

**SELF-HELP TECHNIQUES
FOR PERSONAL GROWTH**

Charlotte

Foreword

There is no denying that there is a lot of misery in the world. According to my views, the origin of suffering is to be found in the subconscious mind. Consequently, if large scale changes could be brought about in people's subconscious minds, both the lives of these people and the world would improve.

Here is some good news. It is possible to improve people's lives by removing negative programmes from their subconscious minds, which dictate their personality and lives. One very interesting technique that can help to achieve this, is listening to certain sounds and certain music that have the ability to break down negative subconscious material. This will gradually result in the improvement of behaviour, the reduction of psychological and physical problems and the general improvement of people's lives.

This book describes six self-help techniques, of which the sound and music technique is the most important one. The reason is that it's a very powerful tool for breaking down negative subconscious material, it can be accessed by everyone, it's free, the sounds and music can be played night and day at a low volume in the background, and it is not time-consuming. It can be played for the whole family, in the office, and for animals. Animals also have a subconscious mind and they need help too. It's advisable to interrupt the listening every now and then to spare your ears.

You can listen to these sounds and music on your pc if it is powered by a fixed internet connection, or you can make use of a radio that allows the use of a USB flash drive. Do not use headphones. Do not play these sounds and music on devices that use Wi-Fi. Look for another solution. I believe that Wi-Fi may harm your health.

The subconscious mind differs greatly from one person to another. Because of this, results will come much faster in some people than in others. If you don't experience many changes, then ask other people about their experiences. In order to stay motivated to listen to the sounds and music, it's good to hear of other people's changes. Even when results don't come easily for you, it's important to continue playing the sounds and music, because changes will come eventually.

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1

Overview of the techniques

This book describes five self-help techniques for removing negative subconscious material or 'blockages' in yourself and one self-help technique to ask for help in a psychic manner. Subconscious blockages are the source of anxiety, lack of empathic abilities, low self-confidence, obsession, addiction, bad relationships, concentration problems, prejudices, bigotry, sleeping problems, selfishness, clumsiness, being prone to bad luck, being prone to disease, etc. Removing this negative subconscious material gives rise to all kinds of benefits, for example, your personality improves (for example, you become more broad-minded), psychological problems diminish, your health improves, your ability and success in life increase, ...

Discharging emotions

Make a sentence that describes a certain emotion and repeat this sentence until there is a change. Then make another sentence.

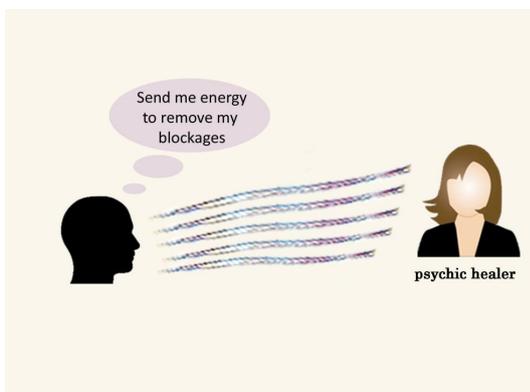
Sound and music

Certain sounds and certain music have the ability to remove subconscious blockages (by having them peeled off little by little). The only requisite is to play these sounds and music in the background as much as possible.

Two people facing each other

This technique involves two people facing each other and looking at each other for a while (for example for half an hour). However strange this may sound, this method helps to remove subconscious blockages. This can also be done on one's own whilst looking in the mirror.

Asking for energy



This is a psychic method. I am a psychic and a distance healer. With this technique, energies that are present in my subconscious mind are used to remove blockages in your own subconscious mind. This method can also be applied for the benefit of another person, for example your child, or for an animal.

Asking for help



This is also a psychic method. My psychic energies can be used to help and support you in a difficult situation or to find a solution to a problem. Not all situations or problems can be helped or solved in this way, but sometimes unexpected help is experienced or unexpected solutions are found.

Regression

This technique is about recalling things from the past in order to remove past negative experiences that still have an influence on the present. This technique is not always easy to perform. Not everyone will be able to apply this technique on their own. However, a number of people will find this technique to be useful.

Evaluation of results

It is motivational when changes are perceived as a result of the application of one or more of these techniques. However, it is not always easy to perceive all the changes that have occurred. It may help to write things down. You can either keep a diary or fill out the questionnaire (see chapter 5) or do both. If you are serious about applying some or all of these self-help techniques, I strongly advise you to at least keep a diary.



In doing so, write down what happens in your life, and how this makes you feel. Write down your behaviour, your thoughts and feelings. Write about your problems. Write about your fears, your obsessions, your convictions, your relationships, your work, your health, ... Write about how you treat others and how you are treated by others. Write down the things you do and the things you don't do, the things you should do that you don't do, and the things you shouldn't do that you do. Write down the things you are good at and the things you are not good at. Write down what you think of others. Write down your preoccupations. Write down the things you believe you do wrong, or the things you do well or the things you should do better. Write down everything you can think of concerning your personality and life.

My views of life

If you have strong religious views or if you are an atheist, you may not agree with the views expressed in this book. These views include the belief in the existence of the soul, reincarnation, the belief that the soul simply exists and was not created by a God, the belief in the existence of psychic abilities and a new view on the subconscious mind. If you have difficulty accepting these ideas, don't immediately abandon the use of the self-help techniques, because they are of great value and can really help you, whatever religious or philosophical ideas you adhere to. You don't have to believe my views of life for the techniques to work.

2

A simple self-help technique for peeling off small pieces of negative subconscious material

The technique described below aims to discharge negative feelings, thoughts, incidents or situations. Discharging means removing negative mental pain (feelings, emotions, thoughts, images). For example, when you have had an argument with someone, you may experience a negative or painful feeling when you recall this incident. If the incident has been discharged, it is no longer painful to think about. This is because the negative feelings or emotions, the negative thoughts or persistent images that lingered in your mind, have been removed from the incident.

A concrete example to illustrate this

Suppose you are afraid to speak in front of groups. Try to clearly imagine the feeling of fear. You can try to arouse the feeling of fear yourself. Or you can try and recall an incident in which you felt this fear and then clearly try to picture the fear that you felt at that time. Or imagine that you give a presentation in front of a group and in doing so, clearly imagine the fear that accompanies this.

Next, put this imagined feeling into words, into a sentence, as you would formulate the sentence for yourself in your mind, in the first person (so, using 'I' or 'me'). For example: 'I'm overwhelmed with fear'. It is very important that the sentence formed is the right one, otherwise, nothing will be peeled off. The right sentence is a copy of what is stored in the subconscious mind, and only when the contents of the sentence is an exact copy of subconscious information, small parts of it will be broken down. When you feel that it's not the right sentence, then look for another sentence, until you feel that it is the right one. The sentence should be repeated while the fear is clearly imagined. In this case, the sentence is 'I'm overwhelmed with fear'. Continue to repeat the sentence until you feel a relief or a change or you feel like forming a different sentence. For example, you might feel like forming this new sentence: 'I feel tense and insecure'. Or: 'I will fail'. Or: 'They will judge me'.

Continue to repeat the new sentence, while clearly imagining the feeling or the idea that goes with the sentence. Continue to repeat the new sentence until you feel there's a relief or a change, or until you feel like forming a different sentence.

When you feel that you have reached a final point, start all over again. So, again, imagine the fear you feel when speaking in front of a group. Make a sentence in the first person about the feeling as you would say it in your mind. Etcetera.

How to go about it

Choose a topic you want reduce the negative aspect of. This can be an emotion, an idea, a conviction, a situation, an incident that happened recently, an image or a thought that keeps lingering in your mind.

Clearly imagine this topic in your mind. If it is an emotion, try to feel it really good. If it is an idea, an image, a situation, an incident, then clearly imagine this idea, an element of the situation or an element of the incident and look for an emotion linked to this idea or this element and clearly imagine this emotion. If it is an image, look for ideas and emotions that accompany this image.

If you find it hard to imagine the topic, try to recall a memory related to the topic. If this doesn't work either, try to create an imaginary situation involving this topic.

For example, if you want to tackle the topic of not getting much respect from others. Either imagine both this idea and the feeling that accompanies it, or create an imaginary situation in which you are not respected by others in the hope that you can call up the right idea and feeling.

When a situation includes several elements, choose one to start with. If you want to discharge a recently happened incident, then take one element to begin with. If you feel a relief with regard to this single element, then proceed to the treatment of another element. If you have to repeat a sentence for a long time without anything happening, then you probably haven't formed the right sentence. Try to find another sentence for the same topic or choose another topic. If you do it right, you'll notice that the topic, feels lighter after this technique has been applied (sometimes only temporarily, however).

Most people find this technique easy to work with. But others find it difficult. Some people experience that subconscious matter is being stirred up, without it being discharged, and as a result they are stuck with a negative feeling. If this happens only once, it's not a problem. Simply leave the technique be for a while, focus your attention on other activities in your life, and the negative feeling will disappear by itself. But if a negative feeling continues to remain when applying this technique, then try it once more with a completely different topic, or abandon this technique entirely.

This technique is simple, but very powerful. If applied in the correct way, it can discharge more negative subconscious material within a certain time than in an equally long therapeutic session with a therapist. So, certainly try to work with it, don't give up right away. It may sometimes require some practice before you've mastered it, but once you've got the hang of it, you have a powerful, free technique at your disposal that can help you to fix problems in yourself and in your life. So, spend as much time on it as possible.

3

Sound vibrations for the removal of subconscious blockages.



All kinds of sound vibrations have a positive effect on humans and animals and they can help improve personality, health and life in general. Please have a look at the explanation below, and have a try at the technique that is explained.

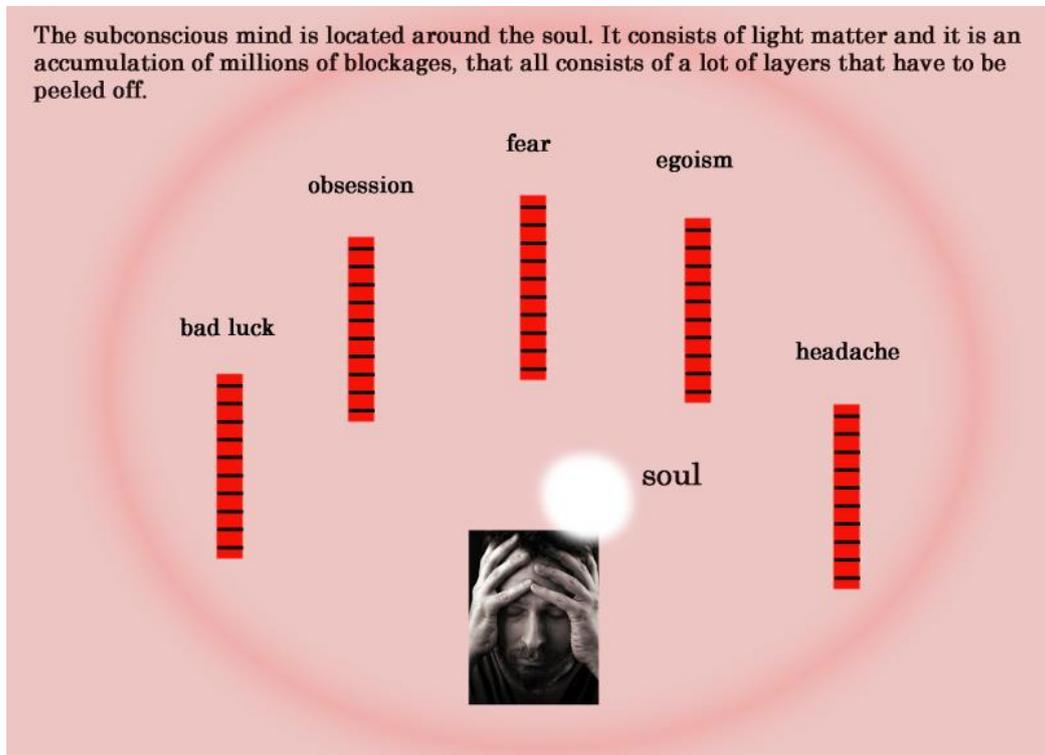
The explanation that follows is about the effect of sounds on the subconscious mind (personality, occurrences, health). Sounds may very well have an effect on the

physical body as well, but that's another discipline of study.

According to my views, both humans and animals are souls in a body. The soul hasn't been created by a God, but just exists. The soul is imprisoned in an eternal cycle of reincarnation. I don't know how the soul got trapped in this, but it's important for the soul to be released from it. It is believed by many throughout the world that the soul has many lives in order for it to be able to evolve, in order for the soul to evolve to a higher level of being, by learning lessons in every life. However, this idea is wrong. Apart from the fact that many people throughout the world believe this to be true, there is no single evidence that supports this idea.

There is no positive evolution per life, quite the opposite, the soul finds itself in a downward spiral of evolution. The difficulties that are experienced in every life, cause negative matter to build up around the incarnated soul. All negative experiences that happen in life accumulate in the subconscious mind of the incarnated soul, and are stored in the form of a light matter around the person/the soul. Therefore, the subconscious mind consists of light matter and is literally present around the soul, whether or not the soul is incarnated in a body. The soul is stuck in a negative spiral of evolution and degenerates a little bit in every lifetime, and there is absolutely no positive evolution per lifetime. The soul was originally free and very positive, loving, powerful, able, intelligent and its existence was enjoyable and interesting, free from worries, free from problems of any kind, there were no negative circumstances, it didn't have any negative characteristics, and it was not trapped in a body, human or animal. But this was aeons ago. The soul has only degenerated ever since and still degenerates in every next life.

The negative subtle matter that accumulates around the soul as a result of negative experiences consists of a great many layers and constitutes the subconscious mind.

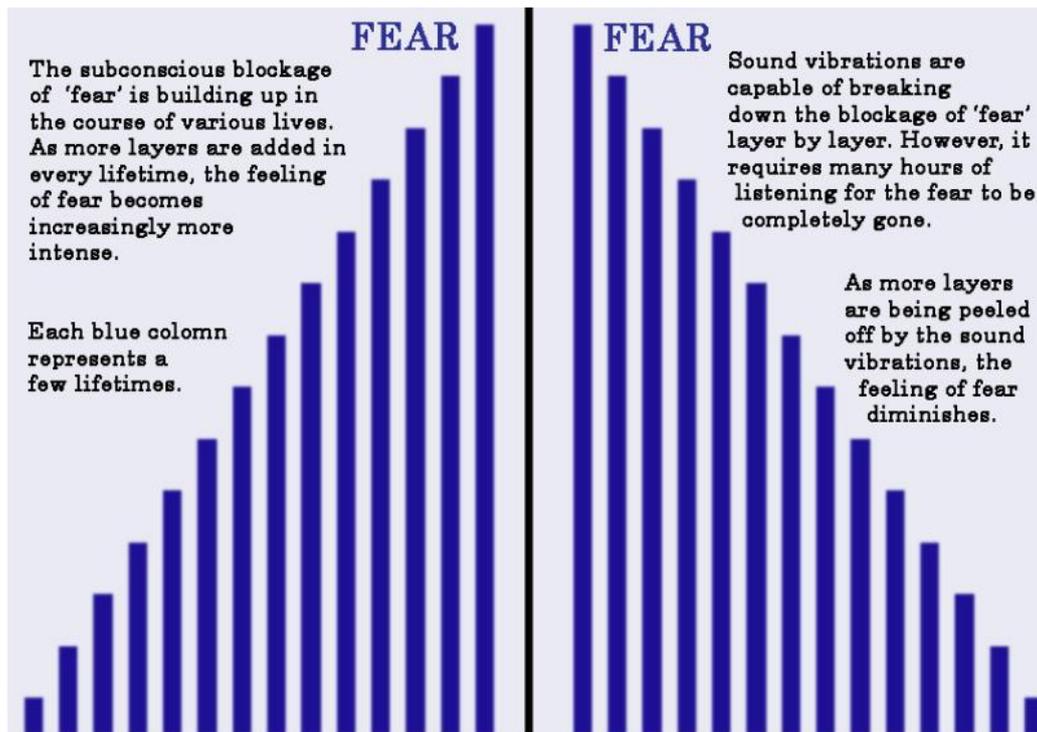


The subconscious mind consists of millions of various negative issues: fear, jealousy, feelings of inferiority, worrisomeness, nervousness, sadness, bad feelings, depression, obsessions, addictions, mental problems, egoism, lack of empathy, disease, physical ailments, setbacks, failures, difficulties, a life without friendship or love, shortness of money, lack of competence, being suppressed by others, suppressing others, religion, racism, intolerance, war, poverty, etc. These negative issues (or blockages) are present in and around the body.

Sound vibrations

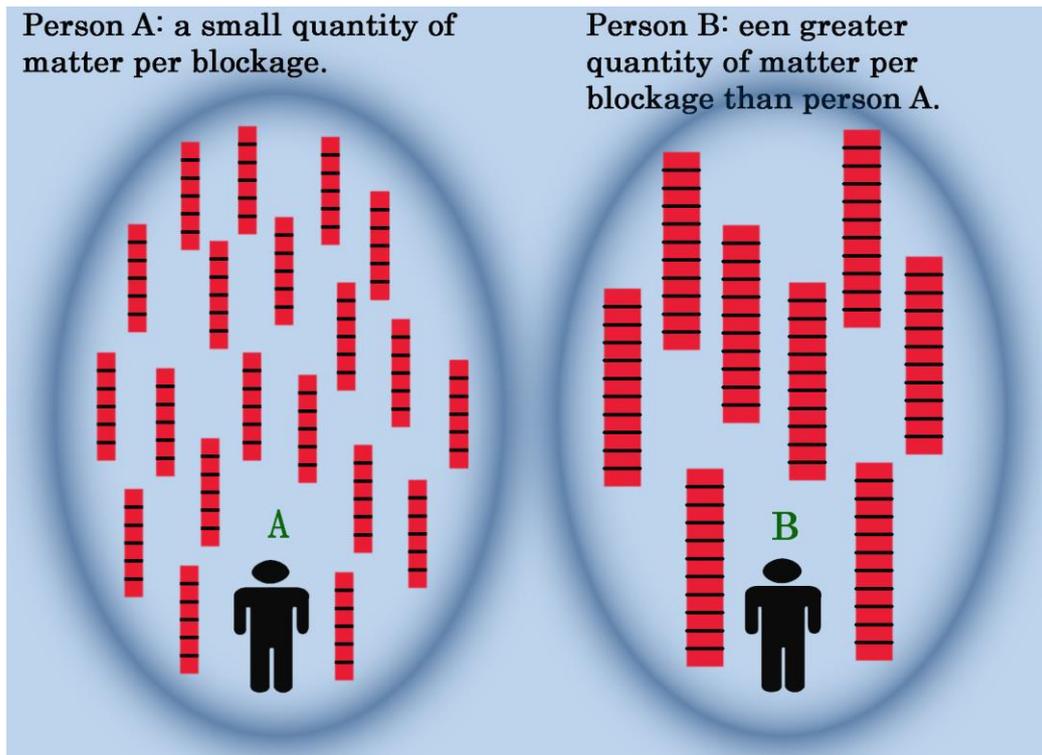
Some sound vibrations are capable of breaking down the light matter of the subconscious mind little by little. Therefore I have put videos with sound vibrations (sounds and music) which I found on the internet on the website soundsforhealing.wordpress.com. They can help you break down the negative matter in your subconscious mind.

With every unit of time spent on listening to these videos, some pieces of matter are removed from your subconscious mind, from various issues. It's important to listen to these sounds and music as much as possible.



Have the sounds and music play in the background as much as possible when doing your daily activities. You can also have the sounds play during meditation and yoga or some of the other self-help techniques that are described in this book. If possible, have the sounds play in your house in order for all the family members and animals in the house to enjoy the benefits of this method. It doesn't matter whether the volume of the sound is high or low, if you can hear it, even hardly, it's sufficient. However, it's important that the sound is of good quality.

By breaking down pieces of matter, or in other words, subconscious blockages, you'll notice things changing in your life. This can be regarding personality, or life circumstances, or things in life may work out better, your relationships may improve, you may receive more help from others. Or you might notice an improvement with regard to your health, your abilities (the fact that you have gotten better at certain things or that you tackle things differently, ...), or you might notice that psychological problems are less intense, etc. Some people will notice one or more changes quickly, whereas it may take longer for changes to occur in others. This has to do with the amount of matter that has accumulated around the soul. This amount is vastly different from person to another, it's so different like a puddle of water is different from the ocean. I don't know why that is, but it does not mean that people with more matter around them are worse off than others. But it does mean that results will come faster or much faster in some persons than in others. In order to have faith in this technique to yield fruit when you don't notice changes quickly, listen to other people's experiences, and don't give up, but continue with it. Don't give up, but spend as much time on this method as you possibly can. Even if you don't feel changes right away, nevertheless, also in your subconscious mind, pieces of matter have been removed.



When listening to the sounds, you may experience (negative) emotions, (negative) thoughts or (unpleasant) physical experiences, for example, nervousness, anxiety, the belief that you will not find a solution, a pressure in the chest, a tingling Or memories from the past may come to mind. This is because these sounds affect subconscious material. When you feel something like this, it's important for you to continue listening to the sounds. When you listen for long enough, the light matter in your subconscious mind that is affected, will be broken down, and the symptoms you had, will go away. For example, when you felt anxiety, and when afterwards the anxiety is gone again, you will know that a piece of the subconscious matter that contained this feeling of anxiety, has been peeled off. If the symptoms are too intense to bear, you can stop listening to that particular sound or music and you can try a different sound or a different music, which don't give rise to these symptoms. However, it may well be that you are able to listen to the sounds and music that caused these symptoms at a later point in time.



I advise you to keep a journal from the start of this method onward. Write about your behaviour, your feelings, your thoughts regarding all kinds of things and people, the way others treat you, the things that happen in your life, the way things go in your life, your health, discomforts or illnesses that you suffer from, things you are not good at, things that go difficult, your convictions, religious convictions, etc. Write down anything you can think of regarding your personality, your life, your health. When you will read the things you have written down at a later point in time, this will help you to evaluate the results. Whenever you notice a change, write it down immediately, because these changes are easily forgotten.

This is a free technique to become a better person, have a better life, a better health (both physically and mentally), better relationships. The world is a terrible state, and if a great many people applied this method, it could contribute to give a positive turn to the negative direction the world is heading towards.

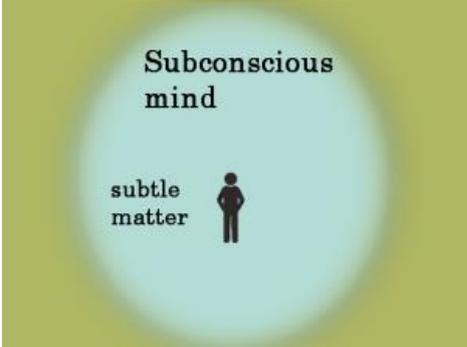
Website with powerful sound and music videos for peeling off negative subconscious material: **soundsforhealing.wordpress.com**.

On my website (soundsforhealing.wordpress.com) there is a video with another explanation about why listening to sounds and music is beneficial.

This is the text of the video.



Humans are widely known to have a subconscious mind, but the actual nature of the subconscious mind still remains unknown. My name is Charlotte. I have psychic abilities that enable me to perceive a subtle matter around humans. This subtle matter is the subconscious mind, which is not to be confused with the aura. These are two entirely different things.



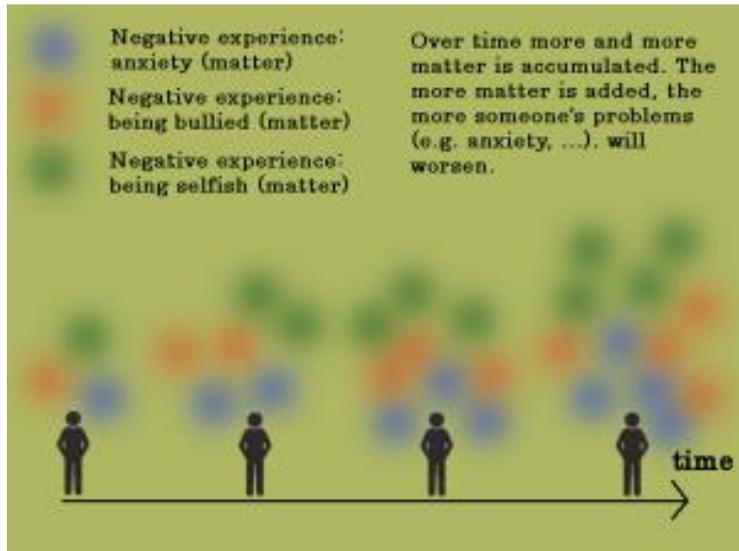
I will try to explain some of the knowledge I have on the subconscious mind, based on my psychic perceptions. The subconscious mind consists of a negative substance (a subtle matter), which accumulates around the person (actually around the soul) in the course of one's life.

With every negative experience the negative matter in the subconscious mind grows bigger.

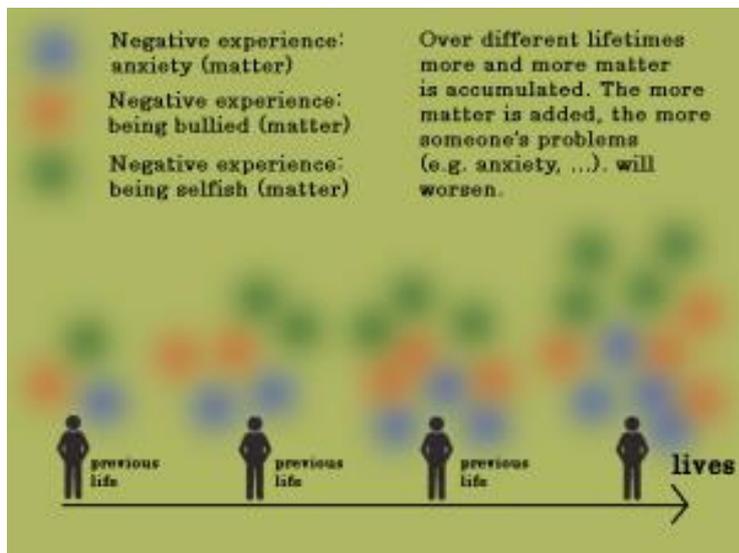


The complex block contains two illustrations. The top one is a cartoon of two men with exaggerated expressions of shock or concern, one pointing towards the other. The bottom one is a cartoon of a yellow car crashing into a tree on a road, with a large splash of energy or light emanating from the impact point.

With every negative experience, the negative matter in the subconscious mind grows bigger.



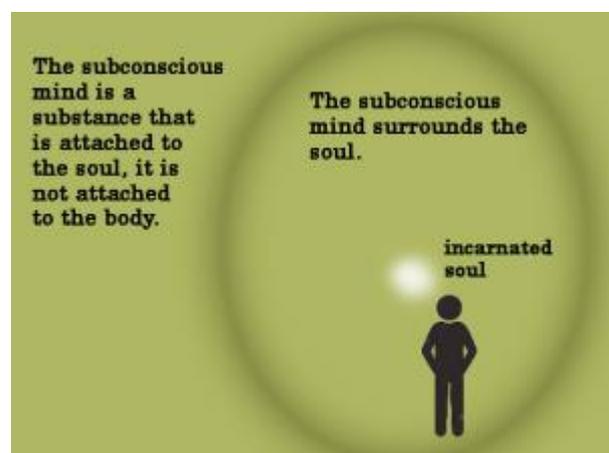
Over time, more and more matter is accumulated. The more matter is added, the more someone's problems (e.g. anxiety, being bullied, being selfish) will worsen.



The matter around a person is accumulated in the course of a lifetime, but a large amount of matter has already been accumulated in the course of previous lives. Over different lifetimes, more and more matter is accumulated around a person. The more matter is added, the more the anxiety etc. will worsen.

The human body is inhabited by a soul. The subconscious mind in fact builds up around the soul that has incarnated in the body, and not around the body itself.

The subconscious mind is a substance that is attached to the soul, it is not attached to the body. The subconscious mind surrounds the soul.





When the soul leaves the body at death, and incarnates into another body, it takes the subconscious mind along with it.



However, it is possible for the accumulated matter to be broken down. All kinds of techniques of psychotherapy and self-improvement can break down very small pieces of matter.

Certain problems can be resolved this way. But often, the problem may not have improved at all, even after a lot of therapy. This is because a lot of

matter is still present, and still has to be broken down.

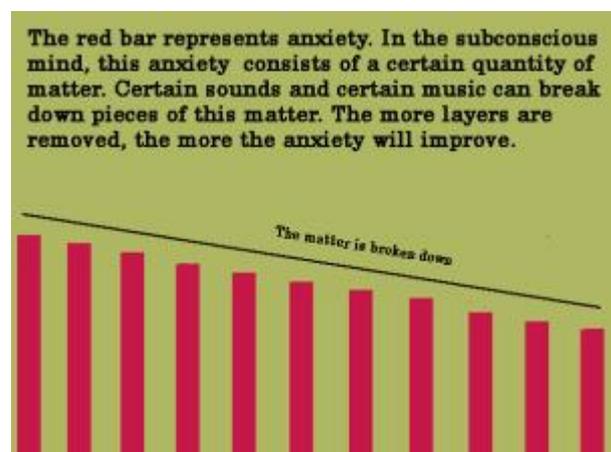


My psychic abilities allow me to perceive pieces of matter being broken down.

A powerful technique for breaking down the negative matter in the subconscious mind, is listening to certain sounds and certain music.

I know this because I feel pieces of matter breaking down in my own subconscious mind when certain sounds and music are playing.

The red bar represents anxiety. In the subconscious mind, this anxiety consists of a certain amount of matter. Certain sounds and certain music break down pieces of this matter. The more layers are removed, the more the anxiety will improve.





In ancient traditions, the sounds produced by Tibetan singing bowls, gongs or singing were known to be beneficial. However, these sounds are not very powerful for the purpose of peeling off subconscious matter.

There are sounds and music that are much more powerful for peeling off subconscious matter.



The origin of feelings of insecurity, sleeping problems, obsessions, bad health, selfishness, ... is to be found in the subconscious mind. The subconscious mind controls personality, health, abilities and the presence or absence of luck in life. All kinds of problems find their origin in the subconscious mind.

A bar chart with ten vertical bars of varying heights, colored in a gradient from dark red to light pink. The bars decrease in height from left to right. Above the chart, the text reads: "Anxiety diminishes when subconscious matter is peeled off." To the left of the chart, the text reads: "When pieces of matter in your subconscious mind are peeled off continuously, your personality, your life and the problems you have will get better." The entire content is on a light green background.

When pieces of matter in your subconscious mind are peeled off continuously, your personality, your life and the problems you have will get better.

Anxiety diminishes when subconscious matter is peeled off.

When the pieces of matter in your subconscious mind are peeled off continuously, your personality, your life, and the problems you have, will get better. As subconscious matter is broken down continuously, you will get more resistant to stress, more confident, more empathic, luckier, your relationships will get better as well as your concentration, your sleep, your health, ...



Go to 'soundsforhealing.wordpress.com' for videos with very powerful sounds and music for breaking down subconscious matter. The sounds and music can be played in the background. The more these sounds and music are played, the better your life will become. This is free therapy and this method can be applied by everyone around the world.

This method is also effective when you are hard of hearing or when you are deaf, because the sound vibrations break down pieces of the subtle matter that surrounds you, even when the actual sounds are not heard.



It's important to keep a diary because this will help you to see changes. Write down your feelings, your thoughts, your reactions, the things that happen in your life, ... And after some time, reread what you have written down.

Try to avoid listening with headphones, because this will partially prevent the sound vibrations from reaching your subconscious mind, which surrounds you.

Try to avoid listening with headphones, because this will partially prevent the sound vibrations from reaching your subconscious mind, which surrounds you.

A diagram on a green background. In the center, a small black silhouette of a person stands within a light blue circular glow labeled 'subconscious mind'. To the right, several wavy lines represent sound vibrations, with the text 'SOUND VIBRATIONS' written vertically along them. The overall message is that headphones block these vibrations from reaching the subconscious mind.

Give this method a try. Have sounds and music play in the background as much as possible. You may keep the volume low. **If you think that his method has helped you, please help spread the word.**

4

Two people sitting in front of each other and looking at each other, or one person looking at oneself in the mirror

This is a technique that can be applied by almost everyone, except when one really has problems concentrating, when there are too many thoughts, feelings or images coming up in your mind that you can't break free from. Then first try to apply the technique of making sentences, and listen to the sound and music videos as much as possible. And try again later. Two people have to sit in front of each other, at half a metre up to a metre distance from each other. Make sure that you are relaxed and simply look at the other person. This is the only thing you have to do. It may feel a little awkward at first. It may be difficult to look at the other person, or to look the other person in the eye, or you might have to laugh. Just let this pass by and then try again to look at the person in front of you in a calm and relaxed way. After some time, you will usually succeed in doing this.

When applying this technique, thoughts, feelings or images may come to your mind. These are usual, everyday thoughts. Try to pay as little attention to them as possible, and again try to concentrate on the person in front of you.

If you succeed fairly well to keep your attention focused on the other person, for example for half an hour to an hour, subconscious material will have been peeled off in that period of time. This method is more powerful than meditation, and it peels off more subconscious material than meditation in the same period of time. I know this because I have psychic abilities that enable me to perceive the amount of subconscious material that is being peeled off when I apply this technique myself. Personally, I don't find meditation to be a powerful technique for peeling off subconscious material. Meditation may well offer other benefits. But if you want to evolve as a person, then you'd better apply the technique of 'sitting in front of one another' instead of meditation. This is my personal opinion, and nobody has to agree with it. If you are alone, you can also apply this technique on your own, while sitting in front of the mirror and continuing to look at yourself in the mirror. This is less powerful than when two people are doing it together, but it is more powerful than most meditation techniques.

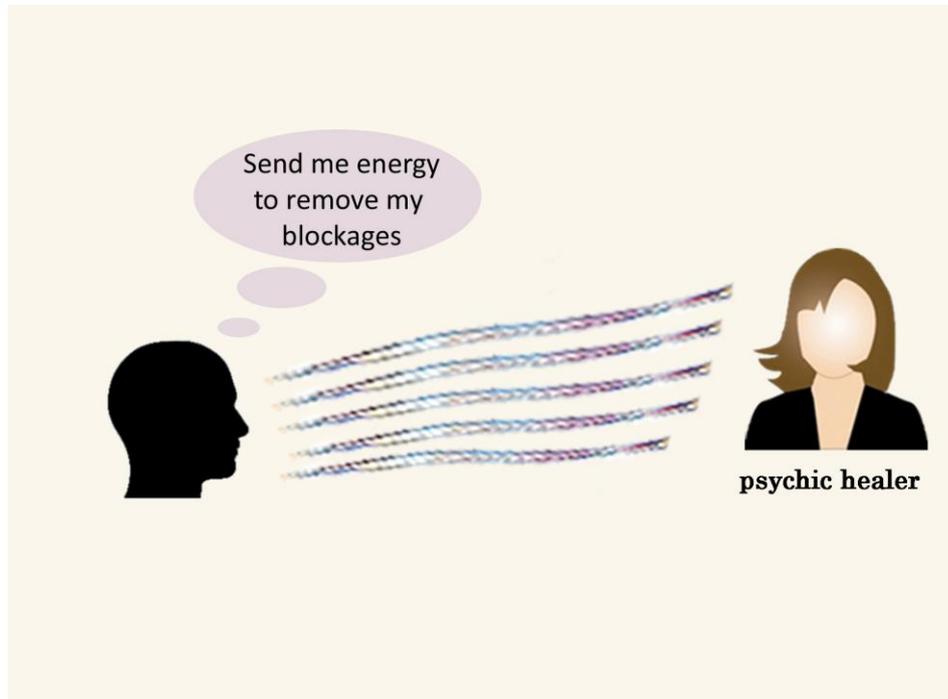
While doing this, you might feel light sensations in your body, or emotions, memories, images (different from those that normally come to your mind) may come up, but usually disappear again. Examples of physical sensations are: tingling, prickling, a light pressure, a light pain, a rumbling in your stomach, the feeling that something is pulling out of your body.

You may also see images of other faces on the face of the other person. Simply let this go by, and continue to aim your attention on the other person.



5

Asking for energy



How to apply the technique of asking for energy

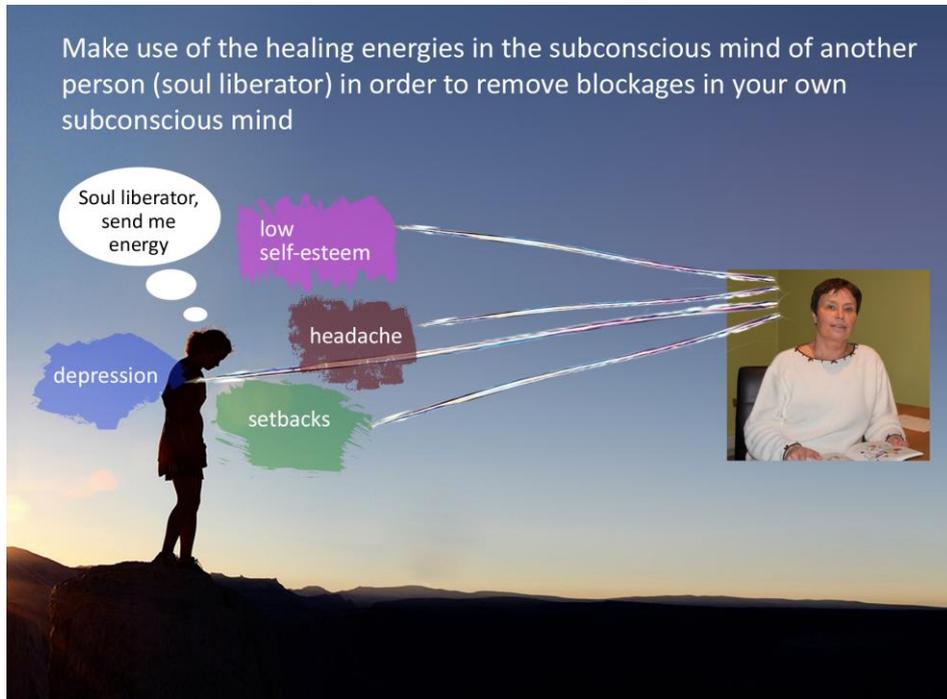


I am a distance healer by profession. I can treat someone from a distance, which has to be paid for. However it is possible to apply a free technique where you make use of the energies that are present in my subconscious mind to break down subconscious blockages in yourself. In this case, you have to invest time in it, but there is the advantage that it's free, and it can produce good results. When I am treating a person from a distance, I make use of a kind of energy that is present in my subconscious mind. When someone applies the technique of asking for energy, this same energy is used.

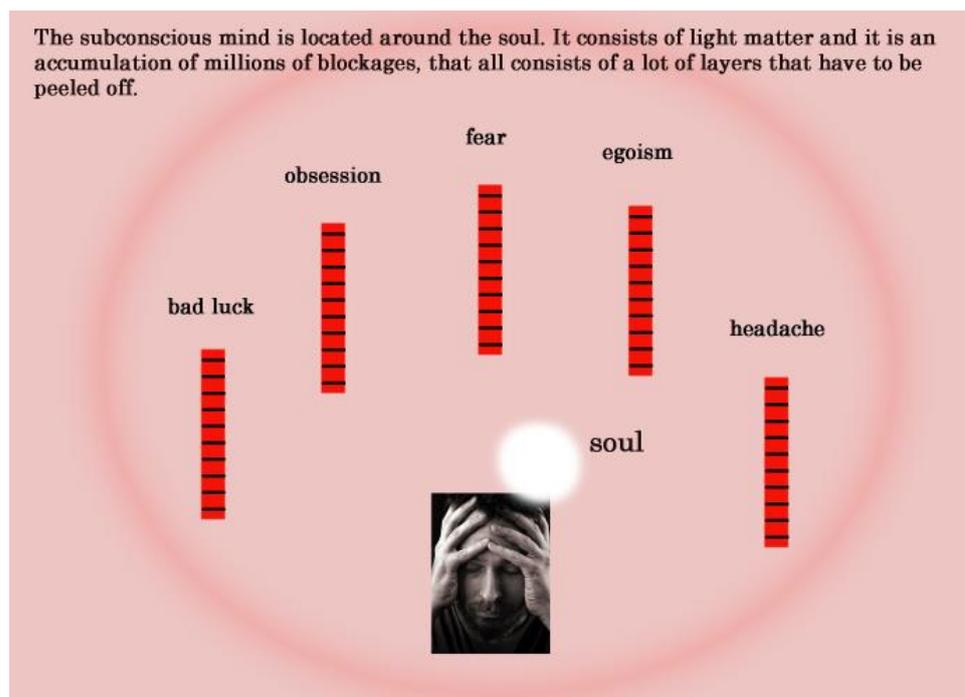
This is how you do it.

When two people think of each other, their subconscious minds make contact with one another. When someone, wherever they are, thinks of me (Charlotte) and asks me: 'send me energy' or 'break my blockages', the energies in my subconscious mind will perceive this and will consequently move towards this person and break off parts of blockages in their

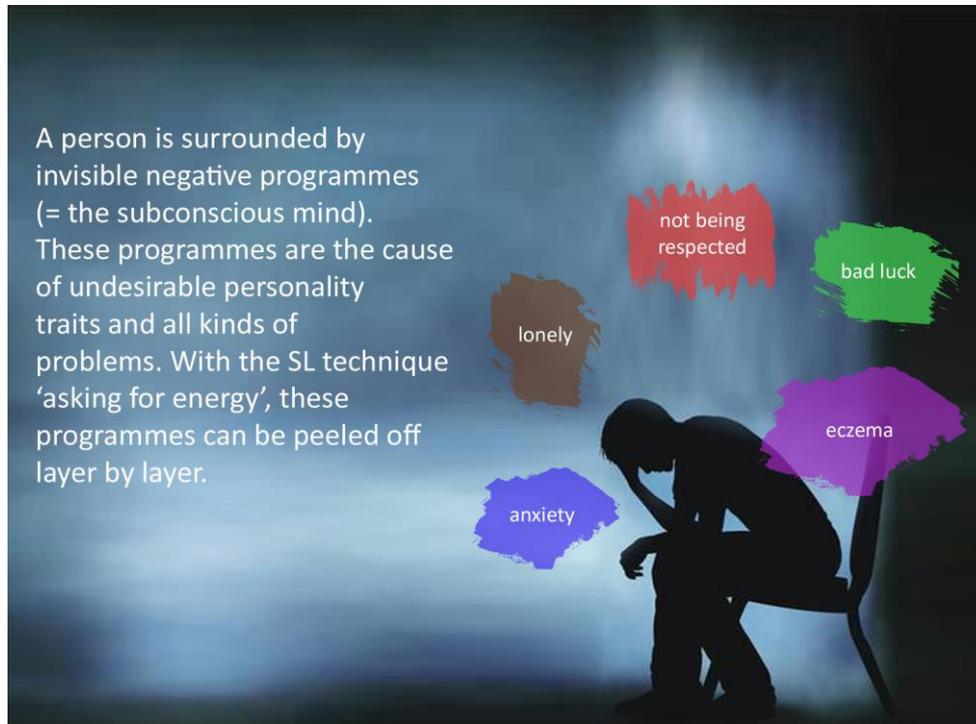
subconscious mind. This can be done both for oneself and for someone else. Please read my book “The subconscious mind around man and how it determines personality and life” for a better understanding of why this is possible. In my book, the person that treats another person at a distance with de SL technique (soul liberation technique) is called a soul liberator.



In my view, the subconscious mind is literally present around a person in the form of a negative subtle matter and positive energies. The negative matter takes the form of millions of blockages (e.g. nervousness, feeling insecure, selfishness, bad luck, bad health,



being clumsy). Each blockage consist of a certain quantity of this negative subtle matter and consists of a number of layers. A blockage can be broken down layer by layer by means of a healer's subconscious energies.



You can also apply the technique for somebody else

When you ask me: 'send energy to my son' or 'send energy to my son and help them to overcome his fears', my energies will move towards both you and your son and they will break off parts of blockages in your subconscious mind and in that of your son.

The energies work on various blockages/issues at the same time, e.g. anxiety, aggressiveness, being rejected, not making enough money, everything is difficult, headaches ...

However, the issues that are tackled first are not always the ones that you have asked for or that are the most important for you at that time. What is first available in your subconscious mind, what is present in the upper layers of your subconscious mind, will be treated first, before other issues that are present in deeper layers of your subconscious.

Moreover, it isn't always easy to apply this technique for a long period of time. It is necessary to be highly motivated and to concentrate deeply. Yet, there are people who apply this technique for a number of hours a day and there are many people who obtain good results with it.

What you may feel when you apply the SL technique of asking for energy

'SL' stands for Soul Liberation. Quite a lot of people feel something somewhere (for instance, an energy around them, a warmth, a certain peace of mind, a happy feeling, a tingle, a contact with me, a pressure or another sensation somewhere in the body, emotions, ...) as

soon as they think of me, but a number of people don't feel anything. This may make it more difficult for these people to apply the technique since they don't feel or see anything while they are doing it. However, it works as good for people who don't feel anything as for those who do feel something or who feel a lot. Many people can apply it well and obtain good results with it, even though the only thing you have to do is to think of me in a concentrated way for a quarter, half an hour, an hour, ... on a daily basis or as much as possible. Children and even very young children (age 5 - 6) can also apply it and achieve results.

Whether you feel something or not while you do this, you may feel better afterwards. For example, when you feel bad, you may feel better after you have applied the technique of asking for energy.

Some people are also relieved of (non-psychosomatic) physical pain by this technique, although in most cases those results are only temporary. When this happens, the matter of the blockages isn't destroyed. The pain diminishes because painkilling energies affect the nervous system. Physical pain is a pain that results from an inflammation, an injury, etc., unlike psychosomatic pain, which is due to blockages. When blockages that cause a psychosomatic pain are broken down, this pain will also be relieved, and this will be permanent.

You can use a picture of me



When you apply the technique of asking for energy, it is usually easier to make contact with me if you have a picture of me at hand. If you apply the SL technique 'asking for energy' for somebody else, it may be of help to put a picture of me in front of you, next to a picture of the person for whom you ask for help.

'How to apply the SL technique of asking for energy'?

Whether or not you have my picture at hand, you should concentrate on me and ask me: 'Charlotte, send me energy' or 'Charlotte, send me energy to remedy problem X'.

When you do it for someone else, you can ask: 'Charlotte, send energy to person Y' or 'Charlotte, send energy to person Y to remedy problem Z'.

The questions should be repeated in order to keep contact with me.

The formula 'send me energy' is the best one for some people, the formula 'send me energy and help me with problem x' can work better for others.

Other variations are:

Help me, send me energy,
destroy my blockages.

Help me (or person X) with
problem X, Y, Z ...

Send energy and help me with ...

Remove my blockages.



You can also make a list of all the issues that are important to you and put this in front of you and have a look at it regularly while you apply this technique. And then you say: 'I have this or that problem... help me, send me energy'.

For example:

Break the blockage of my food addiction.

Remove the blockages concerning the rows with my mother.

Send energy to Peter (if he is your son) for his aggressiveness and his headaches.

Help Monica (your daughter) to become more self-confident. And also help her find a good job. And also help her to be more patient with her children ...

Another possibility is that you think of me and that you hold a conversation with me, you talk about your problems or about those of somebody else and you ask: 'Help me, send me energy', or 'Help Linda (your wife), send her energy.'

You can think of me and imagine that the problem has been solved, e.g. you dare to address a group of people and you make a good impression.

Or: 'Charlotte, help me with my stage fright (and imagine the fear you feel when you are standing in front of an audience) and help me to give a convincing lecture (imagine yourself doing that)' and meanwhile ask me: 'Send me energy, work on me, break my blockages.'

Summing up your problems only helps to concentrate on the process and it doesn't mean that the problems for which you ask help are treated first. This is a disadvantage of the technique of asking for energy compared to the SLT performed by myself. A certain problem can't be treated in a direct way by way of the method of asking for energy. Issues that are located in the upper layers of the subconscious mind are affected first, even if you ask for help for specific problems.

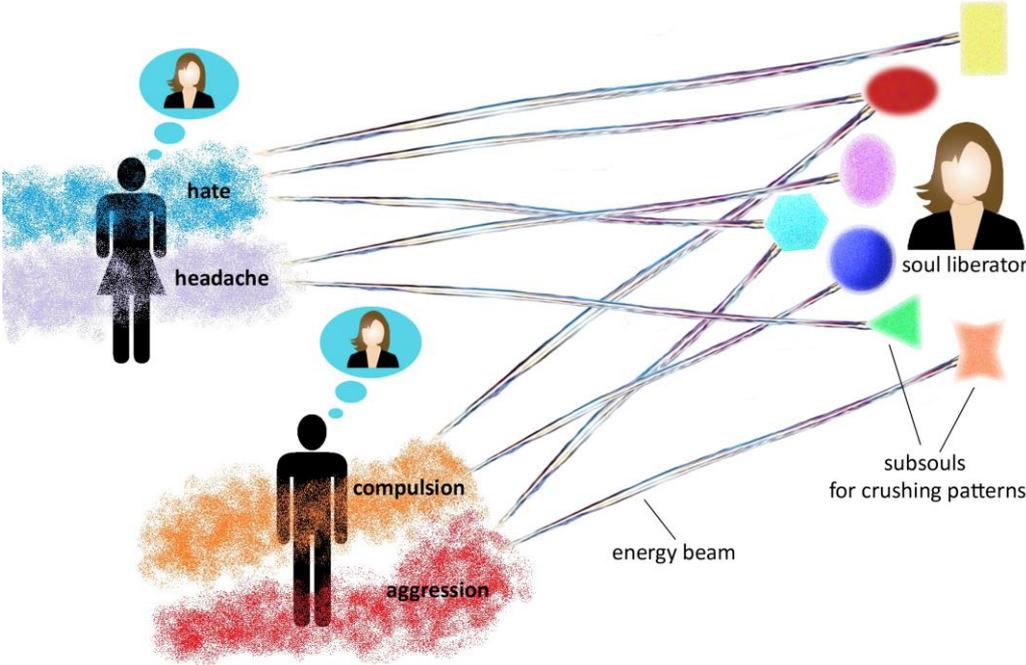
Hence one doesn't apply this technique in order to quickly solve a certain problem, but in order to evolve in general.

'Schematic representation of the SL technique of asking for energy'

The next picture represents two people applying the method of asking for energy from a distance. They are concentrating on me while they are asking me for energy or they are asking for energy while they are thinking of a certain issue. My energies perceive that these people are thinking of me and move to these people and work on several issues. In the picture you see my 'subsouls' (this is a certain kind of energy present in the subconscious) sending a beam of energy to the people from a distance. This beam/wave of energy destroys the matter of which the blockages consist. The subsouls sometimes also move to the place where these people are. There are two forms of energy that work on the people: the subsouls and 'the energies'. The energies are also physically present with the people (this is not represented in the picture). The word 'subsouls' that is used in the picture, refers to a specific kind of energy in the subconscious. The word 'energy' refers to another kind of energy in the subconscious. For a better understanding of this, please read my book "The subconscious mind around man, and how it determines personality and life".

SL technique of asking for energy for oneself, the person concentrates on the soul liberator (in this case this is me).

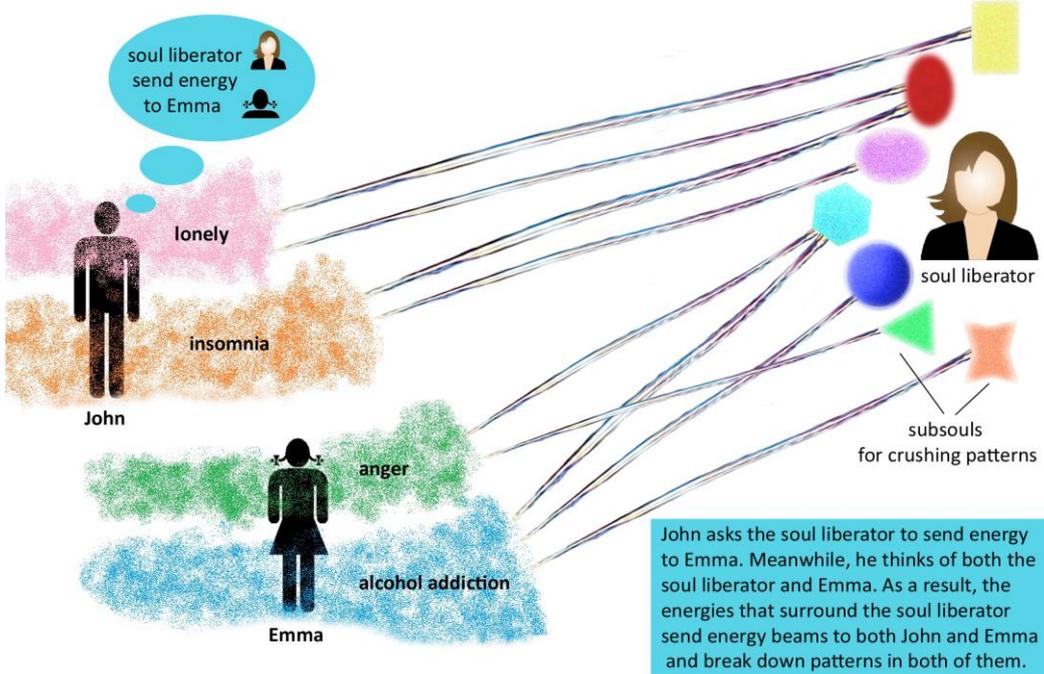
SL-technique 'asking for energy'



This picture is a schematic representation of two people who are thinking of the soul liberator, as a result of which the energies of the latter move towards them and works on their blockages.

SL technique of asking for energy, the person concentrates both on the soul liberator and on the person for whom he asks for help.

SL-technique ‘asking energy for another person



This picture is a schematic representation of a person A who is thinking of the soul liberator and of a person B for whom he wants to receive help. The energies of the soul liberator work both on person A and on person B.

Be alert to all possible changes

It’s important for you to be alert to the various changes that occur and not just concentrate on one issue, because this issue may be located in deeper layers, and won’t change much in the short term. An issue that is located in deeper layers will not change much until the issues in the upper layers have been peeled off first.

When you apply the technique of asking for energy, my energies will move to various blockages (or issues) in your subconscious mind and break off pieces from them. When you concentrate on a certain issue, it may be affected, or maybe not. And even if it is affected, it may still take longer to improve than other issues, because the matter that has to be peeled off with regard to this specific issue may be much larger than that of other issues and because this specific issue may be located in much deeper layers in the subconscious mind. Consequently, it takes many more hours of work to break this matter down.

Sometimes almost all the layers of a blockage have to be peeled off before a change occurs. There may sometimes be a temporary improvement because a number of layers have been peeled off, but then the problem will crop up later on. In that case, the treatment has to be continued for the next layers to be destroyed.

We aim to spend a lot of time to this technique There are a great many blockages in the subconscious mind and they consist of large amounts of matter and it takes many hours of work to break them down.

It is important for you to carefully fill out the questionnaire (see chapter 8) before starting with the technique 'asking for energy'. Additional issues that are noticed at a later point in time have to be added in the questionnaire as well. This is important because this gives you an overview of the situation at the start of the treatment, which makes it easier to assess the results.

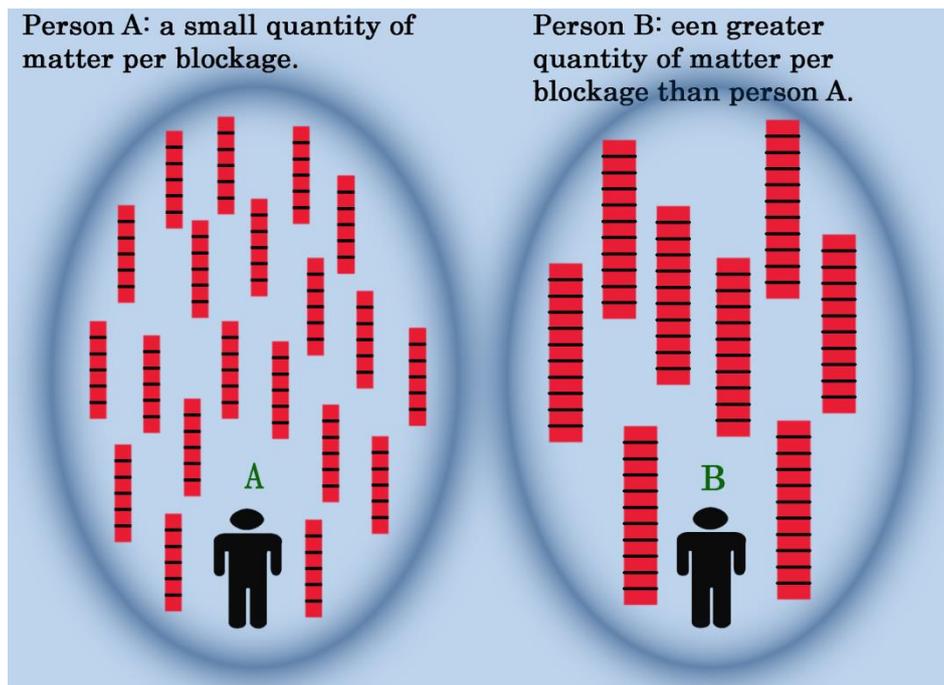


It also helps to keep a diary. If you notice any changes, it's important to write them down immediately.

Changes may occur quickly in the beginning, and occur less quickly after some time. That is because the blockages that consist of small amounts of matter change quickly. Once they have been removed, the blockages that are much larger and that take much longer to peel off are dealt with. In times when there are few results, you can draw courage from the changes you have already written down.

Assessment of results

Write down the number of hours you work per day and after 50 hours, take a look at what you have answered in the questionnaire and/or your diary. Write down the changes in a different colour. That helps you to make a correct assessment of the results. Like I said before, it is not always the issues that are the most important to you that change first. For a correct assessment of the results, all of the results have to be viewed and not just one or a few issues. You should be happy with the things that change first and remember that the other issues will improve as well at a later point in time. You can draw courage from the changes that have already occurred and don't focus on the results that have not yet been achieved, but just continue with the technique.



If there is very little or no improvement at all after 20 hours or after maximum 50 hours, this means that you belong to the 'slow group' (this is 25% of the people, see my book for a better understanding of this, there is much more matter that has to be peeled off in 25% of the people). The best thing you can do then, is to apply the SL technique of asking for energy for as many hours as possible every day (in combination with listening to sounds and music, see soundsforhealing.wordpress.com), because, even if you do not see any results, there are pieces of blockages that are being peeled off in the subconscious mind. If you continue with the treatment for a few years, you will achieve results. Of course, it is very hard to carry on if there is hardly any change or none at all and if you do not know anybody else who has achieved good results with the SL technique 'asking for energy'.

There are people who can only do this for 10 minutes at most in the beginning, but with some practice it will be possible to apply the treatment for a longer period of time.

It is also possible to apply this technique while doing something else, (many people do this), e.g. while doing the ironing or mowing the lawn, or on the train. Nevertheless it is preferable that you find the time to do nothing else but applying this technique on a daily basis.

A wonderful tip to fall asleep

A number of people have reported that sleep comes much more easily and that they sleep better during the night when they apply the SL technique of asking for energy. Sleep is deeper, and one tends to awaken less during the night and have a more peaceful sleep.

When people awake at night, this technique speeds up falling asleep again.

There are also people who feel more awake when they apply this technique, so obviously for these people, it's not a good idea to do this before going to sleep.

Another tip to stop smoking: some people have reported that when the urge to smoke a cigarette came up, the urge to smoke disappears or diminishes when they apply this

technique. Some people even managed to stop smoking with the help of the SL technique of asking for energy.

About me

When I was working as a regression therapist some 25 years ago, I spontaneously started to develop psychic abilities. I started to perceive certain things that are normally invisible. I realized that I was able to perceive man's subconscious mind, which seems to be present around man and animal, and that I had access to it. This is not the aura. Although the notion of the 'subconscious mind' is well-known, its location and its composition aren't. This subconscious mind consists both of negative elements (matter) and positive elements (energies). Next, I developed a method to remove these negative elements and to release suppressed positive elements in the process. I called this method SLT: Soul Liberation Technique. SLT is a technique for improving personality and life that treats people from a distance. The Soul Liberator who applies this technique, makes use of energies present in his or her own subconscious mind in order to remove negative elements from the treated person's subconscious mind, meanwhile releasing suppressed positive elements. For example: anxiety is removed (bit by bit) and self-confidence is released; egoism is removed and love is released; disease is removed and health is released; being prone to setbacks is removed and the aptitude for attracting good luck is released; clumsiness is removed and dexterity is released; religious fanaticism and sticking to dogma is removed and open-mindedness and flexibility are released.

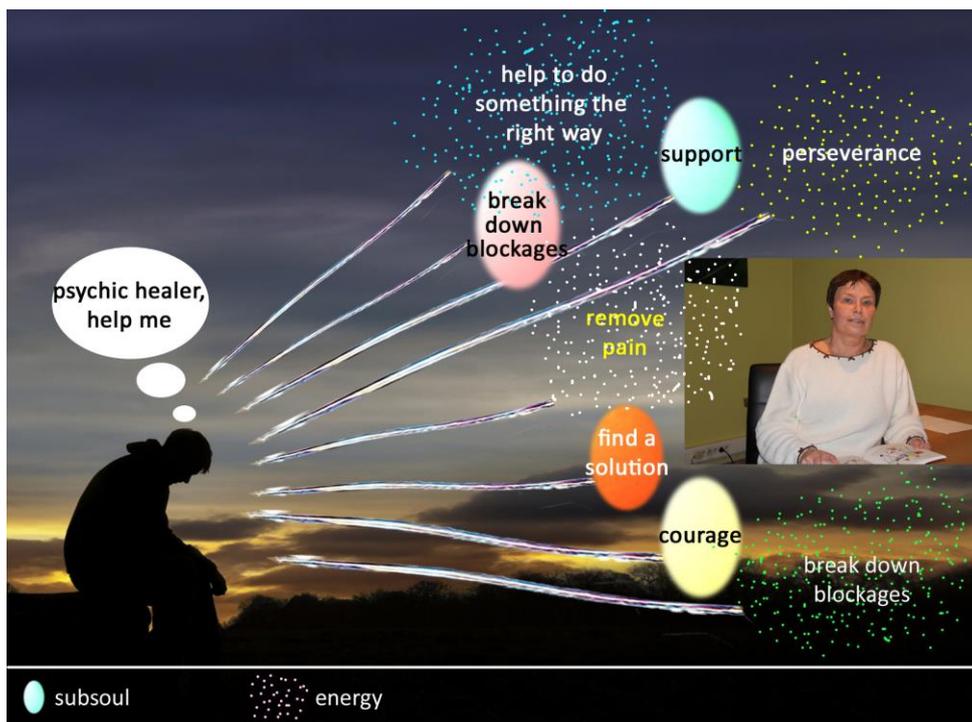
6

Asking for help

There are three techniques that you can apply for solving problems in your life, by making use of the powers in my (Charlotte) subconscious mind.

When you think of me (= focus on me) and ask me for help from a distance (wherever you are) the energies and subsouls in my subconscious mind will perceive this (from a distance) and will come towards you to help you.

A subsoul is a certain kind of energy that is present in the subconscious mind. For more information about subsouls and energies, please read my book "The subconscious mind around man, and how it determines personality and life".



There are four different ways in which my energies/subsouls can help you. There are three techniques for solving problems and one method for breaking down blockages (asking for energy, see previous chapter).

1. Receiving help when you're looking for a solution to a problem

When you're facing a situation for which you don't find a solution, for example: you can't find a job, or you are being underpaid, or you're in an unhappy relationship, or you're on your own and there is no one to help you, then you can appeal to me. You can ask for help to find a solution for this situation.

When you ask me for help, you make contact with my subconscious mind, in which there are powers (energies and subsouls) that will come to your aid. They will see to the situation and come into action in order to find a solution for your problem.

How to proceed.

You focus on me for fifteen minutes or longer, preferably at least twice a day. During this quarter of an hour you have to ask for a solution to your problem. You have to stick to it for a few weeks or maybe even a few months, depending on the level of difficulty of the problem. It's not always possible to find a solution for every situation in a short term.

Not every situation can be solved this way, because sometimes there's no solution possible.

And maybe I don't yet have the right powers available in my subconscious mind to solve your situation, or maybe my power is not yet sufficient, so that your problem can't immediately be solved this way. If you find this to be true, then have another try in a year or so, and maybe then you'll feel that you are being helped.

This is possible because I continue to work on myself in order to remove blockages from my subconscious mind, whereby increasingly more energies and subsouls are being released from under these blockages. The more powers like this are released in myself, the more I will be able to offer help by way of this technique of asking me for help to find a solution.

2. Support when performing a difficult task

When you have a difficult job to do, or when you fear something you have to do, or when you want to lose weight or stop smoking, then you can ask me for help in order to make the best out of this difficult situation. You have to ask me for help at the moment when the situation occurs, or some time before if there is no other way, for example, before a job interview. Anyhow, try to ask for help during the situation as much as possible, for example when you feel the urge to eat or smoke, to overcome the urge.

You can also ask for help in order to do something as well as you possibly can, to stick to it, to receive support. The powers that are in my subconscious mind will then be with you.

They will give you courage and perseverance, they will support you and help you to get through the situation as well as possible.

3. Diminishing or removing pain

This can only be applied if the pain is purely somatic and not psychosomatic. For example, toothache is a somatic pain, as well as pain after an operation, or pain after a fall, pain from a wound, from a disease (for example cancer, infections). Psychosomatic pains are pains that find their origin in the subconscious mind and that your doctor can't explain and the cause

of which is not visible on X-rays. For psychosomatic pains to be removed, the blockages in your subconscious mind have to be removed with the SL technique.

When you apply this technique of asking for help, your pain will be removed only temporarily. When the pain returns, you once again have to ask for help for diminishing or removing your pain. Not everybody is helped with this technique, but a number of people are.

4. Self-help technique (see SL technique 'asking for help' chapter 5)

This SL technique of 'asking for help' is the most important technique of all. The goal of this technique is to remove negative subconscious material and release positive suppressed energies in the process. It is important to apply this technique for as many hours as possible. If you do it for one to two hours a day, for the rest of your life, you will feel much better, you will be a much happier and better, a more loving person, you will be much healthier, you will have a much better life and things will run much more smoothly in your life. If you react slowly to the treatment, it will take longer and more hours to achieve this, but if you don't give up, you will get there too.

The goal of the SL self-help technique is to be fully liberated from the (negative part of) the subconscious mind, and not only to be freed from a number of problems. That's why it is important to continue doing it.

The purpose of this SL self-help method is to break down blockages in your own subconscious mind by way of powers present in my subconscious mind, which will move towards you and work on your subconscious mind. This is the most important technique of all, because with this technique the cause of problems can be removed, and talents in yourself can be released, so that you will be able to move your life in the right direction by yourself and you no longer will have to appeal to another person's energies.

You can also apply the SL technique 'asking for energy' whenever you feel bad, in order to feel better, and you can also do it for another person.

You should do this technique for as many hours as possible.

7

Regression

Regression is a technique for discharging negative incidents that happened in the past, and to remove the negative elements from it, as a result of which a relief can be felt in the present. Regression helps to gain insight into the subconscious mind. It helps to realize that things in life are repeated again and again, because a negative situation that occurred recently, is also to be found in times (long) gone. At that time there was a similar incident, or the anxiety was also present. First, the material from your own life is laid bare, from your youth, from your childhood years. And if you manage to reach previous lives, material that shows that the things that happen now, also happened in previous lives, is laid bare.

Choose a topic as a starting point. For example: 'I feel hurt when people are unfriendly to me'. You want to find an incident in which this situation occurred and which you want to discharge (this means removing the negative elements from it by recalling it), and then you want to find a similar, earlier incident. And so on. Continue to look for similar, earlier incidents, which you want to discharge. The more negative incidents from the past have been discharged, the less you will mind that people are unfriendly to you, the less you will feel hurt or the less such incidents (in which people are unfriendly to you) will occur.

Regression can also be used to discharge a certain negative incident that you still think about or that still hurts, as a result of which the memory of the incident will no longer be painful or will have left your thoughts entirely.

Look for the earliest incident that you can find. The earliest means from the longest time ago. If you don't succeed in finding incidents from times long gone, then start with more recent incidents. When the recent incidents have been discharged, the earlier incidents (from longer ago) will come up automatically, because they come to lay bare when incidents from more recent times have been discharged. It's important for an incident to be completely discharged, otherwise it will be difficult to find previous incidents. To discharge completely means to lay bare, remember all the negative elements from the incident, as a result of which the negative charge is removed from the incident. When all the negative charge has been removed from an incident, the incident can be recalled without any part of it feeling uncomfortable or painful.

How to go about it

Start with a topic and then try to remember an incident in which this topic is present. For example, the topic 'fear of being unpopular'. Look for the earliest incident that you can find in which you were afraid of being unpopular. Do this in the following way. Say to yourself: 'I go back to the earliest moment in which I was afraid of being unpopular.' You might remember an incident right away, but this usually doesn't happen. There is often no

recollection at all or only a vague feeling that something is hit or for example there is the thought of a school desk without any more information. But in your subconscious mind, something has actually been hit, and it is the aim to bring this to the conscious level.

A) When you immediately remember an incident, proceed to E).

B) When nothing at all comes up, you may perhaps not succeed in performing this technique on your own. But the following tools might help you to do so.

- Say to yourself: 'If there were an incident in which I was afraid to be unpopular, what could this incident be?' Use your imagination. Chances are that something may come up, it might be something very vague, but that's already more than before.

- Apply the technique of making sentences starting from feelings and ideas. Clearly imagine the feeling of fear of being unpopular, and make the right sentence with it. Apply the rest of the technique (repeating the sentence, perhaps letting other sentences come up, then returning to the original feeling or idea and making a sentence with it once more, etc.) Then try to find another incident. So, say again: 'I go back to the earliest moment in which I'm afraid of being unpopular'.

- Picture a screen of four squares in front of you. Two squares breadthways and two squares up. Say to yourself: 'With regard to my fear of being unpopular, what do I see in the first square?' Next, 'With regard to my fear of being unpopular, what do I see in the second square?' And so on, until all the squares have been filled. If nothing comes up in the squares, then try the following. 'With regard to my fear of being unpopular, what might be present in the first square?' Do the same for the other squares. If this doesn't work, try the following: 'With regard to my fear of being unpopular, what can I put in the first square?' And simply put something in it, the first thing that comes to mind. The same for the other squares. Write down the information that has come up in the squares, however vague they may be, or however inapplicable they seem to be to your fear of being unpopular. Proceed to D). Apply the instructions in D) to the different parts of information that have come up in the squares. Start with the part that you feel is most relevant. If you don't succeed in getting information with this, try a next part.

If nothing comes up in the squares, and you have tried the two other possibilities described above, then you should give it up, then it is not possible for you to apply this method on your own.

C) If you have a vague feeling that you have hit something, then apply the same three tools to try and bring out clearer information.

D) Something has come through, for example, the idea of a school desk, or the image of a school desk. This idea or this image of a school desk is an element from an hidden incident in your subconscious mind. The aim is to bring out more information from the incident, based on this first element that is found.

A few tools to bring out more information.

- Think of the school desk and try to feel whether information is coming through spontaneously.

- Say to yourself: 'What comes right before the moment of the image/idea of the school desk?' There is a good chance that something might come through. If nothing comes through, say: 'If there is something just before the moment of the school desk, what could this be?'

- With regard to the school desk, is there a feeling? With regard to the school desk, is there an idea? With regard to the school desk, is there an emotion? With regard to the school desk, is there something pleasant or unpleasant, is there something ugly or beautiful, is there something cold or warm? With regard to the school desk, is there a person? If so, then try to bring up more information about this person. Who, how old, male or female, capacity (pupil, teacher, headmaster, nun, friend, enemy, ...), what do they say, what do they do, why are they there, how many people, ...? With regard to the school desk, is there a conversation, is there a word? With regard to the school desk, is there a sound? With regard to the school desk, is there an image (something visual)? With regard to the school desk, is there a smell? With regard to the school desk, is there a colour? With regard to the school desk, is it light or dark? With regard to the school desk, is there a time? And anything else you can imagine yourself to retrieve more information.

- Apply the technique of making sentences starting from the school desk. Or apply the technique of the squares. With regard to the school desk, what do I see in the first square, etc.

E) We have some information from this incident, but a (large) part of the information is still hidden. Think of the information you have, and say to yourself: 'I go to the beginning of the incident, what is the beginning of the incident?' There is a good chance that something comes through. If nothing comes through, say: 'What happens next in the incident?' or, 'Is there an earlier incident?' If you believe that there is an earlier incident, first try to bring out this earlier incident, and later return to the incident you started with. If nothing comes through, then you're stuck on the information you already have. In this case, try the techniques described above to get more information to the surface or to loosen up information. And then again, say to yourself: 'I go to the beginning of the incident, what is the beginning of the incident?' If you don't succeed in getting more information through, give it up and try again with another topic.

If more information comes through after having looked for the beginning of the incident, then do as follows. Say to yourself: 'Starting from this moment in the incident, I go through the incident' and try to go through the incident step by step, go through the successive occasions in the incident. It's important to think in the present time when you go through the incident. For example: 'the teacher is standing in the front and he is writing on the blackboard and I'm sitting at my school desk and I'm feeling unhappy.' When have finished going through the incident, say again: 'I go to the beginning of the incident and I'm going through the incident.' There is a good chance that more information will come through this time. This is because during the previous time that you went through the incident, information has come to mind that has been discharged completely or partially as a result (stripped from the negative element that is linked to that moment by remembering that moment). Go through the incident again and again until you no longer get any new information through. Then say to yourself: 'Is there an earlier beginning?' If you get something through, repeat the technique of going through the incident again and again. If

nothing comes through, look for something that happens next in the incident, or look for an earlier incident. If nothing comes through, try the techniques described above in order to get more information to the surface. Or say to yourself: 'If there is an earlier beginning, what could this beginning be?'

The process of bringing this incident to the surface is finished if you feel that the entire incident has been recovered and that no single negative feeling is left when going through it. This means that there is no more fear, sadness, insecurity, feeling of guilt ... present in it. If a part of the incident still feels negative or unpleasant, then there is still something hidden in the incident. Then try to retrieve more information about this part using the techniques described above. And then go through the incident again, from beginning to end, until you feel that you have been able to bring the entire incident to the surface and that it has been discharged completely. If the incident has been discharged, you can look at it with a neutral feeling. Suppose that you were humiliated by your teacher in this incident, then you know that this happened, but it no longer affects you.

And then you go and look for an earlier incident. Say to yourself: 'Is there an earlier, similar incident?' If nothing comes up, say to yourself: 'Is there a later, similar incident?' If nothing comes up at all or only vaguely, or if much comes up, then repeat the procedure as described above from A) onwards.

It doesn't matter if you have to give up because you're stuck during the process of trying to lay bare an incident. Some subconscious material may possibly have been activated, but next it settles down again. If you are stuck with regard to a certain topic, try a different topic. It's quite possible that you'll have more success with this topic.

8

Questionnaire

First write down the things you don't like about yourself and your life, the problems you have, the things you would like to improve about yourself and your life circumstances. Then answer the questions.

The purpose of this questionnaire is to find all issues that can be improved with regard to personality, views of life, health, the course of life and talents. When the situation prior to the start of the treatment is documented, results can be more easily assessed. Without the questionnaire, there will be a number of changes as a result of the treatment that you will notice, but one doesn't see everything, one doesn't always notice all the changes. The questionnaire helps to see as many changes as possible. The questionnaire produces some information about yourself and your life, but this information is far from complete because most people don't perceive all aspects of their own personality and life. Some people only perceive a very limited part of themselves. However, when a pattern has been sufficiently peeled off, you'll be aware of aspects of your behaviour or life that you weren't aware of before. This behaviour or situation will not be solved as a result, but this is a first change. Since one doesn't perceive all aspects of one's behaviour or life oneself, it is recommended that you keep a journal in which you write down your feelings, your thoughts, the things you say, the things you do or don't do, the things that happen, your reactions, the reactions of others to you, the way your life fits together, the way you handle things, the things you're not good at, ... As a result, a complete image of you will be set down on paper. Some questions look rather similar. When you feel that you have already given the answer to a question in a previous question, then you can skip this question. However, a question that is put in a somewhat different way, can induce a different answer and therefore provide additional information.

When answering a question, just write down everything that comes to mind at the time, even if this answer doesn't entirely address that specific question. The point is to put in writing everything that's going on.

When answers might still come up at any given moment after filling out the questionnaire, then complete them as well.

When you notice any changes, then immediately write them down next to the question concerned, in a different colour, or make an additional list for all the changes. When you don't write it down right away, chances are that you'll forget about the change.

The things that I don't like very much about myself and my life, the problems I have.

.....

The things that I would like to have improved about myself or my circumstances.

.....

Questions

1. How is your self-image? Explain, what do you feel then, what do you think about then?
2. How is your life like? Describe your overall life at this very moment: personality, health, relationships, studies, ability, work, setbacks, happiness, money
3. What happens on an average day, what is happening in your life at this moment?
Relationships, activities, interests, hobbies, occurrences, sport, health, ...?
4. What's important in your life? Why, what do you feel then, what do you think then, how do you behave then?
5. How do you treat other people? Describe your behaviour towards other people in general and describe your behaviour towards different people or in different situations.
6. How do others treat you? Explain, who, in what way, why, when, how do you feel then, how do you react then, what are the consequences?
7. Describe the extent to which you receive love, from whom you receive love from whom you don't receive love, how you are treated by these people, and how you feel about that.
8. Describe the extent to which you are able to give love. Who do you love or for whom do you feel affection, who don't you love or for whom don't you feel affection?
9. What is your relationship with other people in general like parents, brothers and sisters, partner, children, friends, acquaintances, strangers, colleagues, superiors, subordinates, competitors, clients, suppliers, men, women, other races, animals? What is your attitude /what are your feelings towards each of these people, what is their attitude/what are their feelings towards you, what are these relationships like, how do you behave when you're with each of these people? Answer the questions for each type of relationship (parents, partner, ...)
10. What are relationships with the opposite sex like (or the same sex when you're a homosexual), what thoughts/feelings/opinion/behaviour do you have with regard to the other sex?
11. Do you care about what the other person will think? In what situations, about what, with whom, what do you think or what do you feel then, how do you react, how long does it keep on lingering in your mind, what are the consequences?
12. Do you do or say things because of the opinion or the judgment of others or because you really want to do or say those things? What things, with whom, why, how often, what do you feel then, how do you behave then, what are the consequences?
13. Can you deal with the daily things that happen on your own or do you have a (overly) strong need to tell everything to others, do you need a sounding-board? With regard to which people, situations or subjects in particular, how do you tell it, what do you feel then, do you find a sounding-board, how does the other person react?
14. Are you a nag, do you keep on repeating things that you have already told a dozen times? What do you nag about, with whom in particular, when in particular, what do you feel then?
15. Do you bother others (too) often with your troubles? What troubles, with whom, when, what do you feel then, how do you act then?
16. Are there subjects of conversation that return regularly or too often? What subjects, how often do they come up, when, with whom, what do you feel then?

17. Do you still think about things that happened in the past? What, how often, what do you think or how do you feel then?
18. Can you forgive and forget? Explain, who or what can't you forgive and forget, why not, what do you feel then?
19. Do you condemn others, do you tend to have a negative opinion of something or someone, do you criticize others? Describe what you think or what you feel then, with whom, when, how do you behave then, what are the consequences?
20. Are you prejudiced towards certain people or situations? Which people, what situations, what prejudices, what do you feel or what do you think then, how do you behave then?
21. Do you (easily) have negative feelings for others? For whom, when, what feelings, how intense, how do you behave then?
22. How do you behave in groups, do you feel at ease, do you want to dominate the conversation, are you reticent, do you feel afraid, do you like being in groups, do you avoid groups? Explain, what groups, what do you feel then, what do you think of, what do you do then?
23. How do you feel in the company of other people, do you always feel at ease, do you like being in the company of other people or do you prefer being alone? Explain, which people, when, what do you feel then, how do you behave then?
24. Is it easy for you to be alone or do you need much or continuous contact with other people? Explain, what do you feel then, what do you do then, what are the consequences?
25. Can you decide easily, do you have doubts about the things you have to decide, do you reconsider your decisions, do you ask for other people's opinions? Explain, about what subjects in particular, what do you feel then?
26. Do you make choices easily, or is making choices difficult for you? Explain, with regard to what, what do you feel then, how do you behave then?
27. Do you tend to postpone things, is it difficult for you to set about doing something? Explain, what in particular, when, what do you feel then, what are the consequences?
28. Are you lazy, passive, do you have difficulty doing the work that has to be done, don't you get around to doing something? Explain, what in particular, what do you feel then, how do you behave then, what are the consequences?
29. Are there things, situations or people that you avoid, that you run away from, things that you postpone out of fear, shame, jealousy, ...? Explain, what things, who, why, what do you feel then, how do you behave then?
30. Do you have enough willpower, do you have enough perseverance? Explain in different situations, what do you feel then, what do you think then, what do you do then?
31. Do you complete things, do you set about doing things and then leave it unfinished? Explain, what things in particular, what do you feel then, how long do you carry on?
32. Do you easily get tired of something? What things, how fast, what do you feel then, what do you do then, what are the consequences?
33. Are there things that you don't like doing, that you are reluctant to do? What things, what do you feel then, what do you do then?
34. Do you tend to be late? Explain, in what situations, what do you feel then, what do you say then?
35. Do you keep your word, can others count on you? Explain, what do you feel then, how

do you behave then, what are the consequences?

36. Do you have feelings of inferiority? About what, with whom, in what situations, what do you feel then, how do you act then, what are the consequences?

37. Do you have complexes? Which, with whom, in what situations, what do you feel then, how do you act then, what are the consequences?

38. How confident are you when interacting with people, about your capabilities and about the things you want to do? Explain, in what situations, with whom, what do you feel then, what do you do?

39. Are you insecure? When, with whom, how often, how intense, what do you feel then, how do you behave, what are the consequences?

40. Do you have a fear of failure? In what situations, with whom, what do you feel then, how do you react then?

41. Are there things that you're afraid to say or do? Explain, what, when, why, what do you feel then?

42. Do you have the feeling that you have to prove yourself to other people or to yourself, or that you have to prove something? Explain, with whom, what do you have to prove, when, what do you feel then, how do behave then?

43. Do you have low frustration tolerance, do you take things to heart? Explain, what things, how intensely, how long before you regained your balance, what do you feel then, how do you behave then?

44. Do you tend to dramatize things, do you sometimes exaggerate things? Explain, about what, with whom, how do you react then, what do you feel then, how long does it take before you have found your balance again?

45. Do you worry easily, do you easily think that things are bad? Explain, what about, what do you feel then, how intensely, how often does this happen, how do you behave?

46. Do you often worry? What about, what do you feel then, what thoughts do you have then?

47. Are you a pessimist? Explain, about what in particular, what do you feel then, what do you think then, what effect does this have on your life?

48. Do you think in advance that something will not go well? What in particular, when, with whom, what do you feel or what do you think then?

49. Do you feel down easily? Explain, when, about what, how intensely, what do you feel then, how fast are you back on your feet again?

50. Do you feel discouraged easily, do you tend to give up easily? Explain, in what situations, what do you feel then, how do you react then?

51. How do you react when you experience adversity? Explain for different situations, what do you feel then, what do you do then?

52. Do you panic easily? In what situations, with whom, what do you feel then, how do you react then?

53. Are you irritable? When, with whom, how often, what do you feel then, how do you react then?

54. Are you annoyed with others or at certain things? With whom, at what, what do you feel then, what do you say then, how often?

55. Do you have feelings of guilt or regret? About what, when, how often, what do you feel

or what do you think then?

56. Do things from the past still bother you, do painful or unpleasant feelings or thoughts about persons or events from the past sometimes crop up? What, how often, what other thoughts or feelings are accompanied with this?

57. Are you suspicious of others? Of whom, in what situations, how do you react then?

58. Do you resent or hate certain persons? Who, why, how intensely, what do you feel then, what are the consequences?

59. Are you sometimes aggressive? In what situation, with whom, how often, what do you feel then, how do you behave then?

60. Are you dissatisfied or disappointed, about yourself, about others or situations? About whom or what, why, what do you feel then?

61. Are you sad? Explain, about what, how often, what do you feel then, how do you act then?

62. Do you have one or more fears? Explain, which, when, what do you feel then, how do you behave then?

63. Do you get angry easily, or is it difficult for you to get angry? Explain, in what situations, how often, how do you behave then?

64. Are you short-tempered? Explain, in what situations, with whom, what do you feel then, how do you behave then?

65. Do you have feelings of shame? For what, with whom, what do you feel then, how do you behave then, what are the consequences?

66. Are you impatient? Explain, when, with whom, how often, what do you feel then, how do you react then?

67. How do you feel when you have to wait for something or someone? Explain for various situations, what do you feel then, what do you do then?

68. Are you sometimes desperate? When, what do you feel then, what do you think or do then?

69. Are there moments when you feel gloomy, somber, dejected or that you feel miserable or bad? Explain, when, how often, what do you feel then, how do you behave then?

70. Are you (sometimes) depressed, do you (sometimes) have feelings of depression, suicidal thoughts? Explain, when, how often, describe your feelings, your thoughts, your behaviour.

71. Do you have a chronic negative state of mind, for example, do you feel sadness, hatred, emptiness, ... almost all the time? What do you feel then, how intensely, why?

72. Do you have mood swings? Explain, when, what do you feel then, how do you behave then?

73. Is there something that you're preoccupied with, is there something that often comes up in your mind? What, when, how often, what do you feel or what do you think then?

74. Do you have worries? About what, how often, what do you feel or what do you think then, how do you behave then?

75. Are you (overly) enthusiastic or do you lack enthusiasm, are you (too) animated or do you lack passion? Explain, in what situations, what do you feel then, how do you behave then?

76. Do you have stage fright? Explain, in what situations, what do you feel then, how

intense, how do you behave then?

77. Are you shy? Explain, in what situations, with whom, what do you feel then, how do you behave then?

78. Are you close-mouthed, do other people know things about you? Explain, about what subjects in particular, what do you feel then, how do you behave then?

79. Is it difficult for you to express your feelings? Explain, in what situations, regarding what subjects, to whom in particular, what do you feel then?

80. Do you bottle things up? Explain, how do you feel then, what issues in particular?

81. Do you talk a lot, or too much, or not enough? Explain, about what, with whom, how do you behave then, what are the consequences?

82. Are you too open, do you give yourself away too easily, do you afterwards regret having said certain things? Explain, with whom, how often, about what subjects in particular, what do you tell then?

83. Do you do your best to please others, do you find it important for others to like you? Explain, in what situations, with whom, what do you feel then, how do you behave then?

84. Are you sometimes not being yourself, is your attitude sometimes forced or unnatural, artificial, do you want to make a good impression? Explain, when, with whom, what do you feel then, how do you behave then?

85. Do you blush easily? In what situations, with whom, how often, how intensely, what do you feel then?

86. Are you jealous of others? Explain, about what, with whom, how often, what do you feel then, what do you do then?

87. Are others jealous of you? Explain, about what, with whom, how often, what do you feel then?

88. Do you compete with other people, do you compare yourself with others? Explain, in what situations, with whom, what do you feel then, how do you behave then?

89. Are you nervous, are there situations that make you nervous? Explain, how often, how intensely, what do you feel then?

90. Do you feel restless inside? Explain, when, what do you feel then, how do you behave then?

91. Do you (sometimes) feel tense? Explain, when, with whom, how often, how intensely, how do you behave then?

92. Do you (sometimes) feel agitated? Explain, when, with whom, how often, how intensely, how do you behave then?

93. Do you have a certain demeanour, a way of speaking, walking, do you make certain gestures, anything else you do in a certain way? Explain, what, when, how intensely, with whom, why, what do you feel then, how do you behave then?

94. Are you sensitive? In what circumstances, what do you feel then, how do you react then?

95. Are you emotional? In what circumstances, what do you feel then, how often, how do you react then?

96. Are you confused, chaotic? Explain, in what circumstances, what do you feel then, how often, how do you behave then?

97. Do you feel bitter about certain events or persons? About what, how intensely, what are

the consequences?

98. Do you feel lonely, do you feel alone? Explain, when, what do you feel then, how often, how intense?

99. Are you sometimes in a bad mood, do you have a morning mood? Explain, when, how often, what do you feel then, what do you say then, how do you behave then?

100. Do others criticize you? Who in particular and about what, what do they say then, how do they treat you then, how often, what do you feel then, how do you react then?

101. Are you sensitive to criticism? To what criticism, from whom in particular, how often, what do you feel then, how do you react then?

102. Do others give you certain remarks (positive or negative)? What, who, when, what do you feel then, how do you react then, what are the consequences?

103. Do you feel attacked easily, do you sometimes take an innocent remark as criticism? About what subjects in particular, how often, what do you feel then?

104. Are you easily on the defensive, do you want to justify, explain, clarify things? in what situations or with what remarks, with whom, what do you feel then, what do you say then, how do you behave then?

105. Do you want to explain or justify things too much, do you give explanations or justifications when not asked for? In what situations, about what, with whom, how do you behave then?

106. Do you have much stress in your life? Explain, as a result of what, how often, what do you feel then, how do you behave then, what are the consequences?

107. Are you sensitive to stress, how do you react to stress? In what situations, how often, what do you feel then?

108. Do you tend to rush yourself? When, with whom, how often, what do you feel then, how do you behave then?

109. Can you say no, are you too indulgent? Explain, in what situations, with whom, how often, what do you feel then, what are the consequences?

110. Can you set boundaries, are you too tolerant? Explain, in what situations, with whom, what do you feel then, what are the consequences?

111. Do you let yourself be pushed into a corner by others, can you be manipulated, can you stand up for yourself, are you assertive enough? Explain, in what situations, with whom, what do you feel then, how do you behave then?

112. Are you a submissive person, do you let yourself be ordered or let others lead you? Explain, in what situations, with whom, how often, what do you feel then, what are the consequences?

113. Do you tend to do too much for others? Explain, for whom, what in particular, what do you feel then?

114. Don't you do enough for others? Explain, for whom, what, why, what do you feel then?

115. To what extent do you help others, to what extent do you abandon others? Explain, in what situations, who in particular?

116. Can you easily give your opinion or do you let something pass too often, do you have an opinion of your own or do you follow other people's opinions? Explain, about what subjects, what do you feel then or what do you think then?

117. How do you react when someone else has a different opinion? About what in particular,

with whom in particular, how do you react then, what do you feel then?

118. Are you possessive of other people, or of material things/ money? Explain, who, what, what do you feel then, how do you react then, what are the consequences?

119. Are you dominant, bossy, authoritarian? Explain, when, with whom, how often, what do you feel then, how do you behave then, what are the consequences?

120. Do you want to have control over other people or situations? Explain, what people, what situations, how often, what do you feel then, how do you behave then, what are the consequences?

121. Are you tolerant enough? Explain, give examples, what do you feel then?

122. Do you manipulate other people? In what situations, with whom, how often, what do you feel then, how do you behave then?

123. Are you realistic, do you live in the real world, or do you have delusions of grandeur, are you unrealistic? Explain, what do you feel then, how do you behave then, what are the consequences?

124. Do you sometimes have surreal sensations: images, voices, sounds, scents, interpretations of the behaviour of others? Explain, what sensations, how often, what do you feel or what do you think then?

125. Are you constantly thinking, do your thoughts never stand still? Explain, when, how intense, what thoughts, what do you feel then?

126. Do you sometimes have compulsive thoughts? Explain, which, how intensely, what do you feel then, what do you think then?

127. Do you have concentration problems, do you tend to be distracted? Explain, during which activities, how long can you stay focused, what do you feel or think then?

128. Does something that happened or a conversation sometimes keeps on spinning in your mind, repeating itself in your mind? In what situations/ with what issues does this occur, how long does it last, how often does it happen, how intense, what do you feel then?

129. Are you sloppy? Explain, what do you feel or think then, what are the consequences?

130. Are there things that you want to do too well, are you too much of a perfectionist? Explain, what things, when, with whom, what do you feel or what do you think then?

131. Can you enjoy things, can you relax? Explain, what do you feel then, how do you behave then?

132. Are you forgetful? Explain, about what in particular, how often?

133. Are you absent-minded? Explain, in what situations in particular, how often?

134. Do you stutter? How badly, in what situations, with whom, what do you feel then, what are the consequences?

135. Do you sometimes have trouble expressing yourself verbally, does it occur that you don't find the right words? Explain, in what situations, with whom, how often, what do you feel then?

136. Do you have the tendency to exaggerate? Explain, in what situations, with whom, how often, what do you feel then?

137. Do you hold on to your point of view no matter what, are you absolutely convinced you're right? Explain, with whom, in what situations, about what issues, what do you feel then, how do you behave then?

138. How do you handle new things, do you easily adapt to new situations? Explain, what

situations, what do you feel then, how do you go about things?

139. Are you afraid of new things or do they cause you stress ? Explain, what things, what do you feel then?

140. How does it feel when you have to learn something new, how easily can you learn something new? Explain, what in particular, with whom, what do you feel then, how do you behave then?

141. Do you absolutely have to have your way, do you stubbornly hold onto what you yourself want? Explain, with whom, in what situations, how often, what do you feel then, how do you behave then?

142. Are you flexible enough, can you adapt, can you humour others? Explain, in what situations, how often, what do you feel then, how do you behave then?

143. Are you stubborn, do you hold on to your own opinion or wish? Explain, in what situations, with whom, how often, what do you feel then, how do you behave then?

144. Do you want to show off things or people? Who what, why, what do you feel then, how do you behave then?

145. Are you (too) impulsive? Explain, how often, what do you feel then, what are the consequences?

146. Are you a naive person, do you easily believe what others say or do you take things with a pinch of salt, do you question things? Explain, in what situations, with whom, how often, how do you behave then, what are the consequences?

147. Are you impressionable? Explain, in what situations, by whom, what are the consequences?

148. Do you sometimes lie, are you dishonest, do you do dishonest things? Explain, in what situations, with whom, why, how often, what do you do then, what do you feel then, what do you say then, what are the consequences?

149. Do you hide things from others, do you withhold things? Explain, what things, why, with whom, how often, what do you feel then, what do you say then?

150. Are you always sincere when you're with other people or are you somewhat false or hypocritical, to a lesser or greater extent? How do you behave then, what do you think then, what do you feel then, with whom, when?

151. Are you (too) serious? Explain, in what situations, with whom, what do you feel then?

152. Are you spontaneous, can you let yourself go, are there situations in which you feel inhibited? Explain, what situations, what do you feel then, how do you behave then?

153. Do you tend to be hurried, do you do things fast, for example, eating fast, working fast, moving fast, talking fast? Explain, what do you feel then, how do you behave then?

154. Are you meddlesome, do you want to poke your nose into things that actually don't concern you? With whom, what subjects, how often, what do you feel then, how do you behave then?

155. Are you a 'know it all', a wiseacre, do you always know what things are like or how they should be, do you impose your opinion onto others? With whom, what subjects, how often, what do you feel then, how do you behave then?

156. Are you pushy, do you impose yourself or things on others? On whom, when, how do you behave then?

157. Do you think in black and white terms, do you have radical points of view? About what

subjects, what do you think or say then, how do you behave then?

158. Do you have (strong) convictions or opinions about certain people, events, religions, society? What opinions do you have, how often, what do you feel then?

159. Do you perceive the surroundings or other people's feelings or problems, or are you more absorbed by your own problems or thoughts? Explain, in what situations, with whom?

160. Are you very focused on yourself, do you live in your own small world? Explain, how intense, what do you feel then, what do you think then?

161. Are you egocentric? Explain, what do you feel then, how do you behave then?

162. When you talk to other people, is your attention completely focused on the other person or is your attention partly focused on yourself? Explain, how do you behave then, what do you feel or what do you think then, with whom in particular?

163. Do you have enough empathy, can you understand the world and the feelings of another person, can you sympathize with others? Explain, in what situations, with whom, what do you feel then, what do you think then?

164. Are you aware of the other person's perspective in conversations, of the other person's thoughts or feelings, do you also perceive their way of perceiving things, or do you only perceive your own viewpoint and your own thoughts and feelings? Explain, how do you behave then, what do you feel then, what do you think then?

165. Do you mainly see things from your own point of view, do you hold to your own viewpoint, do you also see the other person's point of view? Explain, about what subjects in particular, with whom, how do you behave then, what do you feel and what do you think then?

166. To what extent are you interested in other people? Explain, what do you do then, what do you feel then, what do you think then, what do you say then, how do you behave then?

167. Are you sufficiently broad-minded, can you accept views or customs other than your own, or do you hold on to certain views or rules of how things have to be or have to happen? Explain, what views, what customs, what rules, what people, what do you feel then, what do you think then, what do you do then, what do you say then?

168. Do you have an attitude of 'it's the other person's fault, the other person does it wrong', are you never to blame, is it always or almost always the other person's fault, or can you also admit your guilt? Explain, about what in particular, with whom in particular, in what situations, how often, what do you feel or what do you think then, how do you behave then?

169. What do you think about the way you look, what do you think about your body? Explain, what do you feel then, what are the consequences?

170. Are you preoccupied with your appearance, do you attach great importance to your appearance or to other people's appearance? Explain, how often, what do you feel then, how do you act then, what are the consequences?

171. Is appearance or status very important to you, will you do, say, buy, not do, hide, change things because of status or social pressure or because of what others might think? Explain, what, why, with whom, in what situations, what do you feel then, what are the consequences?

172. Do you have enough sense of responsibility, do you always take your responsibility or do you sometimes flee responsibility, do you sometimes lie, do you sometimes act like a coward? Explain, in what situations, with whom, what do you feel then, what do you do

then?

173. Are you (sometimes) hyperactive? How do you behave then, how often, what do you feel then, in what situations, with whom in particular?

174. Do you have obsessions, compulsions, tics? Explain, what, describe in detail, how often, in what situations, with whom, what do you feel then, what are the consequences?

175. Do you bite your nails? To what extent, what do you feel then, when, with whom, how often?

176. Are you addicted to something? To what, explain, how intensely, when, with whom, what do you feel then, how do you behave then, what are the consequences?

177. Do you smoke, do you use drugs, do you drink alcohol? Explain, to what extent, when, why, what do you feel then, how do you behave then, what are the consequences?

178. Describe your eating habits, what do you eat and drink, how much do you eat and drink, do you have problems with your weight? Explain, what do you feel then, how do you behave then?

179. Are you independent, do you manage to do things independently or do you need help from others, do you need too much support from others, can you do things by yourself? Explain, what things can you do independently, what things do you need help with, what do you feel then, what do you think then, how do you behave then?

180. How do you feel when you have to do something by yourself? Explain, what things, how do you feel then, how do you behave then?

181. Do you act like a victim (it happens with me again, it's always I who did it, etc.), do you sometimes feel sorry for yourself? How do you behave then, how do you feel then, what do you say then, how do others react then?

182. Do you sometimes have a feeling of powerlessness, do you sometimes feel that there's nothing you can do about it? Explain, what do you feel then, when, with whom?

183. Are you haughty, arrogant? Explain, describe what you then feel or think, how do you behave then, in what situations, with whom?

184. Do you look down on other people, do you feel contempt for other people, do you believe you're better than others, do you believe other people are inferior? Explain, what do you feel then, what do you think then, with whom, how do you behave then, what are the consequences?

185. Do you sometimes try to take advantage of others or do others want to take advantage of you? Explain, who, when, what do you feel or what do you think then, how do you behave then?

186. Do you gossip about others, do you think that others gossip about you? What gossip, (about) whom, how often, what do you feel then, what do you say then, in what way, why?

187. Are you too hard on yourself or on others? Explain, on whom, in what situations, how often, what do you feel then, what do you do then, what do you say then, how does the other person react?

188. Are you tactful enough, are you diplomatic, are you hurtful? Explain, in what situations, with whom, how often, what do you say then, in what way?

189. Do you have real friends or only acquaintances? Explain, what is your relationship with these people like, what are the consequences?

190. Do you receive support from others or are you on your own? Explain, what do you get

support for and for which things are you on your own?

191. Do you need a lot of attention? Explain, what do you feel then, from whom, why, when, how do you behave then?

192. Can you pay attention to others, can you listen to others? Explain, how do you behave then?

193. Do you get enough attention, do others listen to you? Explain, how do you feel then, with whom, when, how do you react then?

194. Are you respected, are you appreciated? Explain, by whom and by whom not, how do others behave then, what do you feel then, how do you react then?

195. Do you need affirmation, compliments? Explain, from whom, in what situations, what do you feel then, how do you behave then?

196. Do you have the tendency to compliment yourself, 'oh, I'm so good', 'look, what I've done'? How do you behave then, what do you say, with whom, when, why?

197. Do you compliment others enough, are you supportive of others, do you have attention for the achievements of others? Explain, how do you do that, with whom, with whom not?

198. Do you often have a quarrel? Explain, about what, when, with whom, how often, what do you feel then, what do you say then, how do you behave then, how does the other person behave then?

199. Do you shout, scream, insult? Explain, when, with whom, how often, what do you feel then, how do you behave then, how does the other person behave then?

200. Can you admit you're wrong, can you patch up a quarrel, can you make the first move? Explain, what do you feel then, what do you think then, how do you behave then?

201. Do you sulk? Explain, what do you feel then, how do you act then, how does the other person react?

202. What kind of people are you surrounded by, which people frequently cross your path? For example, poor people, people looking for support, egoistic people, rich people, creative people, jealous people, haughty people, very competent people, incompetent people, people who talk a lot, close-mouthed people, tyrannical people, loving people, liars, weak people, strong people, ... How do you react to each type, what are these relationships like?

203. Are you social-minded, do you care about other people? Explain, what do you feel then, what do you do then, what do you think then?

204. Are you a racist? Explain, how do you behave then, what do you feel then, what do you think then?

205. Are you egoistic? Explain, how do you behave then, what do you feel then, what do you think then?

206. Are you opposed by others, do others thwart you? Explain, what do they thwart, how often, how intensely, why, what do you feel then, what do you think then, how do you react then, what are the consequences?

207. Do you thwart other people, do you oppose others? Explain, who, why, when, how often, what do you feel then, what do you say then, how do you act then?

208. Do you want to harm others, do you have bad intentions towards others, do you do things that are harmful to others? Explain, why, when, how often, what do you do then, what do you say then, what do you feel then?

209. Do you do things that are harmful to yourself, do you sabotage yourself, do you cut

your own throat, do you spoil your own chances, do you hurt yourself? Explain, when, why, with whom, in what situations, how do you behave then, what do you feel then?

210. Are you bullied or do you sometimes bully others? Who bullies you or who do you bully? When, why, how often, what do you feel then, how do you behave then, what are the consequences?

211. How is the atmosphere at home, what is it like at home? Explain, who, what, when, why, how often, how intensely, what do you feel then, what do you do then, what do the others do then?

212. How is work going? Explain, when, why, who, how do you behave then, what do you feel then, what do you think then?

213. Are you a workaholic? Explain to what extent work plays a role in your life, what do you feel then, how do you behave then, what are the consequences?

214. What is your relationship with money, how do you handle money, what do you feel or what do you think when you think of money? Explain, why, how intensely?

215. How important is money in your life, to what extent are you preoccupied with money? Explain, what do you feel then, how do you behave then?

216. Are you short of money or are you afraid of being short of money? Explain, what do you feel then?

217. Do you spend money (too) easily, are you (too) thrifty or stingy? Explain, what do you feel then, how do you behave then?

218. Does money come easily or with great difficulty? Explain, what do you feel then?

219. Do you have much or little success in different areas of life? Explain, what are you successful in, what are you not successful in, why, what do you feel then, what do you do then?

220. Do the things that you do go smoothly, does everything go automatically or do you have many setbacks and do you always meet with obstacles? Explain, in what way do you experience adversity, how do things go, what do you feel then, how do you react then, what are the consequences?

221. Do you have setbacks? What, how do you react then, how often, how intensely?

222. Do you take the right decisions, the right actions, do you do the right things, or do you take the wrong decision, the wrong action, do you do the wrong things? Give examples.

223. Do you continue to run into the same situations, do you seem to attract certain? What, how often, how intensely, what happens then, how do you react then?

224. Do you want to be in control of things? What things, why, when, with whom, how often, what do you feel then, how do you behave then, what do you feel when you don't have enough control?

225. Are you ambitious? Explain, why, do you succeed?

226. What do you want to achieve in life? Explain, why, what do you feel then, what do you think then, what do you do then?

227. Do you have a knack for organizing, do you work efficiently, do you do things the wrong way, do you lose time, do you do things in a roundabout way, ...? Explain how you handle things, for different tasks individually?

228. Can you deal with many things at the same time, can you process much and accomplish much? Explain, how do things go, what do you feel then, how do you behave then?

229. Do you have problems with time, for example, never having enough time, or not being able to take your time to do something, even if you have time? Explain, in what situations, with whom, what do you feel then, how do you behave then?
230. Do you make mistakes, in any kind of situation? What mistakes, in what situations, with whom, what is the cause, how do you react?
231. Do you take the initiative, or do you leave everything to others, or do you let everything take its course? Explain, in what situations or with whom, what do you feel then, how do you behave then?
232. Do you sometimes want to do more things than you can handle, do you bite off more than you can chew? Explain, what things, why, what do you feel then, how do you behave then?
233. Do you want to take on too many things at once, do you want to do ten things at once? Explain, why, what do you feel then, how do you handle things then?
234. Do you feel that the activities that you do should be useful and that they're a waste of time when they aren't, do you have feelings of guilt when you relax instead of working? Explain, what do you feel then, what do you do then?
235. How do you react when you can't find something? Explain, what do you feel then?
236. Do you have a craving for power? Explain, why, with whom, in what situations, what do you feel then, how do you behave then, what are the consequences?
237. Do you have a wish to be important? Explain, why, with whom, when, what do you feel then, how do you behave then, what are the consequences?
238. Are you a leader or a follower? Explain, in what situations, with whom, what do you feel then, how do you behave then?
239. Do you have impact on other people, are you charismatic? Explain, in what situations, with whom, what do you feel then, how do you behave then, how do others react?
240. How would you describe your lifestyle and habits? What effect does your lifestyle have on others?
241. Are you preoccupied with death? Explain, how often, why, what do you feel then, what do you think then?
242. Do you have sexual problems? Which, how do you feel then, what is the effect of these problems on yourself and on your relationship, how do you behave then?
243. Do you have fantasies about certain things or persons? Which, when, describe what you imagine.
244. How is your health? Allergies, falling ill often, horny skin, diarrhea, constipation, hyperventilating, rashes, premenstrual symptoms, headache, being prone to colds, ...? Describe each complaint in detail, how do you feel about it, what are the consequences?
245. Do you get tired and exhausted easily, do you lack energy? Explain, how do you feel then, what do you do then?
246. Do you sleep well? Explain, how do you feel about it, what do you do then, what are the consequences?
247. Do you snore? Explain, how intensely, how do others react?
248. How intelligent are you? Explain, how do you feel about your intelligence?
249. Do you quickly understand new things or does it take a while before you understand something? What things do you understand easily and what things are you slow to grasp?

250. Are there things for which you have no talent at all? What, what is it like, what do you feel then?
251. What are you good at? How do you feel about it?
252. Do you find out how to tackle new things on your own or do you need someone to show it to you? For example, a new software programme, or a new appliance. Explain, how do you go about it, how fast do you find it, don't you find it at all, how do you feel about it?
253. How good are you at memorizing things? Explain, how do you feel about it?
254. What is your memory like, are you good at remembering things? What things can you remember well, and what things not?
255. Do you have spatial perception? Explain, what can you do well or not well, how do you feel about it?
256. Are you handy, are you good at practical things? Explain, what are you good at and what not, how do you feel about it?
257. Do you have technical insight? Explain, what are you good at and what not, how do you feel about it?
258. Are you creative? Explain, how do you feel about it?
259. How good are you at sports? Explain, which sport are you good at, which sport are you not good at, how do you do it then?
260. Are you slow? Explain, at what, when, describe what happens then, how do you feel then?
261. Can you easily orient yourself on the road? Explain, how do you behave then, how do you feel then?
262. What things do you find enjoyable in life, what things do you find unpleasant? Explain for every item that you mention, what do you feel then, what do you do then?
263. What things do you find difficult in life, what things do you find to be a gift in life? Explain why for each subject.
264. What do you appreciate about yourself, what do you detest about yourself? Explain how you feel for each subject.
265. What are you successful in, what are you not successful in? How do you feel about it?
266. What opinion do other people have about you? Explain, how do you feel about it?

9

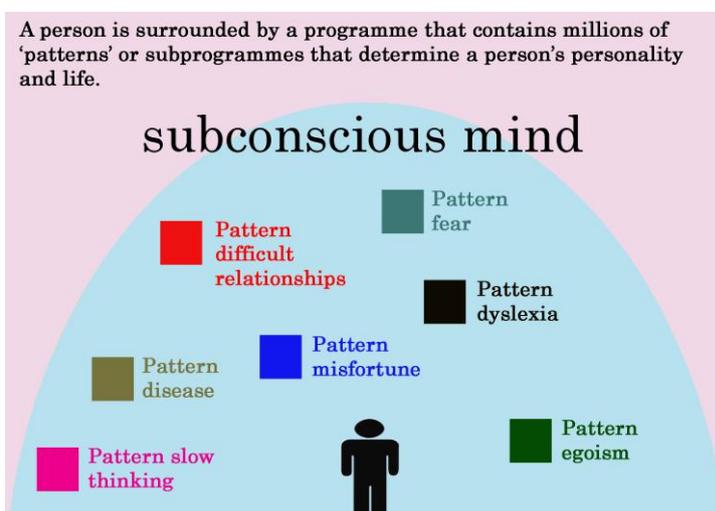
Summary of the philosophy and method for the liberation of the soul as described in my book “The subconscious mind around man, and how it determines personality and life”



My name is Charlotte. I have psychic abilities that allow me to perceive a substance that is present around man and animal. This substance consists of a light matter (negative) and something I call ‘energies’ (positive). I don’t mean the ‘aura’. This substance present around humans and animals, is the

subconscious mind. The subconscious mind is known to exist, but its location, consistence and all the things it’s responsible for are unknown. So, the subconscious mind is to be found around man and animal and it consists of a light matter (negative) and energies (positive), and it determines personality (character, behaviour, ability, views of life) and life (occurrences, situations, health, disease). It’s already present around the soul that incarnates into a body. It consists of programmes or ‘patterns’ (negative, matter) and energies (positive). The ‘patterns’ are responsible for negative personality characteristics and for the problems we have in life. Every pattern has a contents that steers life, for example: ‘you feel inferior’, or ‘there is no love in your life’, or ‘you think slowly’. This contents has the capability of causing the situation described in the pattern.

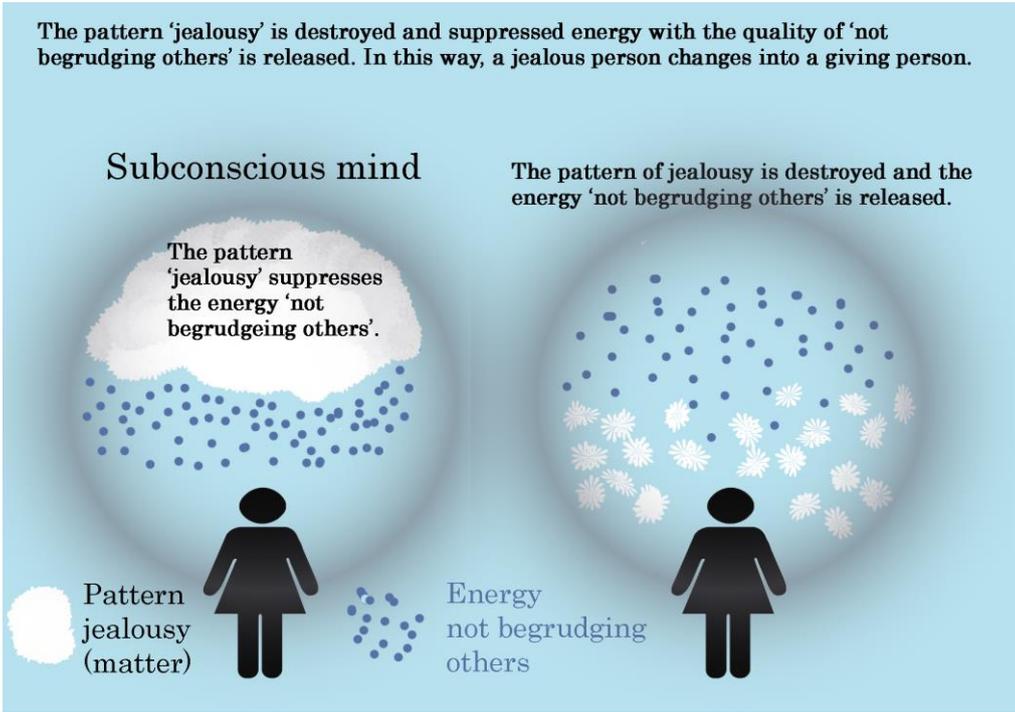
The picture below shows a person surrounded by a negative programme, this is the negative part of the subconscious mind. The whole of the ‘programme’ consists of millions of smaller programmes which I will call ‘subprogrammes’ (or patterns) from now on. The patterns ‘difficult relationships’, ‘fear’, ‘dyslexia’, ‘disease’, ‘misfortune’, ‘egoism’ and ‘slow thinking’ cause the person to experience these problems in life. So, as a result of the patterns, this person has difficult relationships, fear, dyslexia, eczema, lots of setbacks, is egoistic and can’t think quickly.



For example, when you are a jealous person, this jealousy is caused by a subprogramme or a 'pattern' that is literally present around you in the form of light matter. If this pattern weren't present in your subconscious mind, you wouldn't be jealous. When this subprogramme is removed from your subconscious mind, you will no longer be jealous. Every energy contains a quality and when a certain energy with a certain quality is present around you, then you have this quality. When someone is honest, affluent, intelligent, healthy and loving, these characteristics are the result of energies that surround this person and that contain these qualities.

Below you see a picture of a person surrounded by his subconscious mind. The pattern 'jealousy' that is present in this person's subconscious mind causes this person to be jealous. The energy 'not begrudging others' is suppressed by this pattern. This energy is still present in the subconscious mind, but it has no more impact because it is buried under the pattern and has therefore lost its effect. The technique described in this book destroys the pattern (the matter is crushed and transformed into some kind of energy), and the suppressed energy with the quality 'not begrudging others' is released.

In the current situation of man and of the world very few positive energies are still free and human (and animal) functioning is mainly steered by the negative patterns. Therefore man and the world are in such a bad way.



The soul exists, has not been created by a God, exists forever and is trapped in an evil programme: the negative part of the subconscious mind.

Coming from a previous life, the soul is surrounded by the subconscious mind, and then incarnates into a new body and brings the subconscious mind along with it, and to all the next lives. More or less the same things happen in every life, based on what's imposed by the subprogrammes (very few energies are still free).

Previous life as a Roman soldier, pattern 'order to kill others in the name of war', pattern 'dying on the battlefield'.

Subconscious mind of the soldier (or actually of the soul that has incarnated into the soldier).

Pattern killing others in war.

Soul of the soldier.



The soul has left the soldier's body and takes along the patterns to its next life.

Pattern dying on the battlefield.

The soldier has died and the soul had broken free from the body.



The soul has a next life, again as a soldier (because the patterns dictate this), the pattern 'order to kill others in the name of war' again determines the soldier's life, as does the pattern 'dying on the battlefield'.

Subconscious mind of the soldier.

Pattern killing others in war.

Soul of the soldier.



The soldier is dead, the soul takes along the patterns to its next life.

Pattern dying on the battlefield.

The soul of the dead soldier.



Just like man, an animal is a soul in a body, surrounded by the subconscious mind.

The same goes for an animal: coming from a previous life, the soul is surrounded by the subconscious mind, incarnates in a new body and takes the subconscious mind along with it, to all the next lives. More or less the same things happen in every live as a result of what's imposed by the subconscious mind.

The bull has a pattern for being tortured for pleasure and for dying due to injuries after having suffered severely.

The bull's subconscious mind (or actually of the soul that has incarnated into the bull).

Pattern being tortured to death for the pleasure of sadists.

The bull is killed and the soul leaves the body and takes along the patterns to it's next life.

Pattern dying in the arena after being tortured.

The soul breaks free from the bull's body after having died.

Soul of the bull.



The bull has a next life, and is once again being tortured to death for pleasure, because the things that happen in his life are determined by patterns, again and again in every life.

Subconscious mind of the bull.

Pattern being tortured by a sadist.

The bull has died, the soul takes the patterns along to it's next life.

Pattern dying in the arena after being tortured.

The dead bull's soul.

Soul of the bull



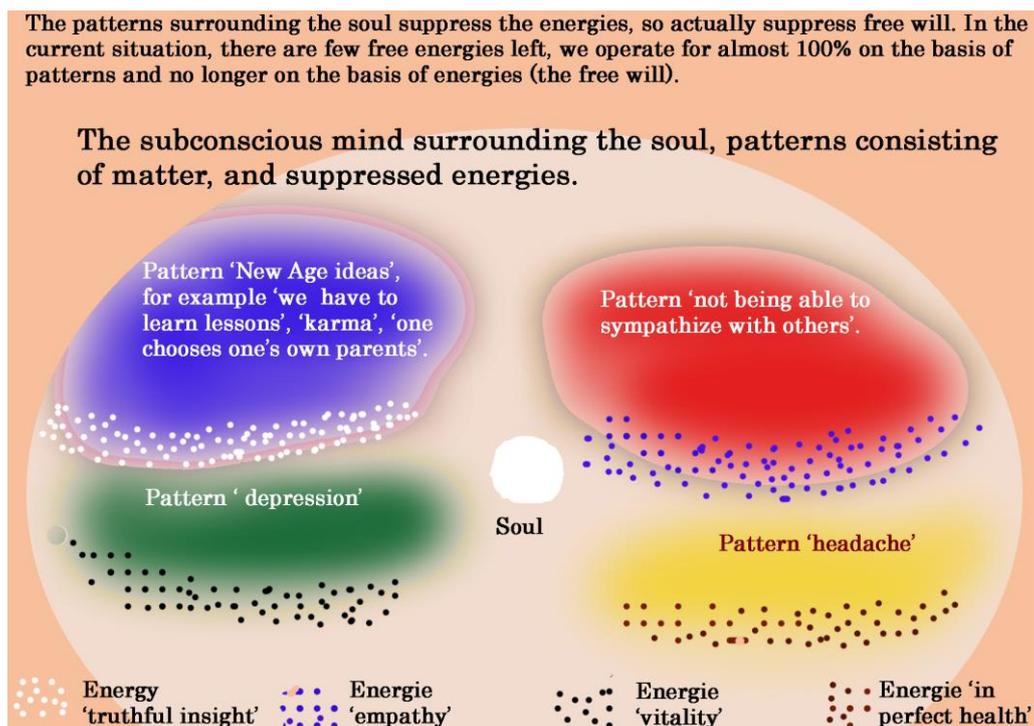
The programmes around the soul/the person suppress free will.

So, the subconscious mind consists of matter and energies. The matter (the programme) is negative and consists of millions of subprogrammes, the energies are positive and are responsible for free will. But in the current situation, almost all energies are suppressed, our life and personality are mainly the result of the subprogrammes, there is very little free will left.

Examples of subprogrammes are: anxiety, jealousy, egoism, feeling bad, feeling depressed, procrastination, slow learning, being bad at sports, headache, things often go difficult, difficult relationships, clumsiness, religion, belief in new age ideas, ...

Examples of energies are: good relationships, things go well, good insight, dexterity, the ability to learn quickly, empathic ability, self-confidence, the ability to give and receive affection, feeling good, being quick to tackle things, ...

Below there's a picture of the patterns 'New Age ideas', 'lack of understanding of others', 'depression', 'headache', that suppress the energies 'truthful insight', 'empathy', 'vitality', and 'health'.

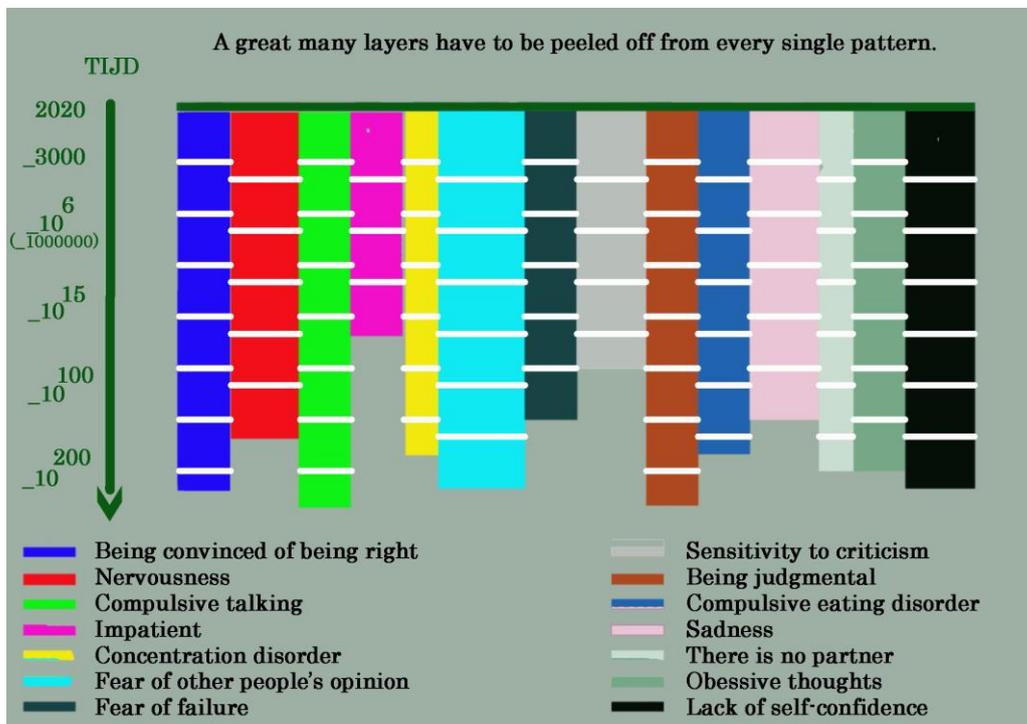


A great many layers have to be peeled off from a great many patterns.

So, every pattern is made up of matter and consists of a great many layers, every negative situation or personality trait is the result of one or more patterns. Every pattern has to be peeled off individually, and although many patterns are dealt with simultaneously, each pattern consists of lots of layers, and therefore a great many layers have to be peeled off and it takes a lot of work to completely remove all the patterns. The bases of the layers are to be found at vast depths in the subconscious mind. The depth of a layer pertains to the length of time it has taken a layer to build up in the past, for example 'a 1 followed by hundreds of zeros' - years ago (for example "10 to the power of 150" years ago).

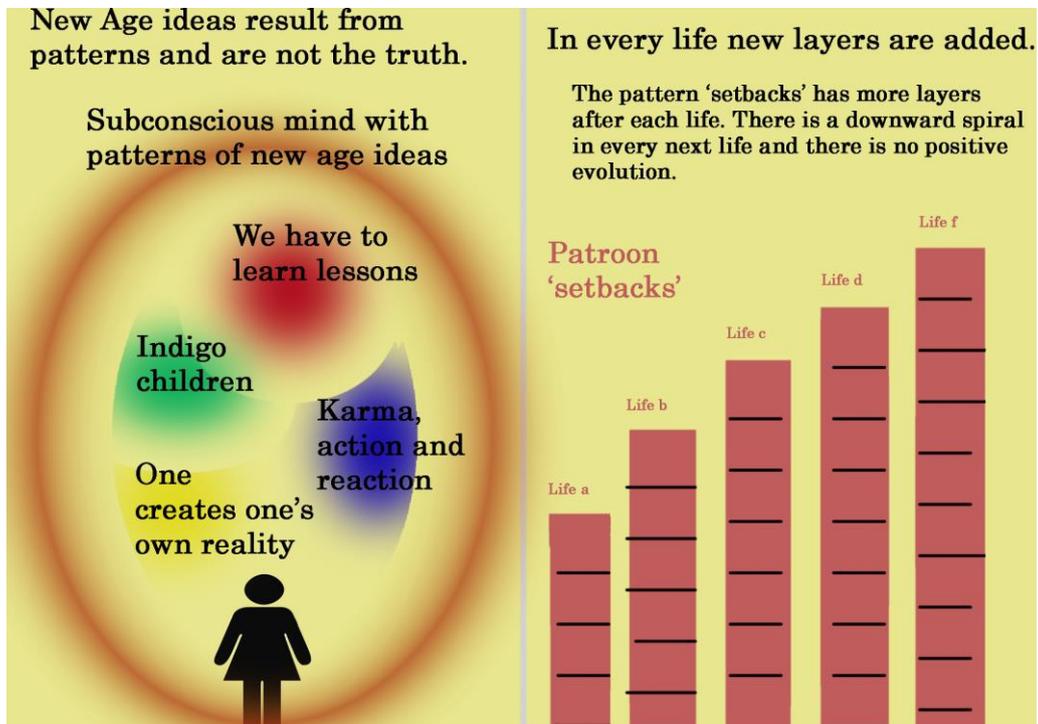
The picture below shows 14 different personality traits and each of them is represented by a column of layers. Every column represents a different pattern that has to be peeled off layer by layer, down to vast depths in the subconscious mind. However, several issues are dealt with simultaneously, so the layers of various patterns are peeled off simultaneously.

The characteristics 'being convinced of being right', 'nervousness', 'compulsive talking', 'impatience', 'concentration problems', 'fear of other people's opinions', 'fear of failure', 'sensitivity to criticism', 'being judgmental', 'binge eating', 'sadness', 'there is no partner', 'obsessive thoughts', 'lack of self-confidence' are therefore the result of subconscious programmes and have to be peeled off layer by layer in order for these characteristics to disappear. This process results in the release of suppressed energies, which are responsible for positive qualities and positive situations, for example, a pleasing personality and loving relationships.



New layers are added in every life.

The soul exists eternally and has been trapped in the programme (the negative part of the subconscious mind) for aeons. In every life, new layers are added. Every time something happens due to the patterns, for example, a setback, then this occurrence is stored on top of the pattern that caused this setback to happen. So, new layers are added on top of the existing layers. When you feel anxiety, this is caused by a pattern. Every time this anxiety is experienced, this moment is stored as a next layer on top of the layers that make up the pattern of 'anxiety'. So, there is no positive evolution as a result of the lessons learnt in every life, which is believed in the New Age movement. Quite the opposite, with every new life, new layers are added as a result of the difficulties experienced in every life. The things believed in the New Age movement are the result of patterns, and are not the truth. The picture below represents the New Age ideas on the left, which are the result of patterns, and the pattern 'setbacks' on the right, which is built up further in every life. The New Age ideas represented here are: 'we have to learn lessons', 'indigo children', 'karma, action and reaction', 'one creates one's own reality'. In truth, life as it is, is caused by the patterns, and not by karma, and in truth, reality is created by subconscious patterns and not by the person as a conscious individual. If we created reality ourselves, as believed in the New Age movement, we wouldn't be living in this miserable world, we would have figured out how this works a long time ago, and we would be creating all kinds of positive things, and the world would really not be the way it is now.



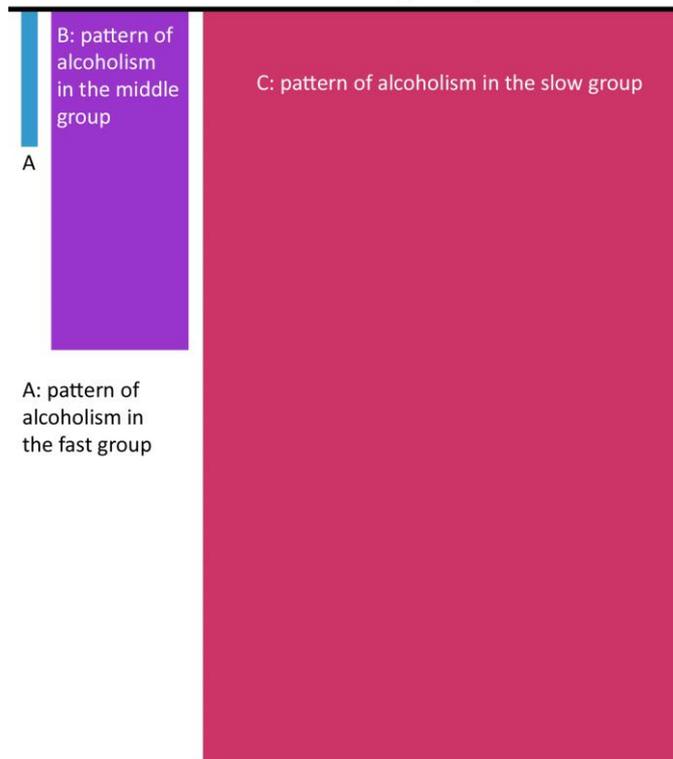
**Different people react differently to the technique
with regard to how fast they have results.**

The speed of results achieved is hugely different from one person to another. This has to do with the amount of matter of which a pattern consists and with the depth of the roots of the pattern. The deeper the roots, the more layers there are to be found and the more work is required to peel them off. And even at equal depth, the amount of matter of which a pattern consists is also greatly different from one person to another.

I make a distinction between three groups within humanity: fast, middle and slow. The layers of the patterns consist of much more matter and every pattern has many more layers in the slow group than in the fast and the middle group. The number of hours required to peel off a pattern is much greater in the slow group than in the other groups. 25% of the people are in the slow group, 30% are in the fast group and 45% are in the middle group. Below there's a visual representation of both the difference in the amount of matter present in a pattern (alcohol in this case) and the depth of the layers of someone in the fast group, the middle group and the slow group. The required number of hours of treatment in order for the pattern to be peeled off, is very different from one group to another.

In the next picture, A (light blue) represents the amount of matter in the fast group, B (purple) represents the amount of matter in the middle group, C (pink) represents the amount of matter in the fast group.

**Difference in the amount of matter
in the fast group, the middle group
and the slow group**



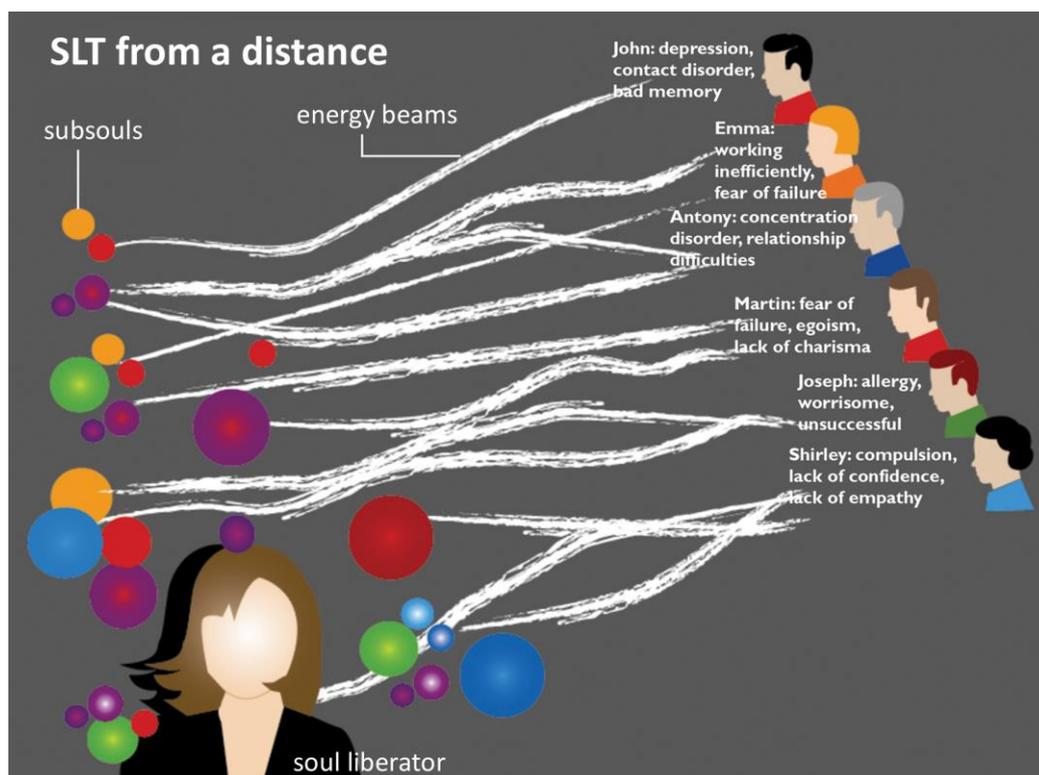
Continued, uninterrupted distance treatment with the purpose of peeling off all the patterns and releasing all the energies.

This book is about self-help techniques and not about paid treatment. However my other book is about the distance treatment. So I will include the part about the distance treatment here too.

The purpose is to treat someone from a distance, without interruption, either by myself or with the method of 'asking for energy' (see chapter 5) or with a combination of both. The purpose of the treatment is to peel off all the patterns and release all suppressed energies. The purpose is totally free the soul from the prison that is the programme, so to liberate it from all the patterns. This is a lifetime's work. Since I can perceive and work on the patterns from a distance, peeling off layers always happens from a distance. Because I can treat a few people simultaneously from a distance, the price per hour for one person is lower (16 euro per hour and 4 euro for someone in the slow group). So traveling is not required for the purpose of the treatment.

After a sufficient number of hours, you will acquire the abilities that I possess myself. As soon as the level of these abilities is sufficiently high, one can continue on one's own, and one can treat oneself and one's own family.

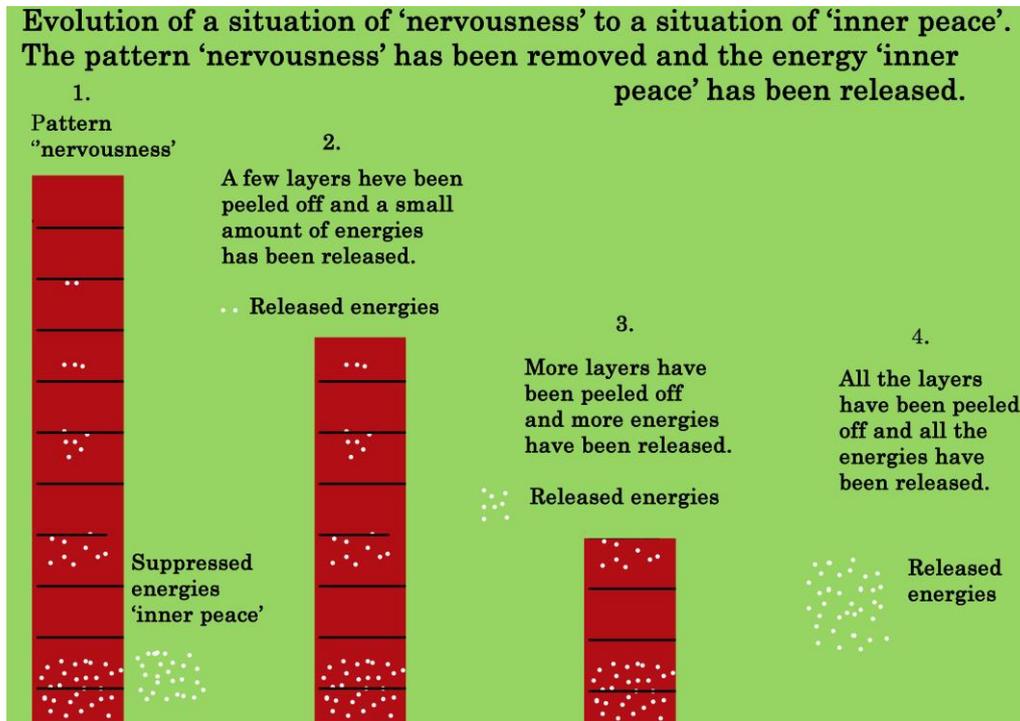
In the picture below, the 'soul liberator' treats 6 people simultaneously from a distance, for the following issues: depression, contact disorder, memory problems, working inefficiently, fear of failure, concentration disorder, relationship problems, egoism, lack of charisma, allergy, worrisomeness, lack of success, compulsion, lack of confidence, lack of empathy. Apart from that, a great many other issues are dealt with as well. The soul liberator sends energy that is present in his own subconscious mind to the patterns of the clients, in order to crush the patterns layer by layer.



When the layers are being peeled off, the intensity of the problem diminishes until the problem is completely gone.

For example, when you are a nervous person, this nervousness is caused by a pattern. An amount of layers is being peeled off during an hour of treatment. The greater the amount of matter that the pattern consists of, the more hours are required for all the layers to be peeled off. As the layers are being peeled off and suppressed energies are being released, for example of 'inner peace', the nervousness diminishes and inner peace appears.

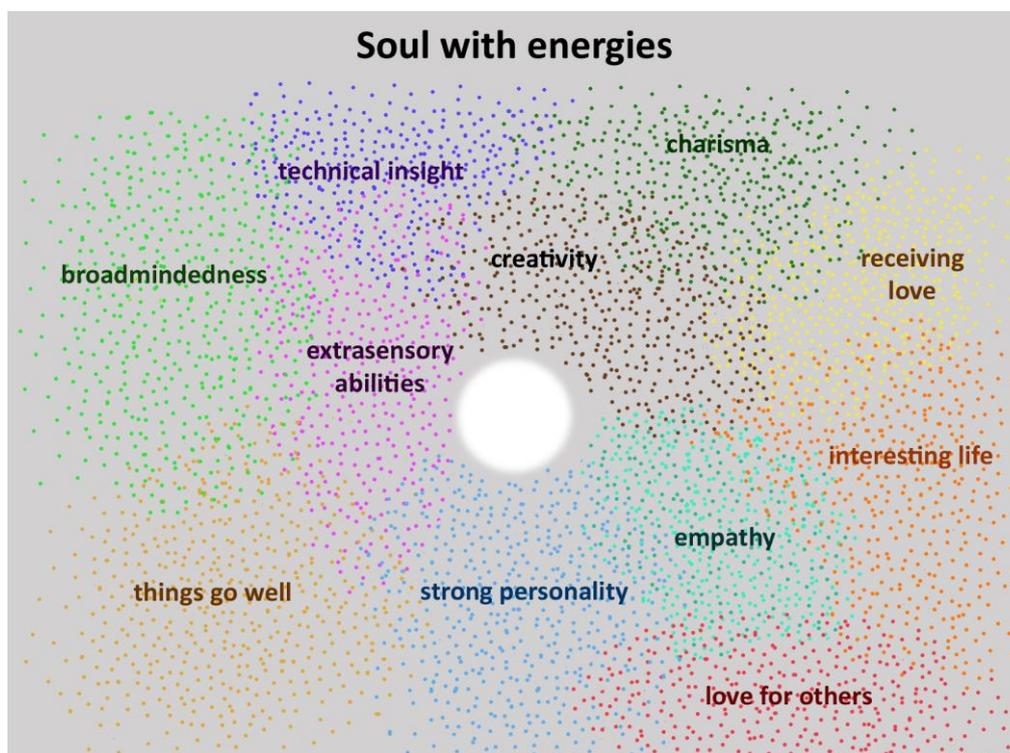
As a result of the power applied to the matter, the matter will eventually start to peel off automatically (as long as the power is applied). This is a huge help and because of this I dare say that things will always be remedied, whereas it would be impossible for many issues to be changed without this automatic peeling off. All the layers are removed with the technique applied. However, not all the layers of a pattern have to be removed for results to be achieved. On the other hand, if the pattern hasn't been peeled off completely, the symptoms may return because deeper layers will become active, and moreover you will take the pattern along with you to a next life. Thus, a pattern has to be removed completely, which is only possible by the automatic peeling off. Without this, it would be impossible for all the layers to be peeled off in everyone.



The only hope to have a better world is by the liberation of the souls from all the patterns and by the release of all the suppressed energies, if not the world can never change.

A huge number of suppressed energies are mainly present in the deep layers, and they can be released after a sufficient number of hours of treatment. It is possible to be relieved from a feeling of depression or anxiety simply by having the patterns removed, without energies being released. But in order for abilities to be acquired, such as empathy, the energy 'empathic ability' has to be released, for example from underneath a pattern of a total lack of understanding of others. The energies are mainly present in very deep layers, and consequently a great many layers have to be peeled off from some patterns before there can be a big change. When part of a pattern of 'anxiety' has been peeled off, the anxiety may already have diminished, but when an equal part of a pattern of 'total lack of understanding of other people' has been peeled off, this does not necessarily result in a big change, because only very few suppressed energies have been released, since they are still trapped in deeper layers.

The ultimate goal is a soul surrounded by energies only, and the removal of all the patterns. This is a lifetime's work, and more than that (next lives).



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