

advanced  
clearing  
energetics®  
GUIDING HEALING  
ENERGETICALLY

# The New ACE Spirit Training

with Richard Flook

Manual Version 2.1



Guiding Healing Energetically  
[www.richardflook.com](http://www.richardflook.com)

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# The ACE Major Premise

## Updated for 2024

*Please refer to the article "Exposing the Surprising Mechanism That Sustains Illness and Blocks Healing - That You Never Knew Existed." for references and for more in-depth information*

There are three things that connect us as humans to trauma and disease but ironically they are also responsible for creating a healthy life. These are:

1. Melanin
2. Mitochondria
3. Structured water

When these stop working properly, the structured water becomes bulk water, the mitochondria become dysfunctional and the melanin becomes depleted. In the brain neuro-melanin can be depleted by oxidised dopamine. (Dopamine gives us creativity to solve complex problems.)

Structured water houses the Quantum Bio Computer inside of its intricate lattice work or water crystals. Inside this it holds the memories of previous UDINs

Structured water also has an electrical charge to it. This powers the Melanin in our body. Melanin is also connected to Mitochondria.

Mitochondria create heat through the citric acid or Krebs cycle, (through ATP) and therefore it creates a negative charge which keeps the structured water in its jelly like form.

When we get a disease, issue, pain or mental illness, it is because one or all of these things has been knocked out of balance or is downgraded. We could say the energy gets displaced or depleted.

Memories inside the structured water, from past situations or future uncertainties, hold the key to creating UDINs. These memories transmit displaced or depleted stuck energy out into your world (via the heart's wave) to attract a situation in your environment in order that you learn from it, grow up and go beyond it.

Therefore UDINs are situations where something needs to be learnt, where we need to grow up and go beyond culminating with us reconnecting with God, creator or source.

# The ACE Process

The stuck energy creates a stressful event (UDIN-Shock) which is picked up by the melanin in the body. Melanin can be seen as the main processing part of our nervous system, It surrounds your whole body but also each individual organ. Melanin is also found in our brains and nervous system (its called neuro-melanin).

**HEART** - The energy (emotion) is communicated to and lodges in the...

**BELLY** - Then this stressful event (UDIN) becomes localised in the...

**BRAIN** - In a specific area that relates embryonically to a part of an...

**ORGAN** - The organ goes into a stressed state and either breaks down or grows, to assist the body to find a solution to the problem

**Mitochondria** - Become dysfunctional and in some cases signals the cell to die, releasing bulk water causing localised inflammation.

**Structured Water** - Becomes de-structured and turns into bulk water, therefore it has no charge and can no longer hold memories.

**Melanin** - becomes depleted and dopamine levels drop so you feel unwell

What connects the heart, brain, guts and the organ together is Melanin which transmits and receives its information from the structured water and the Quantum Bio Computer that resides within that crystalline structure.

The reaction of the organ is resonating with the same frequency of the UDIN moment and the external environment.

Its biological reaction is designed to assist you to learn, grow up and go beyond the UDIN moment.

Once the energy starts flowing again the water becomes re-structured the mitochondria start functioning, and the melanin is no longer being depleted, so we start to feel well again, though this may take some time.

# Useful beliefs about ACE

- Let your client do the work, you are merely a guide if you are having to think, or work hard, you are getting in the way. Follow the process.
- All pain/issues are caused by pre-destined UDINs trapped in the water's system
- We are all designed to learn from past and future experiences
- All diseases have a positive learning experience behind them
- What is going on outside you is going on inside of you
- If there is stuck energy it can be seen everywhere and anywhere you look and it can be felt and also seen, inside you as well, as in pain and disease. This is mostly unconscious
- If there is flowing energy it can be seen anywhere you look as well
- Everything is metaphorical, it all has meaning, deciphering what is meaningful to you is the key.
- What you use and don't use will either cause you pain or cause you pleasure

## What to say at the start

- You will use the statements below before you begin the session or even on the phone before working with your client. This stops confusion and avoids problems with various governing bodies in different countries.
- Remember: You are not doing any healing, you make no recommendations, you make no claims whatsoever to be able to heal anyone of anything. You are NOT using hypnosis or NLP. Unless you are trained in a different modality, where you have a separate set of protocols and guidelines. If you are using different modalities you will need to make your client fully aware of what those are and how you are combining them.
- You say to the client "I have never healed anyone of anything, except myself... and it's the same for you"
- You heal you, you heal yourself
- I am merely a guide, a coach, a navigator who knows a simple way to assist your body to heal itself - naturally.
- I can't heal you because it's your body - it's not my body!"
- Make a note that you have explained this to them and acknowledge that they have fully understood.

## How to build Rapport in ACE

- In NLP terms there are 3 ways we communicate. 55% Body, 38% Auditory, 7% words.
- If we match or mirror a person's body, voice tone and the words they use, we will build rapport because "People like people like themselves".
- This then allows a practitioners to be trusted but more importantly your client to feel safe and protected. Allowing them to open up and share UDINs (stuck energy) that are hindering them from being well.
- However being able to assist your client in uncovering these deep seated unmentionable issues, is the key to helping them heal.
- After all, no-one wants to admit that they failed, were not strong enough, feel weak, vulnerable or are a lesser man or woman than they should be.

### **How to deepen rapport so you can assist your client to get well** (This is useful over video conferencing)

- First we need to match and mirror our clients body posture, tonality and words. Sit and talk in the same way as your client. Even on video.
- This takes a few minutes. Small talk is important, discuss the weather, get the client to talk about themselves, ask them questions about their family, their life, what they are into. This is also the time to explore their world and get to know them.
- People love to talk about themselves. Why is this important? Because if they cannot open up to you, you cannot help them.
- A useful thought about your client talking about themselves is 'How many mouths and ears do you have? Two ears and one mouth.' Then as the guide use your ear and mouth in that ratio.
- Use open ended questions. E.g. How did you know that? What is happening in your life? Can you tell me more? *(A example of a closed question is where the answer is specific, such as what is your date or birth or your full name?)*

### **Looking, sensing, feeling and checking for incongruences in your client**

- Then as you delve deeper into their issue, the secret is to look inside your client.
- How you do this is you connect up with their heart via your hearts energy.
- You then look, hear, feel how is the energy flowing as the client moves from one sentence to another.
- You are watching, listening and feeling for changes inside you as you experience their energy flow or lack of it.
- People openly lie, all the time, to protect themselves from being exposed to secrets, or issues that are problematic for them. Issues such as sexual abuse, money worries. When they enter into these areas their whole energy shifts. It is your job to recognise that shift and get them to open up their can of worms.

## How to build Rapport in ACE

### Opening up your clients can of worms to find their elephant in the room.

- Once you have opened up their can inside it you will find their elephant in the room. Most people cannot hide an elephant. All you have to do is point it out.
- It's will become very obvious when you know the metaphor behind their pain, disease or illness. You want to refer back to that metaphor and check how does their elephant link to their pain, disease or issue.
- Once you sense that there is an incongruence, you point it out to the person. You just say, "What was that? You just mentioned something. Can you go back to that point and share more?"
- They will often deny that anything was wrong. This is social conditioning. Once you have deepened rapport and they feel comfortable that you are not going to use the information against them; you are there to help them, then they will share the information with you.

## What is a UDIN?



**Unexpected**  
**Dramatic**  
**Isolating**  
**No Strategy**

### A UDIN...

- It comes from the stored unresolved energy that has been trapped in the structured water inside the cells
- It affects everything and heightens cortisol, adrenaline and thyroxin which ultimately causes stress. Sex hormones are also released during this time.

### What Happens During a UDIN

- Information can't flow
- Information gets trapped inside an energy ball of emotion
- We see this on Computer Tomography scans (X- Rays), as flat or two dimensional images

# How to find the energy behind a UDIN

Establish the clients problem. Ask the client to go to where the pain is or the organ that has been identified to be the priority.

- A 'priority' organ is an organ where a medical diagnosis has been identified, or the organ has been identified by a practitioner that needs attention.

## What To Say Before You Start

- Remember to tell your client "I have never healed or cured anyone of anything, except myself." Make a note that you have explained this to them and acknowledge that they understood.

## Establish the Clients Problem

- Ask them 'Why are you here?' Get them to describe their-pain, emotional challenge, physical issue, chronic illness, psychological problem. Get a level from 1-10.
- Avoid asking for medical information (we are not practicing medicine here, that's for doctors). You can get medical information only if your client volunteers to give that information to you.
- Make notes.

## Explore the Nervous Systems

- Ask the client to go to the pain or organ under stress and ask: Are there...
  - Any pictures coming up - mini-movies, images, peoples faces, thoughts, events coming to mind?
  - Any voices of people you know, mother, father, friend, work colleague, boss?
  - Any emotions coming up, feelings, unpleasant energy?
  - Any tastes or smells? (These are often ignored but they are extremely important and have very powerful associations.)

## Write Down What They Say

- Often your client will not get much information at the start - and sometimes it will be metaphorical, it can even be just colours - Keep with it and be non-judgemental.
- Write down the key words they say - just write as much as you can

# The strategy to uncover traumatic shocks linked to disease

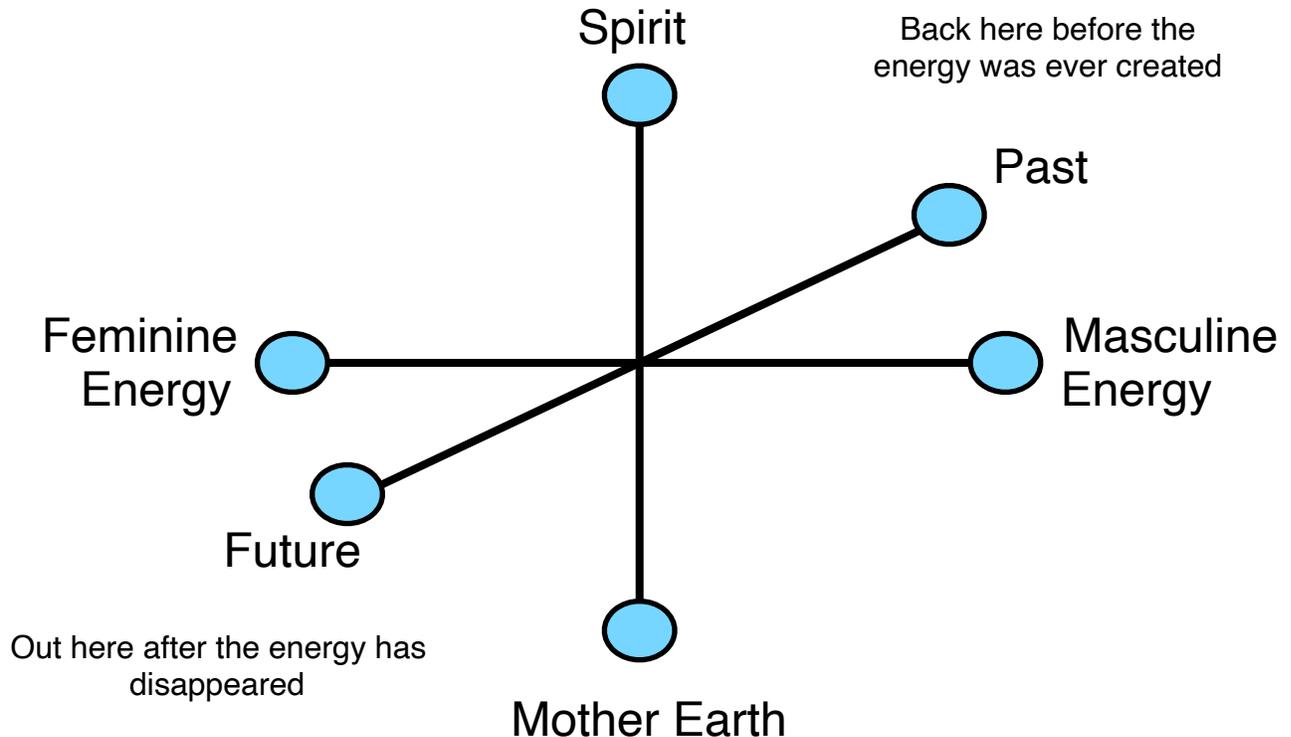
1. In order to clear the energy behind a pain, ailment or disease you first need to find it.
2. You start by giving a suggestion to your clients body as to what they are dealing. You want to establish how is that trapped energy resonating in their environment.
3. Go to [www.flowsandforms.com/dybl-introduction/](http://www.flowsandforms.com/dybl-introduction/) this will give you an idea of the trapped energy behind the UDIN moment and their issue. NOTE: You will need to register for free on flows and forms, in order to get access to the information.
4. Also use the Biogenealogy Sourcebook cliff notes (which you should have downloaded) to find out more in-depth information.
5. You will also need to identify your clients wiring. Are they left or right wired? This will be demonstrated to you. You will add this information to your suggestion. See 'How you are wired?' in the following pages.
6. Now ask your client to go into the location of their pain, ailment or disease. Ask them to let whatever comes up from your suggestion. This can be a mini 10-15 second movie/memory that they describe to you, also they may be hearing someone speaking, let them describe feelings or a touch, assertion any tastes or smells that they are experiencing.
7. As you do this, write down what the client says, as much information as you can, their words, about anything thing they talk about or describe. Such as any experiences, people speaking, shouting or being purposefully silent. We also ask are there any feelings stored there, any thing that smells wrong or strange, any horrible tastes in their mouth. Also what are they saying to themselves. All of these things statements or experiences are spoken by the client very quickly, write down as much information as you possibly can.
8. Then ask the client to go into their heart, belly or brain, in any order that they wish, and ask what else is happening, what movies, voices, feelings, energy, tastes and smells, related to the suggestion you gave when exploring the organ or pain.
9. This process can take 20 minutes or more. This is the clients story. Your job is to record that story, so the client gets the connections and so we can repeat it back. You will do this to uncover the trapped energy. These words are also used for testing.
10. Once you have all this written information, read out to the client everything you have written down starting with the organ or pain. You are purposefully re-triggering everything that the client has experienced.

# The strategy to uncover traumatic shocks linked to disease

11. Remember your job is to record what they are saying. Stay away from any interpretation you may have of what your client says. This is their story, you may or may not understand it. This is perfectly fine.
12. Important Note: it is our intention to re-associate the client into their traumatic events. However it is not our intention to further traumatise the client. Be respectful of this, as some events will have a lot of charge on them. Just the mention of a name or an event will be enough for you to get the result you need, as you gently re-trigger the energy of the issue, when you re-read it back to them.
13. Read back to your client what they said, word for word, in the order it came out. This will unpack the trapped energy and get your client closer to the root of their issue.
14. Once you have read through everything get the client to scan their body. This will show them where the energy is really trapped.
15. Tell them to “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.”
16. Ask: “Where is the energy not flowing, where is it stuck? Where is the energy displaced or depleted?”
17. You say “This could be in the end of your nose, your left ear, in the main place where we started or somewhere else in your body. Go to where the energy is displaced or depleted.”
18. Once they find that place in the body, ask them to go into the mitochondria there. Ask them, “How come the energy is displaced or depleted?” Their Mitochondria will answer in a very straight-forward, matter of fact way.
19. Then go into the structured water and ask for more information. “What is happening in the structured water, how come the energy is not flowing there?” Their answer will throw up a belief or problem that is related to the original issue they are dealing with.
20. Take a note of that energy behind the problem. This will become the main theme that your client is going to clear.

# The Energy Poles of Life

The energy poles below are based on the way we perceive our world. Each one has a separate unique energy for us as a human. These poles go onto create the Octons. Which are 8 mini cubes. These surround us and create our experience.



You will be asking your client to go into one specific cube in the octons. Your intention is for them to go right into the outer corner. You will be using the energy poles of life to assist them to stay there, they will then ask specific questions about themselves learning and growing up.

E.g. Top left in front, becomes: Spirit, feminine energy, out here after the energy has disappeared, what do i, a woman, learn from this?

Or

Bottom right behind becomes: Mother earth, masculine energy, back here before the energy has disappeared, how do i grow up and be a man of creator.

Note:

If you are left wired the masculine energy is on your left hand side. The feminine energy is on your right hand side.

If you are right wired the masculine energy is on your right hand side. The feminine energy is on your left hand side.

# How are you wired?

## Right side

Mother

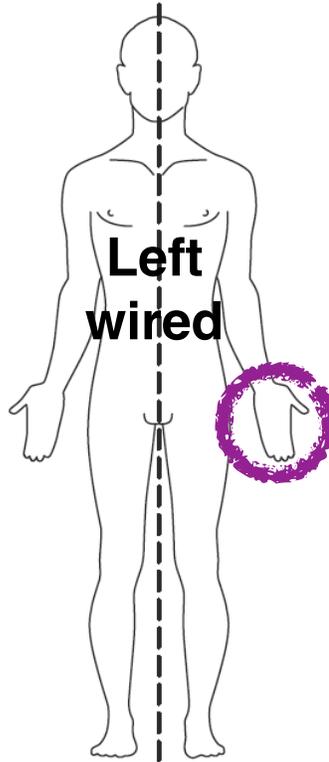
Child/Baby

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)

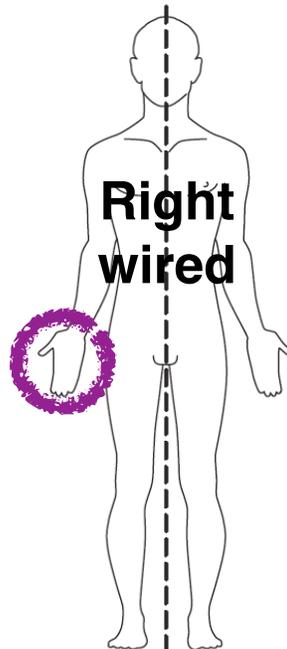
Boss

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)



# Questions to clear the UDIN energy

## Important

You ask your client to say these statements and question out loud, when they are in the place where there is no energy. *(The magic of clearing the energy, comes from your client verbally stating these statement and questions “out-loud” as they hear themselves speak.)*

As you go into where the energy is NOT, you get your client to repeat the three statements from each mini cube.

### You have 4 combinations in-front.

Masculine energy, spirit, out here after the energy has disappeared.

Feminine energy, mother earth, out here after the energy has disappeared.

Masculine energy, spirit, out here after the energy has disappeared.

Feminine energy, mother earth, out here after the energy has disappeared.

### You have 4 combinations behind.

Masculine energy, spirit, back before the energy was ever created.

Feminine energy, mother earth, back before the energy was ever created.

Masculine energy, spirit, back before the energy was ever created.

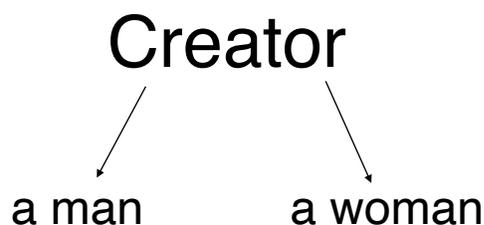
Feminine energy, mother earth, back before the energy was ever created.

### Examples:

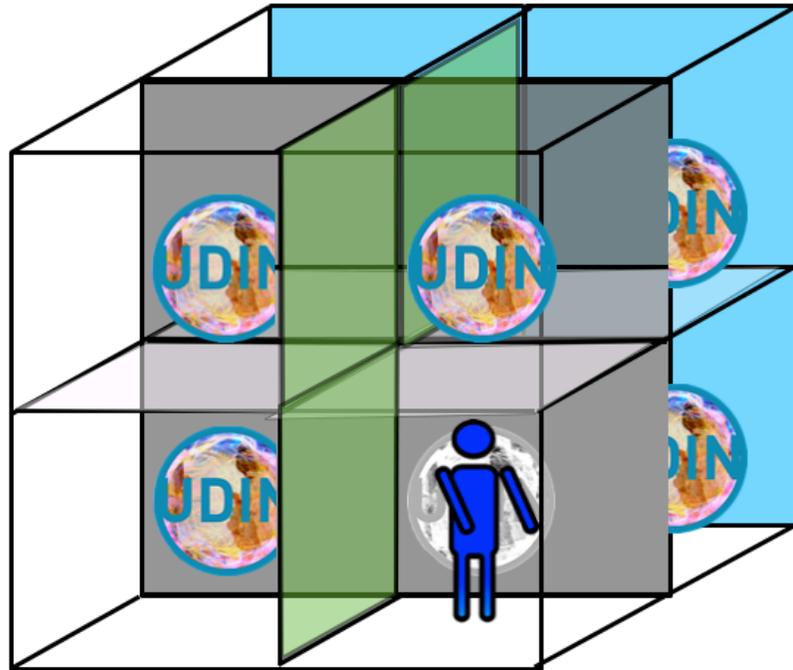
Back here before the energy was ever created, mother earth, masculine energy -  
What do i, a man, learn from this?

Out here after the energy has disappeared, spirit, feminine energy - How do i,  
grow up from this and be a woman of creator?

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 'i' is because in true law only the living write in lower case. The dead are in upper case.



# The questions, your client says out loud when in the octon cube.



## Woman

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

## Man

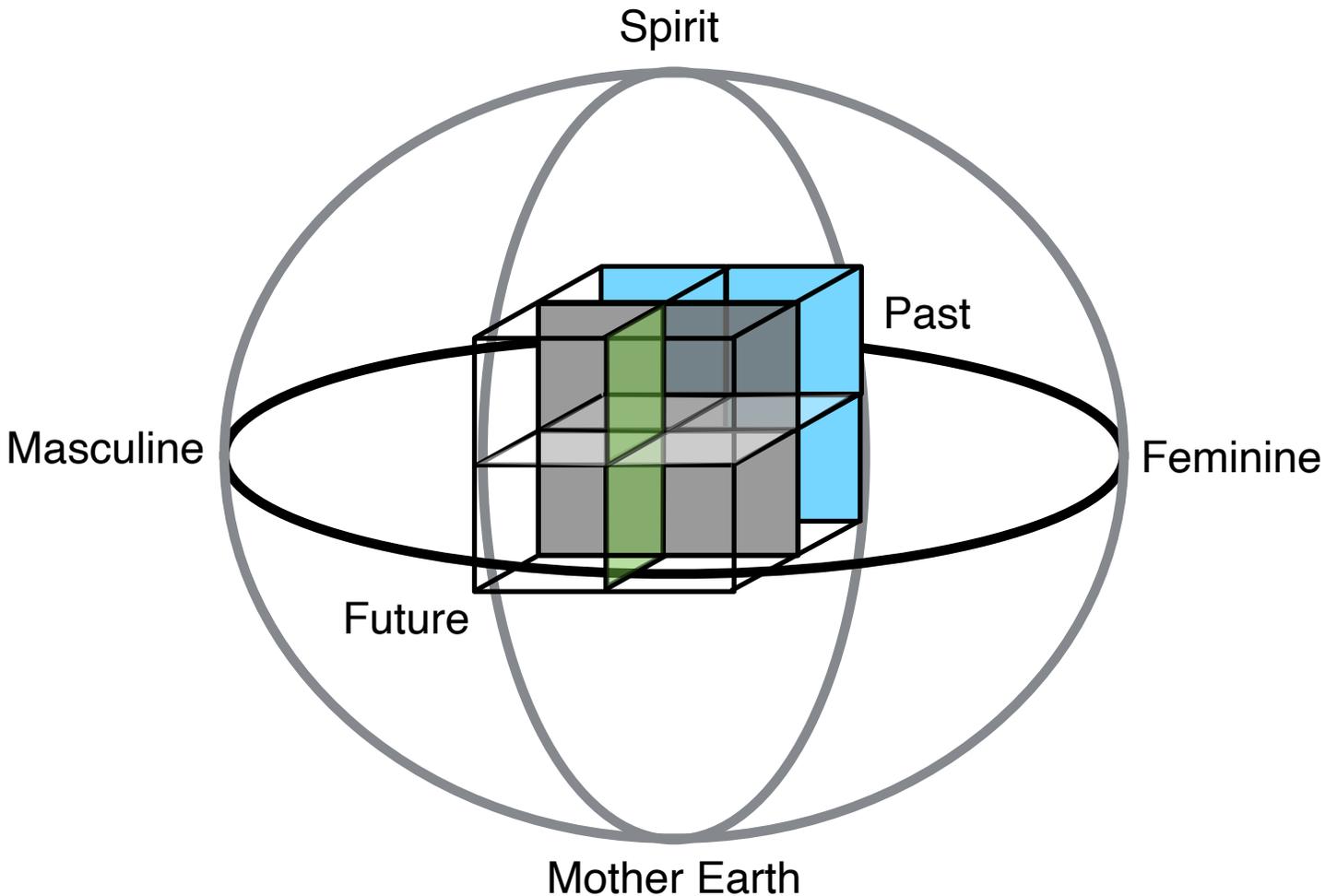
- What do i, a man, learn from this?
- How do i grow up from this, and be a man of creator?
- You can substitute the word creator with God, divine, higher energy - or whatever your client prefers to use.

NOTE: You don't need the client to give you an answer. Since their conscious mind has not solved this problem, conscious answers are irrelevant. It's the energy behind their problem clearing, that will prove to your client that they did the work.

*These questions may sound strange but they have taken many years to get right. When experimenting with different questions they did not give the same response or have the same depth of clearing.*

## Going beyond

Once your client has asked the two questions you ask them to pop outside of their cube and go to a place of nowhere, no time, nobody, nothing, everywhere, everybody, every time, everything.



After they have cleared the main energy in their mini cube, you ask your client to go outside of their cube and float around the Octons. You want them to view, how the old illusions have affected their life, you want them to see the reverberations and rumbles that the problem had created, you want them to explore the positions they had got themselves into because of their issue. Outside you get them to travel to all the six energy poles. Masculine energy, feminine energy, spirit, mother earth, before the energy was created, after the energy has disappeared.

# Letting go of your 'i'

*The 'i' comes from soul based language. A capital I symbolises a person without a head.*

With your client in the place of nowhere, nothing, nobody, no time, everywhere everything, everybody, and every time,

We want the client to experience letting go of who they think they are, letting go of their illusions, who they have become, their identity. (E.g. Some people identify as their disease, or they identify as a being a victim.)

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

Then you ask them to say the statement below. At each point you get the client to challenge each statement before you move on.

After each statement you ask them - "Is it true? Be honest with yourself." - check if your client is lying to themselves.

## 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

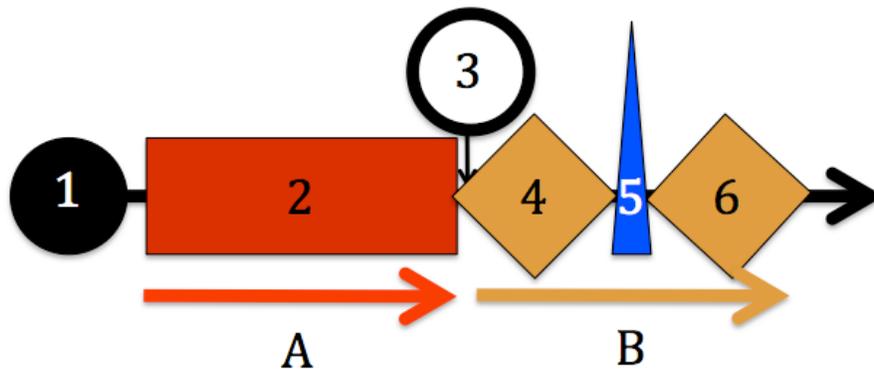
Most clients do not get to let go of their 'i' the first time around. They will say, 'It's not true' or 'I think it's true but...' When this happens, you ask them 'How come?' They will tell you. You then bring them back to now and clear that energy. There is no need to go into the brain, body etc. or anywhere else. Just clear that new problem.

Most clients can get to let go of the 'i' after 3 passes. Some take longer. If it still does not shift then there is something more challenging that needs to be cleared. This may be a parts conflict, or the client has something else on their mind which they have not expressed.

Once your client has let go of the 'i' you ask them to merge back in with 'Creator' from her they came.

You can layer in suggestions here about healing easily and effortlessly.

# The 6 stages of a disease



1. UDIN
  2. Stress
  3. UDIN Reversal
  4. Repair
  5. Spike
  6. Rebuild
- A. Sympathetic  
B. Parasympathetic

## What triggers a disease to occur - The UDIN-Shock

- UDIN Shock lands in all systems of the body - and causes a storm
- UDIN-Shock Plugs itself into an organ and switches itself on
- Energetically you feel disgusted and Angry - [www.atlasofemotions.org](http://www.atlasofemotions.org)

## What Happens in Stage 2 - Stress

- You feel cold
- You feel stressed
- You don't sleep
- You eat instant energy foods- (Carbs)
- The PLUGGED IN organ responds by giving you more energy to solve the issue
- You feel feat [www.atlasofemotions.org](http://www.atlasofemotions.org)
- You feel scared by what has happened
- Obsessive thinking
  - "What if I had done this?"
  - "What if I had not done that?"

# The 6 stages of a disease

## What Happens in Stage 3 - UDIN- Shock Reversal

- The energy of the UDIN-Shock does a 180 degree
- You believe the problem appears to be resolved - (but its temporary)
- The stress stops
- The obsessive thinking goes away
- You feel better - (But again it's only temporary)
- Eye of The Storm
- The UDIN reversal is the calm before the storm
- UDIN Reversal feels good - Example: Lady meets someone else who becomes the one of her life
- Energetically you feel Relief (Opposite of the UDIN-Shock) - [www.atlasofemotions.org](http://www.atlasofemotions.org)

## What Happens in Stage 4 - Disease

- This is where disease, infection and PAIN show up: Notice the delay
- The PLUGGED IN organ starts to change which results in:
  - You feel hot
  - You sweat
  - You feel tired
  - You sleep a lot
  - Your mind feels foggy
  - You want wholesome foods- (Protein and Veggies)

### Stage 4 - The UDIN- Shock Delay

- Can you see the delay from when a UDIN-Shock occurs and a disease happens
- That delay can be hours, days, weeks, months or even years
- It sucks- because everything was going so well... and then you get sick

### Stage 4 - Disease

- This is when you feel sick
- You go see your doctor
- Unpleasant symptoms and pain kick in
- Infection starts
- Energetically you feel Sadness - [www.atlasofemotions.org](http://www.atlasofemotions.org)

# The 6 stages of a disease

## What Happens in Stage 5 - Body's Healing Spike

- Headaches
- Cramping
- Feel faint
- Extreme pain
- Panic attacks
- Why? A lot of water is used during the disease process. So in stage 5 any excess water is pushed out at this time
- Energetically you feel Panic - [www.atlasofemotions.org](http://www.atlasofemotions.org)

### Most Common Healing Spike- Headaches

- Thumping headaches are very common at this point
- As the body pushes out the excess water in the brain
- Headaches and other symptoms eventually subside

## What Happens in Stage 6 - The Healing Process

- The Healing Process
  - Eventually the Infection stops
  - The Pain stops
  - The Disease stops
    - But these things happen gradually
    - Energetically you feel Resignation - [www.atlasofemotions.org](http://www.atlasofemotions.org)

### The Healing Process

- Slowly we regain our strength- you still need to rest
- You are still healing but you will feel a lot better

### In an Ideal World- Life moves on...

- After you have completed all 6 stages, you get on with your life
- You take what you LEARN'T and move forward

### If you didn't learn from the experience!

- The person gets a chronic disease
- E.g. Heart Disease, Cancer or Depression
- Because they're stuck somewhere in the 6 stages, and CAN'T move on

More information about chronic diseases and their origin is covered in ACE Body, Diseases such as Anxiety, Fibromyalgia, Chronic Fatigue syndrome, cancer, eczema, Irritable Bowel Syndrome, arthritis, diabetes, Bipolar disorder, inflammation and asthma.

# Your Next Steps and keeping in contact

## Online Mentoring for Students attending the Accelerated Course

If you wish to learn more about Advanced Clearing Energetic, please contact Richard Flook [richard@richardflook.com](mailto:richard@richardflook.com)

## Feedback

Your feedback is important to Richard. Please also take a moment to share your comments with Richard. [richard@richardflook.com](mailto:richard@richardflook.com) Your feedback will help Richard improve future courses.

## Partnership Programs

If you're interested in partnering with Richard for mutually beneficial growth options, please contact us at [richard@richardflook.com](mailto:richard@richardflook.com) to learn more about how we can make that happen or perhaps hosting a training with Richard in your area. Together, we can make a healthy difference!

# Course Information and Trademark

## Important information about healing.

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