

Interference: 17th January 2021

1. **Awareness:** Discussion
 2. **Techniques:** Ways to Resolve Issues
 3. **Integration:** Creating Balance After Change
- **Session One Discussion:** Understanding and Identifying the Sources of Interference.
 - **Internal Parts Interference:** Conscious, Subconscious/Inner Child, Body, Instinctive Programming, Energy Distribution Systems etc.
 - **External Interference:** Electromagnetic, Thought Form Attachment, Energetic Frequency.
 - **Find Your Dominant Modalities** (see technique 1 below): Use them to optimise positive change through your Higher Self.
 - **Techniques:** Ways to deal with Interference
 1. **Distraction**
 2. **Keeping the Inner Child Busy:** Using Mundane Tasks and Inner Perception Time Loops
 3. **Changing Energy Frequency/Intensity and Getting Rid Of Negative Thought Forms**
 - **Session 1 of 6 Page Link:** <https://empowerdisc.co.uk/zoom-2021-session-1-interference/>

(please note you need to be logged in to access this page)

1. **Distraction Techniques and Modalities:** Distraction techniques such as changing the conversation, exercising, solving unrelated but easy to deal with problems are handy especially when we are being overwhelmed by a situation or unhelpful thoughts. Distraction can take many forms physical, mental, emotional and or energetic.

Within the **Empower System** we have several different distraction techniques including;

- a. **Physical to Psychological** (disassociation technique) the Arm Swipe while thinking about an unwanted situation.
- b. On Level Two we have Mental (disassociation technique) called the **Problem Shrinker System**, which involves moving your eyes in specific directions while thinking about an unwanted issue.

We can also create a distraction through the Higher Self using a command. The best command would use your dominant modality as a starting point.

For example if your system responds best to **physical** rather than emotional commands you would construct the command so your physical state triggers your emotional state:

Give me what I need and show me a physical movement that will make me feel relaxed.

If your system responds best too **emotional** commands you might say:

Give me what I need and make me feel so powerful, confident and good that my body wants to remove the symptoms and correct and resolve the causes of the pain in my (back) at the best speed for me starting now.

What is Modality Dominance?

Some people have very limited modalities that they are sensitive to and discovering a person's "**Modality Dominance**" and using it in therapy can unlock a new world of positive possibilities for that person. Modality Dominance can be exaggerated in people with neurological conditions, as one area of the brain can become more developed to compensate for issues in another area.

Think about what inspires you most – there may be several things! It could be music, voice, physical connection, being in nature, art, literature, good food, order, function and form (being neat), mess and disorder, exercising. The things that inspire you can help you discover what I like to call your "**IN**".

Your "IN" can unlock the secret to your happiness and success and discovering your Modality Dominance is the starting point to unlock your true potential.

The easiest way to discover your Modality Dominance is to consciously think about what works best for you and then confirm if this is correct using your Higher Self.

Just because someone is very emotional it doesn't automatically mean they have positive controlled access to all their emotions. In fact our emotions can negatively interfere with cognitive, energetic as well as physical abilities. If you have a powerful positive emotional response to a command like: **Give me what I need and make me feel very, very happy now.** It means you could use your Higher Self to control your emotional state and have a potential **IN** to establish a better level of control and positive influence over weaker modalities such as physical. When creating commands you may find it more effective to trigger a positive emotional state **before** trying to resolve a physical issue.

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The following notes are designed to be read in sequence and in conjunction with accompanying video.

Modality Hint Questions:

- What stimulates your imagination most: seeing, touching, listening, tasting? _____
- What convinces you most when making a decision?

- What Empower commands work best for you: physical, emotional, spiritual or energetic?

- What do you value most: time to think, being with friends, money or power, influence, honesty integrity, knowledge etc.?

- How do you measure success?

- What makes you tired: physical, mental, emotional activity?

- What causes you most anxiety if unresolved: mind based issues, emotional conflicts, physical tasks,

There are 6 basic Modalities.

- Emotional
- Physical
- Mental
- Energetic
- Intuition/awareness

Step 1. Prioritise your list - you can do this using the **YES/NO Method**. Remember Power Up first and check your YES and NO signals and confirm you have a good connection. Then say the following:

Give me a Yes signal when I describe my most dominant positive modality starting now.

Start reading from the list above and when you get a YES signal put number 1 at the end of that line. Repeat the process modifying the above question as follows:

Give me a Yes signal when I describe my (second-most) dominant positive modality.

Start reading from your list and when you get a YES signal put number 2 at the end of that line. Repeat the process modifying the above question and inserting: third, forth, fifth etc, example (forth-most).

Please complete the above process during the break and when we get back we will use this information to create a generic command/s that designed to optimise the way you work with your Higher Self.

Create Your Personalised Modality Dominance List Below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The idea is to create a command that you can use after powering up that will automatically adjust the communication between all aspects of who you are and your Higher Self and allow you to give regular commands that will use your personal modalities to achieve more powerful results. We will be using the modalities identified in the previous exercise and list above to do this.

Step 1. Read the above list of Modality Dominances out loud in the priority sequence identified in the previous exercise after saying the following command:

Give me a yes or no signal to confirm that the following sequences of modalities are in the correct priority order for me starting now.

You should get a yes signal after each item on your list. If you get a no signal it could mean you have that specific dominance in the wrong order in which case you may need to repeat the Modality Dominance priority sequence (the exercise you did in the previous break) again.

Step 2. Say the following command:

Give me what I need and optimise my awareness and understanding of my Modality Dominance and give me a yes signal when you have completed this process starting now.

Wait for your yes signal

Step 3. Now say the following Modality Optimisation Command:

Give me what I need and automatically adjust the sequence of requested actions within every command so they are optimize for maximum positive effect and take into consideration my natural modality dominance continuously now and forever starting now.

From now on when activating any process use the above command after Powering Up.

2. Inner Child Distraction: Depending on our dominant modalities certain repetitive tasks that involve using our mind and body in different ways can also help reduce unwanted internal interference from our subconscious and Inner Child. If you're Inner Child is obsessing about something it could negatively affect you on many levels. You may find doing something physical like gardening and or exercise helpful.

Ideally if we can understand which part of the self is having the issue and then counteract or neutralise it at the source the positive effects will be significantly longer lasting. The subconscious more specifically the Inner Child is a common source of psychological and or even physical interference for most people.

A simple command that tells an agitated aspect of the self such as the Inner Child to do something you enjoyed when you were younger could have a positive effect on how you feel.

Try the following experiment: If your Modality Dominance is (physical) for example think about something physical that you really enjoyed doing as a child: a particular game e.g. skipping, football, running etc. If the modality is (emotional), think of an action or activity that made you feel happy or confident: a party game, reading a book, etc.

Write it down:

Generic Command for distracting your Inner child

Give me what I need and create an internal environment where my Inner Child feels confident safe and secure and make it have a positive and joyful inner experience of (e.g. skipping, playing in the snow, playing on my bicycle, my 5th birthday party, receiving a prize for X, etc) and continuously repeat this experience until my Inner Child feels satisfied that it is loved at the deepest and most profound positive and supportive level and make these positive feelings of love and gratitude grow and grow continuously now and forever starting now.

3. Changing Energy Frequency/Intensity and Thought Forms

Our **Energy Systems** and the frequency of that energy can have a profound effect on our experience and affects our ability to do anything! In other sessions we will go into this subject in far more detail but for now lets try a little exercise to see how changing the intensity and frequency of energy can be used to help reduce interference and detach medium level negative thought forms from our system.

A **thought form** is usually a simple energetic message or recording that can become attached to our energy field. A **thought form** can have a positive as well as negative effect. We can inherit as well as attract unhelpful thought form attachments over time. Obviously we only really need to get rid of unhelpful or unneeded thought form attachments and keep any that are beneficial. Negative **thought forms** are a powerful source of interference and it can be really beneficial to remove them before you do any personal development work.

Occasionally unhelpful thought forms can be connected to a property and or an object so if we have time I will not only give you a simple system for detecting and removing them from your person but from property and objects.

Negative Thought Form Detection System: Your Higher Self can tell you if you have a negative **Thought Form** attachment and even point to its location. To do this we will use a simple "**Show Me**" command. Depending on how they are worded **Show Me** commands are very handy for all kinds of situations and if you have a high level connection with your Higher Self it can physically move your entire body and literally take you to a requested location where you can find the information you need!

A Simple “**SHOW ME**” command/process for detecting unhelpful **Thought Form attachments** on your body and or in your energy field and then removing them.

Step 1. Power Up

Step 2. Check your connection and confirm your YES NO signals

Step 3. Ask if you have any unhelpful Thought Form attachments and if yes continue to Step 4.

Do I have any negative thought form attachments that need to be removed for my highest good, give me a physical signal Yes or No now.

Step 4. Standing with both arms to your side say the following SHOW ME command:

Show me using hands and arms and point to any unhelpful thought form attachments on my body and or in my energy field starting now.

Once your hand points to the Thought Form location say the following **removal command**:

Give me what I need and change my internal as well as external energetic environment so that this negative thought form instantaneously and permanently removes itself from me and my energy system at maximum speed starting now and give me a yes signal when you have completed this process starting now.

Once you get a Yes Signal you can be asked to be taken to any other negative Thought Form attachments by saying the following:

Any other negative thought form attachments show me now.

(If you get a NO signal and or your hands don't move it means that its finished and there are no more negative thought forms or that's all your system can handle at that moment in which case repeat the entire process again but on another day!)

If your hands move to a different location repeat the above removal command.

Repeat the command:

Any other negative thought form attachments show me now.

If your system can handle it, it will repeat the process of removing each negative thought form.