

# The New Hermetics

## Level 3 - The Practitioner



Congratulations! You are now a Practitioner of the New Hermetics. You have obtained many skills and abilities which now enable you to move through life more effectively than ever before. In this level you will begin to explore the nature of your thought processes, beliefs and mental symbol structures. You will begin to master your personal intellectual or mental plane, the sephirah Hod. In Qabalistic terms, you will also be working through the paths of ק [qoph], צ [tzaddi] (or ה [heh]), and פ [peh].

You will begin to understand the structures of your inner world and gain practical tools for changing your thinking process and the world around you. You will begin to actively explore archetypes through the symbolism of the Tarot. You will learn to explore past lives, integrating the larger patterns of existence into your life. You will learn how to consciously and unconsciously change your beliefs about yourself and. You will learn to project thought forms, elemental energies and desires outward effectively. You will practice expanding your consciousness to fill the universe, and silencing your mind of all thought.

1. Exploring Archetypes - Tarot Trumps
2. Obtaining Your Magical Memory: Past Life Regression
3. Beliefs of the New Hermetics Masters
4. Changing Your Beliefs (The Power of Air)
5. Projection of Energy to Charge Spaces
6. Creating Artificial Elementals
7. Expanding Your Consciousness to Fill the Universe
8. Silencing Your Mind

Each of these programs is a technology designed to move your mind in specific directions. Find a quiet place to sit or lie down where you will be comfortable and able to devote your full attention to the programs. Each program is about a half hour. DO NOT listen to these programs while you are engaged in other activities, particularly driving or working on anything that requires your full concentration. You should always have this workbook nearby so that you can complete the written work immediately at the end of each program. This work is usually fairly small and can be completed in less than five additional minutes. Please fill out the workbook as you proceed, completing each section in order to the best of your abilities. You may skip around to a certain degree, but try to keep relatively in order.

# Session 1- The Power of Goals - Part 2

Date and Time \_\_\_\_\_

Please take a look at your goals again in your Initiate Workbook, particularly the top five. Have you accomplished any of your goals yet? Are there any of your goals that you no longer want?

Please make a new list of all your goals, and a new top five. It's perfectly all right if nothing has changed. Please write them all out again, completing the workshop below.

AETHYR- Spiritual goals, your life's work

FIRE- Goals for your your Will, Personal power, desires, creativity and sexuality

WATER- Emotional goals, feelings and relationships

AIR- Intellectual goals, goals about your ability to communicate

EARTH- Financial goals, physical appearance

Aethyr:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Fire:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Water:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Air:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Earth:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Now, please go back and set a time frame for each of your goals. Decide for each goal whether you want to accomplish it in six months, a year, two years, five years, ten years etc. and write this time frame in the small line to the right of each of your goals above.

Please choose your top five goals and write them down in any order. They can be from any categories.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_

For each of these top five goals, state specifically what you want. The amounts, environment, what it will feel like in sensory terms, what it will look like, what people around you will say, right down to the detail.

1.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now, some of your goals may be fairly large, and complicated. Please take a moment to chunk down your goals into several increments or steps. What will the intervening phases between now and the complete accomplishment of your goals be like. In other words, if your goal is to become president of a large corporation you might chunk it down something like this: learn about corporate America, get a job at corporation, get MBA, move into executive position, perform amazingly in position, innovate company, take over. You may create as many steps or chunks as you like for each goal.

1.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_

2.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_

3.
  - a. \_\_\_\_\_

- b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
- 4.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
- 5.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_

Once you have done this, think of one little easy thing that you could do right now to begin the process of accomplishing each of these five goals. It doesn't have to be a big thing. If you want to learn Japanese, you could get a book or look into a continuing education class. If you want to buy a corvette, you could send away for a brochure. Don't worry about whether these goals are financially or emotionally out of reach for now. Simply begin the process, and you will discover the way to accomplish your goals as you progress in the New Hermetics. Please write below something you can do to begin the process of accomplishing your top five goals.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Within the next week, please be sure to do these five small things. You will set in motion massive forces in the universe.

Now, choose your number one goal for now, the thing that is absolutely most pressing for you to accomplish. If it is a big goal, then write down the very first simple part or chunk of it.

- 1. \_\_\_\_\_

Please make sure that you accomplish this in the next two weeks. This will really begin to move the forces necessary to accomplish all of your goals.

## **Session 2 - Exploring Archetypes - Tarot Trumps**

The purpose of this tool is to get in touch with the universal archetypal energies depicted in the trumps of the Tarot Deck. These cards make up a fairly complete set of archetypes for you to work with. By beginning to understand the components of these archetypes and their expectations of you, you will gain access to much greater understanding of your own unconscious needs and desires. When you are asking these archetypes what they need from you, be sure that you really listen to the answers you receive, and think about what their answers mean. These answers have the power to transform your life instantly if you listen. Allow yourself to be open as you experience these personalities, and do not try to force them to conform to your conscious expectations.

You can choose cards randomly, use specific tarot cards that you are interested in exploring, or you may choose to explore the major arcana or trumps in order, from 0-22 or from 22-0. You will need to work with all of these archetypes eventually, but you may approach it from whatever direction you prefer initially.

It is recommended for the purposes of the New Hermetics that you use the Rider-Waite, Thoth, BOTA or New Hermetics Tarot deck. The images in these cards represent the archetypal forces in a fairly pure and unadulterated way (with exceptions of course).

All of the trumps of the Tarot are below, and recur three times in this workbook. You may approach them in any order that seems best to you, and you do not have to feel like you need to record visions of all of them three times. You can also do other parts of this workbook at the same time, coming back to work with these archetypes as often as you like.

### **The World/Universe**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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### **The Last Judgment/Aeon**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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### **The Sun**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Moon**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Star**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Tower**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Devil**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Temperance/Art**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Death**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hanged Man**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Justice/Adjustment**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Wheel of Fortune**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hermit**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Strength/Lust**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Chariot**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Lovers**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hierophant**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Emperor**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Empress**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The High Priestess**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Magician**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Fool**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Session 3 - Magical Memory: Past Life Regression**

With this tool you can begin to see the universal themes that have brought you to where you are currently in life. With repeated use of this tool you may come to understand large-scale patterns that you have been playing out over many lifetimes.

Date and Time \_\_\_\_\_

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life?

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Sex: \_\_\_\_\_

Clothing:

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Location:

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Time Period:

Important Events?

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Purpose of Life?

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Describe any things you left incomplete?

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Describe any themes from this past life that you are still playing out

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Are there any skills or abilities from this past life that you would like to manifest in this life?

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## **Session 4 - Beliefs**

Please listen to the program now, and then complete the workshop below.

Date and Time \_\_\_\_\_

Look over each of these beliefs individually, and ask yourself the following questions. Please write your answers down so that you may begin to gain some understanding of the patterns that have created your beliefs and your doubts.

### **"The universe is ultimately one thing."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

### **"The universe is an expression of intelligence."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

### **"Polarity is the expression of one thing at two extreme degrees of perception."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

### **"Triplexity is one thing expressing itself as a perceiver, a perceived and the process of perception."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"It is only possible to imprison yourself. Freedom is the birthright of everything."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"In life you are constantly learning, growing and evolving."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You only need your own approval. As long as you are living up to your own expectations you are living correctly."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"When given complete information, all people attempt to do the right thing."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You are the source of all that you need."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"Everything always turns out right."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"The universe is infinitely abundant. The possibilities are unlimited."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"In the province of the mind, what is believed to be true is true, or becomes true within certain limits to be learned by experience and experiment. In the province of the mind there are no limits."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"The universe functions according to rules."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You are always connected to the source of your own strength, intelligence, creativity and joy."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"There is a subtle realm beyond matter, from which the physical universe manifests."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"Everything that you need to know is within you."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"It is possible to make your own luck, synchronicities and shape your own destiny."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You can often accomplish more by doing less."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"If you remember to look, you discover that good things are happening to you all the time."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You are a loving being."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_

Would you like to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You can change your emotional state, and feel good whenever you choose."**

What do you think of this belief? \_\_\_\_\_

Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"People are basically good."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"All things are ultimately eternal, having their real existence outside of the world of perceptions."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"You are a necessary part of the universe."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you believe? \_\_\_\_\_  
Would you like to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where do these doubts originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**"Love is all you need."**

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

Now we'll look at some of your own beliefs. What are the rules you live by? To find out some of your rules, ask your self the following questions:

**What do I think of myself?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**Who am I?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What do I expect in a relationship?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What does it mean to be a friend?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What do I expect in a job?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What is my definition of success?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_  
Is this something that you really believe? \_\_\_\_\_  
Do you want to believe this? \_\_\_\_\_  
What doubts do you have about this belief? \_\_\_\_\_  
Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_  
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What is my definition of failure?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**How do I define God?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**How do I know when someone respects me?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**How do I know when someone cares about me?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**How do I know when somebody dislikes me?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_

Where does this belief originate? Friends? Family? Role-models? \_\_\_\_\_

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? \_\_\_\_\_

**What is the world like?** \_\_\_\_\_

What do you think of this belief? \_\_\_\_\_

Is this something that you really believe? \_\_\_\_\_

Do you want to believe this? \_\_\_\_\_

What doubts do you have about this belief? \_\_\_\_\_



Come up with a positive new belief that you'd like to have to replace it.

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Driving submodalities of limiting belief:

Visual \_\_\_\_\_

Auditory \_\_\_\_\_

Kinesthetic \_\_\_\_\_

Listen to the program

How do you now feel about this subject?

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## Session 6 - Projection of Energy to Charge Spaces

This tool is used to charge a room or house or any space with a desired energy.

<b>Fire:</b>	red or red-orange
<b>Water:</b>	blue or blue-green
<b>Air:</b>	yellow or blue
<b>Earth:</b>	green, black or brown
<b>Saturn:</b>	black or violet
<b>Jupiter:</b>	blue or violet
<b>Mars:</b>	red
<b>Sun:</b>	yellow or gold
<b>Venus:</b>	green
<b>Mercury:</b>	orange or mixed colors
<b>Moon:</b>	violet, blue or silver

These energies might be used for the following purposes:

<b>Fire:</b>	success, passion, sex, lust, creativity, intuition, strength, will
<b>Water:</b>	friendship, love, tranquility, healing, emotions, rest, understanding
<b>Air:</b>	education, memory, intellect, teaching, communication, travel, writing, theories, organizing
<b>Earth:</b>	money, jobs, promotions, investments, health, business, physical body, construction, physical appearance
<b>Saturn:</b>	structures, limitation, responsibility, seriousness, reincarnation, death, inheritances, old age
<b>Jupiter:</b>	generosity, abundance, leadership, vision, acquiring wealth, legal issues, luck, expansion
<b>Mars:</b>	justice, strength, force, violence, energy, war, aggression, courage, competition, athletics, masculinity
<b>Sun:</b>	harmony, balance, wholeness,, health, regain youth, peace, illumination, obtaining money, divine power
<b>Venus:</b>	love, desire, aesthetics, nurture, beauty, pleasure, art, luxury, aphrodisiac, perfume, femininity
<b>Mercury:</b>	reason, communication, logic, knowledge, travel, writing, school, science, medicine, mathematics, the mind
<b>Moon:</b>	imagination, instinct, subconscious, emotion, the astral world, clairvoyance, dreams, sleep, the sea

Use this list as a leaping off point for getting really creative. You could also charge spaces with more generalized "white light" energy for any of the above purposes. Don't feel restricted by the elemental and planetary energies. A lot of people find them very effective however, because they have been used this way for centuries, and have a lot of built in power.

Date and Time \_\_\_\_\_

What kind of energy are you creating? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

Where are you sending it? \_\_\_\_\_

What specific purpose this energy will serve? \_\_\_\_\_

How long it will remain in effect where you are sending it? \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Session 7 - Creating Artificial Elementals**

Artificial elementals are projected thought forms that possess a certain sentience and ability to act on their own to accomplish your desires. You can create elementals to accomplish all sorts of tasks, from bringing you business contacts, lovers or manifesting wealth. As far as colors and specific purposes go, you may follow the advice in the projecting energy session.

Date and Time \_\_\_\_\_

What kind of energy are you making this elemental out of? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

What is the task or purpose of the elemental? \_\_\_\_\_

What will you name your elemental? \_\_\_\_\_

How long does your elemental have to complete its task? \_\_\_\_\_

Date and time when your elemental will disintegrate \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Session 8 - Expanding Consciousness to Fill the Universe**

This is a tool for exploring the infinity of the universe, and understanding that your consciousness is capable of encompassing this infinity.

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

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## **Session 9 - Silencing Your Mind**

This tool is a method for silencing thought. It may take several attempts to master.

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

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## **Session 10 - Exploring Archetypes - Tarot Trumps**

### **The World/Universe**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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### **The Last Judgment/Aeon**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Sun**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Moon**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Star**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Tower**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Devil**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Temperance/Art**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Death**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hanged Man**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Justice/Adjustment**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Wheel of Fortune**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hermit**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Strength/Lust**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Chariot**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Lovers**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hierophant**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Emperor**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Empress**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The High Priestess**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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## **The Magician**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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## **The Fool**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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## **Session 11 - Magical Memory: Past Life Regression**

With this tool you can begin to see the universal themes that have brought you to where you are currently in life. With repeated use of this tool you may come to understand large-scale patterns that you have been playing out over many lifetimes.

Date and Time \_\_\_\_\_

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life?

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Sex: \_\_\_\_\_

Clothing:

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Location:

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Time Period:

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Important Events?

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Purpose of Life?

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Describe any things you left incomplete?

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Describe any themes from this past life that you are still playing out

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Are there any skills or abilities from this past life that you would like to manifest in this life?

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## **Session 12 - Changing Your Beliefs**

Date and Time \_\_\_\_\_

This time choose one of the beliefs of the new Hermetics Masters to install, one that you don't currently quite believe, but that you'd like to.

Write down this new belief here:

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Think about what you currently believe about this subject. This will be a limiting belief. Write it here.

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Driving submodalities of limiting belief:

Visual \_\_\_\_\_

Auditory \_\_\_\_\_

Kinesthetic \_\_\_\_\_

Listen to the program.

How do you now feel about this subject?

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## **Session 13 - Projection of Energy to Charge Spaces**

Date and Time \_\_\_\_\_

What kind of energy are you creating? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

Where are you sending it? \_\_\_\_\_

What specific purpose this energy will serve? \_\_\_\_\_

How long it will remain in effect where you are sending it? \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Session 14 - Creating Artificial Elementals**

Date and Time \_\_\_\_\_

What kind of energy are you making this elemental out of? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

What is the task or purpose of the elemental? \_\_\_\_\_

What will you name your elemental? \_\_\_\_\_

How long does your elemental have to complete its task? \_\_\_\_\_

Date and time when your elemental will disintegrate \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Session 15 - Expanding Consciousness to Fill the Universe**

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

\_\_\_\_\_  
\_\_\_\_\_

## **Session 16 - Silencing Your Mind**

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

\_\_\_\_\_  
\_\_\_\_\_

# Session 17 - Exploring Archetypes - Tarot Trumps

## The World/Universe

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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## The Last Judgment/Aeon

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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## The Sun

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Moon**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Star**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Tower**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Devil**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Temperance/Art**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Death**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hanged Man**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Justice/Adjustment**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Wheel of Fortune**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hermit**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Strength/Lust**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Chariot**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Lovers**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hierophant**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Emperor**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Empress**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The High Priestess**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Magician**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Fool**

Date and Time \_\_\_\_\_

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Session 18 - Magical Memory: Past Life Regression**

Date and Time \_\_\_\_\_

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life?

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Sex: \_\_\_\_\_

Clothing:

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Location:

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Time Period:

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Important Events?

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Purpose of Life?

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Describe any things you left incomplete?

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Describe any themes from this past life that you are still playing out

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Are there any skills or abilities from this past life that you would like to manifest in this life?

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## Session 19 - Changing Your Beliefs

Date and Time \_\_\_\_\_

This time choose either a negative belief you'd like to get rid of or a positive belief you'd like to install.

Write the new positive belief you will install here:

\_\_\_\_\_

Write the old limiting belief you will move away from here:

\_\_\_\_\_

Driving submodalities of limiting belief:

Visual \_\_\_\_\_

Auditory \_\_\_\_\_

Kinesthetic \_\_\_\_\_

Listen to the program.

How do you now feel about this subject?

\_\_\_\_\_

\_\_\_\_\_

## Session 20 - Projection of Energy to Charge Spaces

Date and Time \_\_\_\_\_

What kind of energy are you creating? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

Where are you sending it? \_\_\_\_\_

What specific purpose this energy will serve? \_\_\_\_\_

How long it will remain in effect where you are sending it? \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Session 21 - Creating Artificial Elementals

Date and Time \_\_\_\_\_

What kind of energy are you making this elemental out of? \_\_\_\_\_

What color(s) will you use? \_\_\_\_\_

What is the task or purpose of the elemental? \_\_\_\_\_

What will you name your elemental? \_\_\_\_\_

How long does your elemental have to complete its task? \_\_\_\_\_

Date and time when your elemental will disintegrate \_\_\_\_\_

Listen to the program now.

Please describe your results in a few days \_\_\_\_\_

\_\_\_\_\_

## **Session 22 - Expanding Consciousness to Fill the Universe**

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

\_\_\_\_\_

\_\_\_\_\_

## **Session 23 - Silencing Your Mind**

Date and Time You Listened to This Program \_\_\_\_\_

Describe your experiences:

\_\_\_\_\_

\_\_\_\_\_