

ZPoint - simple and effective!

The protocol in this sheet is intended to help you permanently release unconscious patterns of anger, resentment, fear, upset, loss and stress.

1. Identify the issue you wish to work on. Anything that you don't feel peaceful about will respond to Z Point. If you have not listened to the Getting Started with Z Point recording, read aloud the paragraph on P 4 of these sheets to install the programme in your subconscious mind.
2. Let yourself feel the "Characteristic Feeling" you have around this subject as you say to yourself...
"Whenever I think about (whatever the issue, circumstance, memory or relationship is) I feel..."

(Note leave the ending blank and allow your subconscious to fill in that ending for you. Allow it to do its job. The job of your conscious mind is to repeat your cue word over and over.)

3. **Repeat your cue word ('love') over and over** as you **read through the following phrases** in order, as given, allowing time between each one while you repeat your cue word.

ROUND 1

It is my intention to place that feeling and my resistance to letting that feeling go, into the releasing circle and count it down from 10 ... (9...8....7 etc down to zero repeat your cue between each number)

(Remember to repeat your cue word...)

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

I clear all the ways I feel that feeling. <cue>
I clear all the ways I feel that feeling because... <cue>
I clear all the ways I feel that feeling whenever ... <cue>
I clear all the ways I may feel that feeling if... <cue>

I clear all the ways unconscious parts of me feel that feeling. <cue>
I clear all the ways those parts feel that feeling because... <cue>
I clear all the ways these parts benefit from my attachment to feeling that feeling. <cue>
I clear all the ways these parts wouldn't feel safe if I let that attachment and that feeling go, right now. <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

Take a breath and continue to Round Two

ROUND 2

My intention once again is to place anything remaining of that overall feeling along with my resistance to letting that go, back into my Releasing Circle and count it down from 10...<cue> (9...8....7 etc down to zero repeat your cue between each number)

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

I clear all the ways I feel the remainder of that feeling. <cue>
I clear all the ways I feel that remainder because... <cue>
I clear all the ways I feel that remainder whenever... <cue>
I clear all the ways I may feel that remainder if... <cue>

I clear all the ways unconscious parts of me, feel the remainder of that feeling. <cue>
I clear all the ways these parts feel that remainder because... <cue>
I clear all the ways these parts benefit from my attachment to feeling the remainder of that feeling. <cue>
I clear all the ways these parts wouldn't feel safe if I let that remainder and that feeling go, right now. <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

Take a breath and continue to Round Three

ROUND 3

My intention once again is to place anything remaining of that feeling and my resistance to all of that including the parts I'm not consciously aware of, back into the releasing circle and count it down once again from 10 – 0 <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

I clear all the ways I don't want to let this feeling go... <cue>
I clear all the ways I don't want to let this feeling go because... <cue>
I clear all the ways I don't want to let this feeling go whenever... <cue>
I clear all the ways I may not want to let this feeling go if... <cue>

I clear all the ways unconscious parts of me don't want to let this feeling go. <cue>
I clear all the ways these parts don't want to let this feeling go because...
I clear all the ways these parts benefit from my not wanting to let that feeling go. <cue>
I clear all the ways these parts wouldn't feel safe if I let that attachment and that feeling go, right now. <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

Take a breath and continue to Round Four

ROUND 4

My intention is to place anything remaining of that characteristic feeling, including the known and unknown, felt and unfelt aspects of all of all of that, back into my releasing circle and count all of it down once again from 10... <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

I clear all the ways I still feel that way. <cue>
I clear all the ways I still feel that way because... <cue>
I clear all the ways I still feel that way whenever... <cue>
I clear all the ways I may still feel that way if... <cue>

I clear all the ways unconscious parts of me feel that way. <cue>
I clear all the ways these parts feel that way because... <cue>
I clear all the ways these parts benefit from my feeling that way. <cue>
I clear all the ways these parts wouldn't feel safe if I let that attachment *and* that feeling go, right now. <cue>

... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and that makes me feel... <cue>
... and feeling that way makes me feel about myself. <cue>

Please take a breath and pay attention to how you are feeling.
Repeat the Opening Statement... When I think about (what was bothering me) I feel... <cue>

If you feel wonderful, you're finished. If not, repeat round 4 one or more times until you feel completely peaceful.

For more information about Z Point go to www.zpointforpeace.com

'Install the software' by reading aloud this paragraph – only needs to be done once.

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, and all patterns connected to it, to whatever extent they exist within me.