



Retreat

with Richard Flook

Manual Version 1.1

Discover more about Healing Differently and
ACE on our website
www.richardflook.com

Advanced Clearing Energetics is a registered
trademark

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Course Information and Trademark

What is Advanced Clearing Energetics®?

Advanced Clearing Energetics® answers the question for your client when you ask them 'Why are you here?' They will refer to a pain, chronic disease or psychological issue. Advanced Clearing Energetics works back from what the clients has said regarding their pain, feeling out of sorts or a disease that they mention, by allowing the client to learn from and clear the trapped energy that may be the trigger for their issue. The net effect is the body then can heal itself naturally (As long as it has the necessary nutrients and environment to do so).

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

And science believes this too. Because science is finally catching up with this phenomena and it even has a name for it called Epigenetics (epi meaning above, so above 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 research with **Peter Fraser of NES Health** we established that during this event the heart communicates with the brain, which in turn decides on an organ which is best suited to deal with the event. 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.

ACE Retreat 2021

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. After this an amazing chain of events occurs, the chosen organ changes itself to support the person through the situation. They get bigger or smaller, by adding or taking away cells, dependent on the job they have been tasked to do and its 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®** we use this model of the heart, brain, organ, guts and my recent addition of the fluid (Water), because that's where the emotional energy gets stored. It is in the fluid, which is the precursor for proteins and DNA, and we go back to the original imprint of the problem and clear the reason for the trapped energy to occur in the first place. The result is the body returns back to normality, 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 in week long trainings and are also available online trainings or via Trainers around the globe.

Important information about healing.

Richard Flook and/or Advanced Clearing Energetics has never healed or cured anyone of anything. Richard Flook and/or Advanced Clearing Energetics make no claims to healing or curing of any disease, issue or pain. Richard Flook and/or Advanced Clearing Energetics merely assists a client to energetically alter the events that may be triggering their issue, by guiding them through a set of verbal questions and spoken words.

Advanced Clearing Energetics® has been trademarked. The materials in this handbook are copyrighted. You may not share, publish, transmit, copy, email, mail this handbook without expressed written permission from the author.

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What do you really want from your Retreat?

Write down what do you want to get from your retreat. What do you want to clear, health wise. What ailment, pain, disease is causing you trouble? - You can use the ACE process to clear these issues.

What do you want instead of these things? You can use the NECS process to create your life in the way you want it.

Many of us focus on our pains, problems or issues rather than what we want instead.

What do you want from your retreat? - write down what is true for you

How do you want your life to be? - write it so its positive

What is going to be on your Retreat

Latest Healing Tools

Discover: How to use the latest energetic healing tools in your everyday life

- Learn the strategy to uncover the traumatic shocks that are causing your disease or pain
- Trace them back to their root cause
- Release them and be free of these energetic ties once and for all

Unplug disease

Learn: how to switch off and unplug a diseased organ from a traumatic shock

- Introduce you to the use of 6 types of special intelligences that switch on healing
- Accelerate your healing massively, connect to your soul and allow it to guide your healing
- Feel the difference immediately, as you let go of the illusions that have plagued you and triggered your issues

Move forward in your life

Move forward in your life and set up your future in alignment with your hearts true purpose

- Use the most advanced energetic principles to create a future where you want to belong
- Set goals that your mind, body and soul are 100% aligned
- Be the first to experience these incredible techniques and implement them in your life now

The ACE Major Premise Updated 2021

The Quantum Bio Computer inside the water crystals, that are held inside the structured water, holds the memory of previous UDINs.

These transmit this stuck energy out into your world (via the heart's wave) to attract a situation in your environment to learn from, grow up and go beyond the old memory.

The sequence of events follows a process. The stuck energy creates a stressful event (UDIN-Shock) which is picked up by the:

HEART

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

GUTS (Belly)

Then this stressful event (UDIN) become localized in the

BRAIN

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

ORGAN

What connects the heart, brain, guts and the organ together is Quantum Bio Computers which resides inside the structured water. The reaction of the organ is resonating with the external environment and is designed to assist the person to learn, grow up and go beyond the UDIN shock.

Remember a disease organ, pain or ailment is resonating at the exact frequency of the UDIN-Shock.

What is a UDIN



**Unexpected
Dramatic
Isolating
No Strategy**

A UDIN Is...

- The expression of the water as it is trying to get back to purity
- Affects everything in a person from DNA to the proteins
- From their behaviour to their energy levels

What Happens During a UDIN

- We see this on X- Rays, CT scans as flat or two dimensional images
- Information just can't flow
- Information gets trapped inside an energy ball of emotion that's either positive or negative

The strategy to uncover your traumatic shocks linked to disease

In order to clear the energy behind your pain, ailments or disease you first need to find it

You give a suggestion to your body as to what your underlying energy is related to. How is it resonating with your environment - this is what we are intending to establish. Go to www.flowsandforms.com/dybl-introduction/ and you can get an idea of your problem.

You also need to identify your wiring. Are you left or right wired. Richard demonstrates how to do this on videos. Add this information to your suggestion.

You go into the location of your pain, ailment or disease and think about what it is all related to.

As you do this observe and write down information about any pictures that comes up, any sounds you hear, any personal movie clips that play in your mind. Any events, people speaking, shouting or being purposefully silent. We ask are there any feelings stored there, anything that smells wrong or strange, any horrible tastes in your mouth. What are you saying to yourself. All of these things happen very quickly, write down as much information as you can.

Then go into your heart, belly or brain, in any order that you wish, and ask what else is happening in these places, what movies, voices, feelings, energy, tastes and smells.

Once you have all this information, read through everything you have written down

Then you need to scan your body to find the place where the energy is really trapped that is causing your problem

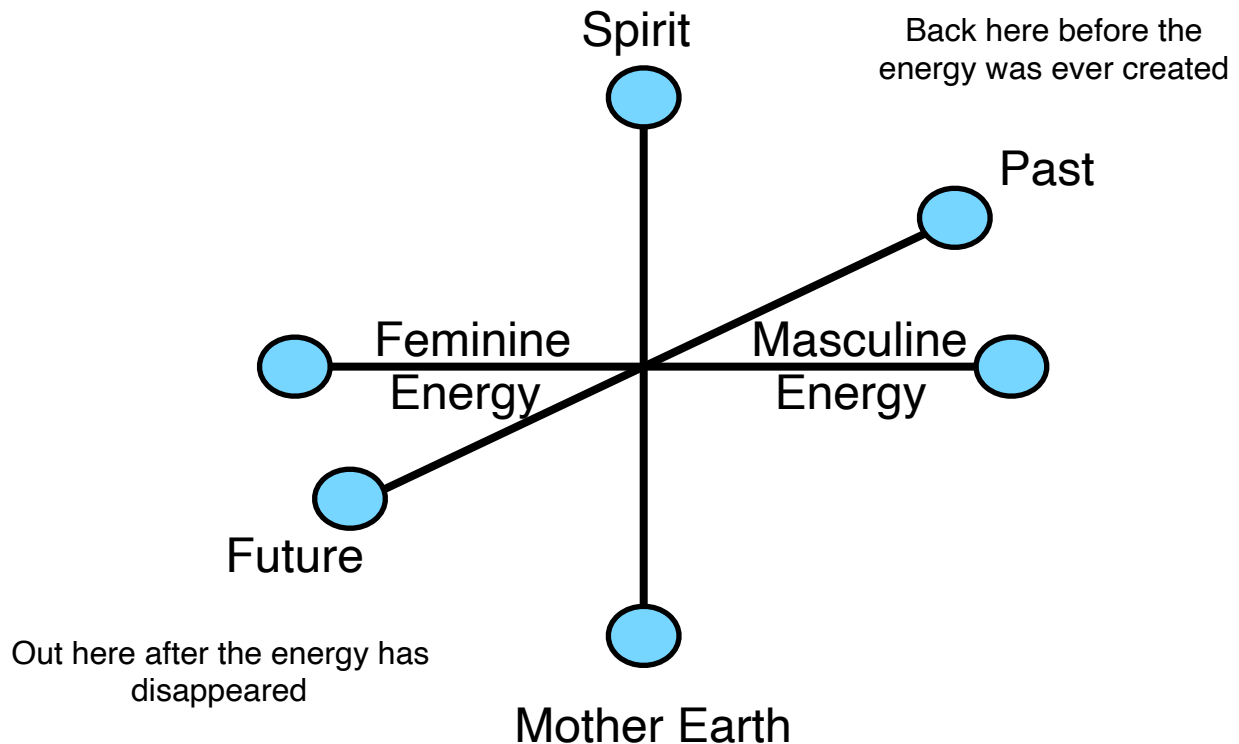
Scan from the top of your head, to the end of your toes, from your left hand to your right hand, from the front of your body to the back of your body. Where is the energy not flowing, where is it stuck!

Once you find that place, go into it and notice this energy. Sometimes you will get deeper thoughts, images, beliefs or other words.

This is the energy you want to clear.

The Energy Poles of Life

Use these poles to evoke the energies of each area of our life. Remember this is a process of reconnecting with your true life purpose.



When you go to a specific cube you want to ask the different energies for assistance when getting the answers from the two question.

E.g. Top left in front you ask. Spirit, feminine energy, out here after the energy has disappeared, what do I, a woman, learn from this.

Or

Bottom right behind turns into. Mother Earth, masculine energy, back here before the energy has disappeared how do I grow up and be a man.

Note:

If you are left wired Masculine energy is on your left hand side

If you are right wired Feminine energy is on your right hand side

See next page

How are you wired?

Right side

Mother

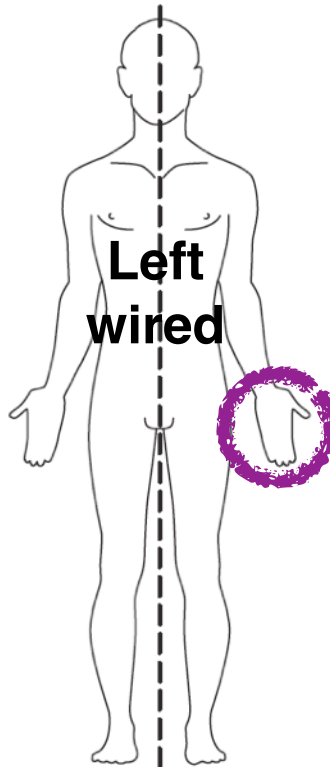
Child/Baby

Nest

Anyone/Anything that is
like a person's baby/
mother

e.g. a business that is a
person's baby

Inner world (e.g. Secrets)



Left side

Father

Partner (male or female)

Boss

Business/work

Siblings

Anyone that is like a
person's father (e.g. Sugar
Daddy)

Outer world (e.g.

Right side

Father

Partner (male or female)

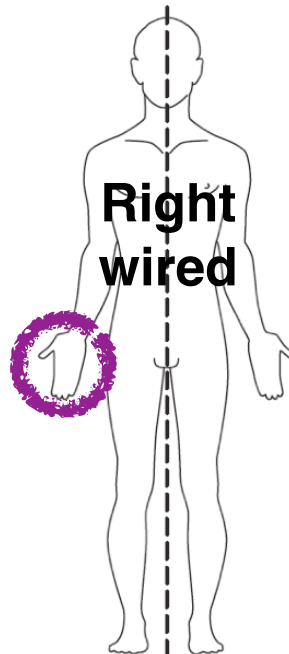
Boss

Business/work

Siblings

Anyone that is like a person's
father (e.g. Sugar Daddy)

Outer world (e.g. government)



Left side

Mother

Child/Baby

Nest

Anyone/Anything that is
like a person's baby/
mother

e.g. a business that is a
person's baby

Inner world (e.g.
Secrets)

How to clear the energy that triggered your pain, ailment or disease

Feel that energy and then ask

Where does that energy not exist?

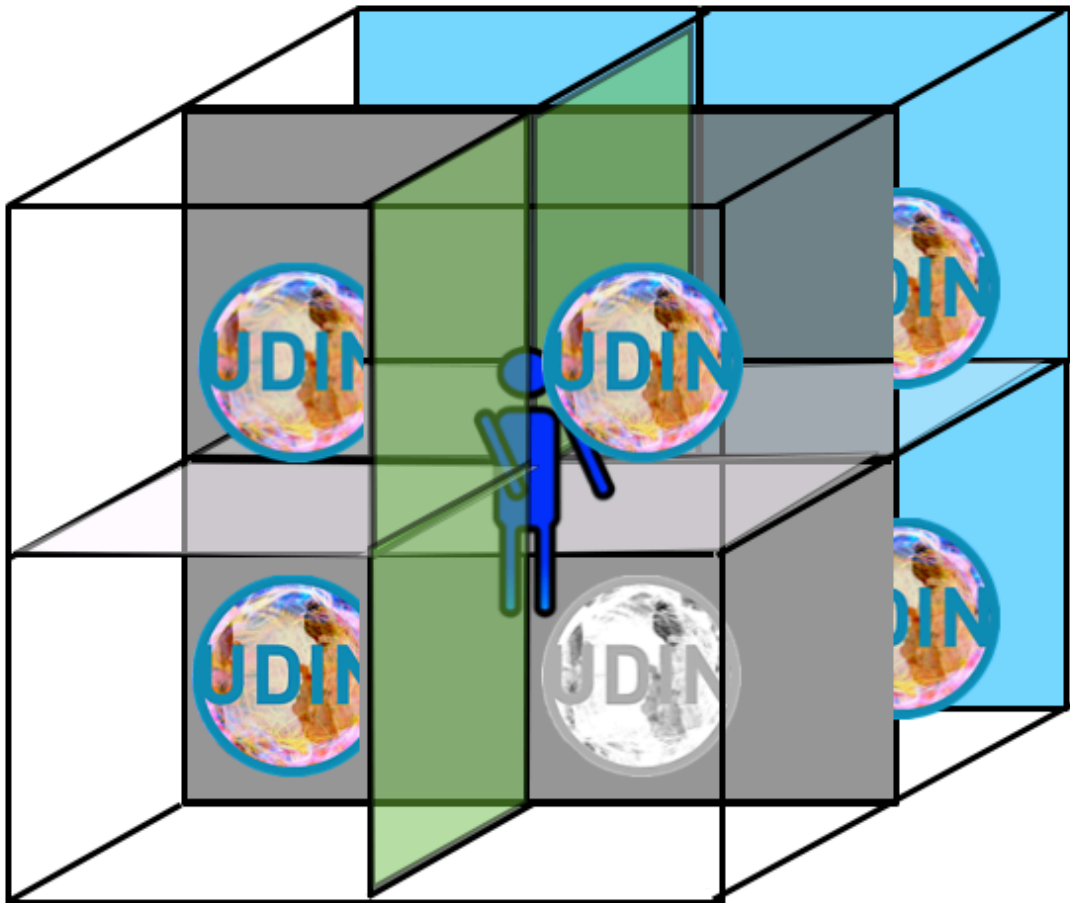
Point to it

Is it NOT in front or behind you?

Upper left, Upper right?

Lower left, lower right?

Go to that place.



The two questions to ask where the energy does not exist

Important

Say these questions and statements out loud. The magic comes from verbally stating these questions.

Ask "Where does the energy NOT exist?"

As you go into where the energy is NOT, you then ask these energies for an answer

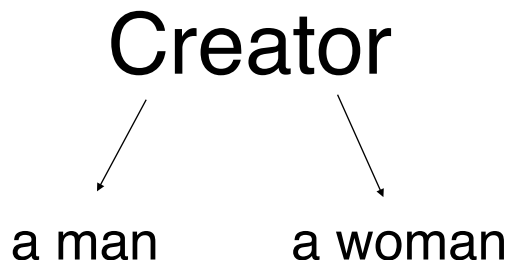
E.g. Back here before the energy was ever created, Mother Earth, Masculine energy - What do i, a man, learn from this?

Or

E.g. Out here after the energy has disappeared, Spirit, Feminine energy - How do i, grow up and be a woman?

NOTE: The use of i, a woman or i, a man, in these questions comes from the law for mankind, which is based on the law of spirit. It says that there are two energies that come from creator. i, a woman or I, a man. This language has immense power and assists in your clearing, when you speak these words out load with purpose.

The use of the lower case eye is because in law only the living write in lower case. The dead are in upper case.



The two questions, you ask out loud

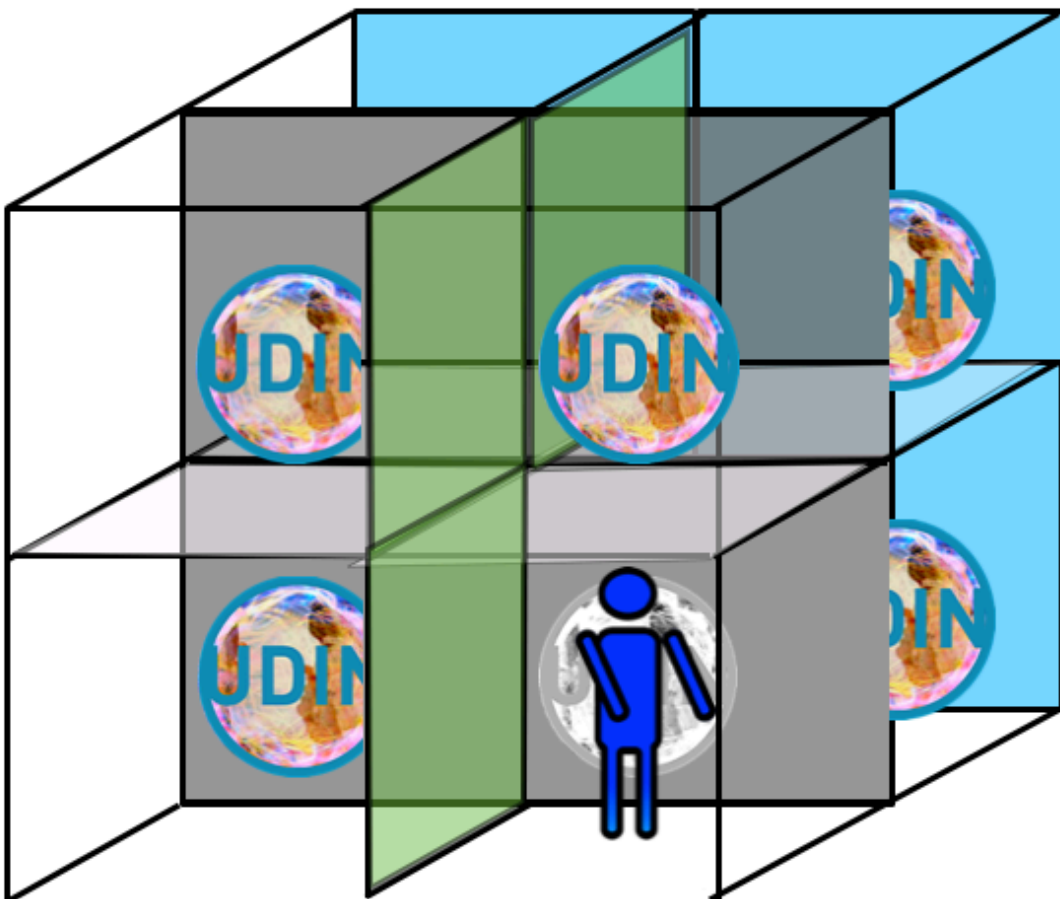
Woman

- What do i, a woman, learn from this?
- How do i grow up from this, and be a woman?

Man

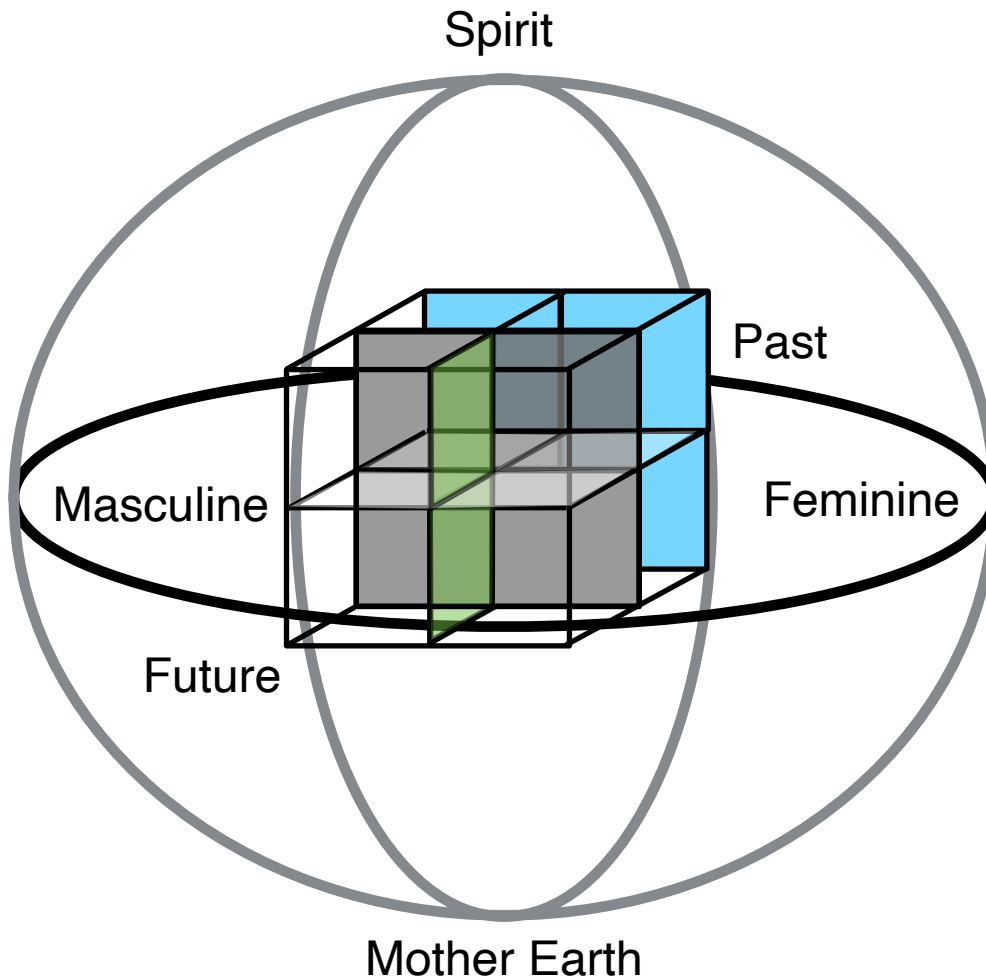
- What do i, a man, learn from this?
- How do i grow up from this, and be a man?

The questions have taken 2 years to perfect. Different questions did not give the same response or have the same depth of clearing.



Going beyond

Go to nowhere, no time, nobody, nothing
Everywhere, everybody, every time, everything



After you have cleared the main energy in the cube, you go outside of the cube and float around the 8 cubes. You want to view, how the old illusions have affected your life, you want to see the reverberations and rubles that the problem had created, you want to explore the positions you had got your self into because of it. Outside you can travel to all the 6 poles.

Letting go of your i

Go to the place of nowhere, nothing, nobody, no time, everywhere
everything, everybody, and every time,

This is really a process of letting go of who you think you are. You are
more than your illusions. Letting go of the illusion of what you
think you have become, who you think you will be and what you
identify with

You do this after looking, hearing, seeing, sensing your world from all
the aspects, mother earth, spirit, feminine energy, masculine
energy, past and future.

View your old illusions that you had created in my life in all the 8
areas - The Octons

Then fly around and observe them from each position

Then say the statement

Man

- i, a man, am, beyond all of this
- i, a man, am, beyond
- i, a man, am
- i, a man
- i
- Let go of the i

Woman

- i, a woman, am, beyond all of this
- i, a woman, am, beyond
- i, a woman, am
- i, a woman
- i
- Let go of the i

The NECS Moment

- Ask yourself what do you want now, of your heart, your belly, your brain, your mitochondria and Quantum Bio Computer light inside the structured water?
- Test your NECS moment - Do you truly want it? Does it fill you with Joy?
- Change your NECS moment so you get the last step
- Test, are you committed to your NECS moment. Is it true for you.
- Check do you want it? Check as if they are doing it, and then explore after you have the NECS moment, how do you feel?

Normal
Expected
Connected
Strategy



Getting the last step

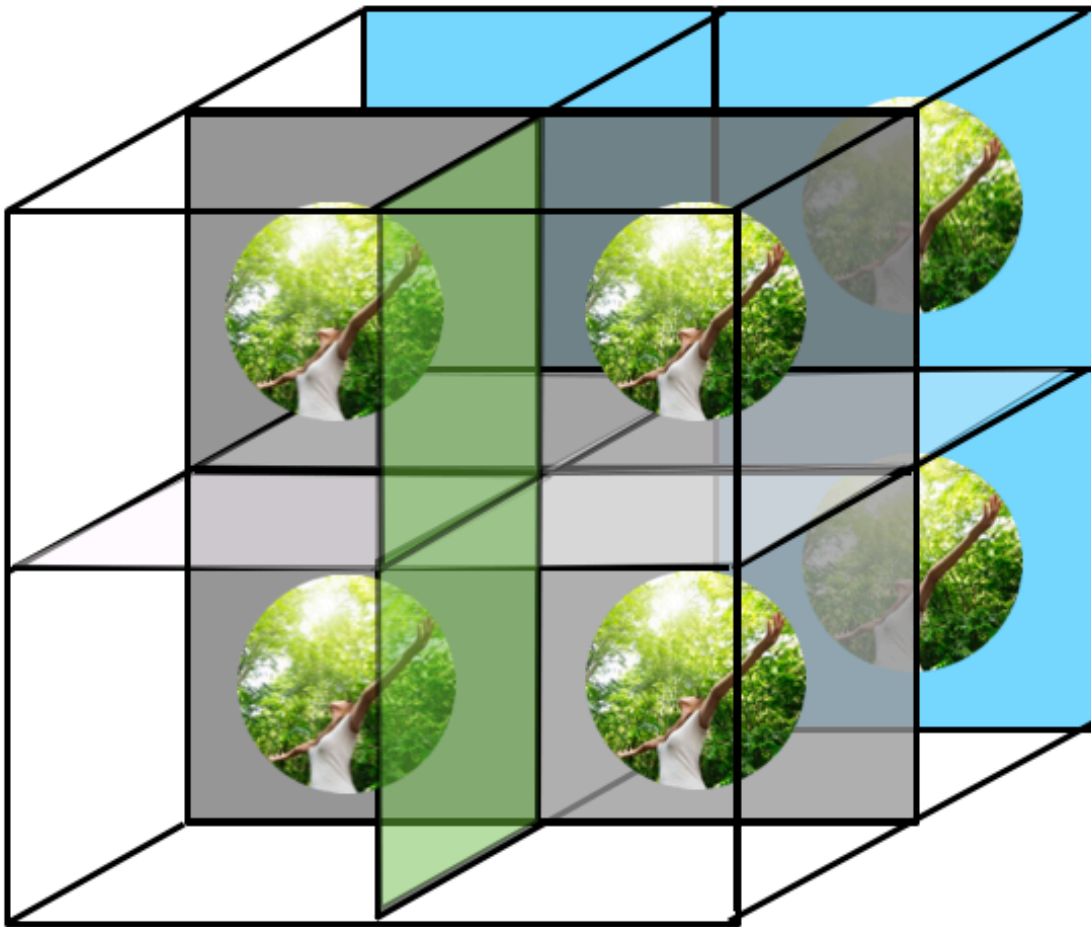
- So you know where you will end up you will need to focus on your end result - the last step
- It's the end result that you really want - not the journey itself - though that is important.
- Ask "What is the last thing that has to happen in order that you have what you want?"

Question to get to the last step

"What is the last thing that has to happen in order that you have what you want?"

Put your goal out into each one of the 8 cubes

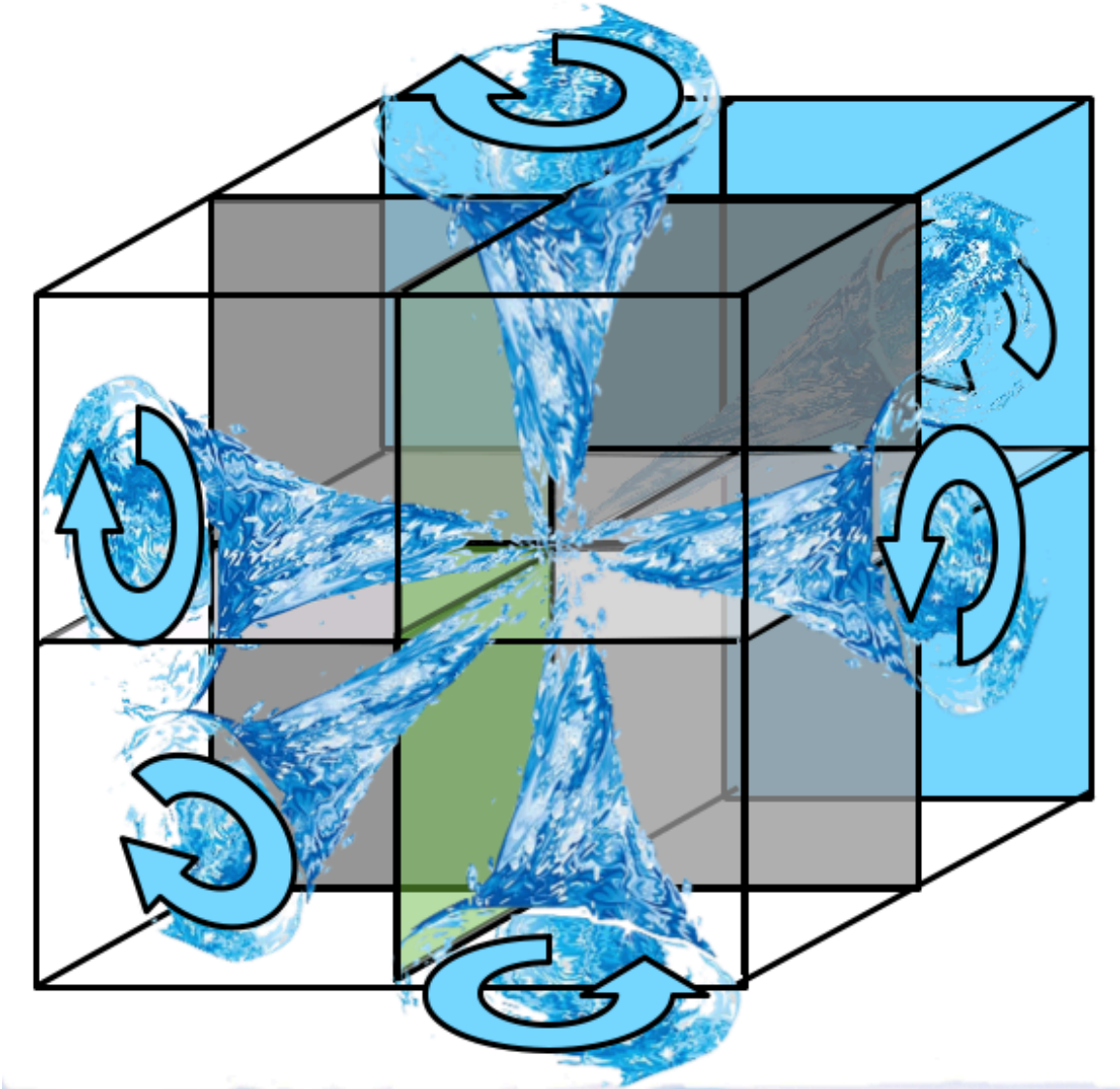
Only something that is true can go into 8 of the cubes.



You want to make all your images sparkle

- Go to the last step image that is the dulllest and ask the two questions
- What do i, a man learn from this?
- What do i, a woman learn from this?
- How do i, grow up from this and be a woman
- How do i, grow up from this and be a man
- As you clear you will observe that the images all start to sparkle

Add 6 Manifesting Vortex to poles and spin them clockwise



- Spin the vortices clockwise in all the 6 poles. It takes a little thinking about but it comes very naturally.
- Then let go of all of your NECS moments

Your Next Steps and keeping in contact

Online Mentoring for Students attending the Accelerated Course

If you wish to learn more about the whole ACE system, please contact Richard Flook richard@richardflook.com

The ace~flow course is online and includes ongoing online mentoring with Richard Flook. During this time you will be able to ask questions of Richard, experience demonstrations, discuss clients and generally familiarize yourself with the Advanced Clearing Energetics Material. These sessions are recorded and will be made available to all students. Dates are Wednesday at Noon EST, times to suit Australian students will be added soon. If you cannot attend you can review the session online at a later time.

Feedback

Your feedback is important to us. Please also take a moment to share your comments with us. richard@richardflook.com Your feedback will help us to improve future courses at this level.

All Students: (live or online)

You have an opportunity to advance your knowledge and skills as a practitioner by advancing onto Masters Level of Advanced Clearing Energetics. It includes jumping head first into the Advanced Clearing Energetics material and going behind the scenes as to what, why, how and where the material was developed and comes from. If you truly want to master this material then Masters is your next option.

Also included in the Masters is trainers training - which will allow you to train the Advanced Clearing Energetics material

Partnership Programs

If you're interested in partnering with us for mutually beneficial growth options, please contact us at richard@richardflook.com to learn about our affiliate program, hosting a training with Richard in your area, or our strategic ventures program. Together, we can make a healthy difference!

Keep in contact

Make sure to keep connect with our student newsletter. Send us an email request if you're not currently getting our student updates for your Practitioner Level. Our email is richard@richardflook.com