



# T *the* UNSEEN THERAPIST™

One Natural Remedy for Everything  
Emotions, Pains, Diseases

*by* GARY CRAIG  
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*(Updates Gary's EFT Manual)*

[www.EmoFree.com](http://www.EmoFree.com)

*Dedicated to...*

The millions of enthusiastic EFTers who have helped spread my original EFT work worldwide. This includes Dr. Wayne Dyer, Louise Hay, Dr. Bruce Lipton and Dr. Joseph Mercola.

May our burgeoning EFT Community do likewise with this new, High-End advancement, Optimal EFT (The Unseen Therapist).

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# 1

## *Introduction*

### *Read This First!*

IN THIS BOOK, YOU WILL MEET The Unseen Therapist and find the long awaited answer for unlocking your healing power within. Anyone can learn it and, once mastered, "Impossible" Healings emerge. Even beginners can, and do, get impressive results. No drugs, surgeries or other invasive methods involved.

### *It's an Introduction*

We are climbing a Stairway to Miracles here by engaging the spiritual dimension (The Unseen Therapist) to provide healing well beyond our expectations. And, as you might expect, the possibilities are so vast that this book can only introduce the basics.

### *Advanced Training Available*

High-end training is available for everyone but is particularly valuable for health professionals and serious self-help students. This is described near the end of the book in our section entitled "Where to from Here? The Stairway to Miracles" on page 114.

### *Essential Free Support*

This book is the beginning to your new adventure and, because it enters new territory, it is consistently expanded with my free support. This includes news, tips, how-to's, "Impossible Healings," The Stairway to Miracles and essential updates. It is the heartbeat of our process and you are invited to join us via:

<https://www.EmoFree.com/newsletter.html>

You can opt out any time.



## *Legal Notes—Your Freedom and Responsibility*

This book contains life changing ideas that bring with them important rights and responsibilities. You are free, of course, to use them for your own education and personal improvement. You are also free (and encouraged) to practice what you learn and to join with others, professionally or otherwise, for personal development.

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## *Major Advancement*

If you are a student of my original healing method, EFT (Emotional Freedom Techniques), please know that Optimal EFT (The Unseen Therapist) represents a major advancement to that process. It is deeper, broader, and more efficient than EFT (or "Tapping," as it is often called). You may have great affection for EFT Tapping because it has brought you many rewards. In time, however, you will likely replace it with this more advanced, non-tapping process. For those still interested, The Gold Standard (Official) EFT Tapping Tutorial is still available on our website: <https://www.EmoFree.com>.



## 2

# *Meet The Unseen Therapist*

*Who is the Unseen Therapist?*

*(In Whom the Impossible Becomes Routine)*

THE UNSEEN THERAPIST IS YOUR “spiritual healer within.”

She is ever-present and, when you learn to use Her skills properly, you will find She is vastly more powerful than drugs, surgeries, and other man-made attempts at healing. She represents a healing revolution that leaves your current beliefs behind and whisks you off on a magic carpet ride into your personal healing cosmos.

### *The Ultimate Remedy*

This is where the impossible becomes routine. It is where your ultimate remedy resides and, once mastered, it is also where your view of the entire healing field will shift. Your need for drugs and surgeries will be minimized or erased. Side effects will fade into near nothingness and heavy expenses will be dramatically curtailed. In their place will emerge creative possibilities that will bring new levels of healing into your hands.

If you are a patient, you can draw on The Unseen Therapist for self help. If you are a doctor, nurse, therapist, or other practitioner, you can use Her abundant support before resorting to invasive procedures and their side effects.

To do Her work, She needs only your readiness and proper invitation.

### *A Doable Process*

Within these pages, you will learn how to develop that readiness and provide that invitation. Doing so involves a very doable process that can generate impressive benefits even while you are learning. You may go as far as you wish and are limited only by your motivation.



Once mastered to the ultimate degree, you will hold the equivalent of a magic wand that delivers benefits for every ailment imaginable. This includes everything from a common headache—to every conceivable emotional issue—to the apparently hopeless diseases for which conventional methods often fail.

### *Includes Your Ailments*

And, yes, that includes your ailments, even if they are considered exotic, rare, or impossible. Following are a few examples from my students. Many more appear later in our chapter entitled A Peek at Your Possibilities (see page 33).

### *A Few Examples from My Students*

#### *Kim Fairrell Gets Relief from Heavy Depression*

“The Unseen Therapist allowed me to wake up this morning, for the first time in decades, with a positive outlook in life. Medications did very little for my depression. My suicide thoughts have disappeared and I’ve all but forgotten what heavy depression is like.”



#### *Camille Vache-Guyet’s Severe Cervical Spine Pain is Gone— as is Her Addiction to Cigarettes*

“After a few sessions with The Unseen Therapist regarding my severely degenerated cervical spine, the pains and discomforts have vanished. I haven’t seen them for a year. Also, my 20+ year addiction to cigarettes seems to be gone after three Unseen Therapist sessions three months ago. I haven’t wanted one since.”



#### *Jagjeet’s Client Has “Strange Tingling” Related to Internal Happiness*

Jagjeet Singh Ahluwalia works with The Unseen Therapist on a client’s emotional issue and, during the process, he reports:

“So, with a little bit of pre-talk, I just asked her to close her eyes and requested The Unseen Therapist to take over. After a couple of minutes (actually less than 2) she opened her eyes. She was all smiles and said, ‘I feel this strange tingling all over my body.’ Her legs were kind of shaky, because of whatever she was feeling. She could not believe what she was experiencing internally, the happiness that had suddenly come over her.”



*Carol Smith No Longer Considers Herself a Victim*

“After one session with Gary and The Unseen Therapist, I am no longer burdened by the childhood thought that I am a victim.”



*Peace and Relief from Crohn's Disease for Patsy Anthony*

“The Unseen Therapist not only gave me relief for Crohn's Disease, She also installed within me an incredible sense of peace. I feel like my true self again.”



*Dominique Monette M.D. Gets Relief for Leaky Gut Syndrome*

“Unless there is an immediate medical emergency, I recommend The Unseen Therapist for my clients before resorting to drugs, surgery, or other invasive medical methods. She is efficient, gentle, highly effective, and was a central player in my recovery from leaky gut syndrome.”



*More on The Unseen Therapist*

*She is the Loving Essence of All Spiritual Practices*

The Unseen Therapist lives within each of us—no exceptions—and thus is readily available to you. A child can call on Her and get impressive results. So can a prisoner, housewife, war veteran, or doctor. It doesn't matter about your educational level, either. You only need to be able to read this book. Nor does it matter whether you are rich or poor, young or old, male or female, athletic or crippled. She is waiting—and eager—to bring healing well beyond your expectations.

She is the loving essence of all spiritual practices and thus does not conflict with anyone's Divine preferences. She is known by many names, including: Love, God, Source, Peace, Jesus, Buddha, Yahweh, Muhammad, Allah, Higher Intelligence, Spirit, Holy Spirit, Jehovah, Guidance, Inner Wisdom, Ruach Hakodesh, and more. I've had clients who prefer to call Her Nature or the Ocean Waves. Others equate Her with the loving memory of a grandmother, a pet, or a coach. It doesn't matter which name you give Her, as She has no ego.

Further, She is not actually a “she,” because She has no body and thus no gender. I refer to Her as a She, because females are generally considered to be softer and more compassionate than males. But, if you prefer, you can call Her a He—or an It—or even a Cloud or a Breeze. Your choice. What you call Her doesn't change who She is.



### *Brought to You by an Outsider—an Engineer*

I am bringing you this advancement as an outsider to the healing profession. I am a Stanford-trained engineer with no formal education in medicine, therapy, or the like. As a result, I am free to innovate, because I am not burdened by the hand-me-down beliefs that permeate the healing professions. While medicine has certainly provided some impressive innovations, those advances are small when compared to your possibilities that come from within.

Engineers prefer to simplify. We look at a complex process, break it down into essential pieces, throw out the unnecessary parts and then rebuild it into a streamlined procedure. The result, in this case, is *The Unseen Therapist* and Her one natural remedy for everything.

“But Gary,” you might ask, “haven’t people been using similar methods—like prayer and distance healing—for many years?”

Yes, of course, and it was those stunning results that helped point me in this direction. What I have added, however, is a companion healing process (*The Personal Peace Procedure*—see page 92) that brings unique focus to your issue(s). This focus adds more power to your healing prayers and allows them to be answered with greater reliability, depth, and efficiency.

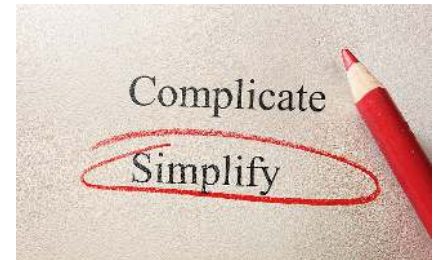
That’s why *The Unseen Therapist*, together with our companion process, is already reshaping our healing landscape. This is easily verified in *A Peek at Your Possibilities* (later in this book, on page 33), which includes dramatic examples of this combo at work. These samples range from a stroke recovery, to the fear of dogs, to disappearing blood clots, to hospital miracles, and beyond.

### *Practical Book*

This is a practical book that displays how to gain these benefits without the debatable theologies as to why. Thus, you will be connecting with the vast healing power of your spiritual essence, while avoiding theological speculation. This allows you to see beyond conventional methods so that the true cause of your ailments is revealed.

And that true cause is of the mind. It is emotional, not physical.

This simplifies the entire health field and allows you to step onto a bridge that leads to an ultimate remedy with healing benefits unimagined by man-made therapies. New doors, new vistas, and impressive benefits await you.



## *The Bridge To The Ultimate Remedy*

We stand on one side of a bridge, unaware that the ultimate remedy for our ailments awaits us on the other side.

We are unaware, because our attention has been diverted by the conventional beliefs ingrained within the healing professions. Accordingly, we spend mammoth amounts of money to develop thousands of remedies for the multitudes of diseases that we believe we have identified. Much of this is unnecessary and wasteful—and you'll see why.

Furthermore, top medical researchers work within the world's most prestigious universities to study the body in great detail—from cells to neurotransmitters and beyond. Just to administer these complicated treatments requires extensive medical training and licensing. The cost to the patient, of course, is enormous. One can easily spend several months' income for a week in a hospital.

Yet these efforts frequently fail—or are temporary—and may cause even greater problems. The system is clearly flawed.

On the other side of the bridge awaits The Unseen Therapist. Her methods are completely different from those in which we have invested so heavily. They are gentle, peaceful, applicable to everything and limitless.

She will be heralded throughout this book and described in more detail later. For now, please know that She does not look to your body to find relief, because the true cause does not exist there. Rather, it is in your mind and that becomes Her focus. This is why She is so effective.

She aims at the true cause of your ailments rather than spending massive resources on trying to alleviate symptoms. Properly understood, all your diseases—from hiccups to cancer—are mere symptoms of this deeper cause.

When I refer to the mind, I am not talking about the brain. The brain is a physical organ of the body, as are kidneys, lungs, and the liver. The mind, however, is intangible and thus our medical researchers have difficulty containing it for scientific purposes. It is spiritually based and is where your beliefs and emotions reside. It draws its power from your spiritual dimension—from the other side of the bridge.

Your goal here is to venture across that bridge toward levels of love and peace that generate increasing levels of healing. The further you go, of course, the more profound your healing becomes.





### *The Foundation is Essential*

This book is concise, because its essential messages are easy to grasp. However, for best results, you will need the foundational concepts before you learn the actual method. For example, the actual healing process is explained in only a few pages in the latter portion of this book (see The Personal Peace Procedure on page 92). If you are consumed with curiosity, you could go there now and skip the essential NewThink foundation that leads up to that process.

However, be aware that without understanding those crucial concepts, it will most likely cost you both time and results. If you do choose to skip ahead, be sure to return here so you can have the full picture.

So what is NewThink? I explain it next.

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### 3

## *NewThink Intro*

DRAMATICALLY NEW INNOVATIONS ARE often met with skepticism. This is because old, cherished beliefs must be questioned and new thinking, or NewThink, must take their place. That process can be filled with excitement, because it's fun and invigorating to think in this new territory.

Nonetheless, resistance to such shifts is common and understandable. We tend to like our old beliefs, even if they don't always serve us well. We are used to them. They are comfortable and represent what we believe, and hope, are true.

That's why my primary task here is to establish the NewThink foundation for you. It is not, as you might expect, to establish the validity of our healing method; that is the easy part, because you can experience its undeniable validity through simple practices on your own issues.

To facilitate understanding, I have broken our NewThink concept into several digestible pieces. Each follows the other in logical sequence.

However, be prepared. NewThink is likely to challenge many of your beliefs.



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*Advanced Training:* [www.EmoFree.com/optimal-eft-training.html](http://www.EmoFree.com/optimal-eft-training.html)

## 4

# *NewThink #1: We Don't Know the True Cause of Our Ailments*

HERE IS WHERE NewThink begins. If we understood the true cause of our ailments, this book wouldn't be necessary. We don't, however, and, as you will soon see, this is readily acknowledged by the medical profession.

I have great respect for the members of the medical profession and count many of them as my personal friends. It takes major dedication to endure the process of medical school, internship and residency, and even more dedication to serve the complex needs of patients.

### *What is the True Cause?*

Doctors and nurses are often frustrated, because the true cause for diseases has largely escaped them. Despite the massive amounts of time and money spent on medical research, our dedicated physicians have been largely compelled to manage only the symptoms of our diseases. Cause, for most diseases, remains on their wish lists.

### *Looking in the Wrong Place*

This is because medical researchers tend to look for causes in the wrong places. For example, medical research points to the fact that depression seems to be associated with a chemical imbalance in the body. Accordingly, a counter-balancing chemical (drug) is introduced and the patient feels better. However, patients must continue to take the drug or their symptoms will reappear.

Thus, the drug does not cure the problem. Rather, it temporarily masks the symptoms. It follows, I suggest, that a chemical imbalance cannot be the true cause of depression, because that imbalance, prop-



erly understood, is just another symptom. Ultimately, we need to find what causes the imbalance. Then we will be closer to true cause.

This same reasoning applies to every disease I can think of. Cancer, for example, is not caused by cells going awry, although that cell behavior often becomes the focus of medical treatment. Our devoted medical professionals can sometimes kill off the offending cells with radiation or chemotherapy and remove tumors through surgery. But, even though these processes may have some degree of success, they do not address what caused the cells to go awry in the first place. Thus, the procedures often fail and, in other cases, the cancer returns after a temporary remission.

### *Open Admissions: "We Don't Know the Cause"*

Out of curiosity, I spent two hours one morning looking for the causes of our various ailments on <https://WebMD.com>, one of the largest, and considered more authoritative, medical websites currently available. I could find nothing resembling a true cause for any disease. In fact, the inability to understand true cause is readily admitted. Here are a few quotes (emphasis added) representing the multitudes of open admissions in this regard:

*Multiple Sclerosis* "Doctors still don't understand what causes multiple sclerosis, but there are interesting data that suggest that genetics, a person's environment, and possibly even a virus may play a role."

*Migraine Headaches* "Experts aren't sure what causes migraines. They run in families, and experts have found a genetic link. But it isn't clear why some people get migraines and others don't."

*Asthma* "No one really knows what causes asthma. What we do know is that asthma is a chronic inflammatory disease of the airways."

*Irritable Bowel Syndrome* "The exact cause of irritable bowel syndrome (IBS) isn't known. But health experts believe that faulty communication between the brain and the intestinal tract is one cause of symptoms."

*Rheumatoid Arthritis* "Doctors don't know exactly what causes Rheumatoid Arthritis. It may be a combination of genes and environment. Some researchers think an infection with a bacteria or virus can trigger the disease in some people, but so far, they don't know what virus or other organism does that."

*Scoliosis* “In most cases, the cause of scoliosis is not known. This is called idiopathic scoliosis. It develops mostly in children and teens and appears to be related to several things, including genetics, as it often runs in families.”

*Sjogren’s Disease* “Doctors don’t know the exact cause. You may have genes that put you at risk. An infection with a bacteria or virus may be a trigger that sets the disease in motion.”

*Attention Deficit Hyperactivity Disorder* “No one knows exactly what causes ADHD, but certain things are known to play a role.”

*Dyslexia* “The cause of dyslexia is not clear, although it is probably an inherited (genetic) disorder because it runs in families. Some studies have shown that people with dyslexia have abnormalities in the functioning of the areas of the brain involved in reading and language.”

*Anxiety* “The exact cause of anxiety disorders is unknown, but anxiety disorders—like other forms of mental illness—are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress.

*Panic Disorder* “The exact cause of panic disorder isn’t clear. It is thought that it may be caused by an imbalance of chemicals in the brain (neurotransmitters). It also may be passed down through families (genetic).”

*Phobias* “The cause of phobias is unknown. If you have a family member with a phobia, you are more likely to have a phobia.”

*Endometriosis* “The exact cause of endometriosis is not known.”

*Leukemia* “Experts don’t know what causes leukemia. But some things can increase the risk of some kinds of leukemia.”

*Bipolar Disorder* “Doctors don’t completely understand the causes of bipolar disorder. But they’ve gained a greater understanding in recent years of the bipolar spectrum, which includes the elated highs of mania to the lows of major depression, along with various mood states between these two extremes.”

*Chronic Fatigue Syndrome* “Doctors don’t know what causes chronic fatigue syndrome (CFS). For many people, CFS symptoms start after a viral illness. In some cases, CFS seems to follow a major physical or emotional trauma or an exposure to toxins. But there is no single known cause of CFS.”

*Eczema* “Doctors don’t know exactly what causes eczema. The most common type of eczema—atopic dermatitis—resembles an allergy. But the skin irritation, which is more often seen in children rather than adults, is not an allergic reaction.”

This is a disappointing display and, regrettably, it only represents around one percent of the complete list. Thus, despite massive amounts of research money spent trying to find cures, our doctors have yet to be given a true cause for the vast majority of our diseases. Yet we rely on those physicians and, while we sometimes have success, we are all too often subject to unnecessary surgeries, misdiagnoses, and side effects from prescribed medications. What better evidence could we have that medical researchers are aiming at the wrong target? They are looking for causes where they don’t exist. It’s like mining for gold in your bathtub. It’s not there.

Try this for your own ailment(s). Go to <https://WebMD.com>, or any other large medical website, and look for the true causes. If you can find one, let me know. However, in your search, please don’t accept as true cause definitions such as, “There appears to be a genetic tendency. . .” or “Those with Diabetes are more likely to suffer this disease. . .” or “Risk factors include. . .” Tendencies, second-hand influences, and risk factors are not causes. They merely help doctors form educated guesses with which they try to explain what is happening.



*It’s like trying to mine for gold in your bathtub.  
It’s not there.*

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## 5

# *NewThink #2: True Cause = Negative Emotions*

### *The Mind, Not the Body*

SO WHAT DOES CAUSE our multitudes of diseases?

Our NewThink answer points to the mind, not the body. More specifically, it insists that diseases show up in the body as manifestations of the unresolved fear, anger, guilt, and other negative emotions that we all collect over our lifetimes. Resolve your emotional issues, which this book will show you how to do, and you remove the major causes. Without the causes, your disease symptoms must dwindle. It's a simple idea, but truth generally is.

Intuitively, we know this is true. We can often feel the heaviness of guilt, the apprehension of fear and the explosiveness of anger within our bodies. Doctors don't have fear-o-meters, or the like, with which to measure the degree of damage involved, and neither do we. We can sense it internally, however, and thus know that these emotions—or bliss bandits—are robbing us of our health.

### *Medical Researchers Already Know This*

Interestingly, our medical researchers have already ventured through this door. They have conducted many studies that profoundly point to the fact that negative emotions are major contributors to our diseases. This, of course, confirms the thrust of this book. There is even an emerging field called psychoneuroimmunology that is centered around this discovery. It has produced many illuminating studies that point in this direction but, unfortunately, nothing much has been done to date with this kind of research.

These studies have confirmed that negative emotions result in a cascade of “negative chemistry” (my term) that floods your body and, when held in your body over long periods of time, can result in a long list of serious diseases.



Your immune system is designed to ward off diseases and, when given the support to do its job, it performs admirably. However, when you permit ongoing thoughts of resentment, guilt, worry, fear, and the like, your body becomes immersed in a swarm of negative chemistry that siphons resources from your immune system and seriously impairs the repair mechanisms of the body.

A large body of scientific research, including the aforementioned psychoneuroimmunology, provides a sound, medical, explanation for this phenomenon. So, the problem is not that there is a lack of proof that negative emotions (and the resulting negative chemistry) are real causes of disease. Rather, it is that the medical establishment aims their remedies at the symptom level, not the cause.

### *Impeding the Immune System and More*

And the bigger and more persistent that negative chemistry, the more your immune system—and your body’s repair mechanisms—are impeded. This results in an increased tendency for disease and other ailments to take root in our bodies. It’s like playing a sport with an ever-weakening defense. The opposition can eventually score at will.

We are aware of some of the surface versions of this damage, because they have immediate physical effects. We notice, for example, that a burst of anger causes immediate heart rate and blood pressure effects. Similarly, negative emotions such as anxiety and worry often show up instantly as abdominal distress, breathing difficulties, headaches, or tightness in the throat and chest.

Regrettably, we are often unaware of even deeper damage until serious symptoms begin to appear. It often takes months or years—even decades—for that burden of negative chemistry to wear down our immune system and repair mechanisms and develop the more severe, longer duration symptoms that ultimately turn into (chronic) disease.

As stated before, this typically is where the medical profession administers drugs, radiation, surgery, and other invasive techniques to, hopefully, arrest your symptoms. In the meantime, the underlying emotional causes go unattended and so, while the medical treatments may develop some apparent successes, the negative chemistry continues its crusade against your body.

Sadly, the emphasis on this important finding is much too low. This is understandable because, until now, doctors have not been given proper tools to truly neutralize the damaging effects of negative emotions. Their medical education is body oriented and “matters of the mind” are generally viewed as belonging to another field.



## *Enlisting the Aid of The Unseen Therapist*

Due to the fact that matters of the mind are not the focus of their training, doctors tend to refer to this problem as “stress” and recommend remedies like “change jobs” or “take a vacation” or “meditate.” Meditation is certainly a step in the right direction, but not enough in itself. That’s why we enlist the aid of The Unseen Therapist.

The same philosophy may be applied to psychiatrists and other doctors who are trained to look at “matters of the mind.” They also tend to treat the symptoms with drugs rather than target the cause. Again, The Unseen Therapist offers a chance for them to address the root of the problem.

Since 1995, many physicians and nurses have used my “True Cause = Negative Emotions” processes and have sent me many glowing reports. It is inevitable, I think, that the entire medical profession will eventually blend this true cause with the superb physical science they are collecting.

This will take time, of course. When this happens, the most obvious result is that our more progressive physicians will often apply The Unseen Therapist before resorting to drugs, surgeries, radiation, and other harsh remedies. This will be a major step forward for everyone as it will help maximize our healing possibilities while minimizing the sometimes disastrous side effects of unnatural invasive techniques. In the next chapter, we will meet one such progressive physician.

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## 6

### *Introducing Gabriëlle Rutten, M.D.*

GABRIËLLE RUTTEN, M.D. (FROM HOLLAND) has been following my “True Cause = Negative Emotions” concept for years and has had such stunning results that she has abandoned her regular medical practice in favor of these new ideas.

In her article that follows, she provides you with a bit of useful history by opening with her use of my earlier discovery—EFT (Emotional Freedom Techniques). She then includes her reasoning behind why she has shifted her conventional medical practice in favor of The Unseen Therapist. Note that her words echo many of the threads in this book. Example: “It was such a relief for me to be able to help clients find the real cause of their problems instead of merely treating their symptoms.”



*How I Threw out my Prescription Pad and Never Looked Back*  
by Gabriëlle Rutten, M.D.

Before his latest advancement regarding The Unseen Therapist, Gary provided the world with his original process, EFT (Emotional Freedom Techniques). It was introduced in 1995 and is in the hands of millions today. It is a remarkably effective combination of a special form of cognitive therapy and acupressure that has reduced the conventional therapy process from weeks, months, or years down to a fraction of that time.

I discovered EFT in 2002 and was immediately drawn to it. It was so very different from what I had learned as an MD. Interestingly, Gary is a Stanford trained engineer and has no formal training or licensing as a therapist or physician. This is

a distinct advantage because, as an outsider to the medical profession, he can see the healing field through unique glasses. This brought about his special view on cause and effect that, in turn, produced healing results that have been previously thought impossible.

### *Remarkable Results on My Own Issues*

Intrigued, I started to study all of Gary's videos that were available back then. My first results were on my own issues and were quite remarkable. For example, I went from using heavy medication for my frequent migraine headaches to no symptoms at all in three months time. And a few months later, I was free from the lower back pains that plagued me for some 20 years. All this in a matter of months, just by "borrowing benefits" while watching Gary's videos and doing his Personal Peace Procedure.

This really piqued my interest as an M.D. and so I dived into EFT in earnest. As a result, I shifted my entire medical practice to using EFT for my patients (who are called "clients" now). I helped them manage their stress and negative emotions with EFT and taught them how to use EFT for themselves. The results were much better than what I could do with drugs and I have never again used my prescription pad.

It was such a relief for me to be able to help clients find the real cause of their problems instead of merely treating their symptoms. I felt so inadequate and powerless doing that. Of course, I was aware that negative emotions are big contributors to diseases. Many, if not all doctors know this. However, we don't take this knowledge far enough. They are not just contributors; they are the central cause of disease.

### *The Unseen Therapist*

I have been working with Gary's "Gold Standard EFT Tapping" for 13 years now and I am very happy with the results my clients are getting. I thought it couldn't get any better, but I was wrong. I had always wondered why Gary used to say, back in the days when EFT was introduced, that "we are on the ground floor of a Healing High-Rise." But now I understand exactly what he meant. Gary has clearly developed the next powerful step in healing with The Unseen Therapist as one natural remedy for everything.

Although it involves a new way of thinking (that he calls NewThink), it is not only rooted in common sense, but scientific research shows as well that Gary is looking in the right direction by including research in both the medical field and in quantum physics. Gary is not burdened by older beliefs from medical dogma and thus, in true engineer fashion, throws everything out and starts over with the essential parts that truly work.

This is how he has built again a streamlined, therapeutic process for us that far outshines its predecessors. It tackles the true cause of disease even better than his previous EFT. The more I learn to use The Unseen Therapist, the fewer limits I see.

### *Proper Focus*

The Unseen Therapist helps me focus on where healing is needed, namely, that the true cause of any disease is found within ourselves. It is in our minds, our beliefs and our emotions. Or, as Gary puts it, "True Cause = Negative Emotions." It is the essential piece of healing that should be adopted universally by everyone. And, wherever possible, it should be used before resorting to medical procedures such as drugs, surgeries, radiation, and the like. In doing so, the chances are good that relief can be gained with little or no invasion by those unnatural methods.

This is why I have, once again, shifted my medical practice. This time by putting The Unseen Therapist and Her gentle healing methods center stage during my sessions. The results include very diverse diseases and problems, such as panic attacks, migraine headaches, PTSD, constipation, bladder dysfunction, childhood trauma, suicidal crisis, Meniere's disease, agoraphobia, rheumatoid arthritis, psychosis, eyesight problems, hay fever, gonarthrosis (knee), coxarthrosis (hip), allergies, eating disorders, and Chronic Fatigue Syndrome (CFS).

The Unseen Therapist deserves a prominent place in healing practice and this book should be a mandatory read for all patients and healing practitioners. It opens the door to new levels of health and well-being for everyone.



With heartfelt gratitude to Dr. Rutten, let us continue.

## *Mastering Communication with The Unseen Therapist*

Whether you are a self-help student or a healthcare professional, the ultimate step occurs when you have thoroughly mastered your communication with The Unseen Therapist. When that happens, medicine, as we know it, will become outdated.

In the meantime, should we drop medicine and all other man-made healing methods in favor of The Unseen Therapist? No! At least not yet. Crossing the bridge is a process and, while each step provides healing advantages, it is unrealistic to think everyone will cross it all the way.

For example, if it takes one thousand steps to completely cross the bridge, my students that have reported the remarkable results displayed in *A Peek at Your Possibilities* (later in this book, on page 33) have only progressed an estimated two to five steps. They are just getting started (as are you) and yet they have reported solid benefits, some of which are well beyond the capacity of our finest doctors and hospitals. You can, of course, do the same and more. Your possibilities have no boundaries.

### *Related Causes*

Also, at this stage of our understanding, we must give weight to other related causes.

Such causes involve lifestyle (including diet) and accidents, both of which appear to be factors outside of our negative emotions. Even in these cases, however, a strong emotional contributor is still in play.

For example, filling our bodies with sugar, tobacco, alcohol, drugs, and other toxic substances will surely compromise our physical well-being. However, if you examine these poisonous practices in detail, you will discover that one of their purposes is to make us “feel better” or “relax us” by tranquilizing our doubt, fear, guilt, anger, and other emotional upsets.

More accurately stated, they take us, at least temporarily, toward the same peace that is naturally offered by The Unseen Therapist. As you might expect, our lifestyle choices will likely shift as we cross that bridge and allow Her to provide peace instead of provocation. This is because we will no longer need artificial substances to create the internal harmony we seek. In this way, negative emotions play a central part in this problem and, happily, can be resolved with our process.

Further, the healing time for accidents and body traumas is also tied to our unresolved negative emotions. This is because our emotional issues tend to show up in weak or traumatized parts of the

body and thus hinder healing. This may seem strange to you but I have seen many cases where lowering anger, guilt, and the like have accelerated recovery time from accidents by 50% or more.

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## 7

# *NewThink #3: One Natural Remedy for Everything*

SO FAR, WE HAVE LEARNED that the true cause underlying the vast majority of our ailments centers around unresolved negative emotions. Accordingly, common sense dictates that we now turn our focus to emotional remedies, rather than those that may appear to be of physical or chemical origins.

### *Our Conditioning*

We have been conditioned by our man-made healing methods that each of the thousands of ailments that humans develop has a specific remedy for it. Thus, we take a specific pill for a headache and a very different one for anxiety. We do special exercises for some problems and restrictive diets for others. Radiation may be recommended for some tumors, while surgery may be the suggested means for intestinal disorders.

### *Stunning New Idea*

The methods in this book sail right past this multiple-remedy idea. Such beliefs are set aside in favor of . . .

*One Natural Remedy for Everything!*

This is a stunning idea, because, properly understood, it collapses much of the medical and pharmaceutical beliefs. It holds that the thousands of treatments that have been developed for a seemingly unlimited number of maladies can all be reduced to one process that anyone can learn.

You might accept this idea academically, but still be curious as to whether The Unseen Therapist can bring relief to your specific problem. Your thoughts may be, *"I see how others get relief, but what*



*about me? Maybe my issue is different.*” Thus, you might be tempted to scan through this book to see if “a broken toe” or “Meniere’s disease under age 40” or “PTSD from childhood sexual abuse” are listed anywhere.

They are not.

Neither are most of the thousands of other ailments that have been given labels by the healing professions. Just to list brief descriptions of those ailments would require a book several times the size of this one.

### *A Disease is a Symptom*

As we have seen, our physical diseases arise from, and are exacerbated by, negative emotions. Such causes are mind-oriented, of course, and manifest differently in our bodies. Thus, resentment of a betrayal at age 14 might contribute to Parkinson’s disease for one person whereas, in someone else, that same resentment may manifest as anything from a painful lower back to esophageal cancer. Thus, the disease is not the problem. It is a symptom of the problem.

Accordingly, if you search through these pages for a given symptom (disease or ailment), you are missing the main message. The Unseen Therapist brings peace to the true cause (negative emotions) of your ailments and that peace, in turn, helps resolve the symptoms. This true cause is the same, regardless of your symptoms. Stated differently, your physical symptoms are echoes of your unresolved negative emotions.

As it turns out, we have all collected many versions of that true cause (guilt, fear, resentments, etc.) over the decades. The way in which these symptoms manifest in our bodies is much less important than what causes them. That’s an essential part of our NewThink.

To give you a concrete sense of how The Unseen Therapist provides relief for all such issues, I list next many reports from my early students. These extraordinary results provide a “peek at your possibilities.”

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## 8

# *A Peek at Your Possibilities*

### *Intro*

THE FOLLOWING STUDENT REPORTS display impressive Unseen Therapist results for issues that span everything from routine ailments to seemingly hopeless medical issues. Although some are written by doctors and other members of the medical profession, most are provided by self-help patients.

### *Isabel Vagos*

#### *The Unseen Therapist Brings Dramatic Stroke Recovery to Isabel Vagos' Mother*

Before learning about The Unseen Therapist, Isabel Vagos persistently applied the tapping form of EFT (my previous healing process) to her mother, a stroke victim, over a several month period. As a result, her mother went from being unable to walk without two people helping her... to... walking 2,000 meters (a bit over one mile) while holding on to only Isabel's arm.

This, by itself, is an impressive recovery for someone who was suffering from such a severe disability for nine years. It is well above the average expectation from medical treatments, rehabilitation, etc.

Then, within just one session with The Unseen Therapist, a dramatic new level of results occurred. At one point during the process Isabel's mother said, "My legs are different. I want to try them [by walking]." She then walked, unaided, for 5,000 meters (over three miles).



### *Follow-up Letter*

As a follow-up, here is a letter a few days later from Isabel.

Hi Gary!

My mother fell yesterday. Usually after a fall, she stayed home for two or three days without walking. Today, after 5 minutes with The Unseen Therapist, my mother again asked to go out and test her legs. She was a little nervous because of yesterday's fall but with a huge desire for going out for a walk.

I asked her if she wanted to give a short walk and she said, "No"; she said that she wanted to see the sea.

We walked the same as the other days (5,000 meters) and then some more; we moved further 500 meters towards the next beach.

Recovery shows no signs of turning back, she is better every day :-)

*Thank you.*

God Bless You,  
Isabel Vagos

As a final follow-up, I spoke with Isabel one year later and learned that her mother's stroke recovery has held nicely.

Here is a video of her mother walking. Note that she is walking completely by herself and has only a slight limp. This kind of stroke recovery is rare, or non-existent, using conventional methods:



*Isabel Vagos' Mother Walking Normally  
after The Unseen Therapist Helped for Her Stroke*

<https://youtu.be/Lqxgjaw4uwk>

## Sheri Baker: Client 1

*Sheri Baker's Client Enjoys Relief from Several Challenging Ailments Without Even Knowing When The Unseen Therapist was at Work:*

- Kidney Pain
- Kidney Stones
- Blood in Urine
- Gout
- Eating Issues
- Neck and Shoulder Pain
- Eye Infection
- Migraines

My client, Elizabeth, had been dealing with a variety of physical challenges for quite a while, trying to resolve them herself through a combination of mainstream medical intervention and nutritional supplementation. Weary of the ongoing struggle to find relief, and frustrated with the lack of any discernible improvement, she contacted me for assistance with The Unseen Therapist.

In her initial communication (capitalization is hers), she outlined an extensive array of physical problems:

*"My kidneys hurt nearly all the time. The number of kidney stones I've been creating has increased along with the frequency of visible blood in my urine. And now I've got actual gout with pain in my left big toe. Plus, it seems that nearly all foods in some way create kidney and other problems. Even consuming only fruits and veggies, I still have problems. I don't know what to eat. I'm hungry! I also have an infection issue in my left eye. I've been dealing with this for almost two years, and I want to be free of it as well. And if that isn't enough, I also have pain in my neck and shoulders and the occasional migraine headache.*

*"The doctors want me to see more doctors. I actually did go see a hematologist, and that was a wasted visit. He didn't address anything new and even when questioned, he'd say, 'That's not my expertise, you have to see someone else.' I realize now I must go deeper and look at emotional causes. I'm scared and need your help. Would you kindly help me?"*



Over the course of a week or so, at various times unbeknownst to Elizabeth, I did some surrogate work for her with The Unseen Therapist. When I followed up to ask what she had experienced, she reported the following results, which I am happy to share, with her permission.

#### *Pain in Kidneys (Hurting Nearly All the Time)*

“As you recall, I had massive pain last year from eating mushrooms. I had to cancel a day trip I had planned to take with my boys. Thanks to your work with The Unseen Therapist at that time, the pain diminished from a 9–10 to 1–2 . . . then zero. A few days later, I managed to take the boys on that ride, and the weather was even better than the original day it was planned. The dizziness I was experiencing because of the mushrooms was also completely alleviated. With the more recent round of kidney issues, your work with The Unseen Therapist took me from another 9–10 down to a range of 0–2, which ebbs and flows.”

#### *Kidney Stones*

“In the last year, I’ve passed *many* kidney stones . . . including two 1 cm stones. Since your recent work with The Unseen Therapist, I have felt a couple of small ones, but have not seen them. They must have passed easily without pain, because I haven’t felt them in perhaps 2–3 weeks.”

#### *Blood in Urine*

“During the worst of it in recent weeks/months, I went from dark red urine with each bathroom visit to not seeing any blood, except maybe once or twice a week, and even that is fairly pale.”

### *Gout—Pain in Left Big Toe*

“This went from about a 5 down to a 1–2. I still feel it somewhat every day, worse in the evenings. In the early part of some days, I don’t feel it at all. Later in the day... yes... but at that 1 or 2 level.”

### *Eating Issues*

“I am happy to report improvements in this area. Very small, but improvements nonetheless! It used to be so bad that I couldn’t even eat one nut or seed (among other foods I had to avoid). Now, I can eat 4–6 nuts or a tablespoon or two of pumpkin seeds without my kidneys or my left big toe reacting horribly in pain. Here in the last week or so, I’ve also consumed far less concentrated tart cherry juice. Before your work with The Unseen Therapist, I had to drink quite a bit of it every single day. Right now, I’ve had a couple of days where I’ve forgotten to drink any at all. Then late last night, I asked my husband to make me some of his hash browns, and I was able to eat a huge batch—*all* of them! Of course, more grateful feelings went out to you and The Unseen Therapist, as they do now just thinking about this experience.”

### *Neck and Shoulder Pain*

At the time of this particular communication, Elizabeth described her neck and shoulder pain as an 8–9 on the left and right side of both areas. Having no idea if and when I would be working on her behalf with The Unseen Therapist, she wrote:

“As soon as I woke up 30 minutes ago, I wondered if you had done any work on my neck and shoulders with The Unseen Therapist, because some aspects of it finally dropped a bit. As I tune in again, wow! Now, the front half of my neck is fine. The left side is much better than the right; I’m guessing a 3. The

right side ebbs and flows from a 6 to a 7. And the shoulders are reflecting the same intensity as the neck.”

Upon further reflection a day or so later, Elizabeth said:

“Wow... this is really strange. I’ve gone from the original feeling as if I’d been in an auto accident to a level that’s more like an occasional annoyance. So on the pain scale, I’ve gone from a 10 (actually, more like 20) down to a 1–2 in certain spots in my neck and shoulders. The rest of my neck/shoulders went to a zero. This is something of an ebb-and-flow thing, too. I sense the work you and The Unseen Therapist are doing, which is thrilling! Yes, I use that word because ‘wonderful’ isn’t expressive enough.”

### *Eye Infection*

“With regard to the eye... it’s better! I had been meaning to ask if you had done work on behalf of it as well! I had been treating it with liquid antibiotic drops, which helped while I was using them, but when I ran out of drops, the infection returned. The eye still has threads of aspects left, but thanks to The Unseen Therapist, there’s an improvement I haven’t seen or experienced since near the beginning of this issue two years ago.”

### *Migraines*

Elizabeth experiences migraine headaches on occasion, and contacted me in the midst of one of them.

“Sheri, I’ve got a humdinger migraine, about a 9.5 on the pain intensity scale, and I’ve been doing my usual headache-relieving stuff to no avail. Can you help?”

After doing surrogate work with The Unseen Therapist specifically for her migraine, I contacted her the next day to see how she was doing. Happily, she said,

“I did get relief! I retired around 11:20 p.m. last night. Woke up at 1:00 a.m. with much of the migraine gone. The rest was gone by morning. Pain free! I’m so very grateful to you and The Unseen Therapist, as I am for all of the work you’ve done on my behalf!”

Interestingly, Elizabeth reports that she feels more impressive results when she does not know that healing efforts are taking place.

“Regarding your work with The Unseen Therapist, I’ve noticed that better effects are realized when I haven’t a clue the work is being done at that moment. The surrogate work you’ve been doing is simply amazing! Since I can’t constantly bombard you with the thanks. . . here’s some more. . . *Thank you!* Can’t make these letters large enough to represent how I feel! I feel like these are all gifts. . . and to a certain degree, some of the gifts feel as if I’m regaining some freedom!”

—Sheri Baker

### *Sheri Baker: Client 2*

*Another Result From Sheri Baker: Her Client Feels a Spiritual Presence Followed by Freedom from Severe Dental Surgery Pain.*

“Sunshine” had a problem molar that needed to be removed. Following dental surgery, she joked that her face looked like a chipmunk who got into a bar fight. Her jaw was swollen and she had bruising both inside her mouth and outside on her right cheek and jaw. When the pain meds started to wear off, she got what she called an “in-your-face” introduction to bone pain. She wrote:

“Just a single sip of water lit me up like a humble 40 watt bulb hooked into a 500 volt line coming straight from the power plant—way too much electricity all at once. With orders to

keep up my fluids, I had a real struggle all day. The pain meds helped to a certain degree only after I doubled-up on the dose (as per my doctor's recommendation). But the meds made me horribly dizzy, woozy, and nauseous. And they didn't ever entirely take the pain away. My grim dilemma: deal with the raw pain or the side effects from medication.

"To distract myself, I started to watch a television program. And then something amazing happened. It was so subtle that at first I didn't realize what was transpiring. I felt a most unusual sensation, like the fingertips of an angel, calming and nourishing at the same time, in and around the right side of my mouth and jaw. It took a couple seconds for me to register the sensations. In a couple more seconds, the experience was gone. And so was the pain.

"I had no need to take another pain pill that night, nor for the next couple of days, and then only because my toothbrush slipped off the molar next to the surgical area and impaled itself on the wound. The Unseen Therapist relieved the initial pain permanently, and I am very grateful She did! I was so floored by the experience that I knew She was involved, and that's why I contacted you to see if you had initiated the healing."

The night before Sunshine's tooth surgery, and again that very morning, I had been inspired to join with The Unseen Therapist on her behalf, even though I didn't know exactly why. I find it interesting not only that Sunshine was unaware of the healing being directed her way, but that she didn't feel the effects until hours later. Coincidence? Maybe, but the experience was so mystifying, she felt Spirit had to be involved. That, plus my compelling need to focus on her within that particular time frame would also suggest otherwise.

### *Laying Aside Expectations*

In working with The Unseen Therapist, I've come to realize the importance of laying aside expectations of when physical results may or may not occur. Within the illusory concept of time, maybe a delay in relief is necessary in order to bring about a shift in thinking, or because a sudden healing would be too jarring or disorienting. Whatever the reason in this particular case, an unseen force succeeded where medication did not, and pain relief was achieved. Sunshine wrote:



“Each time the experience comes to mind, I can’t help but be amazed. Even though you brought in The Unseen Therapist a few hours before the pain released, I strongly feel this was an experience where She crossed the boundaries of time, maybe on purpose, to show that time doesn’t actually exist for Her. I don’t know. What I do know is that I am still in awe.”

—Sheri Baker

*Gabriëlle Rutten, M.D.*

*Dr. Gabriëlle Rutten’s Cases:*

- A Client Feels a State of Oneness Instead of Anger
- A Soldier is PTSD-Symptom-Free
- Anorexia is Improved and Whiplash Symptoms are Relieved

*A Client Feels a State of Oneness Instead of Anger*

Initially, her anger was at a 10. We closed our eyes and, after 30 seconds, she was completely at peace and told me:

“Very strange, I felt a very strong urge to forgive him, I wanted to stay angry at him but all of a sudden I thought, ‘Oh, he is only another human being fighting his own demons (alcohol)’ and then we merged and became one.”



*Soldier is Now PTSD-Symptom-Free*

A 28-year-old soldier has been at home with PTSD for more than five years after two missions in Afghanistan. He has tried conventional therapy by “talking with” a psychiatrist, as well as prescription drugs, like tranquilizers, anti-psychotics, sleep medication, and anti-depressants. He has had cognitive therapy with two psychologists. All with little or no result. He was desperate and didn’t want to use drugs anymore because it made him “numb” and didn’t help with the PTSD symptoms.

He was referred to me by another doctor who knows of my approach. We invited The Unseen Therapist and together we have done 10 one-hour sessions, working on his bigger traumas in Afghanistan, as well as several big childhood traumas. He has also done the process at home by himself on the remaining, smaller, traumas that we identified. He was encouraged by the results and worked by himself on his issues every day for at least 1–2 hours. In three months' time he was PTSD-symptom-free. He has left the military and started his own business.

### *Eating Disorder*

A 15-year-old girl visited me with her mother. She had suffered anorexia for four years and was dangerously underweight. I agreed to work with her, but only on the condition that I would work with her parents separately, too. They agreed.

I also informed the girl she needed to be motivated to do “homework” on her issues and explained the importance of this to her. She understood and wanted to really give this a try, because if she were to lose any more weight, she would have to be hospitalized. For perspective, she had been admitted to a special clinic for eating disorders a year before, and had only gained a little weight. Despite this extended effort, she wasn't “cured” of anorexia after a stay of three months. She despised being “locked up” and was therefore very motivated to do her homework.

I have worked with the girl (alone) for 11 one-hour sessions during a 14-month period in which we used The Unseen Therapist to work through a sexual abuse history (involving a cousin) and low self-esteem issues (involving being bullied in school). We compiled a list of specific traumatic incidents together and I gave her homework assignments to invite The Unseen Therapist regarding the many incidents.

She has gained enough weight to be well out of the danger zone. She has resumed school and enjoys socializing with a few classmates who have become her friends. She feels happy and has plans for her future.

### *Whiplash*

A 48-year-old woman came to me with severe whiplash symptoms after a typical low impact car collision (her car being hit from behind during a stop at a traffic light) one and a half years ago. She had tried physiotherapy, painkillers, osteopathy, wearing a neck brace, and chiropractic treatment.

Her pain levels were constantly at a 7–8 (on a 0–10 scale). She had concentration problems, was on sick leave from her teaching job, experienced short term memory loss, and was desperate and depressed. Her doctor (a GP) had prescribed an anti-depressant. She was convinced that she had suffered “permanent” damage and would be an “invalid” the rest of her life. She felt helpless and powerless to overcome the whiplash, and was discouraged by her GP having explained that many whiplash “victims” have chronic symptoms. We have worked together with The Unseen Therapist for 15 one-hour sessions on many big and smaller traumatic events in which she felt helpless and powerless. We worked together on her bigger traumas and the many “inherited” beliefs regarding whiplash and its long-term effects that had been “installed” by her GP, her various therapists, and her own internet search on the subject.

She stopped using the anti-depressant after 6 sessions (after 4 months). We made a “Personal Peace Procedure” list of many specific issues and she has invited The Unseen Therapist for their resolution—one at a time. As stated above, we did a lot of traumatic events together in our sessions and she worked at the rest of her list at home by herself.

Her short-term memory loss dissolved after about 10 sessions (after 6 months). Her neck feels “normal” again, no more pains, at the end of our work together. She wants to come back for a “check-up” in 4 months, because this helps her to keep working on her list every evening on the “issue of the day.” She has found a new teaching job at a different school (the old job being very stressful for her), has a new relationship (an abusive relationship in the past was part of the problem), and she made amends with her mother, whom she had not talked to in more than three years.

–Dr. Gabriëlle Rutten

*Dr. Isabel Reis*

*Naturopath Dr. Isabel Reis Reports Impressive Results for:*

- Pain
- Addictions
- Bipolar Issues
- Sinusitis
- Inner Ear Infections
- Gastric Inflammation

Hi Gary,

The last two weeks have been very interesting—I am seeing around 7–8 patients a day and have been inviting The Unseen Therapist into almost all of them. I am observing impressive changes in the chronic patients and miraculous shifts in others.



*The Unseen Therapist Sometimes Moves Body Parts*

Sometimes when I hold the patient's head and invite in the Unseen Therapist, she starts moving their heads to and fro (some at a very fast pace. . . I can hardly keep up) and then the Energy can actually be seen like waves moving down the body. That releases almost 90% of all pain, but I also put my hands on the site of pain. The jaw bones move and I feel as if She (The Unseen Therapist) is twisting the patient's head right around. But when I open my eyes, I see the patient's head moved to the far right or left. At times She holds the head for a very long time and I feel tiny pulses moving until She is ready; I cannot move the head back until She is ready.

Almost without fail, patients leave with a sense of tranquility.

Yesterday, my patient and I were working on this drug, alcohol and nicotine addiction. I have seen him for three months now. I used The Unseen Therapist in our sessions in the last three weeks and he is totally at peace. Further, his bipolar episodes (he is on medication for it, but had huge episodes despite it) have totally stabilized.

He is also totally drug-free and we are now working on letting go of cigarettes.

One of the most touching experiences has been with a lady named Lynne (not her real name), who is 65 years old. She came to me with chronic sinusitis (after six operations), osteoporosis, middle ear infections, and gastric inflammations. After a few sessions with The Unseen Therapist on some unresolved issues with her mother, Lynne had floods of tears and relief, sinuses unblocked, stomach untwisted and her ears cleared.

She is a totally different person now—confident, happy and owning her own power without any ego.

Gary, I can go on and on: every day every patient is touched in one way or another by this amazing power as peace trickles into their lives. Some come back with little change, but a huge awareness, while others are affected profoundly. And in all of that, I get to be part of in this profound process.

I am overflowing with the Miracle that is The Unseen Therapist. Thank you for bringing Her into my life.

Blessings and light,  
Dr. Isabel Reis

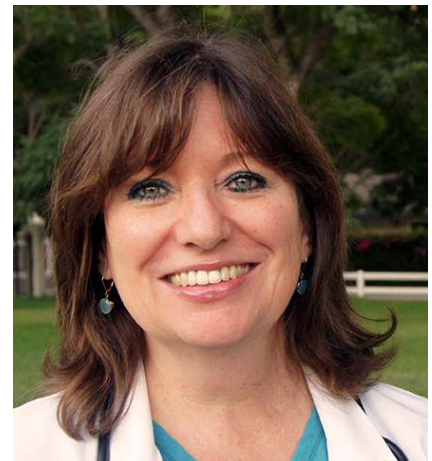
*Claudia Logan, R.N.*

*Extraordinary experiences with The Unseen Therapist by Claudia Logan, a Registered Nurse:*

- Pneumonia
- Suspicious Breast Cancer Nodule
- Thyroid Meds No Longer Needed
- Blood Clots Disappear
- Atrial Fibrillation
- Mitral Valve Leak
- Subdural Hematoma
- Brain Tumor Operation
- “Impossible” Brain Dead Response

*Note from Gary*

The Unseen Therapist can also be applied alongside medical treatments and procedures so that the results are more efficient. To give



you an in-depth look at this inspiring use of The Unseen Therapist's power, I have asked Claudia Logan, a registered nurse, to give us descriptions of some first-hand experiences.

Claudia is constantly helping clients with serious health problems. She has devotedly practiced her skills with The Unseen Therapist and, over time, is finding that her advanced healings are becoming more commonplace. Here are some of her experiences, both personal and with clients. Note that she describes these experiences using technical terms normally expected in a hospital setting. Physicians may appreciate this detail. Claudia says:

"As a medical professional I seek clinical validation of the effects of The Unseen Therapist, and I am absolutely amazed each time I see it (which is often). I have shared these remarkable results with medical colleagues, physicians, and specialists and they say they've never experienced anything like this. It is so unexpected that they believe the substantiating MRI's, CT scans, or labs must have been done on the wrong patient."

#### *Claudia's Personal Experiences with The Unseen Therapist*

On a personal note, I have had significant results for myself with The Unseen Therapist. Here are a few examples:

##### *Pneumonia*

I experienced a resistant Pneumonia which lasted two months, in spite of IV antibiotics. It came down to a 5 in severity (on a 0-10 scale) with allopathic medicine. After four minutes with The Unseen Therapist, it disappeared altogether and never returned. A subsequent chest x-ray confirmed that the Pneumonia had cleared.

##### *Suspicious Breast Cancer "Nodule" Reduced to Benign Scar Tissue*

In the above-mentioned chest x-ray, the Physician's Assistant thought he saw a recurrence of breast cancer. A mammogram had been done three months prior and was normal, so he was very concerned. A SonoCine (breast cancer screen) was ordered and a 1 cm nodule with encapsulation and vascularity was diag-

nosed. This nodule was suspicious for a recurrence of the prior breast cancer.

We agreed to do a follow up SonoCine within a specific time frame, since I requested time to do work on the nodule using The Unseen Therapist—by myself, as well as with a group of practitioners and Gary Craig.

The subsequent SonoCine results were: ‘post-operative and post irradiative changes in the left breast with a prominent scar that measures 1.3 cm in length.’ These results no longer contained the encapsulation or vascularity, but rather a diagnosis of scar tissue related to surgery done 18 years earlier. In other words, a potential recurrence of cancer, with the assistance of The Unseen Therapist, was now merely scar tissue.

#### *No Longer Need Thyroid Meds*

I also worked with The Unseen Therapist on my Thyroid dysfunction. I had been on Synthroid for 20+ years. My TSH and T4 levels had always been low. I told my primary care physician that I wanted to stop medication and asked if we could repeat labs in two months to confirm that I no longer needed the medication. In the interim, I applied The Unseen Therapist to this issue.

The subsequent labs were within normal range for the first time in decades. Further, all subsequent labs have remained within the high end of normal. I no longer need, nor take, the Thyroid meds.

#### *Blood Clots Disappear*

Three blood clots (Deep Vein Thrombosis) were recently diagnosed on my lateral left lower extremity. The Unseen Therapist was invited in to resolve the issue during a group session conducted by myself and other practitioners. An urgent scan was then performed and, astonishingly, the blood clots were not present. When the results were reviewed by my doctor, he was once again amazed and said, “I *know* they were there!”

## *Claudia's Experiences with The Unseen Therapist for Hospital Patients*

She has four experiences to share.

### *New Onset Atrial Fibrillation Resolved and Mitral Valve Leak Reduced from Severe to Mild*

A client had fallen during a hike and injured herself. She had impacted her sternum and sensed a heart arrhythmia after the injury. She saw her cardiologist and was diagnosed with Persistent Atrial Fibrillation, but had not been started on any medication, pending additional work up.

A 2DEcho (2-Dimensional Echocardiogram) was ordered and it diagnosed a Severe Mitral Valve Leak. She'd had a Porcine Mitral Valve Replacement 10 years before. Three sessions with The Unseen Therapist were done before her next appointment with a cardiac surgeon. The repeat 2DEcho after the sessions showed Normal Sinus (Heart) Rhythm and Mild Mitral Valve Leak rather than Severe. This was discussed with several Cardio-thoracic surgeons, who all confirmed that they'd never experienced a Severe Mitral Valve Leak improving without surgery, or Persistent Atrial Fibrillation resolving without medication initiation or cardioversion. The client had subsequent surgery. During and after the surgery, I invited The Unseen Therapist to help with the recuperation and recovery time. As a result, she had three out of five chest tubes removed and was transferred out of the Cardiac ICU within a day.

### *Remarkable Subdural Hematoma, Pain and Disorientation Recovery*

Another client, in her 70s, was kicked in the head by her horse. I accompanied her to the ER while inviting The Unseen Therapist to help bring relief during the trip. Typically, there is substantial pain and disorientation in this kind of injury. However, upon testing her after we arrived at the hospital, neither of these showed up with any real severity; the only possible explanation for this unusual result was healing work by The Unseen Therapist.

Neuro checks and pain assessment showed minimal pain 0-1 out of 10, even though there was a large laceration on the left cheek, several crushed teeth on the left jaw, several others loosened at the front of the mouth, a skull fracture, and a subdural hematoma. Her concierge doctor was assessing her en route



to the ER and told her that she was very lucid and minimally disoriented.

The CT scan confirmed the Subdural Hematoma. Another CT scan, done 12 hours later, showed that the Subdural Hematoma had decreased in size, which is highly unusual. The following day, she remained coherent, reported that her memory of what had happened was returning and she realized that she had lost consciousness, but didn't know for how long. She remembered waking up lying on the floor (45% experience amnesia for a month). There was minimal bruising on the neck and face, and no headache reported. She only reported discomfort when she ate due to the crushed teeth.

She was assessed by Physical and Occupational Therapy as well as Neurology and no neurologic deficits were found. She was surprised that she was feeling no back pain, as she had had several spinal fusions. She was discharged in less than 24 hours, even though she met High Risk Criteria due to Age, a Traumatic Brain Injury, and a Subdural Hematoma. (Most patients meeting high risk criteria are hospitalized no less than 48–72 hours, in order to assure that the subdural or epidural hematomas, hemorrhagic progression of contusions, or edema do not develop or cause secondary injuries.)

Friends were shocked that she was not anxious about being around her horse, which she visited two days later. She was not hypervigilant and talked about the accident calmly. She therefore showed no signs of PTSD, which was also unusual.

#### *Astonishing Result for Brain Tumor Operation*

This client had a witnessed fall, face first, and was seizing. Paramedics were called. She was in Status Epilepticus (severe, prolonged seizures) and was taken to the local trauma center. I met her at the ER. A CT scan and then MRI were done, and she was on IV Dilantin for seizure control. I was inviting in The Unseen Therapist on her behalf while we waited for the neurologist to come assess her and provide the results of the scans. Her neuro checks were excellent, the scrapes on her head and arms were appearing to be days old rather than hours, and she was lucid and coherent.

When the neurologist came, he reviewed the MRI with me. An 11 cm tumor had been found in the frontal lobe and there was a diagnosis of Mid-Line Shift. An urgent craniotomy was

planned. She reported that after all her prior surgeries, she had always had one or two days of nausea and vomiting post-op.

I invited in The Unseen Therapist on her behalf that night, and in the morning prior to the craniotomy. Extraordinarily, the surgery was less than 5 hours long. (The average time frame for non-urgent craniotomy is 2–6 hours. Patients with prior craniotomies take longer, particularly if there are additional issues, such as the midline shift.) She was sitting in a chair eating breakfast first thing in the morning; therefore, she had no post-op nausea or vomiting. Furthermore, she was experiencing no neurological symptoms of any kind. She did not require a flap procedure (reconstructive surgery), which was unexpected, as she had had a prior craniotomy.

Since she was doing so well, I anticipated that she might be transferred from the Neuro ICU to the Neurological unit sooner than expected. Actually, she was discharged home from the Neuro ICU on Post Op Day 1. I've never heard of any patient being discharged directly from ICU post elective surgery, let alone post emergent surgery—and certainly not for a craniotomy, with which all patients are monitored for potential edema, subdural bleeds, etc., for a minimum of 2–4 days.

She went home, walked her dog, went to a party, and was fully functional immediately. No one at the party was aware that she had just had major surgery.

#### *Unusual Grief Relief and an “Impossible” Brain Dead Response*

A friend's sister was dying. I was very concerned for my friend, as she had just experienced the recent death of her daughter and grandson. Her sister had been diagnosed with lung cancer and was in the same hospital where my friend's grandson had died and daughter had been terminally extubated (taken off a ventilator).

I was worried that this would create additional trauma and did remote work with The Unseen Therapist on her behalf, with the intention to create the most ideal death for the sister—which would assist my friend as well.

The patient was unconscious and doing Cheyne-Stokes breathing, which my friend recognized: she realized that her sister was dying and called her other sister into the room. As they sat by the bed, the patient suddenly opened her eyes and stared at my friend, then stared at her other sister, and then looked be-

tween them to the corner of the room. My friend turned to see what might be behind them in the corner. She didn't see anything, but felt something there. Then the patient's eyes slowly and very gently followed the wall up to the ceiling, took her last breath, closed her eyes, and left her body.

My friend told me that she was in a very unexpected emotional state. She said she was not upset or grieving, and actually felt a sense of peace and joy. She and her surviving sister stayed in the room, had drinks, ate dinner and shared memories of their sister with each other.

She said she never expected that another death would feel this peaceful or loving, given her experiences and the profound grief she still felt related to her daughter's death. She then said about the deceased patient: "By the way, did I tell you she was Brain Dead?"

The patient was in a hospital setting. She did have brain metastasis due to lung cancer. She had been unconscious and Brain Death had been diagnosed. Given the diagnosis, there was no way she could have opened her eyes, been lucid and focused, stared separately at her two sisters, then looked between them to the corner of the room, and slowly lift her gaze up to the ceiling as she took her last breath.

Terminal Lucidity does not occur with Brain Death. Even though the patient did not speak, this was once again a very unexpected result.

—Claudia Logan, R.N.

### *Gabriele Rother*

*Gabriele Rother's Severe Headaches Vanished. She Could Feel The Unseen Therapist Adjusting Her Skull.*

While attending Gary Craig's first public workshop on The Unseen Therapist, I was experiencing one of my frequent severe headaches. These headaches were largely due to a brain fluid problem I have had since birth and usually continue for days, like a migraine.

Gary brought me on stage and quickly found that another cause was a hidden emotion: anger.



First Gary asked the participants to activate The Unseen Therapist in my behalf and to share that healing with me. It was a very intense experience because I could feel the energy flowing through my whole body. I could feel the love embracing me in a soft and gentle way.

*It Felt as Though Parts of My Skull were Moving*

Thereafter, Gary worked with The Unseen Therapist for my benefit and, after a short while, I felt a sort of shift in my brain. It felt as though parts of my skull were moving and adjusting to compensate for the brain fluid problem. Quickly, the headache was almost gone, only a bit of pressure was left. It was a big relief for me and, an hour later, the headache was totally gone. No pressure, no pain anymore.

I waited the whole day in a kind of disbelief. Will it come back? Will the pain hit me again so that I can't even open my eyes? Since that time I am free from pain, clear and with a slightly better eyesight too, a welcome side effect!

–Gabriele Rother

*Taye Bela Corby*

*Taye Bela Corby Felt The Unseen Therapist Working Through Her:*

- Her Fear of Dogs is Gone
- Her Dental Surgery Recuperation was Dramatically Shortened

While working with The Unseen Therapist in behalf of a friend, I experienced Her working through me, as me, and I was sooooo surprised! I *love* this!

Also, my major fear of dogs is gone. (I now have a puppy.)

And... I recently invited in The Unseen Therapist to help with my fears and healing regarding teeth and gum surgery. She helped me relax during the surgery and my recuperation took four days instead of the expected 2 weeks. No pain medications were needed.

–Taye Bela Corby



## *Diane von der Weid*

*Diane von der Weid Gets Stunning Results for:*

- Swollen Left Ankle
- Childhood Traumas
- Negative Beliefs
- Stye Under the Eyelid
- Sciatica
- Sore Throat
- Headaches



I noticed one evening that my left ankle was quite swollen, but could feel no pain and couldn't relate it to any fall or accident. There seemed to be no direct reason for this, but there had been many emotional things going on in my life the months before. I chose to deal with it with the Unseen Therapist, and my husband (Alain) joined me in the process. I had no clue as to what might have induced this swelling, so we decided to just go with what was there: the swelling... and my beliefs on "what it could be." Within minutes, my ankle was back to normal; that was one year ago, and the swelling never returned.

Since then, I have experienced the work of The Unseen Therapist on different emotional and physical issues—from childhood traumas to negative beliefs, a stye under the eyelid, sciatica, a sore throat, and headaches. I got stunning results and lasting resolution for each one of these issues.

—Diane von der Weid

*P.S. from Diane:* Getting quiet, for me, was a challenging part of the process. It would often take me several tries but the result was almost always worth it. Now I can do it in moments. Gary is right. Practice is essential.

## *Armelle Moneger*

*Armelle Moneger: Prostate Problems Vastly Improved for her Companion, Patrick.*

Patrick, my companion, has had prostatitis for about five years. To begin with, once a year, the level of his PSA (Prostatic Specific Antigen), urine flow, and emptying of his bladder has been checked. The size of his prostate was also determined by ultrasound.

For the last two years, this check has taken place every six months. His urinary flow has been irregular and his bladder not completely empty. A year and a half ago, surgery was recommended. Patrick is unwilling to undergo the operation, because of incontinence problems that frequently can be the consequence. However, at this stage, we believed it had become impossible to delay the surgery.

Yesterday, during our group session, I put Patrick's problem on the top of my list for The Unseen Therapist's help.

Today I accompanied Patrick to his regular visit. The doctor was surprised by the results: the PSA level was correct, the urine flow was good, the prostate was smaller and the bladder was practically empty.

–Armelle Moneger



*Note from Gary: Several months later, Patrick's prostate issues showed signs of resurfacing. This does not mean that The Unseen Therapist "didn't work." Rather, it means there is more to do.*

## *Patricia Huyn Van Phuong*

*Patricia Huyn Van Phuong Enjoys Astonishing Relief from the Severe Pain of Ankylosing Spondylitis.*

Gratitude is due to Patricia for sharing this remarkable story. For those unfamiliar with Ankylosing Spondylitis, it is a disease that fuses parts of the spine together to cause great pain and inflexibility. According to the Mayo Clinic, "There is no cure for Ankylosing Spondylitis, but treatments can decrease your pain and lessen your symptoms."

As you will see, Patricia went from 30 years of pain to, "I suddenly realised that I felt no pain whatsoever, nowhere. I cried with joy be-



cause I could not remember having had such a relief ever before in my life.” Also note that it took persistence with her Unseen Therapist sessions and there were some relapses along the way. This happens sometimes, especially when in pursuit of discovering the true emotional causes involved.

Patricia’s native language is French. The following is a translation submitted by Bianca von Heiroth.

I am 53 years old and have suffered from ankylosing spondylitis since I was 26 years old. Since then, and for almost 30 years, my whole body has been painful and sore. It was as if I had a giant hematoma on my whole body.

It took me awhile to achieve the remarkable benefits of The Unseen Therapist. I worked mostly with a group of others, and for a while, my benefits would come and go. At one point, I even had a major relapse where the pains woke me up at 3:00 a.m. and my upper body stayed paralysed till about 10—10:30 a.m. It was impossible for me to dress alone, to wash, to lift my cup of coffee to my mouth, etc.

During subsequent sessions with the group and The Unseen Therapist, we worked on my pains. During the session I felt relief that each time lasted a bit longer. At last, after two months of suffering, the daily Unseen Therapist sessions—done by myself as well as with the group—caused this inflammatory crisis to go away. It happened during an Unseen Therapist session one Saturday morning when I suddenly realised that I felt no pain whatsoever, nowhere. I cried with joy because I could not remember having had such a relief ever before in my life.

Today, I work every day with The Unseen Therapist, and I have been able to stop all chemical treatment, anti-inflammatory medicines and other painkillers. *I live again!*

–Patricia Huyn Van Phuong

*Robert Rother*

*Robert Avoids Kidney Dialysis.*

I lost my right kidney some six years ago due to a removal of a tumor the size of a child's head.

Unfortunately, my remaining left kidney never worked properly, even since childhood, and its ability to clean my blood deteriorated more and more. About two years ago, the deterioration approached serious levels and my kidney specialist told me to anticipate dialysis.

According to my doctors, it might be possible to slow down that deterioration, but I would not be able to return to a healthy state. In short, it was downhill from there. I decided to take over the full responsibility for my health, left the path of established medicine and started my work with The Unseen Therapist.

During this process, a feeling of absolute trust occurred between me and The Unseen Therapist. Within days, doors started to open, providing me with the right information, showing me a path to new health.

In essence, I received a whole toolbox of "recipes" for my condition, and these led to dramatic improvements.

For example, I started with a blood cleaning value of 2.0 (Creatinine Clearance). This is the level of severe kidney failure where one must consider dialysis. Within six weeks, the values started to improve: to 1.34 (Crea), which was a better result than I had ever had—even before my kidney removal (when my Crea value was 1.43!).

Thank you Unseen Therapist! Thank you Gary!

—Robert Rother





*Alain von der Weid*

*The Left Side of My Chest (Where They Did the Surgery) was Filled with Life Again.*

At the age of 7, back in the 1960s, I had major open heart surgery (one of the first surgeries for a coarctation of the aorta ever done in Switzerland). At the time, for obvious technical reasons, this kind of surgery was extremely rough and complex. It lasted 9 hours.

The post-surgery period was particularly rough, both physically and emotionally. It would take too long to go into detail here.

However, what I would like to share here is that before I learned about The Unseen Therapist, I used EFT Tapping (Gary's previous method) very successfully, on hundreds of aspects of this surgery and post-surgery. I got great results. For example, since this surgery, my blood pressure was always on the high side, and thanks to EFT Tapping, I was able to take it down to normal levels—and more importantly, have it stay at a normal level.

But there always seemed to be more to do... a missing piece, a sort of weight or burden that never went away. With the help of The Unseen Therapist and with my wife Diane, I was able to deal with very deep emotions related to this surgery, some of which I couldn't find the words for. The work done with The Unseen Therapist resulted in a feeling that the left side of my chest (where they did the surgery) was filled again "with life." What a strange feeling: that "life" was gone from it for almost 50 years. Also gone was that ever-present weight or burden.

—Alain von der Weid



*Helen Blom*

*Helen Blom's Restless 9-Year-Old Sleeps Easily.*

Two days ago, my 9-year-old daughter couldn't sleep, as bad things happened in school that day. So she came downstairs, sat on my lap and started to babble about everything. I asked her to be quiet for a minute. I went back to the bad situation at school that she had told me about, "became her," and invited in The Unseen Therapist.

After 20 seconds, I felt her relaxation as she started to yawn. After one minute I stopped, and brought her back to bed. She felt very good the next morning. No complaints about not wanting to go to school. :-).

—Helen Blom



*Joanna Czajkowska*

*Joanna Czajkowska Resolves Two Big Anger Memories While Jogging.*

Hi Gary,

Today I was listening to some of your Unseen Therapist materials while jogging. While doing so, I experienced a healing of two "big" anger memories. Before I started running, I had asked God/The Unseen Therapist to heal these memories in a way that was best for me. I asked for insight, knowledge, understanding, and changing my attitude. I got all of that... while running. :)

What a wonderful way to heal! No need to do anything else. Thank you, Gary!

—Joanna



## *Followup*

Today, after about 24 hours from the “healing while running” experience, I tested the two anger memories. I imagined them in a vivid and exaggerated way, and they both had a 3 intensity. A few hours later, I went for a walk and again was listening to your Unseen Therapist materials. I did the same thing as a day before—I asked The Unseen Therapist for a healing and stayed very open and willing to let go of any negative emotions. I checked these memories again about seven hours later and the intensity was and still is at 0.

Sincerely,  
Joanna

## *Jacqui Halstead*

*Jacqui Halstead Entered Into a Beautiful Expanding Light.*

... and this beautiful expanding light brought me to floods of tears and literally to my knees.

—Jacqui Halstead, after using The Unseen Therapist



## *Bianca von Heiroth*

*Bianca von Heiroth Enjoys Relief for Chronic Obstructive Pulmonary Disease (COPD).*

I (Gary) have had many reports of healings that have occurred while watching our webinars, even the recorded ones. Bianca von Heiroth, from France, gives a detailed description of her experience. She says:

The next morning, I didn't feel that I needed to take my medication for my lungs. . . and so I didn't. Years and years ago, I was diagnosed with COPD (chronic obstructive pulmonary disease), and I have had to take a "puff" of the medicine, sometimes two, every single day. Now, a week and two days later, I still feel fine. In fact, I feel much better than before. And I even tend to forget that there was once this necessary routine for my lungs. . .

–Bianca von Heiroth



## *Linda Carr*

*"Frozen life" Turns to a "Bliss Capsule" Plus Big Heart Rate (Pulse) Improvement.*

Hi Gary,

As you know, for a number of years I have been greatly challenged emotionally and frozen in my life. I was terrified that I and my life would never "get happy" again. Through my exposure to your webinars and frequent daily use of The Unseen Therapist for myself and others, I am "getting happy" again. As I've said to you on the last webinar, I feel encapsulated in bliss. *And* these last four days since the webinar I have also had these cranky periods. . . anger, impatience, frustration. . . I am finding my way back to bliss every time. I use my practice frequently and I keep watching the webinar replays. It really "blisses" me up.

Something I have not yet told you: when I'm really on the bliss roll I am oblivious to time. . . to regular eating. . . I need/want less sleep. . . all my senses are heightened, big time. I walk along feeling the breeze on my face and it feels rapturous. The summer smells are intoxicating, the blue of the sky. . . then



I look at the clock and it's something like 4 hours later than the last time I looked. I feel this seamless flow—even on days when I have appointments,. All time-related details are a flow. It feels amazing.

—Linda Carr

P.S. And remember we talked about my improved heart rate? Well, my resting pulse is now around 60 instead of high 70s. . . gentle and soft. . . feels great. And while running, it is also lower by 15 to 20 beats per minute. This seems to be a side effect of practicing with The Unseen Therapist daily. I have done nothing intentionally to create this change; it just changed.

### *Kay Christopher*

*Relationship Improvement: The Couple Who Fought all the Time.*

Kay Christopher is a seasoned health practitioner who is expanding her skills with The Unseen Therapist. She met with a couple who were constantly fighting and, without even knowing the details, Kay engaged them in an Unseen Therapist session on these conflicts. The clients, of course, knew the issues. . . but Kay did not. The result astonished Kay, and so she wrote me to tell me about it.

Hi Gary,

Recently I met with a couple that were familiar with Gold Standard EFT (tapping) and I offered to introduce them to Optimal EFT. I asked them to choose an issue and told them I didn't have to know what it was. They whispered to each other and settled on a shared problem. I asked them to rate the problem on a 0–10 scale and they both very emphatically gave it a 10.

Shortly after we began the session, the man said he was so tired from a day in the heat of the sun that he couldn't stay awake. He apologized and said he would not be able to engage in the session after all. I told him it didn't matter, he could sleep and it would still work. Then I proceeded to work with the woman and we invited The Unseen Therapist into the session. The issue went from 10 to 3 to zero. Then we woke up the man and asked him what number the issue was. To his amazement



the issue had gone from a 10 to a zero for him. He could hardly believe it!

Two days after the Unseen Therapist session I called the woman. She said it was fine if I knew what the targeted issue was: they had been fighting all the time, and on the day of our meeting they were about to split up because of it. She reported that, since the time of our Unseen Therapist session, the fighting had stopped.

And, there were other improvements, as well. Whereas in the past the man kept bugging her about eating cheddar cheese (which she doesn't eat), the next time he went to the grocery store he brought a different kind of cheese that she would like. That was new behavior.

I spoke with her again on the 9th day after our session and she said, "He and I are doing very well since the session. Amazing. He is a different person and I am, too." They are still getting along really well, and it feels very different to her, a great improvement. Pretty wonderful! Thanks for encouraging me to try The Unseen Therapist!!

-Kay Christopher

*P.S. from Gary:* The issues that can arise between couples are seemingly endless. Thus, new issues may arise in the future and these become opportunities for The Unseen Therapist to further beautify the relationship.

*Diane Roy*

*Grandson Achieves Improvement for Severe Autism.*

Hi Gary,

I recently called on The Unseen Therapist to help my severely autistic grandson. My daughter, his mother, just called and told me of his immediate improvement.

-Diane Roy



We turn now to our next NewThink segment, wherein we examine the solid science behind the healing supremacy of The Unseen Therapist.

*Website:* [www.EmoFree.com](http://www.EmoFree.com)

*Essential Support:* [www.EmoFree.com/newsletter.html](http://www.EmoFree.com/newsletter.html)

*Advanced Training:* [www.EmoFree.com/optimal-eft-training.html](http://www.EmoFree.com/optimal-eft-training.html)

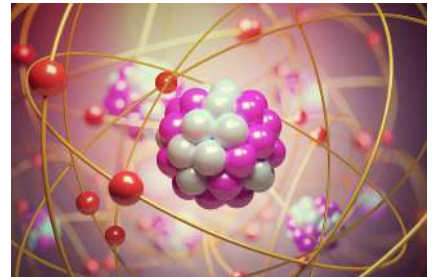
## 9

# *NewThink #4: We Must Finally Listen to What Science Has Been Telling Us for Decades*

OUR PREMIERE SCIENTISTS HAVE been telling us for decades that the world is quite different from how it appears. It involves a magical kind of deception. It is an illusion.

This is a critical contribution to our NewThink because, if the world we see isn't real. . .

*Then We Must Question  
Every Belief We  
Have About It!*



This includes, of course, our current beliefs about healing. If they are based on an illusion, which they are, then those beliefs are not to be trusted.

Our examination of this illusory world will start below with the well-known scientific fact that our senses deceive us. With this in mind, we must question the reality of what they are telling us.

From there we will move into quantum physics, our most advanced science, where we will find even more solid evidence that the world, as we know it, is an illusion. Despite what our erroneous senses so convincingly tell us, nothing is separate from anything else. There is only a grand Oneness of which we are unaware. This is critically important for us to understand, because this Oneness is the home of The Unseen Therapist. In essence, . . .

*Quantum Physics Has  
Located The Divine!*

It has thrown open the door to our NewThink and showered question marks all over our current beliefs.



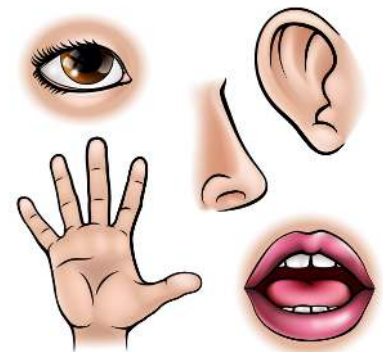
*Basic Science: Our Senses Deceive Us. The World is Not How it Appears!*

*We Rely on Our Senses*

Our senses inform our bodies as to what the world is about. Without them, we would be clueless. We would see and hear nothing. We would not taste—or smell—or feel—anything. No hunger would tell us to eat and no thirst would tell us to drink. We wouldn't know if we were freezing in the snow at the North Pole or sitting in the middle of an erupting volcano. Without our senses, we wouldn't even know we had a body.

So, to us, our senses are *everything*.

And we rely on them completely. We consult our senses every moment of our existence and interpret what they report. Then we dutifully act as though these reports were accurate. This includes everything from simple conversations—to avoiding danger—to spending money—to making decisions to every facet of our lives. In essence, we are prisoners within our senses and dutifully obey their every input. It is what we know—at least that's what we think.



*Our Senses Deceive Us*

Unfortunately, our senses deceive us—badly. They are showing us a very limited world. The compelling evidence for this reaches as far back as the beginning science that we learned in school around age 16.

For starters, we learned that our eyes and other senses perceive only a tiny fraction of our physical existence. If, for example, the entire electromagnetic spectrum—which includes things like radio waves, microwaves, infrared, ultraviolet, x-rays, gamma rays and more—stretched for 3,000 miles from Los Angeles to New York, our eyes would only detect an amount equal to the length of one of our arms. That amount is called the visible spectrum but should be called. . .

*The Ridiculously  
Tiny Amount  
That We Think is Reality!*

All the rest of it (99.99999%) is lost from our everyday awareness. I mean lost. It is all going on—right now—but our senses do not detect it.

Also, our ears hear only a tiny portion of the entire sound spectrum. This means the vast majority of all the possible sounds out there are unavailable to our ears.

And, in the same way, our feelings, tastes and smells are also severely limited. Stated differently, we don't have a clue about all that is really going on.

Yet we are convinced that our minuscule senses are giving us reality. We even have phrases that echo our firm beliefs in these illusions. We say things like...

- "Seeing is believing"
- "I saw it with my own eyes"
- "I heard it with my own ears"

Our lives and our belief systems about politics, science, relationships, health, etc., are almost entirely based on the 0.00001% that our senses perceive. The rest is ignored. Our senses shut almost everything out—leaving us with the false impression that the infinitesimal bits we perceive are all there is.

### *We are Unaware of Seven Dimensions*

Our scientists have identified eleven dimensions to our existence and yet our senses only allow us to be aware of four of them (length, width, depth, and time). The wonderments of the other seven are hidden from us, buried beneath our awareness.

Can you, for example, tell me what is going on in dimension #8? Is your unawareness of it causing you to age? Does it contain the answer to world poverty? Is it where Elvis lives (smile)?

What about dimension #10?—or #7? What jewels of our existence do they contain?

These are deep questions that beg for our attention. However, they get pushed aside, because they involve ideas outside our awareness. We are too busy trying to work our way through our world, albeit imaginary, to ponder such profound proposals.

### *Our Man-Made Healing Methods are Severely Limited*

Further, our man-made healing methods on this side of the bridge are all based on this minuscule slice of perception and do little or nothing to draw therapeutic power from outside these limitations. Yet, as we have already seen, this unexplored power of The Unseen Therapist is capable of extraordinary results.

We turn now to the essential contribution of Quantum Physics.

## *Quantum Physics: The Advanced Science That Destroys Every Belief We Have!*

### *The Palace of Possibilities*



Quantum physics whisks us away on a journey beyond our senses. It is an escape into a new reality we never expected and opens the door to a massive Palace of Possibilities. It also answers the question, "If our senses deceive us, then what is the real world like?"

Let me unfold it for you.

First, Albert Einstein told us in the early part of the twentieth century that everything, including our bodies, was made of energy. That was another "outside our senses" discovery, because our senses tell us we are solid forms, not vibrating energy packets.

Later, a new science known as quantum physics emerged. It is the study of very small things (quanta) on the atomic scale and, as such, explores fascinating phenomena that are so infinitesimally tiny that our raw senses can't even begin to perceive them. And, because we are made of atoms. . .

*It is Also the Study of  
Our Physical Reality!*

This is a Godsend (literally), because these studies have become our scientific probes into the mysteries underlying our existence. They point the way to our true reality and do so without our erroneous senses getting in the way. Thus they provide a pure, sensory-free exploration that is central to our new form of thinking (NewThink).

While quantum physics supplies a compelling list of belief-busting discoveries, our concern focuses on only one of them. That discovery is completely outside of our sensory world (hooray!) and gives substance to The Unseen Therapist. It makes Her believable without having to rely on faith alone. And that discovery is. . .

### *Separation is Impossible!*

We are all made of atoms and, at the atomic level, all atoms are connected. Thus, your body cannot be separate from mine. Nor can you be separate from the tree you may see out of your window. All these atoms are linked, just like drops of water are blended with each other to form an ocean.

#### *A Giant Oneness Soup*

You and I are literally joined with one another and exist within a giant Oneness soup that also includes every seemingly separate object we perceive. I mean everything: from cars to books to our pets to the oceans, mountains, clouds and all things in between. We are one with everyone and everything, no exceptions.

This is now solid, well-established science that has been in front of us for decades. It is the most stunning news of all time.

Why? Because it means that everything we perceive through our senses is an illusion and nothing exists in the separated form. Again, our senses deceive us. We see and hear things that are not really there. Our true reality is Oneness.

#### *Backed by Our Most Prestigious Science*

So, quantum physics provides proof of our true reality that is completely independent of my, or anyone else's, view. You no longer need raw faith to venture across the bridge, because you are backed by our most prestigious science.

As you may appreciate, however, it takes people with Einstein's intelligence and background to properly explore the extraordinary messages of quantum physics. The endless experiments that have been performed over several decades require a grounding in science and mathematics that few possess.

Fortunately, the findings from this highly complex science were summarized and beautifully portrayed in the 2004 DVD production known as *What the Bleep!? Down the Rabbit Hole* (highly recommended). It included inputs from some of the most prominent scientists of our time, such as Dr. Candace Pert, Dr. William Tiller, Dr. Joe Dispenza, Dr. John Hagelin, Dr. David Alpert, Dr. Amit Goswami, Dr. Dean Radin, and Dr. Fred Alan Wolf.

Here are some of the central conclusions from that popular film. Note the common themes (*emphasis added*) that we are not separate—we are all One—and our senses deceive us.

- “At the most fundamental level of our being, *we are all One and that Oneness is love. It is God. We are not separate from each other or from anything else in the universe.* Our senses tell us otherwise, of course, but that is an illusion.”
- “All of our worldly problems can be reduced to the perceptual *error that we think we are separate.*”
- “*The world, as we see it, is a projection of our own beliefs in separateness. We are conditioned to believe this because our limited senses deceive us. There is nothing outside of ourselves and everything our eyes ‘see’ is an illusion. We have projected our own beliefs onto the world’s screen and are acting according to our own erroneous projections. There is no out there, out there.*”
- “Time and space do not exist. They are merely creations of our own minds to help us make sense of *our erroneous belief in separateness.*”
- “We are now realizing that this erroneous view of ourselves as separate is most destructive—it’s the thing that creates all the problems in the world. We are now realizing that that notion is all wrong—*we are all One. We are all together. At the very essence of our being we are connected.*”
- “The deepest level of truth uncovered by science and by philosophy is the fundamental truth of unity. *At the deepest sub-nuclear level of our reality you and I are literally One.*”
- “This interconnectedness—this timelessness—I think of as the beginning of a scientific understanding of spirituality.”
- “There is one God self that is all of us. We grow from that. The whole Universe grew from it and each of the separate personalities that appeared has grown from it with *the illusion that each one is a separate individual.*”
- “When people have a mystical experience, how they describe it is that they begin to lose the usual sense of material reality around them. In fact if they go far enough and achieve a sense of absolute unitary experience, *then all of the material world as we typically know it basically goes away.* What we are talking about there is just an experience of pure being, pure awareness, pure consciousness.”
- “*There is no real separation between us.* So that, what we do to another, we do to an aspect of ourselves.”
- “There is no place where we end and everything else begins. *We are all connected.*”

- “The most fundamental thing is that we are all connected by an energy field. We swim in a sea of light basically. *You have to get away from the whole idea of separateness, because separateness is the biggest problem in the world now.*”
- “One then begins to see others as part of themselves. One begins to see that it’s best just to love others and not judge them, that what you do to build another actually builds yourself. *You begin to see that you are connected, you are part of a large family.*”

We owe endless gratitude to these dedicated scientists, because they have revealed to us a world of vast possibilities that is rightfully ours. Properly understood, their gifts are unparalleled in history. They are pulsing with possibilities, and awaiting our use.

However, the findings of our quantum physicists lack one thing. They point the way to new possibilities, but they do not show us how to get there. That gap is beautifully filled by The Unseen Therapist.

Now think about what our scientists are saying. I mean really think about it. Every belief we have assumes a separated world and, since separation is impossible. . .

*All of Our Beliefs  
are Open to Question!*

They are built on an illusory foundation that tends to shift and change over time. That’s why our beliefs tend to be unstable. For example, are your beliefs about religion or politics the same now as they were 10 or 20 years ago?

What about your beliefs regarding how to raise children or how our educational system should work? Have they changed over the years?

And then there are those beliefs about marriage, relationships, money, and medicine. How many of those beliefs have remained the same for you over time? Even if some of your beliefs seem to have been stable, how many other people agree with every detail of those beliefs?

Again, our illusory beliefs change and shift, and it is a real challenge to find any two people who have an identical list of beliefs. That’s because those beliefs are built upon a foundation of sensory deception and must change and shift, because they are not built on truth.

Now back to the scientific fact that separation is impossible.

It should dominate the evening news—and the newspaper headlines—and every blog or talk show on the planet. It should be taught in schools and permeate global politics, so we can move toward a One-



*Quantum Physics does not show us how to get there.*

ness existence, instead of expending endless resources toward the inevitable conflict that comes from separation. And...

*It Should be the  
Centerpiece of a New,  
Ultimate Healing Process!*

That ultimate healing process is contained in this book. Here is where we cross the bridge and look past our erroneous senses and our mistaken belief in separation. Here is where we begin to replace our “many-treatments-for-many-issues” mindset with one natural remedy for everything. Here is where The Unseen Therapist shines Her light. She represents our Oneness dimension and sees beyond our erroneous beliefs. That is why She can perform healing miracles that are beyond man-made methods.

### *Why Do We Believe in Separation?*

Why, if our Oneness reality is so exquisite, would we bother with limiting ourselves to illusory bodies and seemingly undergo pain, conflict, and death? This is a theological question that scholars will debate for decades to come. Books will be written about it and movies will be made.

To date, however, there is no answer to this question that would satisfy everyone. That, as I stated early on, is why I’m avoiding theological debates; they aren’t necessary for us to make progress.

So, it is not important to spend energy on this question of why. That will only distract us from our more important and achievable task of how to get there. Besides, once you master the how, the why will become trivial.

Now it is time to dig more deeply into our NewThink. We are about to shift from the *fact* of Oneness to the *experiences* of those who have awakened into it.

Website: [www.EmoFree.com](http://www.EmoFree.com)  
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10

## *NewThink #5: We Must Also Listen to the Volumes of Spiritual Evidence*

IN ADDITION TO THE substantial scientific backing of the idea of Oneness, there is also an inspiring collection of spiritual experiences that have been accumulating “proof of Oneness” for decades. As we explore those experiences in this chapter, you will gain confidence in your journey across the bridge. We start with my personal visit with the Divine.

### *My Visit with the Divine!*



It came on an October morning in 1988. Unexpected—overwhelming—glorious.

I had heard about people having spiritual experiences and I had read about near death experiences (NDEs) and other visits with the Divine, but never thought I would be so lucky as to have one of my own.

But there it was—my personal revelation—a visit with the Divine. It was my introduction to Oneness, the healing power of spiritual



love and The Unseen Therapist. It set me in a new direction toward the NewThink that threads throughout this book.

### *The Visit*

Upon awakening that morning, I was lying in bed pondering my unrelenting list of things to do. It was an irritating experience, because I had piled more pointless stuff on my plate than I could possibly swallow. I felt a tightness in my body and thought emphatically, “Who needs this?”

I know that doesn’t sound like a life changing event. I mean it wasn’t like I was drowning or about to be thrown off the top of a tall building. But, as I look back, it had one critical feature that caused my visit with the Divine. That feature was. . .

### *I Let Go of This World!*

It wasn’t a suicide thought or anything like that. Rather, it was a deep recognition that there’s something nonsensical about this world, something false, something artificial. Who in their right mind, I thought, would buy into it?

My thoughts continued. This world, as we know it, is filled with fleeting pleasures surrounded by worries, doubts, wars, pain, disease, and, ultimately, death. Nothing ever seems to truly satisfy. Whatever goals we appear to achieve eventually fade in importance behind another goal—and another—and another—*ad nauseam*. No matter how much money one makes, we always want more. The perfect soul mate usually falls from perfection and thus fails to satisfy us. The ideal body ages and falls from grace. And on it goes.

So, as these thoughts washed through me, I let go of this world and was instantly shifted into an unspeakable grandeur. It was a spiritual thing, nothing physical about it. It was a new emotional state where the only reality was that of love.

### *Someone Popped My Bubble*

It was as though I had been living in a fictitious bubble within which existed our nonsensical world. And then—as my thoughts revealed the above absurdities and I let go of this world—it was like someone popped my bubble.

Instantly, the world vanished and a new reality rushed in to fill the vacuum. It was an all-encompassing love—a spiritual love—a healing love beyond description where everything is connected within that free flowing Oneness of joy that our quantum physicists

have discovered. If human love would fill a swimming pool, then this love would overflow an ocean.

Let me try to describe it.

### *The Puppy Dog Ocean*

Imagine gently wading into an endless ocean of loving puppy dogs. The puppies are thrilled with your presence and can't wait to nuzzle up to you, kiss your face, and love you endlessly. Squeals of delight, wagging tails, and joyous eyes are everywhere.



They see only your loving essence and are ecstatic about blending it with theirs. Why? Because that blending increases their own love. True love—spiritual love—cannot be contained. To be what it is, it must be shared. So, in our puppy dog ocean, you are absorbed into a state of Oneness filled with continuous ecstasy. You become part of something far grander than your separated self.

Love is all that counts in this ocean because that's all there is. Our fears, resentments and guilt dwindle into nothingness as this blissful state replaces them with complete protection and unconditional acceptance. Anxieties and physical ailments then become impossible because they cannot survive in an ocean of love where there are no negative emotions to cause them.

This state, this love, is where The Unseen Therapist resides on the other side of the bridge. It is that power we wish to absorb for healing purposes and this happens as we reduce our negative emotions.

To the extent we can do this, we are free. As we discard our negative emotions, and practice being in this ocean of love, we become those puppy dogs. We join in the love—merge as one with it—and play joyously and eternally with our brothers and sisters. Nothing stands between us. We are love. We are One. We are home.

### *It was Our Real Home*

In my visit with the Divine, I was in the arms of the Creator. It was awe inspiring and yet it was comfortable, somehow familiar. It was home.

I mean it was our real home, where all wisdom and knowledge resides, and where The Unseen Therapist fulfills all needs. Here, worries, doubts, sickness, death and all the issues of the world are unknown.

In this realm, sickness is impossible and thus The Unseen Therapist represents the perfect healing capacity of love. This blows right by our many man-made remedies and exposes us to a vast healing presence Who knows no limits. Our mission, of course, is to capture as much as we can of Her willing help.

### *Oneness and Other Features of this Unspeakable Grandeur*

I don't know how long I was immersed in my visit with the Divine, because time disappears in this state. There is, instead, a splendid sense of now that never ends. As our worldly clocks measure it, however, I think I was only in this state for a few minutes.

Nonetheless, I have distinct recollections from this experience that shine a light on our journey across the bridge. I share them below:

#### *We Exist in a State of Oneness*

Despite our seemingly separate bodies, we are all connected into one grand unified experience, of which we are currently unaware. This blends beautifully with the Oneness findings of quantum physics.

#### *We Erroneously Believe We are Separate and that Belief in Separation is the Cause of Every Issue We Have*

I don't just mean our emotional and physical ailments. It is the ultimate cause for war, trauma, poverty, and every problem you can name. All of these issues, including death, are impossible in the Oneness state. Since The Unseen Therapist comes from that place, She can lead us to the resolution of these issues. I know this seems to be a far-reaching statement, but as you experience The Unseen Therapist, you will get an exquisite taste of the true grandeur that resides beyond our belief in separation. It is an easy reach from there to expand that taste into an elegant new gourmet meal that can feed a world hungry for this new meaning to life.

### *Spiritual Love is Our Only True Nature*

It is the only thing that exists in our true state of Oneness. Anger, fear, guilt, and other negative emotions, while seemingly real to us in the separated state, will gradually diminish as we conduct the practices recommended herein and regain the awareness of our true reality.

### *Love is the Ultimate Healing Source*

If I could re-achieve and maintain the pure loving state of my visit with the Divine, I could walk into a hospital and my mere presence would have healing effects. Tumors would subside, joints would repair, lungs would clear, and every ailment in the hospital would fade into non-existence. You could do the same. I call this ability the Pleasance of Your Presence. It lifts your life to new levels and tends to grow as you perfect your communication with The Unseen Therapist. The improvement may be small at first but, with continued practice, there are no boundaries to its expansion.

### *Thousands of Visits with the Divine*

Many others have had visits from the Divine with similar experiences. Some are like mine, in that they happened during life, while others are piled up for you on the internet in the form of near death experiences (NDEs). There are more than you can possibly read. I mean thousands upon thousands!



Just do an internet search for the term “near death experiences” and you will see. There are just simply too many to ignore.

For decades, these NDEs were given little or no weight by the scientific community. They were considered “woo-woo,” despite the voluminous reports to the contrary. Neurosurgeons, in particular, downplayed the phenomenon. In lay terms, they claimed that these experiences were caused by the activation, as death nears, of that portion of the brain responsible for hallucinations. Thus, the neurosurgeons claimed, these visits with the Divine were merely delusions, not to be taken seriously.

That all changed in 2012 upon the publishing of the book *Proof of Heaven* by Eben Alexander, M.D. Dr. Alexander is a neurosurgeon who contracted a rare brain disease that ate away portions of his brain, including that portion responsible for hallucinations. As he slipped into a coma on his way to certain death, he had one of these near death experiences that was supposed to be impossible given the nature of his deteriorated brain.

He completely recovered into perfect health and wrote his book. This put to rest any scientific objection to our visits with the Divine.

Also, I have conducted many interviews with others having “during life spiritual experiences” such as mine. I list them in the next section, together with appropriate links, and urge you to listen to them all.

### *The Spiritual Experiences of Others*

Below are the aforementioned interviews I have had with others who have had spiritual experiences similar to mine. Notice how these folks describe their experiences using different details, but with similar adoration for the Oneness or love that permeated these visits with the Divine.

The first interview is with Sally Shallenberg and is a must see. Sally had several “wow” experiences such as mine, as well as one that lasted two weeks. Note how during these two weeks, she functioned normally, but could only see perfection. Further, she was essentially unaware of needing to eat or sleep.



*Sally Shallenberg*

<https://youtu.be/GkQZLYjIzqI>



*Agatha Golderloos*

<https://youtu.be/EGhybyw2TXY>



*Dianne Kilpatrick*

<https://youtu.be/z35p58WJVVA>



*Jane Buchan*

<https://youtu.be/-05BA1HfuZQ>



*Hilda Gymz*

<https://youtu.be/cMHw54I1rM>



*Kurt Brendstrup*

[https://youtu.be/t\\_2Zu83gAAo](https://youtu.be/t_2Zu83gAAo)



*Linda Lang*

<https://youtu.be/yZq3SsrJl9w>



*Susan Thornton*

<https://youtu.be/zMUZhVjf2G0>



*Emma Johnson*

[https://youtu.be/\\_U0CC70-pBg](https://youtu.be/_U0CC70-pBg)





*Judith Jackson*

<https://youtu.be/bo4SHVVfaqg>



*Aileen Morris*

<https://youtu.be/SF02QdyQQfI>



*Jan Evans*

<https://youtu.be/M069C-UdtDE>



*Donna Browning*

[https://youtu.be/q9PhVoxE\\_dQ](https://youtu.be/q9PhVoxE_dQ)

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## *NewThink #6: The Unseen Therapist is Ultimately the Only True Healer*

THE UNSEEN THERAPIST HAS BEEN integrated throughout this book so, by now, you should have a good idea of Her abilities.

She is, of course, the true therapist within our process. Earthly health practitioners, whether professionals or self-help students, learn to work by Her side and become Her valued assistants. This is in direct contrast to our current beliefs that therapists, doctors, and other health practitioners possess the ultimate key to healing. They do not. NewThink insists that this key rests with The Unseen Therapist.

I have watched The Unseen Therapist at work—both for myself and others—ever since I was first introduced to Her during my 1988 revelation.

At first, my ego thought I was just getting better at the therapy process because of my privileged visit with the Divine. I labored under that perception for many years and didn't realize that "my results," however extraordinary many people considered them to be, were really "Her results," and all I was doing was opening the door to Her presence.

Fortunately, my ego has gradually subsided and that has allowed me to observe, in gratitude and wonder, many other features of The Unseen Therapist. I give those observations below.

### *Her Many Other Features*

#### *Patience*

She understands our erroneous allegiance to the belief in separation and patiently accepts our stumbles as we awaken to our natural Oneness state. Thus, to get results, you need not be in a hurry nor are you required to 100% believe in the Oneness concept nor any



other spiritual idea in this book. Everyone has their own pace as well as their own degree of skepticism and resistance. You need only be open. She will work within your degree of readiness.

### *Gentleness*

She never criticizes or fights. Nor is She combative in any way. She gently nudges and never forces. She makes available to you the possibilities and awaits your acceptance of them.

### *Defenselessness*

You cannot confront Her, as She has nothing to defend. To Her, love is the ultimate truth. It is the essence of Her (and our) being and needs no defense to be what it is. Skeptics often want to challenge this, but go nowhere, because She does not engage in the debate.

### *She Never Judges*

To do so would thwart the very peace She represents. Judgment compares and inevitably brings about levels of better or worse. Peace, to Her, involves the omission of judgment.

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## *Message From The Unseen Therapist to You*

I consulted with The Unseen Therapist frequently while writing this book. My constant questions involved what to say and how to say it. Accordingly, this book is a collaborative effort. At one point, I asked Her to speak more directly to you. Below is the result.

It is not a word-for-word dictation. Rather, I listened for content—Her ideas—and put my words around them. It provides a summary and adds further emphasis to the essential messages herein. It also introduces some thoughts about which I will elaborate later.

### *From The Unseen Therapist*

Your approach to healing is flawed because you are looking in the wrong place for a cause.

The true cause for all your emotional and physical ailments is in the mind and nowhere else. This is simple, straightforward, and somewhere within you, you know it is true. You are tempted to ingest an endless number of pills and undergo radiation and surgery in an attempt to counteract undesirable chemistry or adjust body malfunctions. These become unnecessary if you have corrected the true cause.

It is your mind that manifests everything in your life, including your body and all its pains and pleasures. I know it doesn't seem that way, but you will come to know the truth of what I say. Your mind is the command center of your body and determines the things you seem to perceive. You can use it to perceive either our Oneness or the erroneous state of separation. For now, you choose the latter.

Your world unfolds as your mind dictates and your mind acts according to your beliefs. If you have difficulty believing that, it is because you are comparing what I say to your existing

beliefs, all of which are based on an illusion and preventing your proper healing.

You and I share the same Source. We are One with all the other bodies that seem to occupy this illusory planet. You are not a body. You are part of a mind which, at the core, is immensely powerful. As a result, your thoughts can do anything, including the imaginary creation of a universe filled with separate things and separate bodies.

This you have done and until you proceed across the bridge toward Oneness, you will be limited by your current thoughts. I will help you across the bridge and will do so gently, step-by-step, into a splendid world that is currently outside your awareness.

This belief in separation is the cause of every problem you see. This includes not just your health, but also your politics, poverty, wars, and everything else as well. There is no separation, only a Oneness that joins us all. Your beliefs, including those about healing, are all based on the illusion of separation and thus are illusions themselves. That is why they need correction.

I am here to show you the evidence for what I say and, with your practice and cooperation, will join with you on a healing journey that will transcend everything you currently believe about healing.

A few things must be understood.

FIRST, I love you beyond anything you can currently imagine. I am love and so are you. It is our joint love that brings about your healing. You have hidden your love behind false doors, but we will open those doors as our process evolves.

NEXT, together we can resolve any health problems you think you have. It doesn't matter what label you give them. Cancer and migraine headaches are no different than the fear of heights or an anxiety issue. That's because they all have the same cause, an unforgiveness of some kind. Unforgiveness can only result from the conflicts that occur while you dream you are separate from the Oneness in which you truly exist. A fish can live out of water for a while, but struggles to do so. It resumes life once it returns to its natural environment. I represent your natural environment and will teach you, through healing, how to resume your life as it was intended.

NEXT, unforgiveness takes many forms in the separated world. It is the central player in what you call anger, resentment,

guilt, fear, trauma, and all other forms of negative emotions. Together, we will resolve your unforgivenesses, but will often do so using these emotional labels that are familiar to you.

NEXT, you don't have to believe anything I say, but you do need to practice communicating with me. It is through this practice that we can properly address the true cause of what you think are your problems. Your belief will grow as you observe the healing benefits of our work together.

NEXT, in your illusory state of separation you are mostly unaware of the needless pain you have caused yourself through your unforgivenesses. Many of your damaging thoughts are below the surface and, for our purposes, are at least partially hidden from view. You have forgotten some of them and others appear so routine that you don't consider them a problem. Some are too painful to recall, while others are on the surface and readily seen.

NEXT, I cannot resolve any issues, or portions thereof, if you choose to hide them. Your beliefs and various forms of "emotional protection" are part of your free will and it would be unloving for me to interfere with your choices. However, I will assist you in accessing your issues and removing them from hiding. This way, we can put more "on the table," so I can help you resolve them.

NEXT, I cannot take you any further than your readiness allows. Your readiness, however, will improve as we practice together.

FINALLY, our healing journey is a process. You have so many beliefs that are contrary to the truth that it would be unrealistic to expect all issues to vanish immediately. I repeat, then, the necessity to practice.



A few more thoughts.

Our communication needs help. You do not yet know how to listen to me. I will help you correct that.

I listen to you constantly and know all your wishes. I also know all your problems: those you think you have, as well as the real problem underlying them. Your main source of information is from others who also believe they are separated. These often take you in the wrong direction, because you are asking for advice about how to transcend the illusion from others who are also immersed within it.

I know the cause of all your ailments and am perpetually providing solutions that are easy, gentle, and sure. You rarely hear me, however, because you are distracted by the constant voices of separation. I represent our true Oneness, the opposite of what you think you are, and this causes you to resist my guidance.

At some level, you do not trust me. You are worried that I may unravel your belief in separation and thus erode the tumultuous world to which you have become accustomed.

And you are correct.

To you, the Oneness seems unfamiliar and it appears that you are being asked to give up the world you have made—despite the pain, disease, and death that accompany it—for something far grander, but unknown. This can cause serious doubt, insecurity, and unrest. I understand.

That is why the process is a gradual one.

It involves the bridge between your current world of separation and your natural home of Oneness. You can cross this bridge as far as you like and pause, quit or resume as you see fit. I will help you cross the bridge, but will never interfere with your wishes.

Through our practices you will gain more comfort with my presence. You will collect expanding evidence in the value I bring as you see tangible results with your issues. It may be slow at first, but as you gain experience hearing my guidance, you will confidently move forward across the bridge.

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## *NewThink #7: We Have Only One Challenge*

PRESUMABLY, THE UNSEEN THERAPIST could enter our bodies and instantly awaken us into our Oneness state. In that case, we would already be across the bridge and this book would be unnecessary.

So why isn't this already done? What stops Her? What is powerful enough to put the brakes on this dominant force? The answer is—us!

### *Limits—Our Only Challenge*

We all share the same Oneness as The Unseen Therapist and because of this, we have the same power. We are unaware of this power, however, and that is why we need Her help. As indicated in Her previous message, She can only assist us to the extent we allow it. That is Her only limit and thus our only challenge. If we choose to hold onto something—or hide it—or forget it—then it is not available for Her to resolve.

To better understand this concept, imagine sitting at a table where issues you genuinely want resolved are resting on top and in plain sight for The Unseen Therapist. Such “on the table” issues are available to be easily and quickly resolved, because you are openly allowing the process.

However, if other issues—or parts thereof—are withheld, hidden or forgotten, then they are under the table and thus not allowed. Examples might include 1) resentments you wish to keep, 2) guilt you don't want to look at or 3) fear that causes you anxiety to think about.

As long as you retain them, they will go unresolved and will remain as causes under the table.



## *Practice*

Fortunately, there is a solution to this problem. The more you practice our process, the more these issues will be coaxed out from under the table and placed on top.

## *She Will Not Interfere with Our Free Will*

So, to be clear, The Unseen Therapist will never interfere with our free will to believe whatever we wish. Nor will She hinder our choice to retain, forget, or hide—even from ourselves—the anger, grief, guilt, fear, and other negative emotions that help keep us glued to the belief in separation. To do so would turn Her into an unwanted “thought dictator.”

Stated differently, it might seem loving—at least on the surface—for The Unseen Therapist to wave Her spiritual wand and remove our erroneous beliefs and our retained, forgotten, or hidden issues. But that would violate our right to think and believe as we choose—and *that* would be an unloving act indeed.

Instead, with a little effort on our part, The Unseen Therapist will patiently provide abundant evidence regarding our natural state while knowing that we will let go of our limiting beliefs when we are ready to do so.

With practice, we will notice that our healings are accumulating, and thus our doubts and limiting beliefs will gradually shift towards enthusiasm. After enthusiasm comes confidence, and following that, of course, comes conviction.

## *We Believe in Separation*

In the meantime, we are bombarded 24/7 by our erroneous senses that convincingly report a world of separation. Thus, we believe in this separation. It is what we know. We believe we are contained within fleshy fences that must compete with each other for resources, love, and even our very existence. And lost among all this ever-present commotion is the awareness of our Oneness state. That ultimate peace is drowned out unless we actively seek its appearance.

So, that belief in separation stands in our way of absorbing the wonders of Oneness and competes with it constantly. Thus, it keeps Oneness at arm’s length and hinders communication with The Unseen Therapist. The one thing needed for getting closer to the Oneness and making communication easier can be reduced to one word...

*Trust!*

Let me elaborate on that.

Having taught these ideas to thousands, I have come to realize that this mistaken belief in separation is much easier for students to discuss academically than it is to “own” or truly internalize at the deepest level. Fortunately, this will become easier—even natural—as you venture across the bridge and gain more experience with The Unseen Therapist.

Because this emphasis on our erroneous belief in separation seems a bit hard to grasp, I have previously used other concepts that may be more digestible. One of them is the metaphorical creation of a “Guard at the Gate,” whose resistance to The Unseen Therapist is portrayed as keeping Her powers behind a gate with only bits and pieces showing through on occasion. I mention this because you may find reference to this Guard at the Gate if you have read my previous work.

For this book, however, we can point to the lack of trust as our hindrance. Stated differently, trust is an essential component of love and must be present, or developed, to maximize results. Also, The Unseen Therapist, and all that She represents, is likely new to you. For that matter, much of the material in this book may be difficult to “buy” completely. So, again, trust becomes the issue.

### *Developing Trust*

Trust is something we develop with experience. For example, we don’t completely trust that we can hit a baseball, or ride a bicycle or perform other tasks, until we do so. We may not completely trust other people until they prove their trustworthiness, and we don’t completely trust The Unseen Therapist until we have personal evidence that She is real.

The more evidence (healing) we get, the more trust we have. And the more we build on that trust, the more fluid becomes our communication with The Unseen Therapist. This, in turn, produces even greater evidence and leads us to an upward spiral that points toward Oneness and the unspeakable grandeur that is currently outside our awareness.

So we gain trust through experience, and in this book, we get that experience through practicing our Personal Peace Procedure. Everything boils down to that process. It’s next.

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# *The Personal Peace Procedure*

### *Beginner's Personal Proof: The Symptom Approach*

#### *The Symptom Approach*

A CENTRAL FOCUS OF THIS book has been the importance of aiming at causes rather than symptoms. However, before I take you through a more detailed, cause-related, step-by-step set of intro instructions for our foundational Personal Peace Procedure (see next section), I'd like to offer a relatively quick, symptom-related way for you to experience the benefits of working with The Unseen Therapist.

#### *Making It Work for You*

Let's be realistic. Everything I have written so far can be dismissed as a mere hollow theory *unless it works for you*. Indeed, all these persuasive scientific and spiritual findings may seem like tinsel on the tree if you don't experience benefits for yourself.

And that brings us to a challenge. Our therapist here is not a doctor, a pill, or a surgical procedure that we can see or grab onto with our belief systems. Instead, our remedy comes from our Oneness—an immense, yet invisible power buried beneath our beliefs.

#### *Beginner's Evidence*

So it's not like we can just throw a switch and instantly do away with our ingrained belief systems. We are not used to this healing power and, despite all the credible info in this book, our built-in beliefs present an imposing barrier to its emergence. That's why we are tip-toeing into this with an aim toward gaining beginner's evidence of this power. It may be slow at first and may violate our need for a "quick fix." We may even appear to come up with nothing on our first tries. That's OK. You are learning a new skill.

But, in time, you *will* get results and, when you do, you will begin your ascent up our Stairway to Miracles. It will be like learning to use a computer and sending your first email. Suddenly you are alerted to the impressive power at your fingertips and from there, you graduate into a limitless array of wonderments that were previously outside your imagination.

So we begin your climb up the Stairway to Miracles with a simple approach designed to give you. . .

*Personal Proof of  
The Unseen Therapist's  
Healing Power*

This is essential for developing trust in The Unseen Therapist. Once you see results, not just for someone else but for you, your ascension up our Stairway of Miracles will be filled with growing enthusiasm and, like with the computer, your appreciation will swell for what is to come.

But how do we prove this to ourselves?

Easy!

We simply compare how we feel *before* inviting The Unseen Therapist with how we feel *after*. This, in essence, is the same as what we do with man-made methods. Thus, while the process is invisible, we can measure our results in a standard, easy-to-see manner.

This will unfold as we step through this process below.

*Caution:* Some people have frailties that preclude them from engaging in *any* healing process alone. Thus, please read through the instructions below and if there is any possibility that you may damage yourself with any of these procedures, please consult physicians first.

We start by aiming at physical discomforts (pains, itches, burns, etc.). Again, this may seem strange, because my emphasis so far has been to aim at causes, not symptoms. However, aiming at physical discomforts is important for beginners. Here's why. . .

- The problems are easily identified (e.g., headache, back pain, sinus congestion, etc.)
- When results appear, they are usually immediate and are easily measured on a 0–10 intensity scale (e.g., an 8 goes to 3, a 7 goes to 0, etc.).



*Stairway to Miracles*

## *Gaining trust*

As stated, it is essential that you gain some early trust in this process and what greater evidence could you have than for a physical discomfort to improve after only a few minutes with The Unseen Therapist? This is especially impressive if pills or other man-made remedies have done little or nothing to resolve the issue.

Remember, this process is likely well outside your belief system and so your diligence and attention to detail are essential. Accordingly, I will provide plenty of specifics so we can answer your questions along the way.

## *The Steps*

Here's what you do: The process has four easy steps. . .

1. Identify the discomfort.
2. Estimate (measure) its intensity on a 0–10 scale.
3. Invite The Unseen Therapist to resolve it.
4. Again, estimate (measure) its intensity on a 0–10 scale.

Let me elaborate below on the steps. I will provide a few videos along the way to make sure the fine points are well described.

### *Step 1. Identify the Discomfort*

Even though you may have more than one physical discomfort, please choose one of the most prominent ones. Don't be surprised if you get relief on more than one, even on ones that you don't choose. It happens now and then. Also, as a beginner, you may get no relief on the one you choose, but some relief on others.

### *Step 2. Estimate (Measure) the Intensity of the Discomfort on a 0–10 Scale*

No need for precision here. All you are looking for is a beginning evaluation of the current intensity *before* inviting The Unseen Therapist. Later, you will compare this approximate evaluation with how the discomfort feels *after* inviting The Unseen Therapist. The difference is a measure of your progress.

So, to make this *before* measure, just focus on the discomfort and estimate its current intensity on a scale from 0–10, where 10 is the worst it has ever been and 0 is no intensity at all.

Helpful hint #1: *Discomforts can shift their forms and/or locations.*

Before inviting The Unseen Therapist, some discomforts may show up as a sharp pain, a dull throb, a burning sensation, etc. But after The Unseen Therapist, there may be a shift to another form of discomfort (e.g. a sharp pain may become an itch, a dull throb may become a sting, a burning sensation may become an ache, etc.).

Likewise, discomforts can shift location. A headache, for example may shift from behind the eyes to the back of the head. Or a neck pain may shift from the left to the right side, or radiate along the muscles toward a shoulder.

These shifts are important evidences of progress and so for accuracy in comparison, it is useful to properly identify your *before* discomforts to include both their forms and locations. Here are some examples of how you might identify some *before* discomforts.

- A 6 sharp pain at the top of my left shoulder.
- A 7 dull throb at the right side of my head.
- A 4 burning sensation at the center of my throat.

This way, if there is a shift, you will recognize it by referencing these details when you make your *after* measure.

Here are some examples of how the above *before* discomforts may shift to an *after* discomfort.

- A 6 sharp pain at the top of my left shoulder becomes a 4 itch two inches lower down the shoulder.
- A 7 dull throb at the right side of my head becomes a 3 stinging pain at the back of my head.
- A 4 burning sensation at the center of my throat becomes a 6 tightness in my jaw.

The possible details here are endless and I give you these examples so you can customize the idea to your own situation. These nuances can be particularly important because when they shift, they point to new forms of discomfort. This is evidence that the original discomforts have been resolved (or improved) and new ones have taken their place. You can now treat these new discomforts as you did the original ones. With this understanding, you can convert what may, at first, appear to be

modest or zero results into impressive successes. This video gives you an example.



*Gary Craig on Form and Location of a Discomfort*

<https://youtu.be/8mVTyCGTioA>

Helpful hint #2: *Intensities change with body position.*

Some discomforts get worse as you move your body. For example, as you sit comfortably in your chair, your *before* back pain may be "a 6 dull throb in the lower back," but as you stand up, walk, or bend in a certain way, the pain may change from a 6 to an 8 or more.

Accordingly, it is important that you evaluate both your *before* and *after* discomforts while your body is in the same position. Otherwise, your result may be inaccurate. You can always use the same process on the extra discomfort in the new body position. Just treat the new level as you would any other physical discomfort. This can improve your results still further. Here's a video to illustrate this point.





*Gary Craig on Changing Intensities of a Discomfort*

<https://youtu.be/li3jzb8ArPs>

### *Step 3. Invite The Unseen Therapist to Resolve It*

Now that you have identified your discomfort and evaluated its intensity on a 0–10 scale, it is time for The Unseen Therapist to do Her work. Here are the instructions, followed by an audio session.

- Sit quietly, close your eyes and take a deep, relaxing breath. After 5 or 6 seconds, shift your focus to a loving moment. It can be an experience with a person, a movie, a pet, or even a peaceful moment in nature. This is your way of inviting The Unseen Therapist and letting Her know you are open to Her help. A simple remembrance will do. No need for a big production or a “Hollywood moment” with angels and harps. You may even have some competing mental chatter. That’s OK. You are a beginner. Even if it appears you are “doing it wrong,” don’t fret. Your mere intention will suffice at this early stage.
- Then shift your focus to your discomfort and after 5 or 6 seconds, invite The Unseen Therapist to remedy it in the form of healing light that surrounds the discomfort, bathes it in love, and fades it to zero. Do this for about 30 seconds.

Below is the audio session that will walk you through this step on a physical discomfort of your choice. It assumes you have already identified the physical discomfort and assessed its *before* 0–10 intensity, as well as its form and location. The audio is re-usable so that you can repeat it for other discomforts.



*Gary Craig and Unseen Therapist Session*

<https://youtu.be/pZrrJ6qMSag>

#### *Step 4. Again Estimate (Measure) Its Intensity on a 0–10 Scale*

Open your eyes, focus on your discomfort and estimate your *after* 0–10 intensity. Then compare that with the *before* 0–10 intensity you previously estimated. Has there been an improvement? If so, you have a beginner’s success. If the discomfort hasn’t diminished completely, you can repeat the process as often as you want until your discomfort levels out at a lower level or disappears altogether.

If you experienced little or no 0–10 improvement, then notice if there has been a change in the form or location (e.g., has a sharp pain turned to an ache, or some other form. . . or. . . has the location of the discomfort shifted to another place on the body). If so, this is actually an improvement. Why? Because the original form and/or location is no longer there (or greatly diminished) and it has been replaced by another discomfort (with advanced training you will come to know this as “switching aspects”). For further relief, you can now repeat the process on this new discomfort.

What if you still get no results? Remember, you are a beginner and are trying to access a power that has probably been submerged within you for your entire life. Be patient. You may fall short at first, just as you did when you first learned to ride a bicycle. That’s to be expected. It is part of this trial-and-error learning process.

#### *Try It on at Least Five Discomforts*

Also, you have not learned to address causes yet. You are still at the symptom level, where temporary or partial results are common. In fact, some discomforts will not budge with this beginner’s process. That’s because the underlying emotional causes may require more skills, and thus aiming at the symptom(s) will be fruitless. As a beginner, you will not be able to recognize when this is happening

(yet), and that is why it is essential that you apply this introductory process on at least five discomforts. This way, you are certain to have some successes and thus begin building your trust with The Unseen Therapist.

But you may not have five discomforts of your own. If not, then consider the options below.

### *Constricted Breathing Technique*

Most people, unbeknownst to them, are restricted in their ability to breathe deeply. While this is not necessarily a discomfort, it is something where our beginning method with The Unseen Therapist can provide improvement (and thus trust). Read the instructions below and then follow along with the video at the end.

- Take three deep breaths. Pause between them, so you don't hyperventilate (become light-headed). The purpose here is to expand your lungs, so that any improvement you achieve cannot be attributed to a normal stretching effect.
- After relaxing for a bit, take another deep breath... as far in as you can take it... and then exhale. Now assess on a scale of 0–10 how close that was to what you intuitively guess would be your maximum capacity (assumed to be 10). Since you may never have done this before, your maximum capacity guess is probably inaccurate. That's OK. We are only looking for a *before* guesstimate. So, compared to what you assumed was your maximum capacity, did you reach a 3... a 7... a 10? That estimate will do.
- Now invite The Unseen Therapist to free up your breathing capacity. This time circulate The Unseen Therapist's healing light around the lungs and imagine them becoming softer and more flexible. Do this for about 30 seconds.
- Now take another deep breath and evaluate (measure) your new 0–10 breathing capacity. Compare this *after* measurement with your previous *before* measurement. Chances are, your breathing capacity will significantly improve. Some people even improve well beyond what they thought would be a 10. If you wish, repeat this exercise and see how far you can go.



*Gary Craig on the Constricted Breathing Technique*

<https://youtu.be/p329t40gk78>

### *Create a Discomfort*

Most of us have limitations in our body movements that, when we exceed them, physical discomforts are created. Here's a video example for "neck bending."



*Gary Craig on Neck Bending Exercise*

<https://youtu.be/Tt-0fb8sqnM>

### *Work with Someone Else's Discomforts*

This will open doors to a nearly unlimited list of discomforts, because almost everyone over the age of 50 (parents, aunts, uncles) experiences one or more of them. It will also expose you to the beginning stages of one of the most fascinating features of The Unseen Therapist—namely, the ability to bring relief to other people surrogately. This ability can only occur, of course, because we are connected and are part of the Oneness that our quantum physicists have scientifically discovered.

The process is identical to the one you do for yourself. However, you must consult with the other person as to their *before* and *after*

intensities, as well as the form (pain, ache, sting etc.), location, and body positioning of their discomforts.

Once you have the necessary *before* info, you then close your eyes, take a deep breath and focus your thoughts on a loving moment (thereby inviting in The Unseen Therapist). Then, instead of focusing on *your* discomfort, focus on his or hers. After 5 or 6 seconds, invite The Unseen Therapist to remedy it in the form of healing light that surrounds the discomfort, bathes it in love, and fades it to zero. Do this for about 30 seconds. Then ask him or her for an *after* estimate of the discomfort's intensity and compare that with the *before* estimate. You may need to repeat this 2 or 3 times for results to appear. Eventually, you will improve your skills and generate impressive results with more regularity.

### *Is "Permission" Required for Surrogate Work?*

People often ask if we need to ask permission of the other person or God before helping someone surrogately. To me, that's a personal choice. However, I don't think it should stand in the way of your loving effort. To further clarify this point, I created a video years ago that addresses this issue. It was for an EFT Tapping audience (before The Unseen Therapist), but the same concept holds true.



*Do We Need Permission for Surrogate Tapping?*

<https://youtu.be/tgs7YV0Y40o>

## *Step by Step Through the Personal Peace Procedure*

*Caution:* While The Personal Peace Procedure is designed to be gentle, some people's emotional makeup is so frail that they shouldn't engage in any therapeutic process alone. If you are among them, please attempt this process only in the presence of a qualified professional.

### *Preamble*

Our previous practice on physical discomforts was designed to give you some beginning results. As stated, however, aiming at symptoms is not the most efficient use of The Unseen Therapist. It is likely to give you *some* benefits, even though they may be temporary or partial, and that's why it is a good starting point.

### *First-Aid and Minor Ailments*

You may also find the previous symptom approach helpful for first-aid uses such as burns, bee stings, bruises, sprains, and other symptoms that may not have deeper causes. I've seen it used successfully on all these issues, as well as for sore throats, flu-symptoms, some headaches, and other minor ailments.

### *Aim at Causes*

However, deep and lasting results on more serious issues require a more sophisticated approach that aims at *causes*, not symptoms. The basics of this approach, which starts with our Personal Peace Procedure, is within the grasp of anyone who can read this book. I have reduced it down to some easy to follow steps and you will find them in this chapter.

*Important Note:* To save time, please devote quality effort to this chapter. It is the centerpiece of our process.



*Personal Peace*

### *The Personal Peace Procedure*

This is the basic method within Optimal EFT, our highly effective companion process for climbing The Stairway to Miracles and harnessing the healing love of The Unseen Therapist. It blends perfectly with NewThink, quantum physics, and Oneness. It requires no prior education and involves a simple two-step procedure that anyone can learn.

### *Like Learning to Dance*

The process involves new skills and is like learning to dance. As a beginning dancer, you may feel awkward as your body learns unfamiliar ways to move. Eventually, though, you learn your first “two-step” and this generates some beginner’s confidence. Then comes the waltz, rhumba, salsa, quick-step, and more. By practicing those new skills you uncover new vistas of expression and human experience where “impossible” dances become quite doable. Practice produces perfection in both dancing and The Personal Peace Procedure.

### *Practice is Essential*

But please understand that the power of what you are about to pull out of yourself will not manifest for you just because you are reading this book. Nor will it leap off the page and magically cure everything immediately. Practice is essential and with it, this power can propel you up The Stairway to Miracles to pinnacles of peace that generate healing well beyond your current beliefs.

Your potential here is immense. But remember, your highest-level benefits depend on your degree of readiness, trust, and ability to communicate with The Unseen Therapist. These are like new dance steps and are all achievable.

### *The Unseen Therapist Sees Beyond Our Limited Perspectives*

Also, we must recognize that not all healings will be immediate or even recognizable. This is because The Unseen Therapist sees well beyond our limited perspectives. For example, if She sees an immediate healing as too threatening to your belief system, She will delay it or spread it out over time. If your ailment is covering a deeper, hidden issue that is beyond your readiness, healing will be set aside, or modified, until your readiness improves. And so it goes for many reasons beyond our current comprehension.

### *Universal Limitations*

These readiness “limitations” are not unique to The Unseen Therapist. Rather, they are “universal limitations” and also exist in all man-made healing methods. They underlie the reasons why man-made results often appear temporary, partial, or non-existent. They also explain temporary remissions, as well as the subconscious reasons behind secondary gain, and why people tend not to take their prescribed medications. So, your readiness is part of our equation and, fortunately, both NewThink and our practicing are designed to improve it.

### *The Two-Step Personal Peace Procedure*

This fundamental process for personal healing couldn't be simpler. Here are the steps:

1. Identify a bothersome specific event from your past.
2. Invite The Unseen Therapist to resolve it.

You will notice that physical issues seem to be missing from the process. That's consistent with our teachings, as we are aiming at the emotional issues underlying the true cause of our ailments (including diseases). Alleviating the true cause is like pulling a weed out by the roots instead of merely cutting off the top. By getting to the emotional roots, physical issues are likely to diminish or leave.

For best results, though, each of the two steps in this process needs further explanation. Let's start with an in-depth examination of Step 1.

#### *Step 1. Identify a Bothersome Specific Event from Your Past*

*The Importance of Specific Events* You might wonder why we use the term “specific event” instead of “issue” or “problem.” Let me explain this important distinction. Terms like “issue” or “problem” tend to be global (general) descriptions of an ailment. As such, they tend to be symptoms rather than causes. A poor self-image, for example, is a symptom that has causes (specific events) underlying it. Thus, if it wasn't for specific rejections, abuses, and other belittling events from one's past, the symptom of poor self-image would have no foundation and, without a foundation, the problem would not exist.

*A Language for The Unseen Therapist* One of our prominent goals here is to communicate well with The Unseen Therapist and for that, specific events provide an essential language. By aiming at our specific emotional causes, we are acknowledging our true contributions



to the global problems and, of course, Her specific answers now give us a true measure of Her presence. Learning to do this well takes a bit of trial and error but once mastered, you will have a permanent way to speak with your inner wisdom.

All of this, of course, leads us to the how-to's of specific events. Learn this piece well because your use of it can spell the difference between extraordinary success and apparent failure.

*So, Let's Define a Specific Event* It is like a short, emotionally charged, very specific "mental movie" from your past lasting a few seconds to a minute or two. It has characters, a beginning, an end, and, most importantly, an emotional crescendo. If there is more than one crescendo, shorten the movie to contain only one.

- *Incorrect Example* My father often abused me. (Way too general. Very little specificity. No emotional crescendo involved. Not a specific event.)
- *Correct Example* The time when my father hit me in front of my friends at my age eight birthday party and I felt so angry. (Very specific. A specific event with an emotional crescendo).

To help assure that you are aiming at a true specific event, it is useful to house the wording within a sentence of this form. . .

"The time when [what happened] and I felt [emotion]."

This will lead you right into a specific event with the emotional crescendo attached.

Examples:

- "The time when my third grade teacher told me I was stupid and I felt so embarrassed."
- "The time when I cheated on that math test and I felt so guilty."
- "The time when I fell off the roof and I felt so scared."
- "The time when I was molested by X and felt so confused."
- "The time when I saw Uncle John in his funeral casket and felt so sad."
- "The time when I was left home alone and felt so abandoned."

As you gain experience with this process, you will see that just about every emotional issue can be reduced to one or more specific events from your past.

Examples:

- The fear of public speaking can be reduced to times when you were embarrassed in front of an audience.
- Grief over the death of a loved one can be reduced to specific conversations, or the first moment you heard of the death, or one or more scenes at a funeral, etc.
- Anger issues can be reduced to specific times when you were angry.
- Guilt issues can be reduced to specific times when you behaved inappropriately.

Fortunately, it is these specific events that help prepare our issues for The Unseen Therapist. Properly done, their detailed nature serves to bring more out of hiding and thus puts more on the table for resolution.

*The Emotional Crescendo is Key* The specific event, however, is largely a housing or container for the emotional charge (crescendo) and, ultimately, it is the emotional crescendo that needs resolution. Recall our specific event sentence...

“The time when [what happened] and I felt [emotion].”

The happenings (what happened) within the specific event cannot be changed, but your emotional *response* to those activities (the anger, grief, guilt, or other emotional crescendos) can, indeed, be shifted, softened, or eliminated. This is where The Unseen Therapist shines. Get specific enough with the emotional crescendos and She can knock them down with ease. And each time She does this, your personal freedom expands, and you move a bit further up The Stairway to Miracles.

This need for emotional specificity is the reason why your specific event should contain only one emotional crescendo. To lump several emotions into one specific event is like trying to simultaneously care for every animal in a zoo. Each animal has different needs (diets, environments, etc.) and must be cared for separately. Likewise, if a specific event gives rise to both resentment and fear, it is best to deal with these one at a time.

Often, you won't know in advance if there is more than one emotion involved. You might start with anger and then shift to sadness. That's a great sign of success, because it likely means that the anger has subsided and is now replaced with a new emotion (sadness). For

now, just be aware of this shifting possibility and if another emotion shows up, start over with it as if it is another specific event with a different emotional crescendo. This will help you clean up a complex specific event.

*Rate the Intensity* As with the previous symptom approach for physical discomforts, we will be inviting The Unseen Therapist to resolve the intensity of each specific event i.e., its emotional crescendo. Accordingly, for comparison purposes, it will again be helpful to have a *before* measure of the emotional intensity for each specific event. You can assess this by running the specific event movie in your mind and estimating the 0–10 intensity of the emotional crescendo as it occurs *now*. Then write it down for future reference. We are not interested in the intensity that existed when the specific event actually happened. That’s because it is your *current* intensity that needs to be resolved, not what it was in the past.

#### *Other Questions May Arise*

Many of our memories fit neatly into these specific events and so, with a few exceptions, they can be resolved or improved using The Personal Peace Procedure. However, other questions might arise that cannot be answered in an introductory book like this.

For instance:

- “What if I can’t remember some specific events?”
- “What if some specific events don’t seem to be very charged?”
- “What if I start with one specific event and then, in the middle of the process, switch to another?”

These questions and much more are handled in our advanced work. (See the section entitled “Where to from Here? The Stairway to Miracles” on page 114.) For now, just work with those specific events that readily fall within these instructions. That should give you enough for a solid beginning.

We will be making a list of your specific events soon, so it would benefit you to read and reread the above discussion.

Now we turn to the second step in The Personal Peace Procedure. Once we have identified a bothersome specific event we need to . . .

#### *Step 2. Invite The Unseen Therapist to Resolve It*

Please read and practice this segment several times on one or more specific events. It is so important that I have broken it down into three simple phases, each of which deserves your attention. They



are like training wheels that will eventually fall away as the process merges into one seamless routine that you can use for every specific event.

The process may seem strange at first—even awkward as in a new dance step—but once you have achieved even the smallest results, you will have launched your journey up The Stairway to Miracles. After that, your benefits will expand as far as your motivation takes you.

*Phase 1: Close your eyes, take a deep breath and recall a loving moment.*

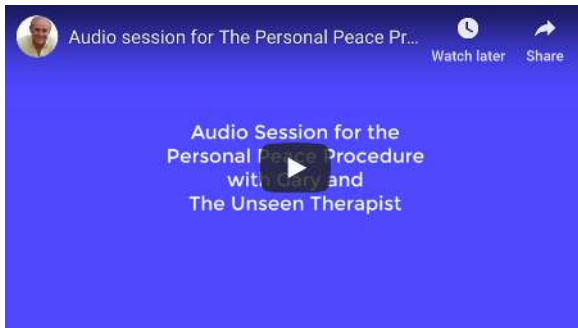
This is the same process that we did for the previous symptom approach on physical discomforts. It is a way to invite The Unseen Therapist and from experience, I can tell you that She is ever present and instantly recognizes what you are doing. Thus, the mere effort of adopting a loving moment, even if it is not done “perfectly,” is seen by Her as an invitation. Some beginners stress needlessly about this, because they need to “do it right.” Don’t be one of them.

*Phase 2: Next, shift your mental focus to your specific event and its emotional crescendo.* This tells The Unseen Therapist what you want resolved. Run this movie in your mind and focus on the emotional crescendo. But take it easy. No need to cause yourself pain by running through it in dramatic fashion. If focusing on the emotional crescendo causes you discomfort, then back off the focus a bit so that it is tolerable. The Unseen Therapist is listening and can still bring clarity, resolution, and peace to it.

As a beginner, it may help to introduce a gentle metaphor into the process. So, as you focus on the emotional crescendo, imagine it to be a vibration around your heart. Then imagine The Unseen Therapist to be a cool breeze of loving light that “cools” the vibration and in your mind’s eye, reduces the vibration down, down, down. . . to nothingness. Take about 30 seconds to do this and then repeat it again.

In time, you may develop other metaphors and, as you gain experience, you may recognize images or messages from The Unseen Therapist. If so, make note of them. They are often pointers to important related issues and/or items that are hidden or otherwise “under the table.” You can resolve them in future sessions with The Unseen Therapist.

Below is an audio session designed to step you through the above two phases. It assumes you have properly identified a bothersome specific event with one emotional crescendo *and* have measured it with a *before* 0–10 emotional intensity rating. Pauses are built into the session, but if you need more time, just pause the audio when appropriate.



*Audio Session for Personal Peace Procedure*

<https://youtu.be/mCCoHxs4XBU>

*Phase 3: Test your result.* Once you are done with a specific event, a simple way to test the effectiveness of this effort is to run the movie in your mind again and focus on the emotional crescendo. Look for changes and make note of them.

The most obvious of the possible changes is that the emotional crescendo feels much better. Measure its intensity again on a 0–10 scale and compare this *after* measure with the *before* measure you did previously. It may leave altogether and you may not be able to access the memory at all. If so, you have a beginner’s success in moments that may have taken conventional methods weeks or months to achieve.

As stated previously, you may also notice that the emotion changed from, let’s say, anger to sadness or guilt. This is an important shift and also points to success. To be complete, you can run The Personal Peace Procedure again, but this time, focus on the new emotion.

Another possibility is that you shifted to another specific event. This is also success, because it indicates that your original specific event has been resolved or improved and now a new one is taking its place. For yet more success, just apply The Personal Procedure to the new specific event.

*What about hidden specific events?* Even though you are using specific events, that doesn’t mean you have taken everything out of hiding and put it on the table. There may be related specific events or hidden pieces that still need to be addressed.

*Solution* Happily, there is a helpful solution to this problem of related specific events and/or hidden pieces. As it turns out, you likely have many bothersome specific events in your life and, whether you realize it or not, they tend to have many things in common. For

example: similar settings, similar people, similar themes, similar emotions, *and* similar hidden pieces.

Thus, if you use The Personal Peace Procedure on several of your bothersome specific events, you will be interfacing with the hidden pieces from several different angles. This will bring more out of hiding and symphonically blend your results into a larger set of benefits. With persistence, this can bring longer term, spectacular gains.

Let's do that next.

## *The Personal Peace Procedure on a List of Specific Events*

### *The Main Process*

We have now arrived at the main process for which we have been preparing. Simply put, we will apply The Personal Peace Procedure(s), one-by-one, to a list of your specific events that have caused you emotional angst in the past. This will aid you in "cleaning your emotional house," so that your emotional burdens, and the physical ailments they cause, can fade.

This process is designed to enrich your communication with The Unseen Therapist and requires your practice and diligence. The more you practice, the better your communication. Only you can walk through these doors for yourself and again, your ultimate results are limited only by your motivation. Here's what you need to do.

**FIRST** Because this process is likely to also bring you relief from physical symptoms, take an inventory of your body and make a list of every physical symptom you have. This includes pains, disease symptoms, and even discomforts that may come and go. As instructed previously, assess their current intensities on a scale of 0–10, where 10 is maximum intensity and 0 is no intensity whatsoever. These are your *before* measures. For future comparison, write down these intensities next to your descriptions of the physical symptoms. No need to be absolutely accurate here. Your best estimate will do.

**NEXT** Make a list of at least 30 bothersome specific events. Fifty is better. One hundred is better still. Make sure each specific event in that list reflects the instructions given previously under "Identify a bothersome specific event from your past" (see Step 1. *Identify a Bothersome Specific Event from Your Past* on page 104) (the further back in time, the better). Be sure to limit each specific event to one emotional crescendo. If a specific event has, let's say, three crescendos, you may divide that specific event into three separate events, each to house a single crescendo.

As with the physical issues, write down the intensity of each of the emotional crescendos on a 0–10 scale. Do this by running each



specific event movie in your mind and focusing on the emotional crescendo as it occurs *now*. These are your *before* measures of the emotional crescendos and you can write down the estimated numbers next to the corresponding specific events. Again, we are not interested in the intensities that existed when the specific events actually happened. Your current intensities are what need to be resolved, because it is your current intensities that are of concern.

If you have repressed your intensities and can't assess the number, then guess at their 0–10 impact on you. That will suffice for later comparison purposes.

**NEXT** Do The Personal Peace Procedure, as previously instructed, on each specific event.

Although you can do as many specific events as you want, and as often as you want, you may want to pace yourself at first. Thus, I suggest that you do up to three specific events per day and leave 15 minutes or more between each one. You are looking for quality here, not speed, so be sure to do them with care.

After each use of The Personal Peace Procedure on a specific event, run the movie again to test your intensity on the emotional crescendo as it exists *now*. If you guessed at any previously repressed event, then guess again at its 0–10 impact on you. This is your *after* measurement. Please make note of it next to your previous *before* estimate.

Now compare your *before* and *after* measurements. If the intensity of your crescendo, or your guess at it, improves, that's wonderful. If not, no problem. Just proceed to the next specific event. If need be, you can come back to that specific event later. Also, it may subside as you run The Personal Peace Procedure on other specific events. As discussed, that's because other specific events, or parts thereof, may be related to the current one.

**NEXT** After 30 specific events go back to your list of physical symptoms and check out their 0–10 intensities. Chances are, some have begun to fade or become extinct. This is a sign of progress. Also, notice other things that may have changed in your day-to-day activities.

Examples:

- Have your angers or resentments subsided?
- Do you now get along better with that irritating Uncle Charlie or that bothersome co-worker?
- Are you more at ease in social situations?
- Less anxious?

- How is your performance at work, sexually or playing tennis?
- Have your allergies improved?

All of these and thousands more possibilities are the result of the peace that The Unseen Therapist is providing.

**NEXT** Proceed with the same process for the next 30 specific events. Keep doing this until all of your specific events have been offered to The Unseen Therapist. Be alert as to the ease and comfort you are developing with the process. Eventually, you will create your own methods of communicating with and enjoying this endless source of love.

**FINALLY** After you have finished your list of specific events, you may wish to go back over them again. Your first time through was as a beginner. Now you have more seasoning and so your second try should bring more benefits. Add to your list other specific events that may have come up during your first attempts.

We turn now to some closing thoughts and for those wanting more than this introductory book can offer, some pointers regarding “where to from here.” (See “Where to from Here? The Stairway to Miracles” on page 114.)

*Website:* [www.EmoFree.com](http://www.EmoFree.com)

*Essential Support:* [www.EmoFree.com/newsletter.html](http://www.EmoFree.com/newsletter.html)

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# 15

## *Closing*

### *Final Thoughts*

I BEGAN THIS BOOK by saying...

The Unseen Therapist is your “spiritual healer within.”

She is ever-present and when you learn to use Her skills properly, you will find She is vastly more powerful than drugs, surgeries, and other man-made attempts at healing. But chances are, you already knew that, at least intuitively.

Somewhere within us is the “knowing” that we have far more power than we are using. It’s as though our internal Genie is hidden somewhere beneath our awareness, begging to be released.



That Genie, of course, is The Unseen Therapist. She is part of all of us and eagerly awaits our awareness of Her presence. For centuries, we have tried to access Her through prayer, and while there have been notable successes along the way, this method has not been as reliable as we might like.

This introductory book brings more reliability to the prayer process, so you can better experience the gifts of your “spiritual healer within.” In this effort, I have offered a better understanding of The Unseen Therapist and how to communicate (pray) with her.

This allows you to “own” the essential idea that you are not separated from Her or from anyone else. Indeed, we exist together in an exquisite Oneness, where the ultimate power of spiritual love resolves every issue we think we have. Herein is the essence of the NewThink that opens our minds to this awareness.

### *The Truth of Our Oneness*

For decades, both quantum physics and countless documented spiritual experiences have pointed to the truth of our Oneness. Yet, because we haven't had a practical method for harnessing this power, we have essentially ignored this obvious solution to our problems.

This book contains an introduction to that practical method and now that we have it, the door has swung open to reveal the many wonders of The Unseen Therapist. The question now is, how far will you walk through that door and merge with this new palace of possibilities?

### *Expand Your Skills with Practice*

Simply knowing the method is not enough. Neither is enjoying a few results with the process. Rather, you must diligently practice, so that you can expand your skills and consistently bask in the beauty of your "spiritual healer within." The answer to your every issue is contained within these new skills.

Finally, you are not reading this book by accident. It is a calling by The Unseen Therapist to those who are ready for Her loving message. She asked me to write it, and has put it before you to read. Do you hear the call? If so, please share this book with others.

Together we can touch the world. We can move it, transform it and turn it into an expanding ball of endless love. What greater prize could you pursue?

Love, Gary

### *Where to from Here? The Stairway to Miracles*

#### *For Health Professionals and Serious Self-Help Students*

This book puts impressive healing in your hands and, for some, it is all you need. For health professionals and serious self-help students, however, it is just a beginning.

#### *Advanced Training: The Stairway to Miracles*

The next step involves graduating from our beginner's bridge to a Stairway to Miracles that reaches well beyond this book, medicine, and all man-made healing methods. The higher you ascend this Stairway, of course, the fewer limits you will experience and the less the word "impossible" will show up in your vocabulary.

So, for those interested, a complete advanced training awaits you. Join me on this Stairway to further magnify your abilities with The



*The Stairway to Miracles*

Unseen Therapist, and ascend to levels well beyond your current beliefs.

The Stairway goes under the name of . . .

*The Optimal EFT Course Membership*

<https://www.EmoFree.com/optimal-eft-training.html>

. . . because it blends The Unseen Therapist with the most prolific tools from my original healing process, EFT (Emotional Freedom Techniques). This blend is unique in the healing field, and there is no equivalent to it . . . anywhere. It provides far greater abilities to achieve healing results than you can get by spending \$200,000 for a degree from Stanford or Harvard.

You'll see.

*Website:* [www.EmoFree.com](http://www.EmoFree.com)

*Essential Support:* [www.EmoFree.com/newsletter.html](http://www.EmoFree.com/newsletter.html)

*Advanced Training:* [www.EmoFree.com/optimal-eft-training.html](http://www.EmoFree.com/optimal-eft-training.html)