

Introduction to Image Cycling Bengston Energy Healing Method™

THE LIST:

WORD

| | | |
|-----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |
| 11. | _____ | _____ |
| 12. | _____ | _____ |
| 13. | _____ | _____ |
| 14. | _____ | _____ |
| 15. | _____ | _____ |
| 16. | _____ | _____ |
| 17. | _____ | _____ |
| 18. | _____ | _____ |
| 19. | _____ | _____ |
| 20. | _____ | _____ |

21. _____
22. _____
23. _____
24. _____

1. **Write down at least 20 things you want.** You can have more on your list, but 20 is the minimum. You must not “want” for other people without their permission, or unless they are young and you are their parent or guardian. They can be possessions, events, situations desired. Avoid imagining a sum of money, but do imagine objects or opportunities that a sum of money would give you.
2. **Create an image** in your mind that summarizes what you want. Spend time making this image very real. Bring in all your senses (smell, touch, temperature, who you are with, etc). This is the “programming” stage. It may take 5-15 minutes *per image* to really hone it the way you want.
3. In the process of memorizing your list, **assign this image a word**, so that when you think this word, it brings up the image.
4. **Memorize** your list so that you can rapidly bring up each image. (See next section for memorizing tips)
5. **Cycle** the images one/second, then 2/second, then work up to all 20+ in a second and beyond. In order to do this, you have to let go of any emotion associated with the image-- that is good and is part of what makes this work.
6. **Practice**, practice, and practice the cycling until you can do it while you are also focusing on other things.
7. **Once you get something on your list, REMOVE IT** and replace it with something else you want.
8. **If you stop wanting** something on the list, REMOVE IT.
9. **When you feel any emotion, positive or negative, do your cycle.** Couple the whirling of the cycle with an intention to allow healing of something. YOU do not do the healing, the cycling actually helps you step out of the way and let something more “intelligent and powerful” realign the person or situation with healing.

MEMORIZING TIPS

Let's face it, memorizing takes effort. In this day of calculators and computers, some people are a little rusty in their memorizing skills. The following are hints only. Really the only way to learn anything is to WANT to. These hints remind you of obvious tricks you already know. If it is so awkward that you are about to give up, just keep trying because it is good exercise for your brain, and a great way to take conscious control of at least of a few of the images that you live with all day long.

- Involve as many senses as possible in your images. We are looking for a visual image, but in this stage of the process you need to also hear, feel, touch, and taste your images. Fill in the experience of the visual images as vividly as possible. Really do whatever it takes to make the image seem true, believable, completed, and here now.
- Make time to work on this. A good list takes many hours to generate. If you tried to do it in an hour and you failed, then it is not impossible, you simply didn't put in enough time.
- Color your list. Write it over and over again with different colored pens. If you can't remember one, skip it and come back to it. Practice the parts of the list that resist memorization. As your memorization comes, abbreviate the words to just initials. Flash the images as you write the initial of your word. You can easily write 1-2 letters per second. The writing keeps you focused. If you have a metronome, use that to keep you going.
- Sing your list. Use a short tune that you say your words to. They will sound like nonsense, but you will be able to link their order. Once you can sing them in order, let go of the tune and go much faster.
- "Walk" your list. For example, if you have 24 items on your list, create a circle pattern on the ground with 24 spots, each representing one image on your list. As you are "downloading and programming" your images, physically stand in that spot. When you work on the next image, stand at the next spot. As you get it memorized, walk around your circle, with each step representing an image. Your body and the 3-dimensional aspect of standing on your circle will help you bring up that image when you are at that location.
- Cover up the "next" item on your list and see if you can guess it. Test yourself over and over until you can quickly anticipate the next item on your list. In a while, with a lot or a little effort, depending on your capacity, you will have the list memorized.
- Put an image that represents you being able to do this cycling technique on your list -- you want it so it can go on your list!
- This foundational step is...well...foundational to all that follows. It is not meant to be easy. You may encounter all sorts of resistance. Be determined to work through whatever is in your way, as creatively as possible, and you will break through!

| EXAMPLES OF “WANTS” | WORD |
|--|-----------|
| 1. Loving Relationship | snuggle |
| 2. Reliable transportation | car |
| 3. Prestigious and reliable and fuel efficient car | Prius |
| 4. Healthy vision, able to read without glasses | book |
| 5. Basement organized | basement |
| 6. Straight A’s on <i>my</i> report card | A’s |
| 7. Celebrating my son’s straight A’s * | celebrate |
| 8. Lose weight and fit into size __ pants | pants |
| 9. Vacation in the mountains | hike |
| 10. Etc. | |

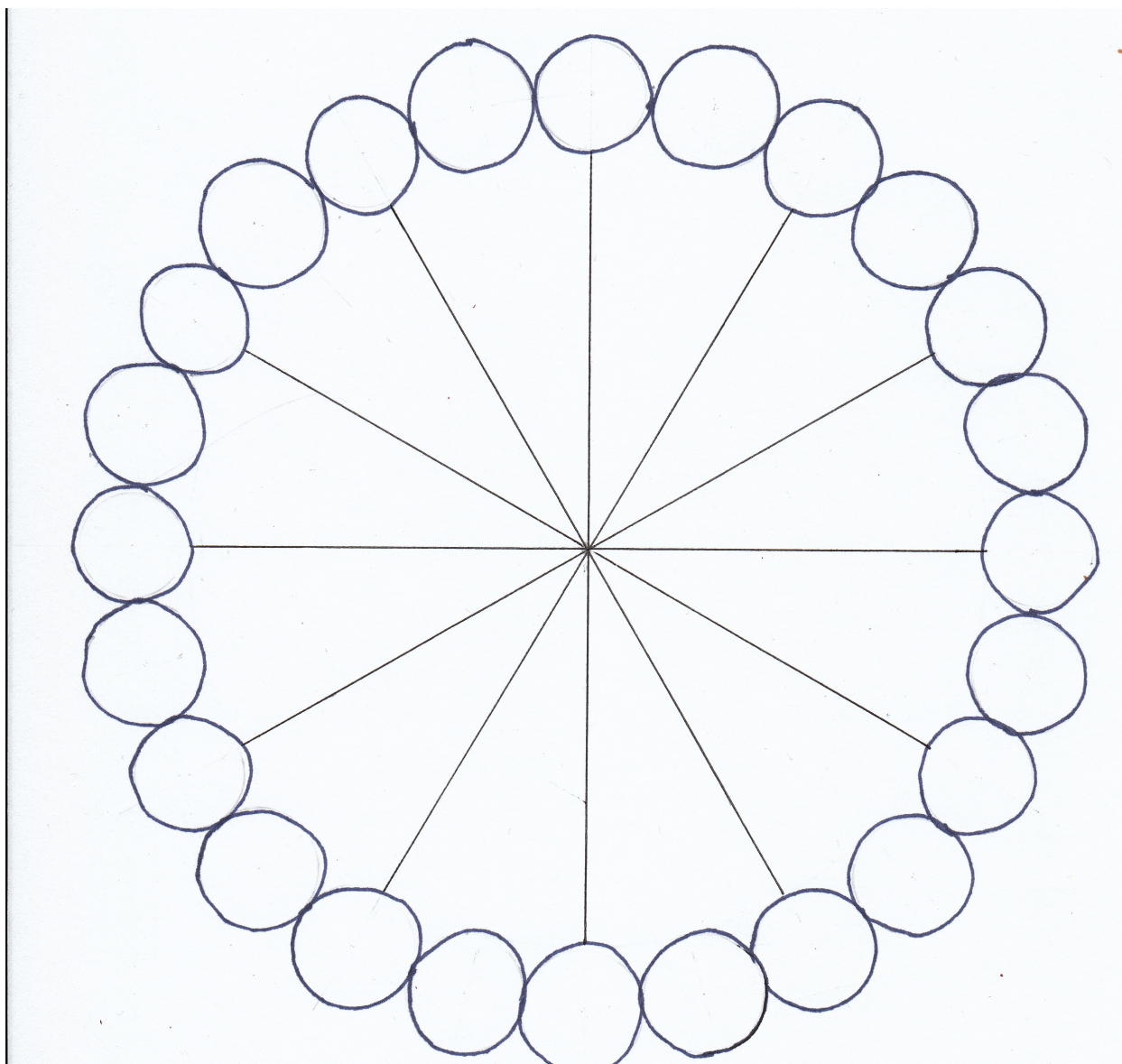
*Be careful here. Ask permission from your son before putting this on your list. Even with his permission, have a “self” component to your image. You want to enjoy his success. It is your enjoyment you are wanting. This “self-involved” aspect of the list is important. This doesn’t mean you can’t be altruistic at other moments in your life. This list is a specific focus, not your total focus. Have the majority of items on your list be just for you.

Your “word” is just a tag that should bring up the full-blown-in-all-its-glory image when you think it. The word is a stepping stone to being able to quickly recall the whole image experience fully. As you cycle speed increases, at first the word will stay and the emotions will go subconscious, then the image will stay and the word will go subconscious. Then the images will blur a bit. With practice, they will be quite vivid--just extremely fast. You will be able to stop your whirling cycle and be at full experience of whatever image you stopped at.

What is so nice about this technique is that no matter how not-quite-memorized or how fast your cycling is, it is always therapeutic -- at least to you.

Think of image cycling like practicing a sport or a musical instrument. You can hit a tennis ball after some practice, but to play the game well you need more than a few hours of experience. We can learn to play a simple tune on the piano, but if we are going to be a virtuoso, we will need to practice thousands of hours. We can enjoy and benefit from every level of proficiency--even the very beginning stages. Isn’t it perfect?

You can also think of this process like learning to ride a bicycle. The “making of the list” is like obtaining a bicycle--you still don’t know how to ride it, but you really do need one in order to learn how to ride. The beginning stages of image cycling are like your friend holding onto the seat while you figure out how the peddles and steering work. At some point, it will “click” and you will “catch” the balance point, the gyroscopic anti-gravity sensation that “*now I am doing something quite different.*” Once you feel it, you can start reaching to feel it again and again. Before you know it, you will be doing stunts on your image cycle! Keep it fun! You will be carrying on meaningful conversation and purposeful activity WHILE you are cycling. At the early stages you will need to remove distractions in order to practice, but try to quickly get beyond this. **Remember to cycle whenever you feel a strong emotion many times a day.** Yes, you can do more than one thing at a time!



The above circle of circles is one possibility of how to conceptually organize a list. Put an image word into each small circle. Memorize. GO FASTER AND FASTER AROUND THE CIRCLE UNTIL IT IS WHIRLING LIKE A CD.

If you prefer, run your images like an old-fashioned film strip. Loop the images quickly before “lens” of consciousness. You can also use the image of a “rolodex”.

Speed, not the playful way you manage to get up to speed, is what makes it work.

Once you can ride your image cycle, it’s time to learn to heal with it!

L & B Consulting, Inc.
William Bengston, PhD

Bengston Energy Healing Method™

Release and Agreement to Participate in Workshop

Thank you for enrolling and participating in the *Bengston Energy Healing Method Workshop* (the “Workshop”). As part of the information presented during the Workshop, you understand you will be introduced to the Bengston Energy Healing Method™ (the “Method”), an innovative energy-based healing technique developed by William Bengston, PhD that engages energy fields and systems natural to each person and the Universe. The premise is the Method creates changes in the energy or spiritual aspects of the client which then can manifest in the physical body. When using the Method, a qualified and authorized Method practitioner is connecting to the energy or spiritual “bodies” of the client not the physical body which is the domain of the medical field and other allied health care professionals. You understand there is a distinction between “healing” using the Method and the practice of medicine or any other licensed health care practice.

The Method is a powerful alternative hands-on healing approach that Dr. Bengston’s published research with animal populations has shown to be effective. Although the Method appears to have promising physical, mental, and spiritual health benefits for humans, the Method has yet to be fully researched by the Western academic, medical, and psychological communities and therefore, is considered experimental for human application. Dr. Bengston has a PhD in sociology and is not a medical doctor or other licensed health care professional. The Method would be considered “alternative” or “complementary” to the healing arts that are licensed in the United States. Since the Method is a relatively new healing approach and the extent of the Method’s effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with using the Method with yourself and/or others.

Your participation in the Workshop and learning about the Method is not a substitute for medical or psychological treatment. You understand that you are advised to continue any physical or psychological treatment that you’re currently receiving. In addition, you understand that any information shared during the Workshop is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional. You agree to take full responsibility for your self-care in the emotional, mental, physical, and spiritual dimensions of your life and to seek professional advice as appropriate before making any health decisions. Dr. Bengston strongly advises you seek professional advice as appropriate before making any health decision.

Any stories or testimonials presented during the Workshop do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual using the Method for any particular issue. Further, you understand that Dr. Bengston makes no warranty, guarantee, or prediction regarding any outcome for you using the Method during or after the Workshop for any

particular purpose. Due to the fact that the Workshop includes group processes in which you may voluntarily reveal personal information you understand that you waive your rights of privacy and confidentiality. If you inadvertently experience any distressing reactions by participating in the Workshop, you agree to ask for help. If you have questions or concerns about the Method, please feel free to ask Dr. Bengston for further resources or references.

You assume and agree to accept full and complete responsibility for applying what you may learn from participating in the Workshop. You acknowledge and agree that anything and everything discussed with Dr. Bengston either during or separate from the Workshop is merely a perspective for you to consider and your participation in the Workshop is not intended to create nor does it establish a client-practitioner or any other type of professional relationship between you and Dr. Bengston and should not be relied upon as medical, psychological, or other professional advice of any kind or nature whatsoever. **Further you understand that learning about the Method during the Workshop does not authorize you or grant you the right to represent in any manner you are a Bengston Energy Healing Method™ practitioner or advertise you use the Method.**

You understand that your participation in the Workshop is strictly voluntary, at your own risk, and that you are freely choosing to participate. For good and valuable consideration, the receipt of which is hereby acknowledged, you and your heirs agree to defend, indemnify, fully release and hold harmless, L & B Consulting, Inc., its owners, officers, consultants, employees, independent contractors, volunteers and others associated with the Workshop from any and all claims, liability or loss, of whatsoever kind or nature, incurred directly or indirectly by you (or anyone you use the Method with) as a result of the use or application of any information, ideas, or techniques regarding the Method learned in the Workshop. You represent that you're competent and able to understand the nature and consequences of participating in the Workshop.

You acknowledge that you have been given the opportunity to ask questions regarding any aspect of this Agreement. By signing below, you acknowledge that you have carefully and completely read and fully understand all aspects of this Agreement and you agree to all of the terms and conditions stated herein. Further, you agree and understand that this Agreement is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law. This Agreement shall be binding upon you and your heirs, legal representative, and assigns.

You represent that you are an adult under the laws of the State of your residence and you have the right to enter into this Agreement.

Please indicate your acceptance and agreement by signing in the space provided below.

Signed: _____

Date: _____

Print Name: _____