



ACE Your LIFE

*Resetting the past and creating your future
using ACE*

RICHARD	GUIDING
FLOOK	HEALING
	DIFFERENTLY

Course Information and Trademark

Advanced Clearing Energetics®

What is Advanced Clearing Energetics®?

Advanced Clearing Energetics® and its new forms ace~flow+ were developed to answer two simple questions 'Why am I sick?' and 'How can I heal?'. Its main focus is to Heal differently by guiding people through their healing. Whilst working alongside their medical practitioner.

Advanced Clearing Energetics® explores how we create disease energetically and through simple guidance, reversing that process. Combinations of different types of stressful events cause illness, chronic diseases and psychological disorders.

Most disease is caused by stress, which we can now say with certainty, was passed down to us through past events, often before our birth and very commonly from our parents.

And science believes this too. Because science is finally catching up with this seemingly impossible phenomena and it even has a name for it called Epigenetics (epi meaning above, so above the genome or genetics).

Epigenetics can be defined as the study of how the expression of our genes can be switched on or off, with no change to the DNA sequence, through inherited issues that are triggered by changes in our environment. Epigenetic research has found that our genes don't do anything unless something switches the expression of the DNA code off or on.

What causes that to happen is a dramatic change in our environmental situation. In **Advanced Clearing Energetics®** this is an event full of energy, where we have no strategy for dealing with it, something stressful, such as being ripped away from someone we love, which can cause eczema, our skin is our connection with each

other. And it does not have to be a negative event either, as with addictions for example, which can be caused by an extremely pleasurable event, such as the intense feeling some people get when they win at gambling. It's a shock because it's not a feeling they regularly feel or the need to repeat the pleasurable feelings experienced while they are naively being abused sexually at a young age.

During my research with the chief scientific officer of NES HEALTH, **Peter Fraser**, we established that during this shocking event the heart communicates with the brain and the belly, which in turn decides on an organ which is best suited to deal with the event. The heart, brain and belly all have nervous systems that can transmit and receive information independently of each other.

Water, which we now know has the the ability to transmit and receive information as well, is what connects all of the three nervous systems together. The inclusion of water into ACE answers many questions regarding how homeopathy, acupuncture and other energetic systems work in our bodies.

Which organ is picked is based on embryology, (how we develop from an egg into a foetus) – basically how we are made. The organ then goes to work, altering itself as part of the whole process.

Simple examples of this are the guts dealing with something you cannot digest, the skin with physical separation, the muscles not being strong enough to hold something. Water explains how a shock affects every part of your body. You literally feel the shocking event in every cell of your body.

After this an amazing chain of events occurs, the chosen organ changes itself to support the person through the situation. The organ either gets bigger or smaller, by adding or taking away cells, dependent on the job they have been tasked to do and it's during these different stages, we experience symptoms, the very same symptoms that

your doctor labels as disease. In our simple examples the guts develop Irritable Bowel Syndrome (IBS), the skin, eczema and the muscles, back ache.

In **Advanced Clearing Energetics®** and now **ace~flow+** we use this model of the heart, brain, organ, belly and the recent addition of water, because these centres are where the shock gets stored in the body and if we go back to the original imprint of the problem and clear the reason for the trapped energy to occur in the first place, a reversal of the symptoms is experienced.

The result, over time, is the body returns back to normal, repairing itself naturally. Pain disappears, the eczema heals up, the muscles rebuild, the urge to gamble again stops or the need to carry out another sexual 'trick' disappears.

Advanced Clearing Energetics® is a "set of strategies" that help you to unravel this process and get to the original imprint to clear out the trapped energy with amazing results. Courses are taught to potential practitioner students over a 7 day period and to masters level over 2 weeks.

Courses are available either through online streamed live trainings or in person.

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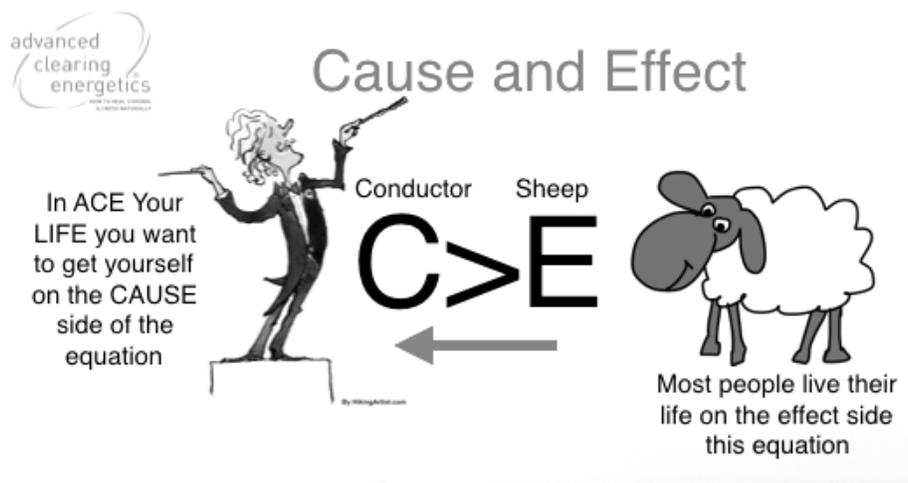
Introduction to ACE you LIFE

What are we going to cover?

- The Basic themes behind ACE Your LIFE - Cause and Effect and Perception is Projection, Pareto's Principle
- The ACE major Premise
- Values and finding the area that is causing you problems
- Values Level - Journey on the Spirals
- The Wheel of Life
- The ace~flow+ process for healing energy
- Clearing Major Value Conflicts
- ACE your Future
- NECS moments and UDIN moments and their influence on your life
- Demonstrations

Themes: The drive behind ACEing Your Life

- The coasting along zone
- In ACE your LIFE you want to get yourself on the CAUSE side of the equation
- Most people live their life on the effect side of this equation



Perception is Projection

- Perception - what you think creates your perceptions
- Projection - your perceptions become projected onto others who reflect them right back at you

A Secret to ACEing Your Life

- Change inside and you change outside

Pareto's Principle

- 80/20
- The Pareto principle (also known as the 80/20 rule, the law of the vital few, or the principle of factor sparsity) states that for many events, roughly 80% of the effects come from 20% of the causes

The Key and secret to ACEing your life

Your pains, your chronic issues, your diseases, are all reflected in what you experience day to day in your life. Therefore if you heal inside you change your outside

The ACE Major Premise

Water holds a memory of previous UDINs and it transmits this shock out into the world to attract a situation in the environment to get the water back to purity

A pre-destined UDIN-Shock occurs & is picked up by the.....HEART

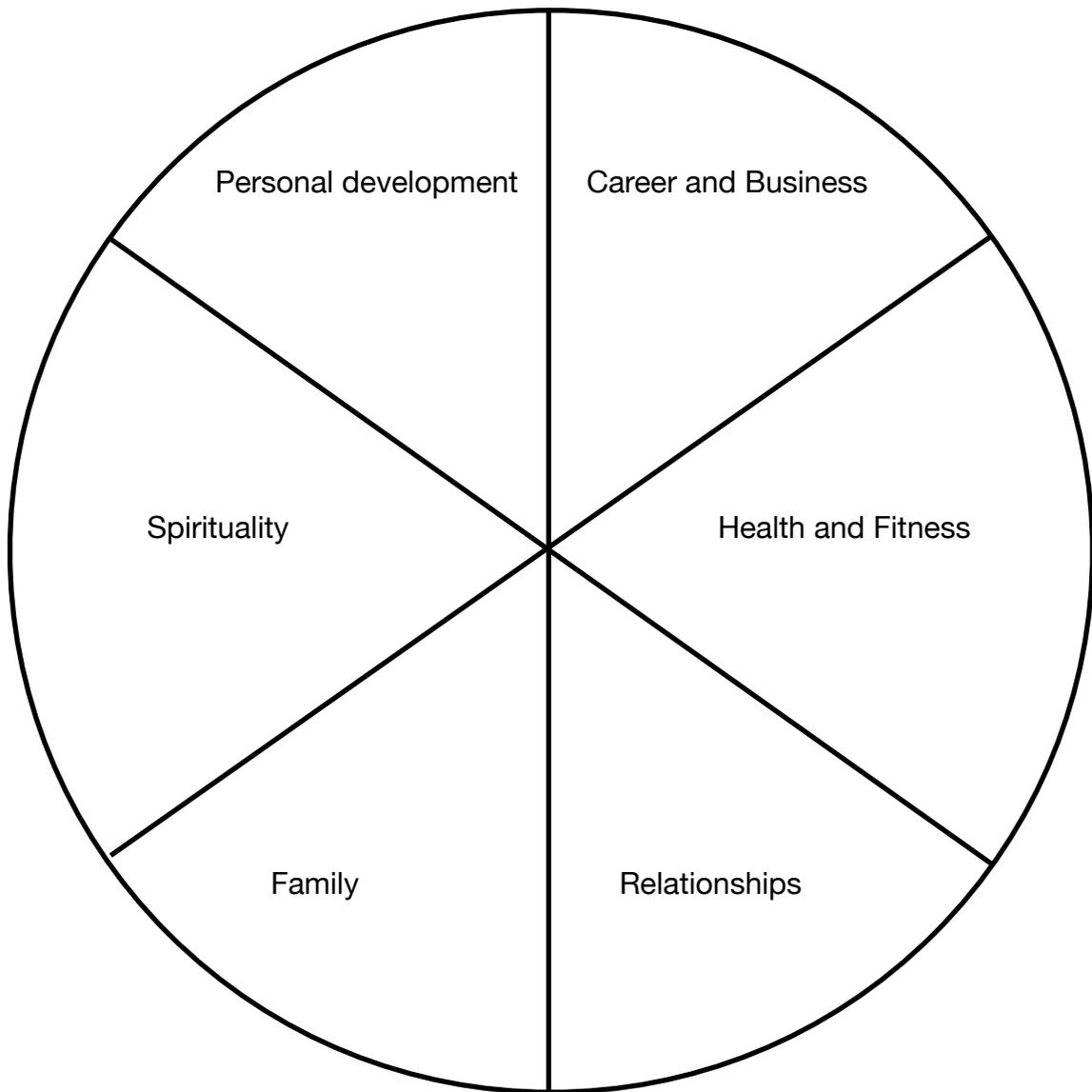
The energy (emotion) is communicated to and lodges in the..BELLY

Then this stressful event (UDIN) become localized in the.....BRAIN

In a specific area that relates embryonically to a part of an.. ORGAN

The reaction of the organ is designed to assist the person to solve the UDIN shock and learn from it

The Wheel of life



Values - Journey on the Spirals

In this values section you want to determine where you are in the 8 levels.

Most people think they are higher up the levels than they really are. The truth is we are usually living life in a values level one or two stages below what we think we are. Therefore we might consider ourselves very community driven (Values Level 6) but we are very Righteous in our behaviour (Values level 4). We can also be in conflict. For example, we may be weekend Christians (Values level 4) who run very successful business (Values level 5).

Observation of yourself is the key to really getting clear on where you are in the Values levels.

Some things to work on are letting go of specific traits that each values levels hold. This is an ongoing process.

Most

Values Levels 2 - Tribal Orientated
Let go of being a VICTIM to get UNDERSTANDING

Values Levels 3 - Powerful Self
Let go of HURT and REJECTION to get SELF ACCEPTANCE

Values Levels 4 - Righteous Us
Let go of GUILT and UNWORTHINESS to get FORGIVENESS

Values Level 5 - The Strategic Me
Let go of UNFULFILLED EXPECTATION to get TOTALLY GOING WITH THE FLOW

Values Level 6 - Our Community in Harmony
Let go of CONTROL to get PEACE, FAITH, TRUST

There is a cut off point after Values level 6 as it traverses up the spiral

Values Level 7 - Integrate the self
Let go of ROLES and DUTY to get COMMITMENT

Values Levels 8 - Global Holistic us
Let go of SOCIAL EXPECTATIONS to get to BE THE LEADER

Values - Journey on the Spirals

Values Level 2 - Where am I still a victim?

Values Levels 3 - Where do I still feel hurt and rejected?

Values Levels 4 - Where in my life do I still feel guilty and feel unworthy?

Values Level 5 - Where do I need to let go of unfulfilled expectations?

Values Level 6 - Where do I need to let go of controlling others

Values Level 7 - What roles and duty do I need to let go of?

Values Levels 8 - Where do I need to let go of Social expectations?

ace~flow+

New for 2018

This process works with emotions, beliefs and also conflicts (known as parts)

Take your issue and put it into the heart or brain or belly and ask what images, feelings, sounds, tastes smells are there - write down whatever comes up for you.

Heart - What images, sounds, feelings, tastes smells are coming up in my heart?

Brain - What images, sounds, feelings, tastes smells are coming up in my brain?

Belly - What images, sounds, feelings, tastes smells are coming up in my belly?

Water - First ask: Where is the water not flowing? And then ask of the water: How come the water is not flowing here because of this problem?

Organ, chronic issue or pain that shows up - What images, sounds, feelings, tastes smells are coming up in the organ?

The ace~flow+ clearing process

Inspired by Linda Ellerker and Cathy Vozzo's work - Both ACE Masters

Once you have all the information from the heart, brain, belly, water and organ we ask...

Where does this problem come from?

Is it a Spiritual Problem

This is an issue that has been with us all our lives;

It's as if it is our destiny, we have been chosen to suffer;

It's everywhere, all encompassing;

You need to go 30cm or a foot above your head to access this point.

Is this a Soul based problem

This is an issue that relates to circumstances from the past, present or future;

Usually to do with relationships or family;

Or with the environment, our country, our people or the people around us;

You need to go 30cm or a foot in front of your heart, or the same distance behind you for the past (If the problem has to do with issues from family, country or others people's past stuff.

Is it an Earth based problem

This is an issue that relates to survival or protection;

Usually to do with basic living needs, such as food, love or sex;.

It can be directly connected with money or lack of money;

Go 30cm or a foot below you (into mother earth) to access this point.

Once you have your answer then go into the point (30cm or a foot above outside or below) where the problem comes from. From there you ask:

Who have I become because of this problem?

The ace~flow+ clearing process

If this is a Spiritual problem, go higher up into your highest self

If this is a heart based problem, go further out into your Soul, if you behind you, go further back

If this is an Earth based problem, go further down into Mother Earth. Then ask:

Highest Self (you can also call this area infinite intelligence, God, Allah - what ever is right for you)

Highest self, what do I need to learn from this problem?

Hearts Soul

My Heart Soul, what do I need to learn from this problem?

Mother Earth

Mother Earth, what do I need to learn from this problem?

Wait for the answer to come - be patient, it will come energetically first.

My learnings

The ONE question

The we ask of your Highest Self, your Hearts Soul, or Mother Earth

Highest Self

Highest Self what is the one question I need to ask, that by asking this question, will cause this problem to disappear as an issue from my life forever?

Hearts Soul

Hearts Soul what is the one question I need to ask, that by asking this question, will cause this problem to disappear as an issue from my life forever?

Mother Earth

Mother Earth what is the one question I need to ask, that by asking this question, will cause this problem to disappear as an issue from my life forever?

The ace~flow+ clearing process

Ask the question and bring in the healing energy into all the areas of your body. The chakra point, the heart, brain, belly, infuse it with the water, and put it into the organ.

Come back and test - see if the issue has completely disappeared

Healing conflicts using ace~flow+

Look at the 6 keys areas of your life now?

Ask

Where am I conflicted?

Spiritual - It's a theme that has played everywhere in my life. I was born with it and I will take it to my grave.

Heart - It's a soul based issue, it's happening within my relationships, my family, everywhere I look

Earth - It's an earth based issue, it has to do with my success on this planet, money, survival

Use the ace~flow process above to heal the conflicts

Setting Goals in ACE your LIFE

What do you want to achieve? You do this by going into all the key areas of your body, your heart, brain, belly, water and you can explore in your Spirit, your Hearts soul, and Mother Earth?

Spiritually

Relationship

Career/wealth

Setting Goals in ACE your LIFE

Health and Fitness

Family

Personal development

ACE your Future

Get your top wants based on the 80/20 rule

My top things I want to achieve in 2018 are

Spiritually

Relationship

Career/wealth

Health and Fitness

Family

Personal development

Put your NECS moments into all areas of your body inside and outside

Take your top goals and turn them into NECS moments

N- Normal
E - Expected
C - Connected
S - Strategy

Remember these NECS moments must be disassociated

You also need the last step

What is the last thing that has to happen so I know I have what I want?

Put this picture, sound feeling with its emotions tastes and smells into all the areas of your life

Heart, brain, belly, water, Your Heart Soul (in front and behind), Your Spirit and Your root chakra

Ensuring Success

Creating your own Rituals

Example of a Ritual

Each piece of this ritual can take less than a few minutes and can be done just before you go to sleep or as you wake up

1. Expressing Gratitude: Feeling totally grateful for things you have already achieved. And see the NECS moments that you are about to achieve. Let the gratitude fill your heart, your belly, your brain, and the outside of you. Be grateful. It's impossible to be angry and grateful simultaneously. And when you're grateful, there is no fear. You can't be fearful and grateful simultaneously.

2. Spiritual Exercise: Totally focus on the feeling of a higher energy, or whatever you want to call this energy. Feel this higher energy in your heart, your belly, your brain and the water in your body. Let it infuse into everything, in your body, in your mind, your emotions, your relationships, your finances. See it solving any challenges you face.

3. Three things to do today (or tomorrow): Focusing on three things that you're going to make happen, based on your NECS moments. See them as though they are already complete.

NOTE:

Make sure you only share your NECS moments with people that are going to support you 100% in achieving them

Other Rituals

Meditate every morning - especially on your NECS moments

Juicing or have a LIVE smoothy every morning -

Do Yoga or work out, do a sport you love

Walk when you can

Making a list daily, of the things you want to achieve based on 80/20 NECS moments