

Breathe Your Limitations Away!

The Official Guide to the Liberation Breath Process™



Master the powerful process that is
helping people all over the globe!

By Wellington Rodrigues, B.M.Sc./Ct.Hy.

Original cover for the 2009 print edition

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Printed Edition – Expanded and Updated

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www.liberationbreath.com

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This book is not intended to substitute qualified medical or psychological/psychiatric treatment. Neither the author nor the publishers are responsible for your use of the process described here. Anyone experiencing serious mental or emotional conditions should look for qualified professional help.

**APPEND TO THE FREE ELECTRONIC EDITION
PLEASE READ FIRST**

Dear reader,

Thank you for downloading this full version of the Official Guide to the Liberation Breath Process™.

The original paperback book was published in the summer of 2009 and can still be purchased from my official website (www.mentalscience.com). However, my first intention with this book was never to profit, much less make a living out of it. It is common knowledge that a self-help author rarely lives off the sales of his books alone. I am blessed to have many other income sources at this point in time, and one factor that accelerated my prosperity flow to a higher new level was the use of the technique that you will be learning here.

That fact and an insight that came to me a couple of months after publishing the original paperback, led me to decide to give it away freely. And the only reason why I'm explaining this is because I do not want you to devalue this precious book nor perceive it as one more of those "freebies" that are given away online as "bonuses" (hooks) when you purchase an expensive program. Generally they are re-writes or revamped reprints of other self-help materials and do not contain much practical value.

There are even many books and e-books being sold for up to \$97 that do not approach the practicality and value of the material that you will be reading soon.

This is not just "another book". It is actually a full practical course on the technique developed by myself and tested by hundreds of my students all over the globe, some of them with credentials in the mental and physical health fields. It is a simple, yet extremely powerful technique that has been helping more and more people each day.

The "insight" that I had made me conclude that the most effective way to spread this technique even further would be to give it away, to create a viral campaign and have hundreds of thousands of people learning, sharing, and, what is more important, practicing the technique taught here. Therefore I had to bring down every excuse you might have, even the price factor. To some, it seems that paying \$19.00 for a book is such a huge investment decision as purchasing a new house. I do not blame them necessarily. Nowadays there are so many "wanna be" gurus and "self-help experts" selling refurbished

information online that everyone has become suspicious, unless the authors are blessed by a major talk-show host.

Now that excuse is over for you. The full material is here, and you have no reason to neither suspect my “hidden agenda” nor be stressed over paying for something. My only hidden agenda, actually my obsession with spreading this technique, is explained by the times that we, as a whole, are going through now.

As we approach the year 2012 and beyond, there will be an imminent need to raise our vibrations to a higher level. No, I am NOT a “prophet of doom” nor do I believe that we will experience any major world tragedies and disasters. No more than what we have witnessed throughout all human history. So, I’m not sold into the collective 2012 hysteria that some new age groups and opportunist writers are trying to create and profit from, nor should you.

My only concern, actually what I took as my personal mission in life, is humanity’s vibrational levels and how to improve it so we can live freely and in peace. You don’t have to look far to perceive that, at this point in time, we are trapped in a very low-vibration collective consciousness.

It does not have to be like this. It can’t be like this anymore, lest we end up killing ourselves and destroying our planet.

To raise the collective vibration we must raise our individual vibrations, there’s no way around it. No amount of praying for world peace, lighting of candles or sermons will do it. This is solo work. What good it does praying every day when we are polluted, clogged with negative energy charges stored in our system? A “focused group” of clogged, polluted praying humans do not help either. It would be much more productive for all of us to get rid of these mental and emotional energy charges that keep us in a low vibratory state in the first place. Then you would not even need prayer or meditation. You would be clean, free, and light as a feather.

The only way (or should I say the easiest way?) to raise your own vibration is through the elimination of the things that weight down on your energy system and keep you on a lower vibratory state in the first place. And that must be done by you alone. You can be guided by a facilitator, but she can’t get “inside there” and pull things out.

As more and more people all over the world feel this amazing state that I can’t explain with a million words, our vibration as a whole will naturally change.

Time and space are relative, and to me the predictions for the so-called Aquarian Age, and the 2012 shift, represent the perception of ancient sages that around this time we would finally reach this new vibratory frequency. BUT, to reach it, we must work for it. There's no magic pill, there will be no spaceships landing, there will be no angelical revelations. We have spent too long waiting for others to change our lives, for an easy way. That is an illusion, and you can be in for a long wait.

The LBP is my contribution to this pool of new techniques that are being released to help mankind raise their vibrations and truly experience power and inner peace, instead of just talking about it.

Do your part. Be open minded enough to practice the simple technique taught in this book, and send it to as many people as you can. Some of us spend precious hours online sharing funny videos and jokes, so why not share this important information and become an initiator of a new planetary consciousness. Your friends will be grateful to you.

Yes, you can do something to help this planet rise to a new, higher vibration. I have done the hard part, and I'm offering you a tested and proven tool to help free yourself from past mental and emotional charges. How you use it is your decision.

Enjoy the book...the secret is out.

What others have to say about the Liberation Breath Process™.

“The Liberation Breath Process is simple, the results are heartwarming. I have been using it for over a year now. It is nice to have this as a tool to help remove things that block my energy at times and makes me feel stuck. I highly recommend this wonderful technique.” *Dr. Mike Shapiro, Chiropractor New York, USA - www.zonehealing.net*

“One of the first things I had to realize was the fear I have long been holding on to of making a poor choice in love, being rejected or disillusioned in relationships. I have consequently managed to avoid all real involvement, despite my yearning for a deep and loving relationship partner. As I used the Liberation Breath exercise to liberate this fear the result was astoundingly, almost unbelievably instant: A truly lovely man appeared in my life. I was clearing that blockage that stood in the way of manifesting my desire and my energy has softened, slowed down, loosened, and lightened so that this lovely possibility could walk into my life. I continue to use the Liberation Breath on the spontaneous fears and hesitations that come up about this. I know this is the practice of the Law of Attraction/the Secret/the Law of Cause and Effect, the result of putting this law to work through the Liberation Breathing Technique.” *S.P. Cox, California, USA*

“I have used the Liberation Breath Process for many issues, and I find it simple yet very efficient. I'm using it every day, not only to clean stagnated emotional energy, but also for general cleaning of my energetic system in order to be fully open to the universal abundance flow. It has helped me a lot and I'm sure that it can be used in many other ways that we have yet to investigate.” *A. Filic, Croatia*

“The Liberation Breath process was something new to me. I am not typically a visual person so I was a bit skeptical on how this was going to work for me. As I practice the process I continue to liberate blocks in my energy field. My nature has been to push with and get it done mentality. That works in some things, but I find being loving and gentle with myself, taking time to relax and just allowing myself to breathe clearly with the intention of liberating the feeling, pain, or pressure that I feel works well. So, whether one is a visual type or not, this process works.” *B. Braden, Texas, USA*

“Now, when I have a headache, I just do the Liberation Breath for a couple of minutes, and it is gone.” *V. Gallao, New Jersey, USA*

"I have been using your energy liberation breath technique for two months and I am amazed at how something so simple is at the same time so effective. It is truly "liberating". I started using it with small things that used to disturb me, and gradually "dug up" emotional situations I could not cope with before, and now I am free of most of them. I have tried meditation, brain wave entrainment, other forms of energy therapy, and NLP, but none of them worked as well or as quickly as your technique. I would like to thank you and want you to know that one more person on this planet is "liberated" and happier thanks to your wonderful technique." *G. Kordosis, Korinthos, Greece*

"I do have an update for you, Wellington. The 3 year old 'situation' that I have been working on for the past week is nearly healed. I can't even believe I'm saying this! The headache I mentioned is also noticeably decreased. For the first time in years there is no heaviness in my chest." *N.S., New York, USA*

"The Liberation Breath is one of the Most Powerful techniques I've ever tried. When I do it, I can really feel the unwanted feeling melting down, and once it is gone, it's gone for good! I've never experienced so much power and peace in my life. Thanks a million for sharing this simple technique with the world!" *F. Abrahams, Connecticut, USA*

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Foreword to the printed edition

The book that you now have in your hands started coming to life a few years ago, when I released a free booklet teaching a simpler version of the Liberation Breath Process™. Back then I was still tweaking and experimenting with this amazing method that has so far helped hundreds of people in the USA and all over the world.

Now, almost three years later, I have decided to release this new expanded and updated version of the original booklet in printed format, sharing the latest protocol of this incredible process.

My name is Wellington Rodrigues. I was born and raised in Rio de Janeiro, Brazil, up to the age of 19, when the opportunity to move to the United States of America materialized in my life. Nowadays, I spend my time traveling between the USA and Brazil, doing what I love the most; teaching and training people in the Sciences of the Mind and my system of Energy Psychology, which you will be learning in this book.

I truly believe that we are all born with a mission. And we must move along, harmoniously, with the flow of life, to effortlessly reach our rightful place in this beautiful world. I, for example, never wished to be one more statistic. I wanted to do something unique, to leave a mark. My dreams were big. I truly wanted to make a difference in the lives of my fellow human beings. And I am doing it right now.

Probably it was easier for me to accomplish all that I've accomplished so far using the "laws of mind" because I started at a very young age, during my teen years to be more specific. I also started with an open and unbiased approach to these amazing subjects. I still wasn't trained in the "ways of the world". I did not have many things to unlearn, and fortunately I did not have people restricting me during my upbringing.

My parents never influenced nor disrupted my natural path. I was free to read and explore whatever I wanted, instead of being forced to

adopt a certain philosophy or religion just because everybody else did it, if you know what I mean.

Nowadays, I gladly teach students all over the world how to clean up their energy system and re-program their minds to be able to start anew, with a clean slate, as I did. And that is what you will be learning in this small but powerful book.

But, who am I to promise that I can help you change your life?

First of all, I'll tell you what I'm not; I am not a self-proclaimed "guru", I am not a new age or self-help celebrity, and I do not regard myself as any special or better than anybody else. What I truly consider myself to be is an eternal student, someone fascinated by life and our potential to overcome limitations and explore higher states of being.

Since I was very young, I had two strong characteristics that have shaped my destiny. First of all, I was very curious. Truly, that kind of kid who would bother grownups with not-so-discreet questions about the things I wanted to know.

I always wanted to know the "whys", the "how's", the deeper meaning of things. That surely got me in trouble, especially in Sunday school. I never took things for granted nor believed in anything just because someone said so. I was interested in why things worked as they did and how to make them work even better.

By age 11, I had a great desire to know more about human beings and the reasons why we were so different from each other. Yes, I was just eleven. You can call it past-lives influence, an inborn aptitude or whatever you wish. I call it curiosity, that's all.

At that point in life I was not very happy with the teachings of my church. Even though I loved to read the Bible and its great stories of miracles and faith, I felt that somehow we were not being taught the "real deal".

Why, if our biblical idols were able to accomplish such great feats of power, why those who called themselves Christians could not reproduce the same miracles on a daily basis? Jesus said that “those who believed in him would do the things he did, and even greater things”. And I thought that phrase should be taken literally.

It was a little after my questionings started that I saw for the first time an ad for a book titled “The Power of Your Subconscious Mind” by a man called Joseph Murphy. I saved from my monthly allowance to purchase the Portuguese version of this book, which I have in my bookshelf to this date.

This amazing book opened the doors to a new world for that young boy who craved so much for a higher level of learning and understanding. It shaped my early years, and from that time on I made a commitment to myself; to learn all I could about Mental Science and personal development.

Using the teachings of the book mentioned above, I was able, in the first place, to attract a great Brazilian teacher with whom I graduated a few years later in Parapsychology and Applied Mental Sciences. I also attracted my twin soul at the age of 16. We then attracted our trip to America a couple of years later, after marrying. She was also fascinated by the subjects I studied.

So, at the age of 19 I traveled to the USA with my wife, and I was glad to see one more of my goals being accomplished in such an easy way. During the first three years in the land of Uncle Sam I had, like most immigrants, to work on different jobs to keep up with the bills. And I’m very proud of it, because the hard labor taught me the values of working for a living and humbleness, values that many young people do not know nowadays.

The different line of work I had to engage in did not keep me from pursuing my ultimate goal, though. I did not lose my focus for one single moment. Back then I used to spend a great portion of my income in self-help books and courses to fulfill my burning desire to learn the most I could about human development.

At that time, the early 90's, I was also introducing my self-help coaching sessions to the Brazilian and Hispanic communities in New York. My English was very basic back then, but I could obviously speak my own language, and Spanish was easy to learn because it has some similarities with Portuguese.

For over ten years, I worked with hundreds of people in New York, later including English speaking clients.

I told you that I had two strong characteristics; one being curiosity. The other, which I thought to be a liability at first, was laziness, which later I realized was an asset. I'll explain that better.

I do not mean that I was lazy in the sense that I did not want to do things. What I truly wanted was to find easier ways of doing them. I always looked for shortcuts and improvements to help make whatever I did quicker, better and more effective. I never stopped learning after getting a diploma or certificate, and, in most cases, I thought I could improve whatever I learned to make it easier to practice and teach.

At some point, however, I became somehow frustrated with the results of my work. I noticed that I could help many people improve their lives, attract the things they wanted, and reach a great degree of personal power. However, there were some who, no matter how hard they worked, could not move too far ahead. It seemed that there were things blocking their progress and self-development attempts.

Therefore, moved by that frustration, in the year 2000 I went back to the "drawing board" and to my inner space to ask for guidance. I always tell people to be careful what they're asking for because they can end up getting it. And it happened in my life again.

It was on a fourth of July, Independence Day in the USA, when I was first introduced to a technique called EFT (Emotional Freedom Technique). The whole event was very symbolic to me, especially because of the date when it occurred.

When I started studying energy therapies I felt that I had found the missing piece of the puzzle. More than the technique, which is great by the way, I was fascinated by the theory behind the whole process of EFT, the idea that every emotional imbalance may be caused by disturbances in our energy system. This made a lot of sense to me, especially because I had already, by that time, studied Chi Kung and the basics of Chinese Medicine and the Meridians.

Needless to say, I went on to try this new theory in my own private practice, and besides EFT, I learned a few other energy therapy modalities. The results that I accomplished after coupling these new theories with applied mental science were great! I was finally able to help people shatter the blocks that have been holding their lives back, usually very quickly.

You are now reading this book because my “lazy” characteristic led me to develop my own version of energy work, which I tried on myself and my wife (my eternal guinea pig) before teaching it to my private students.

During the last 3 years I was able to share a previous version of this simple technique with even more people worldwide, thanks to the global reach of the internet, and many feedbacks and comments keep on pouring in every day.

I wished I could be with each one of my readers to track and monitor their progress in the use of the Liberation Breath Process™ and answer all the questions personally. Since that is not possible, I’ve decided to release this updated and expanded version of the original booklet, and I am trying to make sure that the process is well explained, and even more general questions are answered in this book, questions that encompass most enquiries sent from practitioners from all over the world.

I truly hope that you enjoy and see the value of this fascinating process.

Wellington Rodrigues
New York – summer 2009

Introduction

The most exciting phrase to hear in science, the one that heralds the most discoveries, is not "Eureka!" (I found it!) But "That's funny." Isaac Asimov

Carol came to me hoping to overcome an intense and uncontrollable fear of public speaking. This fear was greatly limiting her professional life, which included the need to make occasional public presentations. After learning the Transcendence Technology Liberation Breath Process™ she was able to overcome her problem in a matter of days. This improvement enabled her to get a promotion in her company leading to a 40% salary increase.

Jane, another bright young lady who consulted with me, couldn't remember what had caused her to be so frightened of enclosed spaces. Her office was in the 6th floor of a New York City building, and every single day she opted to use the stairs, instead of the elevators, to reach her workplace. She also avoided plane trips as much as she could, and when she couldn't avoid it, she took strong sleeping medication to be able to fly without panicking. One week of using the same technique you will learn here was enough to clear her fear. The magic of it is that she did not have to know the origins of her problem.

Paul had a long-standing resentment towards his mother because of her explicit preference for his younger siblings. He felt neglected and not loved enough, and obviously blamed his mother for the emotional problems he had most of his adult life. Thirty minutes of the Transcendence Technology Liberation Breath Process™ helped him in the forgiveness process and nowadays he reports that he is much happier and lighter, his relationship with his mother improved 100% and, as a bonus, his arthritis has been greatly relieved.

Sandra was experiencing what seemed to be a "money block" problem. No matter how hard she tried, she lived in a state of lack, and on the edge of bankruptcy. Two weeks of dedicated practice seemed to be

enough to clear her “emotional money blocks” and today she is doing very well financially. Once the blocks were gone, the natural flow started for her.

(Names were changed to preserve our clients’ privacy)

These are just a few of the many apparently miraculous results experienced by those who have cleared their emotional energy blockages using the Transcendence Technology Liberation Breath Process™. In a few minutes you will learn this simple technique that has allowed these average people to produce above average results without pain, side effects, or expensive therapy.

Before we start, though, I want to warn you about two common mistakes made by seekers in the self-help/self-development area; the first mistake is underestimating the simplicity of some techniques.

Years of research and hands-on practice led me to conclude that simple, easy to learn and practice procedures, can be much more powerful than “50 step processes” that take months to learn and master, that is, if they are ever truly mastered. Transcendence Technology™ was developed to be a complete, however simple system for total emotional liberation and conscious control, and all our processes, including the one you will study here, were designed to be easy for anyone to learn and practice.

The second mistake usually made by seekers is lack of discipline and continuity.

We live in a quick-fix, fast-food, fast-paced era, therefore people want to eliminate 20, 30 or 50 years of emotional imbalances in an hour or less. The process that you will learn here can indeed accomplish results very quickly compared to many techniques taught nowadays. I have seen people get rid of emotional issues in as little as 20-30 minutes by practicing the Transcendence Technology Liberation Breath Process™. However, you may face some challenges that will require a few days or even a few weeks of daily practice to be completely resolved. Please practice the process until you feel the desired liberation.

I always tell my personal students and workshop participants that Transcendence Technology™ should be seen as a way of life, instead of a system that you use for a few days and discard after you accomplish a goal. There are no limits to what you can accomplish in your life once your emotional energy system is clear and you learn the art of “Meta-Reprogramming Technology” (another set of Transcendence Technology™ techniques taught after the clean up phase). Once you learn it and experience the amazing results, you will incorporate it in your way of thinking, behaving and acting, and your life will never be the same again.

The energy liberation technique taught in this small book alone can improve your life in unimaginable ways if you follow the instructions and practice with dedication. Once you clear your emotional field from stagnated energy frequencies, all the rest will be easier to accomplish, whether you use the advanced Transcendence Technology™ techniques or any other system.

One thing that I noticed in my personal experience was that once I coupled energy therapies with mental science, I had “TNT” in my hands. I was able to fully clear limiting energy patterns and, consequently, use my creative power in turbo-charge mode (soon you will understand why).

The “marriage” of Applied Mental Sciences and Energy Therapies gave birth to Transcendence Technology™, a series of processes and techniques taught in a specific order, with the goal of not only helping you to “improve your dream”, but to awake from it completely.

I am very thankful to the pioneers in the energy therapies field, and the Transcendence Technology Liberation Breath Process™ is my humble contribution to this ever-expanding modality where practitioners share their techniques and discoveries unselfishly, with one goal in mind; to help other human beings free themselves from blockages that keep them from using their full potential.

1- There's ONLY consciousness and energy in the universe

Equipped with his five senses, man explores the universe around him and calls the adventure Science. Edwin Powell Hubble

I think science has enjoyed an extraordinary success because it has such a limited and narrow realm in which to focus its efforts. Namely, the physical universe. Ken Jenkins

$E=mc^2$ Albert Einstein

This book is not intended to give you a meticulous explanation about the physics and metaphysics behind the Transcendence Technology Liberation Breath Process™. In this chapter we will review the basic concepts that will provide a suggested theoretical basis for why and how it works.

Keep in mind that the “theories” suggested here are not orthodox and may not be accepted by traditionalists. The author, as most practitioners in the energy therapy fields, is not concerned with pleasing or getting the approval of “scientific minds”. Our goal is to develop and share workable processes that do the job they are supposed to do, regardless of if Newton, Einstein or Jung would approve of it. In the end, theories are just maps, but not necessarily the territory.

There are many scientific theories about life and the universe; however, how many of them provide an accurate, fool proof explanation for what it really is? We have no way of knowing.

We can actually compare ourselves to “blind” people trying to find a needle on a vast desert, especially when it comes to explaining the complexity of human emotions, feelings and personal experiences. The only thing we truly know is that there's still a lot to learn.

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Quantum physics, for example, has raised many new paradoxes and shattered the foundations of the Newtonian theories, those we were taught at grade school. Energy therapies may soon shatter the traditional psychological approach to mental and emotional balance.

The author himself does not know exactly why and how the process taught in this booklet works at a deeper level, but this could not keep him from using and sharing it. We have no reason to wait until a “logical” scientific explanation comes to light. In reality the explanation may never come, especially if we try to find it from a traditionalist point of view, or from a “health” industry that is more concerned about selling chemical “cures” in the form of expensive pills.

What the reader should be concerned with at this point is the process itself. You may not know the science behind electricity, however, you are able to turn a switch on and have your bedroom lit. This is what matters, right? So, even if you find it hard to agree with the presuppositions that follow, do not let your doubts keep you from using the technique.

It is recommended that you read the whole book; however, you can jump this and the following chapters if you wish, and come back later, after you experience results with the technique. It really doesn't matter if you understand or agree with the theory at this point, what I want is for you to be open-minded and see the results for yourself.

Consciousness and energy

The whole, vast universe in which we live in is a very complex system with an unknown number of galaxies, planetary systems, suns, black holes and celestial bodies traveling at unimaginable speeds across yet indefinite distances. Our planet alone is a wonder of nature, with a wealthy variety of mineral, vegetal and animal life. Trying to explain life alone is a hard task. Our human minds cannot conceive, much less know the why's and how's of life.

There's ONLY consciousness and energy in the universe

What matters is the fact that there's life, there are living beings, and we are conscious that we ARE. This cannot be denied. All the rest, are educated guesses and theories.

The question then is: What keeps the universe working in perfect harmony? Most of us agree that there must be a form of intelligence behind creation, no matter what you prefer to call it at this point. If this premise is true, every single unit of life must be part of and endowed with this intelligence, from subatomic particles, to whole galaxies.

We can see this intelligence working in nature. Left alone, for example, plants and animals will follow their natural patterns of birth, growth, decay, and transition, without any need for human intervention. What we call animal instinct may be just an expression of this intelligence. Here we will call this intelligence consciousness.

Consciousness is synonymous with awareness. It is, in our opinion, the driving force behind the physical realm, the molder of the physical level of life as we know it. Consciousness again, is embedded in all forms of life, starting with the very building blocks of the universe; sub-atomic particles.

This great mind or consciousness that we are a part of, possesses at least two characteristics as far as we know; awareness and creativity. We are aware that "we are". Every form of life is aware at some level. We are also creative. To create, consciousness must have a substance to create with, and this substance is what we will call energy to make it simple.

Energy, according to some metaphysical and scientific schools, is the unconditioned "clay" of the universe, from which all forms of matter manifest. There may be millions of variations of this energy, manifesting at different frequencies. In Transcendence Technology™, as well as in energy therapies, we consider thoughts and feelings to be variations of energy. Thus, our work is not in the physical realm, but at the energy level.

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For the sake of our process, it is only important for you to know that consciousness can and will affect energy if we intend it to. According to the ancient Chinese teachings “the mind moves the Chi (energy)”. Thus, in the Transcendence Technology Liberation Breath Process™ you will be using your consciousness to move stagnated or unprocessed packets of emotional and mental energy out of your system.

The motto of modern energy therapies is: Everything is energy. The universe (YOU-niverse) is a live field of dynamically vibrating energy, and again, our feelings, emotions and thoughts are nothing more, nothing less than energy frequencies imprinted in our energy bodies. We cannot cut a brain open and find the fear, the depression or the negative memory or belief. But we can definitely feel it in our energy bodies.

When we talk about energy bodies, many people familiar with metaphysics bring to mind the aura, the etheric, astral and spiritual bodies, however, in Transcendence Technology™ we also consider the physical body to be an energy field. To us the physical is not just a solid piece of matter, but condensed energy vibrating at a slower frequency.

This leads us to conclude that what we really are is consciousness and energy. And that is what the process taught here is all about; using your consciousness to deliberately move energy out of your system to eliminate blockages and restore balance.

Once you are able to use consciousness to affect and mold energy, you will have discovered an amazing secret. You will realize how simple and easy it is to go straight to the source and use a natural human ability to alleviate stress, harmonize unbalanced feelings and emotions, and even dissolve the energy charge of unproductive beliefs.

That is what happiness, lightness and peace are all about; not having the weight of many years of conditioning over your shoulders in the form of negative frequencies. Once you're clear from those, you can say that you're truly free.

There's ONLY consciousness and energy in the universe

Once you're free, you will live in a state of grace all the time and experience that deep inner peace so sought after by many fellow human beings.

From that state you will be able to start the process of conscious creation successfully; from a resonant frequency that will enable you to attract good things into your life effortlessly, all that because there will be no more resistance or energy blockages in the way.

The Transcendence Technology Liberation Breath Process™ is just the tip of the iceberg in the vast field of energy work and conscious creation, but in our experience, it is the basic foundation from which all will follow later.

2- Emotional imbalance equals energy imbalance

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you. The Gnostic Gospel of Thomas VERSE 70 – by T. O. Lambdin (Coptic version)

Men love to wonder, and that is the seed of science. Ralph Waldo Emerson

As we have seen so far, everything is energy in different degrees of vibration, including our thoughts, feelings and emotions. Energy is neutral, unconditioned. You can, for example, use electricity to light a whole town or to kill another human being. The sun shines over good and evil people, life-force energy flows through our systems independent of race, color or sexual preference. The variations depend on the way we deal with energy in our daily lives. WE polarize energy through our consciousness.

The energy system can be compared to any other system in the human body. Let's use, for this example, the digestive system.

In order for us to be healthy, we must ingest, digest, process and eliminate food. Any imbalance in this digestive chain may reflect as a “dis-ease” in the human body.

Imagine what would happen if every time you tasted some food that you loved, you decided to “hold on” to it in your stomach, just to keep feeling that good sensation forever. Or, on the contrary, if you tasted some food that you really despised, you decided to keep it stored in your system as a reminder to never taste that horrible dish again. In a few days you would be in serious trouble, right?

Fortunately the digestive process works automatically, given that it is in good health, and we have no conscious power over it. However,

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when it comes to the human energy system (mental and emotional fields), we can and often DO interrupt the natural intake/outtake process.

Every single experience that we have can be considered an energy exchange. When someone talks to you, hugs you, smile at you or curse you, what they are really doing is sending energetic vibrations that are interpreted by your brain, nothing more, nothing less.

In a perfect world, the natural process would imply an energy exchange between two or more individuals, or between an individual and a given experience. That is; you would intake the energy and allow it to flow uninterrupted, exchanging it for an out take of your own energy in the form of a response, when appropriate, or some kind of liberation. This is what we call balance, and we were all born with this natural ability. What we should never do is to interrupt the healthy flow of energy in any form.

If you have ever been around very young children, you may have noticed that they don't interrupt their natural energy flow. If they are hungry, they cry, if they are happy, they laugh, if they are sleepy, they will find a way to let you know as well.

Two small children may be happily playing together one moment and, in the next moment, punching each other because of a "stolen" toy. The mother then interferes and separates them. A few minutes later the toddlers will resume their play, without holding on to energy in the form of grudge or resentment.

Somewhere along our childhood however, we start losing this natural ability of energy exchange, and start holding on to packets of stagnated, unprocessed energy patterns that we were unable to process and liberate at the right time.

Phrases that we hear often, as we grow up, such as: "boys don't cry", "good girls don't do this", "do not respond to me", "stop crying or I will punish you", etc, etc, condition us to block the healthy flow of emotional energy. Therefore we learn to suppress from a very early age.

Emotional imbalance equals energy imbalance

Parents and educators aren't to blame, they don't know better. They were raised the same way, experiencing the same suppression attempts. They did not receive an instruction manual when their children were born.

After many years of suppression, we start to notice and feel the toll of stagnated, unprocessed energy patterns in our bodies. Those are what we call our emotional imbalances, which can manifest in the form of chronic stress, anxiety-panic syndrome, unexplainable fears, resentments, just feeling "not-so-good" most of the time, and all other variations of imbalance that you can think of.

People and circumstances out there are not to be blamed either. If we did not have those energy imbalances, we would not have attracted negative circumstances in the first place. Only resonant vibrations attract each other. What you hold inside is what is really hindering your life, making you attract the circumstances and people you do, and keeping you from being truly happy, peaceful and free.

Young children, teenagers and adolescents, if raised under "normal" circumstances, are lively, cheerful and full of vitality. As we reach adulthood, we may start feeling some sensation of "heaviness" (literally) in our physical body, which is nothing more than a complex energy system. Diseases can become more frequent, and our zest for life may be decreased.

What we accept as a natural occurrence of life, the so-called aging process, may in reality be a result of unprocessed energy "clogging" our system and lowering the free flow of life energy, which ultimately leads to physical degeneration and death.

Many of my students have reported feeling "lighter" and even younger after using this form of liberation and healthy energy exchange. This phenomenon has nothing to do with the actual scale or the chronological time, but with the general physical sensation.

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Realistically speaking, we do know that we cannot exchange energy at the moment something happens in every single situation or event in our lives.

If your boss, for example, gives you an unreasonable and time consuming task five minutes before you were planning to leave work, you cannot tell him to “go to hell” on the spot lest you lose your job. But you CAN and MUST liberate that suppressed anger or frustration energy somehow, so it will not weight in your already clogged energy system.

Traditional Chinese medicine proposes that when the flow of CHI or life force energy is disturbed, the physical body is affected, and they have developed many effective methods for restoration of a healthy flow.

The enlightening proposal of modern energy therapies is that emotional disturbances are also a result of imbalances in the human energy system. Suppressed feelings and emotions are harmful to you and can hinder your progress and happiness.

Energy can be either stagnated or drained. In the case of resentment, hate, nostalgia, phobias and traumas, it is certainly stagnated. You are “holding on” to something. As in the example of the digestive system, we hold on to or suppress a packet of energy that blocks the natural flow.

In the case of anger bursts, fear, or excessive anxiety, we may drain some of the little life force energy that we have flowing and keeping the body alive and the mind semi-conscious.

Please understand that life force energy itself is unlimited. We are not born with just a certain fixed amount of it, as some teachers propose, and it should never be depleted. But the natural energy flow can be blocked, causing us to function at a very low capacity; there is where the problem lies.

Certain techniques like Chi Kung and Pranayama can indeed help us cultivate and increase energy flow. The Transcendence Technology Liberation Breath Process™ was designed to help you use intention, coupled with feeling, visualization and breathing, to unblock suppressed

Emotional imbalance equals energy imbalance

energy patterns and to facilitate this healthy flow. Many of my students have successfully coupled it with Yoga and Chi Kung, and have reported that the results are very satisfactory.

The important point for you to grasp here is that as you practice the Transcendence Technology Liberation Breath Process™ you will be working with energy. It does not matter to me if you call it resentment, hate, fear, depression or phobia. It all boils down to suppressed energy, period.

Again, you cannot cut a brain open and find the fear, the snake, the rape, the grudge or the lack of love stored there somewhere, but you can definitely feel it in your energy system, because there is where it is, in a multi-dimensional field that is similar to a blank CD, recording patterns of energy.

The good news is that this “CD” can be easily erased and you can go back to lightness happiness and freedom from emotional hang ups.

3- Why mind power alone fails most of the time

A fact is a simple statement that everyone believes. It is innocent, unless found guilty. A hypothesis is a novel suggestion that no one wants to believe. It is guilty, until found effective. Edward Teller

The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them. William Lawrence Bragg

Every great advance in science has issued from a new audacity of imagination. John Dewey

During my first years in the self-help movement, I was introduced to the science of the mind and the New Thought philosophy. These wonderful teachings opened my eyes to the incredible power that we all possess to change our destinies and create the life of our dreams.

I had great results with mental reprogramming techniques as taught by my first teacher in Brazil, affirmation engineering, visualization, and the so-called law of attraction.

Even though the results I accomplished were very impressive; I still felt blockages when it came to some aspects of my life. I felt as if I were “improving the dream”, but not awakening from it yet. I saw the same thing happening with some of my clients and students.

Therefore I decided to go back to my “research lab”, seeking a missing link in the conscious creation or attraction process. As the biblical saying goes “Seek and ye shall find”.

On Independence Day, 2000, I was browsing the internet when I landed on Gary Craig’s EFT (Emotional Freedom Technique) website. I had already been studying Chi Kung, Pranayama and other energy modalities for a long time before that, however EFT opened the doors to the incredible world of energy therapies and its theories made sense to

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me. Since I am a doer, I decided to immerse myself and practice until my “butts fell off” or I saw concrete results.

From the links on Mr. Craig website I was also introduced to other equally effective systems for energy balancing and I finally started to feel that lightness and freedom that I have been craving for throughout my many years of relentless search.

Within just a few months of practicing different energy therapy techniques I was glad to have found the missing link, the secret that skyrocketed my mental attraction exercises to a whole new level. It was indeed a Quantum leap.

Nowadays, most self help books still deal with the power of positive thinking, affirmations, visualization, the law of attraction, and optimism. All these techniques can do wonders to your life and I have adapted and developed many to include in my Transcendence Technology™ program. However, what I have discovered is that any of these techniques may be not as effective if your energy system is clogged and you don't have a healthy energy flow. That's why we divide the first part of Transcendence Technology™ in two equally important phases as follow: The Clean Up and the Reprogramming Phases.

No amount of positive thinking, affirmations, rituals, chants, prayers, symbols, meditation, motivational speeches or psycho-analysis will work to their full potential if you don't go through a clean up phase, period. Why, it will be like dressing a dirty, stinking man with a new set of clothes. It may improve him a little, but the dirt and foul smell will still be hiding underneath.

Therefore the REAL Secret is not only the knowledge of the law of attraction by itself, but the wise combination of emotional energy liberation AND the application of mental techniques to attract what you want. That's what have been working wonders for me and my students.

When our energy system is clogged, the amount of life force energy available for conscious creation is limited. You work with a small percentage of your energetic potential, your magnetic attraction power is

Why mind power alone fails most of the time

low, and results are at least much slower than when you start from a clean slate.

Depending on your early experiences, there may be energy blockages that keep you from being healthy, wealthy and happy. These energy variations exist in the form of suppressed subconscious thoughts, feelings and emotions that are stagnated in your energy bodies.

These self-saboteurs are usually difficult to be eliminated by positive thinking alone. This explains why you may have read many books on the subject of self-help before and experienced mediocre results. The problem is not in the teachings or techniques, but it may be in your energy system.

Try cleaning your energy system with the Liberation Breath Process™ and see how much your other practices can be improved. One million words do not substitute personal experience. This is a safe process, so you've got nothing to lose by trying it with dedication and an open mind.

4- The Transcendence Technology Liberation Breath Process™

A new scientific truth does not triumph by convincing opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it. Max Planck

In this chapter I will explain, step by step, the Transcendence Technology Liberation Breath Process™ in a simple way, so even those who have never had any contact with energy therapies may use it successfully from day one. One thing I want to remind you is not to underestimate the simplicity of this exercise.

As you use the Liberation Breath Process™ you will be applying the power of your consciousness to move stagnated mental and emotional energy out of your system. You don't have to know how and why the energy was originally blocked; just focus your attention and intention on the results to be accomplished. The universal intelligence will do the job for you. Just get out of the way and avoid intellectualizing the process.

In this process we use the following elements that combine to create the best results:

- 1- Awareness**
- 2- Visualization**
- 3- Breathing**
- 4- Feeling**

You will see how each of these elements fit into the process as you do it.

On the next page you will learn the simple steps for successfully using the Transcendence Technology Liberation Breath Process™.

The Steps

1- Focus on a problem, event, emotion, belief or person that bothers you or make you enter a negative state.

Just think about a problem or issue that bothers you. In the first trial, think of something mild, not a deep-seated trauma or very intense emotional state yet. Pick something simple, such as a co-worker or neighbors that are a nuisance to you, a mild fear, or something that has upset you today.

The Transcendence Technology Liberation Breath Process™ can work for basically anything. It is designed to help you liberate stuck energy packets that weren't processed at the time of the original experience, as well as reoccurring negative emotions, beliefs and feelings, which are nothing more than energy frequencies.

If you want to have a measurement system to track your progress, you can use the energy therapies SUD (Subjective Units of Distress) scale, rating the issue from 1 to 10, 1 being a very light feeling and 10 being a full scale distress. So, after the process you go back and measure to see if the number has decreased on the scale. See the chart below:

SUD's measurement (Optional)

- 1- Very low emotional response to stimulus – Almost no distress experienced
- 2- Very low emotional response to stimulus – Almost no distress experienced
- 3- Low emotional response to stimulus – little distress experienced
- 4- Low emotional response to stimulus – little distress experienced
- 5- Mild emotional response to stimulus – mild distress experienced
- 6- Mild emotional response to stimulus – mild distress experienced
- 7- High emotional response to stimulus – mild to high distress experienced
- 8- High emotional response to stimulus – mild to high distress experienced
- 9- Very high emotional response to stimulus –high distress experienced
- 10- Extreme emotional response to stimulus – very high distress experienced

As you think of the issue that bothers you, what number would you give it now? Try to immerse yourself on the issue, feeling, as much as you can, the distress generated by the memory or thought.

NOTE: Some people are afraid of re-experiencing or entering negative states. However, to be successful with this practice, you have to be willing to dive deep into the feeling. By doing so, you will NOT increase it or program yourself negatively. What we will be doing here is to eliminate the feeling or stuck energy for good. To accomplish it, you must be willing to stop resisting and suppressing it.

2- Awareness - Locate the packet of stagnated energy in your body

This part of the process will help you develop sensibility towards your energy system and eventually it will become very easy for you to find the energy counterpart of an unprocessed issue, emotion or belief in your body.

Just pay attention to your body as you tune into the issue being worked on. Where do you feel that stagnated energy in your body? Can you locate some area as being tense, or heaviness somewhere? Bring one of your hands to that part.

We usually use metaphors to describe feelings and emotions. For example, we say things like:

“This person is a pain in the neck”

“I feel butterflies in my stomach”

“I feel a burden over my shoulders”

“It seems like a hand is pressing my heart/chest”, etc.

So, as you tune into the issue that bothers you, where is it located in your body? It can be anywhere, heaviness in the shoulder or neck, a tension in your solar plexus, tightness in the chest or numbness in one of your arms or legs.

The energy system is multi-dimensional and unprocessed packets of energy can be stored anywhere. Usually, most people find the stag-

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nated energy between their head and solar plexus, but again, it can be anywhere.

3- Stop RESISTING the stagnated energy

We usually try to push feelings down or suppress them by such diverse strategies as drinking, overeating, watching TV, being with others, etc. This is resistance and it does nothing to actually eliminate the feeling.

As you locate the distress feeling in your body, simply thank it for being there. Acknowledge that it is trying to warn you that something is wrong in your energy system. This feeling is an ally; do not treat it as an enemy. Remember that what we resist persists.

The body is intelligent and always has a way to show us that something is wrong in our multi-dimensional system. The warning usually starts with a distressing sensation, caused by unprocessed, negative thoughts and emotions, and then it may come to a point where the issue “materializes” in your physical body in the form of a dis-eased condition.

So, why resist something that is warning and trying to protect us? You wouldn't be mad at nor resist a fire alarm or smoke detector because it is warning you, right? Become friends with that packet of stagnated energy, this is the first step towards liberation.

4- Visualization – Give a form to that feeling

During this process, I also want you to give a form to the feeling or stagnation in your body, wherever it may be. How do you do that? By creating a mental representation of the feeling, as if you were “dressing” it, metaphorically speaking.

If I were to ask you;

- What is the form or shape of that feeling?
- What is the size of the feeling?

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- What is the color of it?
- What is the temperature?
- What is the weight (how heavy it feels)?

As an example, someone may say: “It feels like a brick in my chest, it is around five inches across and 3 inches deep, it is dark brown, very warm and heavy, it feels as if it weights 2 or 3 pounds...”

You do not have to be as precise for it to work, but try, the best you can, to form a clear image of that specific feeling. With a little practice it will become much easier to do it.

This step is extremely important and was added to the process after the original free e-book was released. It is taught only on this printed version.

So, as we have the feeling located, and a mental representation of it, we start the actual breathing process as follow:

5- Breathing - Follow the process below

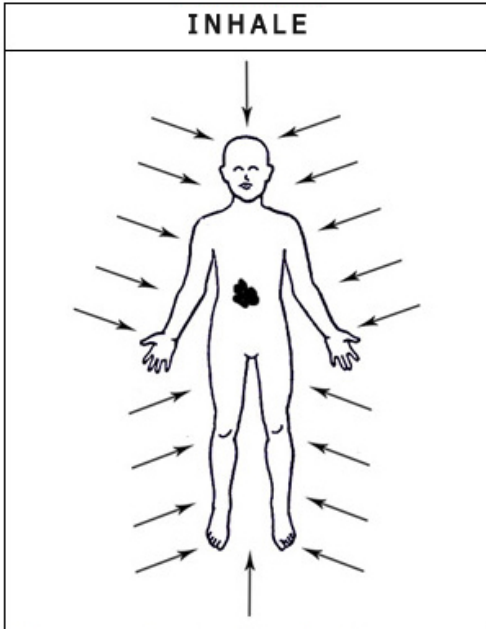
As you breathe in, imagine energy (oxygen/prana, etc.) entering through every pore of your body for the purpose of clearing the energy blockage that manifests in the form of a feeling, emotion, belief, etc. Keep the mental image of that feeling in mind.

As you breathe out, use your INTENTION to dissolve and move the stagnated energy packet out of your system through every pore of your body.

Universal Energy IS intelligent and will follow our intention to clear the packet of stagnation. We just have to ALLOW it to do its work. Feel and see how the mental representation changes.

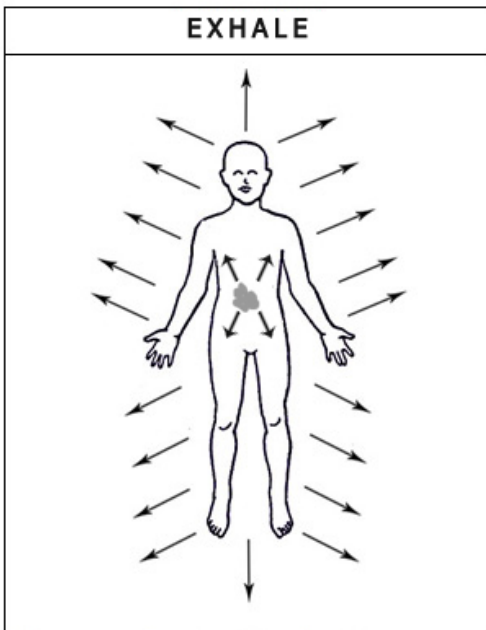
View the graphic on the next page

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As you breath in, imagine energy (oxygen/prana, etc.) entering through every pore of your body for the purpose of clearing the energy blockage that manifests in the form of a feeling, emotion, belief, etc.

Keep the mental image of that feeling in mind.



As you breathe out, use your **INTENTION** to dissolve and move the stagnated energy packet out of your system through every pore of your body.

Universal Energy **IS** intelligent and will follow our intention to clear the packet of stagnation. We just have to **ALLOW** it to do its work.

Feel and see how the mental representation changes.

The chart on the previous page is self-explanatory. You have a visual image of the energy blockage as a black cloud, or whatever you wish to use as a metaphor.

During the inhaling phase you will be allowing universal energy to enter YOUR ENERGY body through all the pores, from the top of your head, to the bottom of your feet. Imagine this energy nurturing or feeding you. This is what we call “whole body breathing” or “skin breathing”.

As you exhale, use your intention to dissolve and move the stagnated, unprocessed energy out of your system, again, through ALL the pores of your energy body. Do not intellectualize the process; just allow it to happen without mental interferences. Keep checking the mental representation.

6- Optional ingredient - As the stagnated energy is moving, repeat the “Key phrase” THANK YOU

Gratitude is one of the most powerful frequencies in the universe. We use the key phrase “THANK YOU” in order to acknowledge the results intended for.

7- Check to see if the pressure/weight/sensation has been cleared

After a couple of minutes, as you keep on checking the location where you felt the energy packet, notice if it has decreased, moved or disappeared.

If I were to ask you again;

- What is the form or shape of that feeling?
- What is the size of the feeling?
- What is the color of it?
- What is the temperature?
- What is the weight (how heavy it feels)?

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Are there any differences? Is it lighter, blurry, less bright, less warm or cold, etc.

Has it moved somewhere else, decreased, or has it disappeared completely? How does that feeling “feels like” now?

Use the SUD scale if desired and see if the intensity of the tension/pressure has weakened in that specific area. Any decrease in the intensity is a good sign, even a 5% difference. Acknowledge and validate that decrease, it means that energy is being liberated.

8- Repeat as necessary until all stagnated energy is cleared

If you felt no decrease in the intensity of the feeling/sensation, or if it has decreased but not dissolved completely, go back to the breathing technique until it is all cleared. Keep in mind that some blockages may take more than one session to clear completely. Expect good results but be realistic and dedicated to the practice. I do not promise “5 minute cures”.

9- We know that the energy has been cleared when we become NEUTRAL to the issue being cleared and there’s no more distress or emotional response

Once you have cleaned the packet of suppressed/stagnated energy you will NOT feel any pressure/resistance in the specific area anymore as you relive the original issue that caused you distress.

Our experience has shown, over and over again, that when this process is completed, the emotional responses are gone as well. That is, if you worked on the feeling associated with a fear of mice, once you clear the physical/energetic counterpart, the fear should be drastically reduced or completely gone.

If the process was used to erase negative feelings from a past incident, you should be able to review it mentally without the negative emotional response, etc.

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Keep in mind that this technique will not “wash your brain”. You will still be able to remember past incidents, but the negative response will be gone and you will feel free from its influence over your emotional and belief system.

Those familiarized with other forms of energy therapies may find this process slightly different. Here we use the breathing process because breathing is closely related to emotions and feelings. So, the logical approach for us is to use deep breathing coupled with intention to restore the energy balance in the system.

With this process we also intend for the energy to leave or flow through the whole body, not just through a specific pathway, imaginary door, or chakra. The reason for that is because we want to make sure that we are liberating this energy at a cellular memory level, from ALL parts of our energy system. All cells resonate to a negative or suppressed feeling; therefore, we must do a whole body “washing” even if the location of the blockage is specific.

Finally, this process is invisible and can be done anywhere. It does not require tapping, any special device or a “deep meditative state”. This can be very useful when you have to apply it on the spot, as for example, in front of an audience or in a business meeting. The only caution is to not practice it while you are driving or operating any machine.

You can, if you wish, practice only the whole body breathing at first, for a few minutes, without focusing on liberating any problem, just to become familiarized with the process. It will at least calm you down to a peaceful state.

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Again, the important ingredients of this process are:

Awareness

Thinking about anything that bothers you, or the source of the phobia/trauma, and locating the corresponding feeling in your body.

Visualization

Giving a “body” to that feeling by mentally seeing the shape, size, color, weight, temperature, etc. Make it as clear as you can.

Breathing

Using full body breathing to dissolve and liberate that energy out of your body with the help of focused intention and attention.

Feeling

Tracking the actual packet of stagnated energy and monitoring to see and feel any changes in it.

5- The LBP in action – transcript of a live session

The scientist is not a person who gives the right answers; he's one who asks the right questions. Claude Lévi-Strauss

The text below is a transcript from a live session. It was recorded while I was facilitating the process with a client.

Wellington: “Ok Mike (*name has been modified*), make yourself as comfortable as you can, remembering that as you become more familiar with the process you will be able to do it anywhere, anytime. I myself do it while walking or in a packed subway car as easily as I would do in my living room. It is just a matter of practice.

Just take this process as an adventure of self-discovery and self-knowledge. You will be discovering things in your system, things that may be holding back some aspect of your life, and you will be also discovering your own power to dissolve unwanted feelings and sensations. Are you ready to play with your energy system?”

Mike: “Yes, sure. Let’s do it.”

Wellington: “Good. So let’s think about that unwanted feeling that you have every time you think about your future. You call that anxiety. I do not know what it is, and I’m not into labeling things, so I’ll call that a packet of stagnated energy, all right?”

(Mike nods his head)

Wellington: “All that I really need to know is where you feel that packet of stagnated energy in your body – where that feeling manifests itself. So go back to the last time you had that feeling, or just think about something that triggers the feeling. Do not worry about getting into a

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negative state. We MUST get into that state to feel it, understand it and finally liberate it.

Tell me when you are feeling it with certain strength, let's say, in a scale from 1 to 10, it should be at least a 6 or 7. Take your time."

(Mike takes about 45 seconds to feel some intensity)

Mike: "Ok, I'm feeling it now"

Wellington: "Great! We have something to dissolve. I don't have to know what memory or image triggered that feeling, and you do not have to know the origins of it for us to dissolve it.

Instead of playing detective and keeping you coming back for 6 months, I play the 'exterminator' and cut it at the root, the so-called energy disruption. I want to get rid of you as soon as possible. I have a soccer game to watch in half an hour, you know."

(Laughs)

Mike: "I also want to get rid of this as quickly as possible"

Wellington: "Good, at least we agree on something. Let's do it.

As you tune in to this feeling, if I were to ask you: Where in your body can you sense it? What would your answer be? Just show me where it is right now. No effort required, just scan your body and find the place where that sensation starts...the ground zero."

(Mike takes around 10 seconds)

Mike: "Right in my solar plexus, yes, right there. *(Pointing to his solar plexus area)* This is the place where it seems to originate."

Wellington: "Great. Now, describe that sensation, that packet of stagnated energy to me. Let's create an imaginary representation for that, a metaphor, if you will.

The LBP in action – transcript of a live session

If I were to ask you: What is the size and shape of it? What can you perceive? No effort, just allow it to come to your mind.”

Mike: “Hum, it feels like a tennis ball. Right there, inside my guts. It’s round, and about the size of a tennis ball, yes.”

Wellington: “Good, keep focused on that sensation and image. Now, if I were to ask you: What’s the color of this sensation? What’s the temperature of it, if any?”

Mike: “Well, the color is a dark brow... like chocolate, and it feels very cold...”

Wellington: “Ok, now we have it defined. Keep on focusing on that feeling, the sensation, the size, shape, color, temperature, etc. Feel it fully, allow it to be there. It is there to help you. It wants to show you something. Stop resisting it and just immerse yourself in it... feel it fully.”

(10 seconds break)

Wellington: “Now we will start a simple breathing process. I want you to start by breathing in and out naturally for a few seconds...”

(15 seconds to allow Mike to enter a rhythmic breathing pattern)

Wellington: “Ok, good. Now, we are going to add a new element to that breathing; as you breath in, I want you to imagine that the oxygen, energy or whatever you want to call it, is entering through ALL the pores of your body, not only your nostrils, but all the pores of your body.

As you breathe out, imagine and feel this energy also being exhaled through all the pores of your body, as if your whole skin were breathing, all the cells, and all the atoms of your body were breathing.”

(15 seconds to allow Mike to adapt to the new breathing pattern)

Wellington: “Can you follow this breathing/visualizing process?”

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Mike: “Yes, sure...”

Wellington: “Good, now we will add the last element to this breathing process. As you breathe out, I want you to imagine that packet of stagnated energy, the size of a tennis ball, dark brown, and cold, dissolving and being liberated, through all the pores of your body, with each exhalation.

Can you do that?”

Mike: “Yes, I got it.”

Wellington: “Good, then let’s keep doing that. Breath in, energy is entering through all the pores of your body...breath out, energy is moving out through all pores of your body, and the stagnated energy is dissolving and leaving with it.”

(The instructions above are repeated a few times and the facilitator allows Mike to do the breathing for about 2:30 minutes)

Wellington: “Now Mike, I want you to tell me how that spot in your body feels like. Is the ball any smaller? Was there any change in the temperature, color, shape? Has it moved, decreased? If nothing has happened you can tell me as well...”

Mike: “Yes! Actually it has changed. It now feels like a little ping-pong ball...the color is a fading yellow, and it has no temperature at all...”

(After two more short rounds of the breathing instructions)

Wellington: “Now Mike, I want you to tell me again, how that spot in your body feels like. Is the ping-pong ball any smaller? Was there any change in the color or shape? Has it moved, decreased, or disappeared completely? If nothing has happened you can tell me as well...”

Mike: *(smiling)* “Well, it seems to be gone”.

Wellington: “How is that, does it ‘seem to be gone’, or is it gone? Has it disappeared completely?”

Mike: “YES, it has disappeared...”

Wellington: “Good, let’s take a small break.”

(Around 45 seconds)

Wellington: “Now, think about the same thing that you originally thought to trigger the feeling that you call anxiety and let me know if the sensation comes back as it did before or if there’s any difference...”

(Mike thinks for a little while)

Mike: “Well, it is strange, now it feels like a very small cloud of dust...not solid, no weight. Nothing compared with the tennis ball. In a scale from 1 to 10 it would be less than 1, half probably...”

Wellington: “Great. It seems to have been almost completely liberated, BUT, you must test it a few more times, and the final proof of the effectiveness of this process will be when you face some stimuli that used to trigger that feeling. Keep me posted on that. Thanks for allowing me to share this with you.”

Follow Up

Two weeks after going through the process with me, Mike called saying that he had to do it again only twice to get completely rid of the sensation he used to call a “chronic anxiety”. He also reported that he purposefully exposed himself several times to situations that used to trigger the feeling, and was able to feel neutral to them, that means, the sensation did not return even under stress.

This whole process took less than 20 minutes, and Mike did it twice for about 15 minutes each time. It is important to note that individual results may vary according to the intensity of the energy stagnation/feeling/emotion.

Breathe Your Limitations Away!

We have used a simple example for this transcript, so you can learn how a facilitator takes someone through the process. The next chapter will explore some basic and advanced applications.

6- Applications

The universe is full of magical things patiently waiting for our wits to grow sharper. Eden Phillpotts

As with most energy therapy techniques, the Transcendence Technology Liberation Breath Process™ can and should be used to relieve the energetic charge from anything that limits or bothers you. That includes thoughts, beliefs, emotions, feelings and memories. Some practitioners even use it to alleviate minor pains.

The technique is simple enough for a 10 years old child to learn and it is completely free from side effects, so there should be no hesitation on your part to test it on every single issue you can think of. It may or may not work, but in the end, if it works you will have experienced a bit more of freedom from energy stagnation and all the positive side effects from an energetic clean up.

Below we will suggest some basic applications. This amazing technique can have a vast number of variations, and depending on the issue being worked on, a trained facilitator is advised.

Those trained on the facilitation of this technique will be able to help you locate the energy blockage in case you find it difficult. Facilitators can also help you track energy movement and any secondary gain or psychological reversals that may be blocking you from completely liberating the suppressed/stagnated energy.

Generally anyone, following the instructions in this book or from an audio can experience results without help, at least for issues that don't have a strong psychological reversal or several aspects behind it.

Remember that what we do here is NOT therapy, and you should not discontinue your treatment with a licensed professional. The Transcendence Technology Liberation Breath Process™ can be a great addi-

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tion in any therapy or self-development program, but not necessarily a substitute for it.

Basic Applications of the LBT

1 - STRESS - WHAT YOU DON'T SEE MAY BE KILLING YOU

The so-called “fight or flight response” is a built-in defense mechanism supposed to help us in case of imminent danger. However, due to the pressures and demands of modern day life, many people live in this “fear-protection-flight” mode constantly.

Modern life has become a burden for most individuals, especially because of the constant threats of losing the status-quo due to global financial crisis, lower employment opportunities, higher educational standards, and the “rat race” to see who earns more, who has the best car, or looks better than the neighbor across the street.

We are forced to compete, to win, to earn other people’s respect, love or approval. We spend more of our lives dwelling on past events or anxious about the future than enjoying the present. No wonder that a growing part of the population, especially in larger cities, is stressed out and spends more money each day on a variety of drugs that range from energy pills and “stimulants” to tranquilizers, anti-depressants and illegal mind-altering substances. What we’re failing to see is literally killing us.

Stress has been linked to many leading causes of premature death, including heart disease, cancer, lung diseases, alcoholism (which causes liver damage and accidents), and suicide. It is suspected that up to 90% of visits to Doctors may be linked to stress-related complaints or disorders.

Stress causes havoc in your glands and hormones. It also accelerates the production of free-radicals, which damages the body and actually **ACCELERATES THE AGING PROCESS**. The bottom line is; stress can age you faster, produce physical diseases, and even kill you!

Applications

How can we avoid the devastating effects of stress, thus assuring a healthier body and mind? The Transcendence Technology Liberation Breath Process™ can be a great natural process to alleviate stress.

Every time you feel stress building up, just locate the part of your body that is feeling the pressure and do the process. Repeat it as many times as needed during the day. The magic of this process is that we do not have to know exactly the cause of the energy charge, but just liberate it, and the symptoms are gone for good.

If you can't find a specific location, but feel the stress building up in the whole body, just breathe it out from every single cell. After a few weeks of practice you will feel as light as a feather. By eliminating stress alone you will add years to your life and feel much better emotionally.

2- PHOBIAS

A phobia is an exaggerated fear response. It usually has its origins in an experience where we were exposed to great distress associated with the object of the phobia. This distress created an energy imbalance that will be imprinted in your system until it is liberated.

Rationally we know that the dog is not hanging on to our leg anymore, or that the elevator will not get stuck in between floors every time we ride it, but the original imprinting is there, as part of our energy system, bringing the feelings back when stimulated, and it must go before we experience freedom from the phobia.

We have helped many people alleviate phobic responses and even overcome it completely by just using the process taught in this book.

Our suggestion is that you tune into the memory or visualize the object/situation that causes the phobic response, find the energy blockage in your body, and breathe it away. It may take a few sessions for you to be totally free, but it is definitely worth trying it.

In the case of a fear that you can safely expose yourself to, such as an elevator, you can actually, after doing the process for a few ses-

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sions, enter a real elevator and do the process inside as it moves up and down to eliminate the remaining charge.

The same approach works well with airplanes and high places. Just be moderate and expose yourself gradually, as long as it does not endanger your safety.

3- NEGATIVE MEMORIES

Negative memories can haunt us throughout our lives if they are not processed and liberated. The time when we experienced a strong rejection or disappointment, the day we made a fool of ourselves during a high school presentation, the aggression that we've suffered from another person, etc, etc. These memories are stored in our energy system and usually suppressed, but they take their toll just by being there, without us even realizing it.

The Transcendence Technology Liberation Breath Process™ will not erase the memory, but it will liberate its energetic charge. We call this process “burning the fuel”.

To free yourself from the toll of negative or sad memories, do the following process:

- Pick a memory that bothers you or causes a negative emotional response.**
- Review this memory from an associated position, that is, as if you were actually there again, inside your body, experiencing the event.**
- Run the scene several times while doing the Transcendence Technology Liberation Breath Process™ .**
- Check to see if the energy charge has been cleared.**

You should, after running the memory a few times, feel neutral to it, or depending on the issue, even laugh about the whole event.

4- NEGATIVE BELIEFS

Beliefs form the structure of our physical reality. Negative beliefs block our free flow and can hinder our progress. We have acquired our beliefs throughout our lives based on education and repeated experiences. Beliefs are self-fulfilling prophecies and the negative ones should be liberated if we ever plan to be free to live a fulfilling life.

The important thing to remember here is that beliefs are energy frequencies as well, and, as any other energy, they can be easily liberated by the Transcendence Technology Liberation Breath Process™ .

To liberate negative beliefs, just think about it, for example: “If I go out in the rain without protection, I will get sick”, or “I have a genetic predisposition to diabetes”, or “it is hard to earn a living nowadays”.

- Focus on the belief, feel where it manifests in your body

- Do the Transcendence Technology Liberation Breath Process™ to eliminate its charge.

5- JUST “FEELING DOWN”

There are times when we are “just feeling down” for no apparent reason. You can be sure there’s always a series of thoughts and specific emotions or feelings behind any state.

You don’t have, however, to know what is going on in your energy system to liberate it. Just find the physical counterpart of it in your body and do the Transcendence Technology Liberation Breath Process™ to eliminate the not-so-good feeling.

Do not try to rationalize the feeling or find its cause. Just keep on breathing it out and see what happens.

6- STAGE FRIGHT/SHINESS

The majority of people are more afraid of public speaking than they are afraid of dying. Shyness can greatly limit our personal, romantic and professional life. How much more could you earn if you were able to speak in public with calm, confidence and poise? How would your romantic life improve if you had the courage to approach the opposite sex, start a conversation and be relaxed in front of others?

I have helped many people get rid of shyness and stage fright with the Transcendence Technology Liberation Breath Process™ alone. The following process works wonders:

-Imagine yourself speaking in front of a large audience or approaching someone for a romantic reason. Allow yourself to feel all the stress and any negative feeling that may come up.

-Locate the packet of energy in your body and do the process from an associated position.

-Gradually expose yourself to situations that have bothered you before, and while in the situation, do the process. The good thing about this simple process is that it can be used anywhere, without anybody noticing it.

7- PAIN*

I have used the Transcendence Technology Liberation Breath Process™ many times to get rid of minor muscular pains, headaches and even a kidney stone crisis. Those who felt the pain of kidney stones know that it can be unbearable, but the process helped me cope with it until given the necessary treatment.

Nowadays, when a headache comes up, I just do the process and it is gone in a couple of minutes. Try it on yourself and see how well you can manage the pain.

Applications

-Feel the aching area.

-Stop resisting or fighting the pain.

-Do the Transcendence Technology Liberation Breath Process™ focusing on eliminating the energy charge of the pain.

-Monitor to see if it has decreased.

***ATTENTION:** This process is NOT intended to be a substitute for qualified medical treatment. Some pains may be caused by a serious physical condition and you must see a medical doctor in case of persistent pain or any physical symptom.

Advanced Applications of the LBT

1- INTRA-UTERINE CLEAN UP

I have created the variation below to help my clients clean any pre-birth energy charges that may be still stuck in their energy system.

During pregnancy, our mothers may go through challenging or even traumatic situations. Some researchers suggest that the fetus can be exposed to the unbalanced emotional states of the mother.

Once exposed, the still unborn children may “inherit” those disharmonic frequencies.

Even if you believe that this hypothesis is way too farfetched to be valid, I advise you to try this exercise. Some of my clients and students have reported feeling a great sensation of inner peace after repeating it a few times.

We are just playing with energy anyway. I’m not “treating” you, but sharing a game. Why not try it? You may like it after all.

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The process



-Find a comfortable place where you know you will not be disturbed for a few minutes.

-Preferably, you should do it on a bed or soft carpet and adopt a fetal position, as if you were inside your mother's womb (see figure on the left).

-Just pretend that you are back inside your mother's womb. Stay with that idea for a couple of minutes.

-Start scanning your whole body and check if there's ANY pressure, heaviness, or stagnation anywhere in your body.

-If you can't find anything, that is OK. If you DO find anything, start the liberation process.

2- ERASING YOUR "KARMA" – THE FULL LIFE-LINE CLEANUP

Whether we want it or not, whether we are aware of it or not, from the moment we are born we are exposed to people, events and circumstances that can cause imbalances to our energy system. Some are light, some are mild, and some may be extremely traumatic.

As we said in a previous chapter, this accumulated "weight" of stagnated or disrupted energy can cause general imbalances in our system. In the author's opinion, this is the cause of all mental, emotional and physical imbalances. The Chinese knew it millennia ago, and worked on the energy system to heal the whole of a person.

Applications

Traumatic events, for the sake of our work, will be divided in three categories as follows:

a) Light traumatic events

Under this category we classify events that do not seem to have been so strong at the time to leave a disruption in the energy system. It can be a time when a little kindergarten friend stole your lollipop, when you made a fool of yourself in front of your high-school sweetheart, or when you were punished by an authoritative figure.

b) Mild traumatic events

Under this category we classify events that made you feel sad, angry or upset at the moment it occurred. It can be a time when you were fired from a job, when you broke up with your boyfriend or was betrayed by a loved one, or when you had a mild accident.

c) Highly traumatic events

Under this category we classify events that made you feel a very strong negative emotion, such as panic, fear of dying, desperation, or hate. It can be a time when a loved one died, or when you were deeply hurt by someone, or when you were abused or even raped, or when you experienced a serious, life-threatening accident.

As you think of events in your life, you can break them down into the three categories mentioned above, and classify them as A, B, or C events.

What I want you to do is to go back in time mentally, starting at the most recent event, and write down a list of all the events that you can remember that you felt were negative, that you'd rather have not experienced.

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You do not have to write all the details about the event, but just a reminder phrase, such as:

“Age 19 – My girlfriend cheated on me with my best friend”

“Age 12 – I was hit by a drunk driver”, etc.

Try to go as far as you can. Some people are able to remember things that have happened to them when they were toddlers, others cannot go past 9 or 10 years of age.

But do not worry about remembering every single event at this point. As you do the full clean up, you will be surprised to find yourself remembering events that were out of your conscious memory line. The events that you review will automatically “pull” other memories to the surface.

Once you have written as many events as you can remember, start, from the more recent one, to do the liberation breath for each of them until you reach the last one, at the youngest age you can remember.

Be aware, events that you did not remember consciously can come up, so stop, write those, and liberate them as well.

At the end of this process you will feel a lightness that is hard to describe with words. Some people report feeling a deep state of peace, as if they had completely “transplanted” their mental and emotional systems. Try it for yourself and let me know how you feel.

My personal process took about three weeks. I have plenty of free time to practice. But you should take your time; even if it takes three months for you, it is worthy doing it. It won't cost you anything besides the nominal price of this book, which can do more for you than months, or even years of therapy if you correctly apply the technique taught here.

To wrap it up, the full process goes like this:

Applications

The TT Liberation Breath Life Clean Up exercise:

Make a list of all the events that you can remember, as far as you can remember, that carry an energy charge and follow the steps below:

1- Review:

Write down then review all past negative events as if you were watching a movie.

2- Feel:

As you review those events mentally, be associated and feel as if you were there.

3- Breathe it out:

As you review those events, do the LBP.

4- Review it again:

Review the event again and see if the charge decreased. Repeat the process as much as needed to “burn the fuel”, until you can review or think about them without feeling the energy charge previously associate with the event.

7- Keeping your energy system clean

Keep your sense of humor. There's enough stress in the rest of your life to let bad shots ruin a game you're supposed to enjoy. Louisa May Alcott

Once you have experienced the power of the Liberation Breath Process™ and cleaned up your life line as suggested in the last chapter, you will feel much lighter, peaceful, in control of your emotions. However, it does not mean that you will become immune to future energetic imbalance episodes.

The world in which we live today is very propitious to the creation of emotional imbalances and energy stagnation. You just have to step outside of your home and you will be exposed to many circumstances that can cause a disruption in your system. If you lock yourself inside, turning on the TV on most channels will have the same effect.

So, what to do? You may ask. Should we pack and move to a cave in a remote Himalayan mountain? I don't think that is necessary. Actually, I believe that we were born wherever we were born for a reason, and moving away to avoid facing challenges is just a form of escape. Even in a dark cave you will find ways to disrupt your energy system. And do you know why?

Because anything that may cause an energy disruption has to come through your mind in the first place. It is not necessarily what happens to you "out there", but how you react to it that produces an energy imbalance in your system. So, even in a solitary cave, your mind may still relive those memories that have contributed to the creation of an imbalance.

It is understandable that in some cases we have no choice but to react with a strong emotion to certain events that we have attracted, especially highly traumatic events (Category C). But, in the majority of minor events, we have the choice of handling it in the spot and avoid creating another disruption in the healthy flow of emotional energy.

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Besides doing the Liberation Breath Process™ for anything that causes you any degree of distress, you can follow the guidelines in this chapter to keep your sanity in a rather insane world.

Eliminate all unnecessary stresses from your life

Believe it or not, some people have a habit of looking for things to be stressed about. Even when everything seems to be fine, they will find something to complain about, or a reason for starting a negative energy exchange of some sort. Some are what I call “chronic pessimistic types”.

If you look for, you will definitely find a million things to worry and complain about. Why, because we attract that which we focus our attention on and what we resist persists.

On the other hand, we can definitely find a million things to be grateful and happy about. Want one example? Can you read this book? Great news! You’re not blind. Try spending a whole day blindfolded, doing everything you normally do, and you will be very happy and grateful to know that you don’t have to spend all your life with such a handicap.

So, how can you eliminate unnecessary stresses from your life to keep your energy system in balance most of the time?

1- Avoid negative exchanges as much as you can.

Try to keep away from negative talks about what is going wrong with your life and the world. Unless you’re talking to a therapist or coach who can help you, you’re wasting your time and causing more energy stagnation in your system by engaging in negative conversations.

So, when you see that gossipy neighbor or co-worker walking towards you, eager to share the “latest news”, turn the other way. If you can’t avoid the encounter, let him say anything negative he wants to, but keep a neutral mental and emotional attitude. If whatever he says disturbs or upsets you, just liberate it on the spot.

Keeping your energy system clean

Remember that EVERY communication is a form of energy exchange. Do your part to make this world a better place by sharing only positive energy.

2- Do not provoke any unnecessary issue

Sometimes we get into stressful situations because we provoke others when we should be quiet. Why in heavens do you have to care about what your classmate or co-worker is wearing, no matter how ridiculous it is? Why do you have to spend energy telling your neighbor how she should educate her children, especially if she hasn't asked for that advice in the first place?

Got it? Mind your own business and keep your mouth shut when you have no right to opine and nothing truly useful or helpful to say. Criticizing others will not help them in any way, unless they have asked for your opinion.

Respect everybody's rights and free-will. If you do not like whatever they do, move away from them. Not everybody will fit into your "model of perfection", which is nothing more, nothing less than your own criteria, and not necessarily the right or good criteria for anyone else.

If you want to be respected, respect others. If you do not want to be provoked, do NOT provoke others. That's simple, right?

3- Avoid doing things that you know will stress you out

We usually get into stressful situations that could be avoided in the first place with just a little planning.

I have had many clients complaining about the stress caused by living in a big city like New York, but, when we analyze their stresses, we conclude that many of them can be avoided.

If you, for example, feel stressed by driving to work every day during rush hour, try mass transportation. You will save money on gas

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and contribute to saving nature. If you feel stressed by having to travel on a crowded subway train, change your schedule, if possible. Leave home a little earlier, before the big rush, and spend half an hour reading or doing anything else that you like in your office or school patio, etc.

If a neighbor or “friend” makes you feel depressed every time you talk, avoid having those kinds of exchanges. If your boss makes your life a living hell, fire him and look for another job, but, for God’s sake, stop being in the victim position. You can do something about anything that stresses you if you just have a bit of courage, period.

What if you can’t avoid a temporary stressful situation at all? Simple, just react to it in a different way. Don’t let your nerves take over, do the Liberation Breath Process™ for that circumstance that stresses you out, and in a few days you will be able to handle it much better.

4- Look for activities that will help you relax and feel happy

What do you really love to do? What makes you feel alive, vibrant, light and excited? Which people do you like to be with? Which kind of movies, books and audios you like to watch, read or listen to?

Try, as much as you can, to expose yourself to things that make you feel good. Make a list of those things and commit to do them more often. This will keep you on a very positive vibe.

5- Review your day and liberate anything that has caused you distress

It is a good practice to be constantly reviewing your day and tracking any event that may have upset you. You can even do that during your commute back home, if you use mass transportation.

Just close your eyes, remember any stressful or upsetting thing that happened during that day, and liberate it. Do not take any upset or stress to bed with you. Do it and you will see how much better you will wake up the next day.

Keeping your energy system clean

To conclude, I would like to express my views on a somehow controversial issue among teachers and coaches in the energy therapy and new age fields. Some people propose that we should avoid newspapers and TV completely. I am not in favor of that.

We live in the real world, and isolating ourselves from it will not necessarily keep us saner than anybody else. Besides, I believe that we must be informed; we must know what is going on out there, so we are not caught by surprise, or become the last ones to know about a major local or world event.

In this age of communication and information, we would be greatly limiting ourselves by avoiding participating. Rather, we must be in control of what penetrates our mind and emotional system. We must adopt a neutral position and not be carried away by any negative information we may hear on the five o'clock news.

Actually I think TV is a great training device for the Liberation Breath Process™. As you watch any movie or news show, observe your reactions, see if any pressure, resistance or negative state comes up as you're exposed to the information. If you feel something, you can simply liberate it on the spot.

Now you have a great tool to help you live sanely and be in a Zen state of mind even in the middle of chaos. Make good use of it and soon you will discover that YOU are the one in control. Nobody can disrupt your energy flow if you do not allow them to do so.

Enjoy your TV shows, your daily paper, and the horror movie. If something that you see or hear upsets you or put you on a negative state, just liberate it.

I do not want you to become a secluded monk, but a strong, courageous person, able to handle any information and energy exchange and cope with it in a simple yet powerful way. This is the kind of people our world needs at this point to "bring back balance and order to the universe". "Use the Force" my dear reader.

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8- The hidden benefits of the LBP

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself. Benjamin Franklin

Most people would rather be certain they're miserable, than risk being happy. Robert Anthony

The Transcendence Technology Liberation Breath Process™ is more than just another technique to clean up your energy system or give temporary relief to whatever you may be feeling in the moment. It can do much more for you besides that.

Throughout the years I and some of my advanced students have discovered some extra benefits gained from using this process on a daily basis. These benefits, once experienced, can last a life time, and help you reach a higher level of personal power and inner peace.

Below I will list the bonus benefits of using the Liberation Breath Process™ that we have discovered so far.

Benefits of the Liberation Breath Process:

1- Conscious control

To really start creating the life that we want, we must first become conscious of the things that are holding us back, and eliminate or transmute the thoughts and feelings that do not support us in reaching our desired goals. To be successful in this process we must acquire conscious control.

By practicing the Liberation Breath Process™ You will be taking this important step automatically. Just by identifying any energy imbalance and liberating it on the spot, you will be exercising total control over your energy system, that is, your body, your thoughts and your emotions.

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To control the circumstances in our lives we must first control our internal states. There's no way around it. Now you will finally be able to control how you feel at any moment. Whether you want to liberate some feeling or sensation that is bothering you, or just feel light and relaxed at certain moment, you can do it. And the more you practice, the better you will become at controlling your inner states at will.

2- Being in the present

Another important ability that we must develop if we want to truly grow and reach the maximum of our potential is the ability to be centered in the present moment most of the times.

Most people are usually either in the past, reliving, remembering or being upset about things that have already happened, or in the future, usually in the worrying and anxiety states. This lack of present moment focus just helps to scatter energy and keeps us from doing things with our whole attention.

As you start focusing on your physical sensations, thoughts and emotions more often, you will be constantly focusing in the moment, in a state of full attention to the present. This will take you to that place of power called "the zone" that so many top athletes, musicians, artists and geniuses talk about.

Being fully focused in the moment allows you to do anything better, whatever it is. If you add that up to being in full control of your energy system, you have "dynamite" in your hands!

3- Acquiring inner peace

After practicing the Liberation Breath Process™ for a short while, especially the full life-line clean up process, you will start to feel calmer and at peace. However this is not a passive state, far from it.

From this wonderful state you will be able to make decisions and take action with power and the correct attitude. You will also be open to your intuitive and creative side.

Energy disruptions are the major cause of us feeling “stuck” in life and also feeling stressed and anxious. Once you take care of these disruptions, you get back to your rightful place, the original state that every human being should be able to experience, free of disruptions or stagnated energy.

4- Acquiring courage

Fear is our first and worst enemy. It keeps us from stepping out of our comfort zone and expressing our true being.

Many talented people that could otherwise be contributing to mankind through the use of their talents are stopped on their tracks due to fear. Most of them take their talents to the grave and keep us from experiencing their unique contributions.

As you focus on all your fears, find the physical stagnation counterpart, and liberate it, you will be freeing yourself little by little, and soon you will be able to express your true self and expose yourself to the world, not worrying a bit about what “others” will think.

Believe it or not, many people fear success. If you suspect that you have this fear, just visualize yourself being as successful as you can be, and check where the pressure or stagnation is located. Start liberating it and you will be on your way to great accomplishments. It is as easy as that.

9- Frequently asked questions

Below you will find the most asked questions about the Liberation Breath Process™. They were asked by my private and online students, and the answers should be very helpful to your progress with this process as well.

If you have any other question that is not answered in this section, you can always contact us at the official LBP website (view the resources section).

- Is the Transcendence Technology Liberation Breath Process™ a form of therapy?

No. This process is part of a complete self-development and personal success system called Transcendence Technology™.

We consider the system to be a training program and our goal is NOT to substitute traditional therapies, but give our students cutting-edge tools for life improvement, emotional liberation and conscious control over their lives.

- How long should I use this technique for a specific issue?

It all depends on how well you're doing it and how deeply-rooted the issue is. We have seen good results in a matter of minutes, and also issues that took a few weeks to clear completely.

In our experience, even those who were not seeing any results at all were able to do it with our personal help and facilitation.

- Are there any reported side-effects?

No, the only side effect is feeling lighter and happier. That is the result of a cleanup of the energy system.

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- Can I use the Transcendence Technology Liberation Breath Process™ for.....?

This process can be tried on anything. We have seen people get rid of headaches and toothaches by applying it correctly. Others have eliminated the charge of negative beliefs and improved their lives. The bottom line is; we don't know the techniques' limits as of yet. It does not hurt to try it anyway. (I have to remind you, though, that this process is NOT intended to be a substitute for qualified medical or psychological treatment).

- Is there a best place and time to use the Liberation Breath Process™?

Not at all! This process can be used anytime, anywhere. Some people prefer to do it on a quiet place or in bed; however there are no rules as far as a place and time of the day.

My students and I usually do it even as we are walking through any street, in the middle of a meeting, as we are making a public presentation, riding a subway car, etc. The beauty of this process is that it is unnoticeable. As you become familiar with it, you will have the ability to do it anywhere, and usually it is great to do it "on the spot", as you are going through any experience that moves your energy system or brings up a negative feeling.

The only warning I give my students is not to do it while driving in or operating any machine.

- What if I am unable to visualize the size, shape, color and temperature of the energy blockage?

No problem, some people are better at visualizing, others are better at feeling. If you can't visualize anything at first, work with the feeling. If you can't feel any medium or high intensity, focus on the visualization.

Frequently asked questions

This process will eventually help you develop your visualization and feeling abilities. This is just a matter of practice. Anyone can visualize and feel if they just practice it enough.

- What if I don't feel any relief after several trials?

You have two choices; discard the process altogether and find something that works better for you, or contact us for personal facilitation.

In the case of stuck feelings there may probably be psychological reversals or other issues that should be cleared before you are able to experience results. A trained facilitator can help you track those.

You can also purchase our guided Transcendence Technology Liberation Breath Process™ CD or the downloadable MP3 file before hiring a facilitator (See resources section).

- What results can I expect from the constant practice of the Transcendence Technology Liberation Breath Process™?

Throughout the years practitioners have reported many benefits, ranging from stress relief, to peace of mind and a state of constant lightness and awakened consciousness.

We cannot promise specific results. There are many variables in play when it comes to clearing up the energy system. What we can say is that those who use it have been able to improve their emotional, mental and even physical aspects. Try it for yourself, that's the only way to know for sure.

This exercise was designed with the purpose of dissolving or liberating suppressed/stagnated energy packets from our energy bodies. This is like emptying a bag full of heavy stones that you carry over your shoulders. So, we think lightness and freedom are the best terms to identify the end result.

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- Are there any live courses for those who want to learn more?

Even though this technique was developed to be part of our full self-development system, we decided to create a one day workshop focusing only on the Transcendence Technology Liberation Breath Process™. This workshop is a pre-requisite for those who wish to become a Transcendence Technology Liberation Breath Process™ facilitator in the future.

At this moment ongoing classes are taught in Queens, NY, and we can travel as long as the minimum amount of students required for a live course elsewhere is reached.

In the NY, NJ areas the minimum required number of students is 25, in other states 50 (pending availability). The one day workshop is given on a Saturday or a Sunday from 10am to 5pm and students will be able to have hands-on experience, learn some advanced variations not taught here, and work on their specific issues with the help of the instructor.

Please contact us at www.liberationbreath.com for more info, dates and price.

- When should I look for a facilitator's help?

Whenever you feel stuck with some issue or desire to learn advanced applications and have a direct experience with an experienced facilitator.

- What if there are no facilitators in my area?

At the time of this writing the author is in the process of training a couple of facilitators in the USA and Rio de Janeiro, Brazil. This is a rather new technique and the number of facilitators is limited.

The best option for those who cannot come to NY or RJ is to have a phone or "Skype" session with the author or other certified facilitator.

Frequently asked questions

Check our website for a current list of certified Transcendence Technology Liberation Breath Process™ facilitators.

- How can I become a LBP facilitator?

We have a few pre-requisites to be filled before a user is qualified to take the facilitators' course;

1- You must practice the technique for at least 3 months with noticeable results.

2- You must take one live Transcendence Technology Liberation Breath Process™ 1 day workshop or have at least 5 personal sessions with Wellington or a certified facilitator.

3- After filling the two pre-requisites above, you must submit an essay explaining why you desire to become a Transcendence Technology Liberation Breath Process™ facilitator AND how the process has helped you.

4- If all of the above pre-requisites are fulfilled, you must take the two day Transcendence Technology Liberation Breath Process™ facilitators' course to be officially certified.

RESOURCES

1 - The Liberation Breath Process™ evaluation and control sheet

Make copies of the evaluation sheet on this page to keep track of your practice and progress*:

Issue being worked on: _____

First trial results: Date: _____ / _____ / _____

Did I feel any decrease in the energy packet? () YES () NO

Feeling intensity started at: 1 2 3 4 5 6 7 8 9 10

Feeling intensity is now at: 1 2 3 4 5 6 7 8 9 10

Second trial results: Date: _____ / _____ / _____

Did I feel any decrease in the energy packet? () YES () NO

Feeling intensity started at: 1 2 3 4 5 6 7 8 9 10

Feeling intensity is now at: 1 2 3 4 5 6 7 8 9 10

Third trial results: Date: _____ / _____ / _____

Did I feel any decrease in the energy packet? () YES () NO

Feeling intensity started at: 1 2 3 4 5 6 7 8 9 10

Feeling intensity is now at: 1 2 3 4 5 6 7 8 9 10

**Download a free PDF of this sheet on our website – www.liberationbreath.com*

Breathe Your Limitations Away!

2 - The Liberation Breath Process™ Improvement Analysis Chart

Started practicing the LBP on: _____ / _____ / _____

Current date: _____ / _____ / _____

Answer the questions below

After I started practicing the Liberation Breath Process™ ...

- Am I feeling ANY different about myself?	(YES)	(NO)
- Am I feeling ANY different about the world in general?	(YES)	(NO)
- Am I feeling “lighter”?	(YES)	(NO)
- Am I feeling happier?	(YES)	(NO)
- Am I more positive about the future?	(YES)	(NO)
- Am I more “centered”?	(YES)	(NO)
- Am I feeling more in control of my emotions?	(YES)	(NO)
- Am I feeling more detached from emotions?	(YES)	(NO)
- Am I feeling stronger?	(YES)	(NO)
- Am I feeling more balanced?	(YES)	(NO)
- Am I able to be in a positive frequency most of the time?	(YES)	(NO)

Download a free PDF of this sheet on our website – www.liberationbreath.com

RESOURCES

-The advanced Transcendence Technology Liberation Breath Process™

CD: This complete LBP CD contains a short introduction, the Basic process, the intra-uterine cleanup process and the life-line cleanup process, all guided by Wellington Rodrigues. You can Purchase the advanced CD at our website: www.liberationbreath.com

-Individual sessions: If you live in the Tri-State area (NY, NJ, CT) or Rio de Janeiro (Brazil) and would like to be personally guided by Wellington or a Certified Facilitator, please contact us to schedule a private session.

-The Live 1 day Transcendence Technology Liberation Breath Process™

Workshop: Learn this simple, yet powerful process from its developer. Classes are forming monthly in NY. We also can travel as long as there is the minimum amount of students required for a live workshop. In the NY, NJ areas the minimum required number of students is 25, in other states 50 (pending availability).

The one day workshop is given on a Saturday or a Sunday from 10am to 5pm. Students will be able to have hands-on experience, learn some advanced variations not taught in this book, and work on their specific issues with the help of the instructor. Seminar organizers may take the workshop for free. Please contact us for more info, dates and price.

-LBP Online Community: The free community features are being created on our official website for those who have read this book and desire to be in touch with other practitioners and the author to get advice and exchange experiences. Major announcements will be given in this group and there will be links and resources to other techniques as they come up.

Feel free to join and share your experience and benefits with other practitioners: www.liberationbreath.com

About the Author

Wellington Rodrigues, B.MsC./Ct.Hy.
Transcendence Technology™ Master Trainer
Energy Therapies Practitioner
Personal Power Coach
Board Registered Hypnotherapist

Wellington's journey into the Mental/Holistic/Energetic techniques started very early. At the age of thirteen, he had his first contact with New Thought, what he calls "the Yoga of the West", through Dr. Joseph Murphy's books. From then on he dedicated himself to learn about all aspects of the human potential. His studies led him to research Tibetan Buddhism, Indian Yoga, Vedanta, Hypnosis, Quantum Physics, Shamanism, and other New Thought sources. All this during his teen years.

At the age of 16, Wellington met his first guide, Professor and Parapsychologist Fausto Oliveira, who taught Applied Mental Science and Parapsychology in Rio de Janeiro, Brazil.

In 1987, one year before moving to the US, Wellington was one of the youngest Brazilians to be certified in Parapsychology and Mental Sciences by the *Rio de Janeiro Institute of Psycho-Biophysics*, under Professor Fausto Oliveira, now a nationally renowned teacher and author of many books on Mind Programming and Self-development.

Wellington's innovative techniques encompasses the best mental, energetic and holistic practices of the East and West, and have been fused into his coaching system (Transcendence Technology™), an up to date technology for conscious mind control and practical emotional & energetic balancing.

He is probably the ONLY practitioner in this field who charges ONLY for results in his 7 week personal coaching program and his online/phone course.

To enroll on Wellington's RISK-FREE online/phone mentoring program, visit: **www.ttmentoring.com**

Other websites:

www.transtechny.com – Official website

www.liberationbreath.com – The official Liberation Breath Process™ website

IMAGINE...

Having a **TRUE Master** of the **Mental Sciences** and **Personal Transformation** guiding you online and by phone, step-by-step, towards inner freedom and Personal Power...

...and NOT charging you a penny, UNLESS you experience TRUE results!

HE HAS DONE IT AGAIN!

Wellington is offering **the exact same results-only guarantee** that he offers to his private students to candidates all over the World!

Forget about "100% money back guarantees". Forget about going through a lot of trouble to get a refund. Forget about any risk. **We LITERALLY took ANY risk away, BECAUSE YOU JUST INVEST AFTER YOU COMPLETE A PHASE, AND ONLY IF YOU LIKED IT, period!** Who else offers this?

In most cases you invest wondering what you will get back from your investment...with us, **WE WILL SHOW YOU WHAT YOU GET BEFORE YOU INVEST...It is like going to a restaurant AND paying ONLY if you LIKED the food!** And let me tell you...if you really follow the teachings and practices taught in this amazing course, **your life will never be the same!**

Spend just a few months with us and **you will know much more than most self-help authors, "life-coaches" and wanna-be "teachers of the secret" do.** Guaranteed! And, most importantly, you will EXPERIENCE REAL RESULTS with the POWERFUL techniques and processes we teach.

How can we make such a bold statement?

BECAUSE Wellington **IS a living example** of what he teaches. He has an **unheard of guarantee** for his Personal Power and Mental Science coaching clients:

IF THEY ARE NOT HAPPY WITH THE RESULTS, THEY DO NOT PAY A PENNY, PERIOD!

Learn more and register for your FREE 1 month of POWERFUL online lessons AND 2 FREE phone coaching sessions with Wellington himself...no commitment...no bull...

www.ttmentoring.com

Oh, and we even pay for the phone session calls we make to you!
(USA, territories and Canada)