

# Z-Point on a Page

## The Installation Program

The installation program itself need only be read once. After you've read it to yourself, you will never need to refer to it again. You will need to remember your cue word however. It is vitally important that as you read it, you must attain a state of "intent to change". For our purposes in setting out Z-Point on a single page I will assign a cue word to use with the process. Please feel free to use your own word. Avoid words with strong emotional attachment, such as "money" or "power." "Shazam" is as good as any as long as you are comfortable with it.

Now, having chosen a cue word or phrase, read the instructions below, aloud if possible:

**I hereby set a powerful intention within you, my subconscious mind, to effect the best of all possible outcomes by this clearing, and that each time I notice a pattern or patterns I wish to eliminate, as I say or think my cue word, you will eliminate all such patterns and components of patterns completely and safely and each time I repeat my cue word in sequence, you will access deeper and deeper layers and all parts and aspects of my being.**

## The Z-Point Process

The process itself is quite simple. Just focus on an area where you are having difficulty and say the following three statements to yourself. At the end of each statement, repeat your cue word for about 30 seconds with a 3-4 second gap between utterances, as if you're saying a mantra. Keep in your mind what you are intending to clear.

- I clear all the ways\* that I (feel depressed, angry, resentful, jealous, etc.) <repeat cue for 30 seconds>
- I clear all of the patterns connected to all of those ways. <say cue for 30 seconds>
- I clear all of the emotions\*\* connected to all of those patterns. <say cue for 30 seconds>

\*If appropriate, you can substitute the word "reasons" instead of ways.

\*\*All emotions include any anger, judgment, criticism, blame, shame, guilt, resentment, fear and unforgiveness toward self, others and, if appropriate, God. (this too need only be read once and will be remembered by your subconscious mind.)

If you are clearing relationships and the strong feelings they can generate, you would say the following:

1. I clear all the ways that I feel anything less than love for (name of person). <repeat cue for 30 seconds>
2. I clear all of the patterns connected to all of those ways. <repeat cue for 30 seconds>
3. I clear all of the emotions connected to all of those patterns. <repeat cue for 30 seconds>

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