding.

If you wonder whether you are doing it right, set that aside also and just forge ahead. I'm going to *Disentangle* you right now, from any concern that you may be doing it wrong, or that you need to do it differently, or understand it. How you do it doesn't matter – you are not really doing anything, you are just noticing that Wholeness exists, and that alone creates a connection to Wholeness, which is the basis of healing. So if you find yourself thinking “Am I doing this right?” just push that thought aside, it is immaterial.

If you are experienced with working with energy and information, allow for shifts to happen in new and different ways than what you have experienced before. Don't expect things to feel a certain way. Don't expect that your Qi always has to move like it does in certain kinds of energy work. Qi is just a small part of what is shifting.

This is not a meditation, so don't look for it to feel like that. It's not a guided meditation or visualization. It's not about taking time to attain relaxation or specific brain wave states. That's not the point here. We are connecting instantly, and that connection happens independently of relaxation. So let go of any other seemingly similar work that you have done, that requires a meditative state. You will be in an expanded state of awareness that includes normal everyday functional awareness.

The Sessions are not intended to be used while sleeping, or just sitting back passively, unless otherwise indicated on the actual Session audio. The Sessions work best with your active participation. So try to stay awake and aware. If you do drift off or lose focus occasionally, that's fine too. The shifts that need to happen will happen. If you consistently fall asleep, or zone out, I suggest you listen while sitting up and keep your eyes open, and do the *Alignments* along with me, with big bold active hand gestures!

How Long Will it Take to Heal?

Let go of needing an answer to that, because it's impossible to predict. Allow for the healing to be instant. And at the same time, allow for it to take as long as it does. We will do *Alignments* to help you let go of that, as well as other expectations, because those kinds of expectations function as limitations.

The Now Healing Commands, *Align*, *Disentangle* and *Reintegrate*.

I'm going to briefly discuss three *Now Healing* commands: *Align*, *Disentangle* and *Reintegrate*, because we use them in the Sessions. We'll use other commands too, but these are the basic three. This may not mean much to you now, until we actually do them and you sense the transformations that happen – but here's just a quick introduction.

The *Align* command creates instant connection with Wholeness on all levels and dimensions – holographically, *Aligning* all parts with the Whole. It also *Aligns* things that should be connected but have somehow gotten disconnected or blocked. You do not have to know how the *Alignment* happens, or what specifically is being *Aligned*. Your Infinite Self knows, even if your local mind cannot perceive that information. That's the power of this work, that we can plug into the universal mind with our inner internet, rather than trying to figure it out with our local mind.

The *Disentangle* command is the inverse of *Align* – it separates things that are overly entangled, where the entanglement creates distortion or blockage or other disconnection from Wholeness. Don't confuse the similar-sounding words – “disconnect” and “*Disentangle*” – they are not the same. *Disentangle* is a command, and it creates needed separation between things. A “disconnect from Wholeness” is the thing that you are healing. So you want to heal the disconnects, and you do that by *Disentangling* or *Aligning* or *Reintegrating*.

Which brings us to the third command, *Reintegrate*, which puts all the parts that you *Disentangled* back together after all the energetic gunk has been cleaned out, and then connects them back to Wholeness. It's like *Align*, but a different aspect of *Align*.

No need to study these, or totally understand them – their meaning will become very obvious as you experience them.

That's it for the introduction of Heal Your Situation. Go ahead and listen to Session 1. I'll meet you over there shortly. This is Elma with NowHealing.com. Bye for now.

PLEASE NOTE: There are no transcripts for Sessions 1-6, Fast Zaps, or the Sleep Audio, because many of the *Alignments* happen silently. Please listen to the Audios.

WORKSHEETS: Go to page 41 at the end of this booklet, or print out the PDF Worksheet in your Downloads.

2. Introduction to the Fast Zaps – Transcript

[Transcript of Introduction to Fast Zaps – Audio Filename: NH-HealYrSituationZap0.IntroToZaps.mp3]

Hi, it's Elma with NowHealing.com. Welcome to Heal Your Situation, Introduction to the "Fast Zaps *12x Power Alignment*" Audios. This introduction will give you a quick explanation, before you jump in to actually using the Fast Zaps, because they are very different from the longer Sessions, both in terms of form and content.

There's also a transcript of this intro to Fast Zaps audio in your PDFs or booklet, in case you'd rather read than listen to this "Intro to the Fast Zaps."

And by the way, the reason that there are no transcripts for the actual healing audio Sessions and Zaps is because there is so much going on non-verbally in those audios, and reading those transcripts would just be a tiny fraction of the total experience. Just FYI!

An Important Note: These Fast Zaps 1-7, are NOT to be used...

... until you have completed the corresponding full length session at least once for one situation – and preferably you will use the full Sessions, for every new situation that comes up, before you use the Fast Zaps... but I know that may not always happen. So if you have not yet used the Session corresponding to the same number of the Fast Zap, you'll need to do that before listening to that Fast Zap... even if you are adept with *Now Healing*, as a *Now Healing 101* graduate or even if you have used several of my other products – even if you feel like you can totally handle it, and you're completely confident and at ease with doing *Now Healing* – I still want you to listen to the full sessions at least once before you use these Fast Zaps audios that are coming up.

These Short "Fast Zap" Audios have Several Purposes.

They exponentially build on the full Session audios, and expand on them, non-verbally and mostly beyond your conscious awareness. The Fast Zaps also contain a new form of *12x Alignments*, plus new and different *Alignments* – so they are not interchangeable with, or a replacement for, the Sessions. In other words, the Fast Zaps are not just fast versions or shortcuts of the Sessions. They are expansions.

And just a note on Fast Zap 7 – it doesn't correspond to any particular Session, it's a totally new field, in which your situation is *Now Healed!* So make sure to listen to it at the end.

And then of course the other purpose is that the Fast Zaps are super convenient for you to use, because they are only about 5 or 6 minutes long, but they pack a huge number of *Alignments* into that time.

Here's How To Use the Fast Zaps

Do *not* use them while driving or doing anything that requires alert presence. There will be lots of energy shifting very quickly, and although one of the many *Alignments* encoded into the Zaps is for you to process the shifts easily, occasionally, you may experience big shifting sensations.

Unlike the Sessions, you can use the Fast Zaps in any order. There are no worksheets for the Fast Zaps, they are just audio.

You can listen to them all in a row, or you can listen to one each day. Or just use your awareness and intuition to determine how often, and which ones to listen to, and when. Or use them as a booster, as needed.

What are 12x Power Alignments?

This refers to my proprietary totally unique special super secret technology, which creates a potency of 12 times a regular audio. Not only is it 12 times more powerful, but it is also 12 times faster, which saves you time, so that you spend just a few minutes listening, rather than an hour.

Be prepared for things to shift super fast and multidimensionally and on many levels simultaneously. The *Alignments* happen both sequentially and simultaneously. And there will be over 144 *Alignments* per minute, and they are not just additive when performed this way, they are exponential. Think of it as a faster, more powerful energetic program than just a regular old-school single linear strand of energy shifts.

These *Alignments* take every protocol I've ever created or downloaded from spirit, plus many others that I've learned along the way, and it delivers them all super fast, far beyond what is possible in real time. It's basically all of *Now Healing* that has been created over the last decade, and you are getting it all at once in a big powerful Fast Zap. That's another reason that this product, Heal your Situation, is often more effective than an old-fashioned private one-on-one in-person session, because the *12x Alignments* are so much faster and exponentially more powerful.

OK, there's much more I could say about this, but what we really want is for you to experience the shifts and transformations.

And speaking of transformations, here's just a quick reminder: remember to use the written Transformation Templates which are at the end of the PDF or the booklet. You can use those anytime.

Ok, that's it for the intro to Fast Zaps – go ahead to the next audio. This is Elma with NowHealing.com, and I'll meet you over in the Fast Zaps [audios].

PLEASE NOTE: There are no transcripts for the Fast Zaps, because most of the *Alignments* happen silently. Please listen to the Audios.

3. FAQs – Frequently-Asked Questions

Please Note: there is no audio for these FAQs. They are designed for you to read. In addition, make sure you have read the Introduction, or have listened to it – it is the very first audio – because many questions you may have are already answered there, including:

- How to use the Sessions
- How often to listen.
- How long will it take to heal?
- Are you doing it right?
- What do the *Now Healing* Commands (*Align*, *Disentangle* and *Reintegrate*) mean?

Q: Which situation to start with?

I still can't decide, because I have so many issues!

Make sure to re-read the Introduction, where this question is also discussed. I recommended that you choose the issue that's bothering you the most. But if you are overwhelmed by the magnitude, or unable to decide because everything seems equally problematic, then zoom out and look at the big picture.

Being overwhelmed by so many issues... that's a situation, in and of itself! So you might want to start with the "overwhelm" as the over-arching issue. You could call your situation "Overwhelmed by many problems, including [the one you will be tracking on the worksheet]." Of course, much more than that one single "problem" will shift, but it's more effective if you can choose one situation, so that you can observe the changes as you fill out the worksheet.

Another solution to "where to start" is... just start somewhere! Choose one thing that's bothering you, even if it seems random. (It's not... because your Infinite Self is guiding you.)

The Bottom Line: Don't spend more than two minutes deciding which issue to begin with. Start somewhere – and start now!

Q: Do I need to finish all six Sessions and all the Fast Zaps?

If your situation is still bothering you, then yes – keep listening until the end, or until there's "no problem". If your situation is at a "zero" on all levels (physical, mental, emotional, etc) and you do not feel the need to continue because it's not bothering you at all, then feel free to stop anytime.

But... even if your situation feels completely resolved before you've finished listening to all the audios, there are still deep benefits to continuing to listen to the end. The situation does not have to be a "problem" in order for you to benefit from the Sessions.

For example, even if there is “no problem,” you may want to use Session 6 (Create Your State) to create ever higher states of being, and stages of your evolution. Each Session and Fast Zap *Aligns* you more and more with Wholeness, regardless of whether you perceive the local situation as “healed” or not.

Q: Why are there so many Sessions?

This product seems long, at over 7 hours.

This product is designed to be all-encompassing and comprehensive, for every possible situation that you might bring to it. It addresses everything in the entire universe that is entangled with any situation, and with the big picture, past, present, and future! Your whole life, body, mind, and spirit *Align*, not just your local issue.

So seven hours to “do” the whole universe... that doesn’t really seem like a lot of time! Plus, you are learning some amazing self-healing techniques as you go, which will hugely improve your life as you use them.

The Bottom Line: as stated above, it’s not necessary to finish all six Sessions, if your situation is no longer a problem. So if you’re at a zero, feel free to stop listening! Complete and total healing can happen instantly – or in a few minutes – or in seven hours – or more.

But if your situation is still upsetting or bothering you, and yet you object to taking a few more hours to heal it, ask yourself whether that objection itself is a blockage to healing. Let the universe know that your commitment to healing is unconditional!

Q: Can I use the Fast Zaps without listening to Sessions 1-6?

The first time you use this product, listen to Sessions 1-6 in order, at least once, for at least one situation. After that, feel free to use the Fast Zaps any time, in any order, even without listening to the main (full-length) Sessions 1-6. If a new situation comes up, you can simply “zap” it with the Fast Zaps, which can be 100% effective... so you may or may not need to listen to the main Sessions for each new situation.

But although it is entirely possible to heal your situation with the Fast Zaps alone, remember that the Fast Zaps are not substitutes for the main Sessions – they contain different *Alignments*.

Every situation is different. If you are not sure which audios to listen to, tune in and ask your Infinite Self what to do... and honor the answer that you get. Your *Aligned* intuition overrides any of my instructions!

The Bottom Line: when using this product for a second (or subsequent) time, if you have only used the Fast Zaps, but you still want more improvement, then go back and listen to Sessions 1-6 for that situation.

Q: Can I use the Fast Zaps for daily maintenance?

Yes! Use them anytime, for anything. They will tune up your field, beyond any specific situation you are healing. Here are some alternate ways to use the Fast Zaps:

- Use a different Fast Zap every day, for seven days.
- Use them as a daily practice on an ongoing basis, cycling through them each week.
- Jump-start your self-healing by listening to one of them, then do a self-healing session or meditation immediately after.
- Use them as a quick morning meditation / activation to *Align* your goals or intentions for the day.

These are just suggestions. Play with the Zaps and discover what works best for you.

Q: Can I use the Fast Zaps for specific goals or pains?

Yes! They are a powerful way to activate your goals, intentions, or tasks for the day. Simply plug in your daily intention or goal as “your situation.”

Here are some suggested uses:

- **Fatigue, low energy, or low mood:** use any Zap for a quick energy pick-me-up.
- **Focus, flow, performance, and mental ability:** use Fast Zaps 3 and 6, before you start working or creating.
- **Pain, stiffness, feeling under the weather, or other body issues:** use Fast Zap 4 to *Align* your body systems and structures, and Fast Zap 7 for Wholeness activation.
- **Relationship balancing:** use Fast Zap 5.
- **Financial issues:** use Fast Zaps 2, 5 and 6.

Q: Can I listen to more than one Fast Zap in a row?

On first listening, please use no more than two Fast Zaps per day. Please allow 2 minutes of silent integration or “processing time” between each one.

After that, feel free to listen to as many as you like. You can even listen to all seven in a row. Allow at least 2 minutes between each one. This “processing time” is to allow your mind and body to catch up with the energy and information. It is not strictly necessary, but it’s often useful.

Q: What’s happening in the Fast Zaps?

For details, read or listen to the Introduction to Fast Zaps. To summarize, every *Alignment* in all of *Now Healing*, plus many brand new ones, and many protocols from other modalities, are all packed into the Fast Zaps. Many *Alignments* are happening simultaneously, and at exponential power, on all levels of matter, mind, energy, information, time and space.

The main benefit of the Fast Zaps is that they are... fast! They are designed to take advantage of the fact that energy shifts at the speed of light, and that your conscious mind does not need to track multiple, layered *Alignments* happening simultaneously.

Q: Can I listen in the background, or while sleeping?

No. The Sessions and Fast Zaps require your active participation. There is only one audio that is designed to be used in the background, or while napping or sleeping: *Slow Zzap - Heal while you Sleep* (Audio File Name: NH-HealYrSituationZzapSleep.mp3).

For maximum effectiveness, all the other audios require you to be participating and present. Listening in the background while you do other things will not give you the full experience or the full range of possible results – even if you’re doing something fairly passive, like knitting.

If you’ve already used this product a couple of times, and you absolutely must knit, or paint your nails, or play with silly putty, etc... I can’t stop you! But remember to honor the time and energy of being fully present in the healing space... the same way you would if you were in my office for an in-person appointment. Be aware that you are creating field effects that ripple out, as you participate in these healing sessions.

Note: Never use any of the audios while driving or doing anything that requires your focused attention or compromises your safety. Of course, it’s fine to listen while on a train or airplane – as long as you’re not the one behind the controls!

Q: What if I fall asleep while listening?

To prevent falling asleep, sit upright while listening, with your eyes open. Do a big “Enter” for each *Alignment*, with a wave of your hands toward your *Center* – that will help keep you awake!

If you do happen to zone out or fall asleep, no worries – because whatever needs to shift in the moment, will shift. If you feel the overwhelming need to sleep, it’s important that you do so, because you may require it, in order to shift or process change more effectively, at that very moment. So don’t fight it, if you sense that you really must sleep.

However, you may want to go back and re-listen to the sections you zoned out on. Ask your intuition whether that’s the case.

Q: Can I use this product along with medical treatment or other healing modalities?

Yes. This product is complementary to and supports other treatments, and it can often make other treatments more effective, by removing energetic and morphic blockages to healing.

This product has no contraindications with medical treatment, prescription medication, vitamins, herbs, supplements... any more than prayer would. Your doctor, counselor, or advisor might poo-poo this, but that’s their bias. If your practitioner said “avoid prayer, meditation, Qi Gong, Feng Shui, forgiveness, gratitude, spiritual growth, and self-improvement while you are taking this prescription pill” then you would probably find a better practitioner, right?

One exception is if you are trying to isolate the effectiveness of a single treatment or substance (for instance, an elimination diet, determining which classical homeopathic remedy works best, or certain energetic protocols that demand to be used in isolation) then you may want to delay using this product during that time. (Or better yet, use this product first, and then do those other things!)

Regarding classical homeopathy: my personal experience for myself, family, and clients, has been that if your single remedy is the correct remedy for you, then it will work, and its efficacy will not be diminished in any way, by using this product or *Now Healing*. But your homeopath may disagree with me!

If your practitioner or licensed health professional has instructed you not to use any other modality except theirs, then you should comply, if you intend to continue working with that practitioner. (But ask yourself if they want you to comply for your benefit, or for theirs! Modalities that insist their way is the only way are often led by “gurus” with imbalanced egos — the modality may work, but you might want to take the ego with a grain of salt!)

Certain healing modalities impose assumptions and conditions on healing (for example, “You must fully believe, or face north, or be fully hydrated, or uncross your legs, or ask permission, or never eat animal products, or change your lifestyle, or follow my instructions regardless of what

your intuition tells you.”) If you are confronted with conflicting information from another modality, use your *Aligned* intuition to determine the best course, in consultation with your licensed healthcare practitioner or other advisor. There’s always a way to integrate modalities, to give you the best results. Remember, the modality and its rules are not what heals. Any modality, including *Now Healing*, is only one of many portals into the infinitely larger healing field... Wholeness.

The Bottom Line: This product will not interfere with other treatments, medications or supplements. Follow your licensed practitioner’s advice, and always listen to your *Aligned, Centered* intuition. If you must continue a treatment, make sure to *Align* yourself to be congruent with it, so that it does what it is intended to do, with no harmful effects. (Simply command it!)

Q: My situation improved somewhat, but not completely

... after I listened to all the audios. What should I do?

If you want even more improvement, after you have actively participated as you went through all the audios – which means all six Sessions, all seven Fast Zaps, the Sleep session, and the written Ten Transformation Templates – but not the Healing Others audio, which is optional – then you have several choices:

a) You can do another complete round of the entire product, starting at Session 1.

b) Or, you can do only the Fast Zaps again, and in addition, use the Sleep session every night for several nights in a row.

c) Or, take a break from this situation, and work on a completely different situation, starting at Session 1. (Things will still shift for your first situation, when you heal your second one!)

Important Note: Each time you do another round (whether it’s a complete set starting with Session 1, or only the Fast Zaps and Sleep Session), make sure to tune into the situation’s current state, not “what it usually is” or “what it was before the first session.” Don’t assume that it’s actually the exact same situation as the last time you listened, even if some aspects of it are similar. The energy has already shifted. Allow yourself to perceive that!

For example, if your original situation was “I have to find a new apartment and don’t know what to do next,” it may have shifted to “I found an amazing new apartment, but I am still stressed out about how to pay for it” or “I still have not found a new apartment but I have more clarity on what I want to do with my life, so I’m going to move forward with my decision making process by taking a trip to Vancouver to see if I want to move there, like I’ve always wanted to.”

Another example would be “My neck feels about 50% better, so I want to get it to 100%, and I’ve also noticed that my jaw is involved, it’s tight on the right side. My pelvis feels looser.” (Notice how this includes new observations that may not have been obvious in the original description of the situation.)

Q: What if my problem comes and goes, or keeps changing?

What about pain that moves around, like fibromyalgia? Or intermittent problems? Or situations that come and go (like seasonal depression, mood swings around period, or financial hardship after paying taxes each year).

Include that in your description of the situation – call it “pain that moves around,” for example. *Disentangle* from any assumptions that this makes it more difficult or mysterious. Medically or therapeutically, it might be “more difficult to solve” or a “mystery illness” – but in morphic healing, that doesn’t matter, because it’s *all* part of the situation. It’s a pattern, or a chaotic pattern.

Notice the big picture of your situation. Zoom out from the pain or localized problem, and observe it from your Infinite Self, not your local self. Observe the components (as in the worksheet).

Use the written Ten Transformation Templates, and observe what messages your Infinite Self has for you, about the situation.

Q: What if my pain or problem keeps coming back?

When you think this thought, you are re-connecting with the old field of the “problem.” So find a way to ask a different, better question! For instance, “What can I do to heal this pattern?” “What needs to *Align* or *Disentangle*, in order for this situation to be healed?” In other words, don’t ask “Why does it keep coming back?” because even if you find the answer, it will not be very helpful. Instead ask a much more useful question: “What can improve it?”

If you still find yourself thinking “the problem keeps coming back” then let me give you some good reasons to change this recurring thought-pattern. There are two false assumptions in this thought, which keep the problem anchored in your field.

1. The assumption that it’s the same pain or problem. It is not the same because its field has changed. If you have gone through the Sessions, following along with the instructions as best you can, then the situation has changed, whether you believe it or not.

You will get much better results, if you treat it as a brand new situation. Do not allow yourself to focus on how it’s the same old problem, because... you get what you focus on. When you focus on what is still the same, you are *Aligning* yourself back with that old reality. Instead, I advise you to relentlessly, willfully, and exclusively, look at it from a new angle:

- How has it changed? Which of its components are now different? Even if the changes are small, acknowledge them, be grateful for them.... because that opens you up to even more improvement.
- What have you learned about it? You learned many ways to observe it differently, in the Sessions. For example, come from your *Center* as you observe the situation. Come

from your Infinite Self and look down at the situation from above. Put the situation into the NHworkspace, and observe it as neutral bits of information.

- Focus on how you would like to feel, or on what you *do* want, instead of focusing on what you *do not* want, or do not like, about the situation. Even if this feels like “Pollyanna mind games” at first... do it anyway! Be strict and disciplined with yourself – only think about what you want, do not allow yourself to think about what you don’t want – even if only for 5 minutes at a time. A great time to do this practice is on first waking up in the morning. If your first thoughts are to list your problems, ruthlessly push those thoughts out of your head! Instead, list what you would like to have happen instead. Remember, start with just 5 minutes!

Then practice that for longer and longer periods: only focus on what has improved, and how you like to feel. (And that does not mean “I want to feel no more pain/upset” – that’s still focusing on the unwanted! Instead, focus on something like this: “I like to feel comfortable/free/at peace. Everything I do, and everything in the universe, is *Aligning* with that... now.”)

From this state of focused attention on the forward flow of improvement, you will open up a vast field of potential healing – and potentially instant healing – which is not available to you when you occupy the state of observing “my same old problem.” Observe something new. Observe Wholeness!

2. The assumption that the problem keeps “coming back” is a false assumption. If you experience it as repeating, then it’s not strictly a “problem”... it’s a pattern! Sometimes patterns respond best to other patterns – so make a pattern of regular morphic maintenance. In other words, run these Sessions or Fast Zaps often, and dedicate time for self-healing daily. Simply showing up in the healing space will open up connection to Wholeness.

It’s vitally important to keep at it. Don’t give up and stop because “it didn’t work instantly.” Change your definition of what “it works” means. It always works – because the field you are working on always shifts and *Aligns*, energetically and morphically. The energy of the situation has changed, and keeps changing, even if the local symptoms feel similar. Look for what is different, in all the various components (mental, emotional, physical, spiritual, social, financial, etc.).

If you insist that your issue “keeps coming back” then you are choosing to observe it from the same point of view. There are infinite points of view from which to observe it. Choose a new one, even if it is only a slight change of angle.

Acknowledge that the situation’s energy has changed. (Even if you “do” nothing, it cannot ever be static or identical to what it was before, because time has moved forward, it is happening at a new location in your orbit around the sun, your body has generated new cells with which to observe it, since yesterday.) If you cannot perceive the change, it’s not because the situation has not changed, it’s because you’re looking in the same old place! Look elsewhere. Look to Wholeness. Observe the situation from Wholeness.

Other Considerations: Some situations have deeper layers, or components that bubble up, once the surface layers are healed. That's not a setback, that's simply more stuff that wants to be healed.

Sometimes there are triggers in time or space, which bring up deeper layers: Anniversaries of events and ancestral events, parallel universe triggers, or what some call "past life" anniversaries, birthplace, geopathic, seasonal, or year number triggers, other number or word triggers, scent, visual or audio triggers, etc. These are simply deeper opportunities for healing entanglements.

The Bottom Line: If you are still bothered or upset by your situation, look at it from a different angle, and run the Sessions on it, from that new angle. For instance, if you are in despair about a health situation, do a round of Sessions on the despair, not the physical issues. Always look for the openings, the connections to Wholeness, rather than the closed loops.

Q: What if new things come up, before I'm finished with all six Sessions?

(For example: After Session 3, my knee was getting better, but then I tripped and sprained the opposite ankle, and then two days later my son unexpectedly moved back in with me.) Do I need to start over with Session 1, since the situation is more complicated now?

No, it's fine to keep going. You can update, and add to, your description, in whatever Session you next listen to – no need to go back to the Session 1 worksheet. It doesn't matter that your "before" and "after" description will be about slightly different things. Because ultimately, your situation is always changing, from moment to moment, day to day, and week to week, whether you interpret it that way or not!

Of course, if you feel like the situation has changed so dramatically that you absolutely need to go back and address the new information, feel free to do so. Listen to your intuition. (Go to your *Center*, and tune into which option feels more open and light and flowing... forging ahead, or starting over. Then do what your intuition tells you!)

Q: I can't let go of my attachment to a specific outcome.

Very rarely, people will be unable to perceive any improvement outside of a narrow desired outcome, because they're not looking at the big picture. For instance, I had a client who kept complaining that he could never be satisfied unless he received an instant financial windfall. He said "I listened to the audio twice for financial stress, and there's absolutely no improvement at all. Not a single thing has changed. The only thing this works for, is that it helps us to sleep and feel more relaxed, and my wife's insomnia has gone away. But this product does not work for finances."

At this point, I just have to roll my third eye. This person was not able to perceive the great change that had begun – being more relaxed, and insomnia no longer being a problem. He was

unable to appreciate or be grateful for the big improvement in his stress levels and quality of sleep, and he couldn't grasp how that was in any way related to financial stress. He needed his specific result, and nothing else mattered.

Of course, instant financial windfalls and other seemingly-miraculous results have been reported frequently by many who use *Now Healing*. When those kinds of results do happen, they are almost always happen for the folks who are willing to let go of needing a specific outcome.

If that's not incentive enough for letting go of attachment, then I don't know what is!

When we pivot our focus away from needing results, and instead focus towards Wholeness, then paradoxically, the results will be better.

The Bottom Line: if you still feel like "I cannot let go of attachment to outcome," then do an entire round of this product, using that as your situation. Believe me...being able to let go will change your life!

Q: How "big" or difficult a situation can I work with?

Does it work for serious illness, impossibly hopeless situations, world problems, disasters, or environmental issues?

Use it on any situation. Size doesn't matter, for our purposes. If you think the scale or scope of the situation makes it difficult to work with, I invite you to *Disentangle* from that old-paradigm assumption.

Here's an example of how to use *Now Healing* for the environment – *Now Healing Earth*:

<http://www.nowhealing.com/now-healing-earth-free-teleseminar/>

Q: Am I doing too much? Or not enough?

Besides listening to these audios, I'm also going to the doctor, my chiropractor, my homeopath, getting craniosacral therapy, taking Chinese herbs and supplements, and listening to two other spiritual healing audio sets from two different modalities. I keep wondering whether I'm doing too much, yet I think that I should be doing even more.

Ask yourself whether everything you are doing is helpful and necessary. Sometimes it's best to "hit your situation with everything you've got" simultaneously – and sometimes it's best to use one or two modalities at a time.

Also ask yourself whether your desire to keep seeking new solutions is valid, true, and useful... or if it's a compulsive pattern. Again, simply get *Centered* and ask your intuition / Infinite Self. Let go of any assumptions about what is conventionally considered too much or not enough. From your *Aligned* and *Centered* state of discernment, the options that "light up" for you

and “feel best” will actually be the best ones in reality. Honor that! *Align* with taking action, with grace and ease, only on what is *Aligned* with Wholeness.

If you are concerned that your other practitioners, therapies, medications, or solutions are *not Aligned*, yet you must continue using them, then simply *Align* yourself with Wholeness, in their presence. *Aligning* yourself to be congruent with your other treatments and solutions is a highly effective way to get the most out of them, safely and easily.

Q: Do I need to know what is happening, energetically?

Do I need to understand what I am doing, or what Elma is doing energetically? I’m concerned that since I don’t know what’s happening in the background, that it will not be effective.

No. You definitely do not “need to know”! The audios and transformations were designed that way. Your local mind’s understanding is not required, because this is about much more than what we understand on a conscious level. (Your local mind does not know a lot of things, yet those things still “work”.) If you find yourself “needing” to understand, put that thought on hold, and proceed with doing the Sessions anyway.

If you like to know, and want to learn more, there are many free resources and many other healing products that will answer your questions, on the website: <http://NowHealing.com>

Q: Is there a list of the commands and terminology somewhere?

Yes, there’s a brief description in the Introduction. There are much more detailed definitions and examples on www.NowHealing.com Some good resources...

Free: <http://www.nowhealing.com/category/faq/>

Low cost: <http://www.nowhealing.com/instant-energy-healing-quick-start-guide/>

Comprehensive instruction: <http://www.nowhealing.com/learn/now-healing-101/>

Q: Am I going to *Center* correctly, and doing the Commands right?

It doesn’t matter! If you are still concerned about “doing it right”, please re-read or re-listen to the Introduction.

Instead of focusing on whether you are doing it right, focus on observing how it feels when you do it. Go with the way that feels best for you.

If you want to learn more about the *Center* and the Commands, make sure you are signed up for the newsletter, because it will give you lots of (free) answers.

Sign up here: <http://NowHealing.com> Also see above, for additional resources.

Q: How can I stay at *Center* permanently?

... without having to “go” there every time? Can’t I always be *Aligned* with Infinite Self, so I don’t have to keep re-doing it?

This question is a misunderstanding of the purpose of Healing. It’s like saying “How can I make sure I never have to eat, sleep, or bathe again?”

Life is change – and Healing is change. All our life processes involve course-correction, repair, rebalancing. Many involve practice, pattern, or repetition, like breathing or heartbeat. Even the spiritual realm is not eternally unchanging – spirit may be eternal, but it is not static. It evolves, breathes, flows.

Seeking permanence in life is barking up the wrong tree, and a recipe for disappointment. Of course, you can improve and evolve your connection to *Center* and Infinite Self. But this is not a “set it and forget it” kind of deal!

If you are constantly concerned about whether you are “*Centered* enough” ... let that go, right now! There’s no need to spend your life striving for *Center*. That’s like obsessively eating or bathing. Find the dynamically balanced *Center* of your desire for *Center*, and allow yourself to flow and dance in and out of it.

The Bottom Line: once you begin going to *Center*, you are permanently *Centering*. You are always becoming more Whole. Yep, it’s a paradox!

Q: What is “Collapse to Zero, Expand to Wholeness?”

This is actually another Command, beyond the basic three *Now Healing* Commands. (The basic commands are *Align*, *Disentangle*, *Reintegrate*, which are explained in the Introduction).

For a written example of how to actually use “Collapse to Zero, Expand to Wholeness,” see the *Ten Transformation Templates* section of this document.

“Collapse to Zero, Expand to Wholeness” is a different angle on *Disentangle* and *Align*, in which they are both happening simultaneously. In addition, it neutralizes and calibrates to zero – from the top down, and the bottom up.

“Expanding out to Wholeness” takes the bits of information you are working with, and spreads them out infinitely, so there is infinite space between each bit (*Disentangling*) and the bits themselves disappear into the infinite (*Aligning* with Wholeness).

“Collapsing to Zero” is also a simultaneous form of *Disentangle* and *Align*. As the bits of information collapse into a singularity, they no longer have their previous entanglements or their own “meaning” (*Disentangling*). They become one point, then disappear into the zero point field (*Aligning* with Wholeness).

The bottom line: the “Collapse to Zero, Expand to Wholeness” command creates a “*complete delete*” of the information, through time and space. It’s not just pressing the delete button, it’s also emptying the trash, rebooting, and completely unplugging to take a lovely nature walk!

4. Ten Transformation Templates

Please Note: There is no audio for these Transformation Templates (except where indicated below). These Templates are designed to be used in written form, so you can use them anytime, even when you are not able to listen to the audio Sessions.

For Best Results, please make sure you have listened to the Session audios before using these written Transformation Templates. That way, you will have already experienced the *Center* and how to use the commands and *Alignments*.

For Healing Others: 1) Listen to the *Zzzappendix – Healing Others* audio, and 2) actually use some of the Sessions on behalf of someone else, before you use these written Transformation Templates on others, so that you can be up to speed with how to work on others.

As you do this work on yourself and others, feel free to say that you are using *Now Healing*, but do not call yourself *Now Healing* practitioner unless you have official certification. This product is not a substitute for practitioner training. You take full responsibility for your use of this product. *Now Healing* and Elma Mayer are not responsible for any outcomes or lack thereof.

Use These Templates to “Do it Yourself”

Do instant healing – whenever you want to – even when you cannot listen to the audios. To heal any issue, on your own, use these Transformation Templates as a starting point. After you get the hang of them, feel free to create your own templates and *Alignments*. Let your *Aligned* intuition guide you to come up with your own shifts. There are no limits to what you can transform!

Why “Do It Yourself?” Because you can! Healing is an innate human ability. Anyone and everyone can do healing – including you. These Templates will get you up and running, fast. It’s easy, and self-empowering, to heal yourself, others, and the entire planet. So go and do it!

How to Use the Ten Transformation Templates

Each template has a series of statements (commands) marked with either a number or a bullet. Read each command (aloud, or silently to yourself). As you read it, you have two options of how to activate the command. Either...

a) “Enter” it to your *Center* for about one second, on the word “now.”

b) Come from your *Center*, and aim the command to the *Center* of the Situation, for about one second, on the word “now.” Don’t worry about where that *Center* is. It is wherever you declare it to be! Do it fast, without over-thinking.

Use whichever option feels easier, or more appropriate in the moment. No need to use both options – just do one or the other. The first time you use these Templates, do them in order. After that, use whichever one attracts your attention. No need to do them all in a row.

Template 1: Preparation – Align with Center

Always begin each healing session with some kind of *Centering* preparation. Use this one, until you come up with your own. You can get *Centered* very fast, with one single command: *Align with Center... now*. However, this Template goes a little deeper, to connect your conscious awareness with a few other aspects of the *Center* – and it only takes about one minute.

If you are not clear on what the *Center* is, please go back and listen to Session 1 (at about 16 minutes and 30 seconds into the audio) and Session 2 (at about 13 minutes). This Template is from Session 1, so you can listen to me “do it” there, as an example. But the point here is for you to do it yourself!

- *Align with Center... now*. (“Enter” that to your *Center*, quickly and easily.)
- *Align with the Now Healing Space... now*.
- *Align with allowing Healing... now*.
- *Disentangle and Reintegrate* your active mind and your quiet mind... now.
- *Align with quiet mind... now*.
- *Align with the universal mind... now*.
- *Disentangle* from needing answers to your questions... now.
- *Disentangle* from needing to know how this works... now.
- *Align with this working... now*.
- *Align with the morphic field of the highest purpose of why you are here, listening to this... now*.
- *Disentangle* from what you think should happen and what you want... now.
- *Align with allowing for something even greater, and more Whole... now*.
- *Disentangle* from the outcome... now.
- *Align with the highest expression of the outcome... now*.
- *Align with the morphic field, the new state of Wholeness that is being created here... now*.
- *Align with easily allowing the transformations that are happening on all levels, all areas of existence, all scales, known and unknown... now*.

Continue on to any of the Templates below, or stop, if you feel complete. Reminder: The first time you use these Templates, do them in order.

Most of the following Templates are not from the Session audios, they are new to this chapter, with the exception of Template 8 from Session 1.

Template 2: Align All Areas

This template *Aligns* all areas entangled with the Situation. Notice that it roughly follows the structure of the Session audios in order, plus a closing that invokes Fast Zap 7. No need to linger on any one of these commands – it’s OK to do them generally, without being aware of the details, and without drilling down to the smaller components. However, if you sense that there is more to do in each step, feel free to take the time to *Align* any specifics that come to your attention.

Take a full, *Centered* breath each time after the word “now.”

1. Come from *Center* / Infinite Self... now.
2. Put the situation in the NHworkspace... now.
3. *Align* with Healing and Activate Highest Healing... now.
4. Clear the Mind Field from distortions and disconnects entangled with the situation... now. (Includes emotions, thoughts, beliefs.)
5. *Align* your Body with Wholeness, in the presence of the situation... now. (Includes physical structures, functions, energy centers and meridians.)
6. *Align* the Universe to fully support your Wholeness... now. (Includes everything outside your local self.)
7. Create your State: Find the morphic field of the highest expression of the situation, and *Align* it with activating... now.
8. *Align* yourself and the situation with Wholeness... now.
9. *Align* with the field of being *Now Healed*... now.

After: If you notice anything else that wants to transform, go ahead and do that now – *Align*, *Disentangle*, *Reintegrate*, or do whatever your Infinite Self brings to your awareness.

When you are done – or if you do *not* notice anything else to do – then sit quietly and simply “allow” transformation to happen, for at least one minute, before going about your day, or before continuing with any more Templates or healing. Suggestion for how to use this minute:

Breathe in and Allow... now. Breathe out and Activate... now.

Template 3: Zooming In and Out (from a Pain or Problem)

1. Come from *Center*.
2. Notice the “file folder” (or morphic field) containing your pain or problem. Observe it for about 3 seconds.
3. Put it into the NHworkspace.
4. Zoom in to the folder of your pain or problem, so that nothing else except the information about the pain or problem is included in your awareness – Zoom to a level where it fills your field of awareness. Zoom deeper into it, microscopically. Scan around its bits and parts, represented by dots or clumps of dots. Whatever bits, dots, or parts you notice, *Align* them with Wholeness... now. Do this *Aligning* for about 15 seconds.
5. Zoom back out to observe the file folder. Its contents have changed. *Align* the entire folder with Wholeness... now. Zoom out farther, and now observe any other file folders that are related to it. These other folders are the known and unknown entanglements. Zoom out more, until there is mostly empty space, and any observable file folders are very small. *Disentangle* them from each other... now. *Align* them with Wholeness... now. (You can do them all together, or separately, it’s your choice.) Do this for no more than 15 seconds.
6. Zoom out. All the file folders are now a single tiny dot – they are indistinguishable from each other. Observe this point for 5 seconds. Zoom out even more, until the point disappears. Zoom out even more, until you reach Wholeness. Become aware that there’s always more Wholeness to reach. Hold that observation for a trillion years – or until something else claims your attention!

After: Allow at least one minute to integrate, before moving on to something else.

Template 4: Zoom Out (from your Relationship with a Situation)

1. Observe your local self, your “normal everyday 3-dimensional self,” in relation to the situation. Is the situation inside of you? Are you inside of the situation? (Perhaps both are true!)
2. Notice your *Center*. Observe how it connects you to Infinite Self.
3. Zoom out a little. As your Infinite Self, observe your local self, and the situation, from a distance. From the point of view of your Infinite Self, notice the non-attachment and neutrality of your observation.
4. Zoom out, to a higher perspective – until all the information about you and your situation is approximately the size of a basketball that you hold at arm’s length.
5. Zoom out more, until you and the situation are about the size of a grape, much farther away.
6. From your Infinite Self, from your expanded perception, Zoom out farther, observing the situation as a single point.
7. *Align* that point with Wholeness... now.
8. Observe as the point *Aligns* with zero... now, and disappears into oneness with all-that-is.
9. Come to *Center* and observe your own Wholeness radiating and rippling out and expanding outward. You are *Now Healing* yourself, and the universe. You are *Now Whole*, and expanding infinitely out to ever more Wholeness... now, and from now on.

After: Allow at least one minute to integrate, before moving on to something else. Breathe in and Allow... now. Breathe out and Activate... now.

Template 5: The Six A's

This one will make you feel good, fast! As you use this template, it's likely that you will become Aware of many Additional *Alignments* not mentioned below. Please Acknowledge your Infinite Self for its Amazing guidance – and please do All Additional *Alignments* as soon as you become Aware of them – don't delay, because they may not come back in the same form. Accept your gifts from the universe, right now, as they happen!

Attached? (*Disentangle!*)

- Attachment to your situation as a “problem” – *Disentangle* and *Reintegrate*... now.
- Attachment to a specific outcome, or lack of outcome – *Disentangle* and *Reintegrate*... now.
- Zoom out from any Attachment, until it is a point.
- *Align* the point with zero... now.

Accept

- *Align* with Wholeness in the presence of what is (and what is not!)... now.
- *Disentangle* from resistance... now.
- *Align* with Accepting your power to create change, with ease and flow... now.

Aware

- *Align* with calibrating your Awareness to zero, to *Center*... now.
- *Align* with sensing and experiencing these transformations, on all levels... now.
- *Align* your Awareness of the transformations and shifts with its highest expression... now.

Acknowledge

- *Align* with fully knowing that these transformations are real, on all levels of morphic memory, mind, matter, energy, information, time, and space... now.
- *Align* with gratitude... now.
- *Align* with gratitude for [insert your specific gratitudes here]... now.
- Acknowledge that you are *Now Healing*, and *Now Whole*... now.

Allow

- *Align* with Highest Healing, change and improvement... now.
- Allow the power, ease and flow of being *Now Healing* and *Now Whole*... now.
- Allow feeling good... now.
- Allow feeling good, in the presence and absence of your situation... now.

Activate

- *Align* with Allowing Activation with ease, grace, freedom, and flow... now.
- Activate transformation with ease, grace, freedom, and flow... now.

After: Allow at least one minute to integrate.

Template 6: Collapse to Zero, Expand to Wholeness – Command

For an explanation of what this Command “does,” see the FAQ section. It’s another way of doing all three basic *Now Healing* Commands. Use it when you want to do a “complete delete and reset” on any situation, pain, problem, or pattern.

- Come from *Center* / Infinite Self.
- Find the morphic field (or folder) containing all the information about your situation.
- Command: Collapse it down to the zero point field... now.
(Visualize or sense this happening.)
- Command: Expand it out to Wholeness... now.
(Visualize or sense the infinite expansion.)

You may want to repeat this a few times, until the field or folder is empty or disappears altogether.

After: Allow at least one minute to integrate.

Template 7: Collapse to Zero, Expand to Wholeness – the 5-Finger Alignment

This is a cool tool if you enjoy a physical action or kinesthetic component, or if you have trouble visualizing or sensing the “collapse/expand” Command as suggested in Template 6.

- Come from *Center* / Infinite Self.
- Find the morphic field (or folder) containing all the information about your situation.
- As you say the command “Collapse it down to the zero point field... now” bring all your fingers together into a tight little circle.
- As you say “Expand it out to Wholeness... now” separate your fingers and spread them out wide.

Repeat a few times, if you sense that is appropriate.

Template 8: Heal Any Situation Instantly – The Basic Template

Use this on any situation. Dislodge any pattern, pain, or problem – in one minute – by clearing entanglements in its Morphic Field. This Template is from Session 1, towards the end.

1. Come from *Center*
2. *Disentangle* the situation from your local self... now.
3. Plop the situation into the NHworkspace screen.
4. *Disentangle* its bits from each other... now.
5. Collapse it down to zero, Expand it to Wholeness... now.
6. *Reintegrate* yourself with the situation... now.
7. *Align* it with Wholeness... now.

After: If you notice anything else that wants to transform, go ahead and do that now – *Align*, *Disentangle*, *Reintegrate*, or do whatever your Infinite Self brings to your awareness.

When you are done, allow at least one minute to integrate the shifts.

Template 9: One-Minute Transformation Template – to Create your State

Use this to connect with the highest expression of the new state, the situation as Now Whole.

1. **Center... Now.** Find your *Center*, and “Enter” it.
2. **Connect with your Infinite Self... now.** You are no longer just your local self, your personality-self. You are Infinite Self. Healing comes from Infinite Self, not local self. You are no longer the one experiencing the situation, you are the one healing it.
3. **Be Conscious** (of the situation from Infinite Self’s point of view)... now. *Align* your Awareness with Infinite Self. Your Consciousness is expanded.
4. **Command:** use one of the three basic *Now Healing* commands, “*Align, Disentangle, or Reintegrate... now.*” Ask your Infinite Self to show you the most important thing to *Align, Disentangle, or Reintegrate*, to create your highest-expression state. Go ahead and do whichever *Align, Disentangle, or Reintegrate* shows up first. Do two more rounds of this. (In other words, ask to be shown what to *Align, Disentangle, or Reintegrate*, at least three times total. You can do more, if you like. When you get bored, stop!)
5. **Create your State** – Find the morphic field of the highest expression of the situation, and *Align* the Universe with supporting its existence in reality.
6. **Coherence** – Get into resonance with the new state, *Align* with it... now.

After: Allow at least one minute to integrate, before moving on to something else. Breathe in and Allow... now. Breathe out and Activate... now.

Template 10: Heal While You Sleep

Use this before you go to sleep at night, either by itself, or just before you listen to the *Slow Zap - Heal while you Sleep* audio. This template was mainly designed to be use independently of the *Heal while you Sleep* audio, but it also works well as a preparation for that audio.

If you are going to use the *Heal while you Sleep* audio, get it ready before you begin.

If possible, go right to sleep after you do this template – but no worries if you don't. It's OK to read, listen to music, have pillow talk with your lover, or whatever. You'll begin by lying on your back, but feel free to change positions whenever you like.

- **Comfy** – Lie on your back in a symmetrical position, and get comfortable (perhaps put a pillow under your knees, and make sure your neck is in a relaxed, *Aligned* position). *Align* with being comfortable... now.
- **Center** – Breathe in and out of your *Center*, deeper and slower.
- **Calibrate** yourself to zero... now.
- **Click** your reset button (at your *Center*)... now.
- **Calm**, peace, safety, quiet mind – *Align*... now.
- **Connect** to the highest expression of your life, your purpose(s)... now.
- **Create** an empty NHworkspace, in which your highest healing field will assemble as you sleep.
- **Command** your situation or goal to “Heal as I Sleep... now.”
- **Close** your eyes and sleep sweetly, basking in the safety of your *Centered*, Whole, Infinite Self.

5. Zzzappendix – Healing Others – Transcript

[Transcript of Audio Filename: NH-HealYrSituationZzzappendixHealingOthers.mp3]

Hi, I'm Elma Mayer with NowHealing.com. Welcome to Heal Your Situation – Zappendix – Healing Others. You may never need or want to use this audio, and if you don't, that's OK. I included it here in this product because about half of my listeners want to be able to heal others with *Now Healing*, their loved ones and friends, and so on. But if that does not apply to you, just skip this Session. Please do not feel obligated to use this to do healing for others, but just know that it's here for you, if and when it comes up.

In this appendix, I'll talk about how to use this product to heal others, and I'll also take you and whoever you are healing through a series of Energetic *Alignments*, and I'll explain how to use the Sessions 1-6, and the Fast Zaps on behalf of others.

You do not need to be an experienced healer, no experience is necessary. The simple overview of healing others with *Heal Your Situation*, is that you'll just play the Sessions and the Fast Zap audios for the person you're working on, either in their presence, or without them being there, or without them even knowing that you're doing this. While you play the audios, you will "aim" or direct the *Alignments* to the other person's *Center*. And I'll walk you through how to do that in a few minutes.

You can use this product to give healing sessions other people, your kids, your babies, your parents, friends, even animals, although this isn't specifically focused on animals, but you can just aim the *Alignments* at the animal's *Center*, and even if their *Center* seems horizontal, it doesn't matter. Don't worry about the direction, just zap it at their *Center*, and it will work.

Please keep in mind that this is NOT a course in "How to Heal Others." What you'll be doing is basically playing these pre-existing Session audios for another person. In a sense, you are just aiming the Sessions at someone – you are applying the morphic field of these Sessions to someone else.

You can feel free to add your own *Alignments* along with the *Alignments* in the Session audios. And of course, you can learn a lot from this.

But just know that this product is not a training course for you to become a healer. Please do NOT call yourself a *Now Healing* practitioner, if you are using this product to help heal others, because there's a lot more to learn.

Doing healing on others with this product is NOT a substitute for becoming a *Now Healing* Certified Practitioner (NhP). It's not a substitute for becoming any kind of a licensed health practitioner.

And please don't charge people money or favors in exchange for doing this for them. It's basically for you to use on your loved ones and friends, not professionally. If you are interested in learning how to actually do *Now Healing* on your own, please start with the *Now Healing 101 Home Study Course*, and just visit NowHealing.com for more information.

Another super important note: Before you use this to work on others, it is essential that you do all the audios on yourself, at least once, preferably more than once. If you don't feel like your situations are important or they are not as urgent as the other person's and that your priority is to heal the other person's situation first, you still need to do Sessions 1 through 6 and the Zap for Sleep and all the Fast Zaps, on yourself first.

Please do an entire round of all those audios, using as your situation (if you don't have another situation) at least use the situation of "Doing healing for [someone else specific] or for others in general". Because you want to put your own oxygen mask on first. The reason for that is a) because it will prepare you to effectively work on others because you will be *Aligned* yourself, and b) on a conscious level, you'll just know what you're doing more, so it will be far more effective for the other person.

Also make sure that you have read or listened to the Disclaimer in the Introduction audio, and that you fully understand it, you fully understand and agree that this is not a substitute for medical care or mental health treatment or any kind of medicine or therapy in any way, this is not a substitute for any legal, financial or other professional consultation. And by continuing, you take full responsibility for your health. And you also allow others to take full responsibility for their health and well-being.

So here's another important point that's not in the original Disclaimer. If you are doing this on behalf of another being, you agree that you are willing to be completely non-attached to any specific outcome. And of course we are going to do more of that, energetically and morphically, but your local mind needs to agree before we continue. You are not doing this to manipulate a result, you are not doing this because you know better than the other person, you are doing this to *Align* the other being with Wholeness, beyond your personal opinion of what Wholeness is.

This is remote healing – all healing is basically remote healing, even if someone is two feet away from you. So they don't need to be with you. You can play the audios over the phone for them. They don't even need to know that you are doing this for them, so you can just sit there by yourself and do this for them. Although then, they will not be able to benefit from filling out the worksheet, or understanding the value of clearing their assumptions and *Aligning* with non-attachment and stuff like that. So if possible, if it's not going to cause any added problems, try to have them listen to the audios with you. But if it's going to be more trouble than it's worth, and I know it would be for some of my family members, who shall remain nameless – just go ahead and do it without their presence.

In *Now Healing*, you do not need ask permission, to do "healing" on others. If you're a stickler for such things, go ahead and ask permission, I won't stop you! In many modalities, you

do need to ask permission, but not in *Now Healing*, because it's not us as individuals doing healing TO other individuals – it is Infinite Self *Aligning* other aspects of Infinite Self with more and more Wholeness. Our local personality is not involved in doing the healing. On this level, we are all one, and any distortion or disconnect from Wholeness that is affecting the individual is affecting the entire universe, so it's not just the single individual. It's fair game for healing, if there's a disconnect, anywhere in the universe.. You cannot do harm, you cannot manipulate an outcome, because it's just Wholeness. If you happen to do something that is not *Aligned* with Wholeness, it simply will not have any effect. If you happen to come from your local personality self, if you're not totally non-attached and neutral, it just won't have an effect, it won't be effective. But you're not going to do harm. Don't worry, you won't break anything.

On the rare occasion that the other person will not accept the *Alignment*, it will just bounce off and have no ill effect.

This is why you can do a Session with or without the knowledge of the other person, or animal, or baby.

Very, very rarely, there may be reasons to NOT do healing on someone. It just comes up so rarely, though. And these are often related to timing. If you sense that you are not getting anywhere or there is a blockage to you doing healing for another person, then just do Sessions on yourself for that situation.

If you have any doubts, do the Sessions on yourself, with the other person as part of the whole larger situation.

Because really, the truth is, you are not actually doing healing for another person, even though the title of this audio Session is “Healing Others.” That's not actually what's happening. You are healing the whole larger situation, and the individual person that you are concerned about is included in the larger situation, your concern for them is included, and a trillion trillion trillion other entanglements that you are not aware of with your local mind.

Sharing Policy

So you might be asking “Hey Elma, can I just give this product to the other person and have them listen on their own?” Yes, if they are your immediate family, plus you can give it to one friend. Whoever buys this product can share it with their children, parents, spouse, siblings, plus one friend.

But beyond that, don't actually give anyone else the mp3s or the CDs. And the people you give it to may not share it with anyone else. You can still do it on behalf of other people, but if they want a copy, tell them to buy their own copy rather than giving away more copies. Because if you start to share this with you know, eight family members and five of your closest friends, it's morphing into unauthorized sharing. I have to draw the line somewhere, because I've got to support my family, and this is my job. If I don't get paid to do this, then I'll have to go get another job and I won't have time to do *Now Healing* – not to mention that this is my life's work.

So please honor my limits of sharing the mp3s or CDs only with your immediate family, plus one other person, which I think is a very generous policy. So thank you for honoring that. Beyond that, you can do the Sessions for as many people as you like, as long as you are there, actually holding the space in real time for them.

How do you actually do the *Alignments* for others?

You first do a brief self-preparation, going to *Center*, *Aligning* yourself etc, which we will do in a minute. Then you will play the Sessions in order, including the Introduction if they are with you on the phone or in person. If the other person is not with you, there's no need to play the Introduction, since they're not going to hear it.

As you are listening to my voice in the Sessions, you're just going to "aim" or "send" it to the other person's *Center*. And of course, you're not really "sending" anything, that's just a metaphor. This is not about sending energy. Instead, you are connecting their circuits to Wholeness in expanded virtual reality, and you are including the other person and the situation in the healing field. So, as you hear my voice, you aim it at the other person's *Center*, you aim the Commands at the other person's *Center*. Just come from your *Center* as you work. This doesn't mean you have to be super-concentrated on doing that at every moment. Just do it for a second or two, and the rest will happen automatically.

When I say "come from your *Center*" in the audios, you can "aim" at the other person's *Center*. The way you do that is just like you would tune in to anything. Just use your so-called imagination to find their *Center*, or sense it or see it or feel it or know where it is, and just send the *Alignment* there, just like you send it into your own *Center*. Because you're not actually touching your *Center*, whether it's yours or theirs – it's still just "aiming" and using your so-called imagination. You are touching it with your mind or your intention or your real imagination. Like I said before, just because it's your imagination does not mean it's imaginary, it's very real and very effective.

Aim at their *Center* for 1 second or less, or aim the statement at their *Center* for 1 second or less. Any more than that, and you are over-doing it, it's unnecessary and actually less effective to work harder, it's less effective when you over-focus and use effort. So just a quick, light zap to their *Center* and that will do the trick.

There is a PDF template in your downloads [see next section below, Healing Others – Checklist and Preparation Template] that you will want to print out and refer to as you do the Sessions for others. Or if you own the hard copy of this product, it's in your booklet.

Template: Heal a Situation for Another Person

Keep this with you as a reminder, as you are running the audios for other people. And we'll just go through it now.

Always Take a Minute to Prepare Yourself – every time before you run any of the audios on behalf of somebody else. So let's just do this now. I'll do the *Alignments* for you as well, and you don't need to listen to this audio each time, you can just read the printout of this template, and do the *Alignments* yourself. Just come from your *Center*, and command:

Preparation Template to Heal a Situation for Another Person

- *Align* with the *Now Healing Space* and Infinite Self... now.
- *Align* with Non-attachment to outcome... now
- *Align* with neutrality and calibrate yourself to zero... now.
- *Disentangle* from your thoughts and emotions about doing this work yourself... now.
- *Disentangle* from all assumptions about “doing healing.”
- *Disentangle* from assumptions about the right way and the wrong way to do healing... now.
- *Disentangle* from what you assume you have to be, or cannot be, what you assume the recipient must be or do, or must not be or not do.
- Any other objections, expectations, emotions – *Disentangle* from them all... now.
- Anything else that needs *Disentangling* – *Disentangle* and *Reintegrate*... now.
- *Align* with the highest expression of effectiveness as you do this... now and from now on.
- *Disentangle* yourself from the other person (people) involved, and *Reintegrate*... now.
- *Disentangle* your local self from the situation... now.
- *Align* with being the healer of this situation... now.
- *Align* with Wholeness in the presence and absence of the situation... now.
- Any other commands you sense are necessary at this time, go ahead and do them, as you come from your *Center*.

Now I'll explain...

How to use the Worksheets as you run the audios.

If you are with the other person, either in person, or on the phone, you can have them fill the worksheet out, or ask them the questions on the worksheet, and fill it out for them. If you are doing this without the knowledge of the other person, or if it's an animal or a baby, just fill it out the best you can, based on your observations.

Don't over-focus on getting the worksheet absolutely perfect. Spend as little time as possible on it. In fact, if you find yourself over-thinking any of this, or questioning yourself, or if you're

confused about doing it the right way, that's just mental chatter. Ignore it. *Disentangle* from it... now. Come from your *Center*, and just forge ahead.

When I say "Tune in to your situation" in the Sessions, you will either ask the other person to tune in for themselves, or you can tune in for them. Your tuning in to the situation is just as valid as them doing it, even though your description and interpretation might be different from theirs.

For the description of the situation on the worksheet, make sure to include not just the other person's situation, but you doing the Session for them – that's a big part of the situation! In other words, the description might be something like "My son's alcoholism and unwillingness to accept help from me, and my deep desire to heal him." And the short phrase might be something like "Healing my son." It's almost always useful to consciously include yourself in the situation, if you're working on loved ones.

So you are ready to work. Remember, run the Sessions on yourself, if you have any doubts about doing this for others, and just word the situation to include those doubts.

If you have questions, there are many answers in the FAQ section of the NowHealing.com website, so browse that for hours of fun and free education.

Thank you for contributing to the healing and Wholeness of the world. Have fun with this! This is Elma, founder of NowHealing.com, signing off for now.

6. Healing Others – Checklist and Preparation Template

Please Note: there is no audio for this section. This is the written preparation-checklist that was described in the audio titled *Zzzappendix: Healing Others* (and in its transcript above). Use this checklist as self-preparation, when you are using this product on behalf of others (so that you don't need to listen to the audio every time!) But do make sure to actually listen to that audio at least once, because it contains audio *Alignments* and it gives you a lot of additional information that is not written here. The audio Filename is:

NHHealYrSituationZzzappendixHealingOthers.mp3

Sharing this Product - Guidelines

If you bought this product from the *Now Healing* website or from an event in which Elma was a participant, you may share it with your children, parents, spouse, in-laws, and siblings, people currently living in your home (which was not mentioned in the audio), plus one friend. If you share beyond that, it constitutes unauthorized sharing. The people you share this with may NOT share their copies. Please tell them so, when you share it with them.

You can do the Sessions for as many people as you like, as long as you are there, actually holding the space in real time for them. For the Sleep audio, if you cannot be with the other person in real time, you can play it for yourself at your bedtime, and include the other person in the healing field of the situation.

Do not charge people money for running these audios for them. Do not represent yourself as a *Now Healing* Practitioner unless you have received certification from Elma. Do not teach this material, unless you have received official permission from Elma. Feel free to talk or write about it, but don't pass yourself off as an official instructor. If you share any of the ideas, Commands, concepts and so on, please give proper attribution: quote Elma Mayer, and NowHealing.com.

If you want to learn to actually do *Now Healing* yourself, please begin with the *Now Healing 101 Home Study Course*. This product, *Heal Your Situation*, is not on the practitioner or teacher track – but *Now Healing 101* is!

How to Use *Heal Your Situation* on Behalf of Others

Here is a checklist of what to do. Print it (or keep the booklet handy, if you purchased the hard copy) so that you can refer to it while you are doing a Session for someone.

1. **Before each Session**, read this self-preparation template. As you read it aloud or silently, “Enter” each command into your *Center*.

Preparation Template to Heal a Situation for Another Person

Take a minute to prepare yourself before you run the audios (Sessions and Fast Zaps).
Come from your *Center*, and command:

- *Align* with the *Now Healing Space* and Infinite Self... now.
- *Align* with Non-attachment to outcome... now
- *Align* with neutrality and calibrate yourself to zero... now.
- *Disentangle* from your thoughts and emotions about doing this work yourself... now.
- *Disentangle* from all assumptions about “doing healing.”
- *Disentangle* from assumptions about the right way and the wrong way to do healing... now.
- *Disentangle* from what you assume you have to be, or cannot be, what you assume the recipient must be or do, or must not be or not do.
- Any other objections, expectations, emotions – *Disentangle* from them all... now.
- Anything else that needs *Disentangling* – *Disentangle* and *Reintegrate*... now.
- *Align* with the highest expression of effectiveness as you do this... now and from now on.
- *Disentangle* yourself from the other person (people) involved, and *Reintegrate*... now.
- *Disentangle* your local self from the situation... now.
- *Align* with being the healer of this situation... now.
- *Align* with Wholeness in the presence and absence of the situation... now.
- Any other commands you sense are necessary at this time, go ahead and do them, as you come from your *Center*.

2. **Play all the Sessions**, in order, for the other person. If the person you are working on is with you in real time, either in person or on the phone, play the Introduction audio for them, including the Disclaimer. If you are doing the Session without their presence in real time, you can send them a copy of the Introduction, to read on their own time. Please make sure they understand the Disclaimer. If you are doing the Session without their knowledge or permission, you can skip the Introduction, since they are not going to be listening anyway!

3. **Have them fill out the worksheet**. Or, if they are not present, fill it out for them as best you can.

4. **After you have completed Session 2**, play the Sleep audio for them when they are ready. Or if they are in your immediate family plus one friend, you can share the mp3 or CDs with them. If they are not aware that you are doing the session for them, you can skip the Sleep audio.

5. **Play the Fast Zaps just like you did the Sessions**. There’s no worksheet to fill out.

7. Worksheets

Heal Your Situation WORKSHEET #1

NOTE: Please do *not* fill out this worksheet in advance. Wait to do so, until you are actually listening to the Session audios. You'll be given specific instructions in each audio.

Session 1

Date _____

A. Tune In to the Situation

Describe the history of the Situation, in as much detail as you can fit on the four lines provided.

Describe the Situation as it is right now, and how it impacts your life:

Diagnosis? _____

Short Phrase _____

Symbol or Image of the Situation (optional):

B. “Before” Measurement

Tune in to your Situation. Right at this moment, how much of a problem is it in your life; how much does it bother you? 0 = No Problem, 10 = Worst Possible. _____

C. Components of the Situation

Components of the Situation	Measurement Now What's your number, right now? 0 = No Problem, 10 = Worst
PHYSICAL: How does it feel in your body, or in a part of your body? Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: How much do your thoughts / self-talk about it bother you? Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: How much do your emotions about it bother you? Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Now put this worksheet away, and listen to the rest of the session. You will be instructed when to return and fill out the next section.

D. “After” Measurement – Session 1

Tune in to your Situation, right at this moment (*not* how it was before).

How much of a problem is it; how much does it bother you?

0 = No Problem, 10 = Worst Possible. Currently: _____

Components of Situation	Measurement Now What’s your number, now, at this very moment? Fill this entire column out first.
Physical: How does it feel in your body, or in a part of your body?	
Mental: How much do your thoughts and self-talk about it bother you?	
Emotional: How much do your emotions about it bother you?	

I *Align* with allowing this situation to be at zero, at *Center*... now.

Write “yes” or “no” _____

Session 2

Date _____

A. “Before” Measurement

Tune in to your situation that you worked on in Session 1. How does it feel?

Get a general measurement of it: 0 = No Problem, 10 = Worst Possible. _____

To what degree are you blocked from Healing?

0 = totally open and allowing healing, at *Center*, calibrated to zero with zero blockages. 10 = totally blocked from healing, nothing works, healing cannot happen. _____

B. What are your Attachments to Outcome?

Coming from *Center*, observe your top two or three attachments.

C. “After” Measurement - Session 2

Coming from your *Centered, Infinite Self*, observe the field of your situation as it appears in the NHworkspace. How much of a problem is it; how much does it bother you?

(0 = No Problem.) _____

Session 3

Date _____

A. “Before” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

What do you expect will happen?

What is your self-talk about the situation?

Get a number on your expectations and self-talk (0 = No Problem) _____

B. Objections to Healing Your Situation

Write your top two or three objections to doing this work, to healing your situation.

C. “After” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

Session 4

Date _____

A. “Before” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

Session 5

Date _____

A. “Before” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

(0 = No Problem) _____

Session 6

Date _____

Components of the Situation	Measurement Now What's your number, right now?
PHYSICAL: 0 = no problem Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: 0 = non-attached and neutral – assumptions, self-talk. Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: 0 = <i>Centered</i> , no problem. Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Heal Your Situation

WORKSHEET #2

For Another Situation

[If you need additional blank worksheets, you can print them from your downloads, or leave one blank and photocopy it.]

NOTE: Please do *not* fill out this worksheet in advance. Wait to do so, until you are actually listening to the Session audios. You'll be given specific instructions in each audio.

Session 1

Date _____

A. Tune In to the Situation

Describe the history of the Situation, in as much detail as you can fit on the four lines provided.

Describe the Situation as it is right now, and how it impacts your life:

Diagnosis? _____

Short Phrase _____

Symbol or Image of the Situation (optional):

B. “Before” Measurement

Tune in to your Situation. Right at this moment, how much of a problem is it in your life; how much does it bother you? 0 = No Problem, 10 = Worst Possible. _____

C. Components of the Situation

Components of the Situation	Measurement Now What's your number, right now? 0 = No Problem, 10 = Worst
PHYSICAL: How does it feel in your body, or in a part of your body? Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: How much do your thoughts / self-talk about it bother you? Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: How much do your emotions about it bother you? Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Now put this worksheet away, and listen to the rest of the session. You will be instructed when to return and fill out the next section.

D. “After” Measurement – Session 1

Tune in to your Situation, right at this moment (*not* how it was before).

How much of a problem is it; how much does it bother you?

0 = No Problem, 10 = Worst Possible. Currently: _____

Components of Situation	Measurement Now What’s your number, now, at this very moment? Fill this entire column out first.
Physical: How does it feel in your body, or in a part of your body?	
Mental: How much do your thoughts and self-talk about it bother you?	
Emotional: How much do your emotions about it bother you?	

I *Align* with allowing this situation to be at zero, at *Center*... now.

Write “yes” or “no” _____

Session 2

Date _____

A. “Before” Measurement

Tune in to your situation that you worked on in Session 1. How does it feel?

Get a general measurement of it: 0 = No Problem, 10 = Worst Possible. _____

To what degree are you blocked from Healing?

0 = totally open and allowing healing, at *Center*, calibrated to zero with zero blockages. 10 = totally blocked from healing, nothing works, healing cannot happen. _____

B. What are your Attachments to Outcome?

Coming from *Center*, observe your top two or three attachments.

C. “After” Measurement - Session 2

Coming from your Centered, Infinite Self, observe the field of your situation as it appears in the NHworkspace. How much of a problem is it; how much does it bother you?

(0 = No Problem.) _____

Session 3

Date _____

A. “Before” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

What do you expect will happen?

What is your self-talk about the situation?

Get a number on your expectations and self-talk (0 = No Problem) _____

B. Objections to Healing Your Situation

Write your top two or three objections to doing this work, to healing your situation.

C. “After” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

Session 4

Date _____

A. “Before” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

Session 5

Date _____

A. “Before” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

(0 = No Problem) _____

Session 6

Date _____

Components of the Situation	Measurement Now What's your number, right now?
PHYSICAL: 0 = no problem Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: 0 = non-attached and neutral – assumptions, self-talk. Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: 0 = <i>Centered</i> , no problem. Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Heal Your Situation

WORKSHEET #3

For Another Situation

[If you need additional blank worksheets, you can print them from your downloads, or leave one blank and photocopy it.]

NOTE: Please do *not* fill out this worksheet in advance. Wait to do so, until you are actually listening to the Session audios. You'll be given specific instructions in each audio.

Session 1

Date _____

A. Tune In to the Situation

Describe the history of the Situation, in as much detail as you can fit on the four lines provided.

Describe the Situation as it is right now, and how it impacts your life:

Diagnosis? _____

Short Phrase _____

Symbol or Image of the Situation (optional):

B. “Before” Measurement

Tune in to your Situation. Right at this moment, how much of a problem is it in your life; how much does it bother you? 0 = No Problem, 10 = Worst Possible. _____

C. Components of the Situation

Components of the Situation	Measurement Now What's your number, right now? 0 = No Problem, 10 = Worst
PHYSICAL: How does it feel in your body, or in a part of your body? Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: How much do your thoughts / self-talk about it bother you? Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: How much do your emotions about it bother you? Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Now put this worksheet away, and listen to the rest of the session. You will be instructed when to return and fill out the next section.

D. “After” Measurement – Session 1

Tune in to your Situation, right at this moment (*not* how it was before).

How much of a problem is it; how much does it bother you?

0 = No Problem, 10 = Worst Possible. Currently: _____

Components of Situation	Measurement Now What’s your number, now, at this very moment? Fill this entire column out first.
Physical: How does it feel in your body, or in a part of your body?	
Mental: How much do your thoughts and self-talk about it bother you?	
Emotional: How much do your emotions about it bother you?	

I *Align* with allowing this situation to be at zero, at *Center*... now.

Write “yes” or “no” _____

Session 2

Date _____

A. “Before” Measurement

Tune in to your situation that you worked on in Session 1. How does it feel?

Get a general measurement of it: 0 = No Problem, 10 = Worst Possible. _____

To what degree are you blocked from Healing?

0 = totally open and allowing healing, at *Center*, calibrated to zero with zero blockages. 10 = totally blocked from healing, nothing works, healing cannot happen. _____

B. What are your Attachments to Outcome?

Coming from *Center*, observe your top two or three attachments.

C. “After” Measurement - Session 2

Coming from your Centered, Infinite Self, observe the field of your situation as it appears in the NHworkspace. How much of a problem is it; how much does it bother you?

(0 = No Problem.) _____

Session 3

Date _____

A. “Before” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

What do you expect will happen?

What is your self-talk about the situation?

Get a number on your expectations and self-talk (0 = No Problem) _____

B. Objections to Healing Your Situation

Write your top two or three objections to doing this work, to healing your situation.

C. “After” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

Session 4

Date _____

A. “Before” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

Session 5

Date _____

A. “Before” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

(0 = No Problem) _____

Session 6

Date _____

Components of the Situation	Measurement Now What's your number, right now?
PHYSICAL: 0 = no problem Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: 0 = non-attached and neutral – assumptions, self-talk. Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: 0 = <i>Centered</i> , no problem. Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Heal Your Situation

WORKSHEET #4

For Another Situation

[If you need additional blank worksheets, you can print them from your downloads, or leave one blank and photocopy it.]

NOTE: Please do *not* fill out this worksheet in advance. Wait to do so, until you are actually listening to the Session audios. You'll be given specific instructions in each audio.

Session 1

Date _____

A. Tune In to the Situation

Describe the history of the Situation, in as much detail as you can fit on the four lines provided.

Describe the Situation as it is right now, and how it impacts your life:

Diagnosis? _____

Short Phrase _____

Symbol or Image of the Situation (optional):

B. “Before” Measurement

Tune in to your Situation. Right at this moment, how much of a problem is it in your life; how much does it bother you? 0 = No Problem, 10 = Worst Possible. _____

C. Components of the Situation

Components of the Situation	Measurement Now What's your number, right now? 0 = No Problem, 10 = Worst
PHYSICAL: How does it feel in your body, or in a part of your body? Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: How much do your thoughts / self-talk about it bother you? Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: How much do your emotions about it bother you? Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Now put this worksheet away, and listen to the rest of the session. You will be instructed when to return and fill out the next section.

D. “After” Measurement – Session 1

Tune in to your Situation, right at this moment (*not* how it was before).

How much of a problem is it; how much does it bother you?

0 = No Problem, 10 = Worst Possible. Currently: _____

Components of Situation	Measurement Now What’s your number, now, at this very moment? Fill this entire column out first.
Physical: How does it feel in your body, or in a part of your body?	
Mental: How much do your thoughts and self-talk about it bother you?	
Emotional: How much do your emotions about it bother you?	

I *Align* with allowing this situation to be at zero, at *Center*... now.

Write “yes” or “no” _____

Session 2

Date _____

A. “Before” Measurement

Tune in to your situation that you worked on in Session 1. How does it feel?

Get a general measurement of it: 0 = No Problem, 10 = Worst Possible. _____

To what degree are you blocked from Healing?

0 = totally open and allowing healing, at *Center*, calibrated to zero with zero blockages. 10 = totally blocked from healing, nothing works, healing cannot happen. _____

B. What are your Attachments to Outcome?

Coming from *Center*, observe your top two or three attachments.

C. “After” Measurement - Session 2

Coming from your *Centered, Infinite Self*, observe the field of your situation as it appears in the NHworkspace. How much of a problem is it; how much does it bother you?

(0 = No Problem.) _____

Session 3

Date _____

A. “Before” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

What do you expect will happen?

What is your self-talk about the situation?

Get a number on your expectations and self-talk (0 = No Problem) _____

B. Objections to Healing Your Situation

Write your top two or three objections to doing this work, to healing your situation.

C. “After” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

Session 4

Date _____

A. “Before” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

Session 5

Date _____

A. “Before” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

(0 = No Problem) _____

Session 6

Date _____

Components of the Situation	Measurement Now What's your number, right now?
PHYSICAL: 0 = no problem Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: 0 = non-attached and neutral – assumptions, self-talk. Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: 0 = <i>Centered</i> , no problem. Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Notes

Date _____

Handwriting practice lines consisting of multiple horizontal lines for text entry.

