

## Quantum-Touch Level 2 – Tokyo, Japan class

Richard Gordon, Instructor    September 24-25, 2010    9 am – 6 pm

notes taken by Henri Rand Furgiuele

### DAY ONE

RG: I learned QT in 1978. At that time, my first book was about to come out. I met Bob Rasmussen and was so impressed by what he was able to do, and was able to help it evolve. Always my desire is to ask: What else can we do? What else is possible? What would be the next step? It took me 30 years to find it. I wanted the next step to be as big an advancement as the original class was, to stretch what was possible....Okay, I'm just going to show you something.

(demonstrates QT2 on student's hips)

RG: This ability we all have is as easy to learn as the basic QT. It can allow a new freedom we never had before. There are new possibilities of ways to work we never had before. You will be able to work with more joy, more love than ever before. It will actually change how you feel about yourself.....and your identity as a human being. "People can't do that." "That's not possible." But it is.

The scientific method is built on an understanding that one's thoughts do not change the world. The scientific method is flawed. The experimenter should not be able to affect the test group with his intention. But he can. It's true. We do affect the world with our love. We not only affect other people, but the process changes us as well.

So it's time to learn to do this.

Technique: Put all your awareness in your heart. Breathe into your heart. Let yourself fill your heart with your own love. Breathe it in. Start to run energy into your own heart with your heart. Feel your love enter into your own heart. Breathe gently in your heart. Feel the heart expanding with your love. Feel your heart expanding to the side and feel your heart expanding vertically. Feel your heart getting larger and larger. Let love breathe you. Let the love breathe in you.

The heart is the universal energy, and because it's the universal energy it affects everything and anything. Just like water is the universal solvent, the heart is the universal energy that reaches into everything. It is the universal communicator. Breathe deeply and slowly and let the heart fill up more and more with love.

And the same way you were running energy before, run the energy through your heart. From time to time do a full body sweep (mentally) from toe to the top of the head but stay focused in

the heart. Do this from the bottom of the heart to the top of the heart, from the back of the heart to the front of the heart. Let the heart expand in all directions.

**This work is as much about choosing and focusing as it is allowing. You want to be using a tremendous amount of will and intention and you want to use an equal amount of opening and allowing. You are using your mind and strong intention to stay focused. But you are using your heart and your allowing to let the energy open.**

So, I want you to practice running energy into each others' heart. In groups of 2 or 3.

Questions?

Q: When you say heart, do you mean the physical heart or the heart chakra?

RG: Heart AREA. Try not to be too focused on just physiology here. Heart AREA.

Q: Are we sending energy with our eyes? And do we have to keep our eyes open?

RG: We use our eyes to bring awareness where we want to send the energy. I use my eyes to direct where to send the energy, but I send the energy from my heart. If you close your eyes and think of your finger, some of you would be able to see your finger and some would not. But if you stare at your finger, you have perfect focus. I can keep my attention on my finger. Later, we'll learn how to run energy with hands, too. But first I want you to know how powerful your energy is from your heart.

So in groups of 2 or 3, look at their heart and send energy right into their heart. Do this for five minutes each. This exercise not only helps you send energy with intent, but it also helps you open your own heart. The receiver can close their eyes. The sender keeps their eyes open to strengthen their intention.

[Practice- Running energy into each other's hearts] 5 minutes each

How was that? Questions?

Q: How about breathing?

RG: We don't have to....(makes fire breathing sound).... But you do want to take nice deep breaths. Bigger breathing, intentional breathing is enough, and surrender to your love.

## HIPS

Now let's practice with hips. Bring your awareness to the hips. Just imagine you want their hips to be straight and run energy from your heart.

This is so easy. Everyone succeeds. You don't have to worry about being perfect. You can't go anywhere. It's what we're made of. And it's faster and more powerful than what we were doing before. Later, we'll use our hands too. But right now, I want you to measure the hips.

Get down with your eyes at hip level to measure. Come straight down to see what's level. Then without touching, intend the energy to go there, to the side that's out of alignment. If it's helpful, you can imagine imaginary hands at their hips. You can imagine, "I want this side to come down and that side to come up." If you focus on the back of the hips, the back of the hips will move. If you focus on the front of the hips, the front of the hips will move. Later, we'll learn how to focus on multiple areas simultaneously.

With the receiver's feet in a straight line, when I touch their hips, I might notice the thumb on one side of their hips is more forward than the other side. You can adjust that too with the energy.

You might find a hip is higher on one side in front, and on a different side in back. The reason why you often see the left hip higher in front and lower in back (or vice versa) is because of the Core Distortion. This technique works great on that.

So now practice on each other's hips. Three minutes each.

[Practice – hips]

From here the possibilities are endless. I was with friends a few months ago and a man nearby had a deep burning back pain. Five minutes later, the pain was gone. Gone. When you realize you can bring your awareness to just about anywhere, to anyone or anything on the planet....that love has real impact that can affect the world, practicing this changes YOU. The more you practice running the energy with the heart, the more it will change your world.

With basic QT the body still decides what to move. That doesn't change. That's still true. We give our intent for this or something better. So we're putting out a very strong YANG energy, a very strong intention, understanding perfectly well that that may not be what they need, that maybe something else is better or something different is needed. We are fully using intent. We are fully using allowing.

Now let's go deeper.

## MUSCLES & LIGAMENTS

I met a massage therapist who worked on structural systems and got the best results of anyone I've ever seen, but that system was very complicated. It worked beautifully, but I've simplified it. There are 30 muscles we've either forgotten or overlooked or they're difficult to get to. (opens Booklet) This page has most of the muscles that get overlooked. It's important to have an idea about their location.

**PSOAS.** When my teacher Bob Rasmussen was teaching he had people lay down on massage tables and people would be digging their hands into the pelvis. It was painful, embarrassing and dangerous....because if they did one side and not the other, they could hurt someone. Or if

they pressed in the wrong place. Now it's easy.....and not embarrassing. Just look at the area of the body where the Psoas is, and run the energy from the heart.

Now, **focus on the hips front and back.** People who have been doing work in this area longer than I have, have discovered that if the sphenoid bone and the occipital ridge are out of alignment, it will throw the hips out of balance. The sphenoid bone and the occipital ridge control the hips. The side of the hips that is high will be the side of the sphenoid bone that is high. You can look at the sphenoid with intention and allowing, and it changes in a few seconds. The occipital ridge as well.

PRACTICE: **balancing psoas, sphenoid bone and occipital ridge.** Take 10 minutes per person.

Q: What if the sphenoid is not out of alignment. Can we send energy and take it out of alignment?

RG: You can't move anything out of alignment with intention. If the bone is already in balance and I intend for it to move, will it move? No. It all works with the body intelligence.

When I first started this, I kept practicing and I didn't know I could move things. As I practiced my confidence grew, and what used to take me minutes now only takes seconds. When you realize how bones can move through intention, anything I bring my intention to can change.

I've tested moving the hips thousands of times now and I can't remember a single failure. When you see that awareness can move something visible, that gives you confidence to apply it to other things.

Q: Can you apply this to yourself?

RG: Yes. Just like basic QT, some people are very good at self-healing and others not so much.

Q: How do you think about moving the psoas?

RG: You are not trying to move the psoas. Most of the time, we are not trying to move things, just run energy into it. If you have a headache, you're not trying to move your head. Moving things can be exciting, but most of the time we are just sending energy.

Q: How can we do self-healing?

RG: Easy. You bring your awareness to where the problem is, and bring your love there.

[10 minute break]

### PSOAS, QUADRATUS LUBORUM, PIRIFORMAS

There are three important muscles and tendons that I want you to pay special attention to. These have a lot of impact on people's posture and tend to be forgotten. 1. Psoas 2. Quadratus Luborum 3. Piriformas These three hold a lot of back tension. So if a person has a sciatic pain, piriformas is very important to get to. Because we can do this with intent, it

makes it much easier to reach.....In public, you couldn't touch there. The others on this page tend to be forgotten. If you want to work through a persistent postural or structural problem, work on these.

PRACTICE – PSOAS, QUADRATUS LUBORUM, PIRIFORMAS. Now we've already practiced working with the psoas, so focus on the other two.

Q: Will these adjustments stay?

RG: Some folks, you adjust and they come right back out again. Work with these other muscles and ligaments on this page to help clear the tension. We are holding a resonance for their wellbeing. The energy is an extremely important part of their health but it is not the only part. There are emotions, for example, when a person is not expressing all the emotions that they feel. Beyond that, there is diet, exercise and lifestyle. Energy is a huge part, but it is not the only part. When we release symptoms, people feel grateful for the condition. They understand that the body is giving us communication when we are sick, not dysfunction.

## NECK

So now we are going to work with C-7 and T-1. C-7 is the biggest vertebra at the lower part of the neck and T-1 is the bone underneath it. C-1 (Atlas) and C-2 (Axis) are also good to run energy into, the first two cervical vertebrae. And all the cervical vertebrae as well. Let's practice.

Q: Where exactly is the quadratus lumborum?

RG: (shows where) Here's a secret. You don't have to be perfect, or find the exact place. Just thinking about it sends you there. You don't have to think about how it works. Do you think about how you digest your lunch? No, your body just does its job.

These very large muscles that affect back tension often get overlooked. These are good to know. They may not have much impact now, but they're good for your toolbox.

When I first started working, I wanted to have a clear line of sight. But now, after practice, I can work on the back from the front. It sets you free.

Now I want to show you some really amazing things. Let's set you free some more.

## HEALING THE PAST

I realized you can also send energy into the past and future. It's legal.

There was a book years ago called The Continuum Concept. In some cultures they hold babies so long and so much that the babies grew up without violence. But due to most of modern society, children don't get held enough. This probably accounts for why there is so much greed

and war. If they were held more, they might play nice and share their toys. World leaders aren't playing nice or sharing their toys.

In this world there are one billion starving people and one billion obese people. An amazing way of doing a deep healing on each other is to run energy into their baby self.

Find a partner and imagine you are holding this dear baby, which is the person you are working on. Go back in time in your mind to when they were a baby. You can hold your hands as if cradling a baby, that's ok. But run the energy primarily from the heart into that baby.

Take 15 minutes each.....hold the baby and run energy into them as a baby. For those who have a private practice, this could have an amazing effect on your clients. Just imagine you go back all that time to when they were a baby and just hold that baby.

[practice – running energy into partner as baby] 15 minutes each

With this, the more you practice, the more you change. One male participant wrote: I rediscovered my heart.

I had an amazing experience with this, today.....I'm going to send you a little bit of my thank you right now. (RG runs energy into group)

There is no limit to what we can do. We are just getting started.

LUNCH BREAK (90 minutes)

Q: When you have a sore muscle after exercise, I've heard that muscles break and that's why it's sore. Can it be regenerated with energy? And if so, can we regenerate dead brain cells to help the elderly with dementia?

RG: Delayed onset muscle syndrome. This is why overworked muscular stress occurs. Running energy in these muscles works very well. You can also run energy before you work out, or during. I would go to a gym where someone was doing heavy squats and would run energy on one side of their body only. The person would invariably say, "please do the other side."

I'd get three responses typically:

- Please do the other side
- I don't feel like I've worked out
- I've never done this much before.

Then I'd hand them a slip of paper with the QT website info on it.

All human conditions are subject to healing. We have many stories about people with dementia who have received QT and improved. Do not limit our possibilities. We don't know what's possible.

In QT we bring up our resonance through breathing and intent higher and higher, and whatever is in our field entrains. We are bringing energy through heart. When we add our hands, the deepening of the energy is highly effective.

Q: If you have mental problems, like depression, what should we do?

RG: Just send love.

BRAIN (shows 3D Brain image on iPad)

It turns out we have the capacity to run energy into parts of the brain with interesting and dramatic effects. This really helps to heal ourselves and open ourselves up to who we really are.

The temporal lobe (and this isn't in any books) – has to do with the future evolution of the brain. This part of the brain is currently evolving. When you run energy into the temporal lobe, especially go inside it. You can have some wonderful experiences running energy into it, especially on the inside. The first ten people I tried it on, couldn't stop laughing. Throughout the entire temporal lobe and on the inside, run energy with heart.

Lodged trauma gets stored throughout our brain. By working inside we are doing healing inside the brain.

You can also say something from your heart silently while you are running the energy, and it will have an impact on you. "You can be healthy." "You can be happy." "You can be wealthy."

[practice – temporal lobe] 5 minutes each

There are a wide range of experiences and no wrong answers here. How many experienced a state of joy? (show of hands) How many experienced a state of peace? (hands) How many experienced mild bliss? (hands) Anybody want to share your experiences?

We just ran energy into the brain for 5 minutes and most of you experienced joy, peace or mild bliss. That's not common.

Q: The temporal lobe: how does it change?

RG: The brain has evolved over a very long period of time, from the lizard brain in the back of the head to the frontal lobe, so that we can have things like advanced planning, etc.

The primitive reptilian brain understood fight or flight.

The temporal lobe – on the sides – is where spiritual evolution is currently taking place on a physiological level. To be able to see your own higher consciousness, to know your own knowing.

Q: I felt my temporal lobes respond when I was working with my practice partner.

RG: Whatever we are doing to someone else, you are doing it to yourself.

### PITUITARY AND PINEAL GLANDS

If you bring your attention to the Pituitary Gland, the energy goes there. The Pituitary and the Pineal glands are considered to be the master glands of the body. On a physical level, they deal with hormones. On a spiritual level, they open up our wisdom, our intuition, and slows the aging process.

The Pituitary is level with the bottom of the eye in the middle of the head. There is only one, halfway into the head. The Pineal is level with and slightly above the brow, about  $\frac{3}{4}$  of the way back.

[PRACTICE – Pituitary and Pineal] 3 minutes each

If we can get hips to move, what do you think will happen when you get these tiny parts of the brain to move or be energized? Okay, how many found something really interesting happen? Want to share?

Comment: When the other person sent energy I felt something slice through my pituitary. And when I worked on the other person, my own pituitary activated.

Comment: When my partner worked on the pituitary gland, I saw light behind my eyes. The pineal gland also felt something fuzzy.

RG: Working on these areas really opens ourselves up. We become more creative, more intuitive, and our genius begins to show. And speaking of genius, let's work on the corpus callosum.

### CORPUS CALLOSUM

This is what connects the left brain with the right brain. When the two halves of the brain work together, you never know what's happening next. A lot begins to open up.

[PRACTICE – corpus callosum] 5 minutes each

Interesting, huh? How many of you are surprised by how much you are feeling? I was so surprised by this.

Trauma is biologically wired to be remembered. It's a protection mechanism. When the deer survives an encounter with a lion, the deer needs to remember that. There is an automatic mechanism for storing trauma, but no automatic system in the brain for release. Many issues

can be dealt with by process work, etc. When you run energy into these and other parts of the brain, you start to heal trauma. Whenever you have trauma to tissue, do QT. For a practitioner, this gives you something more to do that no one else is doing.

### AMYGDAIA

It is the almond shaped organ right above the hippocampus. There is one on both sides. The amygdala regulates the fight or flight response. Anxiety. The hippocampus is involved with memory formation. When we run energy on these areas, we can release trauma stored from old memories.

[PRACTICE – Amygdala and hippocampus] 3 minutes amygdala and 3 minutes hippocampus – each

### BREAK

RG: The more I work from my heart, the more capacity I seem to have. It's getting easier and easier to do this. What used to take minutes now takes only seconds.

You can still send love. You can send love to anything and anyone. The more you practice, the more open your heart becomes, the more effective you become. We just don't know the limits of this work, and today was just a warm up.

### BRAIN BLAST

The last brain exercise today is what I call the brain blast. Get really deep into your heart and fill the entire brain with that love.

Q: about focusing...

RG: **When you are completely focused, nothing else exists. On the inhalation I totally allow and let go. On the exhale, I am totally focused. The longer you practice this, the more open your heart will feel.**

It amplifies your ability to love. This becomes a lifelong field which you learn to develop. So let's brain blast with a partner. Pay close attention to all the parts of the brain, from the brain stem up and fill it with love. This is a big one.....let's take 15 minutes each.

[PRACTICE – BRAIN BLAST] – 15 minutes each

Q: Do we have to ask permission to do this?

RG: When someone is feeling good, they can be affecting the entire room. You're beaming, you're radiating your energy. You can beam your goodwill. You don't have to ask permission to do this. You're not invading, but radiating.

Q: Can you explain about allowing?

RG: **Allowing is like laying in the sun receiving sunlight. What do you have to do to let the sunlight in when you're laying on the beach? Nothing. You just let it in. It has nothing to do with working. It has nothing to do with doing. It is more about experiencing and enjoying the moment.**

### RUNNING ENERGY INTO ALL THE CHAKRAS (CHAKRA BLAST??)

Let's run energy into all the chakras. This is something I wanted to add to the basic QT class, but it was too personal. You can't just walk up to a stranger and touch their first and second chakras. We live in a strange world where folks get upset about that. But you can run heart energy into each chakra.

Let's talk about chakras. When you think about a flame, it has a glow around it. The flames creates a glow. When some people think about the auric field, they believe that it is the glow around the physical body. They think the body is real and the chakras and aura as etheric. Actually, the chakras are real, and the body is the illusion. Chakras create the body. The field of the aura creates the body. The chakras are more real than we are. Running the love – which is more real than we are – into the chakras – which is reality – is very profound.

If you want to work on a friend or client or neighbor, this is an excellent use of time. Bring your awareness to one chakra at a time. Each person gets 10 minutes.

Q: Do I focus on the color of the chakra?

RG: No. You don't have to focus on the color at all. You don't have to think about what color an apple is, to eat it. It is what it is. Just bring real love to the real chakra.

When folks are sick, defeated, depressed, the chakras can get depleted, smaller and dim. They can lose their vitality and brightness. Just bring real love to those areas.

Q: Do we imagine the chakras in our head?

RG: No. Just bring your attention to that part of your body where the chakra is. You don't have to imagine it. You intend to bring the love to that chakra, so that it can be as bright as it wants to be.

Q: On sending the heart energy, do I breathe deeply?

RG: You can take a deep breath from the heart chakra if you want, or you can do some body sweeps.

[PRACTICE – RUNNING ENERGY INTO ALL THE CHAKRAS] 10 minutes per person

Heart is the common denominator for all beings. All communicate through heart. It's the universal language. All animals respond to love. Even a solitary sea turtle who only spends

time with other turtles when mating, responds to love. When we bring that vibration to our heart, we are magnifying the most important part of our vibrational being.

The day I discovered this technique was a great discovery for me. It allows us to be so much more powerful, with so much less effort. It gives us so much more freedom. But the journey is just beginning. We're just opening up the door of what's possible. If we can move bones without touch, what else is possible? And what are you? Because humans are not supposed to be able to adjust matter with thought. So with the brain and chakras charged up, we are now ready for the next step.

## **DAY TWO**

So how do you feel today? Today we have a lot of really exciting things to cover. One of the first things I want to let you know about...we're going to explore some uses of the energy that you probably never thought about, but I think they are some of the most exciting uses of QT.

To begin, I'd like to talk about the chakras in more detail than we did at the basic class. As you are aware, chakras are energy centers and they generate the energy for the whole physical body. You don't create chakras, they create you.

1<sup>st</sup> chakra – issues of survival and safety at the root of the spine

2<sup>nd</sup> chakra – genital, sacral area; creativity and sexual expression

3<sup>rd</sup> chakra – solar plexus – deals with emotional expression and vulnerability and honesty

4<sup>th</sup> chakra – at the heart, deals with expressions of love and the like; relationship

5<sup>th</sup> chakra – at the throat, deals with communication; expressing all the chakras through this one; how they express themselves

6<sup>th</sup> chakra – often thought of as the third eye – associated with the pituitary gland – intuition and wisdom

7<sup>th</sup> chakra - crown of the head – our unlimited potential; doorway to that which is beyond

8<sup>th</sup> chakra – below the feet – has to do with probability. It creates the auric field and creates the body. It is like a fountain. The energy from the 8<sup>th</sup> chakra spans out from both feet like a flame and generates the physical body. Creates the aura. Because it has to do with probability, it is very solid.

9<sup>th</sup> chakra – above the head; has to do with possibilities, the causal plane of reality

10<sup>th</sup> chakra – above the 9<sup>th</sup>; the chakra of your own higher self

11<sup>th</sup> chakra – above the 10<sup>th</sup>; the chakra of your soul or spirit

12<sup>th</sup> chakra – above the 11<sup>th</sup>; deals with the energy of the infinite; god/goddess energy

When I'm walking down the street in Tokyo and I see a sign in a window in Japanese characters, I see the symbols but I don't know what they mean. This is a great secret. When you ask a question and want to learn something from your higher self, you can't necessarily understand it directly.

Consider: have you ever gone to a great lecture, and when someone asks you what it was about, you say, "It was wonderful." "Tell me what they said." "I couldn't put it into words, but it was wonderful." How can that happen? Here's how it goes. You attend a lecture. 7<sup>th</sup> chakra says "this is wonderful." 6<sup>th</sup> chakra says, "I understand this." But it didn't go down to 5<sup>th</sup> chakra, so you can't talk about it. Integrating and turning info into wisdom has to do with moving it down to all the chakras.

Many university professors can teach, they can talk but they don't bring the info down into their heart. It's all in their head.

Wisdom is about bringing it down into all the chakras, and also up again.

When you ask a question and seek inner wisdom, many notice that they get an impression but not the information. What I'm going to show you is a way to bring the wisdom and understanding in.....directly. We are going to be able to change that with this energy.

I've noticed that we have three main areas of our life: health, relationships, worldly activities. Everyone has a certain amount of success, and we all have areas of greater challenge. If you consider the areas where we have the greatest success, it seems easy. Where we have the greatest struggle is where reality seems more real, concrete, heavy.

Where we have more success, reality is more like a dream. "That's easy. I can do that, like in a dream." On the other side, the person who struggles says, "I can never do that. I can never have that, be that."

We're going to take something impossible and integrate it into our own energy system, and see how that changes things. In this exercise, you don't have to tell anyone what your issues are. It's all private. You can be completely honest with yourself and not have to tell anyone anything.

What is the issue that is most difficult for you to do, be, or have? We are going to get in groups of 2, and remember, you don't have to tell anyone anything. In groups of two go into a meditation and enter your 10<sup>th</sup> chakra. One person does this and the other is a helper. The helper just gives love. We are going to be working with 8<sup>th</sup> chakra below the feet, 9<sup>th</sup> chakra above the head, and 10<sup>th</sup> above 9. In this workshop we work with chakras 1-10.

So I go into my 10<sup>th</sup> chakra and get comfortable. Then I ask this question. Please write this down.

WHAT IS THE ENERGY AND ESSENCE OF BEING, DOING or HAVING \_\_\_\_\_? (whatever it is you want) In this exercise, you can also include BELIEVING \_\_\_\_\_.

When you go into your 10<sup>th</sup> chakra and get comfortable, ask yourself this question and get an answer. You'll get something. I pretty much guarantee that you will not understand that

answer, the way I can't understand the Japanese characters on the store windows outside. You're not supposed to.

So I go in with my sense of limitation and enter 10<sup>th</sup> chakra ..... it's above 9<sup>th</sup>, and when you go in, you quiet yourself and feel like you are entering a vast sacred space. From that sacred space, you open your heart. Then you ask yourself what is the energy and essence of being, doing, having or believing this thing. Ask 2 or 3 times sincerely, from the heart. Then you get an answer, an impression. SOMETHING. Usually it is in a language you cannot understand. But you get a sense of it. It feels nebulous, vague. That's perfect.

Bring that answer into your 9<sup>th</sup> chakra, the chakra of possibility. Then you speak to your partner and say "9". That's all they know about it. Then both you and your partner run heart energy into the 9<sup>th</sup> chakra. You are meditating with your partner and both are putting attention on the 9<sup>th</sup> chakra. Then when it feels comfortable, after a minute or so, move the answer into the 7<sup>th</sup> chakra at the crown of the head. Then both you and your partner fill that chakra with love. Run energy from the heart. Then bring it into the 6<sup>th</sup> chakra, and continue on until you get to the 1<sup>st</sup> chakra.

What you're doing with this is integrating what you want into your chakras. By integrating this information you get to know what it's like to be, do, have or believe this thing. If you were to really jump into your desire, it would be too scary. It's too big a jump. So here's how we do it.

You've brought the answer you received down each chakra and now you are at the 1<sup>st</sup> chakra. After a minute or so in the 1<sup>st</sup> chakra, if your wish feels more likely than not (50% or more), it's now a probability, and you can move the information into the 8<sup>th</sup> chakra. If you feel that it is LESS than 50% real, then it's uncomfortable to bring it into the 8<sup>th</sup> chakra. If you don't feel ready to bring it into 8<sup>th</sup>, then go back up to 9<sup>th</sup> chakra and bring it down again, to help it integrate in each chakra, one by one.

Once you've brought the information into 8<sup>th</sup>, you FLAME UP the info through your whole being. This is an effective way to shift your beliefs.

Q: Why do we go to 10<sup>th</sup> chakra for the information?

RG: Because we don't have the experience of being, doing, having or believing this thing, but our higher self does.

Q: You want to go into the 10<sup>th</sup> c and then ask the question of your higher self in that chakra?

RG: Yes.

Q: Why do I have to tell my partner?

RG: You communicate to your partner so that you and your partner are putting all that love into that chakra so that they can help you with this. So you tell them when you move down into each chakra.

What people tend to experience is the feeling of “Yes, I can have that now,” whereas before, it was a sliver, a fraction of 1% of possibility.

So the ability to change without even an affirmation and without even a sense of what that change looks like, that’s huge.

Q: When you are taking it down into 8<sup>th</sup> chakra, you have to have more than 50% possibility to be real. How much time do I need to do this?

RG: Let it move through when it feels ready. Don’t worry too much about details. We don’t want to be too exact here because it might limit the process. Have fun with it.

[PRACTICE – in groups of 2, one person is working and one person is the helper]  
[took 40 minutes – way too long]

Just go to 10<sup>th</sup> chakra and get SOMETHING. However vague, whatever it is. For many, it’s easy. For others, not. It doesn’t have to be difficult. When people have difficulty with this, it’s primarily due to two reasons:

The first issue is being too critical about what you receive in the 10<sup>th</sup> chakra. If you get a very vague sense, that’s perfect. Just the sense that something’s shifted. You don’t need a symbol, a sound, or a picture. Just a vague SOMETHING that tells you something is different from before. That’s perfect.

The second issue is when you are moving what you receive through the chakras. You move it through a chakra and it feels good, that’s it. It doesn’t have to take that long. The more you try to be perfect with it, the less well you do here.

The more easy and fluid and non-judgmental you are, the easier it is.

How many of you were able to get to a place where the thing you want to be, do, have or believe is really possible? Look around. To be able to take something that is the most difficult thing possible and have it now possible, is amazing.

The hardest thing is to change our beliefs. We still think the way we did as a child, and we are very, very different. To be able to change that much, that quickly, without the use of an affirmation.....that’s amazing.

Q: Can you do this by yourself?

RG: Yes. I find it more impressive when I do it with someone else.

I remember saying in an interview that you can help each other change their beliefs. Someone called in saying, “this is scary.” It takes two people working very hard and impeccably to make this work.

Nothing is more limiting than your beliefs. The thing that holds us in place is our own limited beliefs. To use love and energy to shift beliefs is unheard of. It's very powerful.

Q: The thing I worked on, I feel really good about it now. But when I go back to my real life, I might lose that feeling and might get depressed. How can I keep on having this good feeling, and if I get depressed again about it, how do I get back to feeling good?

RG: The process of knowing that you can get to a different place within yourself is a breakthrough in and of itself. When a child is learning to walk, it falls down. He doesn't say, "how do I know I won't fall down again when I get up?" He simply keeps trying to walk. It's a process of growing and learning. The old reality is true and the new reality is true. You get strength from being in the new reality.

Q: Does that mean when I get depressed again, I should do this process again?

RG: You can. Depression, as you'll learn in SCH, often comes when anger is unexpressed.

It's easier to do this with friends. You can do it over the phone or on Skype.

Q: I can't feel the chakra but have a sense of where they are. Is that enough?

RG: Just bring the awareness to that place.

Q: Can you give me a specific example of something that has actually manifested from this exercise?

RG: You can use this to ask questions. "What else can I learn about QT?" is one such, and I've had huge inspirations coming through that. Solving problems has been a big utility for this technique also.

I see people in the workshops move from "I can't get through that wall," to "Oh my God, I know how to get through this now." It's amazing.

BREAK – 20 minutes

Okay, let's review what we did before. Just imagine the 10<sup>th</sup> chakra above your head and go there.

Alain Herriot in his Seeing and Perceiving Energy video says that whenever we ask, the answer is given immediately. When you ask "What is the Energy and Essence of being, doing, having or believing \_\_\_\_\_", just try to feel something shift. Don't ever try to get an answer. Just get a vague sense, even if it doesn't mean anything to you. That's perfect.

It takes very little skill to get a sense that "something's there". Then you bring whatever it is into the 9<sup>th</sup> chakra of possibility.

So if I were to ask you about the thing that is very difficult for you to do, be or have, I can ask, "Is it POSSIBLE to have that? (or be, do, or believe that) Of course.

Then you bring it into the crown chakra. Does my connection to that which is beyond THINK that this is possible? Of course.

From the 6<sup>th</sup> chakra of wisdom and intuition, is it reasonable for this to occur? Sure. It's not a hard process.

So by the time you bring it down into 1<sup>st</sup>, it feels pretty good. Do you understand it at all? No. You don't need to. So then you bring it down to 8<sup>th</sup> below the feet and feel it FLAME UP through you. The intellectual understanding comes much later.

So we practice again. This time, work with not the most challenging thing, but something you definitely want.

Q: When I'm supporting my partner, do I keep my eyes open and look at the chakra I'm supporting?

RG: Yes.

[PRACTICE] 15 minutes

This stuff takes practice but it's really worth it. Use it as often as you would like on as many topics as you like.

In Western fairy tales, it's common to get 3 wishes. My first wish is to get an infinite number of wishes....with no fine print.

## ICONS

Moving forward. I was wondering, can I do multiple things on an individual at one time? Being a practical person, I thought about moving the occipital ridge, psoas, sphenoid and hips all at the same time. I like to give myself lots of tests to see if something works. And I failed. So I had to come up with something that DID work.

In advertising they use icons. You can change the meaning of an icon, but the symbol stays the same. For example, Microsoft Word uses a capital W in a square. Push the button, click the mouse and it activates an entire program. Maybe the next version is a red W and last year's was blue. Doesn't matter. It still activates.

So I wondered if I could create an icon to represent multiple places to run energy at the same time. So I create an icon that represents all those things: the hips, occipital ridge, sphenoid, and psoas, for example. If I want to run energy in my friend, I create an icon to represent the

areas I'm working on in my friend, and look at the icon as I run the energy. The icon can be on paper, or in my mind.

When you create an icon you might want to limit the issues to three or four things. One woman couldn't get her icons to work. I asked her what she was working on, and she named twelve issues. When she reduced the number to 2 or 3, it worked right away.

So create an icon. Draw it so that it means something to you, to reflect what you are working on. They can be simple but they have to be meaningful to you.

Here's how to create them: Go into your 10<sup>th</sup> and ask what would be a good icon for what you are working on. Ask for a picture and bring it down to 9<sup>th</sup>, and then into 7<sup>th</sup>, and into 6<sup>th</sup>. You only need to bring it into 6<sup>th</sup> so that you can see it, and watch the imagery change. Draw it three times in the air, and then write it on paper. Run heart energy into it.

Imagine the freedom you now have. You can create icons for everything. You can create an icon for the question "What is the Energy and Essence of Being, Doing, Having or Believing \_\_\_\_\_?" Once you create a great space by accessing what you want to do, you can create an icon for that, too. Create an icon for what you've never let yourself be, before. When you run energy into the icon, you feel a big difference. Create an icon to be in that state, and run energy into it.

[PRACTICE – creating icons]

You can create icons for aspirations. You can write them in a book and print them or put them up on a wall. What I want to, one at a time, I run energy into it. And I'm changing. It's amazing.

Q: Before, we were passive in achieving what we want. Yes?

RG: Absolutely. We now have a much more active process we can use.

For practitioners, this becomes a way to amplify your work with clients.

LUNCH

You can also use the energy in a neutral way. If I'm in a very loud party or restaurant and I say to someone, "It's too loud. I can't hear you," I can make it quieter in here. I just get really quiet inside and bring down the volume. In ten seconds...it may not totally drop, but it does come down a lot.

How many of you are practicing feeling more and more energy through your heart? (show of hands) This is something you should all be doing. We can do this experience. It's just like what we did yesterday. You fill up your heart and give it anyone who has your attention. Not to be invasive, but to be one who radiates love.

Just for fun, everyone stand up and let's practice sending energy through your heart to anyone you see as you walk around the room.

[PRACTICE – sending energy thru heart as people walk around the room] 10 minutes

Heart to heart. It keeps opening us up in our own heart energy. Do this all the time....hours a day. You can use this to open yourself up. Just wander around sending heart energy to anyone you see. {RG comment: a good opening for day two}

NOW THINK OF THE WHOLE GROUP & SEND LOVE TO THE WHOLE GROUP

On the inhalation, actually feel it. Let it change you.

On the exhalation, put out the new vibration of love you are now holding. Let it slide over you as if you were in a hot bath, warming you up from the inside.

Okay, now we're ready.

As we continue to open ourselves up, we discover we don't know the limits of what we can do. We don't know the limits of what we are. We don't know how deep love can go.

I remember working on a man who had a frozen shoulder. He couldn't move his arm more than a few inches. I ran energy from the heart and emptied up. I was able to give completely without holding back. The shoulder cleared. It was an issue the man had been limited by for years. Humans can't do this. Yet he just did. He just cleared his shoulder from energy sent from the heart. So I asked myself, Is this human? What am I? And who am I really?

There was a guru who asked these two questions. I believe these questions can take us home.

QT MEDITATION

This meditation will change us. Go into 10<sup>th</sup> chakra and bring all the love you have. With each breath ask:

WHO AM I REALLY?

AND WHAT AM I?

Because this earthly disguise as "only human" is not true. It's a popular expression in the West, "well, he's only human." But humans can't fix shoulders like that. So as we go into our own 10<sup>th</sup> chakra and bring all the love you can feel there, and send the love as a gift to your 10<sup>th</sup> chakra.

Then you ask: Who am I really? Then just send love and be quiet. Don't expect an answer, just send love and be quiet. Then you ask: What am I? Send love and be quiet. Don't worry about doing it "right". Just open your heart and send love. Try it for 10 minutes. Don't do it

for longer than 30 minutes, or less than 10 minutes. When you are done, bring whatever you feel, whatever shift you experienced down to 9<sup>th</sup> chakra, then down to 7<sup>th</sup> chakra, and on down.

[PRACTICE – QT Meditation] 15 minutes

The ability to do extraordinary healing work has a lot to do with how clear you are in showing love. Being able to go deep within yourself like this and access these questions like this is a very powerful thing to do.

A simplified version of the QT meditation is just to go into 10<sup>th</sup> chakra and give love and receive love, and then bring it down into your chakras when you are done.

So are you open to having it become even more miraculous?

I met a man who was doing more miracles than anyone I'd ever seen before. In some ways I found him to be extremely developed and in other ways, he was under-developed. He has been tested in a number of universities and his abilities are miraculous. He has meditated on plants and radically changed their DNA. He meditated on mango trees which were diseased. Half of the trees he meditated on, and the other half he left alone. The trees where he meditated became healthy and disease free, whereas the other mango trees he left alone stayed diseased. He meditated on the soil where cashews were grown, and the soil on which he meditated grew cashews with a longer shelf life, and larger than normal size. He meditated on bacteria and some of them actually changed into a different species. He meditated on an element and was able to change it into a new element.

I was invited to meet him and I wanted to say to him: "You're showing the world what is possible for a master. I'm showing the world what everyone can do. We can work together." Before I could say anything, the man said, "You're just like Deepok Chopra." At first I thought this was a compliment, til the man continued: "You can't do anything. You're just a technician. I do everything."

It's so sad when someone's ego doesn't allow themselves to learn the deeper message.

So if we look at what that man does, through backward engineering we can figure out what he's doing. In order to do what he does, you must have three qualities:

1. Believe that the reality is fluid. Now when you started this workshop you didn't know that you could heal people with your heart, or work on multiple things at once, or change a belief or experience in minutes, without using affirmations. On all these levels, your reality is more fluid now. To make the kinds of changes as the man did, he must believe anything is possible.
2. Impeccability. Without flaw. To give without holding back. To open up without resistance. To act without fear. Like a master craftsman who develops his art over time, it develops naturally.

3. Oneness. Becoming one with your spiritual self. The QT meditation is a great example of opening up to this.

Appreciating that it is a fluid reality and opening up to the oneness, with impeccability is essential if we are to make big changes in ourselves. Work on opening your heart every day. Expand the borders of your heart.

I encourage you to open yourself up, by yourself or with another person. Here are three more questions:

What is the Energy and Essence of knowing this is a fluid reality?

What is the Energy and Essence of impeccability?

What is the Energy and Essence of Oneness?

In the SCH class, I say that our wounds are more painful than we want to know, and the love you give deepens you. The depth of who we are is not how much we know, but how deeply and how impeccably we love. Running energy from the heart every day will change you. It has changed me. This is the beginning of a whole new journey in your life.

[BREAK] – 20 minutes

Any questions? About QT or the meditation?

Q: You said to keep practicing this. Should I set up a timer?

RG: No, just do it when you remember. Do it with your family or your friends. As you walk to the market. But don't make it hard work. Keep it light, something enjoyable. Don't make it a chore.

Q: In making icons, is it okay to make an icon for a member of the family and do a meditation for them?

RG: Sure, why not.

Q: You said to make different icons for each application. Is there a universal icon we can use?

RG: If you want a universal icon, work on opening your heart. One of my teachers a long time ago said, "If you could only learn allowing, there's nothing else in life to know."

Q: When you say to fill up your heart with love. It's so abstract. Can you be more specific?

RG: If you consider love, there are many qualities in that one word. It's giving and taking and knowing and understanding. It's nurturing. It's being vulnerable. It's caring deeply. It's compassion. It's many things. It's a big word that encompasses many qualities. It's an automatic thing people feel: the mother automatically feels it for her child. The baby

automatically feels it for the mother. It's also being open, being touched by and touching. Does that help?

A: Yes.

Q: From yesterday, you mentioned intent was yang energy. Is QT yang energy?

RG: It's both. It's yin and yang, because we give and receive.

Q: I took Henri's class and she told us about the breathing. Do I need to forget about the breathing?

RG: Do the breathing as Henri taught. Use your hands as Henri taught, and run energy from your heart. Sometimes my hands are sending energy here (on shoulders, for example), but my heart is working here (neck) and here (back) and here (head), etc.

This doesn't take anything away from what you've learned. It just gives you more freedom. It's a powerful way to do Amplified Resonance.

Okay, in Groups of 2, ask:

WHAT IS THE ENERGY & ESSENCE OF HAVING AN EXTREMELY FLUID REALITY?

or

WHAT IS THE ENERGY & ESSENCE OF ONENESS, OF OPENING MY HEART A HUNDRED TIMES DEEPER?

or

WHAT IS THE ENERGY & ESSENCE OF OPERATING WITH IMPECCABILITY?

Pick one of the questions you like, ask it in 10<sup>th</sup> chakra, and run it down your chakras into 8. Integrate the information.

[PRACTICE – ASKING THE QUESTIONS] 10 minutes (turned lights down)

Q: Every time I do this I feel the information in 10<sup>th</sup> and when it comes down to 5, it dissipates.

RG: You probably have a blockage at 5.

Q: When I practice this technique, I don't always receive information in the 10<sup>th</sup> chakra. Sometimes it comes into another chakra. Is that okay?

RG: Fine. Just bring it down. The important thing is to feel the expansion after.

Q: While sending energy to the other person's heart chakra, I saw white roses. What does that mean?

RG I don't know. What do white roses mean to you? How do they make you feel? Everyone has their own imagery, their own symbols. Just notice how you feel.

TECHNIQUE: Manifesting

RG: I learned this technique years ago. Lazarus taught this, and a friend from California successfully used it to win the California lottery. This technique involves holding a single thought for 33 seconds. Hold it with great joy and intensity and impeccability. Not a second more, not a second less: just 33 seconds.

My friend had been fooled into believing he had won the California lottery. For several months he walked around daily life thinking he had actually won. Someone played a trick on him, and when he discovered two months later that he hadn't won, he was very upset. He actually had thought he had won 6 million dollars, and found out he had won nothing.

Many years later, 25 years later, he was past being upset about it. He had already experienced the energy and essence of having won the lottery. He knew what it felt like. He knew the energy. He woke up and ate breakfast knowing it. He drove his car knowing it. He went to bed knowing it. So he created a picture of having won the lottery in his head. He did the 33 second technique on that picture, and shortly after that he won the California lottery for 6 million dollars.

How is this any different from moving hips? As long as you are doing the impossible, what's the difference? It's because of thresholds of belief. This is a little bit impossible. That's REALLY impossible. So as long as we are exploring pushing the barriers of reality, why not try this?

Here's how you do it. Put all your heart and soul on a picture or icon for 33 seconds exactly. There are three synapse jumps in the brain that need to occur in order to move the energy to the next level on the causal plane. 32 or 34 seconds won't work. Exactly 33.

It also helps to keep a clear visual picture of what you want, with yourself HAVING it (or doing/being/believing it). You can also create an icon that means TO YOU that you have it. Notice the language we are using. What is the Energy and Essence of being, doing or having (or believing) this?

This allows you to create a very clean thought form. When you ask most folks what they want, they take a photo of what they DON'T want. When you say to a child, "don't run in the street", what's the picture? It's running in the street. You also want to imagine that you already have this. Also, it's best to keep the eyes closed when you do this. Synapse jumps occur with the eyes closed.

**WHAT IS THE ENERGY AND ESSENCE OF BEING/DOING/HAVING or BELIEVING THIS THING?**

This creates a clear, powerful question. And have fun with it. Put a lot of enthusiasm into it. When it gets to 33 seconds, you drop it immediately. You run with it 100% for 33 seconds, and then drop it.

Q: How often can I do this?

RG: As often as you like. I like to use icons when I do this.

[PRACTICE – 33 second manifesting] (3 times)

### SCARS

Working on scars is another way to use QT. Scars cause a lot of energy blockages in our body. You can use your hands but definitely use tremendous amounts of heart energy. This will have more impact than any of you might suspect. Let's practice this now with a partner. Ask for any scar tissue to be worked on.

[PRACTICE – scars] 6 minutes each

### SHARING GIFTS

RG: Here's an exercise that some of you will participate in, but everyone will benefit from. Years ago I thought, wouldn't it be wonderful if we could share our gifts with each other. I would get to know your gifts, and I can share my gifts with you.

One person may be very generous, another very compassionate, another tender. Someone could be very wise, someone else very intuitive, another very creative. Wouldn't it be good to directly tap into someone else's gifts?

Here's how I discovered it. I was having a conversation with a friend who said she always did really well with school. She would read a page once, and had no trouble remembering what she had read. She had no trouble learning anything. So I asked her to put her talent in a bubble and put the bubble in front of her, and I went in and gathered up some of that and put it into me.

I'm not TAKING her talent, I'm TASTING her talent.

Afterwards I didn't notice anything. It wasn't until I was in bed that night, getting quiet, when I thought about a friend, and instead of just thinking about that person, their face came up in front of me, and their name spelled out underneath the image. I thought of another friend, and that person's face zoomed up close, and their name spelled out underneath. Whatever I turned my attention to, it zoomed up to my face and the name spelled underneath.

This had never happened to me before, so the next day, I asked her. "When you remember things, does it come right up to you, with the name spelled underneath?" She asked, "How do you know?"

But then, I began to feel very nervous. For no apparent reason I would feel uneasy. What was all this nervousness I felt in my body? So I asked her, and she said, "I'm often holding a lot of fear."

That taught me a big lesson. When you dip in the well, you get the water and the other stuff in the well. Now I do the technique differently. When we want to share our talents, we don't want to also bring in the fear along as well.

Instead, we say: WHAT IS THE ENERGY AND ESSENCE OF MY TALENT? So the gift is just a gift.

Let's practice. How about 15 or 20 of you stand and share something about your gift.

This is not bragging. It's not about being better than anybody. We all have strengths. It's not self important to say: I'm a good communicator. Or to say: I care about humanity. Or to say: I'm creative.

These statements aren't bragging, just observations that are true.

So you don't have to be self-conscious in order to step forward. We all have gifts and we all would love to share in them.

So once we've gotten around 15 or so people who want to share, we'll have them place the energy and essence of their gift in a bubble above their head, and if you want to partake, the rest of the room can dip in.

Anyone want to share one of their gifts? {people begin to share}

When you get the energy and essence of your talent, place it above your head in a bubble so we can find it. We'll experience it there, too.

[PRACTICE – partaking gifts] 5 minutes

Now that you've received the gift, move them down into your chakras, and into the 8<sup>th</sup> chakra below your feet.

### Closing

Well, I certainly hope you enjoyed this weekend and got something of value from it. It has been a profound experience for me, to have been so well received here in Japan. Thank you so much.

NOTE: One of the students created an icon of Richard on the white board so that the class could send him energy. Here they are:

