

# Self Created Health Notes

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## **The Discovery Questions:**

1. When did it begin? (X timeframe)
2. What are the symptoms? Describe them all in detail.
3. What emotions do you feel as a result of having the condition?
4. What judgments do you have about the condition?
5. What does the condition keep you from doing?
6. What does the condition cause you to do differently or affect your life?
7. What do you imagine is going on in the body (imaginary physiology)
8. What impact does this condition have on other people? Who else is affected, and how?
9. What would being well permit you to do? How would your life be different if you were well?

If you go back to the time of X, was there a situation that had some of these components? (One by one restate the most descriptive answers to see if they fit)

If it fits, slowly go through all the responses and see if they all fit.

What do you do with these emotions? (Most often these are the ones the person does not want to feel)

Maybe you are feeling them in your body instead of expressing them as emotions.

## **The Seven Step Process**

1. The Discovery
2. The Release
3. The Insight - I'm doing this to me.
4. Remorse
5. Forgiveness
6. Self-Love
7. SELF-LOVE

## **Ho'oponopono**

(the two selves)

I'm sorry

Please forgive me

I love you

I forgive you

I love you

This becomes I love you - I love you.