

Coherent Coaching™
With EFT, Energy Psychology And HRV Biofeedback



***“Become A 100X More Effective Practitioner Through
The Direct Path to Heart Coherence!”***

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Many Thanks to my Editors, Sharon Hart and Cynthia Stringer

Table of Contents

Introduction.....	3-7
Chapter 1 - The Basics Of Coherent Coaching.....	8-20
Chapter 2 - Advanced EFT Technology And Its Use In Coherent Coaching.....	21-26
Chapter 3 - Releasing PR Through Repetitive Questions and EFT Tapping.....	27-29
Chapter 4 - Chapter 4 – Stress Analysis And Biofeedback.....	30-37
Chapter 5 - Heart Rate Variability (HRV) Biofeedback.....	38-44
Chapter 6 - Heart Rate Variability (HRV) And The Autonomic Nervous System....	45-48
Chapter 7 - Using the HRV Monitor In Your Coaching, Consulting, Or Energy Psychology Therapy Practice.....	49-60
Chapter 8 - Incorporating Energy Psychology With HRV.....	61-64
Chapter 9 - How HRV Biofeedback Sessions Work.....	65-70
Chapter 10 - Energy Meridian Tapping Technology.....	71-73
Chapter 11- APP Touch/Tap--Energy Psychology Software for The Mind.....	74-75
Chapter 12 - iBliss Tapping And HRV Long Distance Sessions.....	76-77
Chapter 13 - How To Integrate iBliss EFT Tapping And Biofeedback (HRV) Into Your Practice And Life.....	78-78
Chapter 14 - Personal Biofeedback Training.....	79-86
Glossary of Coherent Coaching Terms.....	87-90

Introduction

What is Coaching?

When I started training coaches back in the late 60's we use to call them consultants. This is before the term coach or coaching came into being. There were at that time many feeds of data or data streams that spawned the then beginning consulting/coaching movement. There was a combination of Esalen Institute programs with training in sensitivity, Gestalt Therapy, Encounter Groups, the psychedelic experience. Then on its heels came the emergence of biofeedback and many eastern philosophies that amalgamated into a thirst for direction and purpose. Added to that was the human potential movement, and the "make a difference" experiential seminar and training approach came on the scene with great impact.

Biofeedback clearing with its open source ship and techniques became a more technical rendition of consulting/coaching for those looking for the release of problems, upsets, self limiting belief systems, to name a few. The term process emerged and a renewed interest with new tools to develop the human potential came to the forefront

Later on when larger, more official Coaching organizations came out, consulting later called coaching became somewhat homogenized and pasteurized into helping the client come up with alternatives to a blocked goal. As soon as the client went into the past or started to emote, the coach backed off and said "I am not a psychologist so you can't talk about the past." These sessions became mostly goal planning sessions in search of alternative solutions to blocked goals. These sessions were now really re-positioned to brainstorming. The past was omitted from the discussion as though it never existed. Sometimes for the better and many times for the worse!

Recognizing this focus on goal dynamics back in 1974, I created a coaches training that worked with strictly Goal Planning or Goal Programming--it was called *Coaching Goal Dynamics*. The main public workshop was called The Expansion Workshop. This workshop and coaches training never discussed the past but only processed and clarified the present business plan. After thousands of clients went through the workshop and became later trained by myself as coaches, I recognized the need to re-institute a deeper process to handle the clients past story which so often impinged on the present Goal Program. This next step or level was called *Release Dynamics*.

Release Dynamics dealt with the past incidents or triggers that kept coming up for some and kept them cycling through the past trauma of **negative mental energy patterns (NME)**.

This Coaches training used GSR Biofeedback, Computer Voice Analysis and Psychological Testing.

I trained coaches for three large companies and many smaller businesses. The use of biofeedback instrumentation was way ahead of its time and identified subconscious core issues faster than I had ever imagined. Many participants not only released long standing traumas but had deep and lasting spiritual realizations and discoveries.

In many of my trainings I called the work Energy Psychology because of the growing awareness of negative mental energy (NME). We had been measuring NME via body reactions, through Biofeedback equipment since the late 60's. I also employed many energy running processes to release armoring in the human bio-energy field or energy body. This led to the next level of Coaches training called *Coaching Self Inquiry*.

Coaching Self Inquiry came from the techniques of many spiritual masters of the Advita Vadanta school of India. I coupled it with biofeedback, as usual, and a deep process of self discovery was born. The biofeedback allowed participants to have many un-psychedelic assisted, self realizations.

During the time of delivering Coaching Self Inquiry sessions I became aware of the growing technology of Energy Medicine and Psychotronics. Psychotronics is the use of energy generating devices that have a releasing effect on NME and consciousness. I started a Psychotronics manufacturing company called Oxygen Research Institute. We sold thousands of devices called Life Energy Amplifiers that cleared NME.

A large part of our market were coaches and therapists. Many coaches and therapists utilized these instruments to clear their own NME and that of their clients in sessions of various kinds. I wrote a book called *The Bliss Factor* and trained a large variety of coaches in the use of Psychotronic equipment and Radionics for over 15 years.

The next turn of the wheel came with the advent of Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT). Out of that came the term, once again, Energy Psychology. This time the accupoint meridian tapping technique was a major breakthrough in all forms of coaching. It could be used for goals, releasing past story and spiritual discovery. It was simple and easy to use. It was easy to self process--a dream come true in many respects. Through the use of iBliss Energy Remedies, EFT could run faster and run deeper. I soon once again developed my own style of Energy Coaching using these breakthroughs.

Now the final addition, the broad use and acceptance of HRV Biofeedback. A Biofeedback device emerges that is as powerful and easy to use as EFT, inexpensive, portable and based –like EFT--on a rock solid scientific basis. This is full circle for me. Deja vu! Coaching has come back to its roots in the 60's as a transformative medium or process. It is not just educational or seeking alternative goal plans but a deep embrace and release of the source of personal limitation.

When you couple HRV Biofeedback with it, I believe you have a powerful technology that takes coaching to a new level and fulfills the promise that we had for coaching or then consulting in the 70's as a fast lane highway to personal transformation!

I call this technology Coherent Coaching because all coaching has as its basis bringing the heart into coherence or a deep state of peace.

My new coaching method utilizes the best of all my past work, plus all the new scientific breakthroughs

Coherent Coaching™ is both an art and a science.



It's an art in the sense that a person need be creative. It's not coaching that can be applied the same way in every situation. You need to be creative in order to be productive. It's a science in the sense that you are working with specific techniques. And you're working with technology here that's unwavering in terms of resolution. So it's both an art and a science.

The technology that has evolved over time, and is used in Coherent Coaching, includes Biofeedback--such as Galvanic Skin Response (GSR), Computer Voice Analysis (CVA), and Heart Rate Variability (HRV), combined with Thought Field Therapy (TFT) Emotional Freedom Accupoint Tapping Techniques (EFT), and the coaching programs I created through my studies and research in a Quantum Physics laboratory since 1968. This body of work is included in the field of Energy Psychology.

I have observed and noted biofeedback indications on students, research subjects, and clients for thousands of hours and observed through empirical observations what makes a therapy and coaching session work and what does not. I stopped counting time spend delivering sessions and training clients when I counted 20,000 hours!

Allow me to share with you the breakthroughs I have made in my work and in the training of personal coaches. I have written 6 books on the subject, 100's of audio programs and have manufactured Radionic, Psychotronic and Biofeedback devices for over 30 years. I have trained thousands of coaches since 1968, in my own companies, and for the largest educational company in the world.

I want to share with you the latest in Biofeedback and Energy Psychology breakthroughs.

I have identified which coaching behaviors get the coach out of the client's way and allow the clearest reads on biofeedback instrumentation, therefore the deepest and truest measurement of the client's subconscious reality.

I have discovered simple techniques that support the client to get to core issues quickly and what coaching additives cause blockage to that deep access.

The following observations and will help you release Psychological Reversal (PR), find core issues, bring about core releases, know when to start a line of questioning and when it is complete and released, etc.

Know and apply this info and you may become a master in this work. Take the challenge and become 100 times more effective by knowing and applying this material! Discover these tools and consider the possibility. . . .

Chapter 1 –The Basics Of Coherent Coaching

Coaching is defined as yourself or someone else asking you all of the questions you should have asked yourself, but didn't, and then getting right answers to them! -- Norm McVea, Ph.D. 1975

In this new breakthrough book, I will educate you in the practice of **Coherent Coaching**—which is finding out the truth about yourself.



People who are not okay with themselves lie, and people who have a high self-image tell the truth.

When you tell the truth you stand in your own power.

When you lie, measurable stress is created; lying creates a heavy heart. Tell enough untruths and you live in a world of confusion, uncertainty and stress.

Therapy, or coaching, can be seen as an attempt to bestow right answers and, thus, right choices into all areas of life. Right answers are truths that are real in your own experience. They are right because they align with your core values or core truths.

Right answers, or indications, are true answers and wrong ones are mis-indications, alterations of truth or discrepancies or deviations. Alteration is the mechanism of generating stress and unwanted behavior.

Sorting out one's life is learning to tell the exact truth about all incidents, relationships, transactions, and undertakings to discover yourself as responsible and accountable.

Coherent Communication

We will begin with Communication. **Communication is all about exact re-creation and integration at the receipt point of what was sent from the sending point.**

The essence of re-creation is telling the truth, the willingness to tell it as-is. For communication to really work, there needs to be a high level of rapport between client and practitioner. The essence of this training is ARC—which is rapport.



ARC stands for Affinity, Reality and Communication. Affinity is likening, closeness or resonance. Reality is agreement on what is real, and Communication is exchange of data emanating from a sending point with exact re-creation occurring at the receipt or listening point. When you have high ARC you have a high rapport or synergy between two people. Rapport creates coherence. It places both parties in the now, being open for deep listening.



A smooth interchange in high ARC conditions, between two people, facilitates deep listening and exact re-creation. The coach/consultant needs to be safe enough, needs to be there or present enough, to get the client to talk to him or her--honestly and openly. **The client's willingness to tell the truth is the most essential element of communication.** That may sound a little basic--and it is.

You need to be present and get the client to honestly talk, to open up you. You need to be safe, and be there in such a way as to initiate the client's inner-most communication. The coach's silent presence is pregnant with invitation and possibility. This quality makes a coherent session, a session with two hearts in harmony.

Basic Coaching

There is something called basic coaching. Basic coaching is just having a Coaching Communication Cycle going with the client. The significance of the question is not even cared about at this point; it's having the communication cycle working between you and the client. In the communication cycle, what you're doing is being there, asking a question, seeing that the client receives and understands the question, allowing the client to look in his/her mind (or experience) for the true answer, allowing the client to answer the question and then flowing back an acknowledgement to the client to show him/her that you've gotten or received his/her communication.

Rapport is the invisible cocoon or space in which this whole exchange exists. It is the space of deep listening, invitation and possibility. When you can be open and honest with someone, things change.

It's very basic. There is no significance about the particular kind of question here. The significance or type of question is not even cared about yet. What we're dealing with here is just the communication cycle--its basic form: the quality of ARC or rapport. Rapport increases heart coherence, Parasympathetic intervention, aliveness--life force or vitality.

In the absence of the communication cycle, psychological process and re-creation cannot occur.

It will not occur. Coherent Psychological Process only occurs when this communication cycle is functioning. In order to bring about any result for the client, you need to have the communication cycle be smooth and natural.

The cycle needs to be present and operating, with each one of the energy flows flowing without impediment. It's clean. it's clear. Your attention is on the cycle, and it alone. Now the effectiveness of the communication cycle is very dependent upon affinity, reality, and communication. **Affinity is a co-existence of two things or people in the same space.**

You need to have the other person located in your space and you need to be willing to be open and honest with that person. There needs to be an affinity or a liking flowing between the two.

Next, is reality or agreement. **Reality is agreement upon what is real.** There needs to be some form, "This person is here to assist me." And more agreement yet is, "I'm responsible for the condition I'm in." That's moving up the scale of vibration.

Next is communication. Simply, **communication is particles or impulses flowing back and forth between the sending and receiving selves.**

When Affinity, Reality and Communication are existing as a threesome, they equate to rapport. Rapport leads to release, knowingness and then to action. When you have Affinity, Reality and Communication in a session, and your communication cycle is going, you are now in a space to do something for the client or assist the client in doing something for himself/herself.

Communication is so powerful that if you have high Affinity and Reality, and a clean Communication Cycle, the client feels healed to some degree with just that.



The client feels gotten. Rapport releases stress on its own and turns on the Parasympathetic Nervous System and healing takes place. Rapport brings the client into the now. A certain amount of re-creation is taking place, a certain amount of re-creation on you, the coach's part, and re-creation on the client's part is bringing about this increase in rapport, which sends the client and the coach up the Scale of Vibration, from, say, apathy to fear, passive aggressiveness, anger, boredom, interest and then to action.

We're hoping that the coach is already high up on the **Scale of Vibration – which is a measurement of emotional states**-- (interest and above) and that the client isn't bringing the coach up the Scale of Vibration. In this body of work we develop the coach to increase their Scale of Vibration. Start where you are and aim for more bliss.

The Scale of Vibration is the scale of frequencies or vibrations that a client goes through while releasing a traumatic incident.

Where the person is located chronically on the scale, is the vibrational level of where most of their subconscious incidents vibrate. If a person is chronically fearful, then you can assume that the person has a lot of incidents in their subconscious that contain fear. If a person is chronically angry, then you can assume that the person has a lot of incidents in their subconscious that contain fear. In denied failure, the person has a lot of incidents that contain the denial of failure.

This scale was created by observing clients going through a scale of trauma while contacting and releasing incidents.

Read the scale from bottom to top

SCALE OF VIBRATION



Bliss
Abundance
Action
Ideal manifestation
Goal
Purpose
Interest
Conservatism (status quo)
Boredom
Antagonism
Anger (overt opposition)
Passive-aggressiveness (covert opposition)
Resentment
Fear/ anticipated failure
Sympathy
Coldness (denied sympathy)
Detachment
Eminent failure
Resigned failure
Denied failure

Communication itself, without any significant coaching question, is quite effective and a client will feel he has gotten a lot out of the session with just communication taking place; but forming a communication line is not enough.

You need to find the client's interest and release barriers to that goal. Just establishing a line would be like going to the airport; assisting the client is like taking off for New York. Going to the airport is well and good. It is a step closer to going to New York, but it is so far from New York, compared to the second step, which is traveling across the continent. So once the communication line is established, you can then do something to alleviate a client's story about himself.



Interestingly enough, it takes more effort and energy to remain in a state of untruth, lower emotions or lies than it does to let go of the stories. It takes a tremendous amount of energy and effort and intention to hold stress in place.

As a coach, you need to coach smoothly and cleanly. I don't mean confronting or communicating artificially, either. I mean confronting and communicating smoothly, sanely, and with an even flow of words. This is performed without jerkiness, without accidentally shifting the client's attention.

Your purpose as a coach is not to be interesting. Interesting is entertaining. Coaching is not entertainment. As a coach you are not being interesting, but "interested."

Interesting is an **outflow of energy** and **interested is an inflow of energy**. You, when being interested, are drawing the client's interest and data to you. You are creating a vacuum for it. It's having clients take their attention off you and on to themselves, ready for some in depth self-talk.



If entertainment is your intention, you should be performing at the theatre. There is nothing wrong with performing, but there is no performance going on in a coaching session. What is going on is a coach being interested--interested meaning having a real caring for, a real interest in, seeing the client resolve his/her difficulties.

Here is a Coaching Question which I really like. "What are you doing that's working?" The purpose of this question is to get the client to take a hard look at what he's doing that's workable. It's not, "Tell me what you're doing that's not working," but rather, allowing enough okayness of the client to be established in the session so the client can feel good about continuing in the face of his/ her own limitations. It's not grueling or gruesome; it's not an interrogation or a belittling of the client.

It's establishing the okayness of the client and working to increase that okayness and ability.

You have to keep your affinity up, and at the same time, get the client to look at what he is doing that is working and why he is doing it. Through this, the client gets to look at what's working and affirm it. He also gets a chance to look at what's not working and make some appropriate change.

So, communication is truly the first step in Coherent Coaching. You need to have a well-disciplined communication cycle with high rapport. Once you have a communication line, you can start assisting the client. And that starts with creating a high degree of coherent communication.

So, before I teach you what to do with someone, let's teach you about getting into communication with someone.



You ask this question, "What are you doing that's workable?"

The person says, "Oh, I'm going to college."

You say "Fine, what's working about that?"

"Well, it's workable because it's an easy place to relax and don't have to do too much."

"Okay, what else is workable about going to college?"

"Well, it's really workable because, well, I'm looking for a place to crash and the college campus is a good place."

"Fine. What else is workable about that?"

"Well, it really helps me fulfill my goal. My goal is to be an actor, and going to college and studying electronics really helps me."

"Okay, what else is workable about going to college?"

"Ahaa!"

You see, you're starting to show contrary intentions or purposes and the irrationality of the situation. **Fixed data** or **datums** (beliefs, attitudes, and feelings) show up. The client realizes, "Hey, what am I doing studying electronics when I want to be an actor?"

There is really no magic about the communication cycle. It's a matter of getting your question out there, ensuring it's worked with, getting an exact, truthful answer to it, and not going off into another thread or subject.

The client needs to know that he/she is there to get something done, and that communication alone will do little good toward reaching this end. It's nice, but ineffective for solving problems.

What you are doing in Coherent Coaching is **re-activating** (using the conscious intention of the coach to replay suppressed, subconscious, negative mental energy) the client. You will cause him stress. How much stress are you going to cause the client? It depends upon how much stress is there and what he/she can handle easily. You don't want to cause so much reactivation as to make him unduly uncomfortable. What you want the client to do is look at a situation and call up an experience of the past.

Get his considerations, decisions, concepts, ideas, past incidents, fixed datums, and have the client look closely and **tap**—that is, tapping on the accupoints as in Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT)--on those. That's going to cause some discomfort. You need to realize that the client is coming to you to receive assistance and you can best serve him by being direct and getting to work. Ask good questions. You're not trying to reactivate the client heavily; you just want the client to take a good look at situations from the past.

You can't tap out feelings until they are first having some intensity on the **SUDS scale**. (Subjective Units of Distress—a scale of 1-10 where you measure the intensity of the uncomfortable feelings. The higher the number, the more distress.) As you ask questions, confusions will start to surface and show up. And as tap out the considerations, decisions and such, by asking specific questions, the confusion starts to subside or release.

You're having the client take a look at his/her barriers to understanding. You need to have good observation to be able to see the **“tells”** (or indicators) of the client's thoughts, actions, deeds, mental images, or emotional states as you're asking questions and getting answers. You've got to stay in communication with the client; that means you need him/her to honestly express the thoughts, actions, deeds, mental images, emotional states, etc., that occur in session, and you, as a coach, need to be alert to these.

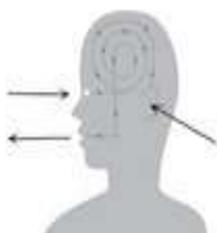
You need to be Sherlock Holmes on the other side of the table; you need to be there with your magnifying glass analyzing, inspecting, confronting, really looking over the client's physical indicators: body movements, facial expressions, ears wiggling, whatever.

Listen very closely to what the client is saying, because the words are the clues to the “crime”, and the clues which lead you up to the real “why” are lying dormant, right there.



You need to stay in communication with the client or clients; you need to keep their attention on the questions you're asking, and if you are using Biofeedback, such as the HRV Bio-monitor, on the equipment you are using. When your Coaching Cycle is very good, meaning your presence as a coach is very good, you can be asking the client questions in the Chicago suburbs, the Bermuda Triangle, in a Mexican uprising, during a rock concert, or at a funeral parlor, and the client will be so "there" with you that the distractions and confusions of the outside world will be non-existent. You put an invisible shield around the session and keep distractions out of the client's space.

What you really need to know, to operate with, and create, are three important communication lines within your coach's communication cycle.



The first line is: the client to his/her mind; we could also say this line goes to his/her past experience. This is called the truth identification line, or question line, and this is the line by which the client looks in his/her mind and discovers the truth to your coaching questions.

A second line: goes from the client to the coach and is called the truth line. This is the line by which the client identifies things, "It is this; it is that." It's letting the client say truly what's there, which pulls the pins out of the confusion so that the confusion can discharge. The client is saying "it is this" or "it is that." It is an answer line.

The third line: is the question line, and that's a word or phrase meaning "what is it?" It's asking a "what" question. You're not getting the person to dwell upon confusions, upsets, uncertainties or overwhelm points.

You're actually getting the person to tell the truth back to you. You're asking "what is it?" the client is saying what is so. Each one of these flows you can imagine or conceptualize as a "line."

The first line is the coach observing the client to see if the client is ready to receive the coaching question. The second line is the coach delivering the question to the client. (question line). The third line goes from the client to his/her mind (truth identification line). The fourth line goes from the client to the coach (answer or truth line). The fifth line is the coach acknowledging the client.

With your communication cycle, you want to create each client being willing to talk to you as the coach. If the client is not willing to talk to you, he/she will not look in the mind to answer your questions. The truth maker line will be cut, and therefore you will get nothing back on the truth line.

Do not rush the client. If the client feels forced, rushed or pushed or hurried, he will not really look in the mind but will just grab something quickly. He will communicate it in an incomplete fashion, with some alteration or lie in it. Coherent Coaching in such a circumstance will not work.

The truth or answer line is really a report or documentation of what has been looked at. You have an energy flow going back and forth. **The flow of these lines are 1) “question from the consultant to the client, 2) client looks in the mind, truth maker), and 3) the client’s truth telling line answers back to the coach.**

Breakdowns can usually be traced to the coach's communication cycle. Each line of this communication flow or communication cycle is separate and distinct. With your question line as a coach you cause reactivation. You're asking the client "How do you feel after talking to your mother?" That causes a **reactivation** (stressful reaction).

The client will look in his/her mind and answer back, "I feel apathetic, sometimes bothered, and most often I feel like my basic rightness as a person is being denied."

So, if you've blocked that cycle, or communication line, you'll cause the problem of not allowing the client to “tell their truth” about the confusion or upset, and you leave him with unhandled **negative mental energy** (NME). This must be avoided. The client needs to get that communication out to you.

Remember to acknowledge the client, to indicate that you've heard and understood the answer or response. You also want to ask yourself, "Did the client actually receive, get, and understand, my coaching question?" You really need to know that, because the question you might ask may be misunderstood by the client, and the indicators of a misunderstood question are obvious.

If you fail to take understanding into account, your client will receive a coaching question, not understand it, and get puzzled and confused by it. You want to notice these things before they happen.



The Boy Scout motto is "be prepared."

Same Thing for the coach: be prepared.

The significance, or question content, rides on the Coach's Question line.

At this point, you have the client at the effect of his story and coaching distress. It will be an unwilling effect if you do not keep the communication cycle functioning and flowing, and are asking a question of a client who is unprepared to receive the question--worse than having the client distracted or puzzling over something, and unknowingly firing off the next question, not noticing that you a client who wasn't prepared.

You want to be observant enough to know when the client is ready for the next communication. Don't ask it until that time has come. If you just fire it off without noticing, you're wasting a good question and adding more fuel to the fire. You don't want to do that.

You need to notice whether the client has received your acknowledgement.

You may acknowledge the client, but the client has his attention on something else, so he's missed it. During the session, he's wondering whether you've ever really heard him. He is starting to look puzzled, and you're wondering what the client is puzzled about. What has happened is a miscommunication has entered into the session.

You want to ask yourself, "Did the client answer my coaching question?" This is important. Don't be so hard up for an answer that any grunt or groan will do. For example, you ask, "When was the last time you felt good at your job?" The client groans. You say, "Thank you. Where do you go after 5: 00 when work is over?" The client yawns. You say, "Fine. When you were in high school what considerations did you have about your teachers?" Client coughs. You say, "Thank you."

Nothing has taken place here. The client is so far out of communication with you that the communication cycle, for all intents and purposes, is non-existent.

You, as the coach need to ask yourself, "Is the client really ready for the coaching question?" If so, you go ahead and ask it. Then you ask yourself, "Did the client receive the coaching question (did the client get and understand it)?" Next comes the answer to your "question." Then comes the acknowledgement. **Finally did the client completely answer the question and receive the acknowledgement?**

In **coaching for coherence**, if you run through the cycle like that, you won't need to ask sophisticated or grandiose questions.

You just ask a question and watch the energy flows. Ask each question as itself, see that the client has gotten it, answered you, got your acknowledgement, and you will be in great shape. Your attention will be there and you will observe the client's indicators and know that the question has been answered or that something else has transpired.

Some coaches are mechanical about the communication cycles, meaning not very alive, robot-like. This makes the client feel that he/she is an object. So you need to relate in a pleasant, natural manner, putting the client at ease.



Demonstrate this communication cycle often and you will stay clear and crisp with it. Break it down and analyze it. See its component parts. You need to observe the client very closely in order to set this communication cycle to work for you.

You need to inspect what you're doing; you need to be there and observe. If you're thinking of what to do next, or have your attention on the past day's events or future events or have considerations and attitudes going on in the session, you will block the experience of the client and your own ability to observe. So be there and observe.

As you look over the communication cycle, you will see that **it is the coach's communication cycle that makes coaching work.** The client is discharging negative mental energy--NME. This energy is discharged by telling the truth--this is Energy Psychology (EP)101. You have two poles. You have a coach and a client. As long as the coach asks good questions and the client replies, there will be an exchange of energy. This exchange of energy, which occurs when the client looks at his/her past experiences, actually causes NME or electronic negative energy to move out, leaving the client free of stress.

In coaching, you want to:

- 1) **Create rapport with the client.**
- 2) **Ask the client appropriate coaching questions**
- 3) **Always maintain a high level of rapport in the sessions.**

Why I make such a point about this cycle and its importance in coaching, is this:

Biofeedback reads first on the congruence or coherence of the coach/client relationship and second on the client's past!

If you, as a coach, are distracting or confusing in your presentation, and are using the HRV Biofeedback Bio-monitor, (discussed in later sections) it will **read** (indicate) first on that block. The reads you get are coach-caused distraction reads.

When the coach is invisible, the client's focus is only on the coach's questions and the client's answers.

Another thing to look at in Coherent Communication is the fact that the only reason you're asking questions and looking for **inauthenticity** (unrealness, irrationality, NME, incoherence) is to increase the client's **authenticity** (realness, saneness, coherence, okayness).

Sometimes a coach can become so invalidating, and the client feels so wrong, he doesn't feel there is enough rightness to warrant his further looking or betterment. **So, only look to find the inauthenticity in order to increase the authenticity.** There needs to be authenticity present in the session in order to make movement. That's why you're finding something that the client can do somewhat, and improving that. **This is called Performance Coaching.**

Progress is built on baby steps of okayness by which you delete or release inauthenticity or negative mental energy as it comes up so that it can drop away. If you make the client not okay, then the client will return the flow by asserting authenticity in what he or she is doing. So, when you are finding the client being right about what's not working, realize that you are invalidating the client, and that he must be right in order to be present at all. The degree of trueness or okayness present must exceed the not okayness or inauthenticity or NME.

The client's ability to bring about gain or movement will cause negative issues to drop away in direct proportion to the rightness or okayness the client feels in session.

Once the client views the incident, takes a look, and spots the lie of mis-assignment of creation or power, the incident will come apart and clear up. EFT Tapping helps the client get to the bottom of the stack (accumulation of similar traumatic incidents on a thread starting from a core issue).

For example: a man is having a problem with his wife, but the problem, of course, from his viewpoint, is caused by the wife and not himself. If the man is able to see his own creation or authorship in the problem, he is able to see what he is doing, what he is creating, and how his actions are actually creating the problem. **Ultimately, the situation is always caused by the client himself.** There is always something that he or she can do to alleviate the situation.

The general rule here is that anything that is unwanted, yet persists, must be thoroughly viewed or re-created, at which time it will de-stress or vanish as a problem or difficulty!

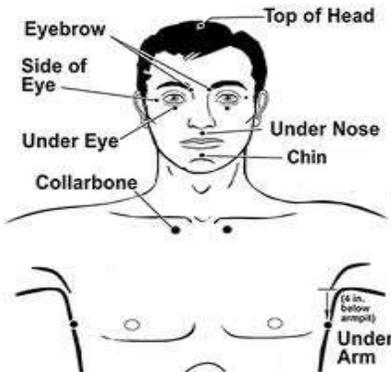
In the *Coherent Coaching Session Manual* we will discuss the practical application of Coherent Communication in regular coaching sessions.

The Manual includes:

- Coaching Session Guidelines
- Establishing Client Boundaries
- Client's Biofeedback Assessment
- Coaching Mistakes to Avoid
- Understanding Client Communication
- Dealing with Problems and Incomplete Communications
- Creating a Safe Environment
- How to Build Deep Rapport
- How to Create a Coherent Presentation
- The Coach's Responsibilities
- Coherent Coaching Processes and Practices
- Training in the use of EFT Meridian Tapping
- Training in the use of HRV Biofeedback and HRV Monitors

Chapter 2 - Advanced EFT Technology And Its Use In Coherent Coaching

Emotional Freedom Technique (EFT) is finger tapping on the acupuncture meridian points of the body in order to release negative mental energy (NME) and bring about Parasympathetic nervous system healing. The illustration below shows some of the meridian points that are involved in the tapping technique.



In the *Coherent Coaching Manual*, we will demonstrate a tapping sequence and how it works.

You may also download information about EFT free on the internet and watch EFT demonstrations on YouTube.

Now I want to share with you the latest in EFT, Biofeedback and Energy Psychology breakthroughs. For the first breakthrough, I would like to show you a viable alternative to the various EFT/TFT methodology in dealing with a phenomena called Psychological Reversal or PR.

EFT, Psychological Reversal and Secondary Gain

Psychological Reversal Defined



Psychological Reversal—or “PR” is a condition where there is client counter or opposing intention, or reversed intention, that keeps the current "unwanted condition" in place rather than moving forward to let it go.

The negative counter clockwise spin on top of the positive clockwise intention neutralizes the positive, so you get no forward progress.

Psychological Reversal (PR) is a situation of the subject finding or assuming that the counter clockwise “negative” condition or disability, feeling, emotion, attitude, pain, ache, problem, upset or belief is valuable and performs a service through its very existence. It serves as a useful justification or solution to some ongoing cherished behavior or action. It can appear to justify a transgression or some discreditable behavior modality.

It appears to hold one’s personal reality in place and seems to help the subject survive or get along better. There is imagined positive payoff, as if it is solving an ongoing problem where no other more workable solutions have worked. Even if the belief is obviously limiting and idiotic, it still seems to perform a "can't do without it service".

Even such so called undesirable conditions as severe illness, crippling deformity, and overwhelming stress, appear to aid or produce gain for the subject at an unconscious level.

It is not that the condition of PR is held in place from the past, the condition is held in the *now* in a permanent, fixed state of reactivation, to forward the survival of the condition. The limitation is continually affirmed into existence and beingness. It is kept alive, meaning charged with negative mental energy by the subject as an ongoing solution to a problem.

It is a counter aliveness symptom that, from some twisted point of view, appears to be irreplaceable for the service and **secondary gain**, (rewards that are often called payoffs) that it bestows.

Expect to find PR where you have stuck or worsening conditions of long duration. Where the client is not sure they want to or even can release it. The client typically can’t take responsibility for it, and can’t even remember having created it. The PR is some sort of barrier that can be used, called in, or assumed on an as-needed basis.

Assume that it is active when past therapy appears to have failed or the client is blaming you for not doing better with it.

The client will not follow simple instructions in the area. The client doesn’t want to spend money on treatment of an obvious detriment. You notice the client working hard at worsening the condition. The client wants to give up, (apathy).



Using Muscle testing to Eliminate Psychological Reversal (PR):

Muscle testing or Applied Kinesiology, as it is often called, is testing the body’s reaction to the truth and or falsity of a statement; testing whether a substance strengthens or weakens the body. You can use the client’s body reactions or biofeedback devices to test.

You can muscle test for Psychological Reversal (PR) by checking the following statements:



When the client is on Heart Rate Variability Biofeedback (HRV)—to be discussed in detail in a later section--or in a muscle test, fill in the blank with the name of any negative condition the client wants to release, from a bad leg to stage fright.

(Client condition)___ “I want to be sick.”

(Client condition)___ “I want to be well.”

A PR “free” statement reads strong on “I want to be well” and weak on “I want to be sick.”

A PR “switched on” reads strong on “I want to be sick” and weak on “I want to be well.”

Duplicating the Psychological Reversal Subconscious Statements to Eliminate PR:

With EFT and Thought Field Therapy (TFT), there is a standard mini PR process to release it. It works on very basic PR situations. In this process, you try to duplicate or re-create the PR subconscious statements’ intention that is the offending "automatic intention" that keeps this block in place.

You place current effort and emotion into the statements with the hope of recreating the very texture and qualities of the original time-past negative intention.

The Psychological Reversal keeps the client from receiving the benefit of the main or major action of using Energy Psychology to clear the somatic or disability upon which you are focusing. Once you “do” the PR process, you can then go on to the major action. However, while subjects are wired up to biofeedback, I have noticed that the once-released PR statement can come back many times, hanging up the major action.

Each time you must go back and correct for Psychological Reversal. But then it "comes back and back and back" wasting the clients valuable session time and session money.

I have counted that some PR can reoccur up to 25 times in a session! Sometimes it comes back and stays stuck all through the rest of the session. This is far from a stable release.

This 25 times observation is a precise measurement and not just guess work. Up to 80% of session time, working with the major action, is sometimes wasted because the PR has returned unnoticed by the coach.

**There is no gain or movement or personal growth possible in the presence of PR!
No release is possible as long as PR is present resisting any movement toward the somatic release.**

The main *why* the client does not return for more sessions, is that they get stuck dramatizing or acting out the PR instead of keeping their attention focused on the session goal.

Some elementary PR releases quite nicely and is gone for good. Some more complex reversals persist for 10 or more sessions.

True 5 minute miracles are true PR permanent releases, because the client seems to be fed up with the PR and lets it go and stay gone.

However, stable PR releases really come from ideal intuitive coach questions. PR is the most challenging part of the EFT/TFT process. It is also the first action to do on a client.

If you don't get this right, you do not get the major action right!

EFT Master, Lindsey Kenny, showed me the initial steps in releasing PR and it made a great difference in my Energy Psychology work. I thank her abundantly for this insight and training. When I used HRV measurement in research sessions, I noticed that the PR came back much more often than I expected.

Not all practitioners have enough advanced perception or intuitive skills, like Lindsey, to ask just the right questions at the right time with persistence. What is the answer?

PR is not a past condition of the client--it is a current negative "behavioral tool" used in the moment, in the now, that is perceived of great use. When PR is corrected, in the old EFT style, the client may let go of it temporarily, but when the PR is released the client often feels threatened and re-creates it quickly, because they feel it is of great service to them. They only let it go for a short time--but just as a compulsive alcoholic goes back to the bottle, the PR client-enthusiast goes back to putting in the PR intention, belief, somatic, condition, situation, etc.

Alcoholism and PR are both a solution to a long term life problem. If you think the PR of a bad leg, uncontrolled rage or self hatred is intense, imagine what the prior problem that the PR is a solution to is like!

Radical solutions were meant to solve even more radical problems. Problems and solution have lies in them and that's why they persist. The lies must be cleared for the problem and failed solutions to clear.

The client feels the PR is so useful, even though it is riddled with lies, that it is a cherished wound that the client keeps unhealed so that it continually explains, justifies or excuses some behavior, action or inaction. It is perceived as useful!

An old test for a PR is, if the client does not try to take it back at least a few times in the session you have only a partial or triggered PR issue, not the core.

Expect the client to think it more precious than gold and more useful than sliced bread. Do you honestly expect all clients to permanently let it go in one round of PR statement? Dream on.

Chronic anger as PR is a good example of an emotion the client feels is useful. Anger makes other people stay in line and keeps them in line. It is intended to threaten people's well being until they do the desired task. **Many people do not want to let go of anger because it appears to be a useful solution, a justified remedy or management tool for many out of control circumstances.** It is like a club hitting people over the head until they comply. The subject will often say that if they stop getting angry with people they will get run over or be faced with a lot of non-compliance.



Have you, the reader, ever felt like this before? When the PR of stuck anger and the underlying problem gets released, the person finds higher resonance an alternative to the problem anger is trying to solve. But the original condition that anger is a solution to, must be fully released before the client will give it up. After all who wants to be deprived of a working solution?

When you use Biofeedback, you can tell if the PR statement is the core issue PR because, after they offer it, they will get heart coherence for some time. You get a persistent green light or a nice smooth sine wave on HRV showing that that is the truth. This Biofeedback coherence, or momentary release, is not an indicator, however, that they will not call it back later because of its intensely perceived value. What to do?

How do you get to the core of any upset, problem, limiting belief or transgression?? I see many websites advertising that they get to core issues or core perturbations.

They suggest that their questions do this. Their questions are often quite good, but their process technique or questioning technique is remedial in every case I have researched. Their single questions can even be great but the client can only give surface answers at first.

The real answers are hidden in negative mental energy (NME) and by their nature are occluded. How can you use your questions to get core answers?

Most practitioners get core nothing, except through many hours of unburdening or unstacking (unraveling the client's case or story.) A lot of time not put to the best use.

They are trying to unstick the story (case) in the presence of many PR issues. The PR itself serves as a block to unstacking and going deep. PR is fundamental resistance to moving on. It is protection against the truth. It serves to stall the case and the coach.

The PR by its very nature wants to occlude the truth. It says "I am a cripple, a psychotic, can't work, can't find love, can't and unable to create the so called desired positive ability." From a subconscious point of view, the client has no real intention of ever creating this targeted ability, ***as its creation would unbalance the status quo of their condition.***

Pretending to get over it is pretence--no more no less. It would be way too confrontational and way too dangerous to be living without this iron side or armoring. You cannot succeed at the major action without getting PR off. It is an exercise in effort to try this.

How can you get PR off once and for all?

How can you get to the core of PR being held in place?

To simplify the PR questioning and measurement process, I offer a process that I have learned from Dr. Steven Daniel at Quantum Techniques, which gives a good clarification.

If a person comes to you with any complaint, from poor job performance to backaches, test the following questions. The client offers a backache, let us say.

Example: The practitioner muscle tests or uses Biofeedback to test the following--client repeats after coach--"My bad back, I want to be sick." "My bad back, I want to be well."

If it is stronger on "I want to be sick" then you know the client's real intention is PR--to be sick. If the client is stronger on "I want to be well" then no PR exists. There are only two possible intentions on any condition--healing or held-in-place sickness.

Once you know Psychological Reversal exists, how do you completely eliminate it?

Chapter 3 - Releasing PR Through Repetitive Questions And EFT Meridian Tapping

Don't spend time processing the surface when you can be addressing core.

The process I am about to share with you is called a **Repetitive Process** or **Repetitive Question(s)** or **Cyclical Process**. It is called by these terms, because you ask the question(s) many times until you get to the bottom of it. It is not that the coach is hard of hearing or not a good listener; it is that each answer to the question takes the client deeper and deeper and deeper.

While the questions are asked, the client should tap along the EFT meridian points, or on the iBliss energy app. The client may also use Heart Rate Variability Biofeedback. These procedures will be discussed in later chapters and demonstrated in the *Coherent Coaching Manual*.

The first answer the client offers is the logical surface, heavily rationalized and justified and over-explained answer. It is a conscious answer to the question; you want subconscious, suppressed answers, not the easy ones. If the client knew the core of the problem, he or she would not have the problem! His immediate answer is not a real answer, it is what he believes. Every answer after that goes deeper into the core.

After the client answers the question(s) say 20 times, they have penetrated many beliefs justifications, explanations, false answers, and surface content and, just before they run out of answers, the real truth surfaces, is accessed and comes to light.

The last answer, unless you overrun or overshoot the process, the client will brighten up, (indicate the release of negative mental energy and the somatic relief that follows) voice a realization or cognition—and the NME pattern will release. It will also indicate a coherent HRV pattern on the HRV biofeedback monitor.

All of the answers had to come off or discharge to get to the truth or correct indication. The truth lies at the bottom of the stack, thus it can be called **unstacking**. It is a very safe place to hide. Everything that was created on top of it is subterfuge and grist for the mill. It is all smoke and mirrors, until you get to the occluded bottom earlier in time.

The closer to the top, or surface, the more **Sympathetic nervous system** reaction of smoke and mirrors and the closer to the bottom or core the more realization and truth and thus **Parasympathetic** healing.

You are getting the client to lay all of his or her cards on the table, card by card! If you tap the first PR statement given by the client, and only that first one, you are running a harmonic or fractal of the truth. If the truth is a cat, then you are only addressing, coaching or processing the tail. The tail is part of the cat, but far from the whole beast.

How do you get the whole cat in view and not just the tail? It is called **digging**--but with repetitive questions so that you don't buy the surface answer or story line.

Psychological Reversal is there because the PR satisfies a whole host of objections and criteria. Not just one--there are scads of payoffs from employing the "**fixed condition**" PR. You need to surface all of the **payoffs**--all of the services that it apparently performs, all of the ways it appears to help you survive, all of the situations it gets you out of--in short, all of the perceived value and benefits--not just surface benefits but core benefits, the benefits of which the client is never aware.

The payoffs they do not acknowledge, because they are on automatic response at a sub-awareness level. The payoffs that seem so much the writing on the wall that they are never looked at or addressed. Remember the old saying: today's solution is tomorrow's problem? That is the distinction between solving and resolving.

Solving is adding another layer of lies, and resolving is seeing the truth as it is.

Today's PR was a solution to yesterday's problem. If you want to rid the client of PR once and for all, you need to unmask the real, persisting problem and all of its lies or assumed truths. First came a conundrum, and then came the PR.

Client Examples:

Example 1: Jim was a client of mine. He had a huge, long scar on his face. His wife wanted him to get it surgically removed. He found 2 years worth of excuses for not doing so. In session, I found out that he got the scar in a fight. People's reaction to it was mostly fear. Jim valued their fear as he thought it kept people in line and scared of him. People's fear was more useful to him than his wife's request. He chose to keep the full facial scar rather than be naked and vulnerable without it.

At the bottom of it, he thought that without the scar people would step all over him. He did not know how to issue boundaries except through fear and violence. The scar was a useful part of his identity. It kept people in check.

Until the underlying problem was released, the scar lived on as an ongoing fixed solution. In his mind the scar look like a baseball bat. A very clear purposeful message!

Example 2: My client Ron did not want to be committed to his wife. He came to me for a better relationship. The PR was that his image of himself was a free flowing guy who had affairs.

The underlying problem was he was scared to show his feelings. As long as he was aloof and a playboy, he did not have to show feelings.

Once he learned it was safe to show feelings, he was able to commit, and had 2 kids. His PR on having a committed relationship was sourced or run by an underlying long term problem. The PR was a payoff and appeared to aid his well being. It kept him out of trouble. Danger, Will Robinson, Danger! Engage PR!

Further examples will be given in the *Coherent Coaching Manual*—with samples of these processes that can be used in coaching sessions.

**“A problem well defined is a problem half solved”
--Earl Nightingale**

Another Psychological Reversal (PR) process is:

1. What solution could Psychological Reversal be to you?
2. What problems could it appear to solve?
3. Entertain another solution to that problem

You are going down a problem’s solution thread to the primal or core problem. The client will have to at least think twice, or many times, before employing the PR pattern again after examining the full consequences of an unhandled core problem of long duration.

Endless tapping is really endless PR!

This is why our coherent coaching is so valuable and can increase your coaching effectiveness by 100 times! You are able to thoroughly release PR on each issue processed.

Chapter 4 – Stress Analysis And Biofeedback

Correct Indications = equal right answers

Showing the right answer to your body



When I completed my doctorate in Biofeedback Therapy Psychology 1980, I was already trained as a Polygrapher and Psychological Stress Examiner. I was also a member of the International Society of Stress Analysis. All other members were professional Polygraphers and focused on stress as an indicator of deception.

I was focused on stress as an indicator of truth.

When I started my biofeedback consulting practice, billing myself as a Stress Analyst, I immediately ushered in the use of Galvanic Skin Response (GSR) biofeedback into my practice. I followed that with Computer Voice Analysis (CVA). I was applying the science of truth detection.

I would like to digress here and show you how I started my practice featuring Biofeedback and how it grew.

This digression makes a very strong point of what you could be doing along the same lines in your work or in your life. What worked then will work even better now.

It also conclusively demonstrates the power of a correct indication. It shows that when you make a correct indication, and show the body that precise datum-shift happens. It shows the power of quality rather than quantity and the power of correct pattern identification.

Show me the truth—discernment

After some rigorous training in Voice Stress Analysis, Psychological Testing and Biofeedback, I found out something very interesting. When I would evaluate a psychological test, give Biofeedback indications to the client or analyzed their voice for stress on 50 questions, something strange often happened.

I would present to them the feedback and correct indications and the subject would have one realization after another until they went into silence and then bliss! Sometimes I would then coach them on the deeper significance of the indication.

Sometimes that worked even better but sometimes they were too deeply released to hear me any further.

A friend, Susan W, came to me and showed me a psychological test that the indications given her were so correct and on target that the evaluation or indication changed the course of her life. Correct Indications shine the light of truth that lead to Self knowledge and shift happens.

When I use to use Color Analysis with students, when it was on, it was on, but when it was off it was really off. Of all the psychological tests that I tried, nothing worked as well as my live GSR biofeedback analysis sessions. Clients lined up for the analysis program.

I soon became over burdened, and longed to create those same results with more people with leveraged time and energy. I started, after years of extensive use of Galvanic Skin Response (GSR), which is the change in skin resistance brought about by the introduction and release of stress--which can be used somewhat similarly to the HRV biofeedback device; it is a closer to real time reading feedback loop than HRV.

At that time, I used Voice Stress Analysis with clients using the PSA (a voice analysis bio-monitor that measures body parameters analyzing stress to determine the truthfulness or falsity of a Polygrapher's test question.) It was an accurate instrument, but it took about 1 hour of measurement per analysis. It was worth it in some ways as when I had student and clients answer my 50 question Behavioral Questionnaire and fed them back the big stressors a lot of NME was released. They received back after my careful analysis, a Stress Analysis Report (SAR) on what was causing stress. Correct indications.

I was honored to be acknowledged by the International Society of Stress Analysts, and a group of Psychomatricians at UCLA, for creating the first psychological test that was scored by stress response rather than yes or no answers! What a difference actual measurement made.

I went to my dad, a self taught electronic engineer, and asked him if we could create a microprocessor or computer to automatically score these tests. He went to work and the Computer Voice Analyzer (CVA) was born in 1974. CVA was the measurement of micro-muscle tremor in the human voice to determine the presence or absence of stress; micro muscle tremor (MMT) reveals heartbeat and respiration changes in the human voice; reveals tell-tale heartbeat and respiration changes that are stress indicative. It cut Voice Stress Analysis time down from 1 hour to about 10 minutes. It also took the stress out of squinting at those graphs and charts. Thanks dad, I love you.

I founded Introspective Technology Services in 1976. ITS featured Computerized Telephonic Voice Stress Analysis. People called my stress hot line and answered out loud "yes" or "no" to a 50 questions Behavioral Test on a variety of subjects--from communication to job/work stressful issues.

These verbal responses were automatically recorded and later I would run the CVA and analyze their voice, their micro muscle tremor for heart beat and respiration changes. I mailed them a report called A Stress Analysis Report. The report indicated the 5 biggest stressor issues out of 50 possible and in their correct order. I also included process and exercises for them to do to help illuminate the patterning.

I ended up with quite a few psychologists, therapists and coaches utilizing this service. After a while, I noticed particular psychologists dropping out after first raving how accurate the reports were. I was hurt and baffled. How could they sell these services to their patients one day, rave the next and discontinue a few days later?

One day one psychologist, Bob, came forward. He said "I normally expect patients to stay with me for years, paying for my daughter's dental braces and all the way growing up including college tuition fees. Patients use to stay with me for years and now they come for a few hours get better and then leave.

I am not a salesman and either are any of the other doctors I know. We all feel it is unprofessional for a doctor to sell. We are now forced to sell our services all of the time to keep our practices full.

I also found out that they gave no referral fees and did not encourage referrals as they thought that was unprofessional and made them look bad or needy. The SAR however did its job, and patents started with clear indications and got fast results, a little too fast for the psychological process it seems! It worked the opposite for the public. They received back a SAR (Stress Analysis Report) and they would contact me wanting to know how to resolve these issues.

I took on as many clients as I could, and the overflow went into a biofeedback workshop I gave at the Born Mansion in Pacific Heights in S.F. Thank you, Arden Van Upp. The workshop filled with 60 people, and participants would co-coach each other on the results from the SAR. The correct indications supplied by the SAR got people to come from as far away as Europe to do the workshop. I would also travel to Hawaii on vacation, and call clients there and say that I was in town, and would give small workshops or individual sessions on their Stress Analysis Report results.

People never seemed to forget, even years later, about those 5 stressful issues I had indicated in their Stress Analysis Report. One client remembered the release he had on the indication of pretending for many years, and raved about it often. They would often take that report to their therapists or to workshops to work on those prime issues. I could also use the Computer Voice Analysis live, in real time, over the phone sessions, and indicate to clients which issues were worthy targets for Biofeedback coaching.

People, along the way, would also ask me to build them a CVA device and sell it to them. The costs were prohibitive, and it took quite a bit of focus to perform the voice stress analysis correctly.

I opted for them to time share it over the phone, with myself doing the analysis. I knew, then, it would be accurate. My schedule was always full. Again, the power of the correct indication!

When I trained consultants, later called coaches, for est, Synergy Seminars and ACS, I used both the CVA and GSR as the main psychological assessment tools.

I later founded Oxygen Research Institute (ORI), developing Nobel gas devices to more quickly and deeply release negative mental energy (NME). I also trained coaches how to use these devices with Biofeedback.

I never forget the power of the correct indication. People work their whole lives to find answers to questions about job choices, employment choices, direction in personal development, relationship choices, where their true passion lies, goal prioritization, etc. When they get a correct indication/right answer they are off and running to the races with tones of passion.

How Biofeedback came into my life

I would like to tell you about the first time I got a right answer through Biofeedback. In 1966 at Collage of San Mateo, I was studying both electronics and psychology. I would switch my major from electronics to psychology and then back again, and back again. My councilor would see me coming and pull down the blind in his office because I had done so much back and forth between these two majors.

One day in electronics lab I started measuring my body's resistance with something called a Wheat Stone Bridge.

It measures unknown resistances. Every day, coming from my psych courses, I would measure my body's skin resistance at about 3,000 ohms. I figured that was my body's resistance, and it stayed at a fixed value, come rain or shine. Then one day, after a fight with my girlfriend, Sue, I found my resistance sky high at 5,000 ohms. I had inadvertently learned a valuable lesson that was to shape a large part of my professional career in research psychology and personal coaching.

The body changes resistances during stress reactions or negative emotional states. Arguing and stressing with Sue raised my body's resistance, by reactivating 2,000 ohms worth of negative mental energy!

In my psychology studies, I found that my personal favorite, Dr. Carl Jung, used just such a device (Galvanic Skin Response--GSR) in the late 1800's, and I was enrolled. A few years later, I became a personal coach, stress analyst and psychological researcher, and incorporated GSR biofeedback into my practice. GSR is a variable Wheatstone Bridge from which I had learned this most valuable lesson.

Coherence

Coherence is an ideal healing state measurable by HRV Biofeedback instrumentation. It has been called, for decades, Parasympathetic response or healing, and describes a high level congruent state.



Abraham Maslow called the ideal state, “self-actualization”. Gurus called it “enlightenment”. L. Ron Hubbard called it “clear”, and we have all heard about “being in the zone”. **The trouble with these “states” is that they are not very measurable by scientific means--until now.** There has been no objective, scientifically acceptable, agreed upon measurement of these “desirable” states of release. Electronically Assisted Introspection, or biofeedback measurement methodology, has, until now, stayed mostly in the fringe areas of personal coaching and psychology.

Psychological Testing is a measurement against someone else’s concept of an ideal state for you. There is nothing more annoying than an opinionated group of Psychometricians getting together and arguing over what psychological traits or tests are best and what they mean. You can bet that the current psychological test in favor today will probably be in disfavor tomorrow. Mental testing is consulting only the analytical or reasoning mind, not ones emotional IQ.

These superficial testing procedures fail to take into account your own deeper, personal goals and personal reality; you are your own personal, individual and core truths. You do not fit a label or in a box so easily. Coherence itself is defined as a congruent, orderly, aligned consistency of parts. **When you are in a coherent state, you are congruent with your own truth as a being.**

What’s trying to happen here?

It is the discovery, realization and accurate telling of your own personal truth that has been the constant of psychology, personal coaching, spiritual practice, confession and goal attainment. Most psychologies, therapies, “isms” and “ologies” don’t work that well because there is not enough truth being told. But what is the truth?

This honest, unrehearsed, truthful to your own self, self expression is what I believe coherence and happiness to be about. **Being true to your own experience.** It has also been the constant of all Biofeedback work and sessions that I have given or received since the 1960’s. **Biofeedback instrumentation indicates a release when one re-creates, consciously, a previously suppressed truth.**

During cognition, or realization, the truth shifts from negative mental energy (NME) in the subconscious, to conscious empowerment when it is made conscious—sympathetic system to parasympathetic system. When you become aware of something that was previously occluded by stress, the datum shifts from unconscious to conscious. Negative mental energy to vitality, sympathetic to parasympathetic. The relief is noticeable.

Stress can be defined in many ways. For our purposes, we will define it as negative mental or emotional energy: accumulated psychological strain, tension or discomfort resulting from past or present unpleasant experiences.



Stress can range from mild discomfort to severe mental anguish, from embarrassment to paranoia, from unpleasant sensation to pain. Attitudes like resentment and regret are manifestations of stress, as well as emotions such as worry, anger and fear.

All individuals can handle stress to some extent; some have greater capacities than others, and, of course, individual capacity itself fluctuates. The times when a person's normal stress level is exceeded, and stress is internalized, as opposed to being resolved, are our concern here.

When this happens, the individual's success in dealing with life diminishes. In order to apply corrective measures (in this case, Energy Psychology processing) to resolve stress, the stress must be analyzed for its cause. The human voice has an inaudible frequency which can be measured for stress. Voice is defined as the sounds or utterances produced by the vocal organs.

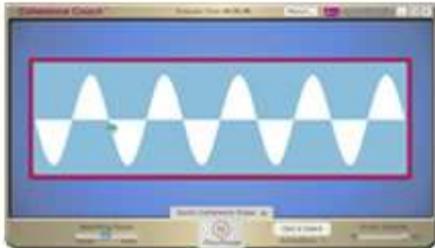
Some tonal characteristics of the voice are audible (capable of being heard) while others are completely inaudible to the human ear. To the attentive listener, the human voice has always provided some insight as to the mental condition of the speaker.

Basically, the voice is reflective of one's state of mind, mood or personal condition. (It is of interest to note that each person's voice print (pattern) is as individual and unique as his own fingerprints).

On the inaudible side, a person's voice can sound completely normal, while still containing substantial amounts of high-stress characteristics. In order for these characteristics to be detected, specialized instrumentation becomes necessary. It is the science of examining the inaudible response characteristics of the human voice in order to verify the presence or absence of psychological stress.

The most effective instrument for voice stress analysis is a biofeedback device called the Computer Voice Analyzer (CVA). Before going into detail about the CVA, we will explain what a biofeedback device is and then give a brief history of Biofeedback instrumentation.

Biofeedback is the measurement of body parameters in their reaction to stress and feeding this information back to the subject.



A biofeedback device is a body-monitoring device which measures and records psycho-physiological impulses and signals. In the last twenty years there has been a steady progression of biofeedback devices into the medical and behavioral fields.

Two examples of biofeedback as currently used in the medical sciences are the Electroencephalograph (EEG), which monitors brain wave activity and the Electrocardiograph (EKG), which monitors heart function.

These two instruments provide valuable feedback information to those concerned with body health. Likewise, the EEG and EKG, along with numerous other forms of biofeedback apparatus provide valuable feedback to those concerned with behavioral health.

The most popular form of biofeedback equipment is the GSR meter which measures galvanic skin response. The GSR has achieved widespread popularity from its professional application in individual coaching sessions.



The GSR is capable of registering minute changes in skin resistance as influenced by stressful, negatively-charged thoughts which impose themselves on the body's electrical field.

Probably the most widely known of all biofeedback devices is the Polygraph, referred to by many people as the lie detector. The polygraph combines the measurements of GSR, heartbeat changes and respiration fluctuations in response to predetermined test questions, in order to ascertain an individual's truthfulness. The polygraph determinations are frequently used in psychological, motivational and security testing.

A recent and significant addition to the field of biofeedback, the Psychological Stress Evaluator (PSE), was developed by three senior Army officers who recognized the value of measuring the presence of psychological stress as reflected in the human voice. The real beauty of the PSE is that the desirable methods of body monitoring (heartbeat and respiration) can be accomplished independently of any physical body sensors.

This means that accurate biofeedback information can be recorded without the disadvantages incurred by using electrodes which attach to the fingers, hands, wrists, arms, chest, head and feet.

The PSE records its feedback measurements on a strip chart (wave form registrations on long, thin rolls of chart paper), which can then be analyzed for stress.

The Computer Voice Analyzer, like the Psychological Stress Analyzer, measures heartbeat and respiration, but here the resemblance stops. The output of the two machines differs. The PSE output is a strip chart, which requires extensive operator analysis prone to misinterpretation.

The CVA output is a digital display. The display is a number. The higher the number, the greater the stress. Just like the **SUDS scale** (Subjective Units of Distress—a scale of 1-10 where you measure the intensity of the uncomfortable feelings; the higher the number, the more distress)

Not only is the CVA more effective for our purposes than the PSA, it surpasses the GSR as well.

The GSR's dependence upon body sensors has a number of liabilities. Its primary flaw is that it often falsely indicates stress due to the many variances in body electronics from individual to individual. Its performance can be further hindered by fluctuations in body temperature, as well as colds, and fevers, flu, headaches, infections, rheumatism, arthritis, bursitis, bronchitis, excessively moist or dry skin, calloused body parts, poor circulation and both physical and mental fatigue.

The GSR is also influenced by the effects of drugs and medicines. In addition to these drawbacks, it is necessary to undergo a rigorous training and extensive internship to become proficient in the application of the GSR meter.

The Computer Voice Analyzer (CVA) needs only a tape recording of a person's voice. The voice can be recorded over the telephone, so the individual need not be present for analysis to take place.

The procedure for recording the voice is simple. The individual reads into the telephone a list of statements called an assessment list. An assessment list organizes an area, such as personal efficiency or communication, into component parts. Analyzing the answers will reveal the stressed areas of the individual.

Chapter 5 - Heart Rate Variability (HRV) Biofeedback



I wish to share with you a true scientific methodology of gaining fast, reliable Bio-energetic data from your autonomic nervous system's feedback, for true self knowledge, Heart Rate Variability Biofeedback.

Heart Rate Variability is a measurement of the instantly changing, beat by beat, energy field variability or flexibility of the heart.

My friend Steve Sisgold wrote a book called *What's Your Body Telling You?*, and indeed your body tells you a lot if you know how to listen! Steve's book title suggests a breakthrough I am about to convey.

This material that I will present will show you how to measure and quantify the most researched, utilized, reliable and medically agreed upon body parameter—the heart.

This Heart Rate Variability (HRV) Biofeedback process relieves stress through the discovery of your own inner heart-felt truths!

I will show you in detail how to communicate with and deeply listen to your heart, the master brain, the oracle of the body and how to measure the happiness or stress response of the heart, at any given moment, in any situation. How to make an instant heart-felt shift, through the accessing the most real and deeply knowing, emotionally intelligent and most intuitive part of yourself.

I will show you how to determine your own personal heartfelt truth or reality about any issue, feeling, belief, decision, choice, direction, subject, project, etc.

Through Heart Rate Variability Biofeedback you will discover and identify your own subconscious personal reality or most deeply held personal truths about any aspect of your life. You can, through this technology, train yourself to make choices and decisions through your own intuition, not from past mechanical thinking patterns. You can learn, with a little practice, how to make better decisions intuitively and a lot quicker too.

Intuitive decisions are not based upon what you consciously believe, or, we so often think, with your 10% conscious mind--but what your 90% subconscious mind, at the heart level, knows and acts on.

Traumatic incidents in your subconscious mind mostly run the behavioral show in terms of enforcing self-created limits.

Learn how to identify and release them. This simple formula shows you how to take your power back from your reactionary subconscious--through heartfelt listening.

Learn how to release self limiting incoherent patterns –replacing them with new coherent realities for true emotional freedom. You will learn how to navigate and deduce your own subconscious reality and live a more authentic life.

Learn how to eliminate your subconscious, negative mental energy, “should” and “shouldn’t”, and discover what your heart feels –from intuitive cues (heart speak).

Discover what you really value at a heartfelt level, a deep core level, rather than automatic thinking conditioned responses. You will discover how to access your own deeply held truths that have been suppressed in your subconscious mind.

Start to ask the question--what does my heart feel (heartfeel) like doing rather than what am I suppose to be doing? You can learn how to source from the deeper core meta picture.



What is really trying to happen here?

Learn how to release your life long conditioning to find your true coherent core feelings, values, standards and principals. Step by step you can learn to discover your own most ideal lifestyle. You will master the art of self-talk through developing greater self-rapport, through deeper listening and deep feeling.

Learn how to ask questions that you do not know the answers to and in fact, do not even know the right questions! Your subconscious is your ally and it will furnish you will all the right answers to even your most cherished and deeply personal questions--if you just know this simple formula and process.

Your body is, in fact, already furnishing you with all the right answers you want to know, but your deep listening device—your heart--is sometimes turned off.

Some say that this methodology is a cross between muscle testing, dowsing, biofeedback and an Ouija board! Your subtle body cues, internal body language, and sub-consciousness reactions are truly the greatest Oracle you will ever know.

Questions to Ask Yourself:

- What are your most nurturing personal truths?
- Why do you feel the way you do?
- What makes you--you?
- Are you happier living by the ocean or in the mountains?
- Better suited working with people or things?
- Do you do better working independently or with a group?
- Do you feel more heart connected to being an author or a lecturer?
- Which of your many acquaintances in your experience gives the greatest support for a given project or goal?
- What are your true purposes and goals? Which past traumatic incidents when released offers the most gain?
- What triggers stress for you? Not what you think triggers stress-- but what your real, personal mechanisms of sub-conscious stressful reactivation are.
- When you are angry are you angry because an attachment was broken?
- You felt someone was taking something away from you?
- You felt unsafe?
- An unconscious standard was unmet?
- You did not feel heard?
- Did you break a personal policy?
- Did you break an agreement with another?
- Did you say one thing and then do another?

If you knew the answer to these questions (true self knowledge) during an upset, the upset would release quickly. In fact it would clear up instantly if the right question was asked. The right answer, deduced from the right question would at the very least, give you a valid direction to travel for its resolution.

- What activities bring about your highest levels of satisfaction, relaxation and personal growth?
- What elements bring about the least neutering?
- What hidden beliefs are in the way of your highest sexual pleasure? What makes your heart sing?
- What do you truly love being, doing and having?
- What do you think you love and what do you truly love from the bottom of your heart?

With HRV Biofeedback All You Have To Do Is Ask

Do I need an interpreter?

Resolutions occur instantly with the right indications. What if all you had to do was ask? The problem of course is *ask* who or what? It is hard to find people who are neutral and do not have a hidden agenda or fixed opinion to promote. Advice is often biased, inappropriate or just plain false. Mis-advice. It sometimes seems multilevel marketing spins are lurking behind every apparently safe conversation or friendship.

Psychics can give entirely erroneous information, as it has happened to me on several devastating occasions. It is all too easy to get wrong answers. Disinformation and misinterpretation can send you off in a multitude of wrong directions and sometimes all at once. This is called confusion. How do you separate the wheat from the chaff?

Astrology is an ancient oracle art or science in finding those right answers. Yet as valuable as some planetary readings can be, readings can often lead you astray following generalities, personality types, fixed traits, canned forecasts and false paths. Tarot, spirit guides, astrology, psychic readings, palmistry, face readings, gurus, etc. all have their place but I suggest that your very own body knows the answers all along! It is the direct path.

Your Body the Oracle

When in doubt—go direct. All you need to do is to know how to ask, listen and then receive!

Let your body be your guide. Learn to ask your body directly and cut out the middle man. Go directly to a measurement of the subtle psychological reactions your body has to your questions the way the leading edge professionals do.

Look at your body's happiness or stress level of response to any question, answer and feeling. The power is in the asking! You only need to be in the question. Your body will give you the appropriate indication every time! Just feel how it feels. Tune into your responses. You know when you feel resistance to a particular direction or idea.

What if you could easily find out precisely what that resistance was about? **You need not rely on others for self knowledge ever again!** You truly can know before you go every time. This technology puts an end to the question of which way do I go? Remember the old adage, let your conscience be your guide?



When you learn the technology of asking yourself through your body, you will put an end to guru centered co-dependence. You will need no outside answer. Gurus and holy people say all you need to do is quiet the mind, and go inside and ask. Historically, this has been not easy to apply advice--and how do you quiet the mind anyway?

Here goes, for some, a lifetime of meditation and spiritual practice, with no answers in sight. What we need is oracle meditation for westerners.

What if you did not need to quiet the mind first? *What if when the exact truth was known the mind would become quiet all on its own?* What if the noise of the mind, confusion build up, was based on the incessant asking of the wrong questions, and the groping with continual wrong answers and wrong indications? Wrong answers cause an accumulation of negative mental energy--NME. What if stress in the forms of disappointment and frustrations were being generated every time you went about this Q & A process in the wrong way?

What if knowing the right answer releases more NME on its own than all therapies or personal growth programs you have ever tried? Isn't the purpose of these processes right answers anyway?

Making the incoherent coherent

What if you could have a doctor's stethoscope to amplify the body's own subtle stress responses, and you could deeply listen to your tell-tale stress, or happiness reactions, to any question, stimulus or input?

When you learn to navigate your emotions by finding the deeply buried truths, you raise your emotional IQ.

Even better still, what if you had a device that could accurately measure the body's tell-tale stress and mood reactions--happiness and stress responses? Giving a precisely, objective measured answer to any question posed without any human interpretation of data?

Suppose there was an always/always methodology for the measurement of your subtle stress and happiness quotients that could be determined on any subject without possible misinterpretation or human error?

What if technology has gotten so simple and effective that biofeedback equipment costing \$5,000-\$20,000 earlier was now available for a few hundred dollars or less? Earlier Biofeedback instrumentation that would take up a whole desk, is now micro-computerized and as big as a cell phone.

When Dr. Barbara Brown wrote "*Biofeedback Yoga of the West*" in the 70's she predicted a biofeedback wave or revolution that would be as popular as yoga. But the wave was only a ripple then. These earlier devices were large, cumbersome, some required skull caps, messy electrode gel and were costly and time consuming and you had to "get all wired up."



Now modern computer tech has heralded a new wave of personal biofeedback devices that are inexpensive, portable, easy to use, battery powered, reliable, and their larger counterparts are used in over 2,000 hospitals and clinics all over the world.

There are thousands of research papers written on a multitude of medical studies and scientific aspects of this new breakthrough technology, Heart Rate Variability (HRV).

HeartMath, a company which produces the HRV biofeedback monitoring system, has said this about their research: "The research supporting our offerings is focused on psychophysiology, neurocardiology and biophysics research, as well as clinical, workplace and organizational intervention and treatment outcome studies.

Many of these studies have been done in collaboration with universities, research centers and healthcare system partners. This research has significantly advanced the understanding of heart-brain interactions, heart-rate-variability analysis, emotional physiology and the physiology of optimal learning and performance and provides the foundation of the HeartMath System.

The heart and brain maintain a continuous two-way dialogue, each influencing the other's functioning. The signals the heart sends to the brain can influence perception, emotional processing and higher cognitive functions.

This system and circuitry is viewed by neurocardiology researchers as a "heart brain."

Treatment outcome studies assess how HeartMath's positive, emotion-focused tools and techniques help people with various health problems and they have demonstrated significant improvements in health, psychological well-being and quality of life in people.

The heart produces by far the body's most powerful rhythmic electromagnetic field, which can be detected several feet away by sensitive instruments. Research shows our heart's field changes distinctly as we experience different emotions.

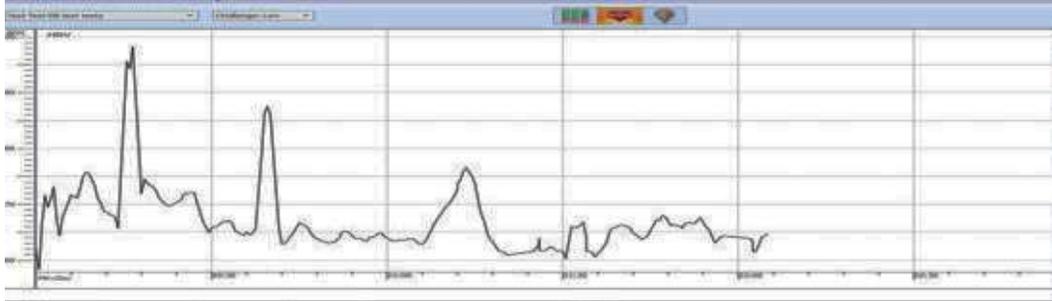
It is registered in people's brains around us and apparently is capable of affecting cells, water and DNA studied in vitro. Growing evidence also suggests energetic interactions involving the heart may underlie intuition and important aspects of human consciousness.”

More information about this research and the physiological studies performed on HRV, go to the HeartMath site at:



www.heartmath.com

Chapter 6 – Heart Rate Variability (HRV) And The Autonomic Nervous System



Again, HRV—is a measurement of the instantly changing, beat by beat, energy field variation or flexibility of the heart--which is the most accurate measurement of the intensity of stress on any subject or stimuli. HRV measurement is the most scientifically agreed upon parameter for stress measurement.

This non invasive assessment provides accurate determinations on which subconscious issues in your life are causing stress and feedback indicating their release.

“Stress is caused by holding a viewpoint of yourself that is inconsistent with the way you actually are” - Norm McVea, Ph.D. 1977

“I’m up on the tight rope, one side is pain the other hope”

Leon Russell

Your **Autonomic Nervous System** (ANS) controls functions in the body that normally occur mostly involuntary, automatically or unconsciously, such as heart rate, respiration rate, physical preparedness, digestion, rejuvenation and healing. This overall, meta-system is responsible for maintaining your body in a self regulated, balanced and optimum state. This balanced optimum state is created by the constant back and forth nature of the two primary branches of your ANS: the **Sympathetic Nervous System** (SNS) and the **Parasympathetic Nervous System** (PNS).

The first represents stress and the second relief.



The Autonomic Nervous System (ANS) is the meta-electrical management system of the body. There are two checks and balances nervous systems in the body. The SNS (vertical system) is what is turned on when you are diagnosed with adrenal fatigue--the common SNS generated condition. It is the new diagnosis for busy, stressed and burned out people.

It is type "A" all the way. (Type A refers to a much earlier group of studies in which type A meant hurried, rushed, nervous and impatient behaviors of personality type A's.) If the SNS only came on when you were in real danger, like being leered at by a saber tooth tiger, then its fight or flight chemical preparations reaction would be valuable. The problem here is many people exist consistently in this about-to-be-devoured, danger-filled, stressful state much of the time. This condition causes premature aging, exhaustion, uneasiness, defensiveness, and anxiety.

The Sympathetic Nervous System (SNS)

Your "fight or flight" or stress response can become reactivated by many types of stressors. Emotions such as grief, anger, apathy and fear. It also engages with the presence of stressful attitudes, limiting beliefs, traumatic incidents, problems, upsets, and communication breakdowns which also activate the SNS. It is further engaged by the triggering of traumatic incidents from the past. When your SNS is active it is characterized by:

- Increased heart rate
- Increased cardiac output
- Increased blood pressure
- Increased breathing rate
- Increased muscle tension
- Constriction of capillaries under skin surface
- Increased secretion of adrenaline (epinephrine), noradrenaline (nor epinephrine), and cortisol
- Increased beta brainwave activity
- Increased output of blood cholesterol
- Increased blood sugar levels
- Increased insulin levels
- Inhibited digestion and elimination
- Weakened the immune system (long-term)
- Inhibited of cell growth (long-term)

The Parasympathetic Nervous System (PNS)



The primary healing nerve in your body, the vagus nerve, mediates the activity of "rest and renew", relax, release and heal.

Overall, activation of the PNS promotes stress release so you can recuperate from day-to-day stress, keeping the ANS in balance.

When your PNS is active it is characterized by

- Decreased heart rate and Decreased cardiac output
- Decreased blood pressure
- Decreased breathing rate
- Released tension in tight muscles
- Dilated of blood vessels
- Released dopamine, serotonin, and acetylcholine
- Enhanced cognition factor, higher emotional IQ, increased intuition, a quiet mind, clear communication, more vitality
- Stabilized blood flow to muscles
- Increased oxygen to the blood
- Increased energy storage
- Enhanced digestion and elimination
- Strengthened immune system (long-term) (Neuropsychimmunology)
- Promotion of cell growth (long-term)

As noted earlier, most of the actions of your ANS are involuntary. However, there is a wealth of literature on the voluntary manipulation of these systems to control the activation of your PSN for release response. The PNS is also engaged by focusing on coherent or high resonance words such as forgiveness, peace, love, etc.

Perhaps the **two most important methods of actively triggering your release response** are:

1. Learning to change your breathing

2. **Learning to change your focus.** By changing your breathing and your focus, you can increase the PNS influence on your heart—and therefore relax your body. There is a third method of stress release that has only been hinted at in the HRV research. It is this third methodology where I feel a giant breakthrough is about to be realized.

3. Releasing traumatic incidents that exhibit involuntary control triggering SNS override or reactivation using Energy Psychology.

There is a fast growing body of literature on the effects of method 1 and 2, consisting mostly of relaxation exercises on stress-related illnesses and performance. In particular, breathing slowly can activate the vagus nerve to help enhance PNS control.

However, slow breathing without physiological biofeedback—which provides the cues that you are doing it correctly—can actually be counter-productive ***because you are not breathing in sync with your nervous system.***

For example, extending your exhale is generally a good thing. Slow breathing and extended exhales are integrated into most relaxation and meditation practices. But research reveals that extending your exhale **too** long is not good for your nervous system.

The research also reveals that everyone has a unique breathing frequency that will maximize PNS activity. Moreover, a common complaint with unassisted breathing techniques is that your mind wanders shortly after beginning the exercise, which limits its physiological benefits.

Of the 3 methods or processes of stress reduction, relaxation, response and trauma release, my candidate for the most long term results is #3.

If you perform the third process using Energy Psychology, EFT or my own invention iBliss, number 1 and 2 unfold from the bliss itself.

Chapter 7 - Using The HRV Monitor In Your Coaching, Consulting, Or Energy Psychology Therapy Practice

The Heart Rate Variability monitoring device measures minute changes in the body's energetic system in reaction to various stimuli. It can be determined on an "issue by issue" and "question by question" basis whether there is a sympathetic reaction (stress) or parasympathetic reaction (healing response) to each issue addressed.



This picture shows two types of HRV devices, courtesy of HeartMath. The small one (to the right) is as big as a cell phone, wires to your ear and is battery powered and portable. It displays HRV signals via LED emitters. The larger unit displays HRV signals on a computer monitor screen and offers way more feedback data, plus keeps it in display mode on screen with an easy to read strip chart. It is a professional model. **This is the model used in coaching sessions.**

The picture on the right shows the different levels of coherence on the portable model—which go from red—which is a stress level—to blue, improved, (less stress) to green, (stress free), optimal heart coherence.



The above illustration courtesy of HeartMath, shows a nervous, edgy Sympathetic Nervous System (SNS), stress and anxiety reaction on left and a smooth flowing, harmonious, release Parasympathetic Nervous System (PNS), stress free, coherent signal on right. This is a great before and after graphic of what you will see when a stressful issue is released—before and after. This corresponds to the red, blue and green lights of increased coherence and release.



The author displaying the portable HRV Monitor—which clips onto the earlobe which provides personal heart coherency feedback

ASK AND YOU SHALL RECEIVE; SEEK AND YOU SHALL FIND; KNOCK AND THE DOOR SHALL BE OPENED UNTO YOU

Coherence Equals Truth!

Come from the truth of your own experience. All truths are apparent truths, only pure silence is absolute. Some truths are purer and thus more coherent than others. When you speak from the truth of your own experience your heart is coherent. The heavy heartedness lifts.

When the truth is told you become free of all justifications, re-arranged events, shame, blame and regret. You also move up the vibrational scale from victim to the source of your own life. Truth, once sorted out and recognized, is very distinct from beliefs, assumptions, suppositions, assertions, stories, etc. You can't tell someone else's truth, you can only tell your own, from your own point of view or experience. Only you can stand in your own experience.

Your truth is your own apparent or assumed experience or reality, not actually meaning what goes on in the objective world. It is your traumatic experience, or mis-experience, or "myth" experience of the objective world that can use some examination. The more unreleased trauma present, the further from the truth one is and the less right answers available.

With right answers or truth, you grow emotionally from fantasy and hallucinations or trauma (wrong) up to knowing the way that it truly is (right).

Telling the truth is good for the soul. Remember old St. Pete? He was a great confessor; he got people to own up to their transgression and tell the truth.

The **distinctions** (distinguishing truth from lies) you make in telling the truth keep you free of NME. Telling the truth keeps the Parasympathetic Nervous System (PNS) plugged in and you in the healing mode. People who are free have nothing to hide. They have found the truth in their own experience. The question is how to get in touch with or deduce your truth so you can say what is not being said? Discovering your truth allows you to “let be” and “let free”.

Telling the truth raises your HRV score (heart coherence)

Coherence = truth

Not a lie detector but a truth detector!

Why am I making such an issue about telling the truth?

Telling the truth is one of the overlooked main mechanisms of how you raise your heart coherence or HRV.

This data is the third method for gaining higher coherence. High HRV (truthfulness) equals a longer lifespan through greater freedom from disease. At the very least, it is the living in Parasympathetic response with your immune system switched on.

The heart indicates a coherent reading when the subject tells their truth! Some might even call that release, or shift from Sympathetic to Parasympathic systems, an altered state or a high. Innumerable HRV studies in combination with what we know from Energy Psychology, show us that we live longer and happier (HRV risk assessment) when we just tell the truth. If we argue and defend that it was done to us, we were out witted, done in, ambushed, and a victim--the heart is under stress or Sympathetic Dominance--flight or fight.

If we own up to being the cause of our action and tell the truth about it, our stress lifts and our heart shifts to Parasympathetic Dominance--ease, longevity and healing. It is that simple.

Lie and die--or tell the truth and experience heartfelt well being. Remember liar--liar pants on fire? You get the hot seat of the sympathetic nervous system when you lie and the fires of hell will lick your britches!

What does “tell it like it is” mean?

Is the truth talking nicey-nice? Is the truth always positive, ego flattering, optimistic and good looking? Is an attempt to look good telling the truth? Is the truth always immediately pleasant? Is the truth positive thinking? If you groom the truth, does that count? If I withhold some part of the truth, does it still work? Do affirmations change the truth to be nicer looking? What is the naked truth?

Can the truth be:

“I’m upset”

“I hate my mother”

“My job is a dead end”

“They will miss me when I’m gone”

“My boss is a loser”

“No matter how much I try it just gets worse”

“I was better off when I was in that cult”

“Rich people are all crooks”

“I am honest and depressed”

“Sally is my enemy”

“I am the victim here”

Being true to you

Yes, the truth can be any statement that is so true for you in your experience, through the filter of your experience. It need not be a high mood level, looking good, enlightened, or a Marin County, California New Age-type statement. It is the truth from where you are.

You can only play the ball from where it lies. It need not be an absolute or unmoving or unchanging truth. We are not yet dealing with core or ultimate truths, but rather working our way there. We are working our way up the Scale of Vibration. We are attempting to break through our personal blocks and barriers to get coherent on our more readily available issues.

We are in the release process of unstacking, getting to the bottom of things. That is getting to the near bottom or bottom or core of the stack of stressful issues. Getting to the basics, or the first time a thread of incidents occurred.

It also need not necessarily be a profound truth. The deeper you go, however, the more astonishing or mind blowing the truth is.

The old axioms hold true--***if you knew what the answer was, you would not have had the problem. If you knew the truth to begin with you would not have created the problem.***

If you knew the answer, why would you ask the question? **When you know the deeper answer the problem will vanish.**

The truth shall set you free. Problems contain lies or apparent truths or assumed truths, not real truths. The truth just needs to be your personal experience, your truth, as far as you know it, your truest interpretation of events. The truth is always the right answer and the right choice. The more you tell the truth, or the more right answers you get, the higher in emotionality or mood level you ascend. With HRV assessment, like GSR and Computer Voice Analysis, your heart will go coherent, for the longest, when you express *your* highest, deepest truth.

Biofeedback--yoga of the west!

Biofeedback monitors read the reaction to the statement at deep subconscious levels, way below the conscious thinking process. They measure the subtlest and slightest signal that determines whether a statement or answer is deeply true (coherent) and you are at peace or at disagreement, resistance and stress (incoherent) (incongruent) with the statement.



It is very often not what you think it is. If you are not often surprised, then you are either clear, or not playing the game honestly.

This biofeedback HRV process is not that different from muscle testing, except that the reads or indications are completely objective. As objective as a light-on or off. A sound on or off, a digital score presented in visual form. **I have also observed that HRV measures much finer and deeper than most Applied Kinesiology I have witnessed.**

As you cognite, and own up to what you believe or hold as true at a deep level, the shift in consciousness can be dramatic. These are the 5 minute phobia cures and the instant healings that sometimes occur.

Any psychological processing or personal coaching on the right issues is better than a lot of processing on the wrong issues. Accurate Bio-Energetic assessment that uncovers the right issues is the truth that can set you free.

Can negative thinking be the truth?

Yes, even telling an apparently “self deprecating” truth causes the heart to feel at ease. Why? Because it is the truthful, stop-end of sentence! You have consciously re-created a sub-consciously held or withheld “truth”, a truth previously covered in NME of which you have been previously unaware. When the truth is accurately stated it is followed by silence.

When one is operating on an apparent truth and one finds that it is, in fact, not really true, then shift and cognition and relief takes place--thus personal growth.

All the confusion and justifications and wrong answers release and only space is left.

While releasing, you may take a deep breath and your breathing pattern slows down and becomes more synchronistic and rhythmic. Your breathing pattern has an even flow, not jagged or jerky. It has an even ebb and flow.

This is the stress-free breathing pattern or signature of the Parasympathetic or healing nervous system. Jagged, jerky, efforted, uneven breathing patterns are the signature of the flight or fight, stressed Sympathetic nervous system. Stressed breathing--as in anger-- is forced, efforted, and erratic. Fearful breathing can be short with the subject holding their breath. Stress-free breathing is deeper, even, smooth and rhythmic.

Silence is the experience of release. . . .

The mind can become confused--but the heart never lies!

Sharon Hart

When the full truth is realized there is nothing left to explain. There are no more tail-enders, (no more “yes, buts”) no more reservations. It is 100% yes.

Silence is the relaxation response when the question has been fully answered.

Both the question and answer are consumed by silence. The body is quiet--at rest. The deeper the truth discovered, the longer the heart is neutered, satisfied and coherent. The truer the truth discovered, the longer you are in PSN response and healing. When you realize a truth, all areas affected by that truth instantly realign to this new recognition.

There is an instantaneous shift as lies, false premises and confusion drop away. There is an increase in cognitive factor and new realities emerge. New awarenesses presence themselves as one's mood level increase, as resonance-lowering beliefs release. Penned up, confused and incoherent NME releases like water through a big crack in the dam. The now unstuck flow is one of Life Force or chi. Stagnate and stuck chi converts or transmutes or transforms into vital life force.



One retrieves awareness particles, or vitality, as their attention is purged or cleansed.

The Parasympathetic System kicks in and the heart goes coherent. Its capacitance pattern shows a smooth and even electrical flow just like in the breath example. The heart and the breath are in synchronicity and the body is in rest and renew.

All traumatic incidents from the past contain **Vertical Energy** (incoherent energy patterns). Their energetic flow is chaotic and vertical--covered in depth in the iBliss book "*EFT, Energy Psychology and Energy Medicine go to a quantum physics Lab*"-- and consist of opposing forces or flows of stagnate and stuck chi or Life Force.

They contain penned up effort and force--negative electrical charge. When they are triggered in life, your heart goes incoherent. The incoherence is just like in the original traumatic incident; it is an echo. Its past vitality lowering force field impinges or reactivates on ones current time energy body.

The stuck Sympathetic, or stressful reaction, dictates more fight and flight as the Sympathetic system (SNS) comes on board. The PNS is now knocked off line. When you recall a pleasurable or high resonance incident--horizontal—(full references in above mentioned book) the heart goes coherent from the positive aligned high mood past experience. This is the Parasympathetic system at play. Life would be good if you could only think positively all the time, except when you need the SNS for real dangers.

Ways to turn on SNS reactivation--flight or fight response:

Making the wrong choices

An unflattering truth is better than a flattering, inauthentic piece of fiction

Wrong answers=Worry, acting out self limiting belief systems, dramatizing self depreciating attitudes, having incoherent emotions, being triggered or reminded of traumatic incidents, breaking your moral code, not living up to your values, breaking your word, asking yourself wrong questions, and trying to apply wrong answers. All these manifestations, and many more, can be observed with the naked eye in demonstrating an incoherent breath wave. The breath pattern is a mirror of the emotional body--pneumatic stress.

Angry, fearful, apathetic, bored, and grief breathing patterns all have jumpy breathing waves.

**The mind is the matrix of all matter
Max Plank**

Three Important Ways to Turn on PNS--The Healing Response

Method 1 -- Coherent breathing

I have suffered from anxiety oriented, shallow breathing--a jerky, nervous, stress filled breathing pattern for most of my life. This is a not so uncommon SNS breathing pattern for those who spend time in flight or fight.

The anxiety from all of those flight or fight chemical changes create intense anxiety if one operates a lot in a perceived danger condition. When the SNS is often switched on, life becomes a vitality sapping endeavor.

I also have had childhood hay fever and asthma like symptoms most of my life. I always knew breathing was not my forte.

When I studied Hatha Yoga in the mid 60's, I took training in Pranayama breathing from Dr. Haridas Charuteri a direct student of Rishi Sri Aurobindo. Aurobindo was jailed for activism against the British occupation of India. While in jail, he meditated and incorporated breathing exercises from ancient yogic texts into his meditations.



Sri Aurobindo

Dr. Charuteri shared with me his various Hatha and Kundalini breathing exercises and I worked with them for two years or so.

Apparently Aurobindo, while jailed, was able with Pranayama breathing to get into high states of bliss easily. I figured that if it kept a saintly jail bird happy it was worth a try on my part.



Swami Vishnu

I also did some personal advanced study with Swami Vishnu Devananda at both of his ashrams. Swami is the world acclaimed Hatha Yoga master. I studied and performed his advanced breathing poses persistently. I learned many “hold your breath for a number of counts” style breathing processes. What I found was that both Aurobindo and Swami’s equal breaths in and equal breaths out processes worked the best for me but I never knew why. I later received re-birthing for the goal of breathing release, but without much change, as the breathing style suggested was erratic at best.

During those times I studied meditation; I started and quit it more times than all the smokers in NYC have quit smoking. I just had a hard time meditating. I even studied with Punja Ji in India and tried meditating in holy spots but to no real avail.

I later founded Oxygen Research (ORI) Institute to research the role of oxygen in stress, health and healing. I did more breathing exercises, including hooking up to oxygen tank during the breathing research. I even placed an oxygen tank on my bike and did physical biking exercise while breathing in 100% oxygen. I did the same with low levels of lab created ozone from 100% oxygen.

I also ozonated (super oxygenated) water for the same research purposes. I further developed Oxygen supplements and brought to market the famed product, OxyBliss. I used Biofeedback to measure the changes in stress reactions with oxygen supplementation and therapy in various forms.

I had some of my research published by Dr. Donsbach, noted ozone and oxygen researcher, in his book, *Oxygen Therapies*. Ed McCabe—Mr. Oxygen--also quoted my research in his ground breaking *Oxygen Therapies* bible, as did David Wagner in his book on useful advanced Tachyon Energy products.

I went on to develop systems that output High Chi negative ions, adding chi or more life force to oxygen. These systems used noble gasses to energize negative ions. I wrote up my research in my book *The Bliss Factor* and sold a warehouse full of devices to many blissed out customers!

After retiring from ORI, I researched and wrote on Sacred Geometry Egyptian Temple Science, covered in my earlier iBliss books written on the quantum physics projects. Now I have come full circle on this Pranayama, oxygen and stress release business.

When I wired up to GSR (galvanic skin response) or HRV (heart capacitance) and while doing equal, synchronistic breathing cycles, as in my earlier yogic training, I discovered something. What I assumed earlier was that it was all oxygen doing the job. I wrongly postulated that oxygen was really the workhorse of this stress lifting process.

I assumed that those high concentrations of Oxygen were responsible for many of the releases measured on biofeedback. I assumed that the release were the result of Super oxygenation. I was earlier postulating that super oxygenation could function as an adjunct to therapy, stress release and coaching processes.

What I found out now was that equal breathing cycles turn on the PNS!

Coherent Breathing (CB) which is cyclical breathing of equal breath counts in and out, causes stress release in itself and all by itself!

The Indian Rishis and Gurus had it right all along! This successful action has been at least hinted at or sometimes blatantly mentioned in numerous papers on HRV. Rhythmic continuous breathing causes a shift from SNS to PNS, from stress to stress release.

I have played with my mustache for 40 some years. It is a harmless and sometimes embarrassing nervous habit of mine. I have tried every imaginable method to stop this anxiety based compulsion. I have tried every type of substitution and distraction I can think of, from playing with clay, marbles, cloth, bendable plastic, rubbing, etc. I mustache-fiddle when I write, watch movies, read, talk and do almost anything.

I have tried a lot of distractions and various forms of Energy Psychology but none have worked. However, when I do coherent breathing the compulsive urge vanishes! Note--the urge and the behavior will return again after a while and the breathing process needs to be repeated.

Coherent Breathing (CB) works every time, on time, for that time. I have tried other breathing techniques by none work as well as taking equal, smooth breaths coherently. This is exactly what the HRV research, tested worldwide has discovered.

Does this mean that if you performed continuous equal breathing cycles you could live mostly stress free? Maybe, but most people including myself will not easily perform coherent breathing 24/7. I have tried to integrate Pranayama and coherent breathing and meditation into my life unsuccessfully; and in the last 50 years, they have come and gone many, many times.

I still play with my mustache, but when I want to stop I just do some CB and it always stops for awhile. EFT has not done as much for it even after repeated sessions.

However, what I work on, other than mustache and hay fever, with EFT goes away for good, once I unstick the thread enough to get to the basic or earliest incident. At present, I am still working on my mustache and hay fever and food allergies—with increased positive results!

Coherent Breathing (CB) is not, for the most part, an easy process to continuously use, as an ongoing, use through the day process in their lives. People tend to neglect it in stressful and social settings. But it still has great advantages for a good, go to process when you need it. It is also a good day beginning and day ending process that can dramatically lower your stress level after repeated use.

I also do believe CB to be a great undiscovered therapeutic tool. It is theoretically a method 2 process but when applied to trauma, it then also fits in method 3 along with Energy Psychology. It can be employed when you are stressed out from life almost any time on an emergency basis, this has been said.

It can also be employed as Energy Psychology tool during a session as a standalone release process for each traumatic incident uncovered or contacted. Simply experience some of the incident until you feel a significant stress level and then feel the feelings of discomfort. Rate it on the SUDS scale 1-10, 1 being very little and 10 being almost unbearable. Next, start Coherent Breathing (CB) while reviewing the incident until you arrive in a coherent state measured by HRV measurement.

I will bet that you can't both feel the discomfort and perform CB at the same time, at least not for long. The CB will release all stress encountered just as it faithfully releases my urge or compulsion to fiddle with my mustache each time I employ it.

This simple breathing process switches your encountered flight or fight reaction, your SNS reaction coming from the traumatic incident to relax and heal PNS. It also switches it in the past incident too. The next time you encounter that same past incident I bet the undesirable reaction no longer exists.

Method 2 -- Positive words -- positive anchoring

Positive words, affirmations and mantras come up often in the research HRV literature. When you are stressed you can anchor in PNS response, by reciting some positive words and you can shift your state from SNS to PNS, from stress to relax and release. This process like coherent breathing can be quite effective but it can take some time to integrate into a life practice.

We saw earlier, in my iBliss books that the word **healing** emits **white light**, so chanting the word **healing** is a call or intention or mantra for healing that can work.

It also keeps the mind focused, so as not to accidentally scan or encounter any other stressful issues. This is so that the positive invocation (PNS) does not get interrupted. It takes some focused attention control to apply this process successfully during times of stress.

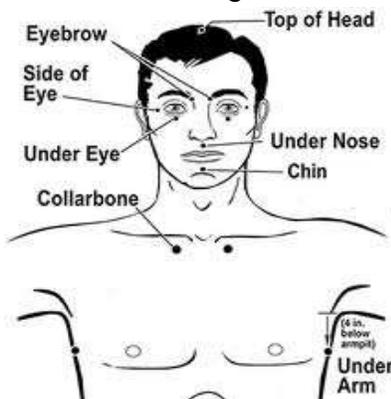
It also never addresses the underlying reason why the process needs to be done in the first place. The motivation for doing this process is to temporarily unplug underlying self-limiting belief systems, unwanted emotions, self-depreciating attitudes, traumatic incidents, pains, uncomfortable sensations, problems, upsets, etc. Rather than temporally unplugging the past why not address it and release it for good?

Method 3 -- Proactive HRV/Energy Psychology

Once again, **Energy Psychology is the overall term used to describe a large group of meridian tapping and energy processes to release present and past stress.** This new science is fast becoming an industry favorite.

EFT and TFT are in my opinion the leading edge of this new breakthrough. I have been practicing EFT for over 8 years and have been astounded at the fast, stable level of person growth possible.

There are a lot of great beginning books on TFT and EFT so I do not wish to cover the same well harvested ground. I will say just as an overview that both practices use finger tapping on these or similar meridian points while the subject tunes in to and verbalizes the stressful issue in many different forms. Compared to conventional psychology which I have received as a patient for 9 years and studied for a lifetime, it is indeed a breakthrough. I have included a demonstration of the process in the *Coherent Coaching Manual*.



It is such a breakthrough in fact that it further opens the door to even greater breakthroughs than before. This is a testament to its simplicity, flexibility and ease of application.

When you have discovered a basic truth a lot of value can emerge in many directions. There are also many off shoots of TFT and EFT and most of those seem to also be very workable.

Chapter 9 – Incorporating Energy Psychology With HRV

I would like to now show you how to incorporate Energy Psychology with HRV and HRV with Energy Psychology.

Dr. Roger Callahan is the founder of TFT, the predecessor of EFT and is no stranger to HRV. He speaks on a You Tube video of measuring the results of TFT with HRV quite successfully. Dr. Fuller Royal, an HRV specialist and well acknowledged master of the subject, acknowledges that HRV measurement of TFT has set a new standard in therapy results!

At first, Dr. Royal thought the HRV instrument was broken, as it showed a greater result than he had previously witnessed. Now, I have heard that he employs a TFT practitioner in his medical office.

I deeply understand the measurement of various psychological processes with Biofeedback, as I mentioned earlier in the book, I have performed this activity for over 35 years in my research and consulting practice, in personal coaching and research psychology. I started in 1968, and I stopped counting when I had recorded the delivery of 20,000 hours of sessions, training, and 1 to 1 consulting featuring Biofeedback analysis. My doctorate is in Biofeedback Therapy.

How my research line began

I first started getting psychoanalysis from Dr. Vard Kazajian when I was 13 year old—and began a 9 year journey of psychological process. My life changed slowly but surely over that time. Most indications from my therapist were dead on, but some dead wrong. I remember him telling me when I got my first fast car that if I continued to drive fast and dangerously that I might die before I had completed my therapy.

That was an accurate and brilliant indication--as my highest goal was to complete therapy – my first real live completion. I was committed with all of my heart.

Another time he indicated why I liked Sue--my high school girl friend--was that she looked like my mother. I spent years trying to figure that one out. I introverted like crazy. I stirred up so much negative mental energy that I finally quit thinking about it in frustration. It just did not fit, and still does not. I almost broke up with her over that thought.

I just felt plain wrong about it. I felt like I had made a terrible mistake and had been a great fool. These are classic wrong indication behaviors, NME increases rather than releases.



An HRV graph showing a large jagged Sympathetic or stress reaction

With HRV you could always have told if the indication worked or not. Did the client go coherent after the indication and for how long?

In the first right indication example, the release was so coherent and deep that I changed my driving habits for 4 years so that I would live long enough to complete therapy. On the second wrong indication example I got so stressed out I almost threw up in his office. Not so coherent! HRV and the proper training can avoid these pitfalls.

I later realized it took my therapist the 1st year to get acquainted with my story. The next few years to discover my deeper withheld secrets. The next few years to discover my subconscious mechanisms underlying the content. And then a few years to release them. My therapist used the standard Rorschach ink blot test to see into my subconscious. In other words, it sure took a long time. But that was how it was for the most part in those days; he was and still is a great therapist in my mind.

In my opinion, **HRV leads the field in its ability to locate issues to work with that are stored in the subconscious, inaccessible with the subject's current awareness.** When used properly, with some training, it becomes a very powerful truth detector.

HRV, in its many thousands of published research papers, shows unmistakable value in using it for Coherent Breathing (CB), which, again, is cyclical breathing of equal breath counts in and out, positive word re-anchoring, and its clinical use as a predictor for sudden heart attack and sudden death. It is used in thousands of hospitals worldwide, which proves its reliability for risk assessment analysis.

But the bigger picture, I feel, is being consistently missed.

Perhaps the current HRV research body is not familiar with Energy Psychology. It also may be true that up until now no researcher using HRV has had much to do with GSR or Biofeedback Therapy.

It also may be true that most HRVers come from a strict medical background, and keep their focus in just that risk assessment modality alone

The truth is that HRV is as much at home in a therapy or coaching session as it is in a hospital setting. The first is preventive; the second is not so much, unfortunately.

Now that the price of HRV has come down to hundreds from formally thousands of dollars, the personal HRV Energy Psychology and HRV Personal Coaching markets have been born.

With the compactness of the new HRV devices, and the immense popularity of the world wide EFT and Personal Coaching markets, a star has been born.



The next big wave in Coaching Technologies!

It is my job to show you what I believe is the next big boom--or at least large wave-- in EFT, TFT, Energy Psychology, Psychological testing, Personal and Business Coaching, Muscle Testing, Biofeedback and HRV. **Hang on to your hats!**

Most all personal and business coaching as well as psychotherapy presuppose that the subject/ client/ patient knows what is wrong. Yes, generally they do know they need improvement regarding money management, relationships, communication, stress management, problem solving, etc. They know, generally, what surface issues are up for them.

The trouble is that they are mostly too general, or have accepted many wrong answers or wrong indications to begin with. They are also blocked on identifying or specifically naming those feelings.

Also, the feelings are often composites, a bunch of feelings all bunched together, making them appear difficult to sort out. It is the nature of stress to occlude truth through uncomfortable feelings.

They know the general “symptoms” that are unwanted, and uncomfortable feelings that they want released:

- low self image
- stop smoking
- be more positive
- be a better parent, etc.

What they do not know are what the underlying, unconscious, occluded, masked, deep core issues are that cause the problem or difficulty.

What is the source of those feelings? How do we know this?



Because they would not have the upset, performance issue, fear, anger, resentment, fight or flight response, in the first place!

This is Psych 101. What you know can't hurt you, but what you do not know (decisions, beliefs, assumptions, avoidances, intentions, etc), that are embedded in trauma and unawareness, can and do come back to haunt you.

These are suppositions not truth.

One of the first challenges with a client/patient/student is for them to acknowledge that whatever they think they know about an unwanted persistent condition is not the answer. In fact, what they think they know is wrong indications data derived from past failures in releasing the condition.

If they knew the precise answer, the condition would vanish.

The second challenge is for them to cease defending that "knowledge" and arrive at the point of an empty cup. There is an old Zen story about a student with a cup so full and so overflowing that no new tea could come in.

It is a challenge to empty your cup and get to the condition of an empty cup. Once your cup is empty, the next step is to listen to your heart for those heart-felt responses.

Chapter 9: How HRV Biofeedback Sessions Work

There are two types of sessions--One type the client just wants to know the truth about a subject and does not desire any work on it.

This type of client may also get his palm read, astrology chart done, psychic reading, and tarot reading, etc. They might also seek the advice of a consultant, councilor, therapist, coach, or such.

Here is a method for taking a question and discerning which decision statement is more harmonious, coherent, vital and fulfilling. Measure with HRV the client's response to each of the following statements.



Both the yes and no statements.

Q “Should I marry Brenda?”--turn it into a statement—
“I want to marry Brenda” –“I don’t want to marry Brenda”

Q: “Would lecturing be a good career for me?”—“I see myself having a good career lecturing”—“I don’t see myself having a good career lecturing”

Q: “Should I start my own business selling shoes?”
“I feel good about starting my own business selling shoes”--
“I don’t feel good starting my own business selling shoes”

Which side of the equation did the client go coherent on? There is your answer. If no coherence reading, ask the client what is the real issue here? Or how else should we be stating this dilemma? What are you thinking about this question? Is there a better sentence statement to describe this condition? Restate your problem, please.

When a client/patient wants to know something, it means that they want to get to the bottom of something. You might be wondering how this is accomplished. Have the client ask a question or make a statement and indicate if his heart resonates to the answer.

Examples of how to run this process in your own coaching session are found in the *Coherent Coaching Session Manual*.

I have a mind for research and therefore statistics. The average client let us say, talks for about 5 minutes about a particular problem, upset, situation, feeling, troublesome decision, etc. Every 2 minutes they probably mention one coherence issue out of many other incoherent ones. (Sometimes it takes 10 minutes for even one core cause to show up.)

This means they voice one coherent issue every two minutes, that if explored will give the best and fastest resolution. When they talk, with your management and direction, for five minutes, they uncover 2 1/2 issues in that period of time.

- **There are two types of statements or issues--the first is positive, and the second is negative**
- **Taking up only the negative statements that are coherent**
- **Taking up positive coherent statements**

If a client comes to you and wants to discover why they are not getting anywhere trying to be a musician, you can explore this situation, and take this approach--“tell me what is so good about being a musician?” As they talk, note what positive statements are coherent. Ask them all sorts of questions about all the facets of music, composing, lyrics, producing, performance, recording, practice, teaching, mixing, directing, various instruments, singing, various styles or genres of music, etc.

Then feedback which positive statements are the most coherent. Again, we will show you how to pursue this process in the workbook.

- **The Second type of session is where the client wants to know the truth and release the barrier to the desired result.**
- **The first is just a job of assessment and indication or feedback and the second calls for assessment and energy psychology/biofeedback**

By using Heart Rate Variability Biofeedback for identifying Psychological Reversal (PR) the barriers can be further eliminated using Energy Psychology Techniques.

Why do we say “further?” Because analyzing and discovering the exact major underlying issues upon discovery (showing it to the body) the previously unknown issue starts to discharge.

A Psychological Reversal-free statement reads coherent on “I want to be well” and non coherent on “I want to be sick.” Psychological Reversal switched on reads coherent on “I want to be sick” and non-coherent on “I want to be well.”

In the Manual and on the videos, you can observe and practice using HRV technology, monitors, and Coherent Coaching practices to permanently eliminate Psychological Reversal.

Heart Rate Variability and creative writing

Let me use writing, as in writing a letter, book, brochure, screen play, song, grocery list, term paper, etc. as an example of your heart’s coherence or HRV. If you care about what you are doing, you want that creation to make your heart sing. You want it to be a complete work and come from your highest self for the greatest good. You want it to be from the heart –to move and inspire. Even if it is only your own shopping list, you at least want it to inspire you.

Let us use the example of writing a letter to a friend who you care about, and have, maybe, had some tense dealings with lately. Maybe you are in the role of a landlord, boss, employee, student, teacher, neighbor, etc. Whatever your role or intention, you want to express yourself completely, telling them the truth of your experience and how you feel.

When you wire up to HRV and do some connected/coherent/cyclical breathing, you can do this process until you go coherent. This may take a few minutes or 5-10 minutes until you connect with your heart. Now you are in the moment and not coming from the past. Your mind has released distraction and you are focused and emotionally ready to proceed.

Start writing and notice when you shift from stress level to more coherence. This shift indicates that your writing is becoming more heartfelt. This may not happen until you have expressed some of your penned up feeling or perceptions. You are saying more of what is on your mind--subconscious mind.

You are voicing suppressed issues and undelivered communication. The longer you write, the more coherent readings you should be getting. Just like an EFT session, the longer the session runs the more coherent the client’s issues get released. The relief from the NME or stress is showing up in a coherent heart signal.

Notice something. When you say or write the right word, meaning the word that most truly expresses your feeling, you get a coherent indication. The longer the coherent indication persists, the better or truer your word choice and the higher the self expression.

When your heart is pleased with the expression it goes coherent. If you are not getting many coherent signals, then you are not saying what is on your mind. You are not accessing the depths of your subconscious mind.

When in doubt, make a statement and see what your heart says. “I am not really telling it like it is, I feel like I might be rejected, I can’t tell him or her that, I sound like I am whining, I sound like I am complaining, I want to quit.”

You will get a coherent signal when you have told the truth. When you have re-created what is in your sub-conscious, it releases and shows up as coherent. It takes some practice to write like this but it is the best way to engage at the deepest part of your intuitive being.

When you get a great sentence, your fervor might stop or slow down and you feel a calm or some peace. This release, or giving up of a heartfelt sentence, may cause you to take a deep breath or to sigh. Your tendency to do jerky breathing subsides and you feel “the peace that passeth understanding.”

Heart coherence is subject to your stress level and your smoothness or coherence of breathing. They are both interrelated. Heart coherence expresses itself through rhythmic, connected breathing.

The more you write in the coherent state, the higher you feel and the longer the coherence lasts. When you find that inner groove or channel, your writing can flow without effort, all coherently from your heart.

When you learn to ask you heart good questions, you will get meaningful answers. When you are feeling like the writing session is over ask--“I am done for the day?” You may not get a coherent “yes” response if the question or statement does not duplicate your subconscious intuition.

Your writing may not be over for the day, but it might be complete for this session. Asking a wrong question can jam the response. “Is this a good time to take a break?” Might be a good question. “I should do more research before I continue?” “I should change my writing location.” I need to take a walk for 10 minutes. 15 minutes, 20 minutes, 30 minutes. I need to take a food break. I should drink more water, “There must be a more comfortable chair in the house.”

Whichever statement goes coherent is the indication you should pay attention to. Your subconscious is telling you something. You are showing it to the body--showing it to consciousness.

Some Session Results with EFT/HRV Biofeedback processing:

I would like to share a recent, big win, HRV session result with you that demonstrate the values of biofeedback coupled with a rigorous self inquiry.

As I said earlier, I have had allergies almost all of my life. I have tried the recommendations of many health care practitioners and found limited results. I have also persuaded a solution with many EFT intensives. The money was well spent but the core of the condition persisted.

I decided to wire up to HRV and ask a series of questions to see if I could uncover any further info. I spent about 1 hour apparently in vain asking myself questions about my condition. I got no steady or stable coherence reads except for brief green lights on - I am wasting my time and I want to quit (resignation).

I decided to call it quits and was about to take off the ear sensor when a flash came to me of checking to see if there was an herb, vitamin or health product that would make a big difference. I used the phrase “_____ will heal my allergies greatly.” It could have also been “My allergies will be substantially healed by_____”. I started naming a lot of the supplements (filling in the blank with each) that I was taking. I got no coherence, just stress readings. The truth was none of these were substantially anything except credit card debit! They were all somewhat beneficial but not against my allergies.

After assessing off about 30 supplements with no coherence, I started again to end the session. Just before I unclipped my ear electrode, I mentioned DMSO (no coherence) which I was already taking, and then I mentioned MSM--a derivative of DMSO. When I plugged MSM into the sentence and called it off, I felt a slight internal or energetic brighten up and then in a few seconds I got the green light of coherence. The coherence was on the truth that MSM would heal my allergies greatly.

The coherent green light and brighten up turned into laughter and the light stayed green for about 3 minutes! I realized that I had hit something big. My space just kept expanding as I released NME. It was a feeling of alignment as the truth was shown to my body in the form of a supplement. In my bodies reality that was the answer or truth to the question.

A long story short is that I ran into a chemist that had worked for the largest MSM Company at the New Life Expo and he confirmed that MSM has great antihistamine properties. It is also a non-synthetic product. I started taking 10 plus grams a day of it and as I got up to 20 grams per day my allergies dis-created. I have now, after three weeks of some cleansing responses, dropped the dosage down to about 12-16 grams per day staying almost symptom free. I now classify my condition as a sometimes stuffy nose rather than mega allergies. My allergies were so bad last year that I took 4 antihistamines per day plus cortisone nasal spray and often had an irritated and bleeding nose!

I am not recommending this protocol as I do not guarantee your health or comfort level while going through the process. MSM also may not be the product for you. Only rigorous testing will tell. The truth is that if I had not been measuring HRV while rigorously inquiring into my health, I would have missed the read and never explored MSM any further.

I was already taking MSM off and on anyway. I just never thought to explore it at higher dosages. When I saw the persistent green light indicating coherence or big time truth--I knew I was on to something.

If not for accurate, unbiased, easy to use biofeedback I would have missed an important key to my health. Where else could you find that quality of feedback?

I am not suggesting that you forsake all other forms of diagnosis or fail to get health check-ups. I am suggesting that your own body knows the answers and it is your questions that illicit accurate responses. If I had been muscle testing, I would have missed the read as I was almost in the condition of resignation at the time. My muscle testing at that point was on the decline and only a non-biased Biofeedback monitor could feedback to me this impartial body response.

What would you like to know about yourself? Whatever it is your body already knows the answer. Time for some deep listening?

Recent Results with Clients:

- In only a 35 minute session, one client let go of the fear of fasting. This client had never been able to fast--even for a day--without intense headaches and nausea. Through the processing I used, and her tapping on the iBliss Energy App, she moved into a green light coherent state which registered on the HRV Bio-monitor. The day after the session, she reported to me that she had done an intense fast/cleansing in order to take a medical test with no uncomfortable symptoms at all—no headache or nausea! She felt free and elated.
- In another session—this one only 45 minutes—a client was able to release the fear of flying long distances in airplanes, after processing and tapping on an incident where she was locked in a closet as a child when she was, as her Mother said, a bad girl and needed punishing. Once released, the HRV Bio-monitor showed a steady green light coherence—letting us both know that the incident was released.
- In an hour session, a client discovered that she was responsible for her fear of people who expressed anger because the Bio-monitor showed coherent when she expressed that she feared her own anger and violent tendencies, which she only felt safe to express by harming insects and snakes. We started the session by me letting her know that the Bio-monitor would only show coherence when a client expressed that they were the cause of their own experiences and symptoms. She saw the Bio-monitor go green light coherent when she said, “Yes, I believe I am the cause of my experiences,” and knew at once it was her heart felt truth. The session then moved quickly into a core release on the issue.

Chapter 10 – Energy Meridian Tapping Technology

iBliss Tapping

I am about to show you how to use **Advanced Energy Remedies** in your tapping work. They run faster and deeper than standard EP work. I have encoded Energy Apps with clockwise spinning White Light Horizontal Energy that dis-creates Counter Clockwise Vertical client statements. (See my earlier books for more detail)

I have a free App on the www.CoherentCoachingInstitute.com website that looks like this.



I invite you to try it. Just place all of the fingertips of your left or input hand on the app while simultaneously doing standard EFT type wording statements, or any such process, on the computer screen while running the App.



The author tapping on an iBliss App to release **Negative Mental Energy (NME)**

Instead of tapping the standard accupoint system, touch the screen, which has the White Light coding embedded in the audio and video signals. Get your SUDS level before and after and evaluate the difference.

If you want to, keep on accupoint touching while running the App, and do standard EFT or such. Get your SUDS level before and after and evaluate the difference. The App outputs a good 10 ft. field around your computer.

For an even deeper effect, place all of the fingertips of your left hand on the screen and accupoint tap with the right hand.

The burst energy of the App taps for you on the accupoints of the fingertips of your left hand just like in the original EFT/TFT long form process.

The App remedies will also enter your energy body through your left or input hand. It will clear all stress that you address.

Try this test. If you are having trouble with a person, place or thing repetitively say the name of it many times while all of your left hand fingertips are resting on the computer screen while running the iBliss App.

Notice your vibration becoming more vital--meaning shifting to a higher vibration--the more you say the issue name or statement. It clears as you say it. The Energy Remedies in the App are clearing your statement each time you repeat it.

After some repetitive clearing it should release. If it does not release you have PR on it.

Spot any reason you might wish to keep it solid and say that repetitively. If you have re-created the PR statement accurately you will notice both clearing or you may need to go back to the original person, place or thing issue and say it repetitively until it clears now that you got the PR off.

If not, you have a more advanced case of PR and it would benefit you to tell yourself in some honest self talk why the condition might be desirable at some level. At least talk about in depth with fingertips in place channeling the Energy Remedies into your subtle body.

By continually running the APP even while not performing EFT, EP or iBliss Tapping, your field is being cleared. This is general energy field clearing. If you desire something in particular to be cleared it must be addressed and taken to task.

Run this App while performing any therapy or spiritual practice. It will assist you in getting to the bottom of your thread, down to core issues.

You might try imagining with creative visualization, while keeping your left hand fingertips on the screen, what life would look like without your issue.

You might visualize and even say out loud that you are the source of this condition and no one is to blame. You fight forgive any and all people involved including yourself.

If you meet the Energy Remedies half way, the remedies will often do the rest. The Life Force needs to know you are committed to this Vision Quest.

The Life Force helps those that help themselves. The Life Force will not work against your intention. It only works with it. It is your word that has put it there, and it is your word that takes it away.

Say the word and be free!

Chapter 11 – APP Touch/Tap Energy Psychology Software For The Mind

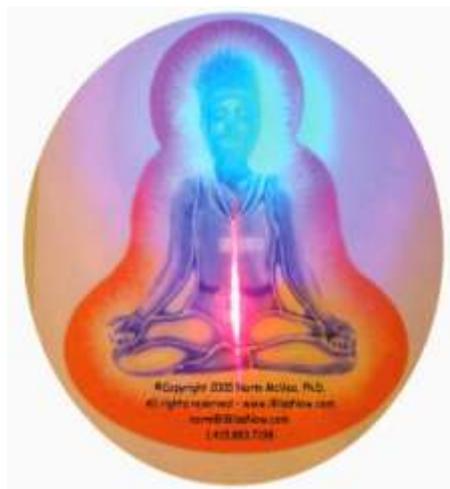
The following energy circuit or App is designed to be touched with all of the fingertips of your left or input hand simultaneously right here on this page!

You can sample the quality of energy remedies in this App also by placing your left palm against the APP image and seeing if you notice a shift in your energy field. It can take a few minutes. Tapping the App speeds it up.

If you practice EFT, you can place the palm of your left hand on the App and tap with the fingers of your right hand the EFT body meridian accupoints as usual. Notice if you find the process running faster and deeper. When you EFT Tap with your right hand, continue to touch the App with your left hand or fingertips. As you get into more stressful issues and incidents you can speed up your tapping.

You are sending energy remedies through your left or input hand into your bodies' energy field. This process of iBliss tapping as you focus on the unwanted issue clears self limiting belief systems, unwanted emotions, troublesome attitudes, and uncomfortable psycho-physical feelings of all kinds. Many report a clean, clear and spacious "altered state" after releasing many issues and incidents. It is like hitting the delete key on your computer. As they say with EFT--try it on everything.

iBliss Tap App—Touch or tap with your fingertips on the App below with all of the fingers of your left hand simultaneously to release stress and continue until release.



Chapter 12 – iBliss tapping And HRV Long Distance Sessions

“What if most of your work is phone sessions?” Do you need a 5,000 mile long ear electrode wire? Do you need to Skype it? Do you need to learn remote viewing?

None of the above! What you can do is attach the HRV Monitor ear clip to *your own ear*. What you are now doing is working towards giving phone sessions while in the coherent zone, meaning a heartfelt, intuitive release state.

As you start to work this phone HRV process, do nothing different when you start using the HRV Bio-monitor. Do not change what you do--just witness or be observant of the HRV readings. Examples of HRV readings and how to use them in sessions will be found in the *Coherent Coaching Manual*.

You may choose to have your client also do the meridian tapping on their own accupoints, or tap directly on the computer screen if you are using the iBliss app.

Summary:

To become a 100 times more effective coach, your cues are asking for nurturing and acknowledgement.

In pursuit of this goal, HRV biofeedback is very easy to use, and it clearly illuminates when you are “on” and when you are not, and all the shades of gray in between. After you have practiced with this high quality Biomonitors feedback for awhile, you will notice that even when you are not wired up you can often tell when you are coherent and when not.

The more you utilize the HRV system, the more you will know the quality of answers you get. You will learn which “answers” to pay attention to and which to discard. You will be able to delineate high quality answers (HRV coherence, PSN) vs. low quality, noisy SNS reactions. Whether you are a writer, gambler, therapist, coach, artist, or in most any trade or occupation, you will find that the best decisions, judgments, evaluations, guesses, calls, plans, and creativity all come about when your heart is singing coherently.

Your heart sings in the coherent state.

That burst of exhilaration and clear thinking, that deep listening, that meta-vision, all come about at your highest level of heart coherence. Coherence is not an altered state.

It occurs when your nervous system and your heart are communicating relaxation and clarity to your brain. It is the rhythm of well being; your heart is practicing behavioral flexibility. Your heart is the largest magnetic system in your body.

When it is making coherent signals to your brain, your Autonomic nervous system is in healing mode.

It is like flooding your energy field with thousands of vital positive words that generate a smooth, silky, even keel, grounding flow throughout your entire body. Talk about positive grounding.

When you utilize this advanced biofeedback system, in combination with TFT, EFT and other forms of EP, you can quickly discover and release (assumptions, false values, excuses, blames, fixed behaviors, faulty conclusions, etc.) what keeps you in flight or fight reaction.

This chapter's purpose is to encourage you to employ HRV with your phone work. It is also really a pitch for using HRV in many of your activities--sales, client management, job interviews, talking with your kids, financial planning, balancing your check book, planning a vacation, dealing with uncomfortable phone calls, stock trading, etc.

Not every situation is easy to import HRV into, but most are, especially phone work of all kinds!

COHERENCE IS BEING TURNED ON!

When you are really "loaded for bear", is when you have an iBliss App flashing on your computer, or iPad, iPhone, iPod screen, and you are holding all of the fingers of your left hand on the screen, and you are wired up to HRV at the same time.

You now have, in my opinion, the most advanced levels of Biofeedback and EP available!

This is self processing, or self talk at its finest. Start to self talk or complain about what is bothering you, or limiting you, or holding you back. Notice how coherent it is. Observe the feedback. Now assume that in some way you are the cause of this situation, and say so out loud.

Make the unmakeable statement—the statement you were afraid to make, were too psychologically reversed to be conscious of, and by making it will answer and resolve a lot of questions that you have in your life.

If you have assumed responsibility and told the truth accurately, your HRV readings will now be more coherent.

You can tap on the APP or App Tap or Tap App; just hold your left hand fingers steady touching the App screen.

While keeping your fingers on the App screen, say the usual TFT or EFT verbal protocol out loud as you would ordinarily do with this EFT/TFT work. You can also keep your left hand fingers on the screen and do EFT or TFT tapping with the usual EFT recipe or TFT algorithm with your right hand.

The more you train and practice any of these modes, the more intuitive the coach and the more coherent you will become.

When starting a session with yourself or another, I suggest wiring yourself up and doing coherent breathing (equal count in and equal count out, without holding your breath) until you get a coherent green light display, and then for a few minutes more to release any NME that is in your space.

Notice in your energy field what feelings are present when you are in coherence and out of coherence.

That good spacious, coherent feeling you will feel is possible all of the time when you couple Energy Psychology and HRV Biofeedback.

Chapter 13 - How To Integrate iBliss EFT Tapping And Biofeedback (HRV) Into Your Practice And Life

Level 1—

After 40 years of training practitioners, including psychiatrists, psychologists, coaches, counselors, therapists, teachers, voice coaches, financial planners, sales people and researchers of many kinds, etc., I have come up with a simple, time tested procedure. It is called do nothing! At first do nothing!

Following the instructions enclosed with the monitor, wire up the client/patient/subject to the HRV (ear clip sensor) and be just the first step--be the witness or observer. Take no action! Change nothing! Business as usual!



Do not in any way change anything you do!

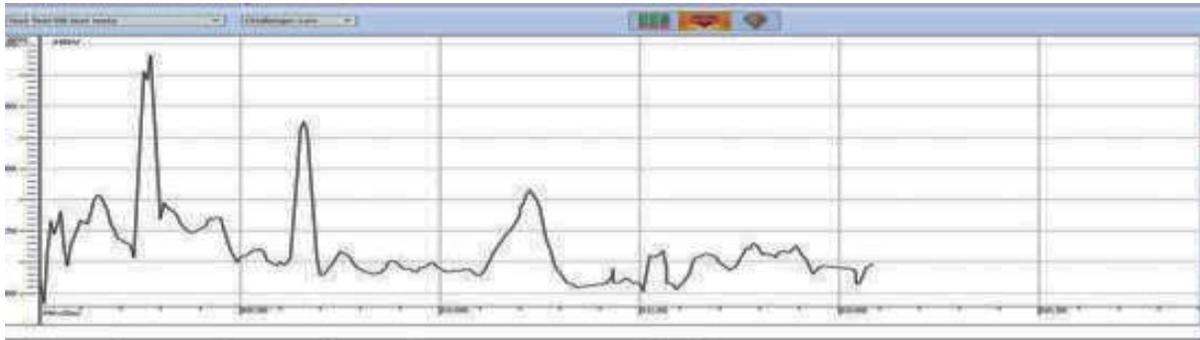
Do not rely on the HRV monitor for even 1 second! Be yourself and do as you usually do. I suggest you only watch and pay attention to the monitor, and subject, and think nothing about what it all means. Just witness and mentally note each graph change or HRV read as the client does the usual in your session.

The only data to keep in mind is that the HRV biofeedback instrument, like GSR Biofeedback and Computer Voice Analysis, reads on the client's level of personal truth--his reality. It does not measure actuality or objective truth, but subjective truth/subjective reality or lack thereof.

When you see a coherent, smooth flowing, sine wave resembling a rolling hill or hills the client is in touch with his or her truth. When you see jagged, irregular, nervous looking wave forms, the client is out of touch with his personal or real truth.

Just notice this and do nothing. After some hours of just doing your regular behavioral work, you will notice that just before the client goes coherent (rolling hills like wave form), you may feel it somewhere in your body. You will also notice the client indicators, or **tells**, as the client goes coherent, and when he or she does not.

In other words, you are getting biofeedback signals (an always-always feedback reading) that you will learn to correlate and integrate with client tells and your own body signals.



You gradually will become more sensitive and intuitive to client tells. The more you witness the HRV system, the more sensitive you become to the biofeedback indicators as you just silently note psychological change or movement.

Soon you will know beforehand (precognition) when the client is about to go coherent by speaking his/her buried truth--the unmake-able statement.

You will see it. Hear it and feel it.

This will take some time, but most people can do this over time--with little or no training. **Just, at first, do not act on any biofeedback reads. Allow the process to deepen until you feel in sync with the client and biofeedback equipment's voice.**

The next levels of the HRV training are found in the *Coherent Coaching Session Manual*—where I will assist you in Level 2 through Level 6 use of the Bio-monitor.

Even if you do not choose to use the Manual, just practicing with the HRV biofeedback reads will add greatly to your session results and effectiveness.

Chapter 14 – Personal Biofeedback Training



If you see what I see about this subject and associated technology, then you will want to take some personal training with me. I offer it for those that have ordered my training films and done their due diligence in learning and knowing the basics. I offer in-depth training on all the aspects of the technology covered in this book, and on the audios and videos at my and others sites.

In the past, I offered training through a University for Masters and Ph.D. degrees in Biofeedback Therapy featuring GSR and Computer Voice Analysis. That program ended up being 125 hours on video--after editing! I am also now, for the first time, offering the three training manuals from these Coaches' Trainings: *Coaching Goal Dynamics*, *Coaching Release Dynamics* and *Coaching Self Inquiry*.

These materials trained some of the finest Biofeedback specialists and Personal Coaches that I have known. To graduate, they had to deliver top notch sessions to me! One student, to receive top billing, gave me 2,000 hours of sessions on every imaginable process and technique I offered. Thank you, George!

In today's EP and HRV markets, I offer a one weekend workshop, with hands on training, and I also offer a week long intensive training program, complete with many styles of HRV processing. Finally, I offer an in-depth Coherent Coaches Certification Training.

Students learn to give and receive high quality EP and Biofeedback sessions under my management. We feature a big screen HD video projector, so that all students can view the HRV monitor on a 6 ft large screen. We discuss various HRV reads and client tells. I will train you in the most successful process for getting off PR. There is also group EP processing, where I select various processes based on group interest and issues.



Practitioners who have mastered this technology can be worth up to \$500 per hour!

When you demo HRV to prospective clients, as I did earlier with GSR and CVA, I was booked up 6 months in advance, and most of my clients wanted training in Biofeedback self coaching and in applying Biofeedback to their practices and businesses.

The Bio-monitors were primitive, complicated and expensive compared to what I offer today. I trained the top trainers and seminar leaders in these technologies and billed myself as having the top human potential leaders as clients and friends. The technology sells itself when you get out of the way.

I would like to invite you to visit the sites www.coherentcoachinginstitute.com or www.pranahigh.com.

I have Coherent Coaching books and manuals on these sites, and also video clips demonstrating some of my sessions employing HRV and its associated techniques.

Video Program 1--Downloadable Coaching Training Videos featuring Heart Rate Variability Biofeedback Monitor Training—



Dr. McVea demonstrates the use of the HeartMath personal portable HRV device along with an iBliss Tap App and various other Psychotronic Devices he has invented.



Heart Coherence signals the release of a stressful issue

Heart Rate Variability is a breakthrough biofeedback technology that has been overlooked, for the most part, in EFT and Energy Psychology. These videos show the use of a HRV monitor in Coaching Energy Psychology. This instructional video demonstrates the HRV monitor, heart coherence, Negative Mental Energy and useful coaching communication procedures.



Dr. McVea begins a session using the portable Bio-monitor

- Checking client or patient hydration on the HRV monitor
- Testing with the HRV for Psychological Reversal in general and on any subject, issue, person, place or thing
- Creating meaningful questions to dig out issues and check for stress level and access
- How to use HRV to tell when a process is complete or coherent,
- Which issues will bring the greatest release
- How to use the HRV monitor in place of muscle testing
- How to use prepared assessment lists
- How to check the stability of the release
- How to use coherent breathing in therapy to release core issues
- How telling the truth causes heart coherence, how falsity causes stress
- Client session tells
- Tapping on iBliss Energy Apps to release issues
- When to end the session

\$267. for the Training Program

Video Program 2 - Downloadable Training Videos--

- Releasing a persistent Psychological Reversal with a repetitive tapping process
- Real time biofeedback readouts--finding core issues
- Relaxation response--Coherent breathing as a release tool
- Activate your body's natural relaxation response
- Steering the client by instant SNS and PSN measurement
- Choosing a direction based upon client coherent statements
- Gaining self knowledge from the subconscious
- Telling your truth at the core level
- Delivering a parking lot session, Biofeedback EP on the fly
- Assessment –Prepared assessment lists and how to use them
- Checking client questions for coherence or truth factor using HRV
- Knowing by HRV chart when to call a process complete
- iBliss App Tapping--using vital energy to bring stressful issues to coherence
- Asking coherent questions so that you don't buy the surface answer

\$267. for the training program

Which HRV instrument is best for your needs?

I have purposely kept away from endorsing any brand name here. I am in communication with many manufacturers, and many soon to come on the scene models. I predict a Biofeedback/EP explosion in the next short period of time. I suggest that at the time of ordering to contact me for an update of what is currently the best Bio-monitor for your needs.

I have the time now to do this, but later on I will be back to receiving more calls than I can keep up with, so the sooner you order the better for both of us.

Of all the HRV devices I have worked with, I generally prefer the HeartMath brand. That may change later, but for right now most of my research has been employing their brand and their technicians have been most helpful.

They also have a lot of heart about what they are doing and are not just profit motivated; they are heart centered and generous. Call us for updates in our research.

HRV Biofeedback Monitors I have worked with and currently favor

We have been testing many types of Biofeedback monitors at our Research Institute for quite some time. Presently we recommend the HeartMath HRV systems. They offer two models, EmWave mobile, a small portable unit, the size of a cell phone and an HRV software program for a laptop or desk top computer.

The mobile portable system is currently **\$199**. and the other, a clinical grade system is a software program for PC or MAC for **\$249**. By ordering through us at [www.coherentcoachinginstitute](http://www.coherentcoachinginstitute.com) you will receive **a free 1 hour audio HRV/Energy Psychology training program--as a bonus.**



I will do all I can to support your learning the iBliss/HRV process technology to access core issues, as it is essential for achieving outstanding results in the field of Energy Psychology.

My earlier coaching books, Energy Apps, video training films and HRV monitors makes the leading edge Energy Psychology training package, allowing you the very latest in high-tech breakthroughs. If you have any questions, please call me at **415-883-7198**.



The author demonstrates how to test the EP Apps

FREE BETA TEST OF THE EP APPS!

This letter below went out some months back for beta testing our EP Apps. I want to extend this offer to you readers--as you will now have a larger Meta view of the whole picture of this work.

Dear Research Associate,

You have been personally chosen by us to receive a free gift as a thank you for your support. I would also like you to take part in beta testing my new line of Energy Psychology-stress release products. Our Energy App gift for you to beta test this new technology is available free at coherentcoachinginstitute.com or pranahigh.com in the form of a video App.

If you know EFT then you can use the same wording as you would use with EFT but touch the speaker while playing the App, instead of tapping the usual set of accupoints. Touch with all of the fingertips of your left hand together, on the speaker, while focusing and saying out loud your EFT style setup and release statements.

After testing them, you also may find application for them in your work or you may discover them to be a fascinating internet economic opportunity. I am thrilled to give you a first look preview of what I believe to be the forefront in Energy Psychology and bliss state entertainment. I would like you to download these iBliss energy clearing program and run it on your computer, cell and iPod, etc., and give me your feedback.

These audio/video software programs contain energy remedies that release stress and create blissful states of consciousness.

Play them in QuickTime when computing, by running them in the background while writing, gaming, watching movies, listening to music, surfing the net, etc. You can also play them by themselves, close your eyes and meditate, or just watch the visuals and listen to the beautiful music as you experience this negative thought busting process.

You can also play them in the background, with the audio turned off, with your favorite music or movie, making use of the Apps 12 D Light and Sound-tm technology which many find very blissful. I suggest that you also set these Apps to loop for continuous play so that you can sit back and allow them to continuously clear your bio-field.

The larger you make the video images on the screen and the higher you turn up the volume--the greater the clearing and bliss factor.

The more programs you open and stack in a row on the computer screen, of the same or different formula iBliss Apps, meaning playing them all simultaneously, the more powerful the effect. You will learn quickly which formulas to combine for your favorite bliss mixes. Set your preferences so that only the foremost App is audible and for the highest result, stack as many files as your computer can simultaneously run without bogging.

Call or write me if you have any questions or when the spirit moves you to share your results. **415-883-7198.**



The author also taps an iBliss App on an iPod while saying the EFT statements

Complete information on this technology is available at coherentcoachinginstitute.com or at pranahigh.com including free downloadable books like--“*EFT, Energy Psychology and Energetic Medicine go to a Quantum Physics Lab*” by myself.

These sites are evolving, so continue to revisit--as more Energy Psychology Apps, and Coaches Training programs will be added.

For an Energy Psychology, fast negative thought busting tip--tap the speaker or screen of your device while playing these APPs, with all of the fingers of your left hand (input hand) together simultaneously while re-experiencing the stressful incident or feeling. As you tap, feel the heartfelt shift then stress release and then the following relief and bliss.

Keep tapping until you feel the bliss.

Wishing you much Bliss,



Norm McVea, Ph.D

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GLOSSARY OF COHERENT COACHING TERMS

Aberration – wandering from a chosen straight line that leads to a goal

Additives – additions over the basic coaching formula

Affinity - a co-existence and degree of closeness of two things or people in the same space.

Affirmations – positive statements installing positive suggestions in the mind

Applied Kinesiology – muscle testing; testing the body’s reaction to the truth and or falsity of a statement; testing whether a substance strengthens or weakens the body

Authenticity - realness, saneness, coherence, okayness

Autonomic Nervous System – (ANS) controls functions in the body that normally occur mostly involuntary, automatically or unconsciously; the meta-electrical management system of the body

Biofeedback – the measurement of body parameters in their reaction to stress and feeding this information back to the subject; Biofeedback instrumentation indicates a release when one re-creates, consciously, a previously suppressed truth

Biofeedback device - a body-monitoring device which measures and records psycho-physiological impulses and signals

Brighten up – indicates the release of negative mental energy (NME) and the body’s positive response to that release and relief

Case – the client’s story or life history from a traumatic standpoint

Chi Energy – life force energy

Client confront – a client willingness to face and view their issues

Coaching - you or someone else asking you all of the questions you should have asked yourself, but didn’t, and then getting right answers to them; asking the unaskable question and making the unmakeable statement—the results of which are goal achievement and well being

Coaching deviation – failure to get a question answered in a session

Coherence - a logical, orderly consistency of parts

Coherent Breathing – cyclical breathing of equal breath counts in and out, causing stress release in itself and by itself

Coherent Coaching – Use of a Biofeedback, HRV monitor to measure the heart's coherence in developing techniques, analyzing stress in the subconscious, and locating core issues

Communication - particles or impulses flowing back and forth between the sender and receiver

Confront – to be there with or face up to or willingness to view issues

Confusion - random factors flowing around in misalignment

Correction Indications – right or truthful answers

CVA – Computer Voice Analysis; the measurement of micro-muscle tremor in the human voice

to determine the presence or absence of stress; micro muscle tremor (MMT) reveals heartbeat and respiration changes in the human voice; reveals tell-tale heartbeat and respiration changes that are stress indicative; developed by Dr. McVea and his father in 1974 to perform telephonic voice stress analysis

Dis-create – reversing the creation cycle; release of negative mental energy patterns

Distinctions - distinguishing truth from lies

EFT – Emotional Freedom Accupoint Finger Tapping Techniques

Energy Coaching – Personal and business coaching that brings the heart into coherence; the use of energy remedies to release negative mental energy (NME)

Energy Medicine – the use of energy remedies for healing

Fixed Condition PR – an unchanging disability where there is a emotional payoff and secondary gain for its fixed persistence

Fixed Datum - a fact, or so-called assumed or cherished beliefs

Gain – psychological movement or personal growth; decrease in SUDS level

GSR – Galvanic Skin Response; the change in skin resistance brought about by the introduction

and release of stress; can be used somewhat similarly to the HRV Biofeedback device; it is a closer to real time reading feedback loop than HRV

HRV Biofeedback – The use of a HRV monitor to measure the heart's coherence; can be used to assess psychological stress patterns and determine the release of core issues

HRV – Heart Rate Variability; measures the variability changes between heartbeats that indicates Autonomic nervous system interplay between Sympathetic and Parasympathic nervous systems; measures the interplay between Sympathetic nervous system (stress indicative) and Parasympathetic (healing indicative)

iBliss Energy Remedies – energetic, quantum fields from Sacred Geometry that release negative mental energy (NME)

Inauthenticity – unrealness, irrationality, NME; ongoing incoherent responses held in place by Psychological Reversal

Indicators (client) - those groups of reactions or responses that the client displays when he/she is being addressed during the session or when he/she is talking.

Invalidate – to make less of or depreciate

Life Energy Amplifiers – devices that clear negative mental energy (NME) and amplify vitality or life force

Life Force – the Unified Field of Consciousness

Micro Muscle Tremor (MMT) - faint muscular tremor that reveals heartbeat and respiration changes in the human voice and is stress and release indicative

Mis-advice – mistaken advice

Muscle testing – commonly referred to term for Kinesiology

Negative Stress - negative mental energy; accumulated psychological strain, tension or discomfort resulting from past or present unpleasant experiences

NME - negative mental energy patterns; also energy that exists in the vertical plane of energy; a harmful or detrimental form of energy; it measures the same as EMF and ELF – harmful electrical fields emanating from electronic devices

Overrunning - accumulating resistance and upset by going over and over something after it is already resolved

Ozonated – super oxygenated

Parasympathetic Nervous System – (PNS) the primary healing nerve in the body, the vagus nerve, mediates the activity of "rest and renew", relax, release and heal

PSA – a voice analysis Bio-monitor that measures body parameters analyzing stress to determine the truthfulness or falsity of a Polygrapher's test question

Payoffs--all of the services and benefits that beliefs, attitudes, experience, etc. apparently perform

PSE - the Psychological Stress Evaluator; uses voice stress analysis to determine a degree of truth of subject (voice analysis polygraph)

Prompt or prompters – facilitating statements or questions whose purpose is keeping the client on track and on subject

Psychotronics - the use of energy generating devices that have a releasing effect on negative mental energy (NME)

Psychological Reversal—or "PR"-- a condition where there is client counter--or opposing intention--or reversed intention, that keeps the current unwanted condition in place rather than moving forward to let it go.

Radionics – action-at-a distance energy clearing using a Radionic instrument by a Radionics practitioner

Rapport – establishing affinity, reality and communication (ARC) with a client

Reactivate/Reactivation – what happens in life not "by choice" surfacing in a coaching session, using the conscious intention of the coach to replay the suppressed, subconscious, negative mental energy of the client

Read – an indication on a Biofeedback device that is stress and release indicative

Reality - agreement upon what is real; one's personal experience

Releasing – getting the SUDS—or Subjective Units of Distress —measure of discomfort or stress levels from 1 to 10; one being the least distress and 10 being the most distress

Repetitive Process or **repetitive question(s)** or **cyclical process** - asking a question(s) many times until you get to the core of the issue being processed

Responsibility - authorship

SAR – Stress Analysis Report

Scale of Vibration – a scale of the vitality of energetics (emotions, attitudes and behavioral patterns) ranging from the lower levels of distress to the higher levels of well-being

Secondary gain - rewards; often called payoffs

Sine wave – coherent, non-jagged reading of the HRV bio-monitor indicating maximum heart health and Para Sympathetic healing

Stack or Stacking – accumulation of similar traumatic incidents on a thread starting from a core issue

Stable datum – fixed belief that is assumed to be true, but may not be, whose purpose is to make sense of an area of confusion; beliefs that accumulate into belief systems obscuring the truth in a given area

SUDS scale - Subjective Units of Distress—a scale of 1-10 where you measure the intensity of the uncomfortable feelings; the higher the number, the more distress

Sympathetic Nervous System – (SNS) your "fight or flight" or stress response system that is stuck on much of the time in people's lives resulting in adrenal fatigue

Sympathetic Dominance – the fight or flight reaction

Tail-enders - "yes, but" statements and reservations that tend to cancel the release of the earlier issue; all negative tail-enders and core issues need to be released to regain full ability regarding the issue being addressed

Tells or Tell Tales – indicators of the client's thoughts, actions, deeds, mental images, and emotional states as you're asking questions and getting answers

TFT – Thought Field Therapy Accupoint Tapping Techniques as developed by Dr. Roger Callahan, Ph.D.

Unstacking - digging and releasing the thread of incidents leading to the core incident

Up Mood – A client rising on the Scale of Vibrations

Vertical Energy - incoherent energy patterns emanating from electronic devices often called EMF/ELF; vertical energy is always present in stressful patternings; it is not present in coherent responses; horizontal energy is present in stress-free, high vitality coherent responses; horizontal energy is present during Para-Sympathetic healing

Voice - the sounds or utterances produced by the vocal organs.

Withhold – a withheld communication

