

## Base Reframing (or Past Perception Revision) Process

based on the teachings of Stuart Lichtman (see <http://www.allaboutprosperity.com/profiles/stuart-lichtman.htm>)  
for more information contact Monique Gallagher, at <http://www.highestpotentialtraining.com/>

Before you begin please say, "Please make this experience have the results that are for the highest good of all involved." Note: So you can erase and revise easily it is best to use pencil.

### ON A SEPARATE PIECE OF PAPER...

- 1) Briefly **describe** what happened that caused you to feel lack of ease and harmony.
- 2) How did it **feel**? Not emotions, but body feelings. Scan your body for anything out of ordinary.

**Rate** the strength of Body Feelings you are experiencing presently when you think of this experience. Rate: \_\_\_\_\_

- 3) When did you have these physical body feelings before? Briefly **describe** what happened and then ask for FIVE earlier memories where these body feelings were present.

### ON A DIFFERENT PIECE OF PAPER

4) New Perceptions: Now **rewrite/revise** these memories to be as ideal an experience as can come up with. Your goal is to revise it until it is a 10 level ideal experience. Anything goes. You are the screenwriter and director. You can defy any universal law; you can make it happen *any* way you want that would have been "ideal." Incorporate as many sensual details as possible (visual, auditory, kinesthetic).

5) Do the following *for each memory* from the 5th through the 1st (reverse order), then the original memory:

a. **Read** the memory. Keep revising it until it is a 10.

b. Once it is a 10, **read** it one last time, really *living* the experience this way. **Say** to your True Self...the part of you that is eternal, "This is how I want to remember this event happening."

6) **Tear up** your Past Perceptions when you are completely done revising each memory.

7) **Scan** your rewritten memories:

a) Determine what is the common thread or theme in your newly created revisions? **Record it.**

b) **Write** an ideal future experience where this common theme is present. This will become your "Merged Reframe" — how you want similar events to play out in the future.

c) **Rate** the revised memory. Keep editing it until it is a True 10.

d) **Visual** that experience happening. Surround it with white light and say to your True Self, "This is how I intend for things to happen and unfold in the future. Please make this happen for the highest good of me and every one else involved."