

ELICITATION
THE ART OF FINDING TRUTH

Book One of
THE SPIRITUAL FREEDOM SERIES

By
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PROLOGUE

This is the first in a series of books that detail the procedures I have found over the years to work best for the restoration of the true you and the knowledge that came to light during the quest for this.

These procedures are the result of the distillation of tens of thousands of procedures and methods that I and other spiritual researchers have tried out over the last forty years.

This book was put together for those people who have already discovered that they are more than a body, more than just a human being, that they are in fact immortal spiritual beings having a human experience, an experience which may include many lives as human, or even as other physical forms.

Further, to fully benefit from the knowledge and techniques given herein it is best if you have studied the basic spiritual knowledge already given in the many books and trainings put forth over the many years of spiritual evolution by others who have contributed to this spiritual evolutionary growth.

A quick search for spiritual and/or metaphysical books will return a selection of many hundreds of books on these subjects. With such a vast source of fundamental spiritual knowledge available I will not be readdressing these fundamentals here.

Instead this book is focused on presenting the newly devised techniques and procedures that give you the tools to be able to fully understand, assimilate and utilize these spiritual fundamentals to greatly increase your own spiritual awareness, powers and abilities as well as to find your own unique spiritual truths.

The knowledge in this book is not new, it has been told many times before by the philosophers and teachers throughout time.

What is new about this knowledge is that it is presented from my point of view which makes it unique from all previous points of view and thus gives you another way to look at this knowledge.

It is the multiple points of view that will render a whole picture. This work in no way is to replace any other spiritual work, it is intended to supplement and build upon it.

My intent in presenting the knowledge I give here is to give you what I found to be the most optimum means by which I found the truths of existence that each of us carries within us so that you may do the same.

All spiritual works give the author's point of view of the knowledge and truths they found. But all of these, including what I give you here, are the truths as seen by the authors. They may be close to but they are not your truths. Only you can find your truth, which is within you.

However, the value of studying all spiritual works is that they give you a starting place, the awareness of what is possible, and the knowledge of where to look and what to look for. In the case of this work I also give you the exact step by step methods and techniques of how to look for and uncover these truths within you.

This book is a description of my path, of what I found to be true for me and the techniques and procedures that I found to work best on me and for me when using them on others.

My hope is that these procedures and knowledge will help you along your path, finding many of your truths along the way, to the point that you can define the exact techniques and procedures that work best on and for you.

Eric Wolery

14 January 2009

Revised 1 Aug, 23 Sep 2009, 3 Jun 2010, 28 Oct 2014

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WHO THIS BOOK IS FOR

The spiritual principles given in this book are not new. They are universal truths and as such can be found in any spiritual texts that adhere to these truths.

What is new in this book are two key aspects.

First is the updating of the the statement of the spiritual principles to be more easily understood in modern times. Also, how I have relayed this knowledge is from my point of view.

Why this can be useful is that the more varied points from which you can view something the more holistic your understanding of it becomes.

Secondly, and more importantly, are the new, concise, and easily followed systematic methods to apply these principles in order to find your truth and increase your understanding of life, better enabling you to create the life you truly desire.

These methods and procedures that will assist you in finding your spiritual truths and optimizing your spiritual creations and existence are built from an engineering standpoint and as such are very practical based spirituality.

Let me give you some background.

I'm sure you have heard this type of thing before: "just follow these steps and love and light will enter your soul and you will live in joy and bliss for eternity." That works for a few people but for the rest of us we need something else, something more tangible, down to earth, real.

That is what I needed and what I searched for and wound up having to develop myself as there was nothing I could find that was complete or fit the bill for me.

What I had to develop in order to recover the ability to create my life the way I desire it to be each and every day is in this book.

When I was in school I excelled in mechanical, mathematic and scientific studies. I was a very grounded realist, destined to become a mechanical engineer or the like.

Then in my teens I was “encouraged” by my mother and older brother to do a communication skills class from one of the then new age “spiritual” centers. At that point my life took a left turn and I have mostly been on a spiritual seeking path ever since.

However, I never let go of or lost my scientific, mathematical and mechanical way of looking at things. It has been the marrying of these ways of looking and doing things with spirituality that has enabled me to develop the efficient, systematic procedures given in this book. This will help all of us “tangible types” open up to and be able to incorporate all these spiritual principles and truths into our lives.

We will then have a balance of spiritual, mental and physical and as such be able to create the life and existence we desire on all three levels.

And for those of you who already live your life in love and light and pure joy the views of these spiritual principles and truths and the systematic procedures to apply them could help you in several ways as well.

They could give you a better understanding of the workings of the “non-spiritual” people of the world; they give you a method and set of procedures to more readily help them change their views on life and existence; and you can even use these procedures yourself to be more grounded and as such have a more balanced spiritual, mental and physical life and existence too.

Read through it and give the procedures a try. If they don't do anything for you put this book aside or give it away and continue on your search knowing “nothing ventured, nothing gained” and that eventually you will find what works for you.

But, if these procedures work for you as they have for me and the many others I have used them with, your life will drastically change in a great many ways and your dreams, goals and desires will no longer be "out of reach", or "some time in the future" but will be a part of your life every day.

Eric Wolery

25 August 2010

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HOW THIS BOOK IS WRITTEN AND HOW TO USE IT

In writing this and its subsequent books my intent was to present the information and procedures in a way that you could relate to it and use it for yourself.

To do this it is written mostly in the second person format. It is about you and is for you, the reader.

There are some passages where the first person is used, mostly in giving examples of how I have used it on myself and others. The intent here was to give you an idea of what can occur, what to expect might happen, when using the procedures, or to give a reference to where some knowledge was gleaned.

There are other passages written in the third person. These cover conditions and their Elicitation procedures that apply to a great many people but that may or may not be applicable to you. To not incorrectly insinuate you do have these conditions it has been written about "them", the "others" who have had or do have these conditions.

Even though it is about "others" it could greatly benefit you to honestly look into yourself to see if it also applies to you. If this is the case the procedures, though written in the third person to be done on others, can produce great benefit when applied to yourself.

This brings us to how to use this book.

Though most of the information and procedures are directed toward you, the reader, for your use in finding your truth and setting yourself spiritually free, and some of it is directed more toward use with others, all of these Elicitation procedures can be used on yourself and used on others.

In some cases, such as in particularly difficult areas, you may require someone else's help in applying a procedure to work

through what is there for you. Some will find this to be of benefit with most areas and procedures, especially in the beginning stages.

To do this all the questions and commands of all Elicitation procedures can, if needed, be slightly modified from the second to the third person. Modify them just enough for them to make sense when you are applying them to another or another is applying them to you.

This would also be the case if you choose to become a practicing Elicitor where you are applying these procedures to many others as a part or full time occupation.

Knowing these parameters and possible uses should aid you in following how this book is written and enable you to see all the possible applications of this material.

Eric Wolery
29 December 2014
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ELICITATION, THE ART OF FINDING TRUTH

"All truths are easy to understand once they are discovered; the point is to discover them." Galileo Galilei (1564-1642)

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold." Leo Tolstoy, novelist and philosopher (1828-1910)

e·lic·it *tr.v.* **e·lic·it·ed, e·lic·it·ing, e·lic·its.** **1.a.** To bring or draw out (something latent); educe. **b.** To arrive at (a truth, for example) by logic. **2.** To call forth (a reaction, for example).

--e·lic"i·ta"tion *n.* **--e·lic"i·tor** *n.*

American Heritage (c) Dictionary of the English Language

ELICITATION

What are your true dreams, desires and goals?

What is your purpose in life?

What are you meant to do?

What abilities and powers do you have lying dormant that you could use to make your life the way you want?

And what are the things that have blocked you from knowing the answers to these questions and stopped you from going after them and attaining them?

The correct answers to these and similar questions are the truths that you need to find to create the life you desire, that you are destined to have.

What Elicitation, the Art of Finding Truth is meant to do is guide you in uncovering the correct answers for you to these questions and to aid you in eradicating the blocks and stops to, and help you

determine the best courses of action for, fully attaining your dreams, goals and desires and fulfill your purpose.

It is our old spiritual creations that we made or took on in the past which no longer serve us in the present that trap us into unwanted ways of being and doing and owning.

Being trapped into these old creations blocks us from making the new spiritual creations needed to be and do and own the things we desire now and in the future.

It is the goal of Spiritual Elicitation to help you find and either optimize or dissolve these old spiritual creations which will give you the spiritual freedom and the knowledge of how to create your new, desired spiritual creations and way of living.

In this book you will not only learn the theory and results of Elicitation you will also learn the specific techniques and exact questioning sequences that have been distilled down over thousands of hours of Elicitation sessions to produce the quickest results possible for your own use on yourself, your family and your friends.

These techniques and procedures are the tools I have found that consistently help everyone who uses them to advance on their path toward their dreams, goals and desires.

I do not give you what path you should travel for each of us has our own unique dreams, goals and desires as well as our own unique ways of going about achieving them (our "path".)

I will not be giving you all the knowledge I've learned or found for myself. Even though knowledge can answer questions and help you understand things it is the finding of your truth that will set you free, free to find all the knowledge you need.

The techniques and procedures herein are merely tools, although very important and helpful tools, to use in finding your truth along your path.

THE ELICITOR

No one can tell you what the truth is for you as Your Truth Is Within You.

An Elicitor draws the truth out from you by acutely asking a question and pausing to allow you to look for and respond with what the question elicits.

Once you see the truth as it is for you, the truth shall set you free.

That is how Elicitation helps you free yourself from the blocks, burdens, hindrances and unknowns that have held you back from fully attaining your dreams, desires and goals.

In becoming an Elicitor you can do this for yourself as well as for your family and friends.

This is not for everyone; it is for those who want to change their lives, who want to find the truths that will set them free.

Some types of elicitation are:

Asking questions;

Doing something that activates and brings to view all that is connected to that action;

Touching or holding something that activates and brings to view all that is connected to that something;

Repeatedly recounting an event until aspects of the event previously unknown come to view;

Acting out an emotion or characteristic to activate and bring to view all that is associated with it;

Telling or writing about your dreams, desires and goals bringing to view the steps you need to take to achieve them;

Studying some information or practicing some skill related to your dreams, desires and goals to bring to view any unknowns or incorrect information or ideas about them.

We all are elicitors when we ask questions of ourselves and others. But to arrive at a truth one must know:

What to look for;

What questions to ask for each different area being addressed;

How to persist beyond the distractions and subterfuges that have hidden the truth for so long; and

What it looks like when truth has finally been revealed.

This is The Art Of Finding Truth and when one learns this and through practice has become proficient in its application one is then truly an Elicitor.

That is what this first book is the beginning of, your training in the Art of Finding Truth through Elicitation. It is not just an introduction to Elicitation as by the time you finish this book you will have also begun your practice of it. Your journey begins now.

Eric Wolery

10 February 2009

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5 Aug 2016

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CHANGE WHAT YOU ARE BEING USING ELICITATION

The Law of Attraction is like attracts like. Ralph Waldo Emerson said it as: "What you are comes to you." Thus, if you don't like what you are attracting then change what you are being. The fastest way to do that is through Elicitation.

Elicitation is the practical, step by step procedures to internally change and optimize your beliefs, attitudes, decisions, precepts, mind sets, and ways of being that are holding you back by attracting those things and situations you do not desire. The Elicitation procedures are designed to do this quickly and with finality without any long, difficult drills, meditations, affirmations or the like.

Through the Elicitation procedures these limiting beliefs, attitudes, decisions, precepts, mind sets, and ways of being can be completely and permanently changed in a matter of hours rather than days or weeks or months that other techniques and modalities can take.

Eric Wolery
22 November 2010
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WHY ELICITATION IS AN ART

"Art is the elimination of the unnecessary."
Pablo Picasso, painter, and sculptor (1881-1973)

Though there are tested and proved workable specifically sequenced sets of questions to be used for all Elicitation Procedures, what truly makes Elicitation work is when the Elicitor approaches it as an art.

By this is meant opening up to and using one's intuition, one's knowingness, one's perception to see the beauty of the spirit one is working to help free from non-optimum creations and make desired optimum creations and to do it with finesse and grace. This holds true when you are being an Elicitor for another or for yourself.

An Elicitor allows the procedure to unfold; to proceed at the pace that best suits the person being helped.

The Elicitor only elicits from the person their answers and their truth and does not offer or interject any comments or suggestions knowing that these would disrupt the optimal progression of the procedure for the person.

The Elicitor knows when the person has fully answered a question and to ask the next question and when to wait, or even to ask the question again, to allow the person to sort out and give more answers from what that question elicits.

The Elicitor listens to the answers and knows when the person has already answered an upcoming question and so does not ask it when approached in the sequence knowing it would be redundant.

The Elicitor asks each question with the best inflection and intention and at the best emotional level to impinge and elicit the answers from the person without distracting them or diverting them from the issue at hand.

The Elicitor follows the progress of the person with each question asked and each answer given and can perceive and know when another Elicitation Procedure may be required in the middle of the current procedure being used in order to handle a different type of creation or condition that arose, and when that is complete to return to and complete the original procedure.

In watching the progress of the person the Elicitor also perceives and knows when the person has found the truth behind the non-optimum creation and is unraveling, dissolving or optimizing it and thus ceases the procedure at that time knowing full well that the result of helping the person find the truth and optimize their creation is the goal, not the asking of all the questions of the procedure.

It is these skills of the Elicitor used in the guiding of the person to optimize their creations that makes Elicitation an art. Learning to be an artist takes lots of practice, for some much more practice than for others.

One must learn to let go of any need to “do it right” or “not make mistakes” or to “ask all the questions perfectly” or any other such limiting and restraining beliefs.

As an art, Elicitation flows and the Elicitor is the guide of that flow, not its controller.

As you practice the Elicitation Procedures keep this as your goal – to guide the procedure as a musician would a melody or a painter the paint on the canvas – to free the beauty of the spirit hidden under the non-optimum creations and conditions, like a sculptor frees a beautiful statue from inside a plain block of stone.

Eric Wolery

18 September 2009

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WHAT MAKES THE ELICITATION PROCEDURES UNIQUE

There are many spiritual and energy practices in which energetic shifts can occur giving a cathartic release and resurgence of consciousness. When they occur these shifts can range from a simple uplifting of mood to entire life changing experiences.

Though these energetic shifts can produce miraculous changes in a person and are often what are sought, they can also create disappointment and even other undesired consequences.

These shifts usually happen randomly, to some people but not others, and in varying degree of release and resurgence. They are usually not produced on a consistent basis on everyone nor to similar levels of result.

Additionally, and more importantly, they can often be temporary or unstable.

In some practices the result is that negative energies, beliefs, ways of being and other undesired condition are released, but in fact they only move off the person, leaving them in existence to be re-activated and move back in on the person at a later time.

In many other practices the releases may cause the negative energy to dissipate and truly be gone with a return of positive energy and consciousness but without giving the person the knowledge of exactly what it was, where it came from, how it was created in the first place and exactly how it was released.

This can then leave the person in a condition whereby the negative energy, way of being or other undesired condition can be recreated or taken all over again due to simple ignorance.

Also, they have usually not learned how to produce these releases on themselves or others. The person has had the shift but is lacking knowledge of how to maintain it or create more shifts.

The Elicitation Procedures, on the other hand, have been developed into a step by step system of exact question sequences that anyone can follow. They have proven to consistently work in dissolving energetic blocks and negative creations producing large shifts for almost everyone who uses them.

They accomplish this by guiding you in finding the exact truth of the blocks or negative creations, all its parts and sources, and knowingly dissolving them into free life energy. It is the knowing releasing and regaining of this life energy that produces the shift and resurgence of consciousness

Then the Elicitation Procedures guide you in using that freed life energy in making new, desired spiritual creations from your new level of awareness and consciousness. These new creations not only can then take you in the direction of your dreams, goals and desires, but having been created in this new level of consciousness they can help to stabilize you in that new level.

This gives a consistent workable way to produce these same results time and again leaving you with the full truth and knowledge of what the old creations were, free from their effects or recreation forever more, and stably creating your dreams, goals and desires in your new level of consciousness.

Eric Wolery
28 October 2014
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THE OPTIMUM WAY TO LEARN ELICITATION

"The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives."
Albert Einstein, physicist, Nobel laureate (1879-1955)

The purpose of all the Elicitation procedures and materials is to aid each individual in recovering themselves and regaining the ability to achieve their dreams, desires and goals.

As the recovery of self and the attaining of one's dreams desires and goals bring about excitement, joy, pleasure, happiness and fun this is what the learning and application of Elicitation should also bring about.

Learning this knowledge and the skills to optimally apply it should be an adventure that is fun and brings joy, pleasure and happiness along the way. When one is teaching these knowledge and skills to others this is also the manner in which it should be taught.

To do otherwise, to learn it or teach it in any manner other than as an adventure that is fun and brings about joy, pleasure and happiness is to corrupt it from its purpose.

Learning or teaching it under duress, stress, threat, intimidation, fear, subjugation, belittlement, insult, domination, or any other negative or abusive means will pervert the knowledge and instill skills that only perpetuate this negative or abusive way of being.

The only time this negative manner of learning or teaching may be appropriate is if those following this negative manner truly feel that sadomasochism is enjoyable, pleasurable, fun, makes them happy and is what they desire. If this is truly the case, by all means use that method.

But be aware that even though this is what is desired and is felt to be enjoyable, pleasurable and fun that learning or teaching it in this manner will only instill the skills to bring about more of this

negative way of being and acting. It will not instill the skills or knowledge of how to bring about any positive, supportive, helpful or loving way of being and acting.

Only learning and teaching in a positive manner will instill the knowledge and skills to bring about any way of being and acting one desires, including negative ways if that is what one chooses and is willing to handle the consequences of.

Therefore, if you are learning Elicitation on your own, be supportive of and encouraging to yourself, be kind and loving to yourself, give yourself the time necessary to learn it well at an enjoyable pace, and use it as you learn it to go after your dreams, desires and goals in life in an enjoyable, pleasurable, fun way that brings you happiness.

If you are learning Elicitation from another or as part of a group always contribute to the other or others in ways that also are supportive, encouraging, kind, loving, and that bring about joy, pleasure, fun, and happiness for you and them and accept nothing less than the same from them.

If you cannot do this or receive this from the person or group you are with and it will not resolve with the application of the Elicitation procedures then you must honor yourself and your learning by finding a different teacher or group.

There is only one optimum way for you to learn Elicitation and that is the way that is enjoyable, pleasurable, fun and brings about happiness for you. Always seek and follow this way and you will fully attain the knowledge and skills to continually bring this about in the quest for all your dreams, desires and goals for the rest of your existence.

Eric Wolery
25 August 2009
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THE THREE PHASES OF ACQUIRING A SKILL, ABILITY, STRENGTH OR SOME KNOWLEDGE

Phase 1: Begin by reading about it, hearing a lecture about it, or imagine doing the skill, ability, strength or knowledge and then handle all the beliefs, blocks, distractions and diversions that get activated by it. Continue doing this until nothing further is being activated.

Phase 2: Begin observing how another or others do the skill or ability action, apply or use the strength, or comprehend and conceptualize the knowledge and handle any confusion or not understanding that arises (as well as handle any beliefs, blocks, distractions or diversions that this may activate.)

Continue this until you understand how others do this skill/ability action, apply or use the strength, or comprehend and conceptualize the knowledge and nothing further is being activated.

Phase 3: Begin doing the skill or ability action, applying or using the strength, or working with the comprehension and concept of the knowledge, correcting up any errors or failures and trying different ways to do these things. Handle any confusion, misunderstandings, beliefs, blocks, distractions or diversions that get activated while you do this.

Continue doing this until you have devised the best way for you to do the skill or ability action, apply or use the strength, or comprehend and conceptualize the knowledge.

At completion of phase 3 the skill, ability, strength, or knowledge will be yours.

Eric Wolery
14 October 2009
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YOU ARE WHAT YOU BELIEVE

"All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts,"
William Shakespeare

You are what you imagine yourself to be.

All of existence is like a play or movie - it is all make believe. As such it is formed by how you believe.

Your beliefs direct your imagination which creates the images you project into life with which to interact.

The form and condition of your life is the result of these beliefs and their images you project and use to create your life.

The form and condition of your body is merely a manifestation of your thoughts, beliefs and images.

This is true whether you created those thoughts, beliefs and images or if you took them on, even under duress, from another or others. Regardless of their source, if you have them they are what is creating your life and existence the way it is.

Eric Wolery
1 August 2009
Revised 11 Oct 2016
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REVIEWING BELIEFS PROCEDURE

"Our heads are round so that thoughts can change direction." Francis Picabia, painter and poet (1879-1953)

What you believe is what is real to you, even though it may not be what is true.

Some examples of this are the past beliefs that: the world is flat; that man could not fly; a man could not survive going faster than the speed of sound; it is impossible for a human to run a mile in less than 4 minutes; and I am sure that you can think of other examples of past beliefs that were held as real and later proven to not be true.

Thus, what is real to you is based on what you believe. If what you believe were actually true then you would be free as the truth will set you free.

However, if you are not truly free, if there are areas in your life that you do not have the freedom to choose whatever you desire in that area, then you are most likely being entrapped by your own beliefs that are creating a reality not based on truth.

Thus, to change your reality, that is, to begin to change how your life is set up and the things that you can have or not have, can do or not do, can be and not be, you need change your beliefs.

As part of changing your beliefs you also need to find the prior question or unknown the belief was taken on in an attempt to resolve. In each of the examples above there was a prior question or unknown that people tried to resolve with the belief.

There was the unknown/question of what happened to ships that sailed off and never came back? The conclusion and belief was they probably fell off the edge of the earth as the earth is flat. There was the unknown of why all attempts to fly faster than the speed of sound were either not successful or ended in a crash with the pilot

killed? Many people answered that for themselves by concluding and believing that it was impossible for a human to survive going that fast. There was the unknown of why no one had been able to run a mile in less than 4 minutes even though many very fast runners had tried. The conclusion and belief was that it just was not possible for a human to run that fast. These all turned out to be incorrect conclusions and false beliefs.

Once you have fully addressed and are free from a belief finding the prior question or unknown and getting the correct answer or knowledge will take you to the next level of being able to get into action to create the reality you desire for your life.

The following procedure is designed to assist you in this life changing action:

Choose an area of your life in which you are not completely free to choose whatever you desire.

What do you believe about this area; or, what beliefs do you have in this area?

State that belief exactly.

Describe that belief.

What image does that belief create for you?

What would that belief attract?

What would that belief repel?

Who would that belief attract?

Who would that belief repel?

What has that belief caused you to do?

What has that belief caused you to withhold?

What has that belief caused you to become?

What has that belief blocked you from becoming?

What have been the consequences of having that belief?

Are these the consequences you desire?

If yes: Good, hold onto that belief.

If no: Fully experience that belief and all its aspects and dissolve it into free life energy.

Was there a question or unknown that belief was attempting to resolve?

If yes: What was that question or unknown?

What could be a more optimum answer to that question or unknown?

Repeat this last question until satisfied the best answer has been found. This is the one that dramatically raises the emotion and energy level and gives a means to get into action on changing your life to the way you desire it to be.

Repeat the above steps until you knowingly have the optimum answer(s) and belief(s) that will produce the outcomes and consequences you desire.

Eric Wolery

16 October 2009

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YOUR PATH

In the quest for spiritual recovery there are many paths that one can follow. No one path is “better” than any other, except the one path that is Your Path.

Each person has their own path and method of walking that path. It may be through the finding of truth, or the gaining of knowledge, or the expansion of love, or the restoration of freedom, or any of the other myriad of ways and variations that there are to follow. There are as many ways and variations as there are unique individuals.

There have been many spiritual practices, modalities and religions down through time each professing to be the way, the one true path to spiritual salvation. And each has helped many people advance along their path to that end. But each was originally the one true path for only the individual who originated it.

We each may benefit from following another’s path, but only for a while as it will only take us so far. To truly attain our ultimate spiritual goals we must find and follow our own path.

That is why in conveying the skills of Elicitation I will not be promoting one path over any others. Elicitation itself is not a path per se, but instead it is a means, a set of tools to aid you in finding and walking your own path.

The speed with which you do this is entirely up to you. Whether you take your time in using the tools given here and leisurely advance on your path while also partaking in other endeavors and adventures, or you forsake all else and devote all your time and energies into progressing along your path as fast as possible, or any variation in between, is solely your choice.

To let someone else enforce upon you in any manner what path you should take or how you should progress along the path is to give up your right, ownership and responsibility for your own unique existence, experience and progression toward your spiritual goals.

Of course, to begin your journey you may need the assistance of a strong and determined mentor and guide, but you should choose one that will take you in the direction you wish to go and be ever vigilant to this and to the time when you are ready and able to guide yourself down your own path.

Using the tools of Elicitation by both your mentor and yourself should assist in both of these and naturally guide you to and onto your own path and ultimately to your desired spiritual states.

This is my intention for and how I have designed these tools. Use them for as long as they help you accomplish your goals.

May your journey be as you choose it to be and you attain all that you desire.

Eric Wolery
19 February 2009
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THE PATH

"Lots of times you have to pretend to join a parade in which you're not really interested in order to get where you're going."

Christopher Morley, writer (1890-1957)

There is only one correct path that will take you all the way to being the full spiritual you with all your abilities, powers and freedom and that is your path.

Each being has their own, individual, unique path to follow to arrive at this destination. Even though there may be many similarities between paths, even times, events and actions that are the same, each entire path is unique. This is part of what makes each of us unique individuals.

Additionally, the techniques and procedures required to travel your path are also unique to you, though again there may be similarities and overlapping between those that work for you and those that work for another or others.

There have been many masters and gurus down through the ages who have put forward the ways and techniques they used to gain enlightenment as the way all could also gain enlightenment. The problems arose when it was believed or insisted that any one of these was the only way or the only one that works.

This is only true for the one person who originally followed that path to become a master. For everyone else it will work to one degree or another but not all the way.

Each person can greatly benefit from learning and using the techniques and teachings of others who have made great progress, but ultimately to fully attain your own full spiritual freedom it will require you to find your own unique path and techniques with which to travel it.

The knowledge and techniques I give in my books lay out what I have found to be true and work for me. It is my path and means by

which I have traveled it. I have written it for others to use for I have found that many parts have also been true and worked for others, at least for a while, in helping them move along in the right direction until they find their own correct path and techniques with which to travel it.

And hopefully it can do the same for you.

Try out all parts of what I have written and take the ones that are true and work for you, and use them only as long as they continue to work to forward you in the direction you wish to travel.

Hopefully along the way you will discover your truths and your exact, unique path and techniques to use in traveling it and at that point you will be free of any dependency on anyone else for your spiritual freedom.

You will be your own master and be capable of taking yourself along your path toward your ultimate dreams, desires and goals. You will be Spiritually Free by your own making.

I wish you well on your journey and am thankful for the opportunity to in what ever way help you with that journey.

Eric Wolery
8 September 2009
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FOR YOUR OWN PATH

Just as when 100 people see an event or accident or the like and then all give reports of what occurred there are 100 different stories, so to do the enormous amount of spiritual beings who separated from the Oneness of Spirit each have a different experience and perception of what occurred.

From this each individuated spiritual being responded in a unique fashion and embarked on a different and unique path from that point forward.

As such, each spiritual being has its own unique path back to full spiritual freedom and the ability to rejoin the Oneness of Spirit.

Thus, there is no one spiritual path that will work for all spiritual beings.

However, though each spiritual being's path is unique and different from all others there are means and techniques to progress on a path that can be utilized by all to do so.

It is these means and techniques that I have laid out herein - ones that have been researched, developed and refined through actual use by thousands of individuals in the advancement of their movement on their paths and that have been found to work time and again by spiritual beings on many varied paths.

I am setting these means and techniques down here so that you may have them and use those that work for you in your progress on your path.

I wish you success in advancing on your path and look forward to meeting you at the end.

Eric Wolery
30 June 2011
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TWO TYPES OF SEEKERS

There are two types of people seeking personal betterment.

The first type is those people who are working on themselves and seeking ways to do this to improve their ability to get the things and conditions they want in life.

In other words, they want to get better at playing the games they are playing in life so that they can win at those games. They need and want to improve their ability to overcome the opponents and obstacles in their way of achieving their goals and winning at their game.

The second type of people are those who are seeking spiritual betterment to rise above the playing of games; to ascend to a level of activity of creation and experience and connectedness that transcends the games playing level of merely achieving physical goals.

The basic Elicitation procedures are designed to help both types of people achieve what they desire. The more advanced Elicitation procedures are designed to help the second type of people achieve their ultimate desire of rising above the need to play games.

What desires and ultimate goals you use the Elicitation procedures for is your choice. To have the procedures work in the most optimum manner, to use the appropriate procedures, and to know when you have attained the results needed from the procedures, it is best to be honest with yourself and state at the beginning what desires it is that you are going for with the Elicitation.

Most often people will at first desire to use the procedures to improve to the point of winning at all the games they are playing in life. This may take years to accomplish, but along the way they will be learning and improving.

Many people will stop at this point. However, a number of people will then decide that having completed all their games they want to keep going. This is when they switch to being the second type of person and begin doing the more advanced Elicitation procedures to achieve the spiritual levels that transcend the playing of games.

The manner you travel your path through life and existence and where that takes you is your choice and you have to answer to no one but yourself for that choice.

But it works best to perceive and acknowledge what your choices are when you make them and while you are following them, and when you change them. It's always best to know where you are going and why you are going there.

Eric Wolery
29 September 2009
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MEASURE OF SUCCESS

To many people success is measured by the amount of money in their bank account. But this is not a measure of success, unless your goal in life is to have a fat bank account.

For success is actually measured by how many of your desires you have fulfilled, how many of your goals you have attained, and how many of your dreams have you lived.

If you have not fulfilled any of your desires, attained any of your goals or lived any of your dreams then you are not being successful in your life, no matter how much money is in your bank account.

The point is, don't go after money to try and be a success, unless just having a lot of money is one of your goals in life. Instead, go after your dreams, goals and desires and make the money you need to attain them by the means in which you are going toward them.

Then you will not only be able to achieve success in your life, you will also be a lot happier and fulfilled along the way. And you will probably have all the money you need as well.

Eric Wolery
30 October 2014
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FOCUSING ON THE SPIRITUAL

The intent behind the development of the Elicitation materials and procedures is for them to assist you in finding your truth in order to uncover and restore your spiritual knowledge, abilities, skills, powers, wisdom, and self.

The Elicitation knowledge and procedures can be used to empower role and ego based skills and abilities that are then used to be more "successful" in creating and acquiring material possessions and wealth, but that is not their ultimate intended purpose. Plus, utilizing them only for this purpose can result in eventually losing it all anyway.

The reason for this is it is only through the restoring and responsible use of your spiritual knowledge, abilities, skills, powers, wisdom, and self that you will be able to continuously create true wealth for yourself and those around you.

This is due to the fact that it is only through the restoration and responsible use of your spiritual knowledge, abilities, skills, and powers can you create and control the optimal way of being and roles required to create your dreams, goals and desires in all realms of existence, including the physical.

Without you, the spiritual being in responsible control of and continually monitoring your ways of being and roles these creations, even if originally optimal for their intended purpose, can quickly become out-dated to the ever changing environment in which they are being used. In an out-dated mode they will lose their ability to create what you wanted and can degrade to the point of actually destroying all you desired and built in the first place.

This responsible control and monitoring of your ways of being and roles requires you, the spiritual being, to have restored and be able to knowingly use your spiritual knowledge, abilities, skills, powers, wisdom, and life energy.

Additionally, you can only create and control the roles and the material wealth and possessions to the size you are spiritually. The bigger you are spiritually the bigger you can create your ways of being and roles and thus, the larger your material creations and possession can be.

Therefore, in all your Elicitation sessions it would best serve you to focus on the spiritual. Go after the spiritual knowledge, abilities, skills, and powers that you need to create all you desire in all realms of existence.

In the course of doing this you will also create the optimal ways of being and roles required to do the actions needed to manifest all your creations. You will be in responsible control and monitoring of all your ways of being and roles and the actions they direct and so will be able to continually create, use and have the wealth, possessions, relationships, situations and all other creations you desire.

Eric Wolery
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SPHERES OF CONSCIOUSNESS

LEVELS OF AWARENESS

In many human and spiritual improvement practices the realms of consciousness, subconsciousness and unconsciousness are addressed and explored with the intent to raise the individual's level of consciousness.

As what one is conscious of one can perceive and control and what one is not conscious of one cannot perceive or control, the expectation is that the more conscious the individual is the more able they are to perform and interact better in life and with others.

This is a laudable goal, but what does it really mean, and what does it really take to accomplishing it?

To answer these questions we must first understand what consciousness is and what its accompanying states of awareness and cognizance are.

consciousness *n.* **1.** The state or condition of being conscious. **2.** A sense of one's personal or collective identity, especially the complex of attitudes, beliefs, and sensitivities held by or considered characteristic of an individual or a group. **3a.** Special awareness or sensitivity. **b.** Alertness to or concern for a particular issue or situation. **4.** In psychoanalysis, the conscious.

conscious *adj.* **1a.** Having an awareness of one's environment and one's own existence, sensations, and thoughts. **b.** Mentally perceptive or alert; awake. **2.** Capable of thought, will, or perception. **3.** Subjectively known or felt. **4.** Intentionally conceived or done; deliberate. **5.** Inwardly attentive or sensible; mindful. **6.** Especially aware of or preoccupied with. Often used in combination. **--conscious** *n.* In psychoanalysis, the component of waking awareness perceptible by a person at any given instant; consciousness. **--consciously** *adv.*

aware *adj.* **1.** Having knowledge or cognizance. **2.** *Archaic.* Vigilant; watchful. --**awareness** *n.*

cognizance *n.* **1.** Conscious knowledge or recognition; awareness. **2.** The range of what one can know or understand. **3.** Observance; notice.

As can be seen from these definitions consciousness is state of being alert, awake, able to perceive, mindful of, or aware of in their life, environment and their thoughts. Being aware of is having knowledge or cognizance of. And cognizance is the range of what one can know or understand.

Thus, as one increases their range of what they know or understand their cognizance and awareness increases. As their degree of awareness increases their consciousness also increases. Increasing the amount of things one knows and understands is how one expands their consciousness.

Now the question remains as to what are the most beneficial areas to increase one's knowledge and understating of in order to most optimally expand their consciousness?

You can go to school and university for years and study many subjects gaining vast amounts of knowledge and understanding of the physical sciences and humanities and this will expand your consciousness of the world and people around you. The increase in this sphere of consciousness would put you in a position of being able to be among the human leaders of this world.

You can go to retreats, monasteries, and new age seminars and study the many spiritual practices and this will expand your consciousness of the spiritual realm and the abilities, potentials and possibilities therein. The increase in this sphere of consciousness would put you in the position of being able to be among the spiritual leaders of the world.

But to truly regain your own spiritual powers and abilities you need to increase your knowledge and understanding, and thus your awareness and consciousness of, your own self.

So what are the parts of yourself that you need to increase knowledge, understanding and awareness of?

The answer to that question is the automatic parts that are in your subconscious and, more importantly, all the parts that you are unconscious to.

subconscious *adj.* **1.** Not wholly conscious; partially or imperfectly conscious. --**subconscious** *n.* The part of the mind below the level of conscious perception. Often used with *the*.

unconscious *adj.* **1.** Lacking awareness and the capacity for sensory perception; not conscious. **2.** Temporarily lacking consciousness. **3.** Occurring in the absence of conscious awareness or thought. **4.** Without conscious control; involuntary or unintended. --**unconscious** *n.* The division of the mind in psychoanalytic theory containing elements of psychic makeup, such as memories or repressed desires, that are not subject to conscious perception or control but that often affect conscious thoughts and behavior.

SUBCONSCIOUS

Your subconscious is where you keep all your accessible memories awaiting recall, and all your automatic thought processes, programs and ways of being that you learned or were imprinted with and that are operating without your being aware of or conscious to them.

It is this part, the automatic thought processes, programs and ways of being that you need to become aware of, conscious to, and review to ensure they are taking you toward your dreams, desires and goals, and to optimize them or dissolve them and create new optimum ones.

Though this may take some time due to the amount of automatic thought processes, programs and ways of being each of us has, it is fairly straight forward and relatively easy to do if you maintain your discipline to continue working on it diligently until fully complete.

As you do this your awareness of what you have been and are now operating on will increase and thus you will be more conscious of your thoughts, programs and ways of being which will put them back under your direction and control.

You will be able to think the thoughts you want to think instead of the many random thoughts and mind chatter most people have; and you will be operating with your designed programs and ways of being that will take you toward your dreams, desires and goals.

UNCONSCIOUS

There are two main divisions of the unconscious realm that need to be addressed and all parts within them brought to full consciousness. One of these divisions is easy to deal with, though again it may take some time due to its size, and the other division contains the parts that are the hardest of all to handle.

The easy division contains all those parts of life that you just do not know anything about and do not even know exist. They are completely outside your awareness and thus you cannot perceive them and are thus you are not conscious to them.

These parts can be brought into your awareness, learned and thus become conscious of by simply being willing to observe and learn new things and going out into life and doing so. The more open you are to new and even outlandish and supposed preposterous ideas, concepts, creations, cultures, interactions, and the like the larger your sphere of consciousness will grow.

And remember, just because you learn about something and understand it does not mean you have to agree with it or do it, but

it does make you conscious to it and thus you have power of choice with regard to it and are in control of your interactions with it.

The second division of the unconscious realm contains all the things that have been purposely blocked from your awareness, either by yourself or by others or both.

These are all the reprehensible thoughts and images that you deny you ever had, the unwanted and denied memories of things that you did or that were done to you, and the forcefully implanted programs and ways of being, all tied up and buried with spiritual, mental and physical pain and overwhelming emotions.

These are the things that cause you to act in irrational, and often abusive and destructive ways toward yourself and others, for which you have no reasonable or logical explanation. This is the division of unconsciousness and these are the things from which insanity springs forth.

They can do this for they are so unwanted, denied and buried and thus so far out of your awareness that they operate completely out of your consciousness and control. As such they cause you to act out the thoughts as commands, replicate the actions of the denied memories, and follow the directions of the programs and ways of being, all obsessively and compulsively.

It is these parts that you will need the most assistance with to gradually bring up to your awareness by stripping off the layers of pain and emotions until the actual thing comes up to your consciousness where it be fully viewed and dealt with.

LEVELS OF AWARENESS

As you bring these things that are subconscious or unconscious up to your consciousness there are levels of awareness that they pass through on their progression.

These levels and their corresponding consciousness are:

Total Awareness	Full Consciousness
Apprehension	Conscious
Aware of	Subconscious
Unaware of	Unconscious
Total Denial	

As you bring more and more things up through these levels of awareness your amount of consciousness will increase and your sphere of consciousness will expand.

Elicitation is the process of bringing or drawing out something dormant or hidden to arrive at truth and as such is the principle means by which you can raise your and others' consciousness.

The procedures of Elicitation are specifically designed to guide you to put your attention on, locate, review and optimize or dissolve all those things in your subconscious and unconscious realms so you may regain your full consciousness. Use them often.

Eric Wolery
13 May 2009
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All definitions herein taken from the American Heritage Dictionary

WHAT ARE YOU BEING?

You are a spirit and you have many things and parts that you have created or acquired over time that you use in your activities and games in life and existence. What you are being is determined by what you believe, have assumed and are acting upon. So, what are you being?

A Spiritual Being is a Spirit that knows it is a spirit and is being and acting as a spirit.

A spirit that is being and acting as a personality is not a spiritual being but is instead an ego or personality.

A spirit that is being and acting as a role or part in an activity, game or play in life is not a spiritual being but is instead a role or character.

A spirit that is being and acting as a mind is not a spiritual being but is instead a mind being.

A spirit that is being and acting as a body is not a spiritual being but is instead a body being.

A spirit that is being and acting as another life form or object is not a spiritual being but is instead that life form or object.

In recovering your Spiritual Freedom it is necessary to once again be a Spiritual Being. To do this requires you first to remember that you are a spirit, that all these other things are just that, things, which are creations, and then using the Elicitation procedures begin to optimize or dissolve all those creations.

The outcome of these actions will be the restoration of you as a true Spiritual Being with all your spiritual abilities, powers and freedoms.

Eric Wolery 30 July 2009 Revised 22 Nov 2009 Copyright © 2009

CONSCIOUSNESS

Consciousness is merely the ability to focus attention. The more attention you have available to focus, the greater your ability to focus that attention, the higher the consciousness you have, the more expansive the consciousness you have, the more conscious you are.

The longer you can maintain that focus of attention the longer you can stay conscious.

Our attention is divided into and directed by all the past spiritually created things, good and bad, wanted or unwanted, that are activated at any given moment. The more spiritually created things that are activated at any moment the more our attention is divided and tied up. This creates the condition of "not being able to pay attention" and thus, lowers our consciousness.

One of the "side effects" of doing the Elicitation procedures is that more of your attention will be freed up from the spiritually created things that are dissolved or optimized. This allows you to focus that freed attention onto your desired activities and creation in the present moment.

You will have more attention available to use to "pay attention" to what you are doing and what is going on in your life in the present moment.

Couple that with practicing and strengthening your ability to focus your attention and you will have a much higher level of consciousness as a result.

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DREAMS, DESIRES AND GOALS

Our dreams and desires are the most valuable spiritual creations we have for they are what give meaning and purpose to our existence. However, no matter how vividly we dream nor how strong our desires are, they will never come to fruition until we create the goals for their attainment.

A dream is the contemplative way we would like something to be. Our desire is our urge and drive to attain it. But our goals are the concrete things that can be attained.

A dream is ethereal; a goal is tangible.

When you create a dream you at that moment possess it, it is created, it exists in your spiritual sphere. There is nothing further you have to do to attain it as you already have it.

A goal on the other hand is tangible thing that you work toward attaining in life. It is the thing that you will have in life at a future time and place. And as part of creating a goal it must have the time and place you are going to attain it, otherwise it remains just a mental image never to materialize in life.

Without creating goals you have nothing to move toward in life and thus you can become immobilized, motionless, lifeless – just a daydreamer who never accomplishes anything in life (except maybe what you are told to do by others.)

The bigger your goals are the more you have to accomplish in life and thus the more alive you can be. This is the importance of creating goals for the manifestation of your dreams and fulfillment of your desires in life.

Eric Wolery
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INCREASING SPIRITUAL SIZE AND POTENTIAL

That upon which you focus your attention or that upon which your attention is stuck on determines your size as a spiritual being.

Your size as a spiritual being determines the size of your awareness and consciousness, the size of your interactions, challenges and problems you can handle, and the size of the successes, accomplishments and prosperity you can have.

To increase your size as a spiritual being only requires you to unfix your attention from that which it has been on and to focus it on bigger, more expansive and inclusive goals, games and activities.

This will expand your awareness and consciousness, the size of interactions, challenges and problems you can handle (thus making your previous problems much smaller and easier to handle), and increase the size of successes, accomplishments and prosperity you can have.

This is another purpose of the Elicitation procedures, the unfixing of your attention from the spiritual creations and conditions upon which they have been fixed, and thus the restoring of your potential to be bigger spiritually and more successful and prosperous.

Eric Wolery
30 April 2009
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LEVELS OF ELICITATION

There are three main levels of the composite of a human being which need to be addressed in Elicitation. These are the very well known levels of Spirit - Mind/Role - Body.

The question is how do you choose which level to address on yourself and on each different person you do Elicitation on?

Let us take a look at what the key aspects of each level are to help in that determination.

Spirit = Dreams, Purposes and Visions = Creation = from a place of source and power.

Mind/Role = Goals, Intentions and Plans = Determination = from a place of cause and strength.

Body = Needs, Wants and Desires = Lack = from a place of effect and susceptibility.

From this it can be seen that to address the senior, most important level one would always ask for the person's dreams, purposes and visions.

But in many self-improvement practices goals, intentions and plans are found to be very important to many people and when addressed help them to be more successful in their endeavors.

In other self-improvement practices needs, wants and desires are what they have found to be important to address to help people deal with obstacles and impediments and handle upsetting or abusive situations in their lives to raise to being happier and at ease.

So again, which level should you address on a person and how do you choose that level for each person?

The answer is, you don't choose, you ask. This is Elicitation after all.

But you need to ask in a way that does not lead them to any one level, or even have them think about choosing a level to look at. You need to ask an Elicitation question that allows the person to respond at the level their attention is on at the moment. You ask:

What are your Dreams, Goals and Desires?

As they respond to this question their answers will naturally go more to the one that has the most attention on it at that moment. That is the one you would address with further Elicitation questions to fully optimize.

Once complete you would then ask again: What are your Dreams, Goals and Desires?

Their response this time may naturally go to the same level or to a different level, which ever one it is it will be the one they now have the most attention on.

The same applies to you when you are doing Elicitation on yourself. Just ask: What are my Dreams, Goals and Desires? and go where your attention goes and take what comes to view and address that.

Eliciting the responses from yourself or another person in this manner eliminates any need for you to try and figure out or guess which level you should address. It allows you or the person to go the level needed to find, unravel and optimize the spiritual creations in the order which is most optimum for each individual.

Eric Wolery
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SPIRITUAL FREEDOM

There is one spiritual ability and one ability alone that determines if you are spiritually free on an area or in totality. That ability is the Power of Choice.

All games and conditions in existence are set up with roles and ways of being on opposing sides and include apparent dichotomies such as good and bad, light and dark, creation and destruction, etc., and all the combinations and degrees of each.

To be spiritually free in an area you must have the ability and power to choose. The power to choose which side to play on, or what degree of each side, or to choose both sides, or neither side, or to choose to even watch the game or activities in the area or not; and if you do play to choose the roles and ways of being you wish to assume, change or discard and to choose which sides of the apparent dichotomies to assume and manifest.

If you cannot choose, if there is some compelling thing that makes you choose one way over the other, or someone else makes the choice for you, then you are not free on that area. There is something trapping you to be one way in the area and repelling the other ways.

What can trap you in an area could be judged to be positive or negative, but regardless you are still trapped and thus not spiritually free.

Some examples of “negative” things that can trap you in an area are shocks, upsets, losses, precepts, fixed ideas, fixed ways of being, culture programs, cult programming, brainwashing, abuse, traumatic events, etc. These and many more like them all trap your attention and life energy into resisting certain ways in the area, or compulsively choosing one set way in the area, or being under the control and direction of another or group, all of which takes away your ability and power to choose and thus your freedom.

Some examples of “positive” things that can trap you in an area are affirmations to only think or act in certain ways deemed good (“positive” self brainwashing), extensive schooling in a profession with its set rules and ways of thinking (“positive” cultural programming), motivation training, mind control training, context reprogramming, psychoanalysis (reaffirms your condition with labels), etc. These all appear to be “good” or “positive” and intended to help you, but they all instill their own program and way of being and doing and leave you with an inability to choose in the area.

A specific example: A well known and often used affirmation is “Every day in every way I will get better and better.” Looks good, right? But it takes away your power of choice. What if today you don’t want to get better at anything, you want to relax, take the day off, or even go out to a party and drink too much. No can do if you have programmed yourself with this affirmation – you have to work on getting better every day! You have no power of choice in the matter. Thus you are not free in the area of self betterment.

Or say you have been programmed with two “positive” affirmations that end up being in conflict due to what you choose to do in life.

For example; you’ve got the above affirmation programmed into your mind and you are getting better and better every day at what you have chosen to do. But you have chosen to be a soldier, and you have this other common affirmation programmed in that says you will achieve whatever you set your mind to so long as it causes no harm to anyone. That sounds “positive” and “good” too. But how can someone get better and better at being a soldier and achieve that goal without causing harm to anyone?

This conflict of programmed commands can cause the person stress and mind confusion and will lead to ultimate failure and possibly their own destruction. As these commands were programmed in and are operating on automatic the person has no power of choice, cannot choose one or the other or neither, and so is not free. They are trapped in their internal conflict and confusion.

Or say a person has had it ingrained in them to always be truthful. Another one that sounds “good”, until they are in a game and situation where they take on some secret information that will save countless lives but they are captured by the enemy. Not being able to effectively lie as they always have to tell the truth they are found out, broken down and the secret information compromised, resulting in countless lives being lost. The person had no power of choice as to how they were going to be and act in this situation and they and many others lost because of it.

A specific example of a “negative” thing that takes away your power of choice and thus your freedom is abuse. It does not even have to be physical abuse. Verbal, mental and emotional abuse can be just as traumatic. A person growing up in a family where there is constant resentment or hatred and verbal put downs will be conditioned into that way of existing, being, thinking and acting. They will form the same habit patterns and perpetuate the same abuse later in their own family by compulsively choosing a similarly abusive spouse and treating their children in a similar manner. The person has no power of choice in the area and is thus not spiritually free to be and act any other way.

THE GOAL OF ELICITATION

The goal of all Elicitation should be to remove all out of control programs, commands, preconceived ideas, precepts, restraints and other impediments to and restore your Power of Choice and thus your spiritual freedom in each area and on each dream, goal and desire addressed.

While doing Elicitation sessions you will have all kinds of positive results. You will have realizations, ahas, new awarenesses, rapid rises in emotional level, mood and tone, renewed vitality, refocusing of attention onto your dreams, desires and goals, and recovery of life energy, power and action level.

However, these are not the end result you are going for. They are all good indications that you are on the correct track and are making good progress.

But you must continue the Elicitation on the area, dream, goal and desire until you have achieved full recovery of Power of Choice in the area or on the dream, goal or desire for it to be complete. Then you will be spiritually free in the area or regarding the dream, goal or desire.

This is the goal you should be going for as an Elicitor.

MAINTAINING YOUR POWER OF CHOICE

The maintaining of power of choice and the spiritual freedom it gives you requires you to be willing and able to be completely responsible for and completely experience all affects, effects and consequences of all possible choices you make.

All of the things that have taken away your power of choice were at one time chosen by you to create, take on, resist, or oppose. Even the ones that were programmed or implanted in you by others stayed with you only because the choices you made at the time caused them to stick and persist.

The way to prevent this is not to stop making choices or stop creating or taking on any programs, for this will leave you trapped being and doing nothing.

The way to prevent being trapped and losing your power of choice is to fully review your choices before you make them, including all of their possible affects, effects and consequences. Then you can freely choose the one you most desire to do and experience

This is being responsible for your choices and the creations those choices make.

This is true Spiritual Freedom.

Eric Wolery

30 April 2009 Revised 2 May 2009, 6 Jan 2015

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CHOICE

In the beginning the Supreme Being created the universe of creation. In this creation universe things were created and activities initiated with and between those things. Then, using those things and within the activities, games were set up to be played and matrices were formed to encompass these games, to give them form, boundaries, definition and perpetuation.

The purpose of these activities, games and matrices was to establish motion - perpetual motion - amongst the various parts and participants of the activities and games. This established life - for motion is life and life is motion - and it established death - for no motion is death and death is no motion.

The Supreme Being experienced all this creation it had made within itself - for the creation is finite and the Supreme Being is infinite.

To further experience its creation the Supreme Being separated parts of itself into identifiable spiritual beings and placed them into the activities and games as participants to experience the creation and motions within from finite points of view.

Into these identifiable spiritual beings the Supreme Being imbued all the attributes of itself so that the separate, identifiable spiritual beings would be able to fully experience the activities, games and creation as the Supreme Being would.

Some of these Supreme attributes are: Love, Truth, Knowledge, Immortality, Honesty, Integrity, Skills, Wisdom, Presence, Sovereignty, Ownership, Power, Cause, Mercy, Duplication, Permeation, Capability, Ability, Honor, Appreciation, Responsibility, Affection, Comprehension, Communication, Harmony, Accord, Care, Respect, Acknowledgment, Adoration, Friendliness, Warmth, Elation, Joy, Gaiety, Happiness, Connectedness, Forgiveness, Tolerance, Charity, Empathy, and Energy to name but a few.

But there is one attribute above all others that the Supreme Being imbued into the separate, identifiable spiritual beings that allows them to add apparent randomness, complexity, wonder, excitement, and mystery to the creation, activities and games.

Further, this one attribute allows for the separate, identifiable spiritual beings to at sometime once again be one with the infinite Supreme Being, vanishing all separateness and ways of being.

That one attribute is: Choice.

Each separate, identifiable spiritual being has choice.

Choice to decide what activities to engage in and what activities to avoid;

Choice to decide what games to play when, where, with whom, and to what outcome;

Choice to decide to be a positive way of being, or to decide to be a negative way of being;

Choice to be in a high emotional state, or to decide to be in a low emotional state;

Choice to decide to be Responsible, or to decide to not be responsible;

Choice to decide to experience, or decide to not experience;

Choice to decide to be spiritual, or to decide to be anti-spiritual;

Choice to decide to be Loving, or to decide to be hateful;

Choice to decide to be Knowledgeable, or to decide to be ignorant;

Choice to decide to be Honest, or to decide to be dishonest;

Choice to decide to be Integrity, or to decide to be corrupt;

Choice to decide to be Truthful, or to decide to be deceitful;

Choice to decide to be Present, or to decide to be absent;

Choice to decide to be Sovereign, or to decide to be dependent;

Choice to decide to Own, or decide to not own;

Choice to decide to be Powerful, or to decide to be weak;

Choice to decide to be Cause, or to decide to be effect;

Choice to decide to use any of the other Supreme Being attributes,
or to decide to use any of the other anti-Supreme Being attributes;

Choice to decide to chose, or decide to not chose;

Choice to even give up choice;

And Choice to no longer be fixed ways of being, separate from other
spiritual beings or the Supreme Being.

Choice is a very valuable attribute. Use it wisely for it is solely the
choices you make that determine the experiences, emotions and
outcomes you will have in life.

Eric Wolery

3 May 2005

Revised 16 Apr 2013, 10 Nov 2014

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CHOICE II

When you take away the opportunity for people to choose you have taken away their opportunity to learn. For only through making one's choices and experiencing the effects and consequences of those choices does one truly learn the lessons of life.

By "protecting" people from themselves through making rules, laws and regulations restricting or prohibiting activities and actions that may be harmful to the participants who choose to do them, or by making rules, laws and regulations that enforce that help, charity and welfare be given by those who are successful to those who are not, the "protectors" and "do-gooders" are taking away the power of choice of the people and thus are denying them the right to learn their lessons and taking away their freedom.

For it is solely the exercising the Power of Choice that gives one freedom.

Eric Wolery
26 July 2009
Revised 6 Aug 2016
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CHOICE III

The things you have and your condition in life are the outcome of your choices. Your choices were your conclusions and decisions.

A conclusion is the bringing to completion an evaluation of information and knowledge derived from perception. You are choosing what to make of what you perceived.

A decision is what you choose as the next thing(s) you are going to create and the next action(s) you are going to take based on that conclusion.

These are the keys to unraveling your condition in life and freeing you from fixed creations to regain your spiritual size, powers and freedom.

Elicitation is designed to help you uncover these choices by sorting through all your non-optimum creations and optimizing or dissolving them to get to the decisions and prior conclusions that were behind their initial creation.

Then you can learn how your conclusions and decisions, your choices, manifested and the outcomes and consequences of those manifestations.

Then you can make new conclusions and decisions in a similar vein if those manifestations were what you desired or make different conclusions and decisions to create new and different manifestations in your existence.

Being in knowing control of and having the Power of Choice restores your ability to be at cause over your creations and conditions in life rather than just being the effect of them.

Eric Wolery

30 July 2009

Revised 10 Nov 2014, 25 Jan, 30 Mar 2015

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YOUR FEELINGS

Any time you depend on another doing something so that you will feel good it puts you at the effect of them.

Your feelings depend solely upon you. You create your feelings. It does not matter what someone else does or doesn't do, it is you who chooses how you are going to feel about it.

So choose what you want to feel and create those feelings, regardless of another's or others' actions or inactions. This is how you remain at cause over and in control of your feelings and your life.

That is unless you want to be the effect of another and under their control.

Eric Wolery
21 June 2009
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LIFE ENERGY vs. LIFE FORCE

Energy *n., pl. energies*. **1.** The capacity for work or vigorous activity; vigor; power. **2a.** Exertion of vigor or power. **b.** Vitality and intensity of expression. **3a.** Usable heat or power. **b.** A source of usable power, such as petroleum or coal. **4.** *Physics.* The capacity of a physical system to do work.

Force *n.* **1.** The capacity to do work or cause physical change; energy, strength, or active power. **2a.** Power made operative against resistance; exertion. **b.** The use of physical power or violence to compel or restrain. **3a.** Intellectual power or vigor, especially as conveyed in writing or speech. **b.** Moral strength. **c.** A capacity for affecting the mind or behavior; efficacy. **d.** One that possesses such capacity. **4a.** A body of persons or other resources organized or available for a certain purpose. **b.** A person or group capable of influential action. **5a.** Military strength. **b.** The entire military strength, as of a nation. **c.** Units of a nation's military personnel, especially those deployed into combat. **6.** *Law.* Legal validity. --**force** *tr.v.* **forced, forc·ing, forc·es.** **1.** To compel through pressure or necessity. **2a.** To gain by the use of force or coercion. **b.** To move or effect against resistance or inertia. **c.** To inflict or impose relentlessly. **3a.** To put undue strain on. **b.** To increase or accelerate (a pace, for example) to the maximum. **c.** To produce with effort and against one's will. **d.** To use (language) with obvious lack of ease and naturalness. **4a.** To move, open, or clear by force. **b.** To break down or open by force. **5.** To rape. **6.** *Botany.* To cause to grow or mature by artificially accelerating normal processes. **7.** *Baseball.* **a.** To put (a runner) out on a force play. **b.** To allow (a run) to be scored by walking a batter when the bases are loaded. **8.** *Games.* To cause an opponent to play (a particular card).

Definitions from *American Heritage Dictionary*

A spirit is a life energy. It has potential and can create or assume any form and animate that form.

A life energy becomes a life force when it assumes a particular role or way of being that is programmed to act toward a set goal or outcome, imbues that role or way of being with its energy, and begins to push its way through any obstacles to make the physical universe match its set goal or outcome. It forces things to be the way that it is designed to bring about.

All activities can be undertaken and games can be played from either being a spiritual life energy or life force.

As a life force the spirit as a role or way of being is in the game, opposing other players and obstacles in the game, making things happen, and pushing toward a goal.

Being a life force is an authoritative, commanding, controlling, and dominating position and requires the expenditure of energy, power and effort to get things done and to get others to do what the life force intends.

As a life energy the spirit can encompass the whole game and be bigger than it and influence the game from the outside or the inside without having to take any particular role or way of being in the game or try to force anything to be a certain way.

There is no opposition from this position as the spiritual life energy merely thinks a thought or creates an image and that thought or image appears in the minds of the players of the game and they make it happen.

The spiritual life energy merely stays present and allows others, the environment and life to form up and match its thoughts and images without the expenditure of any force, power or effort.

When doing Elicitation procedures it is recommended that one continue working on an area or program until a full recovery of the spiritual life energy position is attained. This is why the command to dissolve spiritually created things into free life energy uses that term instead of any other.

When one achieves full recovery of the spiritual life energy in an area one can then choose to remain in that position and continue to influence the areas and games they desire, or to create and assume a new optimum role or way of being within their chosen game and to play it from that position.

Making this choice knowingly one can also retain the knowledge that they created the role or way of being and can extract themselves from it when ever they so choose.

This gives the spiritual life energy total power of choice not only over what games they play in life but also from what positions they which to play those games.

Eric Wolery
20 April 2009
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CREATING OUR LIFE AND EXISTENCE

Our Perceptions are what we Think about;

Our Thoughts lead to our Conclusions;

Our Conclusions form our Dreams;

Our Dreams give us choices from which we make our Decisions;

Our Decisions form the basis of our Visions of what we are going to do and attain;

Our Visions are the programs we fix in our minds using Intention;

Our Intentions direct the Emotions and Feelings we generate;

Our Emotions and Feelings cement our Thoughts and Decisions and Visions in place and give Power and Passion to our Actions;

Our Actions create our Life and Existence now and in the Future.

Eric Wolery

13 January 2012

Revised 19 and 20 Feb 2012, 31 Mar 2013

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PERCEPTION

In order to see the truth one must be able to see what is there; to perceive the actuality of what it is rather than what one thinks or wishes it to be.

The biggest barrier to all relationships and interactions is the veil of untruth through which most people try to perceive.

This veil of untruth creation is made up of all the fixed emotions, determinations, beliefs, prejudices, judgments, compulsions, ways of being, memories, fears, anticipations, attitudes, and all the other myriad of old, fixed spiritual creations that are not applicable to what is here now.

It is like trying to see a beautiful mountain on the other side of a smog choked major city. You may be able to make out the shape of the mountain, and thus know there is a mountain there, but you will not be able to perceive any of its features. None of the mountain's grandeur, beautiful colors, inspiring shapes, or soothing tranquility will be perceived or known. You will be left with the impression of just a large brown mountain shaped mass.

The same is true in trying to perceive others and life through the smog clouded veil of the layers and layers and layers of past creations you constantly have hanging on you and in front of you.

With this veil in place you cannot truly see the person with whom you are in a relationship, you only see their silhouette, and all your images, beliefs, ways of being, et al that are in front of you between you and them. Thus, you are not relating to the other person, you are relating to the veil of other things that you think they are.

And they are relating to you in the same way through their veil of untruth.

This is the source of all relationship problems and upsets. You get into a relationship with someone you think you know but in fact it is only your veil of untrue things that you are relating to. Then, when

the other person does not act according to what and who you believe they are you get upset. And they get upset with you for the same reasons.

To rectify this you must dissolve your veil of untruths, all the inapplicable creations of which it is made, and then you will be able to fully see the actual person in front of you.

It is quite remarkable to be able to look at someone without any interposing preconceptions, prejudgments, considerations, expectations or other creations and fully see every detail and feature about them. From every aspect of how they truly are physically to all their ways of being and moods to whom they truly are as a spiritual being. When you can do this and they can do the same with you then you will have a true relationship.

This is what Elicitation can bring about. The drawing out of the truths of what is and what isn't; of what is real and what is hallucination; of what is here now and what is of the past; and the dissolving of the veil of untruth.

Then you can be free to be yourself and truly perceive others and life exactly how it is.

Eric Wolery
15 February 2009
Revised 26 Jan 2015
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ATTAINING WHAT YOU DESIRE

To attain and possess that which you desire requires that you are willing and able to fully experience and be responsible for that which you desire and everything connected to it.

That which you have in your life and existence is what you are already able and willing to experience. Even if you do not like it or desire it if it is in your life you are experiencing it. This is the "devil you know is easier to deal with than the prince you desire but do not know" syndrome.

To let go of what you have but do not like or desire and attain that which you do desire does not require you to address that which you have or are in, for you are already able to experience it.

What is required is to address that which you desire and all that is connected to it and required to attain and maintain it for those are the things, creations and actions that you have not been willing or able to experience.

This is what the Spiritually Created Things Optimization Procedure is designed to do - to guide you in attaining the ability and willingness to experience, create and be responsible for that which you desire and all the things and actions connected to it and required to attain it.

Once this is accomplished you will be able to take the steps necessary to manifest what you desire in your life.

Eric Wolery
28 October 2013
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WHY CAN'T I FOCUS AND CONCENTRATE? WHERE DID ALL MY ATTENTION GO?

Attention, the regarding of someone or something as interesting or important, is created by the spiritual being using its ability to direct its perception and hold it on that someone or something.

Attention can be partitioned where part of the being's attention is assigned the task of being aware of and focused on one concept, action, condition or the like and another part can be assigned the task of being aware of and focused on another concept, action, condition or the like. In other words, a spiritual being can multi-task by dividing up its attention onto multiple things and actions at the same time, in the past, present and future.

Problems can arise, though, when some, many, or all of these attention partitions get tied up, fixated or frozen on the task they were assigned and are no longer available to the spiritual being to be re-allocated to some other task or rejoined with the spirit.

In these cases the spirit loses the control and use of those partitioned amounts of attention and the spirit then has less attention available for living life in the now.

You have seen people like this, the ones that look like they are gone or elsewhere or faraway, that cannot "pay attention" to what is going on right here and now. These people have a lot if not most of their attention tied up on past, elsewhere or future tasks, events, people, happenings, etc.

It is one of the objective of Elicitation to assist the spirit in locating these areas of partitioned attention and taking back control and use of them so that they may be able to "pay attention" once again to what they desire to do and accomplish in the here and now.

Eric Wolery
11 February 2012
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YOU ONLY GO TO THE EFFECT OF YOUR OWN CREATIONS

In the interchanges, interactions and exchanges in life and existence there is only one set of creations that you ever go to the effect of, become victim to, are held back or down by, or are entrapped or enslaved by, and those are your own creations.

Your own created considerations, conclusions, decisions, emotions, images, visions, plans, precepts, intentions, roles, ways of being, activities, games, and possessions.

It does not matter what another or others are being, doing, accomplishing, acquiring, or possessing, you cannot go to the effect of them or their creations, even if they are doing something to you or that greatly impacts you or your creations, unless you created the decision to go to the effect of them and what they are doing.

If someone is being a dominator you will only go to the effect of their domination if you decide to and create being dominated by them or create opposing their domination.

These are the only two ways you can create going to the effect of someone or what they are creating: You can create being the effect, victim or subject of them or their creation, or you can create opposing what they are creating (which is a reaction to and thus the effect of them.)

So, if someone is being a dominator and you do not choose to create anything in reaction to them or what they are being or doing (in other words do not choose to go to the effect of them), you can observe them and what they are being and doing, acknowledge the existence of their creation, and then continue on with what you desire to be, do and accomplish.

Yes, there will be times you will need to deal with the impacts of what another or others are being or doing, but so long as you do not choose to be subjugated by, victim to or effect of it and do not

choose to in any way oppose them or their actions, you will not go to the effect of them. Instead you will be able to readily deal with the impacts and even with the other or others to lessen or prevent future impacts, and then get on with your chosen creations and actions.

When you choose to be subjugated by, be victim to or the effect of, or choose to in any way oppose what another or others are being or doing or accomplishing you are then giving over your power to them, are giving up your ability to create your desires, and are trapping yourself to one degree or another at the effect of them with you and your life created by the other or others.

You will have given up yourself and your dreams and goals and desires solely to be a victim to them (to prove how bad or wrong they are) or to be the opposition to them (in an attempt to stop of control them.)

Thus the only person who can ever really trap you is you.

And thus the only person who can ever really free you is you.

You have to find and optimize or dissolve ALL of your past still existing in the present creations that are keeping you at effect and preventing you from going after and attaining your dreams, goals and desires. And you will need to learn to choose to perceive what others are being and doing and handle them and the situation accordingly while continuing on with creating your chosen dreams, goals and desires.

This is the only way to become and remain truly free.

Eric Wolery
1 May 2010
Revised 6 Aug 2016
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THE KEY ACTION IN LIFE

"Accept the world as it is!' Only through complete acceptance... does one arrive at emancipation." —Henry Miller, Stand Still Like the Hummingbird

The key action in life that will continually better your condition and existence is to fully experience everything that life presents to you.

No matter how pleasurable or painful, how desired or undesirable, how creative or destructive, the key is to fully experience it.

If you do this you will not be the effect of it nor will it stick with you to interfere with your present and future existence.

Additionally, if what occurs is similar to something that happened in the past that you did not fully experience by fully experiencing it now it will also cause the created recording of the past similar event to be experienced and dissolved as well.

To experience something means to fully perceive it, know it, feel it, pervade it, and even be it until there is no resistance what so ever to it or any part of it. At that point you can let go of it or continue its knowing creation if you so choose.

Eric Wolery
23 June 2009
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SPIRITUAL CREATIONS GLUE

The glue that holds all spiritual creations in place is made up of specific kinds of emotions. These are all your unexperienced, denied, resisted, suppressed, restrained, refused, and undissolved emotions.

Eric Wolery
12 December 2014
Revised 30 Dec 2014
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TAKING CONTROL OF YOUR EMOTIONS

A client recently wrote and asked me:

“Why do I always let my emotions take control and how do I stop them???”

My response to her, and to anyone who has this problem, is:

You let your emotions take control because you believe they are bigger than you.

A simple procedure you can use on your self to take back control is:

1. What is the emotion?
2. Where is that emotion?
3. When did that emotion start?
4. How big is that emotion?
5. Where are you?
6. How big are you?

Repeat questions 2 through 6 until you are bigger than the emotion and thus back in control of it.

If there is more than one emotion, use the above questions on each individual emotion until you are bigger than all of them.

Eric Wolery
19 February 2008
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SPIRITUALLY CREATED THINGS

In Chapter One of his landmark book Think and Grow Rich Napoleon Hill wrote “thoughts are things, and powerful things at that”.

In Chapter Twelve he wrote “Everything which man creates, BEGINS in the form of a thought impulse. Man can create nothing which he does not first conceive in THOUGHT. Through the aid of the imagination, thought impulses may be assembled into plans. The imagination, when under control, may be used for the creation of plans or purposes that lead to success in one’s chosen occupation.”

A thought is a spiritual creation, a thing, and is the starting point for all other spiritually created things. A **thing** by definition is:

n. **1.** An entity, an idea, or a quality perceived, known, or thought to have its own existence. **2.a.** The real or concrete substance of an entity. **b.** An entity existing in space and time. **c.** An inanimate object. **3.** Something referred to by a word, a symbol, a sign, or an idea; a referent. **4.** A creature. **5.** An individual object. **6.a.** *Law.* That which can be possessed or owned. Often used in the plural. **b. things.** Possessions; belongings. **c.** An article of clothing. **7. things.** The equipment needed for an activity or a special purpose. **8.** An object or entity that is not or cannot be named specifically. **9.a.** An act, deed, or work. **b.** The result of work or activity. **10.** A thought, a notion, or an utterance. **11.** A piece of information. **12.** A means to an end. **13.** An end or objective. **14.** A matter of concern. **15.** A turn of events; a circumstance. **16.a. things.** The general state of affairs; conditions. **b.** A particular state of affairs; a situation. **17. Informal.** A persistent illogical feeling, as a desire or an aversion; an obsession. **18. Informal.** The latest fad or fashion; the rage. **19. Slang.** An activity uniquely suitable and satisfying to one.

American Heritage Dictionary

Spiritual creations are such things as thoughts, dreams, goals, desires, ideas, conclusions, decisions, precepts, imagination images,

visions, emotions, intentions, attitudes, ways of being, beliefs, designs, plans, programs, personality traits, roles, energy bodies, etheric bodies, emotional bodies, astral bodies, energy forms, memories, mental pictures, unconsciousnesses, forces, charge, blacknesses, voids, containers, objects, walls, barriers, blanks, problems, upsets, shocks, etc.

Even your mind is a spiritual creation and it does what you programmed it to do in the manner you directed. Even the program you operate your mind and body on is a spiritual creation.

As distinct, identifiable creations that have their own existence by definition these are all things. Therefore we can say that all spiritual creations are things.

All things can be seen or touched or felt. This includes all spiritually created things. Many can only be seen spiritually, in one's third eye or internal view screen if you will, but all of their effects can be seen and felt physically too.

Images and visions can be seen in your mind. Emotions can be felt and their manifestations can be seen too. Attitudes and beliefs can be seen when acted out, as can personality traits, ways of being and roles when they are put on and worn.

As these creations can be seen and felt they follow the laws of existence, the same laws upon which the physical universe was built, as laid out in physics.

Some of these laws are that these things can be located in time and space, that they have mass and density, color and temperature, shape and motion, persistence and duration, mood and sensation, and that they have an intent or purpose, and create effects and consequences by their existence, function and purpose.

When first created the intent of each thing was usually to fulfill a desired purpose or to solve a specific problem. But the real problem arises when the original purpose is fulfilled or the original problem is solved and yet the creation persists and continues to

automatically operate and create its now unneeded and often interfering effects.

Fortunately, as with physical things these spiritually created things can be located, reviewed, and optimized or dismantled and dissolved. Additionally, if dissolved the spiritual life energy used to originally create them can be freed up for use in new creations.

To do this only requires the application of another law of existence, as later applied to the physical universe and stated in physics, that law being the law of resistance and opposition.

All things in the physical universe are held together by resistance and opposition.

The roof of your house is held in place by the walls resisting the force of gravity and opposes the roof from being pulled down. The walls are held in place by the foundation opposing their sinking into the ground, and by the floor joists and ceiling joists resisting the walls tendency to fall outward or inward.

The structure of the house opposes gravity and gravity opposes the structure of the house. Without gravity the house would just float apart. Without the structure of the house gravity would pull all the parts down to the ground.

To take apart a house one just needs to reduce or eliminate these opposing and resisting conditions and the house will fall down.

Now you have a pile of wood and material, which itself is being held together in its form by the resistance to the molecules from flying apart.

Put a match to the pile of wood and this resistance begins to break down. Fire is rapid oxidation of the molecules, which basically means the atoms of the material lose electrons and thus lose their binding attraction and they let go and break apart. The fire turns the pile of wood into gas and ash freeing all the energy that was binding them together in the form of heat.

The same law applies to spiritually created things.

To utilize this law to end the existence of a now unneeded or detrimental spiritually created thing merely requires you, the spiritual being to fully experience and embrace the thing in its entirety, taking away all resistance and opposition in it, to it and to its existence, at which point its perpetual, automatic creation ceases and you may dissolve the creation into free life energy.

Or you may utilize this law to take apart a non-optimum spiritually created thing and then rebuild it in an optimum manner installing new oppositions and resistances to ensure its continued existence.

Sounds simple, doesn't it? But how do you do this you ask? Using the questions of the Spiritually Created Things Optimization Procedure will guide you in bringing this about. Use it often.

Eric Wolery

18 January 2009

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WORKING TOWARD THE SPIRIT'S DREAMS, DESIRES, GOALS, AND IMAGES

Dreams, desires, goals, and images are spiritual creations and are the spiritual being's most important things.

As such, while doing Elicitation with someone or training them on anything, these actions need to be done in a way that helps the spiritual being attain their dreams, desires, goals, and images. This needs to be done no matter how unimportant, insignificant or negative they may seem to you.

There is ALWAYS a spiritual, huge, positive, helpful purpose behind every dream, desire, goal, and image no matter how negative they seem at first. This will be uncovered when you elicit and train them toward their dreams, desires, goals, and images.

To dismiss, ignore, ridicule, or in any way make less or nullify a spiritual being's dreams, desires, goals, or images will instantly make you into an enemy of that spiritual being and you will not be able to help them and you will lose them as a friend.

Elicit and train them toward their dreams, desires, goals, and images and help them uncover, restore and go toward their spiritual, huge, positive, helpful purpose behind them.

As you do this they will quickly attain their dreams, desires, goals, and images and/or upgrade them to even larger, more positive, helpful, spiritual dreams, desires, goals, and images.

Do this and you will have a friend for eternity who will do the same for you.

Eric Wolery
25 January 2009
Revised 13 March 2009
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THOUGHTS ARE SPIRITUAL CREATIONS

Many believe that it is the mind that creates thoughts and they do not even consider the spirit's input in the matter. This would be the same as a computer creating its own programs.

Though there are some computers that can write computer programs, they themselves did not create the program upon which they operate in creating these other programs. It was a computer programmer who created the initial programs.

A computer programmer uses a computer to write the programs that the computer will then operate on, but it is the programmer who conceptualizes and writes - creates - the program.

Just as it is for you, the spiritual being that uses your mind to formulate your thoughts, but it is you, the mind operator, who creates the thoughts.

The computers that have been programmed to devise and write other computer programs do appear to be doing this all on their own. But it was still a computer programmer who created the original program that the computer is now operating on to write the other programs, and it is the computer operator who monitors the progress and quality of the programs the computer writes. Plus, the computer can only write programs that are within the scope of its original computer programmer created program.

It is the same with your mind. It may appear that the mind coming up with thoughts all on its own origination, but these are all being generated within the thought programs you, the spiritual being mind operator originally created and placed in your mind.

You may have even forgotten or denied that you originally did this and your life is now being directed by the thoughts generated by your mind, but it was still you who set it all in motion with your original thoughts.

Thus, you can take back control of your mind and your life by locating and taking back ownership and control of your original thoughts.

As Napoleon Hill wrote in his breakthrough work Law of Success and the famous subsequent book Think and Grow Rich: “What the mind of man can conceive can be achieved.”

It is your mind that turns thoughts into reality. The question that remains is, are you the one in control of your mind creating the reality in your life that you want, or is your mind running on automatic on long ago forgotten thought programs, or worse, programs modified or embedded in your mind by others?

The purpose of these Elicitation procedures is to help you discover the answers to these questions and regain control of your mind and life by uncovering and optimizing the spiritual creations in your mind - the thoughts, images, recordings, programs, designs, ways of being, et al - and provide you with the tools to take back ownership and control of these creations and enable you to transform and optimize these creations and use your mind to make your life the way you want it to be.

Eric Wolery
16 January 2009
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FREEING OUR SPIRITUAL LIFE ENERGY

We form our spiritual creations - our thoughts, dreams, visions, emotions, ways of being, etc. - out of our own spiritual life energy.

Originally, when we first began forming these creations we would fully perceive and experience them and then allow them to cease to be created in that form and return to free life energy, once again part of our spiritual selves available for whatever other use we chose.

Later on we decided or agreed with the decision to cause our creations to persist. We did this by adding alterations into or onto the creation about our creating, perceiving or experiencing of them.

Things such as denying we created something when in fact we did create it; copying someone else's creation and saying we created it first; deciding we couldn't fully perceive (know) something we just created; creating an emotional reaction to the creation that blocked our fully experiencing it; and many variations of these.

These alterations to the actuality of the creations and our ability to perceive and experience them set up an opposition to the creations which caused them to become fixed in the form in which we created them. This caused them to persist in existence without our having to continually create them.

Then we could do further things with our creations. Actions such as putting them into motion, or giving them to someone else, or putting them into some kind of interaction with other fixed creations.

This was all entertaining and fine except for one mistake we made. We did not go back and remove the alterations and opposition and fully perceive and experience the creations to unfix them dissolving their form and freeing the life energy from which they were created.

Instead, we abandoned them, or put them somewhere, or projected them onto someone else, or packed them away and carried them around with us, or even went into and became them.

This went on for a very long time, the forming of parts of our spiritual life energy into creations, adding alterations and opposition to make them fixate and persist, and then leaving them in that fixed form from then on, bringing us to where we are today.

We are buried within the huge pile of our own fixed creations. Not only that, but a huge amount of our own spiritual life energy is tied up in those fixed creations. We have ended up opposing our own life energy that is fixed in those creations!

The combination of these two conditions has drastically reduced our spiritual life energy and our abilities to perceive, experience or form new creations. We were once mighty spiritual dynamos but are now reduced to tiny flashlights with nearly dead batteries trapped inside a huge pile of our own creations that we cannot see out of.

To restore our power and abilities to perceive, experience and create once more we must unfix all our old creations to remove the pile we are buried within and to return all that spiritual life energy to ourselves. This is a big part of what the Elicitation procedures guide you in doing.

The fixating of our first creations is what began time as it is the perception of persistence and movement of these fixed creations that we call time. As such it is easy to see that we have been forming and fixating a vast number of creations for a very long "time".

So it may take a while to get them all unfixated and dissolved back into free life energy. As we took a long time to create them all, give yourself some time to work on dissolving them, it will not happen over night. It is like moving a mountain. No matter what tools you use it will take some time to move that mountain.

Additionally, you can work on moving that mountain using only one shovel and doing it one hour a week, or you can get out there with a

huge bulldozer for a couple hours every day. How much you move and how fast depends solely on how and how often you work on it.

The Spiritually Created Things Optimization Procedure and the Dissolving Procedure as laid out in this book are the biggest bulldozers I have found to date for moving our mountains by unfixing our past creations. Use them often and you will eventually achieve that state of spiritual dynamo once again.

To not do this will leave you in the process of forming and fixating ever more spiritual creations tying up what remaining life energy you have, to the point you no longer have sufficient life energy remaining to stay conscious. For it is the amount of free and available life energy we have for use in the present moment that determines our level of consciousness and awareness.

Consciousness and awareness are spiritual life energy existing in a vibrational state with the freedom to easily and instantaneously match, and thus be conscious and aware of, any other vibrational frequency and pattern, from the ultra high to the almost non-existent.

When formed into a persisting creation our life energy loses that freedom and becomes fixated at the one vibrational frequency and pattern of that creation. Thus, the life energy in that creation can only be conscious and aware of others and things that are at that same fixed vibrational frequency and pattern.

When we did not fully perceive and experience but instead abandoned, gave away, or packed the away the creation we lost the ability to perceive at that vibrational frequency and pattern and thus reduced our over all ability to be conscious and aware.

Multiply that by the enormous number of creations we formed, fixated and then abandoned, gave away or packed away and you can see why our ability to perceive and our consciousness and awareness levels are so low.

There are vast realms of existences we cannot perceive and are not conscious or aware of due to our already low amount of free and available life energy.

We can raise our consciousness and awareness levels to the point we can once again perceive, know and play in these other vast realms of existence by diligently working to cease the opposition to, unalter and dissolve our old, no longer desired fixed creations.

Or we can continue as we have been for eternity and sink the remaining way into total unawareness and unconsciousness.

The choice is yours.

Eric Wolery
16 May 2013
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THE TWO PARTS OF SPIRITUAL FREEDOM

What is Spiritual Freedom?

spiritual: adjective

1 of, relating to, or affecting the human spirit or soul as opposed to material or physical things: *I'm responsible for his spiritual welfare | the spiritual values of life.*

- (of a person) not concerned with material values or pursuits.

ORIGIN Middle English: from Old French **spirituel**, from Latin **spiritualis**, from **spiritus** 'breath, spirit,' from **spirare** 'breathe.'

freedom: noun

the power or right to act, speak, or think as one wants without hindrance or restraint: *we do have some freedom of choice | he talks of revoking some of the freedoms.*

- absence of subjection to foreign domination or despotic government: *he was a champion of Irish freedom.*

- the state of not being imprisoned or enslaved: *the shark thrashed its way to freedom.*

- the state of being physically unrestricted and able to move easily: *the shorts have a side split for freedom of movement.*

- (**freedom from**) the state of not being subject to or affected by (a particular undesirable thing): *government policies to achieve freedom from want.*

- the power of self-determination attributed to the will; the quality of being independent of fate or necessity.

- unrestricted use of something: *the dog is happy having the freedom of the house when we are out.*

- archaic: familiarity or openness in speech or behavior.

ORIGIN Old English **frēodōm**- **free** + **-dom** denoting a state or condition.

Definitions from Apple electronic Dictionary Version 2.2.1 (156)

Spiritual Freedom then is the power or right to act, speak, or think as one wants without hindrance or restraint on all matters and things of, relating to or affecting the human spirit or soul.

This means that there are two distinct, important parts to Spiritual Freedom.

The first is Freedom From, without hindrance or restraint.

This is freedom from fixed conditions, negative conditions, unwanted conditions, negativity, fixed creations, past no longer desired or required creations, stuck ways of being, stuck or imprinted or implanted ways of doing, old habit patterns, unwanted programs, things that you have that you are stuck with that you don't want, being trapped in certain places, imprisonment, lower emotions, negative emotions, freedom from anything and everything that could hinder or restrain you in any way spiritually.

When you attain that freedom from it leaves you with yourself.

The other half of spiritual freedom is freedom to, with the power or right to act, speak or think as one wants.

This is freedom to create what you desire, freedom to be what you desire, freedom to do what you desire, freedom to have what you desire, freedom to communicate what you want, freedom to make up your mind, freedom to change your mind, freedom to change your creations, freedom to change what you are being, freedom to change what you are doing, freedom to change what you are having, freedom to not create or be or do or have or think or communicate anything.

Freedom To is equally important as Freedom From.

If you do not have Freedom To your are not fully free from.

Eric Wolery
10 August 2010
Revised 17 Sep 2016
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WHAT YOUR THOUGHTS CREATE

"The Universe is transformation; our life is what our thoughts make it." Marcus Aurelius, philosopher and writer (121-180)

Your emotions are the energetic manifestations of your thoughts.

Emotions are the feelings and sensations of the vibrational wave patterns created in your energy field by the thoughts you form in response to your perceptions of an event, situation, condition, interaction, person or collection of people. Thus, your emotions are the energetic manifestations of your thoughts.

Your dreams, both during sleep and awake times, are the mental manifestations of your thoughts.

Daydreams are the unfolding mental images and imagining depicting what you are thinking about, either past, present or future.

Night dreams are a montage of unfolding mental images and imagining depicting things you had been thinking about during your waking time, or if in a lucid dream, depicting your thoughts during the dream.

Thus, dreams are the mental manifestations of your thoughts.

Your life and everything in it are the physical manifestations of your thoughts.

By the law of attraction what you focus your attention on - in other words what you often or chronically think about - is what you attract into your life.

Furthermore, all things brought into being in the material world started out as an idea (thought) someone had who then shared that thought with others who added their ideas (thoughts) that brought

about the agreements needed to cause to take place the actions of making or building the original idea (thought) in the physical world.

Thus, your life and everything in it are the physical manifestations of your thoughts.

So, what do your thoughts create?

Everything that is in your life and existence!

From this you can see how important it is to be aware of and in control of all your thoughts for everything in your life, the good and the bad, are all manifestations of your thoughts.

Recovering awareness and control of your thoughts, past, present and future ones as well as conscious, subconscious and unconscious ones, is vital to being able to create your emotions, dreams and life exactly the way you really desire them to be.

But how is this done?

Fortunately, a thought is a thing, a spiritually created thing, and as such is subject to the laws and mechanics all things adhere to. By this they can be brought to view, reviewed and optimized or dissolved using the Spiritually Created Things Optimization Procedure.

All Emotions, All Dreams and Images, and All Life and Existence Manifestations and Conditions will respond and change toward what you desire if you simply use the Spiritually Created Things Optimization Procedure in full.

Use this procedure on each thought, dream, goal, area, situation, condition, emotion, image, belief, feeling, and manifestation in your life and existence and you and your life will change toward what you truly desire.

Eric Wolery
24 July 2012
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WHAT DIFFERENT THOUGHT TYPES CREATE

Thought types follow the laws of multiplication.

A positive positive thought creates a positive image, intentions and outcome.

A negative positive thought creates a negative image, intention and outcome.

A positive negative thought creates a negative image, intention and outcome.

A negative negative thought creates a negative image, intention and outcome.

For example: I do know. "I do" a positive, plus "know" a positive, creates an image of knowing, and intention of knowing and an outcome of knowing.

I don't know. "I don't" a negative, plus "know" a positive, creates an image of denying knowing, an intention to deny knowing and an outcome of denied knowing.

I am stupid. "I am" a positive, plus "stupid" a negative, creates an image of being stupid, an intention to be stupid, and an outcome of being stupid.

I am not stupid. "I am not" a negative, plus "stupid" a negative, creates an image of resisting being stupid, an intention to resist being stupid, and an outcome of resisted stupidity.

As you can see, the only thought type that creates a positive outcome is the positive, positive thoughts. If positive outcomes are what you desire then it behooves you to ensure that all your thoughts are of this type.

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IT IS YOUR CREATIONS THAT YOU NEED TO ADDRESS

The creations that are causing you problems in present time, the ones that are interfering with, or distracting, hindering or stopping you from going toward and attaining your dreams, desires and goals are the ones that are with you, not any one or any thing else.

They are your things: your thoughts, your decisions, your emotions, your images, your ways of being, your designs, your plans, your pictures, your habits, your roles, your charge, your force, your shocks, and your unconsciousnesses, not anyone else's.

Yes, other people or things may do actions that activate your creations, but changing the other people or things, making them stop doing what they are doing, or even leaving and disconnecting from them will not eliminate your creations or the condition you are in because of those creations.

Only you addressing, reviewing and optimizing or dissolving your creations will eliminate their negative or undesirable effects and change your condition for the better.

And yes, there are some people or things that actually and intentionally get in your way or stop you. But again, it was your creations that connected you with these people and things in the manner that had them stop you and it is only the handling of your creations that will change the situation.

You could even leave these people or things, but again, if you do not optimize or dissolve your creations they will only lead you to connect to new people or things that do the same actions to get in your way or stop you.

You can only change you so do not waste your time blaming or trying to change someone else. Realize, though, that if you are blaming someone else for your condition or focused on trying to change them so you will feel better that this is one of your creations

designed to divert you away from looking at all your other creations.

Once you have addressed, reviewed and optimized or dissolved all of your creations connected to or activated by the person, people or things, your condition will change for the better as will your relationship with the person, people or things.

You may not even stay closely connected to them, but you will part ways on good terms and go forward toward your dreams, desires and goals connecting to new people, places and things that better align with and help you attain your dreams, desires and goals.

It is also possible that once you handle your creations the other person, people or things will miraculously change for the better too, and your relationship with them improves and becomes a positive one for you and them. This has happened many times with people using the Elicitation procedures.

So do not waste your time or energy trying to change others or things so that you can get your dreams, desires and goals. Just focus on addressing your own creations and your forward progress will be assured.

Eric Wolery
10 April 2009
Revised 6 Aug 2016
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WHY A SPIRITUAL CREATION PERSISTS

When spiritually created things are created they are done so including an intention or purpose for their creation, function and outcomes produced. As such they will continue to exist and carry out their intended functions until the intended outcomes are fully produced and received, in other words, until their purpose is fulfilled.

When a creation's functions or outcomes are opposed, resisted, rejected, restrained, suppressed, or any other action that is anything other than fully receiving and experiencing the function and outcomes, the creation will continue to persist and attempt to function and produce its outcomes, even to the point of trying to force them upon those the creation was originally intended to serve or affect.

Once the creation and its function and outcomes are fully received and experienced then it will have fulfilled its purpose and it can at that point be dissolved and it will cease to exist.

This is the simple mechanical nature of all spiritual creations and the simple power of fully perceiving, feeling and experiencing that mechanical nature along with all other aspects of the creation to cease its creation.

And this is the basis of how Elicitation works by guiding the spirit in using this simple power of fully perceiving, receiving, feeling and experiencing to optimize or dissolve all its spiritual creations.

Eric Wolery
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WHY THESE “THINGS” HAVE NOT BEEN HANDLED AND HOW ELICITATION PROCEDURES CAN HANDLE THEM

Most self-improvement practices and therapies attempt to handle unwanted conditions or behaviors by addressing the behavior or condition, not the spiritually created thing that is causing the condition or behavior.

Additionally, most practices and therapies talk about the condition or behavior, and if they by chance found one, the spiritually created thing. They for the most part do not directly address the thing itself and stay on that until it is resolved.

They work to help the person see that the behavior or condition is not optimum and to get them to create a new condition or behavior. The problem is this is done over the top of the non-optimum condition or behavior and the spiritually created thing that is causing them to be that way.

Why this is so is because the vast majority of our spiritually created things are so big and have so much spiritual force and unconsciousness associated with them that they are overwhelming and unfrontable in their entirety.

To directly address and continue to push into its entirety can quickly overwhelm a person and drive them unconscious, or at the very least misdirect or force them off the thing onto something else that is unrelated and easy to confront.

How the Elicitation procedures have overcome this and actually do address and resolve the spiritually created things and non-optimum conditions and behavior they cause is by following the same procedure for demolishing any large physical structure.

You start off by identifying the structure that needs to be demolished (the spiritually created thing in this case) and then you

begin dismantling it one piece at a time. These single pieces of the structure (thing) are confrontable and not so overwhelming that it drives the person away or unconscious.

Thus, by going through each question of the Dissolving Procedure you are dismantling the spiritually created thing one confrontable piece at a time.

And like when a physical structure has been stripped of all its pieces and all that is left is a skeleton which is then imploded and the debris hauled away, at the end of the Dissolving Procedure you simply fully experience what is left of the spiritually created thing and dissolve it into free life energy to be swept up into your reservoir of life energy for future use.

This is why the Elicitation procedures will work when most all others have failed and how it does so.

Eric Wolery
26 August 2010
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RULE ONE OF ELICITATION

If there is anything there but free life energy then what is there is a Thing and it needs to be either optimized or dissolved.

Eric Wolery
16 October 2010
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FEELING AND STRUCTURE

There are two main parts to every spiritual creation.

The first part is all of the *feelings* of it and that are in it. These are the emotions, the sensations, the vibrations, the motions, the temperatures, etc.

The second part is the *structure* of it, all of the forms and solidities of it plus how all the feelings of it are arranged and attached or interconnected with those solidities.

To fully experience a spiritual creation all of both parts need to be perceived (structure) and felt (feelings) in order to truly optimize or completely dissolve it.

For those who are more into the structure of things, how they are put together, what they are made of, how they function, what opposes what, what holds it together, etc. it is important to not only get those structural aspects but to ensure you put adequate attention into fully *feeling* all of the parts and the *feelings* that go with them.

For those who are more in the feeling of things, the sensations, the emotions, the vibrations, etc. it is important to not only feel all the feelings in them but to ensure you put adequate attention into fully *perceiving* all of the *structural* parts of it as well.

Only in doing both, fully perceiving all of the creation's structure and feeling all of its feelings will you have wholly experienced both parts of the creation, the yin and the yang of it, which will leave you in a state of balance with it and full understanding of it, thus able to optimize it and use it or cease its creation at will.

Eric Wolery
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PERCEIVING SPIRITUAL CREATIONS

While doing the Elicitation procedures you will need to perceive your spiritual creations in order to address and optimize or dissolve them. So how do you perceive a spiritual creation, something that is not physical in nature?

Some people see spiritually created things in the form of an image in their mind's eye.

Some people feel them as a presence or a sensation or a motion or weight in their energy field or even on or in their physical body.

Some people hear them as a vibration, voice or tone or other sound or even as an internal verbal description or what it is.

Some people only get the emotions of the creation, or the attitudes of it or the like.

Some people only get a sense or idea of the creation, an intuition if you will, without any perception that could be related to one of the five senses.

How ever and in what ever manner you perceive your spiritual creations is how you need to address them.

What you can perceive is what you perceive and is where you start. As you continue to perceive it and open it up with the Elicitation procedure you are using more perceptions of it may come in.

Being aware of these additional perceptions can help you expand your repertoire of ways and means you perceive your spiritual creations. This will not only speed up going through the Elicitation procedures it will also aid you in getting the whole truth of each creation.

Eric Wolery 30 October 2009

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THE GOAL OF ELICITATION

The goal of Elicitation is not to get rid of anything, but to unfix the creations and return to you power of choice over continuing to create them or not.

The Dissolving Procedure is intended to dissolve the fixedness of the creation so that it can once again be free life energy to be used to create the creation anew or to create a new creation. It is designed to return to you ownership of all energy, attributes, knowledge, and abilities that had been imbued into the creations.

The idea is not to get rid of the negative creations or solidify the positive one, the idea is to take them all off of automatic, fixed or denied creation so that you are once again in charge of your life and existence.

Eric Wolery
21 July 2009
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THE FUNDAMENTAL GOAL OF ELICITATION

When you have your attention tied up with thinking about problems or upsets or situations in your life it causes you to do things and go through life on automatic, in an "absent minded" manner.

Being in a fixed or rigid way of being or role also traps your attention into only that way of being or role and causes you to do things and go through life in an automatic or robotic way doing only what the role or way of being is programmed to do whether it is appropriate or not.

Both of these conditions are what cause all accidents to happen and all undesirable outcomes to be created. These conditions are also what creates all new upsets and problems by the "accidents" or inappropriate actions and undesirable outcomes they produce.

Even misunderstandings and undesirable outcomes caused by ignorance or not being trained or educated in the area are caused by these conditions as it is being in one of these conditions that makes you believe you know or can do the action when in fact you don't or can't.

When these conditions cause new upsets, problems, misunderstandings and undesirable outcomes these then tie up even more attention on the new situations (more absent mindedness) and can make you attempt to "solve" the new situations with even more fixed or rigid or restrictive way of being.

This can quickly become a rapid slide downward into less and less of your attention free and more and more being tied up until you go completely unconscious.

To reverse this requires all your misunderstandings, upsets, problems, and fixed or rigid ways of being or roles to be dissolved or optimized with the Spiritually Created Things Optimization Procedure.

Doing this over and over and over again on all the many different areas of your life and existence will free up more and more of your attention allowing you to be more and more conscious.

The more attention you have available and the more conscious you are the freer you are to fully perceive the here and now and make better decisions as to what to optimally be and do and create resulting in much more desirable outcomes and conditions in life and greater happiness and satisfaction for you and those around you.

This is the fundamental goal of Elicitation, to help you achieve these abilities and states. Well worth the time and effort put into achieving it, don't you think?

Eric Wolery
26 May 2012
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WHAT IS OPTIMUM?

op·ti·mum *n.*, *pl.* **op·ti·ma** (-m...) or **op·ti·mums**. *Abbr.* **opt.** **1.** The point at which the condition, degree, or amount of something is the most favorable. **2.** *Biology.* The most favorable condition for growth and reproduction. **--op·ti·mum** *adj.* Most favorable or advantageous; best.

American Heritage Dictionary

When you are going for the optimum of something, working to optimize your creations or the performance of your activities or games, you must know what is the optimum for that creation or performance. To not know this could easily lead you into perfectionism.

per·fec·tion·ism *n.* **1.** A propensity for being displeased with anything that is not perfect or does not meet extremely high standards. **2.** A belief that moral or spiritual perfection can be achieved by people in this life. **--per·fec"tion·ist** *adj.* & *n.* **--per·fec"tion·ist"ic** *adj.*

American Heritage Dictionary

When a person engages in perfectionism they can get lost in always being displeased with and having to constantly upgrade, fix or correct their creations and thus never go to the next step of utilizing those creations in the performance of their chosen activities or games. They are always preparing for but never doing what they say they desire to do.

One of the attributes of a creation is that when it is created it becomes a finite thing and thus does not have the ability to continually grow and upgrade itself in the infinite number of ways that may be required of it. Only an infinite spiritual being has the ability to do this.

Only an infinite spiritual being is or can ever be perfect. The moment any spirit becomes a completed creation it becomes finite and starts to become outdated. It begins to move away from the

evolving current existence, moving into the past, and thus is no longer perfect.

per·fect *adj.* *Abbr.* **perf.** **1.** Lacking nothing essential to the whole; complete of its nature or kind. **2.** Being without defect or blemish. **3.** Thoroughly skilled or talented in a certain field or area; proficient. **4.** Completely suited for a particular purpose or situation. **5.a.** Completely corresponding to a description, standard, or type. **b.** Accurately reproducing an original. **6.** Complete; thorough; utter. **7.** Pure; undiluted; unmixed. **8.** Excellent and delightful in all respects.

American Heritage Dictionary

Therefore, the best a spiritual being can aspire for its creations is for them to be optimum: “The point at which the condition, degree, or amount of something is the most favorable.” It is not perfect, but it is the best that it can be given the limitations of being finite.

Once this condition is attained for the creation it can then be utilized in the being’s chosen activity or game to produce the best outcome possible; the optimum outcome or result.

Of course the being can and should regularly monitor its creations and modify, upgrade, or change them as needed to maintain their optimum state. But even still this should be done rapidly so as to not get trapped in trying to make them perfect.

Trying to make a finite creation perfect is a never ending task, for the moment after it is done it is no longer perfect and needs to be changed again.

Don’t fall into this trap. Work to optimize your creations and then put them to work for you in your chosen activities and games to produce your desired outcomes and results.

Eric Wolery
15 February 2010
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SPIRITUALLY CREATED THINGS OPTIMIZATION PROCEDURE

The following procedure is designed to enable you to review, find the truth of and optimize your current and past still existing spiritual creations, and if these creations or their effects are no longer required or desired, to cease their persistence and recover the life energy that was used in their creation and the knowledge and abilities that were invested in them.

To begin, the first action to do is:

Name what you dream, have a goal for, or desire to be, do, accomplish or attain.

The dream, goal or desire should be named as: “to be/being a (_____)”, or “to do/doing (_____)”, or “to produce/producing (_____)”, or “to attain/attaining (_____)”, or “to have/having (_____)” or some similar statement of being, doing, attaining or having of the dream, goal or desire in order to connect to the actuality it.

When you have the dream, goal or desire specifically named do Steps 1, 2 and 3 below.

Once all the dreams, goals and desires have been addressed, or if you cannot locate a dream, goal or desire, the following questions (or any similar ones) can be used to bring to view other spiritual creations or wanted creations to be optimized.

What spiritual abilities would you like to regain or improve?

What areas of enlightenment do you want to have?

What spiritual powers would you like to regain or strengthen?

In what areas would you like to improve?

What skills would you like to have or improve?

STEP 1:

If at any point in this step any part, area or aspect of the named dream, goal or desire is encountered with which there is trouble or is blocked from being attained in life immediately go to Step 2.

Describe (named dream/goal/desire).

(If there are any non-optimum words or statement in the description go to and do Step 3 on the non-optimum words or statements.)

What have you done to manifest (named d/g/d) in your life?

What outcomes have those actions produced?

How do you wish (named d/g/d) to manifest in your life?

What outcomes is (named d/g/d) intended to produce?

What could be the consequences of those manifestations and outcomes?

Are these manifestations, outcomes and consequences what you desire in your life now and in the future?

If yes, go to a. (below):

If no:

Do you still desire to (named d/g/d)?

If no, do the Dissolving Procedure on the named dream, goal or desire.

If yes:

a1. **What about (named d/g/d) are you willing and able to experience?**

a2. **Is there anything about (named d/g/d) you have been unwilling or unable to experience?**

Repeat a1 and a2 back and forth until no more answers, then:

b. **Is there a way to make (named d/g/d) or its manifestations, outcomes and consequences better?
Describe it.**

c. **How could you make it that way?**

d. **What would be the result of that?**

Repeat b to d until there is no further way to make it better, then:

- e. **What do you need to learn to accomplish (named d/g/d)?**
- f. **What do you need to do to learn that?**

Repeat e and f back and forth, making a list of all you need to learn and what you need to do to learn it, until there is nothing further to learn, then:

- g. **What abilities do you need to have to accomplish (named d/g/d)?**
- h. **What do you need to do to have those abilities?**

Repeat g and h back and forth, making a list of all abilities you need to have and what you need to do to have them, until there are no further abilities to have, then:

- i. **What skills do you need to acquire to accomplish (named d/g/d)?**
- j. **What do you need to do to acquire those skills?**

Repeat i and j back and forth, making a list of all the skills you need to acquire and what you need to do to acquire them, until there are no further skills to acquire, then:

- k. **What optimal roles or ways of being do you need to create or adopt to accomplish (named d/g/d)?**
- l. **What do you need to do to create or adopt those optimal roles or ways of being?**

Repeat k and l back and forth, making a list of all the optimal roles or ways of being you need to create or adopt and what you need to do to create or adopt them, until there are no further roles or ways of being to create or adopt, then:

- m. **What about (named d/g/d) are you willing and able to create?**
- n. **What about (named d/g/d) have you been unwilling or unable to create?**

Repeat m and n until certain you can create the named dream, goal or desire and know how you are going to make it happen, then:

- o. **What about (named d/g/d) are you willing and able to be responsible for?**
- p. **What about (named d/g/d) have you been unwilling or unable to be responsible for?**

Repeat o and p until certain you can be responsible for the named dream, goal or desire.

STEP 2:

(IMPORTANT NOTE: In doing the following steps when you find a creation other than a conclusion or decision and you optimize or dissolve that creation you should then find and optimize or dissolve the conclusion and decision behind the creation. When you find and optimize or dissolve a conclusion or decision you should also find the image it created and optimize or dissolve the image too.)

Describe the things associated with (named d/g/d).

Locate any thoughts, emotions, conclusions, decisions, beliefs, attitudes, visions, images, intentions, blocks, blanks, charge, objects, roles, ways of being, unconsciousnesses, forces, etc. connected to the dream, goal or desire. If none can be located use the question:

When you think of (named d/g/d) what thing comes up?

If you are not aware of the presence of any spiritually created things but are not easily able to be, do or accomplish what you wish then use the following questions:

Connected to (named d/g/d), when you perceive in the area what happens or comes up?

Connected to (named d/g/d), when you evaluate in the area what happens or comes up?

Connected to (named d/g/d), when you conclude in the area what happens or comes up?

Connected to (named d/g/d), when you decide in the area what happens or comes up?

Connected to (named d/g/d), when you imagine in the area what happens or comes up?

Connected to (named d/g/d), when you intend in the area what happens or comes up?

Connected to (named d/g/d), when you design in the area what happens or comes up?

Connected to (named d/g/d), when you execute in the area what happens or comes up?

Connected to (named d/g/d), when you accomplish in the area what happens or comes up?

Connected to (named d/g/d), when you have in the area what happens or comes up?

STEP 3:

Take the first non-optimum words or statements from Step 1 or first answer from any of the questions in Step 2 and:

Name the (word/statement/answer).

If the thing (the word/statement/answer) is a thought, conclusion, decision, dream, goal, belief, attitude or intention state it exactly; if the thing is a way of being, an emotion, an image, an object, or role descriptively name it with one or two words; if the thing is a block, blank, charge, force, unconsciousness, shock or the like refer to it as such.

If it is obvious the thing is not needed or it is definitely a hindrance go directly to and do the Dissolving Procedure on it. Otherwise, if you are not sure if it is not needed or is a hindrance or if it is felt it is useful continue with:

- a. **Describe the (named thing).**
- b. **What does the (named thing) do?**
- c. **How does it do that?**
- d. **How has this (named thing) manifested in your life?**
- e. **What outcomes has this (named thing) produced?**
- f. **How has (named thing) affected your desires, dreams and goals?**
- g. **What have been the consequences of those actions, manifestations, outcomes and affects?**
- h. **Are these actions, manifestations, outcomes, affects, and consequences what you desire in your life?**

If yes, go to i. (below):

If no:

Do you still wish to keep (named thing)?

If no, do the Dissolving Procedure on the named thing.

If yes:

- i1. **What about (named thing) are you willing and able to experience?**
- i2. **Is there anything about (named thing) you have been unwilling or unable to experience?**

Repeat i1 and i2 back and forth until no more answers, then:

- ii. **Is there a way to make (named thing) or its manifestations, outcomes and consequences better? Describe it.**
- iii. **How could you make it that way?**
- iv. **What would be the result of that?**

Repeat ii to iv until there is no more ways to make it better, then:

- v. **What about the (named thing) are you willing and able to create?**
- vi. **What about the (named thing) have you been unwilling or unable to create?**

Repeat v and vi until certain you can create the named thing, then:

- vii. **What about the (named thing) are you willing and able to be responsible for?**
- viii. **What about the (named thing) have you been unwilling or unable to be responsible for?**

Repeat vii and viii until certain you can be responsible for the named thing.

If the named thing was from non-optimum words or statements from Step 1 return to the point from which they came in Step 1. If the named thing was from Step 2, repeat Step 3 on any other answers from Step 2.

Repeat Steps 2 and 3 until all things associated with the named dream, goal or desire have been viewed and optimized or dissolved.

When all answers from Step 2 concerning your dream, goal or desire are dealt with repeat Step 1 from the beginning on your next dream, goal or desire.

PROCEDURE INTENT

The intended outcome of this procedure is for you to have:

designed the optimum way to create and achieve your dreams, goals and desires, and know you can create, achieve and be responsible for them;

dissolved all spiritually created things that blocked or hindered the attainment of your spiritual dreams, goals and desires;

re-owned all the attributes, knowledge and abilities that were formerly assigned to those now dissolved spiritually created things;

optimized all spiritually created things that support and further the attainment of your dreams, goals and desires.

Eric Wolery

15 July 2007

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Jul, 7 Aug 2010; 27 Apr, 20 Jun, 24 Jul, 9, 10 Aug, 7 Sep 2011; 15

Oct 2013; 23, 31 Oct, 15 Nov 2014; 27 Jan 2015; 6, 16 Aug 2016

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DISSOLVING PROCEDURE

This is the procedure to use to dissolve any unwanted, unneeded or now negative spiritual creations.

While doing this procedure the spiritually created thing may dissolve or cease to exist on any one of the questions; if it does acknowledge its cessation of existence and end the Dissolving Procedure at that point.

If the attention sticks on or there is any emotional charge on any answer repeat the same answer over and over until the charge dissipates and the attention comes off the answer before going to the next question.

Some questions may have more than one answer. If needed repeat the question until all the answers have been found and stated. Questions **s1** & **s2** and **x** & **y** may be repeated alternately back and forth between the two conditions in order to better unravel them.

It is not necessary to ask a question that was fully answered earlier in the procedure. Just go to the next question in the sequence.

- a. **Where do you feel the (named thing) is located?**
If not already done: a.1. **Describe the (named thing).**
- b. **What does the size of the (named thing) feel like?**
- c. **What does the shape of the (named thing) seem like?**
- d. **What does the (named thing) look like?**
- e. **What does the weight of the (named thing) feel like?**
- f. **What does the vibrational frequency of the (named thing) feel like?**
- g. **What does the density of the (named thing) feel like?**
- h. **What does the color of the (named thing) look like?**
- i. **What are the emotions of the (named thing)?**
- j. **What are the sensations of the (named thing)?**
- k. **What are the attitudes of the (named thing)?**
- l. **When was the (named thing) first created?**
- m. **Where was the (named thing) first created?**
- n. **How long has the (named thing) been in existence?**

- o. How long was the (named thing) intended to exist?**
- p. Did anyone else contribute to the creation or existence of the (named thing)? If yes:**
 - p.1. Who was that?**
 - p.2. What did they contribute to the (named thing)?**
 - p.3. How did they do that?**
- q. What are the intentions of the (named thing)?**
- r. What problem did the (named thing) solve?**
- s.1. What has the (named thing) caused you to do?**
- s.2. What has the (named thing) caused you to withhold?**
- t. How has the (named thing) affected your dreams, goals or desires?**
- u. What have been the consequences of the (named thing)?**
- v. What decisions have been made as a result of the (named thing)?**
- w. What have been the consequences of those decisions?**
- x. What about the (named thing) have you been unwilling or unable to feel or experience?**
- y. What about the (named thing) are you willing and able to feel and experience?**
- z. Letting go of any remaining resistance or opposition to it, fully feel and experience the (named thing), including everything connected to it, and dissolve it all into free life energy.**

If you cannot experience it or dissolve it completely ask questions **x** and **y** back and forth repeatedly until no more answers. Then repeat command **z**. If the creation or some part of it is very fixed do the Resolving Fixed Creations procedure on it, then repeat command **z**. When dissolved return to the Elicitation procedure and complete the step from which the named thing just dissolved came.

Eric Wolery
15 July 2007

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RESOLVING FIXED CREATIONS

When you encounter a spiritual creation that is very fixed, such as a solid or chronic emotion, attitude, belief, image, sensation, etc., using the following question sets on the fixed creation should loosen it up and begin to resolve the fixed condition so that the creation can be successfully reviewed and optimized or dissolved.

1. **Describe a time you experienced (named thing).**

2. **Describe another time you experienced (named thing).**

Repeat 2 over and over to relief.

3. **Describe a time another experienced (named thing).**

4. **Describe another time another experienced (named thing).**

Repeat 4 over and over to relief.

5. **Describe a time you created (named thing).**

6. **Describe another time you created (named thing).**

Repeat 6 over and over to relief.

Eric Wolery

15 January 2009

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DEALING WITH NEGATIVE OR DESTRUCTIVE DREAMS, GOALS OR DESIRES

Always do the Spiritually Created Things Optimization Procedure on a creative, positive or expansive dream, goal or desire.

If you come up with a negative or destructive dream, goal or desire, these are always an attempted solution to some problem, and a problem is always the inability to attain a positive or creative dream, goal or desire.

So if you have a destructive dream, goal or desire ask:

What problem this is a solution to, or an attempted solution to?

Describe the problem, including:

When was it?

Where was it?

What happened?

What was the prior creative dream, goal or desire that was being stopped, inhibited, prevented, etc. by that problem?

Then do the Spiritually Created Things Optimization Procedure on that prior positive or creative dream, goal or desire. As part of this you can address the destructive dream, goal or desire as a spiritual creation to be dissolved.

This way it will keep the focus on the positive, creative, expansive dreams, goals and desires and not empower any negative destructive ones.

Eric Wolery

8 September 2015

Revised 11 Aug 2016

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DENSITY IS UNCONSCIOUSNESS SPIRIT

Density is unconscious spirit. The more unconscious the more dense until it becomes solid density which is total unconscious spirit.

What traps one in any universe, realm or density is believing that it or some part or aspect of it is important. For example: that having a body is important; that sex is important; that pleasure is important; that having a relationship is important; that saving animals is important; that saving the planet is important; that money is important; etc.

When one can have, not have, or be neutral on it at will, one is no longer attached to, fixated upon, resisting, or trapped by it.

This goes for opposing, rejecting or denying any creation or any part of the universe as it must be important in order to have to oppose, reject or deny it.

Questions that can find these areas of importance:

What problem or problems in life do you feel are important to handle?

What cause have you taken on in life?

What would make you feel better if it was changed in life?

Once you find the area of importance do the Spiritually Created Things Optimization Procedure on it to restore your power of choice over it and thus free your spiritual self from the density of it.

Eric Wolery
9 October 2009
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**MASS IS NOT BAD
CHARGE IS NOT BAD
FORCE IS NOT BAD
SO WHAT IS BAD?**

Mass is the forming of energy into a particular form with some degree of density and persistence.

Charge is the accumulation of energy in an area or space such that it increases the amount of energy in that area or space and thus increases the pressure that energy exerts.

Force is the power and volume of energy while flowing from one place to another in a given direction.

All spiritual creations have mass. Without mass they would not exist. All ways of being, personalities, thoughts, conclusions, decisions, images, visions, dreams, goals, desires, intentions, designs, roles, plans, memories, energy forms, physical forms, and outcomes produced have mass of one density or another.

Without these creations having mass there would be nothing with which to interact or exchange. No activities would be possible, no games could be played, and no experiences could be had.

Therefore, mass does have a useful purpose and this is not something bad to get rid of.

In order to create something and to cause an interaction to take place the spirit must accumulate an increased amount of life energy in a finite location and space and condense it enough to form the creation. The greater the accumulation of energy the larger or more dense the creation can be or the larger or more active the interaction may occur.

This accumulation of life energy is called charge. Just like charging up a battery for use a spirit charges up a space with life energy in order to make something happen - either a creation or an action.

Without accumulating this life energy into charge there would be neither creations nor interactions; there would just be static life energy at equal potential everywhere.

Thus, charge is a useful thing with a purpose and is also not something bad to get rid of.

To engage in activities one must be able to get into and be in motion. Without motion there is no action, interaction or activity.

What causes motion to occur is the flow of life energy. This flow is perceived and measured as force. It is caused by the releasing of accumulated energy (charge) from its condensed condition and focused to flow in a particular direction.

Like a dam letting out a lot of water all at once that flows down a predetermined channel the flow of water would have a lot of force. The same holds true for the flow of life energy released from its accumulated condition and directed along a predetermined channel; it can have a lot of force.

The larger in size or number something desired to be moved is the more force (released accumulated energy) will be required to move it.

Without force nothing would move and there would be no motion, emotion, action, interaction, or activity. Therefore, force also has a use and purpose and thus is not something bad to get rid of.

So again, what is bad?

It is the non-optimum formation of mass, the non-optimum accumulation of charge, and the non-optimum amount of directing of force that is bad.

What makes them non-optimum and thus bad?

They are non-optimum when they interfere with, block, hinder, stop, alter, modify, corrupt, sabotage, or destroy your dreams, goals and

desires or the attainment of them; or when they do these things to another or others' dreams, goals and desires which ultimately through karmic balancing result in the same happening to you.

So we need to have mass and charge and force in order to create and be active and interactive with our and others' creations. But they need to be in optimum form, amount, volume, and direction to bring about harmonious interactions and attainment of the dreams, goals and desires for all.

This is the intent and purpose of all Elicitation procedures with the core one being the Spiritually Created Things Optimization Procedure. That is to assist you in optimizing all your "things" - all your creations (mass), all your accumulations of energy (charge), and all your flows of energy (force.)

At times you will find things that you just don't need any more. They may have been useful or served a purpose at one time but are now just a big fat hindrance or block to your current dreams, goals and desires. It is in these instances that you would do the Dissolving Procedure to help you dismantle and dissolve these things (the mass, charge and force) back into free life energy.

What this then gives you is more free life energy to create new optimum creations (mass), to accumulate new optimum amounts of energy (charge) and to flow new optimum about of energy in new optimum directions (force) to more readily bring about the actualization of your dreams, goals and desires.

In fact if you do wish to attain your dreams, goals and desires it is imperative that you create new optimum creations (mass), accumulations of energy (charge) and flows of energy (force) for without them your dreams, goals and desires will never materialize.

This is true unless your dream, goal or desire is to be a formless, balanced static spiritual essence without any mass, form, location, or motion and not engaged in any actions, interactions or activities. If that is the goal then by all means dissolve every single bit of mass, charge and force you have and do not create any new mass, charge or force. This is your choice to do.

But if you still desire to engage in actions, interactions and activities you will need some creations (mass), some accumulated energy (charge) and some flows of energy (force) with which to do them.

Just ensure that you have fully optimized those creations, accumulations and flows of energy to optimally attain your dreams, goals and desires within and for those actions, interactions and activities.

Eric Wolery
11 July 2010
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THE MOST IMPORTANT SPIRITUAL CREATIONS TO OPTIMIZE

The two fundamental spiritual creations that solely determine the level and scope of your perceptions, knowledge and understanding are your emotional levels and your attitudes.

Your emotional levels set the frequency of the energy and consciousness that you can emanate and receive. Your attitudes set the phase, angle or viewpoint from which you emanate and receive emanations from others.

These two creations then set the range of frequency (emotions) and viewpoints (attitudes) that you can perceive, know and understand and thus determine what is real to you.

Anything or anyone above this frequency (emotional level) or that has a different viewpoint (attitude) are not as real to you and you are not in harmony with them. The further above your emotional level or greater the difference in attitude the less real they become. If way above your emotional level or way beyond your attitudes they will be so unreal to you as to not be perceptible or knowable at all.

When another is below your emotional level and with attitudes that are subsets of your attitudes they are perceptible, knowable, understandable, and real to you but will most likely not be of interest to you to interact with to any great degree.

There is a third spiritual creation that has a bearing on this which is your level of focus and concentration. The higher your level of focus and concentration the more clarity there will be to your perceptions and the more accurate the knowledge and understanding will be.

There is also a fourth spiritual creation that is behind and is the source of the above three creations. This creation is the decisions you have made throughout your existence.

Your emotional level is set by how you decide to react to the experiences you have in your life or decide to act toward the

experience you desire to have in your life. Emotion is created by the degree of opposition to the flow of your energy and power toward your dreams, desires and goals. This opposition can be from yourself, another or others but it is always of your making. The more opposition you create to the flow of your energy and power the lower your emotional level will be.

This opposition to the flow of your energy and power, whether from yourself or another or others is always created by the decisions you make and the attitudes you have about yourself, your dreams, desires and goals, and another or others.

Your attitudes are also formed by the decisions you make in response to and in an attempt to handle the experiences you have or desire to have in your life. They are created by deciding to view, think of or have the mind set about yourself, your dreams, desires and goals, and another or others in certain set ways or fixed points of view. They then act as precepts directing your thinking and behavior related to that experience, dream, desire, goal, other or others from then onward.

It is your decisions and resulting attitudes that also determine how you focus and concentrate your energy, power, intention and attention, thus not only determining the clarity of your perceptions, knowledge and understanding but also the preciseness and success of your actions in seeking your dreams, desires and goals, the outcomes you produce and the resulting consequences.

Thus, the most important spiritual creations to optimize are your emotions, your attitudes, your focus and concentration, and the decisions you have made that established these for it is these four things that are the foundation of the creation of all other things in your existence such as unconsciousnesses, shocks, objects, images, forces, ways of being, oppositions, games, and matrices.

These four fundamental spiritual creations lay out the keys to increasing your knowledge, understanding and ability to perceive. It is the optimizing of your decisions, the raising of your emotional level, the optimizing of all your attitudes, and the increase of your ability to focus and concentrate that solely determine the

enhancement and expansion of your ability to perceive know and understand and attain your dreams, desires and goals in the many different realms of existence.

This is the intent of the Elicitation procedures. To give you the tools and techniques to find, address and upgrade and optimize your decisions, emotional levels, attitudes, and focus and concentration.

The use of the Spiritually Created Things Optimization Procedure to continually address the decisions, emotions and attitudes you have come to view each day and to optimize your ability to focus and concentrate will continually bring about the enhancement and expansion of your ability to perceive, know and understand and attain your dreams, desires and goals.

Done long enough you will clear all the non-optimum decisions, the lower blocked or fixed emotions, the hindering and lessening attitudes, and the blocks and distractions to focus and concentration that have been keeping you separate from the all perceiving, all knowing and all understanding Infinite Spirit. You will once again be able to be one with and create with God.

Eric Wolery
26 August 2009
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THE MOST IMPORTANT NON-OPTIMUM CREATIONS TO ADDRESS

While doing the Spiritually Created Things Optimization Procedure, and in fact while doing any Elicitation Procedure, there are a few non-optimum spiritual creations that are the most important ones to be picked up, addressed and either optimized or dissolved. These creations are:

Blank

Invisible

Nothing

Black

White

Empty

Void

The reason these are vital to be addressed is that they are so easy to be thought of or accepted as a response that there is nothing to be handled that they can block all improvement from the Elicitation.

At first one may think that when one of these is the response to an Elicitation question such as **“When you think of (named desire) what thing comes up?”** that it is the answer and that there is “nothing” there to be handled. But a “nothing” is something other than free life energy. It is life energy turned into a “nothing” which is a spiritual creation.

Free life energy is not a “nothing”, it is not blank or black or white or invisible or empty or void. It is life energy that is free flowing and able to become whatever you decide it to become. It is not in any fixed state or non-state of existence.

These “things” were created in the first place to block perceiving something else. In order to find that something else these creations must be picked up and optimized or dissolved first, then what they were hiding can come to view and be addressed.

These are the spiritual creations that have blocked many non-optimum creations from being found and viewed and are the cause of many self and spiritual improvement techniques not working as a result.

Thus, when you are doing an Elicitation procedure and you ask what is there and the response is it is blank, or it is all black or there is nothing there, simple say thank you and ask them to tell you about the blank, or the black or the nothing and do the Spiritually Created Things Optimization Procedure on that creation.

If you do this miraculous things can occur and all sorts of hidden creations will then start to come to view and be available to be addressed. This will produce marked positive changes and free up large amounts of life energy.

Eric Wolery
30 September 2010
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POSSIBLE SPIRITUAL CREATIONS

When you encounter a hindrance to the attainment of your dreams, desires and goals but you cannot ascertain what that hindrance is this list of Possible Spiritual Creations can be utilized to help bring to view the exact creation that is in the way.

This is a list of many of the spiritual creations that have been encountered over years of Elicitation sessions with many varied people.

Though it is extensive it is by no means a complete list of all possible spiritual creations. Not only can there be many more creations than is on this list there can be a great many variations of the ones that are on this list.

Spiritual Beings are quite imaginative and down through the eons have thought of and imagined into existence an almost infinite number of creations.

This list is of the basic ones we have uncovered so far. It is given here solely as examples of what possible could be there for you.

Do not however, limit yourself to looking for just these creations.

If it is one of these creations or something similar reading through this list should help bring it to view for you.

If it is not one of these creations that you have encountered reading this list and not coming up with it will at least have eliminated these as possibilities so that you know to look for something else.

Keep looking within you for what it is for you until you find it, and then add it to this list for your future reference.

Once the spiritual creation is located, do Step 3 of Spiritually Created Optimization Procedure on it.

POSSIBLE SPIRITUAL CREATIONS

a thought	a form
a perception	an energy form
an evaluation	a rightness
a conclusion	a wrongness
a desire	a wrong answer
a decision	a doubt
a dream	an upset
a goal	a shock
an image	an explosion
an intention	an implosion
a concept	a trauma
a belief	a traumatic event
a disbelief	a conflict
a fixed idea	a problem
a mind-set	a solution
an emotion	a secret
a mood	a mass
an attitude	an unconsciousness
a design	a confusion
a plan	an opposition
a judgement	a force
a picture	a blank
a memory	a void
a way of being	an absence
a role	an occlusion
a model	a wall
an identity	a box
a pair of opposing roles	a barrier
a state of being	a field
an ascended state	a space
a program	a realm
a pattern	a universe
an imprint	a collapsed universe
a game	a bubble
a programmed way of being	a sphere
a fixed behavior	a cone
a compulsion	a pyramid

a diamond
a connection
a line
a relationship
an agreement
a disagreement
a betrayal
an understanding
a misunderstanding
an unknown
an ignoring
a pretense
a lie
a falseness
a sensation
a pain
a pleasure
blackness
whiteness
an emotional charge

a fixed emotion
an out of control emotion
an resisted emotion
a loss
a denial
an invalidation
a suppression
an oppression
a harmful action
a violation
an ideal
a standard
a principle
a code
a policy
an outside influence
an outside force
an absence of something required
copies of someone else's creation
a co-creation

Eric Wolery

7 February 2009

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A NON-CREATION CREATION

A non-creation creation is one where optimally something should be created and the being does not create it. This leaves an absence or void where there should be something that would be useful or beneficial.

Examples of this are not studying or learning leaving an absence of knowledge; not practicing which leaves an absence of skill; not acting which leaves an absence of activity; not accomplishing which leaves an absence of accomplishment and a not having what is desired or required.

All of these non-creations can be just as big a hindrance, if not more so, than a non-optimum creation.

How these non-creations are handled is by creating, by doing what is needed to bring about the optimum required creation. That is the correct process and procedure in these instances and must be done for the being to actually create, do and accomplish anything.

Eric Wolery
9 October 2010
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MULTIPLE AND CONFLICTED EMOTIONS AND FEELINGS

In many instances spiritual creations contain multiple and often conflicting emotions, feeling and sensations. It is important to know this and understand the sources of these in order to successfully and fully optimize or dissolve the creations.

The first thing to remember is that you as a human being are a composite entity. There is you, the spiritual life energy, your core personality or beingness, your many roles or ways of being, your mind, your body, and any other spiritual entities that are with you (such as spirit guides, angels, spiritual teammates, body spirits, and the like.)

Each one of these parts can have a different emotion, feeling or sensation response to a perception, an awareness, a conclusion a communication, an action, or an event, and thus each different emotion, feeling and sensation is imprinted into the thing created due to the perception, awareness, conclusion, communication, action, or event.

These created things could be a shock, an unconsciousness, a wall, an object, a new way of being, a mental recording, an imprint on the body, or something that combines more than one of these. Regardless of what is created, it can and usually does have multiple emotions, feelings and sensations in and about it.

Some examples of these are:

A young boy walks in front of a train that is sitting on a siding with the engine running. In perceiving the train the boy is fascinated and wants to touch it and climb on board, but at the same time the mind throws up a memory of being sternly warned that playing near the trains could get him hit and killed and immediately fear of injury and death comes over him and his body has an extreme feeling to run away. This is in direct conflict with the spirit and personality's excitement and desire to touch and climb on board the train. Which ever

emotion, feeling or sensation is stronger determines what the boy will do. Sometime the conflicting feelings are roughly equal which causes a locked up and immobilized condition, and thus a persistence of the two conflicting sets of emotions, feeling and sensations, and the boy does neither. He does not touch the train, nor does he run away. He simply keeps on walking past the train and on home, but now carrying the stiffening, locked up set of conflicting emotions, feelings and sensations. And, on top of all that he forms the conclusion and makes the decision that he is not able to do and thus can't have what he desires. Now he has that created thing, the conclusion/decision, backed up with the force and unconsciousness of the prior created thing, the locked up conflicting emotions, feelings and sensations, which can cause him great stress and even failure as he grows up and sets out to make his life the way he desires.

Another example:

A young girl is sexually fondled by her father. She loves her father very dearly and trusts him with her life, and to her body the sensations of the fondling are enjoyable and feel good. But the attitudes in her personality and the memories of what she was taught about "right and wrong" tell her that this is bad, that she should feel bad for letting him do this, that she is now sexually tainted, and that her father cannot be trusted. She now has very conflicted emotions, feelings and sensations locking up the creation of the recording of that event, along with her new conclusions and considerations about it, about her, about her father, about men, and about sex. Additionally, when these conflicting emotions, feelings and sensations collide they may create a shock which freezes them together, or she may create an emotional or mental unconsciousness to bury the created memory of the event in order to not know it or have to experience the sensations of the conflict. As she grows older these locked up conflicting emotions, feelings and sensations along with her conclusions and considerations can have a very negative impact on her relationship with her father, with men and with any future relationship partner.

When doing an Elicitation procedure on a creation you may need to look for and ask for these multiple and often conflicting emotions, feelings and sensations and their sources (the spirit, the ways of being, the personality, the roles, the mind, the body, or other spiritual entities.)

If you don't find all the different emotions, feelings and sensations and get them fully experienced you don't have all the truth of it. If you don't find all the sources of the different emotions, feelings and sensations you still don't have all the truth of it.

Once you find and experience all the different conflicting emotions, feelings and sensations and their sources the locked condition of the creation will dissolve and then the creation itself may be optimized or dissolved.

Eric Wolery
28 March 2009
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ADDRESSING YOUR TRUTH OF WHAT'S THERE

"Understand this, I mean to arrive at the truth. The truth, however ugly in itself, is always curious and beautiful to seekers after it." Agatha Christie, author (1890-1976)

When doing any of the Elicitation Procedures it has always worked best to take the very first thing that pops to mind or comes to view as the answer when you first read or are asked a question.

This is the case when you are looking for any spiritual creations that need to be optimized or dissolved, and for when answering any of the other questions on any of the other procedures.

Your mind is very efficient in giving you the answer; it is your doubting, or analyzing, or thinking about it that will take you off into other things that are not the best or even close to the correct answer for you.

Often the very first thing that comes up does not seem like it could be the correct answer. But if you accept it and go with it you will find that as the procedure unfolds it will become clear how it is the exact right answer for you.

These very first answers, especially when looking for a spiritual creation that may need to be dissolved, are usually "hidden" in your first statement in response to the questions.

Statements such as:

"It was just shocking to me to see that!" So what is the creation? A shock.

Or: "When ever I want to go do that I just feel so tired." What's the creation in this one? Feeling tired.

Or: "I have to be nice to get things done around there.: The creation in this one? Being nice.

Or: "When I think of doing what she is doing I'm jealous she has it all in place and I'm just starting out." This creation? Jealous.

Or: "I really want to do that but it's just so hard to get started and take the first step." Creation? It's just so hard to get started.

There are a countless other ways the thing you need to address shows up in your very first answer. You just need to pay attention to what first comes up and take that answer.

Also, making lists of possible things to check for or asking is it a _____, or a _____, or a _____, etc. (filling in the blanks with things such as shock, upset, belief, precept, mass, force, etc.) can have the effect of getting a nearly right answer but actually can take you away from the exact right answer that is in your first response to a question.

These could become limiting labels as well as your very first response/answer can be almost anything, while these lists are limited to what is on them, and trying to think what it could be is limited by what you already know. In both cases known possible answers are being asked about but the thing is there because it is unknown!

So when looking for creations to optimize or dissolve take the very first named or described thing and run with it. As the Elicitation Procedure is done it will open up and become clear as to exactly what it is. It will not be just some nearly right or suggested name or label.

I may write about something as a shock, when you or someone else might call it an emotional explosion, or an emotional collapse or a trauma or something similar, or even dissimilar. Yes, it may be shocking to you but if your first response was "I felt like I exploded" that is what you need to address as that is your truth about it. If you take shock or shocking instead you are not following your own truth.

To use someone else's name or label may bring some relief, even major shifts, but there will from then on be some part of it left hanging. That part is your exact and correct name for you of what it was and the fact that you addressed it from someone else's point of view (their name or label.)

What it is for you is what it is for you. Use your names and terms and labels and allow anyone you are working with to use theirs.

And all this holds just as true for all the answers to all the Elicitation questions on all the procedures. The immediate answers may not seem to make sense at first, but they are almost always the correct ones.

Go with your truth and take your answers of what's there for you. And allow, no, encourage others to do the same.

Eric Wolery
31 October 2014
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DECISIONS

In the course of creating your life and existence decisions are one of your most important creations, and being able to make and unmake decisions is one of your most important abilities.

For anything to happen or be created in your life you must first decide to make it happen. If you do not decide to go after and attain them, your dreams and desires become just daydreams and hopes but never an actuality.

Your current condition or situation in life is a direct result of your past decisions and your future is solely created by your past and present decisions. It is your decisions that predetermine how your life will be.

Even if you have been created to be the way you are by others this could not have occurred unless you decided to let it happen.

It has been written that to change your life you need to change your thoughts, that how you think is how you live. However, you can think many things and those thoughts will not have any affect on your life unless you decide to act on that thought.

Therefore, to change your life you need to change your decisions. These are the thoughts that you made permanent, that you turned into rules and commands to direct your life and actions by deciding that was the way it was going to be.

Reviewing and changing, optimizing or dissolving your past decisions will cause upgraded conditions and situations to be created in your life and leave an opening for you to make new decisions to create your new dreams and desires into actualities in your life.

Eric Wolery
10 June 2009
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DECISIONS MAKE YOUR CHOICES PERMANENT

Decision makes your choice permanent.

You can make a choice and that's what you choose at the moment, and you can always change your choice. But once you make a decision about it that makes that choice permanent until you dissolve the decision.

A decision is "This is the way it is going to be". A choice is more like a conclusion which can always be changed with a re-evaluation.

Decisions are very important creations as they can actually take away future choice.

That is why finding the optimizing or dissolving decisions is very important as they create fixed creations and conditions for as long as they continue to exist.

Eric Wolery
17 June 2016
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THE KEY TO RESOLVING ALL FIXED CONDITIONS AND CREATIONS

What causes any thing to persist in the spiritual, emotional, mental, or sensory realms is the refusal, unwillingness or inability to fully experience the thing.

In doing Elicitation procedures it is not the story or the description of the actions that need to be addressed as they are only words, the labels of the event, they are not the thing itself.

The thing is the way of being, the decisions, the intentions, the emotions, the role, the mental recording, the feelings, the sensations, and the imprints that were created during the event, plus the life energy that is balled up, locked in place, or formed up in the creation of the thing.

It is these that must be fully experienced in order to resolve and optimize or dissolve the created thing.

Eric Wolery
27 March 2009
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LAW OF RESISTANCE

The Law of Attraction is that Like Attracts Like.

The Law of Resistance is that resistance holds and fixes limiting creations, decisions, images, beliefs, precepts, ideas, etc. in place causing you to block yourself from going after and attaining your dreams, goals and desires.

So, why does someone resist something? Because they are unable or unwilling to fully experience it. But you say they are experiencing it all the time as they have it all the time.

In fact they are not experiencing it, they are being subjected to it and being forced to experience the outcomes and consequences it creates. If they could and would fully experience the thing itself, every aspect of it, they would not resist it and it would unfix and they would release it.

So, why would someone be unable or unwilling to experience something? Because it is too big and overwhelming in its entirety. So, how does one change the inability or unwillingness to experience something?

By breaking the thing down into its parts and experiencing it piece by piece until you are able and willing to experience it as a whole and in its entirety.

This is what the Dissolving Procedure helps you do. To quickly and succinctly break down what is being resisted into its key parts so that you are able to and willing to experience it, piece by piece, until you can experience the whole thing. This then enables you to dissolve its continued fixed creation and release it.

Eric Wolery
22 November 2010
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THE SOLE CAUSE AND REMEDY FOR ALL UNWANTED CONDITIONS

The inability or unwillingness to experience something is the sole cause of all spiritual, emotional, energetic, and physical maladies and entrapments in all universes and dimensions.

It is what leads to all oppositions, upsets, disagreements, resentments, harmful acts, wars and destruction.

How can this be you ask?

Simple. When a spirit is unable or unwilling to experience something that spirit has to push away, restrain or prevent that something from then on in order to not experience it. This traps the spirit and ties up an amount of its life energy in continually pushing away, restraining or preventing that something from then on.

This pushing away, restraining, or preventing is also a form of opposition to that something. Thus, the instant a spirit becomes unable or unwilling to experience something it is automatically trapped and locked into an oppositional condition by its own inability or unwillingness.

Additionally, being in this condition the spirit creates an emotion of fear around it; fear that another will find out about its inability, or fear that something or someone else will force the spirit to face up to and experience that which they were unwilling or unable to experience.

This fear further traps the spirit in opposing through pushing away, restraining or preventing that something.

Trapped in this condition of opposition and fear, any time from then on when some situation, location, event, happening, person, or group in any way causes or even threatens to cause the spirit to experience that something the spirit running into their own fear on

it will in automatic reaction either run away or attack that situation, location, event, happening, person, or group.

Thus begins the upsets, disagreements, resentments, harmful acts, wars, and destruction.

Further, most spirits do not wish to experience causing upsets, disagreements, resentments, harmful acts, wars, or destruction and so add to the pushing away, restraining, or attempts to prevent these as well, increasing the amount of entrapment and life energy tied up in the condition.

This leads to all kinds of spiritual creations and attempted solutions. Things such as walls of force to block it off, unconsciousnesses and objects to encase it in, games and roles in which to hide from it, splitting self in half or into multiple entities and assigning the condition to one part of self, denier and forgetter decisions and mechanisms to not know about it, full holographic programs to go into to be directed how and what to be and do and have in order to not be, do or have that condition, and many variations on these creations.

The problem with all of these is that they do not undo the original created condition but they do greatly add to the spirit's inability and unwillingness to experience not only the original something and resultant condition but also all of these further created solutions and all the harm and upsets they in turn cause.

So how does one undo all this mess?

By deciding to start experiencing.

Experience fully everything that occurs in your life every day and ensure that all creations that are activated by all daily occurrences are also fully experienced and dissolved back into free life energy.

This is the sole action you need to do in order to unravel all past creations and conditions.

However, most spirits have gotten themselves into the state where this is easier said than done. It is for these spirits the procedures in this series of books have been developed and written.

Each procedure is designed to assist and guide the spirit through doable steps to accomplish fully experiencing and dissolving the past creations and conditions that are activated by daily life and the pursuit of your dreams, goals and desires.

Eric Wolery
7 November 2011
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EXPERIENTIAL AND CREATIVE ABILITIES ENHANCEMENT PROCEDURE

As the ability to experience any and all creations is essential to fully recovering and maintaining your spiritual freedom, and the ability to create essential to your creating the dreams and goals in your life that you desire, it is important for you to fully recover and enhance these two abilities.

To work toward this you can use the following procedure steps.

While doing these steps pick up and address with the Spiritually Created Things Optimization Procedure and/or the Dissolving Procedure any spiritually created things that come up and do not easily resolve.

In a good dictionary, look up and work out examples of all of the definitions of "experience" and of "create" until you have a full and clear understanding of them.

Then answer these two questions back and forth until you have an enhancement in your human ability to experience:

As a human being, what are you willing and able to experience?

As a human being, what have you been unwilling or unable to experience?

Then answer these two questions back and forth until you have an enhancement in your human ability to create:

As a human being, what are you willing and able to create?

As a human being, what have you been unwilling or unable to create?

Then answer these two questions back and forth until you have an enhancement in your Spiritual ability to experience:

As a Spiritual Being, what are you willing and able to experience?

As a Spiritual Being, what have you been unwilling or unable to experience?

Then answer these two questions back and forth until you have an enhancement in your Spiritual ability to create:

As a Spiritual Being, what are you willing and able to create?

As a Spiritual Being, what have you been unwilling or unable to create?

This procedure can be done many times over many months or years each time enhancing your abilities to experience and create to a higher level. Done long enough and thorough enough and you will fully restore your abilities to experience and create anything and everything. A truly spiritually freeing and empowering state of existence.

Eric Wolery

18 March 2012

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YOUR REACTIONS AND DECISIONS CREATE YOUR LIFE THE WAY IT IS

"I am not what happened to me,
I am what I choose to become."
Carl Gustav Jung

Your life and existence are the way they are not because of all the things others have done to you or not done for you, but because of the way you reacted to and the decisions you made about all those things.

Many years ago I did some consulting work with two brothers. They had grown up in a family that was very poor, their father being irresponsible with what little money he earned and their mother being meek and subservient stayed home and made no income.

One of the brothers grew up to be a meek, sometimes employed school teacher, who always struggled to make ends meet "because of the way he was raised".

The other brother grew up to become a commercial real estate investor/developer and was a multi-millionaire by the time he was 30 "because of the way he was raised".

They were both raised in exactly the same way and in exactly the same condition.

So, do you fault the parents for raising one son that way "making him" turn out to be meek and struggling financially or do you praise them for raising the other son that way "making him" turn out to be very successful?

The truth is it is not the parents fault or virtue at all for the way their sons turned out.

It is solely the sons' doing and responsibility for the way they turned out.

Based on the condition in which he was raised one son had decided he could only just go along and not do much and that was his lot in life. And based on that decision that is how his life turned out.

The other son, also based on the exact same way he was raised, decided that he would never be poor again and sought out the quickest way to riches that he could do. And based on that decision that is how his life turned out.

Again, it is not what others do or don't do, say or don't say, be or don't be that causes us to be the way we are and have the life we have. It is solely our reaction to and decisions about these things that cause us to be the way we are and have what we have in life.

Thus, in working to improve your life it will do you no good to complain about what others did to you, or to say how another should have been or not been to "make your life better". Your life will still be the way it is until you address and change how YOU reacted and the decision YOU made about and because of the way they were.

There is a further point to address to ensure you never react that way or make those decisions again.

That is to find the the spiritual creations, emotions, ways of being, or programs you have that attracted you to and caused you to contribute to that situation in the first place and to react to the situation the way you did and make the decisions that you made.

What did the two spiritual beings have in the first place that attracted them to the family in the above example?

One had the prior belief that he didn't deserve to be rich as in a previous existence he had used his wealth in a very harmful manner.

The other had the prior belief that he needed something really bad to happen to motivate him to be successful due to having been chronically lazy in a previous existence.

Thus, it is not only our reactions and decisions about what others do that cause our lives to be the way they are, it is also our earlier decisions and beliefs that causes us to be with those people to do those things to us in the first place.

This is not to make less of or negate the fact that many people can be cruel and hurtful to others, and some even down right malicious and evil intended. Nor is it making less of or negating the fact that people do experience traumatic events and are left damaged and in shock, dazed and upset.

But retaining, holding onto or suffering in the continual feelings of the trauma, shock, and upset are the results of how the person reacted to the event and the decisions they made about it.

In doing the Elicitation procedures you may start with what the other person(s) did but it is the way the person reacted - the trauma, shock, dazed, upset feeling they created and held onto - that needs to be addressed and remedied.

So, you look at what others have done to you, but if you want your life to get better you need to use that to find how you reacted to it and the decisions you made about it and optimize or dissolve those.

Then find the prior creations, decisions, beliefs, ways of being and programs that would attract you to those people and actions in the first place and optimize or dissolve those as well.

Only in this way will your life and existence improve.

So if you see someone who is blaming others for the conditions and situations in their life and does not or will not look at their own reactions, decisions and causes know that that person does not want their life to get better and is too cowardly to face up to what they did and how they caused it to be that way.

Or worse, they are so maliciously intent on making the other person(s) wrong that they will ruin their own life just to "prove" how "bad" those they are complaining about were.

Don't fall into these traps. The only one who ultimately will suffer is you.

Let go of having to be right, face up to what you did and how you did it to cause your life to be the way it is and change those things to the way that truly works to create the life and existence you really desire.

Eric Wolery
28 September 2010
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UNFORESEEN CONSEQUENCES

Consequence (kon' si-kwens', -kwens) *n.* **1.** Something that logically or naturally follows from an action or condition. **2.** The relation of a result to its cause. **3.** A logical conclusion or inference. **4.** Importance in rank or position. **5.** Significance; importance. **--idiom. in consequence.** As a result; consequently.

When you do not look ahead to perceive all possible consequences, both desired and not, before taking action you run the risk of being subjected to outcomes, results, responses and reactions that are different than or the opposite of what you desire or are more than you desired or can handle.

These unforeseen consequences are the result of myopic or tunnel vision. This myopic or tunnel vision is the focusing only upon what you desire, your goal, and not perceiving or taking into account how your actions and creations will impact and effect all others and things involved with or in any way connected to or in the area of your actions and creations.

This is a form of selfishness, of ignoring or disregarding or willful harming of others and things. The Newton law of physics that states "for every action there is an equal and opposite reaction" applies to all actions and creations. If you ignore or disregard or harm another or others or things they will react and respond in the opposite direction, meaning back at you, in an equal manner.

This could be as simple as a child focusing only on his ball that bounces into the street as he goes running after it ignoring the traffic speeding by, with the unforeseen consequence of being hit and injured or killed, or at least being yelled at by the drivers or his parents and being frightened to death.

Or it could be more complex, such as a youthful "fooling around", focusing only on the pleasures of the moment, resulting in an unintended pregnancy that leads into a forced marriage and a life

time of raising a family with the wrong partner and all the subsequent regrets, resentments and remorse.

Or it could be overwhelming, such as someone who agrees to carry home a small souvenir statue for a friend only to be stopped in customs which finds the statue to be full of drugs and the person winds up spending the next 25 years in prison under constant threat and degradation from the guards and other prisoners.

Or it could be as broad ranging and destructive as someone building an empire as they feel they know how to govern better than anyone else and their concept of government is better than any other (tunnel vision) but being resisted by others resulting in a major war that destroys many countries and the deaths of millions of people.

When ever you decide upon a goal in pursuit of a dream or desire, to prevent any unforeseen consequences you must look into the future and perceive all others and things who in anyway will be impacted by your actions and creations and all of their possible reactions and responses. Then you can plan accordingly to take the measures necessary to avoid all negative or harmful impacts and thus all negative or harmful reactions and responses back at you.

Simply aligning your actions and creations with others, modifying where needed so that you may still attain your goals while also helping, or at least not harming others or things, will bring about a harmonious attainment of your goals, dreams and desires without any negative unforeseen consequences.

It is the impacts of these unforeseen consequences, both the harm caused to others and the reactions back, that a person most often is unwilling or unable to experience. Thus, these are the source of the majority of locked up charge, force, shocks, unconsciousness, and past creations that continue to negatively influence and impact their existence from then onward.

In all Elicitation procedures one of the most important questions to answer is “what have been or could be the consequences of _____”

with the blank filled in with what ever you are addressing at the moment.

This one question does two major things.

First, it gets you to view and experience the consequences, past, present and potential future, of your past and present actions and creations;

Secondly, when asked often enough this questions trains you to look at potential future consequences of your current or intended actions and creations, thus bringing to an end future unforeseen consequences.

Eric Wolery
9 April 2009
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Note: For a more in depth dissertation on the social aspects of unforeseen consequences look up the article [The Unanticipated Consequences of Purposive Social Action](#) by Robert K. Merton.

THE WHOLE OF CONSEQUENCES

A part of looking at consequences, both past ones and future potential consequences of contemplated actions, is to see all who were or will be affected by the actions, how it did or will affect them, and how they reacted to it or will potentially react to it.

These reactions by others to your actions are a major part of the consequences to your actions and are what usually require the majority of your time and effort in dealing with.

Thus, it behoves you to thoroughly look at these parts of any and all consequences, past ones to fully see what you need to deal with to resolve any continuing unwanted conditions, and future potential ones to avert creating any new unwanted conditions.

Eric Wolery
21 February 2014
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AN IMPORTANT PART OF LOOKING AT CONSEQUENCES

When looking at consequences is is very important to fully view how something affected others, how it made them react. To ensure this occurs two questions can be added before 'what have been or could be the consequences of _____?'. These two questions are:

How did that affect another or others?

How did they react to that?

Then ask:

What have been or could be the consequences of (what was created, done, said, withheld)?

In unforeseen consequences it is not seeing how others are going to react that usually causes the problems.

As an example: you have an ascension or you have an expansion, you feel big and empowered and you just do what you want to do without perceiving how is it going to affect others. How are they going to react. What are going to be the consequences of that?

It's the kick-back from others in reaction to what you created, did or said or withheld, and it usually is a kick-back when you don't perceive how it is going to affect them, that is what's going to knock you out of your ascension or expanded state.

This is how inadvertent harmful acts are committed on others. You perceive something could be done a certain way and you just do it without checking in with anyone else who is involved or it is going to affect. It can often turn out the others affected by it didn't want it done that way, or done at all, or it damages something of theirs or even harms them directly. Now they get upset or angry with you and you feel all taken aback as you were "just trying to help".

These unforeseen consequences and especially the unforeseen possible affects on others, can be so big that many past wars can be traced back to a first instance of this.

If perceiving how your creations, actions and communications will affect another or others before you create, do or say or not say them is not second nature to you then it would be of great benefit to you to include the above questions in all Elicitation Procedures where consequences are asked for.

The more you practice looking for all possible affects you could create on others the more second nature this skill becomes. The more second nature this skill is for you the more you will be able to causatively create the responses from others and thus the conditions of all your relationships that you desire.

Eric Wolery
13 August 2016
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A USE FOR THE IMAGINATION TECHNIQUE

"The key to seeing the world's soul, and in the process wakening our own, is to get over the confusion by which we think that fact is real and imagination is illusion."

Thomas Moore, author, psychotherapist, lecturer (1940-)

When you find that you have said or done something that you feel bad, guilty, regret, or remorseful about and are beating yourself up over, this self beating creation will continue until you feel you have been punished enough.

To speed up and bring to an end this self punishment, really look at what you said or did, and decide what would be a fitting punishment for the transgression or action and for how long the punishment should be endured. Then fully imagine and spiritually and emotionally experience that punishment for the entire duration you decided - all in your imagination.

When fully done you will have spiritually endured the punishment and thus be able to let go of the need to be punished any more and be able to cease beating yourself up.

The advantage of doing it this way rather than continuing to beat yourself up and feel regret is that while in this condition of regret and self-punishment more errors and transgressions will accidentally and involuntarily occur. This will create more regret and self-punishment and the cycle will perpetuate eternally.

This cycle can be broken using the imagination technique to fully experience the punishment you feel you "deserve" (and are doing to yourself anyway) outside of physical time, thus shortening the physical time of experiencing it to only a few minutes. Then further errors and transgressions will not occur due to being in that self-punishment condition.

Eric Wolery
31 December 2012
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SELF JUDGEMENT RESOLUTION PROCEDURE

One of the spiritual creations that many people can be trapped in is self judgement. The habit, pattern or way of being in which they often or continually judge themselves, usually negatively, for things they have said, done, been, felt, desired, etc.

If you find that you have this creation you can use the following procedure to help unlock and resolve it.

- 1a. Think of something for which you judge yourself.
 - b. Write it down.
- 2a. What thought, feeling, urge, emotion, attitude, sensation, unconsciousness, force, shock, energy form, memory, program or other spiritually created thing did you experience when you thought of and/or wrote down that something?
 - b. Write it down.
3. Do the Dissolving Procedure on that spiritually created thing that you experienced.
4. Reread the original something from 1b for which you judge yourself.
5. Repeat steps 2a, b, 3 and 4 until no more spiritually created things come up for you when you reread the original something for which you had judged yourself.
6. Think of telling someone else the something for which you judged yourself.
- 7a. What thought, feeling, urge, emotion, attitude, sensation, unconsciousness, force, shock, energy form, memory, program or

other spiritually created thing did you experience when you thought of telling someone else that something?

b. Write it down.

8. Do the Dissolving Procedure on that spiritually created thing that you experienced.

9. Repeat steps 6, 7a and b, and 8 until no more spiritually created things come up for you when you think of telling someone else that something for which you judged yourself.

10. Do the Dissolving Procedure on the judgement you had of yourself for that something.

Repeat steps 1 through 10 over and over until you have resolved all self judgements you have had.

Eric Wolery
6 January 2012
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EFFECTS OF PROGRAMS

Your body is a physical manifestation of what is going on with you mentally.

What is going on with you mentally is a function of all the programs you have that are running in your mind.

All the programs you have are a creation of the decisions, goals and images you made and the games, groups and cultures those decisions, goals and images put you in.

Your decisions, goals and images were made from the dreams and conclusions you made which in turn you formed from your perceptions of yourself, your condition and your environment.

Don't fight your programs as it will only cause you a lot of stress and the programs will be carried out anyway.

If you don't like the programs you've got or the outcomes and conditions they are producing or you wish to be on another program then you need to fully review and optimize and align or dissolve the programs and then create a new program that will take you in the direction of fulfilling your dreams and desires.

Eric Wolery
25 April 2009
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STRESS

stress (strʌs) *n.* **1.** Importance, significance, or emphasis placed on something. **2.** *Linguistics.* **a.** The relative force with which a sound or syllable is spoken. **b.** The emphasis placed on the sound or syllable spoken most forcefully in a word or phrase. **3.a.** The relative force of sound or emphasis given a syllable or word in accordance with a metrical pattern. **b.** A syllable having strong relative emphasis in a metrical pattern. **4.** *Music.* Accent or a mark representing it. **5.** *Physics.* **a.** An applied force or system of forces that tends to strain or deform a body. **b.** The internal resistance of a body to such an applied force or system of forces. **6.a.** A mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, and depression. **b.** A stimulus or circumstance causing such a condition. **7.** A state of extreme difficulty, pressure, or strain.

Stress is the condition created by two forces opposing each other. These forces may be in the form of energy or mass or some combination of these. In opposing the forces may be dichotomous or they may just be disharmonious. The energetic or mass forces may be spiritual, emotional, mental or physical or any combination of these.

Some examples of these:

Two spiritual desires that are diametrically opposed or that take you in opposite directions;

Two emotions about the same subject that are opposite, such as having a feeling of hate come up toward the person you love;

Having opposing dichotomous beliefs, such as “the only way I can live free is to die” or “it’s so pleasurable it hurts” or “in order to have what I want I need to give up everything” or any of the countless other conflicting beliefs people can have;

Physically functioning best on a late night to late morning sleep schedule but forcing your body to get up early every morning and continually being sleep deprived, or functioning better in a warm climate but choosing to live in the snow country, or drinking lots of alcohol on a routine basis, or any of the hundreds of other physical situations we put our bodies into that negatively impact the optimum physically functioning and health of the body.

Many of the stressful conditions we get ourselves into we do so because we perceive or believe that we have to for some reason or another. Reasons such as: “doing this is what is expected of me” or “this is what everybody does” or “I have to do this to get what I want” or the like.

These are all beliefs that contribute to locking you into the stressful situation. They are not true, they are just limited perceptions and beliefs.

It is possible to do and attain all that you dream of, desire or have set goals for with ease.

In the long run putting yourself through stressful situations ultimately prevents you from truly having what you desire as long term or intense stress always brings about the opposite of ease, which is dis-ease. This could be dis-ease of you spiritually, emotionally, mentally, or physically, or usually a combination of some or all of these.

To remedy these conditions will require you to change your physical situations, your mental precepts, beliefs, mind sets, plans and designs, your conflicting emotions, and your opposing intentions. These are ultimately your spiritual creations and as such respond well to the Spiritually Created Things Optimization Procedure.

To utilize this you will need to review and inspect your stressful conditions and determine what is the actual dream, desire or goal you are striving for that is at the center of the stress. Then use the Spiritually Created Things Optimization Procedure on this dream, desire or goal to find and optimize all spiritual, emotional and

mental creations that conflict, oppose or are in disharmony. You can even ask for conflicting or dichotomous beliefs, precepts, thoughts, images, or emotions to specifically look for the stressors.

Then you should review how these creations had directed your actions to physically put you into the stressful situations that have been taking their toll on your body.

Once all these stress inducing creations have been reviewed and resolved you can create an optimum design and plan for how to attain your dream, desire or goal in a manner that can be done with ease for you spiritually, emotionally, mentally and physically.

Eric Wolery
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THE CREATION OF CHARGE AND UNCONSCIOUSNESS

There are only two actions that create locked up charge and unconsciousness. They are Resisting and Restraining.

These two actions, resisting something or restraining something, are two sides of the same coin. They are both intended to accomplish one thing and that is to stop.

To stop something from happening, to stop having to experience something or the consequences of it, or to stop something from existing.

The root of this attempt to stop is the inability or unwillingness to experience: the inability or unwillingness to experience that which is being stopped, the inability or unwillingness to experience the consequence of that something that is being stopped, the inability or unwillingness to experience the existence of that something that is being stopped.

And the only two ways a Spiritual Being can stop something is to resist it or restrain it.

Resist it if it is coming from outside the being's sphere of influence or restrain it if it is coming from inside the being's sphere of influence.

It is these actions of resistance or restraint that causes the flow of life energy creating the something to be slowed or stopped which in turn builds up into charge that is locked in place so long as the resistance or restraint continues.

Just like putting a dam across a river stopping the flow of water builds up a lake, the pressure of the built up water (the lake) pushing on that dam trying to keep flowing is just like the pressure of the built up life energy (the charge) pushing on the being's resistance or restraint trying to keep flowing.

The longer or stronger the stoppage stays in place the more charge is created and locked in place until it becomes solid in the form of unconsciousness. The life force that was once flowing goes inert and just sits there as a solid, lifeless weight.

This can occur over a long period of time or relatively instantaneously, all depending on the degree and strength of the resistance or restraint to the amount of life energy that was stopped.

So how does one resolve this matter?

By using the Dissolving Procedure on all unconsciousnesses and collections of locked up charge and on all things being resisted or restrained, with special attention paid to the questions asking about the willingness and ability to experience and the unwillingness and inability to experience.

Utilized long and often enough, the Dissolving Procedure will not only resolve all the areas of locked up charge and unconsciousness, it will also increase the being's ability and willingness to experience and thus remove the need to resist or restrain anything.

The being then becomes free to fully experience anything and so cannot again be trapped by or the effect of anything. A true state of Spiritual Freedom.

Eric Wolery
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BEING “SHOCKED”

Being “Shocked” is an effect response to someone doing something that you are absolutely unwilling or unable to experience. This is due to your having done that thing to another or others sometime previously and not wanting to or resisting receiving the exchange in kind.

It is the ‘solution’ to failing to follow the Golden Rule. It is the implementation of the Blackened Rule: Stop others from doing unto you what you have done unto them.

The only way to break out of this Blackened condition is to address all your shocks and all the ways of being you have in which you have done those things to others. Then work your way up to being able to and practice experiencing anything and then do only those things to others you wish to and are willing to experience yourself.

Eric Wolery

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RESOLVING UPSETS PROCEDURE

An upset is a specific type of spiritual creation that is usually accompanied by considerable lower emotions of grief, loss, anguish, distress, sorrow and the like. It is created when a person perceives or believes that one of their desired creations has been taken away, destroyed, broken, rejected, invalidated, or up set.

Like all non-optimum spiritual creations upsets can be resolved with the Dissolving Procedure. However, due to the broken feeling the person is experiencing along with the upset and other lower emotions there needs to be a more gradual approach to addressing the upset and working into the Dissolving Procedure. That is what these procedure steps are meant to accomplish.

Steps:

Describe the upset.

Who was involved with it?

What is the upset over?

What was the dream, goal or desire you working on before the upset occurred?

What happened?

Was there a shock?

If yes, do the Destroyed Creations Effects Dissolving Procedure on the shock.

If no, do the Dissolving Procedure on the upset.

When dissolved, do the Spiritually Created Things Optimization Procedure on the dream, goal or desire they were working on before the upset occurred.

Remedy:

In some instances the person may not be able to or may not want to dissolve the upset or shock. If this occurs ask the following questions:

How does holding onto this upset/shock make someone else wrong?

How does holding onto this upset/shock make you right?

What is the actual truth of this situation?

Repeat these three questions in sequence over and over until the person ceases trying to be right or make someone else wrong and they are willing to let go of the upset or shock. Then complete the Dissolving Procedure or Destroyed Creations Effects Dissolving Procedure.

Eric Wolery
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DESTROYED CREATIONS EFFECTS DISSOLVING PROCEDURE

This is the procedure to use to dissolve any destroyed spiritual creations effects. These are such things as emotional shocks, blackened memories, annihilated creations, wrecked worlds, collapsed universes, corrupted life visions, and the like.

While following this procedure the destroyed spiritual creation effect may dissolve or cease to exist on any of the questions. If it does acknowledge its cessation of existence and end the Destroyed Creations Effects Dissolving Procedure at that point.

If the attention sticks on or if there is any emotional charge on any answer, repeat the same answer over and over until the charge dissipates and the attention comes off the answer before asking the next question.

Some questions may have more than one answer. If needed repeat the question until all the answers have been found and stated. Question sets **s1** and **s2** and **x** and **y** may be repeated alternately back and forth between the two conditions of each set in order to better unravel them.

If a question is already fully answered before it is asked it is not needed to ask the question. Just go to the next question in the sequence.

Name the Destroyed Spiritual Creation Effect.

- a. Where do you feel the (named effect) is located?**
If not already done: **a.1. Describe the (named effect).**
- b. What does the size of the (named effect) feel like?**

- c. Was the (named effect) a result of an explosion or implosion?
- d. What does the shape of the (named effect) look like?
- e. What does the weight or impact of the (named effect) feel like?
- f. What does the vibrational frequency of the (named effect) feel like?
- g. What does the density of the (named effect) feel like?
- h. What do the colors of the (named effect) look like?
- i. What are the emotions locked in the (named effect)?
- j. What are the sensations or pains locked in the (named effect)?
- k. What are the attitudes locked in the (named effect)?
- l. When did the (named effect) first happen?
- m. Where did the (named effect) first happen?
- n. How long has the (named effect) been in existence?
- o. How long was the (named effect) intended to exist?
- p. Did anyone else contribute to the creation or continued existence of the (named effect)?
 - If yes:
 - p.1. Who was that?
 - p.2. What did they contribute to the (named effect)?
 - p.3. How did they do that?
- q.1 What are the intentions locked up in the (named effect)?

- q.2. Are there any commands or command phrases locked up in the (named effect)?**
If so: State them, then repeat each one over and over until it loses its controlling power.
- r. Was the (named effect) an attempt to solve a problem?**
If so: What problem
- s.1. What has the (named effect) caused you to do?**
s.2. What has the (named effect) caused you to withhold?
- t.1. What decisions have been made as a result of the (named effect)?**
t.2. What have been the consequences of those decisions?
- u. How has the (named effect) affected your mind or thinking?**
- v.1. After the (named effect) happened how big did you feel?**
v.2. Before the (named effect) occurred what were your dreams, goals and desires?
v.3. Before the (named effect) happened, when you had those dreams, goals and desires, how big did you feel?
v.4. How has the (named effect) affected your dreams, goals or desires?
- w. Before the (named effect) occurred, what did you do that was a violation of your codes, principles or standards or a harmful act on another or others?**
- x. What about the (named effect) have you been unwilling or unable to feel or experience?**
y. What about the (named effect) are you willing and able to feel or experience?
- z. Letting go of any remaining restraint of or compulsion, resistance or opposition to it, fully feel and experience the (named effect), including everything connected to it, and dissolve it all into free life energy.**

If you cannot experience it or dissolve it completely ask questions **x** and **y** back and forth repeatedly until no more answers. Then repeat command **z**. If the destroyed creation or some part of it is very fixed do the Resolving Fixed Creations procedure on it, then repeat command **z**. When dissolved return to the Elicitation procedure and complete the step from which the named effect just dissolved came.

Eric Wolery

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BEING AFRAID

Your greatest fear is that which, through your attempts to prevent it from happening, you yourself make happen.

Being afraid always causes you to react in such a way as to bring about that which you were afraid of happening.

Eric Wolery
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ANOTHER USE FOR THE IMAGINATION TECHNIQUE

This is a quick way to be able to discharge or release a fear or something you are apprehensive about or dread, and any type of resistance, without having to do the whole Dissolving Procedure on it.

This technique is:

Name and describe the fear or apprehension or dread. Usually start with what you are resisting the most.

Imagine how it could be. Really imagine how it could be, either good, bad or indifferent.

Fully imagine it and fully experience that imagination. Then dissolve it.

Now fully imagine another way it could be. Fully experience it while imagining it. Then dissolve it.

Imagine another way it could be, fully experiencing it while imagining it. Then dissolve it.

Keep repeating this over and over and over again until you have dozens of different ways that you have imagined and experienced it could be, positive, negative, good, bad, high moods, low moods, all possible ways it could be.

Once you have done that and you are at the point where it is OK for it to be any way then you can let go of the apprehension, the dread, the fear and just allow it to unfold the way it is going to unfold. Possible even contribute some positive intentions towards it to unfold in a more positive manner.

This technique also gives you practice knowingly and intentionally using your imagination with can be beneficial as it is your imagination that you use to create your future.

Whatever you fear you are imagining it and that then creates it into your future. Using this technique will put you back in control of your imagination so that you can imagine the future you desire in order to create that instead of your fears.

Eric Wolery
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TRYING TO PREVENT SOMETHING FROM HAPPENING

In the course of life there are an almost infinite number of actions, activities and events that take place. These range from the smallest actions of someone making a comment to a major action of a world wide event.

These give the spiritual beings doing the actions and playing the games of life an almost endless variety of things to experience, not only in type of experience but in size as well.

What many people fall into is an attempt to prevent some things from happening. This stems solely from the person's unwillingness or inability to experience that which they are trying to prevent, even if the action, activity or event was happening to someone else.

Trying to prevent something from happening is a type of resisting or opposing that something.

This sets up the counter balance static state whereby the person's attempt to prevent something from happening actually puts that something there and holds it in place, causing it to continuously happen.

This is due to the attempt to prevent it pushing against and opposing the action, much like the walls of a house pushing against the roof holding it in place and preventing it from falling down by opposing that motion, and the roof tying the walls together preventing them from falling down as well, which in turn holds the whole house in place.

When some action or activity or event is held in place in this manner it continues to happen and often escalates. It may even have first only "happened" in someone's imagination and they resisted it which made it persist and then escalate into actually happening in life.

You can see this in the over-protective parent who prevents, stops or forbids their child from doing certain things in order to not have to experience their child possibly getting hurt physically, mentally, emotionally or psychologically or to not experience something getting broken or their child upsetting or embarrassing them or someone else.

The problem with this is that the parent's unwillingness or inability to experience the child possibly getting hurt now transfers to the child as well by preventing the child from experiencing and thus learning how to handle these certain aspects of life.

This leaves the child less capable and more apprehensive or even afraid of those aspects of life. It makes the child weak and ineffective in those areas.

Further, by trying to prevent the possible harm it holds that possibility in place and often the child will end up being hurt in the resisted manner.

This usually happens in one of two ways:

One: either the child is also resisting getting hurt which holds the image of it there for them and they involuntarily attract or do the action that gets them hurt as they have not learned how to properly handle it; or

Two: the child rebels against the parent and intentionally goes and does the actions but in the manner of the image given them by their parent of that which the parent was trying to prevent.

There can be hundreds of actions parents try to prevent their children from doing or experiencing so they, the parent, do not have to experience it or the possible outcome.

This does not mean that a parent should not protect their child or should let them do any and all things they want.

It means the parent should be a teacher and coach and instruct the child in what is safe for them to do with the knowledge and

experience they have and what is not, while also teaching and coaching the child how to do more and more things so that they learn how to successfully handle all the aspects of life.

And the parent needs to be able to stand by and let the child do the actions and experience the outcomes and consequences. This is the only way the child will truly learn. It is the old adage that experience is the best teacher.

There are many other arenas in which this trying to prevent something from happening can occur.

People try to prevent all sorts of actions and activities from being done by others, even when there is no way the actions or activities could hurt anyone but those choosing to do them.

This is the “protecting the people from themselves” syndrome and is done by people from all sides and all points of view in life.

Groups, companies and even governments can fall into this trying to prevent something from happening. Whole organizations are even set up to prevent something from happening.

In every case if what they were trying to prevent from happening was just allowed to happen it would have run its course and then cease to exist.

But because the group, company, organization or government is trying to prevent it, and thus oppose it, the action, activity or event persists, getting bigger and stronger and creating more hurt and harm in the long run.

This is all due to a person or group of people being unwilling or unable to experience something, even if that something was happening only to someone else who chose to have it or let it happen to them.

To not fall into this trap and perpetuating and enlarging the activity, action or event and any harm it may cause, the best course of action when you find you do not want something to happen is to

do the Spiritually Created Things Optimization Procedure on that something.

Once you have optimized or dissolved all your thoughts, ideas, opinions and emotions about that something and are able to fully experience it, then you will be able to see the most optimum way to allow those who choose to experience it to do so while minimizing or eliminating any harm to anyone or anything else from those action.

Eric Wolery
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CONFLICT RESOLUTION PROCEDURE

There will be times in doing Elicitation when you encounter conflict creations that are not major in nature or extremely problematic or upsetting, but none the less tie up your attention. This can be a hinderance to or distraction from the pursuit of your dreams, goals and desires and thus, needs to be addressed.

Being of a minor nature these conflict creations or do not require the full Dissolving Procedure to be resolved. Instead, use this Conflict Resolution Procedure.

Who is the conflict with?

What did they do that caused or contributed to the conflict?

What emotions did that cause you to create?

What did you do to try to handle it?

What have been the consequences of that?

What did you do to them?

What emotions did that cause them to create?

How did they react?

What have been the consequences of this?

Since the conflict began what have you been doing to others?

What emotions has that caused them to create?

How did they react?

What have been the consequences of this?

Since the conflict began what have you been doing to yourself?

What emotions has that caused you to create?

What have been the consequences of that?

Are these actions, emotions and their consequences what you desire in your life?

If yes: fine, keep them.

If no: Dissolve the conflict.

If the conflict is not desired but does not dissolve check:

Is there a similar conflict behind this one?

If yes get what it is and do this procedure from the beginning on it.

If no but the conflict will not dissolve do the full Dissolving Procedure on it.

If it turns out to be a major, heavy conflict, trauma or upset do the Major Upset, Conflict and Traumatic Event Abatement Procedure on it.

Eric Wolery
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GRIEF, THE TWO TYPES

Even though they may look similar in a person and both entail crying there are actually two types of grief.

One type is that grief that is displayed over a loss or upset, which is also usually accompanied by sorrow and possibly even remorse or regret. This type of grief weighs heavy on the person and gives them a powerless, helpless or crushed demeanor.

The other type of grief is that which is felt and displayed from the letting go of a creation of long term suppression or restraint or denial of some part of self or of something desired or required which is usually accompanied by a feeling of relief. This type of grief is a freeing event and lightens the load the person was carrying giving them a more at ease and grateful demeanor.

Even though they are different both occur through the same mechanism. It is the rapid flow of life energy out of a fixed creation.

From the creation that was lost or upset the life energy flows away from the spiritual being and is "lost."

From the creation that was suppressed or restrained or denied that is now released the life energy flows back to the spiritual being.

This rapid flow of life energy, in either direction, manifests as grief.

Another difference between the two is the loss or upset was an unexpected and unwanted flowing away of the life energy and thus is an effect grief.

The letting go of suppression, restraint or denial is a sought after release of those conditions and a wanted return of the life energy and thus is a causal and cleansing grief.

Using one of the Dissolving Procedures on a loss or upset and any sorrow, remorse or regret accompanying it will turn the direction of the flow of life energy around and return it to the spiritual being.

This happens as the spiritual being is often in denial of or trying to suppress or restrain the loss or upset which holds it in place. Once this is dissolved the loss or upset itself can be dissolved and all of the life energy will flow back to the spiritual being.

When this happens the resulting grief of relief then needs to be allowed to run its course for as long as it takes and in whatever manner it manifest so that all of the life energy can flow back to the spiritual being.

Eric Wolery
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LOSS

A loss is a very prevalent type of spiritual creation. A spiritual being creates a loss and its feelings when the spiritual being chooses to not experience someone or something going away or changing form.

By choosing to not experience this going away or changing form the spiritual being loses connection with the someone or something that has gone away or changed form. The sensation of the loss of connection is then held in place by the refusal or now inability to experience the going away or changing form and is what is impinging on the spiritual being from then on and is labeled loss.

This “going away” could be something of value to you being misplaced, left behind or stolen; for a person it could be someone you are connected to moving far away, breaking up with you, or even just putting all their attention onto someone else other than you.

The “changing form” could be something of value to you wearing out, breaking or being destroyed; for a person it could be someone growing up and not being your child any more, or changing from a lover to just a friend, or choosing to not belong to your favorite club or church or association anymore, or the ultimate changing from of going from a spirit-mind-body composite being to only a spirit-mind composite being due their body dying.

What ever the occurrence and to whomever or whatever it occurs it is the refusal or inability to fully experience the occurrence that creates and perpetuates the loss and all of its associated feelings, emotions and conditions.

The biggest downside to this creation of the loss is that it holds in place the disconnection from the spiritual being or the thing that went away or changed form. This prevents you from ever connecting to or communicating with that spiritual being again or ever having that thing again.

This is the destitute person who once was very rich but lost it all and has never been able to make money again due to being fixated on the loss of all that wealth.

This is the heart broken woman who once had what she believed was a wonderful relationship but lost it when her partner went off with another woman and she has never been able to even consider dating again due to being trapped in the loss of that relationship.

This is the grieving parent who once had a wonderful family but lost a child to a severe illness and has not since been able to be happy or enjoy the remaining members of the family due to continually being devastated by the loss of that child.

Again, all these conditions persist due to the refusal or inability to fully experience what happened, and all the persisting conditions continually prevent the person from ever reconnecting with or having the person or thing that went away or changed form.

These conditions and more importantly the persisting loss can be remedied by use of the Spiritually Created Things Optimization Procedure and any needed additional specific creations questions as given in this book.

Once the loss is fully experienced and dissolved the life conditions will change. You will be able to find and have a new thing to replace the one that went away or changed form, or reconnect to and communicate in a new way with the person who went away or changed form and/or find a new person to connect to and communicate with that takes their place.

And one-for-one in the case of the loss being someone who changed form by having their body die, once the loss was dissolved the person was able to spiritually reconnect to and communicate with the spiritual being whose body had died. This invariably brings about great joy, happiness, warmth and love for both beings and the connection and interaction can once again occur.

If you think it is no fun to lose a loved one to death how do you think it feels for that loved one who now no longer has a body AND

cannot even connect to or communicate with you, their loved one, because you are so fixated on the loss you created over their change in form.

You can lament the loss of their physical form with which to interact, but do it together with the spiritual being whose physical form it was that ceased to exist.

Use the Elicitation procedures and handle your losses so that you may reconnect with and enjoy the people and things in your life and life itself.

Eric Wolery
12 November 2009
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DEALING WITH GENERALIZED BALLED UP CHARGE AND EMOTIONS

When first beginning on your endeavor to undo and dissolve the creations of blocked and built up emotions and charge it can often seem as if there is way too much of it and way too many instances or events that contributed to it to be able to deal with it all.

This can especially be the case when there is a big area of charge and pent up emotions that built up over a long period of time of enduring a very negative situation or condition.

These large areas of charge and blocked and built up emotions can seem to be just a general state or condition without any discernible or identifiable source beginning or cause and seem like a huge generality without any identifiable specific event or emotions.

This is due to the fact that these areas of charge and blocked emotions tend to ball up all the similar events and charge and emotions, especially if they occurred many times over a long period and/or they involve the same person or group over and over.

This can make it hard to find a place to start unraveling and discharging and releasing all the charge and emotions.

The way to begin is to find the common person or group or event or emotion and then look for the pattern or patterns that occurred or were created by, about, from or because of them.

It is these patterns which often become fixed ways of being behavior or characteristic patterns that need to be addressed first for they are often the keys holding the charge and pent up emotions in the ball.

Along with these patterns you should also look for any unexperienced or withheld thoughts or communications, who they should have been expressed to and get them verbally said.

Additionally, another vital part of these balled up areas of charge is the unexperienced emotions, especially the lower emotions of grief, fear, rage, and hatred. These need to be brought up and fully emoted, experienced and if needed verbalized.

By addressing and handling these patterns, unexpressed communications, and withheld emotions, the key aspects of the balled up charge and emotions, it will cause the generalized charge to unravel and fall apart as these are also the things that cause it to all ball up in the first place.

Once this occurs any remaining charge, pent up emotions, or ways of being created because of it or other fixed spiritual creations can be addressed and optimized or dissolved.

Eric Wolery
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MAJOR UPSET, CONFLICT AND TRAUMATIC EVENT ABATEMENT PROCEDURE

There can be times when you encounter an event that has so much trauma, conflict or upset in it that you cannot even begin to get into or open it up using any other Elicitation procedure. These heavily charged events need to be addressed in a slower, more detailed manner to not be overwhelmed with too much emotional charge all at once. That is the purpose and design of this procedure.

Take your time going through this procedure to allow each question to fully discharge what it's asking for before going onto the next question.

If this procedure does not resolve the upset, conflict or traumatic event, you cannot find a dream, goal or desire prior to the event, or especially, if the event becomes heavier or is creating lower and lower emotions as you progress through the procedure, check:

Is there another upset, conflict or traumatic event similar to this one?

If yes, do this procedure from the first question on that similar event. When the similar event (and any other similar events to that one) are resolved recheck the first event you were addressing to ensure it is fully resolved as well.

What was the event?

When did that event happen?

Where did it happen?

Over what time frame did that event happen?

Who was involved in that event?

What happened in that event?

Did anything else happen in that event?

(Repeat until there is a lessening of emotional charge about the event.)

What about that event have you been unwilling or unable to know?
What about that event are you willing and able to know?

(Repeat the above two questions back and forth until able to know all about the event.)

What did you perceive the other(s) were doing in that event?

What emotions did you create over that?

What decisions did you make about it?

What did you do to try and handle it?

What have been the outcomes and consequences of that.

What did you do or have you done to the other(s) involved?

What emotions did they create over that?

What have been the consequences of that?

What have you done to yourself since that event?

What emotions does that keep you in?

What have been the consequences of that?

What about that event have you been unwilling or unable to experience?

What about that event are you willing and able to experience?

(Repeat the above two questions back and forth until able to experience all about the event.)

Did you experience a shock or collapse during or because of that event?

(If yes, do the Destroyed Creations Dissolving Procedure.)

What did you become as a result of that event?

(Get the way of being or role named and do the Spiritually Created Things Optimization Procedure on it.)

Were any other spiritually created things made during or as a result of this event that are still there?

(List them out and do the Spiritually Created Things Optimization Procedure on each one.)

What could be a better way to handle this event?

Imagine doing that.

What emotions would you create over doing that?

What could be the outcomes and consequences of that?

(Repeat the last four questions/command over and over until satisfied with and in a higher emotional state over the better handling of the event.)

What prior dream, goal or desire did that event stop you from continuing to pursue or attaining?

(Get it named and do the Spiritually Created Things Optimization Procedure on it.)

Eric Wolery
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EMBARRASSMENT AND SEPARATION

One of the key emotions we use to create and maintain separation from one another and the Infinite Spirit is embarrassment.

When you create and maintain this emotion you are doing so in an effort to hide something: To hide some aspect of your body or something you do or have done with your body and/or someone else's body, to hide feelings you have had, to hide thoughts and mental images you have had, to hide something you have been or done or have gotten, to hide yourself when some part of these things are found out, or any number of other things you decided you didn't want anyone to know about and are trying to hide.

The outcome of this hiding of these things under or behind embarrassment is that all of them are part of the composite you. Thus, you end up hiding part of you; the bigger the embarrassment the more of you that you are hiding.

In hiding part or all of yourself you are cutting yourself off from others. This is separation.

The problem with separation is that it disempowers you, leaves you all alone, and cuts you off from those who could help and support you.

And what is the other key emotion behind embarrassment? Fear.

Fear of being found out about those things you are embarrassed about. Fear of being ridiculed for those things you have been embarrassed about. Fear of looking foolish, stupid, weird, or perverted for those things you are being embarrassed about. Fear of getting into trouble or being punished for those things you are being embarrassed about. Or any number of other fears you may have over those things you have been embarrassed about.

To be successful at going after and attaining your dreams, desires and goals you must be able to contact and connect to the places,

things, people and actions associated with those dreams, desires and goals. If you have any fear or embarrassment associated with or from any of those places, things, people or actions you will not be able to fully contact and connect with them as you will be stopping yourself and will create and maintain separation from them.

Thus, you will never go after or attain your dreams, desires and goals. This is unless you handle your embarrassments and fears associated with them.

It is very important to watch for, and even ask for, these two emotions while doing the Elicitation procedures on the dreams, desires and goals you wish to attain. If they are there get them fully addressed and dissolved and you will have big shifts forward on your journey toward attaining your dreams, desires and goals.

Eric Wolery
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SECRETS

"Almost all our faults are more pardonable than the methods we resort to to hide them." Francois de La Rochefoucauld, writer (1613-1680)

The spiritual creation of a secret is one that can be especially debilitating. Having secrets causes us to hold ourselves back in all areas connected to the secret in our effort to ensure the secrets are never found out.

In those areas we guard what we say least we accidentally let the secret slip; we don't bring up or talk about subjects on which we have created secrets and if someone else brings up the area we don't say much or quickly change the subject; we don't openly go to or act in areas in which we have secrets; we can even end up looking 'shifty' if we have many secrets built up.

The reasons we create and keep secrets can be many, but they almost always come down to not wanting to have to experience something. These can be many things such as embarrassment, ridicule, loss of status, loss of reputation, loss of respect, loss of admiration, loss of freedom, even loss of relationships.

Often these things would not happen or happen near to the degree we fear, but it is the creation of expectation of the worst and the fear of that which causes us to withhold knowledge about parts of us and thus withhold ourselves.

Thus, the key to handling this withholding of self by keeping secrets is not to be forced to tell or confess the secrets, which would leave the fear expectations in place, but instead to fully review and dissolve all the fears and the imagined expectations of the worst associated with them.

Some useful questions in bringing up these fears and imagined expectations are:

If someone found out about (your secret) what are you afraid would happen?

If you told (your secret) what do you imagine you would be subjected to?

What about yourself would you not want others to know? How would you feel if you found out they did know that?

Take all the fears, feelings and imagined expectations these questions bring up and do the Dissolving Procedure on each one of them.

If need be you can do the Secrets and Withheld Communications Resolution Procedure to help open this up to find and dissolve all the fears, feelings and imagined (spiritually created) expectations.

Once these are gone and there is no longer a care if anyone finds out, then you can objectively view the secret and ascertain if it needs to be disclosed or not and if so who should know it. Then you can share it as you see fit.

You will have recovered power of choice over it and will no longer be worried if it will be found out and so will no longer be withholding those parts of you or yourself.

Eric Wolery
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SECRETS AND HELD BACK COMMUNICATIONS

Along with secrets is the area of held back communications. You have something you want to tell someone but you don't, you restrain it and hold it back.

There are many reasons a person will do this, but most have as their basis some sort of fear; something the person is unwilling or unable to experience.

When one holds back a communication it creates internal charge for the person similar to the way keeping a secret works. It restrains the person's flow of life energy and it starts backing up, just like damming a river. The more that is held back the more that backs up and the more force and charge builds.

In these instances the person usually then starts blaming the person to whom they did not communicate for how they now feel, for the charge they have. This then makes matters worse as it is now adding falsehoods on top of the charge, which ensnares the person in it even more.

Eventually the person with the held back communications will either find an excuse to leave the one to whom they did not communicate, or they blow up at them and accuse them of all manner of vile things and throw all the build up force and charge at them, usually resulting in the other person leaving.

This is why to continue to have decent relationships with people one must not have secrets or held back communications.

If you find yourself with one or both of these situations the fastest way to rectify it is to locate the exact secret or held back communication and ascertain what it is about it that you are unwilling or unable to experience. Then do the Dissolving Procedure on it.

Do this over and over until the charge is gone and you are able to let go of having the secrets or are able to communicate what you had been holding back.

Eric Wolery
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ADDRESSING SECRETS

When a person has a secret, has something they are withholding telling and doesn't want anyone to find out, they are doing this to not have to experience some imagined or self-created dire emotion or consequence they feel they would have to experience if they told the secret or if it was found out.

These dire emotions or consequence "things" could range from embarrassment to ridicule to censor to harassment to loss of reputation, status or position.

Whether or not any of these emotions or consequences would actually occur is not the issue. It is the person's own spiritually created reactions to the possibility of them occurring if the secret were told or found out that are the issue.

These self spiritually created reactions are set in as automatic responses that from then on dictate and inhibit the person, their life, their actions and the attainment of their dreams, goals and desires.

Therefore, is not the secret that you as an Elicitor should go for, whether doing Elicitation on yourself or with another person. In fact, to have to tell or make another person tell their secrets without first dealing with the spiritually created automatic reactions can be quite cruel.

There have been a number of supposed spiritual practices, organizations or religions that routinely required their adherents to tell their secrets without handling their spiritually created dire emotions and consequences reactions which then gave the practitioner, organization or church power over their followers.

Their followers were left with the feeling of relief from finally having "let go of" the secret, but they were then trapped by the apprehension that the practitioner, organization or church might

tell others or the public and thus they would then have to experience the dire emotions or consequences on a larger scale.

They would then do or not do whatever the practitioner, organization or church asked them to do or not do as they would be under an unspoken, and sometimes actually threatened, emotional blackmail condition to toe the line.

This is how these practitioners, organizations or churches gain control over their followers and get the followers to do what they are told (like to buy more services, or make large “donations”, or do “volunteer” work for the practitioner, organization or church, etc. and to not tell anyone about these professional ethics violations.)

The action by anyone of demanding a person to tell their secrets without first fully dealing with the spiritually created dire emotions and expected consequences is not only cruel to the person it also shows a malicious and possibly even evil intent on the part of the practitioner, organization or church so doing.

To ensure there is no cruelty to any of the people you do Elicitation with it is imperative that you do not require them to tell you their secrets.

Instead it is vital that you Elicit from them what dire emotions or consequences they expect will occur if the secret was known or found out and do the Spiritually Created Things Optimization Procedure on each and every one of those spiritually created dire things.

This should be repeated until the person no longer has any expected or resisted or feared dire emotions or consequences associated with the secret.

At that point they will no longer have any urge to continue to keep it a secret or to withhold or hide it and they can of free will tell you what it is or not tell as they choose.

Then they will not only be free of the self withholding and inhibiting they will also be free of the possibility of anyone else using the secret to emotionally blackmail them in the future.

This is true freedom. This is the goal of a true Elicitor.

Eric Wolery

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RESTRAINING

There are two type of restraining.

The first is the restraining or holding back of communicating something or doing an action.

The second is the holding back or in of yourself, of your presence or beingness, and your knowledge, truth and reach outward.

The first type is an ability that one should have and use as required. Often there are inappropriate times, places or people for one's communications and/or actions and to not restrain at these times could result in unintended or unwanted consequences. Thus, one should restrain in those situations and then go and find a more appropriate time, place and people in which and with whom to communicate and interact.

The second type of restraining is a liability. It is the continuous, automatic manifestation of a decision to not ever say, be or do something ever again. We have all had these situations where out of not fully perceiving or knowing the situation we say or be or do something that causes an unexpected or down right negative reaction from others.

We see that it was not the correct communication, beingness or action for the situation. At that point we could learn from it and move on and do better next time, or as many have done, have thoughts and make decisions that it was a stupid or bad thing to say or be or do and to never say, be or do that again.

This creates a permanent restraining of that communication, beingness or action from then on. Even in times or places or with people where it would be appropriate and acceptable the person with a permanent restraint will still not be able to say it, be it or do it.

We have all seen examples of this permanent restraining. This is the wallflower who cannot initiate talking with anyone; the person who

can never say 'I love you" to their spouse, significant other, parent or child; the person who has intimacy issues; the person who cannot ask for money, even a raise at work; the person who does not go after their dreams, goals or desires even when they have the knowledge and skill to do so.

This condition can be resolved. All it requires is the repeated use of the Spiritually Created Things Optimization Procedure on all areas and subjects in which you have any continuous or automatic restraints.

Eric Wolery
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SECRETS AND WITHHELD COMMUNICATIONS RESOLUTION PROCEDURE

1a. Think of something you would not want to have to tell another or have anyone find out about.

b. Write it down.

2a. What thought, feeling, urge, emotion, attitude, sensation, unconsciousness, force, shock, energy form, memory, program or other spiritually created thing did you experience when you thought of and/or wrote down that something?

b. Write it down.

3. Do the Dissolving Procedure on that spiritually created thing that you experienced.

4. Reread the original something from 1b which you would not want to have to tell another or have anyone find out about.

5. Repeat steps 2a, b, 3 and 4 until no more spiritually created things come up for you when you reread the original something you would not want to have to tell another or have anyone find out about.

6. Imagine telling someone else the something you would not want to have to tell another or have anyone find out about.

7a. What thought, feeling, urge, emotion, attitude, sensation, unconsciousness, force, shock, energy form, memory, program or other spiritually created thing did you experience when you thought of telling someone else that something?

b. Write it down.

8. Do the Dissolving Procedure on that spiritually created thing that you experienced.

9. Repeat steps 6, 7a and b, and 8 until no more spiritually created things come up for you when you imagine telling someone else that something you would not want to have to tell another or have anyone find out about.

10. Do the Dissolving Procedure on the withholding communicating or keeping secret that something.

Repeat steps 1 through 10 over and over until you have resolved all secrets and withheld communications you have had.

Eric Wolery
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ADDRESSING THE REASONS FOR HAVING SECRETS PROCEDURE

The basic reason anyone feels they must keep something secret is the unwillingness or inability to experience some emotion or sensation or possible consequence they feel they will be forced to experience if what they are keeping secret were found out or known.

The detriment of creating secrets is that in order to keep the secret the person must also create restraining or holding back talking about it, thus hindering their ability to communicate. This created condition can block communicating about anything else as well.

This can also get to the point the person feels others can see the secret just by looking at them causing them to feel they must restrain, withhold or hide themselves. This is the person with no presence, no focus, no eye contact, no ability to be in the moment or even be with another person.

This condition created by having secrets can even hinder the ability to address anything in Elicitation sessions.

As having secrets has such profound repercussions on a person it should be one of the first things addressed with a person new to Elicitation.

To do this, do the following procedure.

(Note: This procedure should be done over and over until the person has nothing more they feel the need to keep secret, but do this gradually, over many sessions, as this procedure can be very confronting and draining for a person new to Elicitation.)

1. Is there anything you wouldn't want anyone to find out about or know about you? (The secret does NOT need to be told, just admitting there is one and having it in mind is sufficient.)

2. What is the feeling or emotion about that?

3. Get the the feeling(s) and/or emotion(s) named and do the Dissolving Procedure on each.

Repeat 2 and 3 over and over until all feelings and emotions about the secret have been addressed and handled.

4. Were there any other feelings or emotions created as a result of having that secret?

5. Get the feelings and/or emotions named and do the Dissolving Procedure on each.

Repeat 4 and 5 over and over until all feelings and emotions created by having the secret have been addressed and handled.

6. What was the feeling, emotion or expected consequence you were trying to prevent by keeping this secret?

7. Get the feeling, emotion or expected consequence named and do the Dissolving Procedure on it.

8. Do you feel you still must keep this secret?

If yes, repeat 6, 7 and 8.

If no, do the Dissolving Procedure on the secret.

Then, if not already told:

9. Would you like to tell me what the secret was?

If no, acknowledge and end the procedure.

If yes:

10. OK, what was it?

If needed:

Where was it?

When was it?

Who was involved?

What exactly did you do?
What exactly did the other(s) do?
Was that everything about the secret?

Note: The person does not have to tell the secret to anyone else. Letting go of the urge or compulsion or need to keep it a secret and dissolving the creation of it as a secret is the intended result of this procedure and when attained and they have regained the power of choice to tell it or not the procedure and all actions about the secret are done.

Eric Wolery
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OUR MIRRORS

Persons appear to us according to the light we throw upon them from our own minds. -Laura Ingalls Wilder, author (1867-1957)

Our family and our friends, the people closest to us in our lives, all act as mirrors for ourselves. Like attracts like; birds of a feather flock together; we associate with others most like us. This creates the mirror effect.

What we don't like about our family members or friends is what we don't like about ourselves. What we like about them is either what we like about ourselves or aspire to be.

Even when we separate from certain family members or friends due to some upset or something about them we just can't stand anymore we are in fact only running away from the mirror. As such we will soon see the same thing we did not like in them reflected from another or others around us. For whatever it is, until dealt with, we are carrying it within ourselves and are merely seeing the reflection of it in others.

To take advantage of this facet of existence one should look at, address and deal with everything ones sees in their close family and friends (even if you haven't seen or talked to them in years.)

Deal with the upsets you had with them and then you can see and deal with the similar upsets you've had with yourself and similar upsets you have caused others.

Deal with the beliefs they have that you find irritating or insane and then you can see and deal with your own similar beliefs you know are irritating or insane.

Deal with the roles and ways of being they have you do not like and then you can see and deal the similar roles and ways of being you have that you do not like.

Deal with the games they play that you find distasteful and you can then see and deal with the similar games you play that you find distasteful.

Do not miss this opportunity to use all the mirrors you have around you to show you what you can improve in yourself. For then the mirrors change.

Once you deal with all the things you do not like within or about yourself as shown to you by your mirrors, then all the people around you, your mirrors, start showing you something new.

They begin to show you what you like about them and thus what you like about yourself. They show you what you can be and what you can achieve in your life. And they can show you many lessons that you can learn from without having to repeat the experiences yourself in your life.

We all create our own lives and life conditions by what we project out onto the mirrors we have around us. Getting rid of the mirrors will not change your life or life condition, it will only delay you in seeing the reflection and thus delay your improving your life and condition.

Use your mirrors to show you what to deal with to improve your life, condition and what to do to and to not do to make your life the way you truly desire it to be.

And then thank your mirrors and help them do the same.

Eric Wolery
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MECHANICS OF “LIFE IS A MIRROR”

"I don't hate my enemies. After all, I made 'em." Red Skelton, comedian (1913-1997)

When you are railing against something, complaining about something without any constructive suggestions, or are being the victim to something that another or others are doing, it clearly shows that you are not willing or able to accept, allow to exist, or experience the existence of that something.

When you are unwilling or unable to accept, allow the existence of and experience the existence of something in another or others you have set in place the unwillingness and inability to accept, allow the existence of and experience that existence of that something in yourself.

When you are unwilling or unable to accept and experience something you automatically build up a resistance to that something. Resistance, which when large enough becomes opposition, is what causes things to persist. Just as the walls of your house resist gravity's attempt to pull the roof down thus holding it in place, your resistance to anything will hold that thing in place as well.

By resisting (being unwilling or unable to accept and experience) something you automatically hold that something in place in your life.

Then, no matter where you look, no matter who you look at, you will always find that something as it is you who are holding it in place.

You are holding it in place in yourself and in your life and are seeing only that something in others. This is the Mirror Effect.

To resolve this you need to address that something in yourself with the Spiritually Created Things Optimization Procedure. This procedure's key purpose and goal is to bring you to the point you

can fully and willingly accept and experience the something you are addressing.

When you are able and willing to do this all the resistance to it dissolves and the persistence of it dissolves and that something ceases to exist as a chronic thing in your life.

This does not mean that something will not still exist in another or others, but you will no longer be the effect of it nor expending your life energy railing against it. You will be able to see it in others when it is there, be able to accept that they have it, and be able to experience its existence in them.

And you will be able to also see, accept and experience the existence of all the other attributes and creations others have as well.

Thus, the myopic condition of the mirror effect will no longer be in place for you and you will be able to interact with others as they truly are instead of as the altered way in which you used to see them. This then leads to much more harmonious interactions and relationships.

Eric Wolery
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ATTACKING OR SEPARATING FROM

When a Spiritual Being is unwilling or unable to experience someone or something the Spiritual Being separates from that someone or something. Then the Spiritual Being will try to deal with that someone or something by doing one or both of two main actions; the Spiritual Being will attack that someone or something or they will pull away from that someone or something.

There are many manifestations of these two main actions.

Attacking can manifest as projecting negative emotions such as hate or rage or anger at the someone or something; projecting negative images onto the someone or something; projecting disruptive energy into or onto the someone or something; impelling other objects such as masses, confusions, or physical objects or bodies at the someone or something; putting negative mental labels on the someone or something; complaining about the someone or something to others; undermining or sabotaging the someone or something; launching a full out assault on the someone or something; and the like.

Pulling away from the someone or something can manifest as running from the someone or something; restraining self around the someone or something; ignoring the someone or something; pretending or lying by saying the someone or something isn't there or doesn't exist; becoming ignorant of the someone or something; making self smaller to not include the someone or something; lowering one's consciousness or awareness to not be aware of the someone or something; putting up emotional, energetic, mental or physical walls around self to ensure continued separation from the someone or something; and the like.

These actions and manifestations of attacking or pulling away from the someone or something are what lead to ALL bad, unwanted, harmful, hurtful, and self and other destructive situations, conditions, relationships and interactions.

Therefore, though it is important and useful to find, handle and learn from how you act and manifest these two main ways of dealing with someone or something from which you have separated, the most important thing to accomplish is the elimination of the creation of separation from that someone or something.

This is done by restoring your willingness and ability to fully experience that someone or something. When this is restored you will then be able to fully be with that someone or something, at least spiritually, and thus no longer be compelled to attack or separate from the someone or something. You will be able to work with that someone or something for mutual and others benefit.

As a result all the bad, unwanted, harmful, hurtful, and self and other destructive situations, conditions, relationships, and interactions with, about or because of those attacks or separations will cease being created and will dissolve away.

Harmony and the creations of positive, wanted outcomes will once again be possible.

Eric Wolery
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EXPERIENCEABLE COMMUNICATION

One of the major actions that contribute to people's inability or unwillingness to experience something is miscommunication.

The prefix "mis-" means wrongly, badly or unsuitably and comes from the Old French "mes-" which was based on the Latin word "minus".

This, a miscommunication is any communication, whether verbal, physical, emotional, telepathic, or spiritual, that is inappropriate or unsuitable in that it takes away from the understanding (causes confusion) or lowers the mood of the receiver, and as such is a "minus" communication.

Ideally a spirit could receive and easily fully experience any and all communications no matter what they were or how they were conveyed. However, as all spirits existing in the physical and/or energetic realms have already impaired themselves by not fully experiencing and dissolving all past creations they are now unable and often unwilling to fully experience all forms and conveyances of communication.

This leaves us with the situation where to truly help each other we must practice optimal communication.

What is optimal communication? It is the form of communication and type of conveyance that allows for or brings those receiving the communication to a full acceptance of and understanding of that communication.

This does not mean you have to always be nice or "politically correct" in your communication. It means that you should ensure that no matter what or how you communicate that the others receiving it come to a point of being able to fully experience and understand it.

Of course you do not have to do this, but then your communications will most likely not be experienced by others resulting in them not

understanding and thus rejecting your communication and even rejecting or opposing you.

A classic example of this is how parents communicate with their children. Most parents at one time or another and some parents most of the time communicate to their children in ways that the children are unable or unwilling to experience.

These can be communication forms such as yelling at the kids, making them feel like they are bad, embarrassing them, ridiculing them, hitting them, ignoring them, smothering them, over-controlling or dominating them, and many other such forms, types and conveyances of communication.

Some parents will say this is how you teach the kids lessons on how to behave. In actual fact any time one or more of these are done and the child is not able or willing to experience it the child does learn something - they learn how to block out and wall off, reject, or ignore your communication along with learning how to do what they were doing anyway without you finding out about it.

This is what creates unruly kids; kids who are withdrawn from their parents and authorities; kids who "don't listen"; kids who become juvenal delinquents; and kids who grow up and have relationship problems, or worse, become anti-social or criminal.

Sure kids do things that upset you or a sibling or someone else, or they break things or do unacceptable actions or say unacceptable things. But if you want them to truly learn you will need to communicate to them in such a way as they can and are willing and able to receive, experience and understand the communication.

Yes, you can let them know you are upset, that what they did or said was not acceptable. But you should either do it in a way they can accept and experience your communication or do it with verbal force and emotion if you need to and then talk with them and have them talk with you to help them become able and willing to receive, experience and understand your communication, including your force and emotion. In this way they will learn from you and not reject the lesson, your communication or you.

And though this can easily be seen with kids and parents or authorities the same holds true for communication between adults.

All fights, upsets and wars between people stem from earlier communications that one party or both were unable or unwilling to experience and thus did not receive or understand it.

The boss who often dominates, yells at, insults, threatens, ignores, or embarrasses their employees will have only ineffectual employees as all the able ones will reject that boss by leaving.

The parent who treats their children similarly will have estranged adult children, and at least a dysfunctional family.

The person who communicates to their spouse in these ways will continually have fights and an upset spouse and eventual divorce.

The person who communicates to their friends in this manner will soon not have any real friends.

And many more such examples.

You of course do not have to ensure that those you communicate to are or become willing and able to receive your communication. But then you will be presented with something you may be unable or unwilling to experience. That being those you miscommunicate to rejecting your communication and you by opposing you, fighting back or leaving you altogether.

So the choice of what you create in your life is up to you by what you communicate and the forms and conveyances in which you deliver those communications.

Eric Wolery
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THE PASSING OF JUDGMENT

The passing of judgment upon another merely tells the world of that which you yourself are guilty.

Eric Wolery
22 November 2007
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BLAME, CRITICISM, ACCUSATIONS AND CYNICISM ARE BASED ON FEAR

A person who blames, criticizes, accuses, or makes cynical remarks about another or others does so out of fear.

Initially it may appear that their creation of fear is of having the thing they are blaming, criticizing, accusing or being cynical of done to them.

But in actual fact what they are really afraid of is it being found out that they themselves are being or doing or have been or done before the exact thing for which they are blaming, accusing, criticizing or being cynical of others.

They may have been or done it very recently, or even being or doing it currently, or may have been or done it way in the distant past. But when pressed it will be found that they in fact have been or done that thing and are truly afraid of that fact being found out.

The closer someone gets to finding out what a person has been or done they don't want known the more vehement that person will become in attacking, accusing, criticizing, blaming or being cynical toward that someone and/or another or others.

It is like an animal who feels cornered lashing out to protect itself. In fact it is the way of being the person is in that has or is doing the action that is afraid will be found out and done away with. It is fighting for survival by shifting the attention away from itself by blaming, criticizing, accusing or being cynical toward the other or others.

The way to resolve this is to make the person feel safe in revealing what they have been or done and then through the proper use of Elicitation procedures help them reveal the full details of their acts and all spiritual creations associated with them and optimize or dissolve those creations.

This should include the creations of the way of being and the fear of being found out and all the blame, criticizing, accusation, and cynicisms of others.

Once this is completed they can then see others for who and what they are in truth and love.

Eric Wolery

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RAILING AGAINST, COMPLAINING ABOUT AND BEING VICTIM OF

What a person is railing against, complaining about without any constructive suggestion, or chronically being a victim of is what the person themselves has done in the past and/or is doing in the present and wants to keep secret.

The railing against, complaining about or being victim of is all an attempt to maintain their secret by directing others' attention onto those to whom they are directing their accusations and off of themselves.

It is also an attempt to give the illusion that they could not possibly be doing the actions as it is "obvious" by their railing, complaints, and being the victim of that they are against the effect of those actions.

Do not fall for this ruse.

When someone is railing against, complaining about or being victim of some action realize what they are doing. Receive and acknowledge their communication, even help them deal with any upset they have over it.

But then directly ask them when have they done that action?

Then help them deal with the issues they have with their doing this action by addressing it with the Spiritually Created Things Optimization Procedure.

The upset, anger or affront they had directed at the other(s) they were accusing was actually upset, anger or affront they have with themselves for doing that action.

Once fully addressed with the Spiritually Created Things Optimization Procedure these negative emotions and feelings will also resolve. They will once again be able to like themselves and have power of choice over doing or not doing the action.

And “miraculously” all the railing, complaints and being victim of will cease to exist as well.

Eric Wolery
19 December 2010
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USING RAILING AGAINST COMPLAINING ABOUT AND BEING VICTIM OF TO IMPROVE YOURSELF

When you are accusing someone of something without actual evidence, complaining about what they are supposedly doing without any constructive suggestions to improve the situation, constantly being a victim of a person or a type of person, know that you are railing against a mirror.

In fact, what you are accusing the other of, complaining about, or being victim of is what you yourself are being, doing or having and you are just seeing your reflection in the other(s).

If you can understand this fact of existence and accept it as actual then you gain the first part of the ability to continuously improve yourself and upgrade your life.

How this is so is that in knowing and accepting this fact, instead of continually railing against, complaining about or being victim of what you think another is being, doing or having, you can see that it is merely a reflection and turn and look at yourself.

This is the vital first part of the ability to improve yourself and upgrade your life - the capability and discipline to turn your attention to look at yourself to find in you what You are being, doing or having that you were seeing reflected in others.

The second vital part of the ability to continuously improve yourself and upgrade your life is to then face up to and fully resolve all of what you yourself have been being, doing and having that you did not like.

Using the Spiritually Created Things Optimization Procedure will greatly aid you in this manner as it gives you support and guidance in looking for, finding and resolving all parts and aspects of that in you that you did not like seeing the reflection of.

Once you have fully resolved all the ways of being, doing and having that you have not liked in yourself you will then be able to see others as they truly are.

Then you will be able to interact with them in ways that bring about harmony rather than accusing them of, complaining about or being victim of something they are not being or doing or having.

Being able to see the actuality of what another is truly being, doing and having and not just your reflection, and interacting with them in a positive, helpful, friendly and harmonious manner will go a long way in helping you create the life and relationships you truly desire.

Eric Wolery
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YOU DO NOT NEED TO ADDRESS THE PAST

In pursuing your path to spiritual freedom through Elicitation techniques it is not necessary to look into your past to find things to handle, nor even to find the source of what is causing your problems now in the present. You never have to “locate a time...” or “recall a time...” or “move to a time...” or do any of the other commands or techniques that get you to look into the past to find things to handle.

What is in your past is over and done with and no longer exists except as a memory in your mind’s data files.

It is what you have carried forward from your past that is constantly here with you in the ever continuing present that is making you and your life what they are today. It is these creations that are here with you now that are affecting your thoughts, actions and outcomes now and thus making them what they are.

These are the creations that need to be addressed, reviewed and optimized or dissolved in order to change the condition of you and your life.

To find these creations that are here with you now you have to look no further than what is happening with you right now in the present.

Even when you look at what you desire, your dreams and goals, you may have had them for a long time (they were formed and existed in your past) and they may project out way into the future, but it is the creations that you have associated with them right now in this present moment that determines whether you will progress toward your dreams, desires and goals, do nothing about them, or digress from them.

These creations may have been created long ago in your past, but they exist in the present, along with all their parts, including their moment of creation. Thus, in addressing them with Elicitation all

you have to do is look at what is here now as all of the information about it is with it in the present.

As part of the Elicitation you will ascertain when they were originally created, and their duration of existence so that you may see the circumstances under which they were created, their full scope and impact, and all of their consequences, but this information is also with the creations here now. As you view this information the creations will expand out to their full duration and decompress from just being in the present moment, which will allow you to fully view all of their other parts, effects and consequences.

Once you address and fully review these creations that are here in the present you may optimize them to further your progression toward your dreams, desires and goals, or you may dissolve them and they cease to exist, at which point they stop moving forward with you in the continuing present and go into your past, being only another memory in your mind's data banks.

This also frees up all your life energy that had been used in maintaining their continued existence and this life energy now is available to you again for use in new, needed or wanted creations that will carry you forward toward the attainment of your dreams, desires and goals.

When these creations that were with you in the present time have been reviewed and optimized or dissolved you should more easily carry forward in your life with those actions needed to attain your dreams, desires and goals.

This will continue until the next creation or set of creations connected to your dreams, desires and goals, or connected to the actions needed to attain them, present themselves in present time as a block or hindrance to your forward progression.

At that point it is time to use the proper Elicitation procedure to address, review and optimize or dissolve this newly encountered creation or set of creations.

This sequence is repeated over and over, each time moving you forward closer to attaining your dreams, desires and goals, until all non-optimum creations associated with or activated by your dreams, desires and goals or the actions you are taking or environments you are encountering in their pursuit, are fully addressed, reviewed and optimized or dissolved.

When this state is attained you should very easily and successfully attain your dreams, desires and goals.

With the Elicitation procedures designed in this way to help you attain your dreams, desires and goals there is no need to continually and without end go into your past to find and deal with all manner of incidents and events looking for the cause of your present problems and thus never putting any time or attention on actually working toward attaining your dreams, desires and goals.

The causes of your present problems are here with you now. Address them, get them sorted out and then get back to working toward your dreams, desires and goals. This is how you will actually accomplish them.

Eric Wolery
10 April 2009
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A CHANGE IN THE PRESENT CHANGES THE PAST

While doing Elicitation procedures one of the goals is to find the truth of and about what is here now and where and when it came from in the past so that it can be optimized or dissolved leaving you with new insights, knowledge and awareness of how it actually came into being and how it has affected your existence since its creation.

When this occurs, when you have these realizations about the creations that were here now from the past, it changes the past.

What happened in the past is what happened and that does not change.

But how you view it, how you feel about it, the decisions you made about it, your attitudes about it and from it, and how you act because of it has now changed based on your new understanding and awareness from your realizations.

Thus, for you the past has changed.

More importantly, your present and future have changed too as you will now be operating in a new, more optimum manner that will create a new more optimum existence rather than continuously recreating the same old thing from the past over and over.

You will have a new life to look forward to starting today.

Eric Wolery
26 October 2010
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PAST LIVES AND PREVIOUS EXISTENCES

In some spiritual practices they talk about and even address past lives or previous existences. In Elicitation this is not something you need to go looking for.

Elicitation addresses your dreams, goals and desires now and for the future and only deals with past spiritual creations that are here now connected to, supposed to be supporting, or in any way hindering the attainment of your dreams, goals and desires.

However, there will be times when a spiritual creation that is here now presents itself to be dealt with which turns out to have been created a very long time ago. At a time that could only have been a past life or a previous existence.

It doesn't matter if you believe in past lives or previous existences or not, but accepting the possibility of them does matter.

This is due to the fact that addressing things that seem to be or could only have been from past lives/previous existences and accepting answers about things that that occurred or were created before this life has made big changes for the better in people's lives now.

So these things that are "from past lives or previous existences", whether real or imagined, need to be addressed and accepted without judgement as that makes big spiritual expansion and growth possible.

Eric Wolery
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THERE IS NO NEED TO “HANDLE YOUR CASE”

In a number of different mental, self-help and spiritual practices the focus is on “handling your case” and/or getting trained to be able to “handle your and others' case” with the idea being if you “handle your case” you will then be able to do and acquire the things you desire.

However, there is a major flaw in this premise that causes it to not hold true.

I started my spiritual studies in one of the practices that held this premise and I accepted the belief that in order to be able to get what I desired I needed to get my case handled.

Since I could not afford nor had the ability to make the amount of income required to pay someone to do this for me it was advised that I get trained to handle others' cases. The idea being I could exchange with another trained person to handle each others case and eventually get enough experience and case handled to be able to handle our own case.

This all sounded reasonable and I embarked on that track.

Thirty five years later I attained the mastery to be able to handle anyone's case at any time on any subject, including anything that came up on my own case.

But, after all that I was still not one step closer to attaining what I desired in life than I was the day I had started!

In looking into this the reason became very clear.

What ever you focus your attention on is what you get!

It was one of those “duh” realizations, something everyone knows as it is a simple almost self-evident truth. What you focus on is what you will get.

The more I or anyone focused on handling “case” the more “case” there was to handle.

Additionally, in focusing on “handling your case” we were not focusing on going after what we desired, thus it never showed up in our lives.

“Case” is a distraction from focusing on your dreams, goals and desires and the more you focus on handling your case the more distracted you become.

The simple truth is, to get what you desire requires you to focus on, maintain that focus on, go after learning how to, and take action toward getting that which you desire.

Focusing on what you desire is the key to attaining it!

Now what can get in the way of getting what you desire, what can impede or bar this from occurring, is your case. But you should still not focus on handling that.

Removing those impediments and barriers should be one of the sub or secondary things to do along the way toward attaining your dreams, goals and desires.

That is why all the Elicitation procedures are designed to keep your focus on your dreams, goals and desires and optimizing your creations, skills and abilities to attain them.

Only if needed do they address those specific creations that impede or bar your progress and once that is done they then refocus you on your dreams, goals and desires and optimizing the means and creations needed to attain them.

In this fashion these procedures assist you in maintaining and improving your ability to focus on your dreams, goals and desires which leads to actually attaining them in your life. And as a side benefit those parts of your case that had interfered with them will have been resolved as well.

So, don't worry about "handling your case", just get on with going for your dreams, goals and desires using the creation optimizing elicitation procedures to support that and you will attain them and any "case" will have been handled along the way.

Eric Wolery
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YOUR LIFE IS YOUR "CASE"

Some self-improvement practices have the belief that in order to improve yourself, to get better, you need to either delve into and handle what they call “your case” and/or learn how to push “your case” aside and make your life the way you want it in spite of “your case”, and/or to reprogram “your case” in some way to use its force and charge to push you to succeed in life, or some similar thing.

In their view “your case” is a collection of past incidents and the upsets, fixed emotions, charge, decisions, beliefs, and the like that are impinging on you and interfering with or stopping you from having the life you want.

To a degree this is correct. However, these practices also believe that it works best to take you out of your life via workshops or retreats for short or long periods of time in order to deal with the past incidents in “your case” without the distractions of your current life, and/or to get you into their sessions often before your current life activities can interfere.

The problem with this is that YOUR LIFE IS YOUR REAL CASE, and to remove you from it or to get your attention off of it to handle your past case causes the most important aspect of your case – your current life – to be by-passed and not dealt with.

It is your present life you desire to improve, not your past, thus it is your present life that should be addressed. This includes the dreams, desires and goals you have set in the present to work toward now and attain in your future present life.

This is why all Elicitation procedures are designed to address what is going on in your present life, your dreams, desires and goals, what it takes to make progress toward them, and to deal with any things that are interfering with this in the present.

Sometimes things from the past are activated and are in the present interfering with your life, and these things are handled in the

present and allowed to go back into the past, but the Elicitation procedures never go looking into the past for things to handle.

The Elicitation procedures focus on your present life as this is what you are living now and from which you are creating your future.

Your present life is your real “case” to be addressed and made better.

Eric Wolery
6 November 2009
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“NORMAL” THINGS ARE WHAT YOU SHOULD LOOK FOR

The biggest spiritually created things in your existence that keep you trapped in the way you are being and the conditions in which you are living are those things in your life that are “normal” or that are “just the way it is” or that happen so often you don’t notice or even pay any attention to them any more.

These are the creations that need to be picked up and addressed and either optimized or dissolved.

Then they won’t be “normal” any more, they will be optimized or gone and you can then create your life and existence the way you truly desire instead of continuing to be “normal”.

Eric Wolery
22 November 2010
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ACTIONS ENHANCEMENT ELICITATION PROCEDURE

In addition to optimizing or dissolving past unneeded or detrimental spiritual and mental creations that are in the present interfering with your dreams, goals, desires, and mind it is also beneficial to optimize or dissolve past physical creations that are in the present in your body.

These can be in the form of body memories from impacts, imprints and muscle and cellular memory, past events and incidents that are attached to or in the body, old emotions locked up in the body, unconsciousness, masses, blackness and the like from prior severe illness, injuries, anesthesia, and drug and alcohol use, physically ingrained habits, mannerisms and patters of motion or immobility, and the like.

All of these types of physical creations can slow down, hinder, modify or stop the motions and actions and health and well being of your physical body.

These physical or physically attached creations often do not come up with spiritual or mental Elicitation. To bring them up one needs to do physical actions. It is physical actions that 'elicit' these creations from the physical body.

PROCEDURE

Choose an area in which you wish to attain one of your desires and make a list of all the actions you need to do in that area. Take the most important action first (often the one you need to learn or have the most difficulty with starting or doing) and do the following:

Do the action you desire to learn or that is required to attain what you desire.

1. What occurred while you did that action?
2. Did anything come up that hindered, distracted or prevented you from fully doing that action?

If no: Good, do the action again.

If yes:

3. What was that?
4. Describe it in detail.
5. What about it affected the action?
6. How did it affect the action?
7. Do the Dissolving Procedure on it.
8. Repeat the action again, along with the above steps 1-7.

Do this over and over until you are satisfied that without any hindering, distracting or preventing things interfering with it you can repeatedly, successfully do the action.

Then repeat this procedure on the next action from your list.

Repeat this whole sequence over and over on all actions you need to do in the area you chose until you can easily do them all and are doing them to attain your desire.

Eric Wolery

1 June 2010

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TRUTH REVEALED

What does it look like when you have found a truth?

It is one of those moments when you go “Aha! Now I understand” and you have a warming sensation flood through you with an increase in confidence and a more upbeat mood.

While performing Elicitation sessions these are the indications to watch for. They let you know you are making progress and are on the right track.

But there is an even more important sign that truth has been revealed for you and that is that you can now get into action and make progress toward your desired goals in the area.

Without this restored capability to act on your desired goals you have not found all the truth; there are more blocks to your progress held in place by untruths.

All that is required is to continue the elicitation on the area or desire until all the truths have been revealed. Then all blocks will be dissolved and all hindrances will be turned into support and you will be on your way to achieving your dreams and desires.

When being an Elicitor for others this is the ultimate goal you are going for on those with whom you are doing Elicitation. They are now able to and are making progress toward their dreams, goals and desires.

All else is fluff. It is the recovery of the ability to get into action and make one’s dreams, goals and desires come into being that is important, and that shows that Truth has in fact been revealed.

Eric Wolery
4 March 2009
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A FUNDAMENTAL ELICITATION SKILL

To be a successful Elicitor requires adopting a whole new way of thinking and viewing yourself, another, others and the world.

Instead of merely being the effect of your and others' thoughts, feelings, beliefs, emotions, urges, compulsions, and habits you need to begin being aware of and catching and reviewing each and every one of these as they occur. At the very least be aware when each manifests and make a note of it and later fully review it when in a supportive place and with sufficient time.

How do you fully review each one of these? They are all spiritually created things and as such would be fully reviewed by using the Spiritually Created Things Optimization Procedure.

This is a fabulous procedure for reviewing and optimizing or dissolving any and all spiritually created things but it only works after you have become aware of and identified the created thing.

This is why the first essential step to all successful Elicitation is the disciplined application of the skill of becoming aware of, seeing and noting all spiritually created things as they are activated by life interactions.

This is a skill that takes a lot of practice. It has become mankind's unconscious habit to have these spiritually created things activate and take over our emotions, minds and actions and then believe that this is the way it is, that this is normal. This is a long term, ingrained habit that needs to be broken.

The more spiritually created things you become aware of, see, note and then review and optimize or dissolve with the Spiritually Created Things Optimization Procedure the easier it will be to become aware of, see, note and deal with spiritually created things as they are activated.

You should practice this on yourself and on those with whom you interact. It is often easier to see or hear the manifestation of spiritually created things in others which will aid you in seeing them in yourself.

The better you become at this skill the more you will see these created things in others and even in groups, cultures, races, species, and all parts of life.

Then you will be able to ensure you do not go to the effect of and involuntarily act upon not only your spiritually created things but any one else's or any group's either.

This will restore your power of choice as to which spiritually created things to use and which ones to not use.

Eric Wolery
22 August 2009
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LETTING THE CLIENT ANSWER

While doing Elicitation with another it is vital that you allow the person you are working with to find and give you the answers to the Elicitation Procedure questions. This is true Elicitation. Anything else is not and will reduce the effectiveness of the Elicitation Procedures and may even have negative unforeseen consequences.

There are many spiritual practitioners who are very perceptive and can obtain the answers to the questions through observational and psychic perception before their client does. They even can obtain the answers in this manner when their client cannot seem to find them or articulate them at all.

It is imperative that while doing Elicitation these practitioners do not “help” their client by giving or even suggesting the answer for them. To do this robs their client of the lessons and skills they could learn from finding and articulating the answers themselves.

It would leave the client with the experience of not being able to find the answers to their own creations and conditions and having to be dependent upon another to do it for them. It may even give them an answer they are not prepared or able to fully receive which could overwhelm them or remain unreal to them. Thus, no gain will be made by it and additional unconsciousness and charge may even be created.

Additionally, the answer you get to a question asked of a client is perceived from your point of view, not the client's. To give this answer to the client is to give them something that is not fully true for them for to be fully true for the client it must be viewed and articulated from their point of view.

Even if it appears to be the exact same answer if it is given from a different point of view that shift of angle and location causes enough alteration to make it untrue. As such it will not fully resolve the non-optimum creation or condition as only the exact and full truth for the client will set them free.

Further, asking someone a question and then finding and giving them the answer by-passes the person and can make them feel excluded or unnecessary and of no use or value. This also can create more charge for the person as it prevents them from communicating what answers do come up for them thus stopping and piling up their flow of life energy on the answers and communication.

There is however a use for the abilities to perceive an answer to a question asked of a client. That is to know there is an answer there that the client has not yet found and articulated and thus know to continue asking the Elicitation question for as many times as necessary until the client does find and articulate their answer to it.

The American Heritage Dictionary states that Elicitation is the act of bringing or drawing out (something latent), to educe; to arrive at (a truth for example) by logic.

This means to draw out or educe from the client, to assist the client to arrive at a truth through asking the Elicitation Procedure questions enabling the client to reason out the truth of it and to tell you what it is.

In doing this it not only helps the client find the full truth (from their point of view) and to fully learn any and all lessons of the creation and existence from that truth, but it also supports the client in practicing the skills and abilities to find more truths, to become psychically perceptive themselves, to be responsible for their own creations and conditions, and to be independent, self-reliant and sovereign in their own existence.

To do anything less than this for your clients would be a major disservice and perpetuate their dependent condition.

Give your clients a full service and help them become capable and independent; fully elicit the answers from them.

Eric Wolery
4 September 2009
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DO ONLY ONE MAJOR PROCEDURE AT A TIME

It is always best if you do only one major procedure, process or action at a time, whether it's an Elicitation procedure or a life process or action.

When an Elicitation procedure starts something unraveling on its own cease doing the procedure and let it unravel for as long as it takes, even if it keeps going all day long or even for several days after the Elicitation session is over. Just let it keep unraveling and sorting out and only check it and monitor it from time to time.

If you continue doing an Elicitation procedure after what is being addressed starts unraveling on its own it can interfere with and even stop the unraveling. It takes the attention off what was unraveling or sorting out and sticks it back onto the procedure. This can then leave you with a new block or emotional charge or stuck creation to address.

If you or a person you are doing Elicitation sessions with is successfully making progress on a major action in life that is using a lot of attention you wait until that action is complete before going into an Elicitation session. To do otherwise can lead to a difficult, possibly even unable to complete, session. This is due to you or the person not having enough attention available to do the session as it is on the major life action.

In other words you don't try and do one major procedure, process or action over the top of another. Do one thing at a time and do it well.

Eric Wolery
12 June 2010
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THE NEXT LAYER

In doing Elicitation procedures there is a particular phenomenon that you should watch for. This is the phenomenon of layering.

The concept of layering is not new. Most have heard the example that to get to the core of an issue one must peel off the layers, much like peeling an onion one layer at a time to get to the center.

As such one needs to persist with the peeling until all layers and the core behind the issue or area being addressed have been found and fully viewed and optimized or dissolved.

However, there is another aspect to layering that may not be so well known and that needs to be watched for and dealt with least it catches one off guard and stops or misdirects the Elicitation leaving the further layers and the core unhandled.

This aspect is from the reasons the layers were put there in the first place. This is, usually a layer is put in place over the top of the core or previous layer in an attempt to hide, restrain or suppress the unwanted characteristics of that core or previous layer.

Thus, in Elicitation when a layer is removed, some spiritual creation is found and dissolved, if there is a core or prior layer behind it that prior layer or core will push up and impinge itself and its unwanted characteristics upon you.

For example: One client had a condition of being meek and always deferring to others which he wanted to dissolve as it prevented him from really going for his dreams, goals and desires. After a number of Elicitation sessions dissolving many layers the key to the deferring meekness was located and dissolved. He felt elated and free of that condition. But, within half a day of that session he got into a heated, insulting slinging shouting match with a complete stranger. This was something he had never done before.

From this he had the thought that the Elicitation had changed him into something he did not want to be. But fortunately he didn't let

that stop him and he went in for another Elicitation session to see what happened. In that session it came to view that he had gone into an aggressive, belligerent way of being, one that had always been abhorrent to him. In fully looking into this and dissolving it what was found was that it was a way of being he had been a long time ago and he had become so averse to being that way but could not change it that he created a whole new way of being to encase and suppress it. That new way of being was the meek and deferring way that he had previously dissolved.

Once the aggressive, belligerent way of being that had been buried under the meek, deferring layer was also dissolved he emerged to just be himself, spiritually present and serene.

Thus, when doing Elicitation be aware that when you complete one layer the next layer may push up with a vengeance. The best thing to do with this is to go back in for another Elicitation session and handle that layer too.

Often these inner most unwanted aspects or characteristics of being are the core of the issue or condition being dealt with, even though they may be the exact opposite from what you started with.

The key is to not be thrown off or think you have a whole new issue and go off in another direction, but to relatively soon go into the next Elicitation session and pick up where you left off and handle that next layer or core piece.

Eric Wolery
11 August 2009
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OPTIMUM CREATION CESSATION METHOD

Over the course of the development of the many varied spiritual enhancement modalities and practices there have been a variety of different methods put forth for the cessation of unwanted spiritual, emotional and mental conditions and creations. These different methods have met with varying degrees of success, but most have fallen short of working all the time or for all people and in fully ceasing the continued creation of the thing or condition.

To utilize the most optimum method of creation cessation let's review the major ones that have been employed, the idea behind them, their advantages and drawbacks, and the results of using each.

BLACK AND WHITE

One of the earlier methods employed to unlock a fixed creation and speed its cessation was the use of Black and White. One would turn the creation black, then turn it white, then turn it black again then turn it white again. This was repeated until the creation unlocked and began to unravel. A shorter version of this was used when the creation was not as fixed and that was to just turn it white.

The idea of doing this was to get the spiritual being back in control of the creation by intentionally turning it black and white, thus returning control of its continued creation back to the spirit. Additionally it was believed that white was the native state of the spirit or the spiritual universe and thus was the optimum state in which to leave the creation.

An advantage of employing this method was it was easy for the person to conceptualize the creation changing to black and then white and thus most people were able to do it quite readily.

The disadvantage was that both black and white are creations themselves, and often people would "paint" these colors over the creation rather than having the creation itself turn black and white,

thus the creation still fully existed only now hidden behind a coat of black or white. Additionally, when the person managed to turn the entire creation white they often left it that way which meant that the creation still existed, merely in a white form, and it still exerted some influence upon the person.

The results of using this method were the person did have some relief from the effects of the creation or condition due to regaining some control over it and reducing its unconsciousness and solidity to a lighter white form. As such Black and White is a useful method when a particularly rigidly fixed creation is encountered to unlock it before continuing with other methods to cease its continued creation. However, if just Black and White is used the person was often left with the continued existence and effects of the creation or condition but now did not look to that creation as the source as they believed it was gone having turned it white. This left them with an incomplete cessation and a potential block on finding the creation again to complete it.

RECOUNTING REDUCTION

This is another early method employed for the unraveling and cessation of unwanted conditions and creations. In this method the person would be directed to go through the source incident of the creation or condition and recount what happened, over and over until the force and unconsciousness would discharge and the moment of creation was viewed along with a realization of why and how the thing or condition was created in the first place.

The idea behind this method was that by re-experiencing and recounting the events of the creation of the thing or condition it would discharge the emotions, force and unconsciousness, thus contributing to the dissipation of the thing or condition, and that viewing the how and why at the point of creation the spiritual being could then take control of it and cease its existence.

The advantages of this method are that it is a more gradual approach for the more heavily charged creations and incidents, having the person relive and recount the incident of creation over

and over and viewing more each time, and that it can put the person back in control of the creation, especially if the exact decision to create the thing or condition that was made at the time of the incident is found and discharged as well.

The disadvantage of using this method is that many people often get into the habit of looking for incidents and the reasons or whys in the incidents as the source of their problems rather than focusing on the creation itself, and thus often miss and leave intact the actual debilitating creation. Additionally, this method can be very laborious and time consuming when a more direct method that directly addresses and ceases the creation could be used.

The results of using this method have usually been more positive than negative, especially when it is used for people relatively new to spiritual enhancement work or that have encountered a particularly heavily charged creation, in that it does have the advantage of the gradual unraveling and discharging effect. It can be of great benefit in these instances so long as the decisions made in the incident are found and discharged and the actual thing or condition that was created in the incident is also located and its continued creation ceased as well. If these things are not done using this method will merely discharge the creation incident of the thing or condition but leave the thing or condition intact to continue its detrimental effects on the person.

REPROGRAMMING

This is a more recent method developed to not bring about the cessation of the continued creation of the thing or condition but to instead reprogram the thinking about it into a positive or beneficial use. Instead of viewing it as it was one would now see it as something else, something that could drive the person in a different direction.

The idea of reprogramming is to change the thinking or consideration about the thing or condition so that instead of resisting it or being the effect of it the person could control it and use it. The person could then direct the energy and charge of the

original thing or condition toward the creation of newly wanted outcomes and results.

The advantage of this method is that the person does not have to fully view all parts of the original created thing or condition, nor cease its continued creation and then have to create something new from the recovered life energy. Instead one just modifies or covers over the created thing or condition with a new façade and purpose and redirects it in a new way.

The disadvantage of this is the source and reason for the original creation and many parts of the original creation still exist and can exert detrimental force and pressure on the person even after the reprogramming. This leaves the person still at the effect of these unwanted forces and pressures, but now they will not look for the original creation as in their mind it no longer exists; their mind has been reprogrammed to not see it as it was but to only see it as they want it to be.

The results of reprogramming have been mostly of the nature where many people are successful for some period of time afterward and then experience an unexpected crash and return to their former unwanted condition, only now it is much harder to locate the cause as they no longer can see the original creations. This has necessitated many additional hours of elicitation to undo the reprogramming so that the originally created thing or condition can then be located and its continued creation ceased.

Reprogramming may have a use AFTER the originally created thing or condition's continued existence is fully ceased by helping change habitual thinking patterns that were created as a result of having to continually deal with the thing or condition.

REPEATING

This is a method that has been around for a long time in various forms and names. It basically entails getting the name or statement of the thing or condition and then having the person repeat that name or statement over and over to discharge the force and

unconsciousness from it. Some forms of this add in the use of repeating the name or statement in varying emotions, and/or of having it repeated in first person, second person and third person forms in the case of a statement.

The idea of this method is that in having the person repeat the name or statement over and over it will get them to experience it more and more each time resulting in more contact with it and being more in control of it resulting in the discharge of the force on it.

The advantage of this method is that it is simple and relatively quick and it does rapidly discharge the force on the name or statement.

The disadvantage is that it may discharge the name or statement but the actual thing or condition still exists and will continue to exist if this is all that is done with it.

The results of using the Repeating method can be quick and sometimes dramatic in the amount of force it can discharge from the name or statement. It is a very useful method for this purpose, and should be used when a heavily charged name or statement is encountered, but it must be followed up with a method that directly addresses the thing or condition and ceases its continued creation.

DISSIPATING

Dissipating is the method whereby once the thing or condition and its parts have been described the person is instructed to dissipate it into free energy or life force or spirit.

The idea of doing this is to cause the thing or condition to break up into many tiny parts or particles and to disperse them, thus causing a cessation of the continued creation of the thing or condition.

The advantage of this method is that it can work in bringing about the cessation of the continued creation of the thing or condition.

The disadvantage of this method is that dissipating something does not necessarily make it cease to exist. It merely breaks it up into many tiny particles and scatters them about. Thus, the life energy that was used in creating the thing or condition is still tied up in the creation of the tiny particles and there is the possibility of the parts coalescing and forming up the thing or condition once again.

The result of using this method is that the person has relief from the effects of the original thing or condition as it has ceased to function when broken up into many tiny particles and dispersed. But, the person does not always regain the life energy used in the original creation and is left with the possibility of its return.

VANISHING

Vanishing is similar to Dissipating in that after the thing or condition and its parts have been viewed the person is instructed to cause it to Vanish, sometimes to vanish into free energy or life force.

The idea of this being that as the thing or condition vanishes it is no longer there, no longer in existence and thus no longer effecting the person.

The apparent advantage of this method is that it brings about the passing out of existence of the thing or condition.

The disadvantage of this method is that it is possible and often happens that the thing or condition merely passes out of sight; it disappears or becomes invisible and thus only appears to cease to exist.

The result of using this method is that the person may feel relief from the force and effects of the thing or condition, but often the thing or condition is still there only now invisible to the person. This may leave them in the state where the effects of the thing or condition return but they can now no longer find the source creation as it is invisible to them.

DISSOLVING

This method is where after having viewed and experienced the thing or condition and all its parts the person is instructed to dissolve it into free life energy.

The idea behind this method is that in Dissolving the thing or condition it causes it to pass from solid form back into a fluid form of free life energy, which brings about the cessation of the continued existence of the thing or condition.

The advantage of this method is that when the thing or condition dissolves all the life energy that was originally used in its creation returns to a free flowing state once again available for use by the person in their new, wanted creations.

The disadvantage of this method is that it tends to be a bit more difficult for some people to do compared to some other methods, but this may be due to the fact that it is more thorough and complete.

The result of this method is that the thing or condition ceases to exist in its solid or continuous created form and the person has a recovery of life energy to direct toward the creation of their new dreams and desires.

From all the methods devised down through the evolution of the personal and spiritual enhancement modalities this last one, dissolving the thing or condition, produces the most optimum results. It brings about the cessation of the unwanted thing or condition and frees up the life energy used in its creation for the person to once again use in their life and future creations.

Eric Wolery
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THE DOWNSIDE TO UNAWARELY TAKING ON SPIRITUAL CREATIONS

Unawarely taking on a spiritual creation is like installing the computer program Nanny Blocker on your computer to prevent your kids from viewing objectionable web sites without first reading the instructions.

When installing it you set it to block all “sex” web sites, but unbeknownst to you, as you did not fully review the 400 page instruction manual, by clicking this setting the program blocks ALL web sites that have the word “sex” anywhere on it in any context.

From then on not only are all the “sex” web sites blocked but so are all the news articles and educational or informational sites dealing with biology, animal husbandry, art, literature, entertainment and hundreds of subjects and topics that use the word “sex” in any way.

But since you were not aware of this feature of the program you cannot understand why there is now so little that can be viewed on your computer, not only by your kids but by you too.

Not being able to find any apparent reason for it you incorrectly assume that it must be something wrong with the internet that you cannot do anything about and resign yourself to accepting this new condition. The result is that you and your kids are now blocked from vast amounts of information and knowledge.

The exact same thing can happen when you create or take on and place into your mind subconsciously or unconsciously any thoughts, conclusions, decisions, precepts, rules, affirmations, or the like without fully reviewing them and their affects, effects, and consequences and without regularly reviewing them to ensure they are still doing what you desire and require.

Eric Wolery
3 May 2009 Revised 30 October 2014
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INFLUENCE OF OTHERS ON YOUR ELICITATION

The groups and those you are closely connected to can have a direct influence on what you can and cannot address in your Elicitations.

When you do your Elicitations and address an area that has non-optimum and charged creations it tends to activate similar non-optimum and charged creations in the others to whom you are connected.

If any powerful person or a good portion of the group has too many non-optimum creations on the area you are trying to address and optimize they will stop you from addressing the area as they will not want their similar charged creations activated.

This can be so drastic that they take active steps to block and prevent you from accessing the non-optimum creations or even the entire area.

This can be seen in groups that have rigid rules about not bringing up or talking about certain subjects, or not engaging in certain activities, even in the privacy of your own home.

This is what controlling or dominating people and those who seek power over others are trying to do; stop anyone from bring up, addressing or acting upon any non-optimum or charged creations similar to what they have.

So choose your associates and groups wisely as they play an influential role in your progress on optimizing all your creations.

Eric Wolery
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PHYSICAL MALADIES

Elicitation procedures are designed to aid you in optimizing your creations and improving your condition in life so that you may more easily attain your dreams, desires and goals.

However, there is one set of creations and conditions that the Elicitation procedures are not designed to address and these are actual physical maladies. These need to be addressed using the proper physical healing modalities.

That said there is an aspect of physical maladies that can be addressed with Elicitation procedures. This aspect is the spiritual, emotional and energetic creations of which the maladies are a physical manifestation.

There are many books that go into great detail on this subject. One notable book titled Heal Your Body by Louise Hay delves into and lists many common psychic and emotional conditions that predispose one to and contributes to the manifestation of many physical maladies.

If you find yourself with specific maladies as diagnosed and being treated as needed by a qualified health practitioner you can then look up the maladies in the above referenced book or any similar one and see the possible psychic and emotional conditions that could contribute to them. These psychic and emotional conditions can then be addressed and handled with the appropriate Elicitation procedure.

This can be done in conjunction with the proper recommended physical healing treatments and can greatly aid in the healing and speed of recovery by removing the psychic and emotional conditions that impeded the body from healing.

Eric Wolery
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PHYSICAL AFTER EFFECTS OF ELICITATION

When doing Elicitation procedures one is often shifting around and dissolving large forces, unconsciousnesses and creations in the spiritual, emotional and energetic fields of the being.

These forces, unconsciousnesses and creations usually are impinging in some way upon the physical body causing it to be modified or altered in some manner.

This can cause physical effects on the body that will manifest in two main ways.

One way is if you bring up a major area that needs to be dealt with but fail to address it or leave it incomplete for several or more days it will begin to impinge harder upon the body resulting in several negative manifestations of this added stress. Some of these are:

Getting sick with a cold or flu; or

Feeling heavy, headachy, pressure in the head, lethargic, or fatigued; or

Having skin eruptions such as acne, psoriasis, eczema, shingles, cold sores, canker sores, rashes or the like; or

Becoming irritable, sour, cantankerous, or in a vile disposition; or

Some combination of these.

These are all physical ailments that need to be addressed with the proper physical healing modality, but it is the additional stress on the body from the impingement of the activated but unhandled spiritual, emotional and energetic forces, unconsciousnesses and creations that predisposed the body to come down with these ailments.

They will usually continue for days or even weeks, until the impinging forces, unconsciousnesses and creations de-activate and the body has a chance to heal itself.

To prevent these types of things from occurring it is best to always do and continue doing the Elicitation procedures to full completion every time a major area or creation that needs to be handled comes to view. This will prevent the spiritual, emotional and energetic stress from building up on the body to the point it gets sick.

The other main way physical effects will manifest is when these forces, unconsciousnesses and creations are changed or dissolved and no longer impinging on the body at all and the body then begins to undo the modification or alteration they had caused.

This undoing of the modification or alteration can physically manifest in a number of ways. Some of these are:

A feeling of exhaustion and needing to sleep for a longer than usual time period until the modifications or alterations have been undone; or

A feeling of, and function of, the body detoxifying itself with increased excretions; or

A feeling of achiness and flu like symptoms, even with mild fever or chills that usually last only 12-24 hours and without any other symptoms that would indicate it is an actual flu; or

Some combination of these.

If any of these occur for you after resolving a major spiritual, emotional or energetic creation or issue, know that it is the body detoxifying and correcting itself from the adverse effects of that creation or issue. Let the body do what it needs to do. When complete, usually within 24 hours, you will be at a new higher level not only spiritually, emotionally and energetically but also physically.

You may notice that the things you desire to eat changes after one of these shifts, or that your sleep pattern changes, or that you have more energy, and usually you will have a new outlook on life as well.

This indicates that you have handled that major creation or issue.

Acknowledge yourself for that and take a break from Elicitation for a few days to acclimate to your new higher spiritual, emotional, energetic and physical condition.

Once stabilized and accustomed to this new higher condition you will have a stronger, more capable position from which to address your next layers in your Elicitation.

Eric Wolery
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BASIC TRUTHS OF THIS RECIPROCAL WORLD

What you harm harms you.

What you take from takes from you.

What you possess possesses you.

What you own owns you.

What you control controls you.

What you dominate dominates you.

What you subjugate subjugates you.

What you accept accepts you.

What you help helps you.

What you align with aligns with you.

What you give to gives to you.

What you allow to exist allows you to exist.

What you support supports you.

Thus, your condition in life is a result of others doing to you what you did to them.

Eric Wolery
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ARE YOU CHANNELED IN YOUR LIFE OR HAVE YOU CHANNELED YOUR OWN LIFE?

We are channeled in the direction we are going in life by what we know (the channel) and by what we don't know (the walls of the channel.)

What we know is familiar and comfortable, even if it is an ordeal, tiresome, or abusive, and as such we keep doing it as it appears to be easier than to strike out in an unknown, unfamiliar direction.

What we don't know is unfamiliar and uncomfortable and as such we do not like to go in the direction of the unknown, even if it would be better for us, make us happier, wealthier and wiser.

It is due to these factors that we get into a rut, doing the same thing every day with the same people in the same places getting the same results. Why we stay at dead end jobs that we never liked in the first place. Why we get into and stay in relationships that were disharmonious from the first meeting. Why we get to a certain low income level and never break out above that. Why we complain about the sorry lot we have in life and yet do nothing to change it.

It is the reason we accept the way we are and the way we live as our cross to bear throughout our lives instead of boldly going after our inner most dreams and desires.

It is our refusal to go toward and into what we do not know that keeps us in the channel, in the rut, or in a sorry, miserable life.

So what do you want to do - stay the way you are forever or confront some unknowns and get them known so that you can create the life you desire, doing what you desire, with whom you desire?

If you choose to not confront the unknown and to stay the way you are instead, stop reading this now, throw it away and go back to what you were doing.

If you choose to get out of your channel, your rut, your lot in life, the first step to confront the unknown is to accept and admit that there are things you do not know.

Then make a list of the things that you desire, what your inner most life long dreams are.

Then make a list for each of those desires and dreams what you do know.

Then make a list of things you do not know about them, including how to make them happen (if you truly knew how to make them happen you would be doing it right now.)

Then make a list of people and groups you have seen that have made them or similar things happen.

Then choose one or more of these people or groups and go to them to and arrange to work with them or be an apprentice with them to learn how to make what you desire happen for yourself, for as long as it takes to know how to do it yourself and have mastered all the skills needed to accomplish it.

Repeat these steps as many times as you need until you know how to make your dreams and desires happen in your life and are making them happen.

Now you will have created a channel in the direction of your dreams and desires. You will be happier. You will be making more income as you will be doing what excites you. You will be wealthier as you will be with the people with whom you wish to be.

You will be your life channel master instead of a slave in someone else's channel.

Eric Wolery
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MOTIVATION

Definitions:

Motivation *n* The reason or reasons one has for acting or behaving in a particular way; the general desire or willingness of someone to do something.

motivate *tr.v.* **motivated, motivating, motivates.** To provide with an incentive; move to action; impel. --**motivator** *n*.

incentive *n.* **1.** Something, such as the fear of punishment or the expectation of reward, that induces action or motivates effort.

--**incentive** *adj.* Serving to induce or motivate.

As can be seen from these definitions, there are two things that create motivation:

1. Something or someone that you go toward;
2. Something or someone that you go away from.

When you are going toward someone or something you are doing so out of an expectation of a reward, such as a feeling of accomplishment or satisfaction that one gets from creating something, accomplishing a goal or forming a new relationship, or the fulfilling of a desire to obtain and have something or some condition or relationship.

When you are going away from someone or something it is out of a fear of punishment, such as the pain of a bad situation or relationship, or of the threat of being trapped or worse if you stay where you are or in the situation you are in.

If you have nothing you wish to attain, and you are not in any fear generating or threatening situation, you most likely will not have any motivation and will just stay where you are, doing what you are doing, staying with the people you are with, being what you are

being. There is nothing particularly wrong or bad with this condition, if it is of your choosing.

Though you must realize that motivation causes you to move, and the more motion you have in your life the more “alive” you are.

alive *adj.* **1.** Having life; living. **2.** In existence or operation; active. **3.** Full of living or moving things; abounding. **4.** Full of activity or animation; lively.

Thus, many people seek to be motivated so that they can be and feel more alive. They go to motivational seminars and read motivation books, and learn all about creating excitement and enthusiasm and get all pumped up to go out there and conquer the world.

However, if you do not have one of the two motivating conditions given above all that external motivation will come to naught and the excitement, enthusiasm and being all pumped up will quickly fade leaving you in the unmotivated condition you were in before.

Another condition many people get themselves into is to continually create bad situations and relationships that they then are motivated to fight or to get away from. This does motivate them and they are more “alive” but it is of the negative sort as it continually negates being in relationship or having things.

When you continually are going away from things and people you eventually wind up with nothing and no one in your life for you have moved away from them all. This can leave you in the condition of being a recluse or homeless or sitting in a cabin in the woods all by yourself.

In this world and in the societies we have created there are a great many things that can be threatening and fear generating giving almost endless opportunities for this type of motivation.

However, there are also almost endless opportunities to create new relationships, set and accomplish new goals, and choose things to desire and seek to create or attain and own. This would be the more

positive action as it creates more and more people, places and things into your life.

When you continually are going toward things and people you can eventually wind up connected to everyone and everything in life. This would be going in the direction of regaining oneness with all. It makes you bigger and stronger spiritually as you would also be going toward and including more knowledge and love and truth and life energy as you gained more optimum relationships and bigger life games and activities to play.

Setting future goals you wish to go toward and attain should be as easy and natural as any other every day activity. If you avoid, are reluctant to, disregard, can't or just don't set goals, you are programmed to not have a future. To rectify this you can do the Spiritually Created Things Optimization Procedure step 1 on "setting goals" until this action is easy and natural for you to do.

Eric Wolery
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THE TWO PARTS TO ATTAINING YOUR DREAMS, GOALS AND DESIRES

The idea is to focus on your Dreams, Goals and Desires to ensure they are the highest level of optimum possible, and to work out and maintain the most optimum way possible to work toward, manifest, obtain and have them.

This is the purpose of really looking at all possible results, outcomes and consequences of each dream, goal and desire and all the ways each could be worked toward, manifested, obtained and owned.

Then you can see how to create each dream, goal and desire in a way that will bring about the most optimum results, outcomes and consequences.

There are two vital parts to ensuring your dreams, goals and desires and the ways in which you go about obtaining them are the most optimum they can be.

The first is to have all the knowledge necessary to enable this. The knowledge is obtained through perceiving, learning, researching, studying, experimenting, watching others, training, practicing, and doing full due diligence on it. These things are done through schooling, apprenticeships, and your own research, experimentation and life learning. This gives you the freedom to create your dreams, goals and desires in your life.

The second part is to ensure there are no known or unknown barriers, misdirections, modifications, inaccuracies, restraints, modifiers, corruptions, falsehoods, or anything else that could divert, slow, stop or in any way negatively influence the creation or attainment of your dreams, goals and desires.

This second part is accomplished through the use of the optimization procedures as give in this book, along with what to look for per the information provided of the many spiritually created things that could possibly divert, slow, stop, or in any way

negatively influence the creation or attainment of your dreams, goals and desires. This gives you the freedom from anything and everything that could hinder or stop you from creating your dreams, goals and desires.

Both of these parts are vital to do

Without doing the first part you will not have any knowledge on which to base even starting to work toward your dreams, goals and desires.

Without doing the second part you will undoubtedly be plagued by unforeseen problems, upsets and setbacks that will make the attaining of your dreams, goals and desires very difficult if not impossible.

Do them both, do them well, and you will be able to create and attain all your dreams, goals and desires.

My wish is that the knowledge and procedures given in this book will take you far along your path to this end.

Eric Wolery
2 April 2011
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THE TWO KEY STEPS TO CREATING YOUR LIFE THE WAY YOU WANT IT TO BE

While doing the Elicitation Procedures always keep in mind that the dissolving of old, unwanted, unneeded, interfering, or negative creations is only half of what you need to do in order to be successful in attaining your dreams, goals and desires.

The other half is that you need to acquire the knowledge, abilities and skills required to create them. Plus you need to create or take on the optimal role or way of being that would do the actions that create and have those dreams, goals and desires.

In other words, you still need to put in the time and effort necessary to learn how and develop the abilities and skills to be and do the actions necessary to bring about your dreams, goals and desires in your life.

You need to learn how to be a good relationship partner and do all the actions necessary to create and maintain a good relationship in order for you to have one in your life.

You need to learn how to be a wealthy person and do all the actions necessary to create and maintain wealth in order for you to have wealth in your life.

You need to learn how to be whatever it is you want to be and how to do the actions necessary to create and have in your life whatever it is that you dream of, set goals for or desire.

The Spiritually Created Things Optimization Procedure is designed to help you discover two key things.

First is what may be there slowing or stopping you from pursuing your dreams, goals and desires so that you may optimize or dissolve those creations.

The second thing is what are the knowledges, abilities, skills and ways of being you need to fully go after, create and have your dreams, goals and desires in your life.

Then it is up to you to find where to learn and acquire those knowledges, abilities and skills and to create and take on those ways of being.

There are a great many schools, colleges, universities, training institutes, technical schools, seminars, workshops, apprenticeships, internships, and the like that from which to choose to learn the knowledges and acquire the abilities and skills to become and do and have all you desire.

The Elicitation procedures will help set you up for this by becoming free of your old unwanted creations, optimizing your new and wanted creations, and determining what it is you need to learn, acquire, become and do, but the rest is up to you.

Eric Wolery
15 November 2014
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REINFORCING POSITIVES

In order to live a positive, uplifting life you will need to have many positive aspects and creations to use. The following steps will help you build this repertoire of positives.

Make a list of positive words and phrases (attributes, aspects, characteristics, abilities, skills, ways of being, conditions, etc.) that you desire to be, do or have.

Take the most important one to you first and repeat the exact word or phrase over and over. While doing this catch all creations (thoughts, unconsciousnesses, beliefs, images, forces, urges, etc.) that are activated and do the Spiritually Created Things Optimization Procedure on them.

Repeat the above step until no more creations are activated while repeating the word or phrase.

Then fully describe what that word or phrase would optimally look like when you are being, doing or having it. While describing this catch all creations (thoughts, unconsciousnesses, beliefs, images, forces, urges, etc.) that are activated and do the Spiritually Created Things Optimization Procedure on them

Repeat this until all the creations are dealt with and you can cleanly say and describe the word or phrase in a higher emotional level, with no further creations being activated, only a positive image of the word or phrase being newly formed.

Then do the same sequence for the next most important to you positive, desired word or phrase on your list.

Eric Wolery
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FOCUSING ON THE POSITIVE

There is an old adage which says to the effect that what you put your attention on is what you will get in your life.

This is what all the power of positive thinking modalities are based upon. The idea being that to constantly focus on positive thoughts and that is what will manifest in your life.

This is true, with one caveat: The subconscious and unconscious areas of your mind do a lot of thinking for you too, obviously outside of your awareness. If there are negative memories and decisions and images in these areas of your mind they will be doing negative thinking while you using the conscious area of your mind are doing all the positive thinking.

This can create an internal conflict of thoughts which can build mental and emotional stress and bring about uncertain manifestations in your life, some positive, some negative or some combination of both.

Thus, it is very important to watch for, note and optimize or dissolve all thoughts that come up from any part of your mind about or connected in any way to your dreams, goals and desires.

Doing this will ensure that all parts of your mind are thinking positive thoughts in harmony with you which will greatly increase the likelihood of manifesting your dreams, goals and desires in your life.

Now there can be another situation wherein you have been in a negative way of being and thinking for so long or under such duress that you cannot see how to think otherwise. You view everything from a negative prospective.

This is the person who can tell you all the things they don't want, don't want to do or have or be, and all the things they think are bad they wished were different, but they can't tell you in detail what they do want, how they do desire to be and act and how they do

wish things were. In other words, they cannot see the positive and thus cannot think positively.

How does one break this engrained pattern of negative thinking so they can begin to think positively and optimize their positive dreams, goals and desires?

Many positive thinking and motivational trainers and books will tell you to just do it, to write out the positives, to write out your dreams, goals and desires, to force yourself to think in positives, to practice it every day, to act positive until it becomes a new habit, to recite positive affirmations in order to reprogram your mind to think those positive affirmations, and many similar actions.

These are all a step in the right direction but unfortunately most do not take people truly all the way to being able to think positively.

Some people wind up with an enthusiastic positive way of being that is forced as it as been created over the top of the negative thinking still going on deep inside their minds.

Some people are up and positive until a few days or weeks after the training is over or the book is finished and then they go back to old habits and ways of being and thinking.

Some people just have so many negative thoughts about the positive training or book or about their ability to do it that they never ever really try.

And some people have never seen anything positive in their life and so just don't know what it looks like or how to think that way.

So again, how does one break this engrained pattern of negative thinking?

There are three actions to do this:

First is to take a key reoccurring negative thought and do the Spiritually Created Things Optimization Procedure on it from step 3 onward.

Second is to write out a succinct statement of the exact positive opposite of that negative thought. For example:

Negative thought: I'm a failure.

Positive thought: I'm a success.

Negative thought: I don't want to lose.

Positive thought: I want to win.

Negative thought: We need to stop child abuse.

Positive thought: We need to bring about harmonious child rearing.

Anytime there is a double negative, ones that have negations such as don't, can't, shouldn't, stop, prevent, etc. along with a negative it is still a negative thought focusing the attention on that negative. Thus, the whole thought needs to be reversed by eliminating the negation part and stating the opposite of the negative which gives you a positive of what is actually wanted. This will then focus the attention on that.

The third step, once the succinct statement of the wanted positive is done, is to do the Spiritually Created Things Optimization Procedure on that positive statement from step 1 onwards. This will fully optimize it as well as remove any remaining negatives associated with it.

Then repeat these three actions on each and every negative thought you have. Eventually you will begin to run out of negative thoughts and will be left with just lots of positive thoughts as you have retrained all of your mind to think in positives.

Then you can truly begin to dream and create goals and desires and optimize those as well to be able to fully manifest them in your life.

Eric Wolery

10 July 2010

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POSITIVE vs. NEGATIVE DREAMS AND GOALS ATTAINMENT

In pursuing your dreams and goals in life there are two positions from which to view and project these, each of which result in completely opposite manifestations of your dreams and goals. One position is the positive, expansive and outward view and projection, and the other is the negative, contracted and inward view and projection.

How you can easily tell from which position you are attempting to attain your dreams and goals is by which of the two key word pairs and their concepts you use in describing and carrying out the actions you are taking in your attempt to attain them.

THE NEGATIVE VIEW

The negative word pair, which has also been the most often used by most people, is asking what you NEED and WANT in regard to your dreams and goals. At first these seem to be positive things, but a full comprehension of their meaning, especially as compared with the positive word pair, will show otherwise.

need *n.* **1.** A lack of something required or desirable. **2.** Something required or wanted; a requisite. **3.** Necessity; obligation. **4.** A condition of poverty or misfortune. **--need** *v.* **need·ed, need·ing, needs.** **--need** *aux.* **1.** To be under the necessity of or the obligation to. **--need** *tr.v.* **1.** To have need of; require. **--intr. **1.** To be in need or want. **2.** To be necessary.**

want *v.* **want·ed, want·ing, wants.** **--tr. **1.** To desire greatly; wish for. **2.** To be without; lack. **3.** To be in need of; require. **4.a.** To request the presence or assistance of. **b.** To seek with intent to capture. **5.a.** To have a desire for. **b.** To have an inclination toward; like. **--intr. **1.** To have need. **2.** To be destitute or needy. **3.** To be disposed; wish. **--want** *n.* **1.** The condition or quality of lacking something usual or necessary. **2.** Pressing need; destitution. **3.** Something desired. **4.** A defect of character; a fault.****

When trying to attain your dreams and goals from the position of what you “Need and Want” you are coming from a position of lack, of poverty, of misfortune, of destitution, under obligation, and with defect or fault. These are negative, inward, at the effect of life conditions.

If you are in too much need or want you may not even have a dream or goal. If you can state a dream or goal but approach it from a position of Need and Want you see what you need, that is what you lack, and that leaves you wanting. In other words it will leave you without your dream or goal.

This creates the manifestation of believing you are constantly working toward your dream or goal but never attaining it as you are always in a place of and focused on what you need and want, what is lacking, in regards to it. You are never or rarely focused on your dream or goal.

Further, being a negative condition the sequence is reversed. Reality creates your Needs and these Needs then establish your Wants. In this situation you are the effect of life and the environment and condition in which you find yourself.

THE POSITIVE VIEW

The positive word pair, which should be thoroughly comprehended and adopted in order to truly attain your dreams and goals, is to DESIRE and REQUIRE.

de·sire *tr.v.* **de·sired, de·sir·ing, de·sires.** **1.** To wish or long for. **2.** To express a wish for; request. --**de·sire** *n.* **1.** A wish or longing. **2.** A request or petition. **3.** The object of longing. **4.** Sexual appetite; passion.

re·quire *tr.v.* **re·quired, re·quir·ing, re·quires.** *Abbr. req.* **1.** To have as a requisite. **2.** To call for as obligatory or appropriate; demand. **3.** To impose an obligation on; compel.

Granted both desire and require are part of the definition of want. However, there are so many other negative connotations in the definition of want that these two positives are negated and the overall concept of want is being without, lacking.

Comprehending and utilizing the concepts of desire and require distinct and unencumbered by any negative connotations brings them into their full positive, proactive condition.

When you Desire your dream and goal you are expressing your wish for them, you are making a request for them by projecting outward the images and communication of them. This focuses your attention on your dreams and goals, and also focuses the attention of others and the environment on them as well.

In stating what you Require to attain your dreams and goals you are calling for, or even demanding things and actions to be there that will aid in their attainment. This further focuses your and others attention and the flow of life energy toward putting in place what is necessary so that you will attain your dreams and goals.

Operating from the positive position of Desire and Require keeps you expanding outward and forward constantly putting in place those things and actions necessary to attain your dreams and goals.

Being a positive condition it also is the correct sequence in that it is your Desires for your Dreams and Goals that establish what you Require which will make them an actuality.

You create your life rather than life creating you.

Eric Wolery
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COMMITMENT

"Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now." Johann Wolfgang Goethe, poet, dramatist, novelist, and philosopher (1749-1832)

You can have all the dreams and desires in the world, and all kinds of imagined events, accomplishments and achievements, and all the best intention, but if you do not commit to being responsible for and to doing what it takes to accomplish a finite goal no actions will be taken and none of your dreams or desires will ever be fulfilled.

Definitions:

Commit: *v. intr.* To pledge or obligate one's own self.

Pledge: *n.* A solemn binding promise to do, give, or refrain from doing something.

Obligate *tr.v.* To bind, compel, or constrain by a social, legal, or moral tie.

From the American Heritage Dictionary

Eric Wolery
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ELICITATION AND YOUR LESSONS

Learning and applying the elicitation procedures in this book will not immediately resolve all your problems, and they may not even resolve at a very rapid pace.

What these procedures will help you do is pull apart your spiritually created problems and upsets and undesirable conditions in life so that you may learn their causes and thus learn the lessons they have to teach you.

If you learn the causes and learn the lessons the undesirable condition(s) will resolve and you will not recreate them again.

If you do not learn the lessons (that the causes create the outcomes you have and if you continue doing them you will continue to have those undesired outcomes and conditions) then you will recreate the causes and undesirable outcomes all over again.

This will repeat until you learn the lessons each situation provides.

These elicitation procedures and the accompanying insights and information in these books cannot teach you the lessons you need to learn.

Only the repeated application of these procedures over and over on each of your dreams, goals and desires dissolving all detrimental spiritually created problems, upsets, conditions, situations and failures to attain what you desire thoroughly enough for you to find each cause and its consequences will provide you with what is required for you to learn the lessons.

Even then it is up to you to accept or reject the lesson. Accept the lesson and you can let go of the undesirable and move on toward your desired dreams, goals, outcomes and conditions.

Reject the lesson and you can go forward and recreate the causes and undesirable conditions for as many times as you choose in order to fully learn and accept the lessons they provide.

The choices are up to you and the work required to learn your lessons is up to you. No one can or will do it for you.

All I hope to accomplish with the knowledge and techniques I've discovered and developed and laid out in these books is to aid and guide you in your endeavors towards your dreams, goals and desires in life and existence.

The rest is up to you.

I wish you many great learning adventures.

Eric Wolery
13 January 2014
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IT'S ALL GOING TO HAPPEN!

Everything you can possibly imagine, and everything everyone else can possibly imagine has happened at every time somewhere, is happening right now somewhere, and is going to happen at every point in time in the future somewhere.

Every good thing, every bad thing, Every wanted thing, every unwanted thing. Every expected thing, every unexpected thing. Everything that someone is trying to make happen will happen and will also not happen. Everything that someone is trying to prevent from happening will be prevented from happening and also will happen anyway.

No matter what it is, from the most evil and vile thing possible to the most saintly and virtuous and everything in between is going to happen.

In fact, all these things are all happening right now, somewhere to someone.

There is no stopping or changing this condition for it is the way this universe is constructed. It is a duality universe of almost infinite events so whatever could possible happen along with its opposite has, will, and is happening somewhere to someone.

So, the question is not if any of these things are going to happen to you. The question is which events are you going to lead yourself into and experience as you progress through your existence in this universe?

What leads you into some events and away from others is solely determined by where your attention is directed. What you think about, especially often think about, directs your attention to those events.

What you believe, consciously and subconsciously, directs your attention to the events that make those beliefs "real".

With whom and what you associate and where and under what conditions you live all direct your attention to the events that occur in those places and conditions and to or by those people and things.

Thus, to have power of choice over what happens to you, what events you experience, requires you to have full and knowing control over the directing of your attention.

Control over your thoughts and your beliefs. Control over with whom and what you associate. Control over where and under what conditions you live.

All it takes is first the decision to take responsibility for these parts of you and your life. Second is the discipline to continually monitor and direct your attention onto the events you wish to have happen to you to experience to bring those about.

As we have all been going through the events and happenings of life on automatic with our attention being directed hither and yon by others, situations, and our subconscious programs, it will take some effort and work on your part to regain full control over the directing of your attention.

Changing your life is actually the easier part as it is around you all the time and what needs to be changed can be easily seen.

The harder part is changing your subconscious programming. This is with you all the time but outside of your awareness and much harder to find and see.

This is what the Elicitation procedures have been designed to help you do: to bring to your awareness and help you see all your subconscious and even unconscious mind sets, beliefs and programming.

What will take the most diligence, discipline and perseverance to do is the application of the Elicitation procedures over and over and over again.

But as you do this you will gain more and more control over the directing of your attention and have greater and greater choice over what events and happenings you will lead yourself into to experience.

Continued long enough one day you will find that your have regained full control over all of your attention, your thoughts, your beliefs, and your mind programs.

At that point you will have full control over and power of choice of which, if any, events and happenings in this universe you are going to go through and experience. You will be able to create your life and existence in exactly the way you desire. A very empowering condition in which to be.

Eric Wolery
23 May 2014
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INTERACTIONS AND THE RESULTING LEVEL AND CONDITION OF EXISTENCE

When you encounter or are with another or others and they are being something, doing something, or projecting or communicating something there are three different ways in which you can interact with them. Each one of these methods of interaction will fix you into a level and condition of existence in relation to what the other or others are being, doing, projecting or communicating.

The first is that you can align with, agree with, or even take on what they are being, doing, projecting or communicating. This will ally you with them and fix you into the level and condition of existence they, and what they are being, doing, projecting or communicating, are at.

The second is that you can refuse, reject, deny, repudiate, dispute, negate, ignore, forbid, stop, proscribe, or in some other way oppose (be the opposite of) what they are being, doing, projecting or communicating. This will put you into opposition to them and also fix you into the level and condition of existence they, and what they are being, doing, projecting or communicating, are at.

The third method is to be present with, experience and acknowledge what they are being, doing, projecting or communicating but to do nothing further with it. This will allow them to be, do, project or communicate without you agreeing with, allying or opposing them or what they are being, doing, projecting or communicating.

Responding in this manner will allow you to maintain your high level and condition of existence and not become fixed at their level and condition, what ever it may be. This will also allow the other or others to have what they are being, doing, projecting or communicating without anything being added to it (agreements) or anything blocking it (opposition).

This plus your acknowledgement of it will enable them to be complete with what they were being, doing, projecting or communicating with you so that they may also let go of it and rise to a higher level and condition of existence to be, do, project or communicate something else.

This third method or interacting with another or others is the most optimum method for maintaining your and raising others' level and condition of existence and thus bring about higher levels of being, doing, projecting and communicating and more harmony.

Eric Wolery
23 November 2009
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EMPOWERING vs. DISEMPOWERING

If you tell someone what they are doing wrong and what not to do you will get less and less from that person.

This is how you disempower someone - you invalidate and admonish them and what they are being and doing that is not desired, required or optimum.

If you tell them what they are doing right, validate and acknowledge them for it, and tell them what more they can do that is right you will get more and more of that from them.

This is how you empower someone - you validate and acknowledge them and what they are being and doing that is desired, required and optimum.

These are the most powerful ways to empower another.

Eric Wolery
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HOW YOU CREATE YOUR LIFE AND EXISTENCE

"We either make ourselves happy or miserable. The amount of work is the same." Carlos Castenada, mystic and author (1925-1998)

Your life and existence are the way they are because that is the way you have chosen them to be.

Whether choosing by knowingly deciding and intending it to be that way, or unknowingly choosing by believing or taking on others beliefs that it is the way it is supposed to be matters not.

When you ask for guidance from another or others, be it from an actual person, an incarnate entity or a disembodied spirit you will always hear the advice that you have already chosen to hear, even if that choice was made unknowingly or unawaresly.

The choices you have made that are creating your life the way it is may have been made very recently or a very long time ago. When the choice was made also matters not. When you make a choice and a decision it will continue on in perpetuity until you knowingly review it and change or discard it.

You may have heard or read the ideas that we create our experiences in life, that life is just a projection of our minds, or that we attract externally what we hold internally, and these are true. How these all are created is by the choices and decisions we have made in the recent or far past.

How you know there are past choices and decisions that no longer serve you is by perceiving that your life and existence are not the way you desire them to be now in this present time.

Realizing this is the first step in beginning to change your life and existence into what you do desire. The next step is to find and

review, and then change or discard, all the previous choices and decisions that you made that still exist.

This may seem like a daunting task but it can actually be an exciting adventure, much like hunting for buried treasure. And when found and changed or discarded it is just like getting treasure as your life and existence begin to change to the way you now desire them to be. You regain your freedom to be and do and have what it is that you desire to now be and do and have.

This is what the Elicitation procedures are designed to help you do. Find, review and change or dissolve all the buried treasures of your previous choices and decisions, and the resulting creations they brought into being, so you may use them or the life energy formerly tied up in them to create the life and existence you now desire.

May your hunt for your treasures be fruitful.

Eric Wolery
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HOW TO CREATE YOUR DREAMS INSTEAD OF A NIGHTMARE

In order to have what you desire it is necessary to form a dream of what would fulfill that desire, and create a vision of what that dream would look like. The more holographically detailed that vision is the more exactly you will manifest the exact dream and more completely fulfill your desire.

Once you have created your dream and vision you then set about finding or creating in the physical universe the people, places, things, and actions that match your vision and thus manifest your dream. This system works well unless you fall into the bad habit of superimposing.

Superimposing is what causes people to live delusional lives; to think they have what they desire when they in fact do not; to be continually heartbroken when the dreams they think they have turn out to be nightmares instead.

This is what causes repetitive erroneous behavior, to repeatedly pick the wrong people, places, things, and actions. Erroneous behavior such as: repeatedly choosing the wrong person to be in a relationship with; repeatedly choosing the wrong company to work for; repeatedly choosing the wrong teachers to learn from; repeatedly choosing the wrong house to buy or the wrong time to sell; repeatedly choosing to return to someone or something that was not good for you the first time around.

So what is this superimposing that can be so devastating?

In the quest to find or create the people, places, things, and actions to match our vision we go around and compare every person, place, thing and action we see to our vision. This is workable if it is done correctly, without giving in to the habit of superimposing.

Superimposing is where you see someone or something that in some way matches a part of your vision and then you superimpose

or lay or place your vision on or over the person, place, thing, or action to make them/it fit your vision.

The problem with this is you now can no longer see the person, place, thing, or action as they/it actually are but instead only see your vision that you have superimposed. Then you conclude, wrongly, that that person, place, thing, or action matches your vision and is your dream and you fall in love with them/it and take them/it into your life.

You can probably already see the error in doing this. The vast majority of the time the person, place, thing, or action does not fully match your vision, only partially does it match, but you falsely believe it matches completely.

You are now living a delusional life; what you think is actual is not, it is just your superimposed vision, or imagined life that you are living.

Then when the person, place, thing, or action behaves, manifests, or turns out to be different than what you desire you are upset, shocked, confused, perplexed and angry that they or it are not what they are supposed to be! It is now their or its fault that your desires are not being fulfilled.

But then you see the one part of them or it that matches your vision and you superimpose your vision on them/it again and you fall in love with them/it again and go back to them/it, until the next time they/it do not behave, manifest or turn out the way you desire.

This conflicted, roller coaster ride may continue for your whole life, or you may only put up with it for a short while and leave the person, place, thing, or action and go back out to find another that matches your vision.

But again, unless the habit is handled you will superimpose your vision onto the next person, place, thing, or action that in some way partially matches your vision and the whole sequence repeats once more.

This can lead to very conflicted relationships and a life full of turmoil; full of wondrous, perfect love that turn into horrendously awful heartbreaks. You are living a nightmare!

So how do you create your dreams and visions into actualities without falling into the self-destructive habit of superimposition? Through the designing of and adherence of a properly designed plan!

A properly designed plan is not only the program or steps or method worked out beforehand of how to go about doing something, it is also a systematic arrangement of details, such as an outline, drawing or checklist.

After you holographically create your vision design a plan that lays out the program or steps you are going to take to find or create your vision in your life. **Make out as part of that plan a checklist of all the details or criteria that need to be met for the person, place, thing, or action to actually match your vision in full.**

That is the easy part. The next part can be harder as it takes determination and discipline to carry out. This part is the sticking to your plan and using your checklist in spite of any urge or compulsion that comes up to go after the first person, place, thing, or action that matches one major point on your checklist.

When you feel this urge or compulsion acknowledge it for what it is, an urge or compulsion. Sit with it for a while, a day or two, or even a week, without acting on it. If needed, do the Dissolving Procedure on the urge or compulsion.

Then take out your plan and compare the person, place, thing, or action against all the points on your checklist. If they/it have the majority of points and all of the important points on your checklist and you can accept them/it without the points they/it do not have, then go for it. If they/it do not meet these criteria then acknowledge the fact and continue on with your search or creation.

Repeating this search or creation over and over, each time comparing the results to your checklist will ultimately bring about your finding or creating that which matches the majority of or all of the points on your checklist and thus manifests your vision and dream.

Steadfast adherence to this method of designing a proper plan and sticking to and utilizing your plan may seem to make it take longer to fulfill your desire, but it will enable you to ultimately truly fulfill your desire. Not doing it will ensure you never truly fulfill what you desire and thus you will forever be left wanting.

The choice and the results are yours to make.

Eric Wolery
September 6, 2007
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CAN YOU HAVE IT?

One of the main abilities you need to work on for getting what you want is: Can You Have It?

To determine the answer to this question, do the following:

Create the vision, the moving, living, in motion vision of what you want and see yourself in that vision experiencing it fully and see how that feels to you. If it feels good and comfortable and something you would like to continue feeling and experiencing then you can have it. If there are any uncomfortable feelings or thoughts about it you'll need to do the Dissolving Procedure on those until they are all gone and all that remains is feeling very comfortable in that vision.

Then find some place or situation in life that closely approximates what you want and go there and put yourself in that place or situation. While in that place or situation feel what it is like, in the physical world. Again, if it is comfortable then you can have it, and if there are any uncomfortable feelings or thoughts do the Dissolving Procedure on them until they are all gone.

Do this on all things you want and you will then be able to have them in your life.

Eric Wolery
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KEEPING IT SPIRITUAL

To truly be a spiritual work the knowledge must be given in a spiritual manner, spiritual form and for a spiritual exchange. To do otherwise will alter the work into some form other than truly spiritual.

Giving the work in a spiritual manner, form and exchange is to present and teach the knowledge using all Light Side spiritual attributes and knowledge. Some of these attributes are creation, co-creation, love, compassion, harmony, honor, truth, wisdom, integrity, honesty, equality, freedom, responsibility, support, appreciation, gratitude, connection, respect, caring, friendliness, forgiveness, tolerance, empathy, to name but a few.

There have been many messiahs and spiritual teachers down through time that have presented man with the wisdom and knowledge of the spiritual realm and the spiritual nature of man. But unfortunately in most cases these spiritual presentations were quickly or later formed into some type of spiritual or religious organization or more recently into businesses. Any type of set organizational structure is a mental/role based construct and thus, is no longer a spiritual based creation and co-creation.

Many then also proceeded to dictate how the knowledge was to be presented, by whom, to whom, and for what reasons, and required exchanges of things other than that of equal light side spiritual attributes and knowledge. These required exchanges were things such as obedience, devotion, adoration, sacrifice, wealth, power, control, subjugation, and material possessions.

When this occurs the work ceases to be truly spiritual and becomes mental/role and materialistically based and focused, which are the opposite of spirituality and thus are anti-spiritual.

When a supposedly spiritual or a religious organization or church dictates who can know the knowledge, when they can know it, the set order in which it can be known, that you must accept their interpretation of the knowledge rather than helping you find your

truth of it, and keeps part of the knowledge secret, they are using the knowledge to control, subjugate and dominate those seeking the knowledge.

This is not a spiritual action, it is an anti-spiritual action for it is demanding obedience, dependence and enslavement rather than giving freedom.

When a supposedly spiritual or a religious organization or church promotes and sells the knowledge they have or requires that you “donate” money or material possessions before they will give you the knowledge it degrades that knowledge down from being spiritual to being materialistic.

This is as all exchanges create an equal value between that which is exchanged. To sell or require the donation or payment of money or material possessions creates the condition where the knowledge has no more value than the money or possessions so exchanged.

To be truly spiritual and maintain that value the work must be given in a spiritual manner, continually created and co-created by all who are teaching it as well as all who are learning it, with love, compassion, harmony, honor, truth, wisdom, integrity, honesty, equality, freedom, responsibility, support, appreciation, gratitude, connection, respect, caring, friendliness, forgiveness, tolerance, and empathy and it must be exchanged for in kind.

Eric Wolery

1 August 2009

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EPILOGUE

So there you have it. The basis of all your obstacles in life as well as the means to help succeed in attaining your wildest dreams, are your spiritually created things.

All you need to do is sort out all your things, dissolve the ones that no longer serve you, optimize the ones that do, and use them to attain all your dreams, goals and desires.

The tools given in this book will help you do that.

There are many, many different types of things we have each created during our existence.

There are a great number of more complex things and structures of things we have created as well that require more in depth, specialized procedures to uncover, sort out and resolve.

These more complex creations and the methods and procedures to resolve them will be covered in detail in the subsequent books in this series.

To start with there are a great many spiritually created things that can be found and optimized or dissolved using the procedures given in this book. These procedures will lay the necessary ground work to make finding and dealing with the more complex creations possible.

Use these procedures and use them often to begin cleaning out and cleaning up your spiritual creations pile and using your optimized spiritual creations to remake your life the way you desire it to be.

Eric Wolery
17 January 2009
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