

## Getting started with Z Point

Z Point was created by Canadian Grant Connolly. who describes himself as having been a successful but very angry and unhappy man, up until the age of 50, largely as result of a very abusive childhood.

At age 50 Grant suffered a nervous breakdown and set out to heal himself, training in hypnotherapy, EFT and a number of other psychotherapeutic modalities. These all gave some relief but not to the extent he was seeking – so he set out to create his own programme. Zpoint is the result.

I trained with Grant several years ago and continue to use ZP as one of my favourite healing tools. It is is a, very simple very effective and very easy to use process which clears the subconscious and unconscious minds of all the stuff which stops you being peaceful and happy in everyday life.

We start by installing a cleaning programme into your subconscious mind, which I will do shortly

This programme simply tells your subconscious that when you repeat your cue word, you want the subconscious to find and eliminate everything that is causing distress when you think about a particular person, situation or event.

I'll install the programme now, speaking as if I were you. All you need to do is listen and remain open.

I hereby set a powerful intention within you, my subconscious mind...,

to effect the best of all possible outcomes by this and every clearing, and each time I notice a feeling that does not feel good as I think certain thoughts or remember certain people, situations or events, you will gently and easily eliminate that feeling completely as I repeat my cue word over and over, and you will eliminate everything I feel because of it, everything I feel that connects to it and everything I feel that has resulted from it..., to whatever extent it exists within me.

Right the programme is installed and that part of the process never needs to be repeated:

Once installed the programme is then activated by a cue word, which does 3 things.: It gives your conscious mind something to focus on; It tells the unconscious mind to active the clearing process, and it creates a healing frequency in its own right.

## Getting started with Z Point

Over the several years I have been using this process myself and with clients I have consistently found 'love' to be the most effective cue word.

We begin the process by imagining a large circle of light, called the Clearing Circle, and we pile into it all the thoughts, emotions, memories, events and negative stuff to do with the situation you are wanting to heal.

You repeat the cue word over and over, about once a second, 'love,love,love' while I count down the intensity of the stuff in the circle and then read a number of open-ended phrases.

They are phrases like 'and that makes me feel....' – and 'I clear all the ways I feel like that if....'

Don't worry about finishing the end of the sentences – your subconscious mind knows what to do with them. You just keep repeating your cue word, 'love, love, love' over and over for the rest of the process.

Zpoint is easier to experience than to describe – so I suggest we get started now. If you want an overview first read the script that comes with the *Growing Business With Soul* resources before you do the recording with me, or you can do what my clients do and just plunge in by going straight to the ZPoint Process MP3

We will do several rounds, going deeper each time. You may feel waves of emotion or memories being released, or you may not be aware of anything at all. ZPoint works either way, it is easy and relaxing and my clients love it.