

EM LEVEL 1

Curriculum

By

Ethan Borg, M.A.OM, L.Ac.

EM Level 1

Introduction

Welcome to EM (pronounced like the letter 'm') – an exciting, powerful, and incredibly easy-to-use new energy methodology. EM is short for “Eminus Mirus” which is Latin for “astonishing at a distance.” EM is “non-touch.” Inasmuch, all treatments whether they are sent 1 foot away or 1000 miles away are sent “at a distance”. And the results are truly astonishing.

The *basics* of EM Level 1 can be learned in about 10 minutes. But don't start the clock just yet. There are a few important things to know before you learn EM Level 1.

Learning EM is like climbing a staircase; each step is steeper but the first steps are far and away the easiest. This purposefully simple “top-light” and “bottom-heavy” design allows you the opportunity to fall in love with EM before you commit the time and resources necessary to master it.

In EM Level 1 you will learn a few simple but essential EM elements:

1. The importance of receiving consent from anyone you treat
2. The basics of sending treatments over any distance to any person (who provides consent), animal, or plant with EM
3. How to stop a treatment request in the middle if you make a mistake
4. The amazing things you can do in EM Level 2 and beyond

Practiced By People Of All Faiths

EM is **not** affiliated with any religion. It is open to people of all faiths and beliefs. Western medicine and science makes fine distinctions between “mind, body, and spirit” but this particular healing methodology does not. In fact, “Spirit” is profoundly important in EM. The energy we manipulate with EM is non-physical and some would call it “spiritual” in nature because of this. In classical Chinese medicine, we call this energy: “Universal Qi”. For thousands of years Chinese medical practitioners and medical Qi Gong practitioners utilized Universal Qi without associating it with any single religion. This practice continues in EM.

What Makes EM Unique

EM Level 1 is perhaps the easiest healing methodology ever invented. The reason for this is that it uses every day words to heal the body – words that Western doctors, alternative medicine healers and everyone else use all the time. If your doctor diagnosis you with Streptococcus, you can focus EM treatments towards treating “Streptococcus”. If your acupuncturist says you are Earth Qi deficient, you can focus EM treatments on clearing “Earth Qi deficiency”. If your chiropractor diagnosis your atlas as the cause of your cervical spine pain you can direct treatment specifically towards your atlas. EM uses language to heal and specifically it uses the language you are already using today. There is no pharmacopoeia to learn. There are no formulas. In fact, you will see, for EM Level 1 there is no learning curve whatsoever. You can start using EM within minutes and you will have access to it from now on for the rest of your life.

The energy associated with our bodies is made up of layers similar to an onion. The deeper you go away from the physical form in these layers, the more perfect the energy state. EM uniquely treats energy imbalances in the specific energy layers in which the problem resides while simultaneously pushing balanced energy forward from these deeper layers towards the surface. The effect of this two pronged approach is simple but profound: you heal the immediate imbalance while simultaneously buttressing behind it layers and layers of perfectly balanced energy. Oftentimes this results in a total healing experience rather than an immediate improvement followed by the recurrence of symptoms.

EM sends treatments based on “events”. EM Events are the sending of treatments when certain factors are met. Most commonly EM is sent when one speaks specific words or thinks specific thoughts. It does this based on a concept in Chinese medicine that we call Universal Qi – which is essentially all data about all things. When certain events occur in Universal Qi, EM is designed to send treatments to specific patients. You can think of EM akin to software that is constantly waiting for changes to show up in a database. In this case, the database is Universal Qi and EM is looking for the right words to be added to the database of Universal Qi that are necessary in order to launch an EM Event.

EM can heal any person (who provides consent) over any distance without touching the patient and without utilizing electromagnetic waves of any type.

In EM Level 2 you learn a method of diagnosis that can be used to diagnose almost any problem in anyone's body (who provides consent) over any distance.

EM is incredibly strong at fighting “pathogens” akin to infectious organisms from a Western perspective. It offers a totally new way to attack germs without antibiotics. Plus it can attack specific pathogens by their Western science defined names. EM offers a totally new way to combat “super bugs” but can do this without creating new “super bugs” in the process.

EM is designed to continue to grow and develop as human knowledge about the body grows and develops.

EM can at times be as fast or even faster in resolving health complaints than Western medicine. That said, it can also be much slower. This depends on the energy layer in which the imbalance resides and the type of problem being treated. When it is slower, it is an indicator of a much deeper root to the problem. EM is often slower in this case because it is clearing the root rather than focusing on the superficial symptom. But EM can also be faster than Western medicine when the problem happens to be treating is very superficial. There is no lag time to wait for medicines to be eaten and digested, for instance.

Your EM Level 1 Agreement

Your use of EM Level 1 is your agreement to the following, so please read this carefully and do not practice Eminus Mirus (EM) on yourself or others if you do not understand this agreement or if you do not wish to accept this agreement.

I agree to never either purposefully or knowingly attempt to harm any person, animal or plant through my use of EM.

Should I ever attempt to purposefully and knowingly attempt to harm another human being, animal or plant with EM, I agree that my right to use EM shall be immediately terminated and I revoke all rights to all Treatment Rights to which I have been awarded including EM Level 1 Treatment Rights.

I agree to only use the EM Level 1 treatment with my patients until I am awarded a higher EM Level.

I agree to make no permanent changes whether purposeful or by accident to EM Treatments as they have been designed. I agree that any changes I make by accident or through a direct act are to be null and void and shall in no way alter the design and construction of an EM Treatment as defined by Ethan Borg. I agree that this shall be the case even if I request another party to make such a change on my behalf.

I agree that Ethan Borg as an individual and Ethan Borg LLC as a corporation shall bear no liability for any treatment or condition whatsoever including but not limited to any consequential, indirect, or special claimed damages for myself and my patients. I agree to indemnify and hold harmless Ethan Borg as an individual and Ethan Borg LLC as a corporation for any and all claims or damages which I may seek to assert. By practicing EM on myself and others, I hereby accept and acknowledge all risk arising from any treatment performed by me as an individual practitioner of EM.

Through my own free will, I make these terms permanent, unchangeable, and irrevocable.

I understand that even if this agreement or any of its terms are construed to be unenforceable by a court of law that I still accept them as my solemn vow and my intention.

My use of EM diagnosis and/or EM Treatment is my acceptance of this agreement.

Authenticated.

Important To Know Before You Begin

You cannot “over-dose” with EM. If you are already balanced, the treatment simply does nothing when it is not needed. This is particularly amazing given how powerful the treatments are when you do need them. If any particular treatment would be life threatening if you were to receive it, it will fail to download into you rather than allow you to be harmed. We utilize the information in Universal Qi to assess whether changes made by the treatment would cause harm to the patient before the treatment is even delivered. EM is designed with safety at its most fundamental core.

That said, it is possible, albeit very rare, to over-stimulate yourself with EM. Please see the chapter on “Side Effects” to learn more about over-stimulation.

Consent

EM is an amazing energy method that can be used to treat human beings, animals, and plants. However, the only patients you are allowed to diagnose and treat with EM must be in the following categories:

1. Patients who consent verbally, with sign language, and/or in writing to your diagnosis and treatment
2. Children under the age of 18 whose parents/guardians provide consent
3. Incapacitated adults who cannot make their own health care decisions whose legal guardian with the power of attorney to make healthcare decisions provides consent
4. Your pets and plants
5. Other people's pets and plants so long as you have received the owner's consent

If you do not receive the appropriate consent from a patient as indicated above you will not receive any diagnostic information that you might request (EM Level 2 and up) and no EM Treatments will be sent to your intended patient. In EM, consent is like a door. If you do not receive it, the door is firmly closed for diagnosis and treatment. If you do receive it, the door is open wide for diagnosis and treatment.

Consent is a critical factor when you are talking about a healing practice where you are able to diagnose anything inside a person (EM Levels 2 and up) and where you might stumble upon information that is embarrassing or possibly dangerous to the patient. Lacking consent when treating a person, even if coming from a compassionate heart, is a violation of laws of the universe. Even if you know a person is suffering and even if you know the cause of the suffering, you do not know the deeper “why” of the suffering. And that “why” may be very important.

This is true even for your own family members adult children, sisters, brothers, parents, and in-laws. If they do not provide you consent, you cannot treat them (or, in later EM Levels, diagnose or treat them). It can be painful to *not* treat people you love who you know you can help. But unless they agree to your intervention, you have to assume there is a greater and deeper reason for this refusal that is more important than your own personal stake in the matter.

When you change a person's energy with EM it must always be with their willing consent. Failure to obtain this consent, yet treating a person anyway would be a physical, emotional, and spiritual violation of the recipient and a huge violation of trust. Thus, we have made this impossible so as to protect you as well as the patient.

We all see people suffering around us and most people wish they could help. This is also true of strangers we encounter on a regular basis. Even if your goal is to help a stranger overcome their suffering, if you treat the stranger without his or her consent you are being selfish in making yourself feel better about their situation without understanding the context around that suffering.

EM Levels 1 and 2 are “Lay Practitioner” levels which means they are not professional levels and you cannot charge people to treat them with EM at these EM Levels. Lay Practitioners should focus treatment on themselves and their family, friends, and colleagues who provide consent.

When you receive direct and clear consent to treat a person, then you can proceed with treatment. Barring this direct and clear consent, it is very possible you are delving into forces and factors you do not fully understand and do not at all control.

Consent can be as simple as: “Can I treat you with EM?” And all you need is a positive response to proceed.

Confidentiality

“Healing arts” require confidentiality. When you know private things about a person's health and well-being, sharing that information could not only be embarrassing to a person but perhaps damaging on a personal or even possibly a financial level. This could have ramifications for you if you leaked this information especially in a litigious country such as the United States.

Even in EM Level 1 and 2, let alone in the professional levels of EM 3 and 4, you must keep everything you learn about a patient's healthcare – even if they share it with you in conversation rather than in a clinical setting – private with yourself, your patient and/or their health care proxy. It is totally inappropriate to share information with anyone else without the patient's clear permission (in writing is best).

EM Events & Universal Qi

In Chinese medicine, the smallest particle that creates all things is called Qi. It is impossible to distinguish any individual forms inside the tapestry of energy at this smallest, most refined level of energy. We call this tapestry of undifferentiated energy: Wu Qi – meaning empty Qi. All energy is interlinked together in Wu Qi. All things exist in this tapestry – and all things are interconnected through it.

At the most fundamental level, all things in existence are essentially different breakdowns of information. In a modern context we call this “data”. Everything is data and all data is inter-linked in Wu Qi. Thus all information about all things in the universe is immediately available to anyone who knows how send and receive data across interconnected Wu Qi. We call this resource of total information about all things “Universal Qi”. If you know how to tap into Universal Qi, you can access any information about anyone across any distance. You can likewise use Universal Qi to adjust a person's energy across Wu Qi in any patient over any distance. This is exactly what we do with EM.

EM is akin to computer software designed to access information stored in Universal Qi. EM continuously reviews Universal Qi looking for the necessary elements to launch an EM Event. If the necessary criteria is met, an EM Event launches and consequently directs a specific EM Treatment to a specific patient.

In EM Level 1, EM is programmed to identify a unique combination of factors in Universal Qi: the naming of a patient to receive an EM Treatment, the problem that needs to be treated, and specific words that differentiate EM specific phrases from regular everyday conversation. If all of the necessary criteria are met, an EM Event is triggered subsequently resulting in specific shifts to a patient's energy anatomy. These shifts follows the rules of the EM Treatment that is being sent. EM Treatments utilize the theory of classical Chinese medicine to return balance to imbalanced areas of a patient's body to stop or reduce symptoms of disease.

Experiencing EM For The First Time

We're almost ready to start learning the basics of EM. It is, however, important to experience this methodology first hand before proceeding so you know what you are getting into. The procedure is simple. I am going to have you say a phrase either out loud or to yourself. Either way is fine.

This is a very strong treatment I am about to send you to serve as a strong example and you should not repeat this particular procedure more than once a week. You can and I would encourage you to repeat this treatment weekly if you so desire. It is important to know most people will not feel anything at first. This treatment I am about to send you will be sent so quickly that you will not actually feel it. The effects of the treatment, however, will play out over the course of the next several minutes and hours and won't fully show all elements of their impact until up to five days after the treatment.

With this particular treatment (and not with all or even most EM Treatments) you may experience what is called an “herxheimer reaction” or die-off reaction should the treatment destroy pathogens invading your body (not everyone who receives this treatment will experience this). The herxheimer reaction may result in feeling ill within the first 48 hours of receiving this treatment. This is not a bad thing even if it feels bad. It is ridding the body of invading organisms that shouldn't be inside you – such as microbes and parasites. Drink plenty of water if you start to feel ill within 24 hours after the treatment. Please skip receiving the treatment for now if this is not a good moment in time to potentially experience a die-off reaction or if you are suffering from extreme fatigue already. **Definitely skip this treatment if you are currently pregnant.**

Taking Your Baseline

Ready to continue? First, close your eyes for 10 seconds and simply make note of how your body feels right now. We call these sensations in your body that you feel before a diagnostic request (EM Level 2 and up) or treatment your “**baseline**”. Take this moment right now to feel where you have pressures in your body, where you have any pains or discomforts, where you have any temperatures standing out whether hot or cold. I encourage you to write these notable sensations down on paper just to check the difference between before and after you do the very next step.

Activating The Wow Treatment

Next, please say out loud or simply read to yourself the following phrase (saying or thinking the phrase sends you the treatment):

“Download the EM Wow Treatment into me. Authenticated.”

Believe it or not, as soon as you finished saying this phrase an EM Event was triggered and The

Wow! Treatment was immediately sent to you. It happened so fast you likely did not notice it. Now wait, because your energy is going to start to shift as if all on its own. Close your eyes and pay attention to the sensations you feel over the course of the next several minutes. Where do you feel new pressures, new temperatures, bubbling or subtle movement sensations? While at first these sensations may appear spontaneous, you will notice especially if you are sensitive to your energy that the shifts are quite numerous and for many people reverberate as if in waves.

What you may feel shortly upon saying this phrase is a very subtle sense of energy moving, almost like a very subtle wind or vibration. It can be anywhere in your body. In fact, it can be all over your body. This treatment balances imbalances system wide and is an excellent catch-all treatment for all kinds of mind, body, and spirit complaints. You also may feel wave after wave of this subtle movement as this one treatment actually contains an incredible array of EM Treatments embedded within it. Consider writing down where you feel pressures and sensations within five to ten minutes of the treatment. When you are done writing it down, check to see if this is the same array of pressures and sensations as before or different from what you wrote down in your original list. It should be different. And, because this particular treatment treats your individual imbalances, the list will actually be different from person to person and will also differ each time you access it (as your needs change). Other EM treatments will be far more consistent as to the location of the body they impact. But this example treatment is meant to show you a very strong treatment that has the power to impact many systems of your body with only saying these few simple words.

We will use slightly different phraseology when working with patients. But for now, congratulations on receiving your first EM treatment!

Okay, it's time to start the clock. In the next few minutes you are going to learn the very basics of treating others with EM whether they are two feet away from you or 3,000 miles.

My First Treatment Tool & How Treatment Tools Work

A “Treatment Tool” is what we in EM call the treatments you can send to patients (including yourself). Thousands of Treatment Tools have been designed over the years. We call our EM tools “Treatment Tools” because that is exactly what they are – energy “tools”. Just like you have a hammer to hammer a nail and a band saw to saw a plank and neither is effective for the other task, a Treatment Tool is just the same, but in the domain of energy healing.

In EM Level 1 you receive the Treatment Rights to use one single amazing treatment that is so incredibly flexible it may just be the only Treatment Tool you ever need to use.

People who progress to EM Level 2 and beyond receive rights to many more Treatment Tools, each constructed to have very specific impacts on a patient's energy. The treatment you learn today is designed to handle a wide range of issues with tremendous ease and little knowledge about the body and its inner mechanics. Some tools are designed to treat very very specific, extremely refined parts of the physiology (ie. capillaries in the eye muscles of the iris, for instance). Others are designed to be applied anywhere flexibly, throughout the body, such as treatments to clear swelling or inflammation.

In the last chapter, the Treatment Tool you utilized was the “EM Wow Treatment” (available in EM Level 3 for treating others). You can read this phrase now without it treating you again because you have to say the phrase in just the right way to trigger an EM Event. Simply reading the name of the treatment does not launch EM. In shape, design and effect the EM Wow Treatment is entirely different from the EM Swelling Treatment (which you will learn in EM Level 2), for instance.

In EM Level 1 you receive only one Treatment Tool. We call it the “Send EM” Treatment.

The “Send EM” Treatment

The “Send EM” Treatment is incredible easy to use. It's so easy to use and so incredibly flexible it is perfectly right to be skeptical that it can work at all. But spend a day playing around with it and you will see how powerful something so simple and so elegant can truly be.

The “Send EM” Treatment is as simple as 1, 2, 3:

1. Say out loud or in your head: “Please send EM to:” and name the person who has provided consent or the animal or plant you want to treat
2. Say: “to treat: “ and then name the problem you want to treat
3. Say: “Authenticated”

For example: “Please send EM to myself to treat any inflammation in my body. Authenticated.” Just thinking this sent you a treatment to clear inflammation from your body.

Another example: “Please send EM to treat any cavities in my teeth. Authenticated.”

This treatment helps to heal cavities in the teeth. You may feel subtle pressures in your teeth as it works. Some people may feel a sharp pain in a cavity when they receive this treatment.

Another example: “Please send EM to treat anything acutely infecting my tonsils. Authenticated.”

This is a great example of using regular every day language to heal with EM. If you don't know the name of a pathogen infecting you, you can still treat it with EM. And, if you do know the Western or Latin name of a pathogen infecting you, all the better. In EM, we have associated Chinese medical pathogens with every microbe known to Western medicine. While we do not say we treat “Streptococcus” with EM, we do treat all pathogens associated with Streptococcus with amazing effectiveness. You can say the Western name of an infectious organism and we automatically treat the Eastern pathogen we have associated with it. By way of example, please try the following treatment for yourself:

“Please send EM to treat all species of Streptococcus infecting me. Authenticated.”

Wherever you feel shifts in pressure in your body after reading or saying this phrase is where the pathogens we associate with Strep have been lurking.

How Can It Be This Easy?

On the outside EM looks incredible simple. Sending treatments by saying a simple phrase out loud or in your head as easy as counting 1, 2, 3 – it seems too good to be true. And often we know that if it appears too good to be true, it probably is. But in this case, what appears simple is actually not so simple. A good analogy is a car. Driving a car is simple but the automotive mechanics that actually make it work are far from simple. This is an apt example as it took Ethan Borg, M.A.OM, L.Ac. fourteen years of incredibly hard work to fuse classical Chinese medicine with modern ideas of anatomy and physiology into the simple and elegant method presented to you today.

If you had never heard of a car before and someone handed you the keys saying it can take you across the United States in three very long days, you would think this was too good to be true as well. And yet you push a single pedal to start it, a single pedal to stop it and you rotate a wheel to turn it. No matter how sophisticated the engine and the chassis, anyone can drive a car. A car offers incredible simplicity on the surface but tremendous power behind it. EM is exactly the same. The only way to prove this is for yourself is to get behind the wheel and drive it around. Play with it a while. In fact, this is exactly why EM Level 1 is free. So that you can go from self-doubt to tremendous confidence without having to pay an upfront fee that might discourage your exploration.

The amount of flexibility in just this one EM Treatment is staggering. You can treat all kinds of problems with it without knowing a thing about Western medicine or about classical Chinese theory. You don't have to be a doctor and you don't have to be medically inclined. You simply need to know the person you want to treat and the problem you want treated. Say these few simple words together and you immediately send a burst of very focused EM to your patient over any distance.

More Examples

Try these additional examples on yourself for fun. Better yet, ask a friend or family member for permission to treat him or her and start working with real patients. If no people are available, send treatments to your cat or dog and observe the outcomes over the course of the next several days. To treat someone other than yourself with the examples below, simply change the words “me” or “my” to your patient's name and include their relationship to you (ie. “my friend Bob Smith” or “my aunt Patricia”, etc).

“Please send EM to improve my circulation. Authenticated.”

This will balance blood vessels and improve blood flow where it is needed.

“Please send EM to improve the circulation in my ears. Authenticated.”

This is the same treatment as above but focused to a specific body part. This example shows you that you can really hone the results to specific locations of your body simply by adding a few additional words.

“Please send EM to treat all species of Staphylococcus infecting me. Authenticated.”

This treatment treats the pathogen we associate in EM with Staphylococcus anywhere it is infecting you.

“Please send EM to sharpen my vision. Authenticated.”

There are all kinds of ways we can strengthen vision in EM. This is one example.

“Please send EM to reset my emotions right now. Authenticated.”

EM treats mind, body, and spirit. Here is a basic treatment for clearing your current emotions in the case you are stuck feeling an unpleasant emotion for too long.

“Please send EM to make me feel more grounded right now. Authenticated.”

This is another example of EM being flexible enough to interpret everyday language and act on it.

“Please send EM to treat any chipped bones in my body. Authenticated.”

You are likely to feel this one in your finger and toe joints where it is common to have microscopic chips develop from everyday use.

Helpful Tip# 1: Repeat To Be Complete

Each time you use the “Send EM” Treatment, you send a finite packet of energy to your patient to help heal the specified problem. Sometimes one treatment is all you need, but often enough you need more than one packet to effectively clear the imbalance. Consider repeating a “Send EM” Treatment request a few times a day and no more than 12 times in a day for any given issue to make faster and more immediate progress. Sometimes quick repetition is better rather than spread out over several

hours. For instance, repeating treatments every minute for five minutes is more effective for fighting off colds and flues or after acute injuries rather than waiting hours between repetitions. In other cases, spreading out treatments is better. For instance, when keeping pain at bay, treating every hour or every few hours may be better.

Helpful Tip #2: Identifying People By Context

If you are treating someone other than yourself, it is helpful to add context as to how you are connected to the patient. For instance, if your dog is your patient, you might say: “Please send EM to Spot to treat...” This is fine and will likely be effective. However, it is even better if you contextualize your relationship to Spot. It is better to phrase the request as: “Please send EM to Spot *my dog* to treat...” The same is true for people. For instance, when I work with patients in my clinic I might say: “Please send EM to Jane Doe *currently in my treatment room* to treat...” This is a good example because it also demonstrates that you can reference a person according to their position or location in space.

With EM, everything is relative to you as the practitioner. There are many dogs named Spot but only one Spot that is your dog. There are many Jane Doe's in treatment rooms, but only one Jane Doe in my treatment room. In order to contextualize a patient, always do it according to their relationship to you or, if necessary, in any other way that uniquely identifies a recipient as different from every other one by the same name.

If the patient is a family member, I reference that as well. For instance: “Please send EM to my wife to treat...” or “Please send EM to Jen my wife to treat...”

Helpful Tip #3: Treat Problems And Their Accompanying Symptoms

A diagnosis often sums up the symptoms of an illness or disease and gives name to its underlying cause. Symptoms, on the other hand, are how the problem actually expresses itself in your particular mind, body, and spirit. People with the same diagnosis can demonstrate different symptoms. Whatever the problem is that you wish to treat with EM you will find that EM is even more helpful if you treat the diagnosis with a “Send EM” Treatment and also identify and treat each individual symptom that you are actually experiencing separately with its own “Send EM” Treatment as well. For instance, when I come down with symptoms of the common cold, I use EM to treat the pathogen infecting me and I also separately treat the sinus congestion, fatigue, and chills. Unique symptoms often express in unique tissues. So, addressing the symptoms separately makes sure you are treating each tissue that is being impacted by the diagnosis in your body.

What You Can Treat With “Send EM”

You can specify any problem to treat in normal every day language. “Pain”, “swelling”,

“inflammation”, “allergies”, “appetite”, etc. You will find EM can be effective for many issues though some issues improve faster and more completely than others. To see faster and better results you will want to increase your EM Level to learn more Treatment Tools in addition to the “Send EM” Treatment, and also to learn “treatment strategies” which include the best treatments in the best order for healing any particular condition.

What You Can't Treat With “Send EM”

There are several restrictions built into the “Send EM” Treatment.

1. You cannot intentionally send harm to a recipient
2. You cannot send sexual-oriented treatments to recipients unless they explicitly and clearly consent to receive treatments with sexual content
3. You cannot simulate recreational drug effects in a recipient
4. You cannot treat more than one person at a time with any EM treatments (unless you become an EM Teacher)

The “Send EM” Treatment is so incredibly versatile it can treat almost any health complaint. It can be used to help people physically, emotionally, and spiritually. Given this incredible flexibility, I know people will play with its edges to see exactly how flexible it really is. While I definitely encourage this exploration, keep in mind that EM is designed with safety at its core. The well-being of the patient is always our highest concern.

The Five Day Window

The energy associated with our bodies is designed similar to an onion – there are layers and layers of increasingly refined energy surrounding us. The deeper you go, the more perfect the energy. The physical layer is the surface layer. Oftentimes problems are more than surface deep. The deeper the energy imbalance, the more chronic or recurring the symptom it causes. EM is designed to heal energy imbalances any energy level deep and will direct energy as deep as 18 layers towards the surface to send balanced energy forward.

When an imbalance is on the surface, the healing response is immediate and can rival the speed of Western medicine or even surpass it. If, on the other hand, the imbalance is many layers deep, the response may take much longer – perhaps several days. With EM, please allow up to five days to judge the effectiveness and completeness of the EM Treatment.

Using EM With Other Medical Interventions

EM will not interfere with Western medicine, herbal medicine, chiropractic, homeopathy, vitamins, minerals, massage therapy, Bach Flower remedies, or any other mainstream or alternative medicine. You are encouraged to add EM to your regular line up of health care tools. That said, if you treat yourself or receive EM treatments from others to heal from the same issues for which you are taking Western pharmaceutical medications, it is important to always keep close tabs on any changes to your physical state. For instance, if you take thyroid medication and also receive EM to treat your thyroid it is absolutely essential that you keep an eye out for any changes in your thyroid function. If you were hypo but start to exhibit hyperthyroid symptoms or vice versa then you need to titer your blood as soon as possible so that your prescribing physician can change the dosage of your medication. Western medication does not adapt to changes in the health of your thyroid on its own so you must be vigilant. Never stop taking Western medications without first consulting with your physician as some medications can be dangerous to stop “cold turkey”.

Making A Mistake

You are likely to make mistakes while constructing “Send EM” Treatment requests now and again. It is a frustrating fact that we don't always think as clearly as we want to and that we make mental mistakes from time-to-time, especially as we get tired. Interruptions commonly occur in the act of sending EM. So, it is extremely important to know the following specific phrase: “New Process.”

When you say “New Process” or think it in the middle of setting up a treatment, it stops the EM request so that you can either abandon it entirely or start over again. This phrase becomes increasingly important the more EM you send. Professionals who might send hundreds of EM Treatments in a single day are going to make mistakes and need to rectify this as quickly as possible so as to be able to promptly move forward with a patient's treatment. “New Process” is a tool that provides a quick way to reset your request and continue along your treatment plan.

Saying Out loud Versus Thinking With Treatment Tools

EM Events will trigger whether you think or speak an EM Treatment request. Try it. Go back to the “My First Treatment Tool” chapter and think the treatment instead of saying it out loud. Same results. It doesn't matter whether the phrase is verbalized out loud or completed in your mind. Many patients will not understand if you speak your EM treatments out loud in the conversational method that EM employs. For many people, it will look to them as if you are crazy (or, thanks to bluetooth, like you are talking hands-free on the telephone). So, the good news is that you do not need to speak when utilizing EM. Instead, you can simply think your EM treatments. That is why I say with EM you can treat people with your mind. It's true, and now you can see it for yourself.

I, on the other hand, prefer to speak when I practice EM. Speaking out loud just feels better to me. That said, I practice very quietly rather than in my normal volume. Volume doesn't matter in this case. Shouting an EM treatment or whispering it has the same impact. So, it comes down to what you prefer, whether or not your patients will understand, and the level of your experience as to the method you employ. There is no wrong method – whether you use thought, or a whisper, or you talk or shout.

Authenticated

The word “authenticated” is used in EM as the indicator that the treatment request is complete. Without this phrase the EM Event will not activate. It is a clunky word with five syllables. It is a rarely used word outside of EM. It is a word of affirmation. All of these add up to make it a perfect phrase for EM. Should you ever practice EM with patients in a busy clinical practice, you may find yourself sending hundreds upon hundreds of EM treatments every day. You are bound to make mistakes here and there. Of course, you have the “New Process” phrase to stop a request in mid-stride. But, there will be many times when a tired brain catches a mistake in an EM request on that fourth syllable of this clunky five syllable long word. In other words, “authenticated” is just long enough to give you a moment to think about what you are constructing, and whether it was designed correctly for your patient.

Side Effects Of EM

EM was built with safety at its core but that does not mean it is completely free of possible side effects. Here are the most common ones you might encounter:

Herxheimer Reactions

EM can be used and is particularly effective at attacking infectious pathogens in the body. While clearing pathogens usually causes no side effects, attacking damp pathogens associate in EM with fungi, yeasts, and molds commonly results in a bogging down of the lymphatic vessels. In this situation pathogens die in large numbers resulting in a high volume of white blood cells congregating in the local area to help clear the debris. Stagnation in the lymphatic system generates symptoms of fatigue, achiness, foggyheadedness or irritability depending on the area affected. Herxheimer reactions often occur within 48 hours of a treatment if they happen at all. Often an Herxheimer reaction will last a few hours to a few days. If you or your patients notice signs of a Herxheimer reaction I recommend increasing plain water (nothing else added to it, for instance no lemon) intake to help keep the lymphatic vessels flowing like rivers (rather than damming up with white blood cells). Also consider the Send EM Treatment to balance local lymphatic vessels where you develop these symptoms. You can also treat swelling and inflammation as necessary. Clearing these issues will help reduce discomfort without worsening the Herxheimer reaction. An Herxheimer reaction might sound like a bad thing but it actually is a great thing. Every time you remove infectious pathogens from your system you ultimately increase your energy, physical stamina, and sense of well-being in short order.

Pain Shifts

When you treat pain with EM it is common for the pain to shift from one joint to another. Like the Herxheimer reaction, this can feel like a bad thing but is often a positive sign. Either the body is compensating for dynamic shifts in the physiology as a result of the treatment or the pain is leading you to the deeper, more core problem that is the root of the original pain. In either case, pain moving out of its normal location is almost always a good indicator of long term pain reduction or cessation.

Over Medicating On Western Drugs

Western medications do not self-adjust their dosage (with few exceptions). As a result, you can find yourself in a position where EM is healing the underlying physiological condition and, since the Western medication does not detect this, the medication actually causes new symptoms of over-medicating to suddenly develop. Please see the earlier chapter on this topic (“Using EM With Other

Medical Interventions”). It is important to be vigilant about changes in your health status if you treat a problem simultaneously with EM and Western pharmaceuticals.

Overstimulating and Lack of Integration

In very rare occasions, perhaps less than 1% of the time, people can overstimulate their bodies by sending too many treatments over too short a period of time to themselves with EM. This can lead to increases in symptoms such as pain and fatigue rather than reductions. This is different than the Herxheimer reaction which eventually reduces and goes away. In this case, the increase might continue as long as more treatments are being sent. This is a sign that your body has become overstimulated and needs time to integrate the treatments you have already received. This is *not* an indicator that EM is the wrong form of intervention and should be completely discontinued. Rather, it means EM has strongly impacted the patient's body and the energy now needs to flow and distribute naturally for a period of time before EM can be reapplied. This patient needs time to fully integrate his/her shifts in energy. A patient experiencing over-stimulation should take days off from EM before receiving further treatments.

What Can You Expect Next

You've tried a few treatments and played around with the “Send EM” tool. If we are willing to give EM Level 1 away for free, just imagine the secrets we have yet to share. EM taps into rules of the universe no one has ever utilized exactly in this way before. Don't you deserve to go the next step and learn more?

EM Level 1 was simple by design, EM Level 2 is not all that much harder. These are the “Lay Practitioner” Levels designed to help people who want to heal themselves and their family and friends without delving too deeply into theory. EM Level 2 discusses the fundamentals of this method – its most basic constructing blocks so that you can better understand how EM tools work. You will also receive Treatment Rights to 60 more EM Treatments as soon as you “Level Up”.

I am hoping that many people will find EM so powerful as a healing tool, they want to continue to pursue it as a facet of their careers – or build greater mastery to deal with their own complicated health situations with sharper tools. EM Level 3 and EM Level 4 are “Professional Levels”. At these Levels you have access to thousands of EM treatments that are constructed to help you heal just about any complaint in a clinical setting. You will also learn treatment strategies to deal with the most common issues you are likely to see in a healthcare practice. To really get good at EM it is going to take some true grit and determination plus mastery of terrific theory.

EM Level 4 is the final level defined so far. It delves much more deeply into factors that play huge roles in patient health and disease: energy cycles as well as “constitutions”. Here you will learn more about other types of EM Events. Finally, we end with teaching you how to grow EM with your own inventiveness. I am introducing you to EM, but I am planning on it growing long after I am off this planet. EM Level 4 will assist your growing EM into new frontiers without me. Interested in Leveling Up right now? [Click here!](#) (on the website)

EM Level 2 Prep Work

If you think you might be interested in learning EM Level 2, and I hope you feel this way, it will help you to start attuning yourself to your body. Body awareness and body self-reflection is incredibly helpful when it comes to EM Kinesthetic Diagnosis – the diagnostic method you learn in EM Level 2. EM diagnosis involves feeling imbalances in other people's bodies temporarily in your own. To get good at this, it is helpful to build your sensitivity to your own body. Here are two methods you might want to explore before you launch into EM Level 2:

1. My favorite method of body attenuation: self-hypnosis. There are scores of books on this topic at the library and at book stores. With self-hypnosis you learn how to put yourself into light trance. In a state of light trance it is easier to be aware of the sensations in your body. Regular practice of light trance will make it much easier to feel your “baseline” before you make EM diagnostic requests.

2. Meditation. There are many forms of meditation and I cannot recommend one method over another. With meditation, often you allow your focus to continue to shift from your breath to whatever sensation or sound catches your attention. The goal with meditation is often to release attachment to these sounds and feelings. But for EM, simply creating that quiet space where

Experience Overcomes Self Doubt

It is very common for people new to EM to doubt that they did anything when sending EM. It appears too good to be true and perhaps too simple as well. The only way for you to overcome this apprehension is to practice a little bit of EM every day. This is one reason why EM Level 1 is free – so that there is nothing inhibiting you from playing with it for as long as you need to in order to prove to yourself that it really works. It is normal to feel doubt when you start. Everyone feels that way – even I did when I first started to work with the basic methods years ago. Keep practicing despite this and you will be rewarded with greater confidence that it is real, that you are really doing something, and that the technique is not just effective but also incredibly powerful.

Additional Examples

Here are more “Send EM” examples to experiment with:

“Please send EM to treat all species of fungus infecting my bones. Authenticated.”

“Please send EM to wake me up. Authenticated.”

“Please send EM to give me more energy. Authenticated.”

“Please send EM to tighten my spine. Authenticated.”

“Please send EM to treat anything infecting my ears. Authenticated.”

“Please send EM to moisten my eyes. Authenticated.”

“Please send EM to treat my allergies. Authenticated.”

“Please send EM to balance my hormones. Authenticated.”

“Please send EM to balance my adrenal glands. Authenticated.”

These are just examples of the flexibility of the “Send EM” Treatment. But you can create your own. Whatever health issues you are facing simply construct a “Send EM” Treatment to treat that problem.

Write down ten physical and emotional complaints that you have been suffering from recently:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now use the Send EM Treatment to treat them!