



Created by
Suzan Covington & Associates

The Academy of Energetic Sciences, Inc.

Presents
Suzan Covington's



DISSIPATING NEGATIVE THOUGHTS ("Karma") Protocol

**Using the EPMX
NLP Emotional Growth Panel**



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DISSIPATING NEGATIVE THOUGHTS ("KARMA") PROTOCOL

Suzan Covington

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Suzan's mother began the background of alternative medicine and natural remedies that would lead to Suzan's lifetime commitment of helping others with Optimum Health. For the past 30 years Suzan has worked with alternative doctors doing trainings and research, and for many years operated her own Alternative Health Clinic. In addition, her childhood love for animals led her to develop a line of holistic nutritional formulas for horses and other animals that were sold all over the world.

When Suzan was first introduced to the **EPFX** in 1997, it was love and excitement at first sight. Finally, after searching for years, she found something incredible to assist her in her practice—the **EPFX** was truly a gift from heaven. The thousands of people Suzan has worked with over the years has helped her insight and belief in how powerful the **EPFX** balancings and assessments are. By 1999 she became a World Wide Broker so she could continue her dream to train and help others obtain their **EPFX**, and develop their own business using the **EPFX**.

Suzan travels to Budapest to work with Professor William Nelson, the inventor of the **EPFX**, and continues her own training of his latest updates. She presented the idea of this protocol to Professor Nelson, then assisted him in the further development of the ***Dissipating Negative Thoughts (Karma) Protocol*** that exists today. She sees the future of the **EPFX** expanding even further with Professor Nelson's great gift of genius with Quantum Physics and his understanding of the need for people to heal naturally.

Suzan feels very privileged to have been the second person certified and trained personally by Professor Nelson. Suzan enjoys her time with Professor Nelson, and is constantly surprised—but never really surprised—by his magic in creating more and more innovative and effective programs.



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DISSIPATING NEGATIVE THOUGHTS ("KARMA") Protocol

Formulated and taught by Suzan Covington

OUTLINE:

- I. Overview of the *Dissipating Negative Thoughts* ("Karma") Protocol
- II. Working with the "NLP Emotional Growth" Programs
- III. *Dissipating Negative Thoughts* ("Karma"):
Steps Before "NLP Emotional Growth" Program:
- IV. *Dissipating Negative Thoughts* ("Karma")
NLP Emotional Growth Procedures
- V. Extra Components
- VI. Final Steps
- VII. Closing Session



I. Overview of the *Dissipating Negative Thought* (“Karma”) Protocol

Thought comes before energy and energy follows thought. Energy just is...thought qualifies energy. Positive vibrant thoughts focus into positive vibrant energy. If you have good healthy positive thoughts, you’re going to take neutral energy and channel it and focus it into positive vibrant results. So Karma is the after effect of the thinking and emotional processes (Karma is the effect and not the cause).

Depression, complaining, back biting, nasty energy/emotions, greed, power plays, etc. will create a “karma” of negative physical results. Those negative physical results will be qualified by your mental genetic programming resulting in your varied negative experiences. Karma is cause (how you think) and the effect is your experiences.

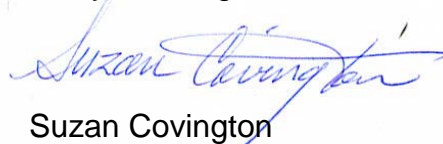
- Karma shows up in different ways:
 - Physical genetics/DNA that is inherited (examples: skin or hair color, hereditary diseases, body shape...)
 - Mental genetics/beliefs and emotions are ingrained deeply taught beliefs and emotions from childhood or they are passed down from generation to generation (example: manic depressive, religious beliefs, emotions due to physical traumas, etc.).

The *Dissipating Negative Thoughts* “Karma” Protocol:

- Dissipates and disperses dense negative vibrational energy by interrupting the signals and raising vibrations.
- Reprograms the body, mind and spirit through positive feedback.
- Clears negative thought patterns, so we can connect to our Divine highs without experiencing our deepest lows. Approximately 80% of our peak spiritual highs are followed by the depths of depression because of our planet’s duality—every high has its low until we clear away the duality thought patterns.
- Dissipates negative energy slowly and instills more positive energy in its place. Thus, the effects are comfortable and usually permanent, often resulting in miraculous changes.

Look at all of this in a multiplicity of ways—do your best to think outside your normal parameters.

Many blessings,



Suzan Covington



II. Working with the “NLP Emotional Growth” Programs

Bill, in his innate intelligence and connection to the universe, recognized that the process of dissipating negative thinking patterns was two-fold: first, to release negative thought patterns and, equally important, to also bring forth more of our divine nature. Ideally, this process is best done often to keep the movement of negative thoughts releasing while consistently instilling more positive energy. In order to change the negative thoughts for positive results, the “NLP Emotional Growth” Programs must be used consistently and patiently so as to not put the body into extreme highs and lows, thus creating harmony and balance for Transformation, Growth and Development.

The EPFX can only work toward creating *positive* Karma. It is simply not capable of producing any *negative* karma.

Some of the most important things to remember about helping people to change their negative thoughts:

- Be interactive with your patient/client.
- Do not prejudge their thoughts or expressions when obtaining their information. Work with whatever information they give you without attempting to change it.
- Realize everyone is different. Their changes may take place immediately—or in some cases it may take years—depending on the individual’s ability to accept change at their speed, not the operator’s or even the individual’s idea of how it “should” be.
- For people who seem to be slower at making changes, we suggest doing the Resistance to Change Protocol with them.

NOTES ABOUT TYPING INFORMATION: ALWAYS SPACE TWICE (DOUBLE SPACE)

In various places throughout this Protocol, you will be asked to type in information. Please be aware of the following:

- Always space **TWICE** between words or phrases. Example: anger sadness hurt
- If there is a **COLON** before the word or phrase to type: **SPACE TWICE** before typing. Example: **Primary Conflict:** word word phrase word



III. **Dissipating Negative Thoughts (“Karma”): Steps Before “NLP Emotional Growth” Program**

1. **Test and Database Information**

Go to the **Test and Database** page to gather the information needed for the NLP Program.

a. **Search Karma**

1	Type	The word Karma in the Search for Item empty cell.	
2	Click	Search	The Karma items appear.
3	Note	1-2 highest numbered item	Record keywords of information on Worksheet.
4	Note	Lowest numbered item	This is the underlying cause. Record info.

b. **Search Karma in Emotions Subfile**

1	Click	Emotions subfile	
2	Type	The word Karma in the Yellow Hold Tray	
3	Click	Test Item in Hold Tray Above	
The yellow information strips that appear are the link between the Subfile and Karma.			
4	Write	Information from yellow information strips on Worksheet.	
Pay attention to anything repeating. It becomes your main focus.			

c. **Search Karma in Chromosomes Subfile**

1	Click	Chromos Subfile	
The word “Karma” should still be in the Yellow Hold Tray.			
2	Click	Test Item in Hold Tray Above	
3	Write	Information from yellow information strips on Worksheet, i.e. 4P, 7Q.	

d. **Gather Information for Schuman Wave Piggyback**

1	Click	Diseases Subfile	Write the highest numbered item on the Worksheet.
2	Click	Sarcodes Subfile	Write the highest numbered item on the Worksheet.
3	Click	Emotions Subfile	Write the highest numbered item on the Worksheet.

2. **Add to Schuman Wave**

1	Click	Programs	
2	Click	Therapy	
3	Check	Add to Schuman Wave	This will piggy-back with other programs.
4	Type	Primary diseases Organ relation Emotional block	Information from your Worksheet. If you chose more than one item, space twice between them.



3. Mental NLP Interface

1	Click	Mental NLP Interface	Yellow panel appears.
2	Type	Answers to Questions	For Define aberrant thought , ask the client/patient to make a sentence using the words on your Worksheet from the Emotions Subfile.
3	Check	Type of Concern	That applies.
4	Type	The word "Karma" in the White Cell after Enter Other Known Symptoms.	
5	Click	Start NLP Interface	Programs begins. Read information on screen that appears. Click OK when it appears.
6	Type	Answers to <u>Second Set</u> of Questions	
7	Click	Start NLP Interface	Programs begins. Read information on screen that appears. Click OK when it appears.
8	Click	Close	

4. Auto Trivector and DNA The Book of Life

1	Click	Auto Trivector	Green panel appears.
	Click	Use Electro Chelation Boost	THIS IS AN OPTION that assists in detoxifying the arteries and veins.
2	Click	Start	Let program run; follow instructions.
Additional balancing may be required. Panel will come requesting Special Treatment.			
3	Click	Prepare for special treatment; Click to do more Trivector	(In middle of screen). This re-opens the START button.
4	Click	Start	

Repeat Steps 3 and 4 until it says either **No More Trivector** or **Alarm Response**.

DNA The Book of Life

1	Click	DNA The Book of Life	
2	Erase	All from Insert Gene Number and type in the Numbers	Example: 12 7 10 Space twice between the numbers. Use the numbers you previously recorded on your Worksheet from Chromos subfile.
3	Erase	All from Insert Chromosome and type in the Alphabetical part of the numbers	Example: Q Q P [from Chromos subfile] (Space 2-4 times between each letter so letters line up with the numbers below)
4	Click	Attempt Electrical Repair	One time only.
	Click	OPTIONAL: Alter DNA Freq. Structure If not visible, click a few times on the Atom icon.	Use only if the patient/client feels they are being overly influenced by or engulfed in another person's energy.
5	Click	DNA Tingle	One time.
6	Click	Scan and Repair Genes	Repeat Scan and Repair Genes disappears. (Rectified to 85-100%)



7	Click	Close, Close	(Closes DNA panel and Trivector panel)
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5. Subspace Morphic Trans

1	Click	Activate Frequency Modulation Program, then click OK.	
2	On top menu bar, use <u>right</u> arrow key to move to <u>last</u> item, Subspace Morphic Trans		
3	Click	Subspace Morphic Trans	
4	Click	START, then OK	WAIT.
5	Click	OK	Panel with changing horizontal bars appears. WAIT until panel turns yellow.
6	Click	Yellow Panel (anywhere)	Green screen with items highlighted in black with small circles next to them.
7	Click	Repeat steps 6, 7 and 8.	Until all black disturbance writing turns gray.
8	Click	Close	Back to Therapy Screen.

6. Neuro Emotional Complex NEC

1	Click	Spinal	Spinal Panel appears.
2	Click	Neuro Emotional Complex NEC	
3	Write	Answers to Questions	Attempt to answer all the questions.
Again, ask the client/patient to make a sentence using the words gathered from the Emotions Subfile on your Worksheet. They may tell you the same sentence as before or they may restructure the sentence using the same emotions.			
4	Click	Test & Treat Emotions with phase stabilization	Repeat until everything on the Spinal list shows Corrected.
5	Click	Close	



IV. *Dissipating Negative Thoughts* (“Karma”): NLP Emotional Growth Procedures

For Codependent Behavior, See Option Below; Otherwise continue here.

Stay in the Spinal Program. This allows the Schuman Wave to continue to piggy-back the programs on this and the next page.

1	Click	NLP at bottom of page	The NLP Emotional Growth Program appears.
2	Click	Advanced Counseling Questions Start Advanced Counseling Questions	
3	There will be SEVEN panels of information. Type in the four lines of information into each panel. Click on Next to move to the next panel.		
4	On the 7 th panel, after filling in “Do you realize....delusion of mind...” S-T-O-P!!		
➔ DO NOT HIT NEXT AGAIN, OR the “Make Report” button. If you do, ALL information will empty so you have to enter the information again.			

5	Click	Dissipate Karma	At least 3x, until rectified 85-100%.
6	Click	Ascension Stimulation	At least 3x, until rectified 85-100%. This raises the vibrational frequency.
To give more higher vibration, have them talk about their passions, while you work with the Higher Purpose.			
7	Click	Higher Purpose (their passion)	At least 3x, until rectified 85-100%
8	Click	Ascension Stimulation	1 or 2x to hold purpose and energy field
9	Click	Neuro-Peptide Balance	This creates more physical stabilization.

OPTION: For Codependent Behavior.

a	Click	Close Spinal	Back to Therapy Screen
b	Click	Timed Therapys/Music+ Superlearning	
c	Click	PHASERx	Drop-down menu at top left of screen.
d	Click	Add more patients to subspace treatment	Type in their name(s).
e	Click	PHASERx	Again.
f	Click	Treat Patient Group on Subspace with Trivector Therapy	
g	Click	Spinal	
h	Continue with Step 1 above.		



V. EXTRA COMPONENTS (Your Choice)

1. Dissipate Karma Away (From NLP Emotional Growth Screen)

Use this when you notice the patient/client is getting irritable or starts talking about their anger issues. This will help protect you from their negative energy.

While still in NLP Emotional Growth			
1	Click	Therapies	Drop-down menu at top of page.
2	Click	Dissipate Karma Away from patient, therapists + others	9 th item on the list.
3	Click	Close, Close	Back to Therapy Screen.

2. Past Life Therapy (From Therapy Screen)

1	Click	Timed Therapy + SuperLearning	
2	Click	Aging (Menu Button near bottom of screen.)	
3	Click	Close on Yellow Panel.	
4	Click (up to 25 times)	Middle of the Atom Opens a Past Life Program button.	Must be right in the CENTER of the Atom. Click many times until you see the Past Life Program button open below the Atom.
5	Click	Past Life Program	Takes you to a screen to perform past life clearing.
6	Type	In the blue Primary Conflict cell, space twice after the colon, then type the word Karma	
7	Click	Start Unconscious Search then OK	Various past life information will appear. Ignore most of this information if you don't relate to it.
8	Click	Release Conflict then OK	This performs clearing. Screen turns purple when releasing conflict. A message appears at the bottom of the screen.
You may need to repeat this sequence (many times) to totally release conflict. Other messages will appear. Some conflicts may not be cleared in this session. Watch screen for instructions. Finished when screen says "Corrected" or "Cannot Correct" (just means it cannot correct AT THIS TIME).			
9	Click	Close, Close, Close	Back to Therapy Screen.

3. Scalar Auto Program (From Therapy Screen)

1	Click	Scalar Auto	
2	Click	Treat All	Near top middle of screen. Automatically tests and balances all Chakras. Finishes with System in Correct Phase. Takes several minutes.
3	Click	Close, Close	Returns to Test and Database Screen.



VII. CLOSING THE SESSION (Use one or both, depending on time)

Healer Energy Program (Spiritual Healing) (From Test and Database Screen)

1	Click	Programs	
2	Click	Therapy	
3	Click Twice	Expand	Yellow Bar at left bottom of page.
4	Set	Time	Depends on how much time you have
5	Click	Activate Spiritual Healing	
6	Click	Minimize	Top left of Spiritual Healing panel. Closes Spiritual Healing panel.
7	Click	Close	Back to Test and Database Screen .

Prayer Program (From Test and Database Screen)

1	Click	Treatments	At top of page.
2	Click	Frustrated with Computers OR Long Term Quantic Field	Title depends on your EPMX version. Brings up a prayer program. Let program run for about 5 minutes.
3	Click	Close	Back to Test and Database Screen .

Before Closing the Clasp (From Test and Database Screen)

1	Click	Close on Test and Database screen	To close Test and Database screen.
2	Click	Click Current Rectification	On bottom of Main Menu Screen
3	Click	OK	
4	Click	Rectify of all Below	Until rectified to 100%.
5	Click	Overall Rectify or Correct All Till Maximum depending on your program	Until rectified to 100%.
6	Click	Close Clasp	Exit Program.



Dissipating Negative Thoughts ("Karma") Worksheet

Name _____ Date _____ Complaint _____

Res.Freq. _____ V: _____ A: _____ R: _____ H: _____ O: _____ P: _____ E: _____

4-5000 Wellness 80-100: Will 80-100 Energy 80-100 Health 80-100 Water 80-100 Oxygen 65-70 Acid 65-70 Alkaline

1. TEST AND DATABASE:

Search "Karma"	HI	HI OPTIONAL	LO	LO OPTIONAL
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Emotions Subfile Yellow Line Info. (Use for sentences below: See Nos. 3 and 6)				
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Chromo Subfile Yellow Line Info.				
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2. Schuman Wave	Disease	Organ (Sarcode)	Emotional Block
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THERAPIES DONE:

COMMENTS

3. Mental NLP	Sentence from Emotions Subfile below:
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4. Auto Trivector	
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DNA/Book of Life	
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5. Subspace Morphic Trans	
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6. Neuro Emotional Complex	Sentence from Emotions Subfile below:
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OPTIONAL PHASERx Therapy	
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IV. NLP Emotional Growth Procedures

Step 5 Dissipate Karma Away	
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Step 6 Ascension Stimulation	
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Step 7 Higher Purpose	
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Step 8 Ascension Stimulation	
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Step 9 Neuro Peptide Balance	
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V. EXTRA COMPONENTS

1. Dissipate Karma Away	
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2. Past Life Therapy	
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3. Scalar Auto	
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4. Body Scan Aura Snags/Emotions:	
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VI. BIOFEEDBACK

Release Karmic Bonds	
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Release Psychic Pain	
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Release Spiritual Attack	
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VII. CLOSING

Spiritual Healing	
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Prayer Program	
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CLOSING: Improvement _____% Rectified: _____% Next Session _____

Notes/Suggestions to Client: