

AWAKENING DYNAMICS® VIP CLUB SPECIAL EVENT

Emotional Eating

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<http://www.awakeningdynamics.com>

Effortless Clearing Audio

In order to help you embody the principles and lesson contained in these series, all new VIP Club special event series contain a *Formula for Miracles*® encoded effortless clearing audio to help you to automatically clear blocks from your subconscious mind.

Listed below are all the blocks and subconscious downloads covered by the effortless clearing audio included with this series. And, if you have not used *Formula for Miracles*® encoded subconscious clearing audios before, please see the instructions at the bottom of this article first!

Any statement in the list with a “NO” appended to it is one you want to get a “NO” result on your muscle testing; for the others, you want a “YES” result.

Lastly, if you have completed at least the *Awakening Dynamics: Secrets to Higher Dimensional Living* workshop (aka “Level One”), you can use the list below and do the downloads and clearings yourself using the CLEAR and DOWNLOAD macros. Of course you are welcome to use the audio, but I think you’ll find using the macros is a lot faster than listening to the audio.

LIST OF DOWNLOADS AND BLOCKS

I have Creator’s perspective on emotional eating

My perspective is the same

I know how to live without emotional eating

I know what it feels like to live without emotional eating

I'm allowed to live without emotional eating

It's possible to live without emotional eating

It's safe to live without emotional eating

I am addicted to emotional eating (NO)

I know how to eat only when I'm hungry

I know what it feels like to eat only when I'm hungry

I know how to live without emotional eating

I know what it feels like to live without emotional eating

I know when my body is truly hungry

I know what it feels like when my body is truly hungry

I have to eat to escape reality (NO)

I have to eat to feel good (NO)

Tired

I know the difference between being tired and being hungry

I know how to have energy without needing to eat sugar

I know how to have energy without needing to drink coffee

I know how to relax

I know what it feels like to relax

I know how to get restful sleep

I know what it feels like to get restful sleep

Stress

I know how to live without constant stress

I know what it feels like to live without constant stress

I know how to process stress with grace and ease

I know what it feels like to process stress with grace and ease

I have to be stressed to be motivated (NO)

I have to have fear to be motivated (NO)

I have to be on my guard all the time (NO)

Hunger and Thirst

I know the difference between hunger and thirst

I know how to live without being hungry

I know what it feels like to live without being hungry

I know how to tell when I am thirsty

I know what it feels like to tell when I am thirsty

Bored

I know how to live without the habit of eating when I'm bored

I know what it feels like to live without the habit of eating when I'm bored

I know how to process boredom with grace and ease

I know what it feels like to process boredom with grace and ease

It's safe for me to live in the present

I am addicted to distractions (NO)

I have to be thinking all the time (NO)

I have to be ready to fight all the time (NO)

I have to eat to process stress (NO)

I have to eat to process fear (NO)

I have to eat to process worry (NO)

I have to eat to process frustration (NO)

I have to eat to process conflict (NO)

Habit

I have to eat when I watch TV (NO)

I have to eat when I watch movies (NO)

I have to eat to be social (NO)

I have to drink alcohol to be social (NO)

I have to eat to reward myself (NO)

I know how to celebrate without eating

I know what it feels like to celebrate without eating

Fear of Intimacy

I have Creator's perspective on intimacy

My perspective is the same

I know how to be physically intimate and safe at the same time

I know what it feels like to be physically intimate and safe at the same time

Unwanted Sexual Attention

I know how to process sexual attention with grace and ease

I know what it feels like to process sexual attention with grace and ease

I know how to see sexual attention as a compliment

I know what it feels like to see sexual attention as a compliment

Fear of Being Found Out

I know how to be vulnerable and safe at the same time

I know what it feels like to be vulnerable and safe at the same time

I know how to be naked and safe at the same time

I know what it feels like to be naked and safe at the same time

Heartbreak

I know how to heal a broken heart

I know what it feels like to heal a broken heart

I know how to process rejection with grace and ease

I know what it feels like to process rejection with grace and ease

Weight and Strength

I know how to be powerful without being heavy

I know what it feels like to be powerful without being heavy

I know how to be strong without being heavy

I know what it feels like to be strong without being heavy

Being heavy makes me more powerful NO

Being heavy makes me stronger NO

Weight and Power/Nobility

I know the difference between being heavy and being powerful

I know the difference between being heavy and being wealthy

I know the difference between being heavy and being noble

I know how to be wealthy without being heavy

I know what it feels like to be wealthy without being heavy

I know how to be noble without being heavy

I know what it feels like to be noble without being heavy

Starvation and Food Insufficiency

There is enough food

There is enough food for me

There is always enough food for me

I know when to stop eating

I have to hoard food NO

I have to be fat to survive NO

I have to carry extra weight to survive NO

Sugar and Candida

I know the difference between my feelings and the feelings of the candida in my body

I know the difference between my emotions and the emotions of the candida in my body

I know the difference between my thoughts and the thoughts of the candida in my body

I know the difference between my energy and the energy of the candida in my body

(You can use these downloads as a template to do more clearing on other kinds of bacteria, parasites, and other micro-organisms that are a problem for you.)

Instructions for *Formula for Miracles*[®]-encoded Effortless Clearing Audios

In order to get the maximum benefit out of the effortless clearing audio, it is important to follow the guidelines below to clear your subconscious blocks:

Guideline #1: Listen to the effortless clearing audio with headphones

The audio program is encoded with sub-audible binaural beats to gently guide your brain down to a deep theta brainwave. This opens your subconscious mind and allows the healing energies to clear your subconscious blocks!

It is important to listen to these programs with headphones to benefit from the binaural beats. Any sort of headphones will do!

You can plug headphones into your computer, or download the audio file onto your iPod or phone or other portable music player, or burn the file onto a CD and listen to it on your stereo. Just be sure to be using headphones when you listen to the clearing audio!

Guideline #2: Use Muscle Testing as you listen to the block clearing sections

In order to get the maximum benefit from the block clearing, please follow along and use muscle testing not only to identify which blocks you have, but also to identify when they have been released. While you will get some benefit from listening to the clearing programs without using muscle testing, your results will be better and faster if you follow along and use muscle testing.

If you are new to muscle testing, there are instructions on how to do self muscle testing in the introductions to all the VIP Club Wealth Club, Health Club, and Love Club calls. There is also a discussion of muscle testing in the book *Where Science Meets Spirit: The Formula for Miracles*, which is a free download for all VIP Club members.

If you'd like an in-depth tutorial and explanation of muscle testing, check out the video *Secrets of Muscle Testing*, which includes a wealth of information on what muscle testing is, how it works, how to troubleshoot muscle testing problems, and step-by-step video tutorials on doing four different kinds of muscle testing. This video is free for all VIP Club members.

If you have trouble with self muscle testing, you might consider getting a TruTester muscle testing aid. I got my TruTester after doing over ten years of different kinds of muscle testing, and it's because my favorite method of self testing! If you are interested you can get a TruTester at:

<http://www.trutester.com/ffm>

Lastly, if you are having a lot of trouble with muscle testing and are getting frustrated, go ahead and just listen to the clearing audio without the muscle testing, because it's certainly better to go through the program without muscle testing than to not do it all!

Guideline #3: Do not attempt to drive, operate machinery, or do anything that is potentially dangerous or requires concentration.

The binaural beats coded into the block clearing programs will shift you to a deep theta brainwave, which is ideal for clearing subconscious blocks but is not safe for driving, operating machinery, or doing anything else that requires your attention, focus, or concentration. If possible, please do not be doing anything other than muscle testing while listening to the block clearing programs!

Guideline #4: Do your best to listen to the block clearing audio in its entirety

If possible, try to get all the way through the effortless clearing audio in one sitting. This is because the first few minutes of each effortless clearing audio are encoded with a special "glide" to gently entrain your brain into a deep theta brainwave, so it may not work as well to start listening to an effortless clearing audio in the middle.

If you are interrupted while listening to a clearing audio, or simply don't have enough time to get through the whole audio in one sitting, make a note of where you stopped, and next time start by listening to just the first four or five minutes of the block clearing program before you jump ahead to where you left off. This will allow the sub-audible binaural beats to gently glide your brain into a deep theta state before doing more block clearing! (If this confuses you, you can always just listen to the whole program again; there's no harm in clearing a block or doing a download multiple times.)