

**(Form #CW6-2)**

**Client Workbook.**

**Step 1 Question #1**

A reason why I would not want to live forever is \_\_\_\_\_

Keep repeating Question #1 until you feel you have completely emptied your mind. The answers will often come out as negative thoughts.

**Step 2 Question #2**

Ask this once only. You only need one answer.

The MAIN reason I would not want to live forever is \_\_\_\_\_

**Step 3 Question #3**

Ask once only.

The most negative thought I have about life is \_\_\_\_\_

**Step 4 Question #4**

Ask once only.

The most negative thought I have about myself is \_\_\_\_\_

**Step 5**

From step 2

The main reason I would not want to live forever is \_\_\_\_\_

From step 3

My most negative thought about life is \_\_\_\_\_

From step 4

The most negative thought I have about myself is \_\_\_\_\_

These three thoughts form the core of your client's death urge matrix. They are the three pillars that continually support their deathist mentality. Changing these thoughts will cause the false structure to crumble and release client's tremendous life enhancing energy.

**Step 6**

Review the basic elements of each of the three negative thoughts and simply reverse each thought into a positive context.

**Step 7**

The client to write the three positive thoughts.

**Step 8**

There will now be three positive context statements. This is called a Decree.

**Step 9**

The client writes this Decree on to a bright colored poster size paper and displays it in a prominent place where they will see it daily.

### **Step 10**

Instruct the client to repeat the Decree daily as a meditation until they can repeat it without looking at the poster. It is then having a positive effect on their mind.

**I am alive now; therefore my Life  
Urge is stronger than my death urge  
As long as I continue to strengthen my  
Life Urge and weaken my death urge,  
I will go on living in ever increasing  
health and youthfulness.**

Client puts this on wall and learns it off by heart until they can repeat it without looking at the words. The affirmation is then having an effect upon your client's subconscious.

The following Exercise can be very helpful if your client presents with an existing disease. Unravelling their thought system about the disease can reduce the symptoms dramatically.