

MARNIE GREENBERG

Delete Your Stress & Pain on the Spot

Experience #1

Delete the Cumulative Effect of all Your Stress and Pain

Let's Begin by Deleting the Following Myth

There is a widely-held acceptance that has come down through the ages insisting that **struggle and suffering** are an inevitable part of our lives **and they may be irresolvable for you and everyone else.**

The supposed wisdom of accepting some degree of struggle and suffering includes the phrases listed below. Truthfully, none of them are particularly useful and all of them play into the myth that struggle and suffering are inevitable, and in some cases actually are desirable.

1. Learn to live with struggling and suffering

When we are struggling, we somehow can't stand it unless other people are struggling, too. We may be aware of this, but usually this response resides in our unconscious and/or subconscious minds where we are blinded to its presence. Whether conscious of this or not, **the result is that we are seeking out and resonating with others who are also struggling, thus intensifying our suffering.**

Another means our mind employs in attempting to make our struggling more bearable is to deny that we have a problem. When reverting to this behavior, ultimately we are also escalating the struggle. Either way, it's important to be clear about precisely what causes struggle and suffering in the first place and delete these weaknesses.

2. Take advantage of your past failures by learning from them

Learning from failures of the past is unproductive. The failures of the past, if not deleted totally, will tend to repeat, because regardless of what future strategies for success are put into place by the conscious mind, the tactics employed will still be undermined by the same subconscious and unconscious weaknesses that created the initial failures. Delete all previous failures, along with their true causes, reasons and sources.

3. Believing that “what doesn’t kill you will make you stronger”

As a final comment on struggling, remember that struggling is not going to make you any stronger. This statement is made by people who have nothing better to offer. As soon as you begin to struggle people like to say, “Make the best of it.” Some even tell you that struggling is good for you-when what they should be saying is, **“When there’s more of a complete understanding about struggling, then you don’t have to struggle as a person.”**

**You don’t have to suffer or struggle as a person.
We don’t have to suffer or struggle as a people.**

To struggle doesn’t mean you are just struggling in a vacuum. Either you are **struggling for something** or you are **struggling against something**. When you are neutral, you are neither for nor against anything. This makes struggling impossible. Since living in a permanently neutral state takes time to attain, a more practical approach is to point out that you will **stop struggling and suffering in life when your problems’ roots are unearthed and deleted, releasing the negative energy that accompanies them.** Only in this way can you be truly free.

Deleting the Cumulative Effects of the Garbage You Have Been Carrying Around, for Decades and Even Lifetimes, Provides You this Opportunity

The real difficulty here is that we are unaware of exactly what this garbage is. It’s easy enough to accept that our childhood experiences, including the beliefs and behaviors of our parents, have an important effect on our self-image, and in the future many of us are likely to mirror our parents’ beliefs and behaviors, or in some cases rebel against them. One example is that a child may grow up believing he/she is undeserving: unworthy of receiving benefits or rewards.

Perhaps the child was criticized and scolded leaving him/her with a belief of being flawed. Maybe the child believed that he/she could never meet the parents’ unrealistic expectations. Or the child decided that he/she was unworthy after being rejected and abandoned by those he/she loved. All of these possibilities can create insecurity and low self-esteem in the child, which is carried into adulthood.

Another example deals with limiting beliefs of parents being passed down to their children. For example, let’s consider some of the limiting beliefs regarding money. Some of these include, money is the root of all evil, the rich get richer and the poor get poorer,

I'm just not good with money, you have to work (too) hard to get wealthy, either rich or happy or either rich or healthy, being undeserving of money, and the list goes on and on.

Children are definitely tuned into what their parents are thinking, but not verbalizing what their parents' negative emotions are, even when they are not openly expressed. Children occasionally recognize these on the conscious level, but more frequently experience them on the subconscious and unconscious levels and if the thoughts and emotions are intense enough, the memories of these experiences are retained and can affect the children as adults.

Psychologists and psychiatrists accept the above concepts and use them in their practices, assuming they aren't relying solely on drugs. The problem then lies in recovering the contents of the subconscious and unconscious minds, having **no method of releasing negative memories, experiences, emotions, beliefs** even when the patient is consciously aware of them, and having no way of determining which of these is actually weakening the person.

Even the most negative beliefs, experiences, emotions and memories only affect someone when they weaken the person.

Feeling → Strong = No Problem - nothing needs to be done

Feeling → Weak = Problem - need to delete reasons

Now I'd like to move on to the more unconventional circumstances that have a profound effect on your well-being. Most of these reside in the unconscious mind, which is the home of your spirit. Before detailing these, let's take a quick look at the differences of the three levels of mind.

Conscious Mind: The conscious mind includes everything that is inside of our awareness. This is the aspect of our mental processing that we can think and talk about in a rational way. Properties of the conscious mind include: it is only aware of 7 + or – bits of information at a time, it operates sequentially, likes order, has linear thinking, reasons in terms of cause-effect, **has a limited focus**, is associated with the waking state, **is restricted in time and space**, is deliberate, verbal (including self-talk), analytical, the place of cognitive learning and understanding, uses the **intellect to come up with logical solutions for problems and tells you when you're right because the facts as you interpret them line up**.

Subconscious Mind: The part of the mind where suppressed emotions, beliefs, thoughts and experiences in your current life reside, which often have the effect of sabotaging the ability of the conscious to manifest its wants, needs and desires.

Unconscious Mind: The unconscious mind includes (1) psychic connections to others, which are unlimited in terms of time and space, as well as other psychic abilities; (2) the spirit, which contains the memories, beliefs, and experiences of both present and previous lives in other times and places, not only those relating to you, but those of your ancestors and descendants, as well. Additionally, your spirit encompasses your karma, and that of your ancestors/descendants; (3) the entire collective unconscious memory of human history as well as the collective influences others have on you; and (4) can connect with Universal Intelligence and other higher energy sources.

This aspect of the mind processes multitudes of information simultaneously, is **intuitive**, makes associations and connections between many thoughts, ideas and feelings easily, does your **feeling, perceiving, intuiting** and is associated with the dreaming, reflecting, meditating and sleeping states, holds all your memories and future constructs, can break connections (get over it), is automatic, nonverbal, literal, **is not restricted by time and space**, is the place of experiential learning, accessing internal resources from memories of experiences, linking them all together - creating a resourceful state, **tells you when you are right because it will feel right**, and **has unlimited focus**.

Now Let's Move on to Experience One's Session

Week one's session deals with deleting your garbage that has accumulated over a period of time, thereby allowing you to begin anew with a clean slate.

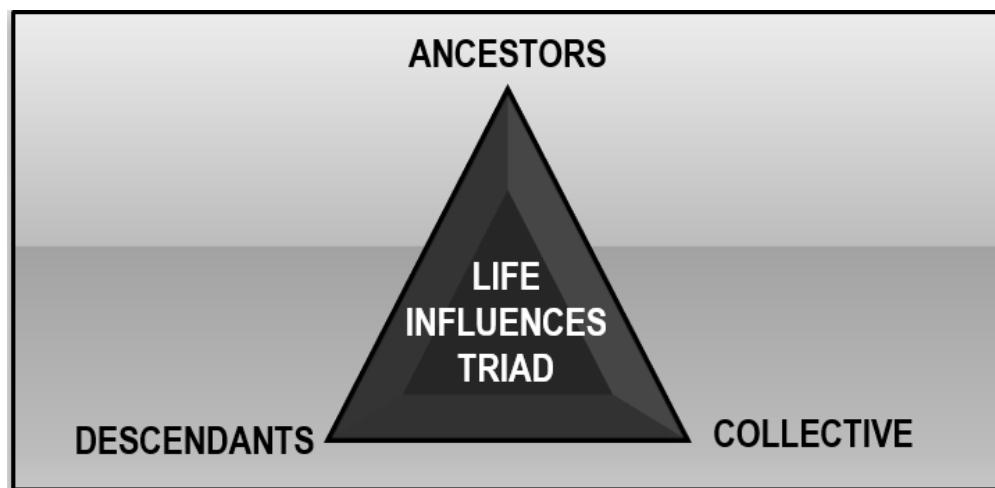
I will be deleting **for you** the **cumulative effects** of the following:

- **REGRETS** about decisions you've made, actions you've taken or choices you've selected
- **WORRIES** about your future security
- **DISAPPOINTMENTS** that certain wants/needs/desires didn't materialize
- **STRESSES** about finances/relationships/health
- **DOUBTS** about what you've done or will do
- **INDECISIVENESS** regarding handling undesirable situations
- **REJECTIONS**, personal/work-related
- **FRUSTRATIONS** over anything/everything
- **HURTS** unappreciated/unloved/unsupported/criticized/loss
- **ANNOYANCES** - mate/children/parents/in-laws/boss/co-workers/employees/other
- **GRIEVANCES** treated unfairly/wrongly blamed/betrayed/abused/other

When deleting cumulative effects of stress, pain, struggling and suffering in this session, I am automatically including in each and every deletion memories of your current life and all other lifetimes, those of your parents, your ancestors, your descendants, the entire collective unconscious memory of human history as well as other influences on you consisting of the impact of group collective thinking, misinformation coming from experts, education, ancestors, collective groups, the internet, yourself/anyone else. These weaknesses will be deleted from your body, mind and spirit from the quantum particles up to your entire structure to zero minus infinity and 100% infinite potential.

That's a lot to take in, so let's explore some of this content.

Life Influences Triad Ancestors, Descendants, Collective



Ancestors: This includes your parents, grandparents, great-grandparents, great-great grandparents, and so on back forty generations. Sometimes ancestors are weak on only the maternal side or conversely on the paternal side. Ancestral patterns are stored in our unconscious minds and dramatically influence our lives in all sorts of subtle ways that go unrecognized by the conscious mind.

In addition, sometimes one or even a group of our ancestors' spirits enter our personal space wanting us to resolve their karma, their negative spiritual experiences or to complete some mission they have taken on. They communicate with our unconscious minds, so most of us are unaware of their presence. Nevertheless, their energy can be very disturbing. Personally, I have been consciously aware of these presences from childhood and often acted as a medium.

Descendants: Descendants are those derived directly from a precursor: child,

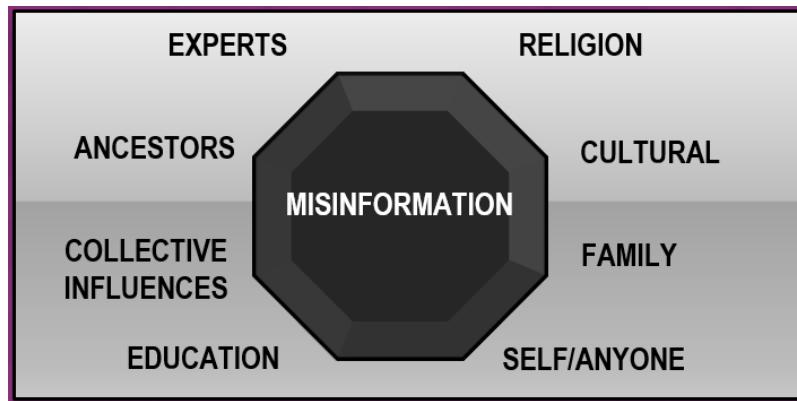
grandchildren, great-grandchildren, great-great grandchildren, and so on. People often question this category wondering how the present can be influenced by future events. However, as I previously pointed out, the unconscious mind is not restricted by time and space. All I can say here is that frequently descendants come up as a leading weakness, which when deleted, resolves the problem on the spot. I let the results speak for themselves.

Collective Influences: These refer to influences from a group such as the entire human collective conscious, your nation, your region, your race, your religion, your culture, your profession, your gender (male or female), a certain age group, the school you attend, groups you belong to such as Weight Watchers, AARP and so on.

Whether we like it or not, we are not as separate from one another as we might like to believe. Our unconscious minds seem to be strongly influenced by the collective minds of the groups we interact with. The more we resonate with a group, the more likely we are to be impacted by the collective thoughts, beliefs and energy of that particular group. Besides the entire human collective unconscious, the following octagon presents other smaller collective categories that may affect you.

Misinformation Octagon

**Experts, Family, Collective Influences, Education/Internet,
Ancestors, Cultural, Religion, Self/Anyone**



Most of the time, we are influenced by misinformation. Misinformation is always harmful because only when we obtain the correct information are we able to resolve our difficulties, so life in general doesn't become a problem for us.

We have experts diagnose us and tell us what to do. Many times they don't agree with one another. We also are influenced by experts, ancestors, education/internet, the collective influences, family, cultural, religion and self/anyone. All these are sources of

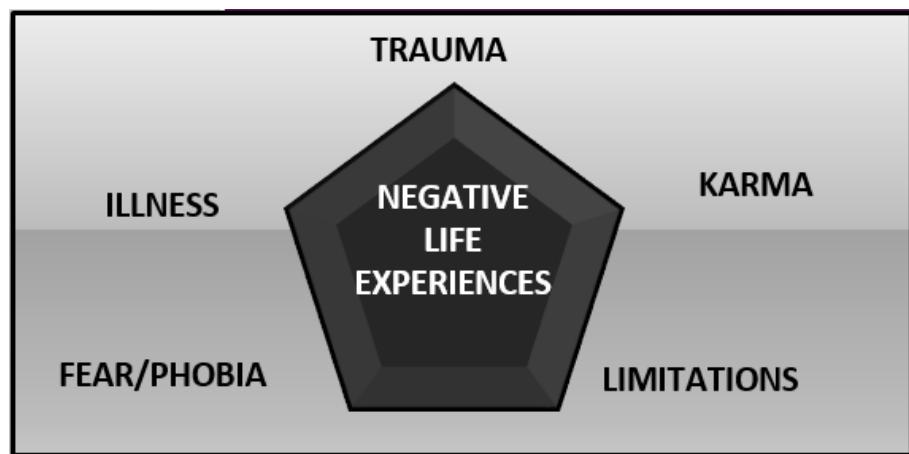
misinformation because zeroing in on the correct information means locating precisely the leading underlying weaknesses that caused the particular condition to manifest. And of the infinite number of problems in the world, each one is unique to the individual. What worked for someone else will not work for you.

A weakness can be almost anything in life, but the weaknesses I will be deleting in this session are found in the Mistaken Identity Triad and the Negative Life Experiences Pentagon, two geometric figures whose components most frequently are the cause, reason and source of most problems.

These principles will be activated in the first segment of the call - “The Self-Strengthening and Deletion Experience.” I know I am providing you with a lot of information here but it’s just offering some context and background. There is nothing you have to do or understand for the deletions to be successful. That is my job.

The activations are like walking into a room and turning on a light switch. You don’t need to know how electricity works, you just use it, and the lights turn on.

Negative Life Experiences Pentagon Trauma, Illness, Limitations, Fear/Phobia, Karma

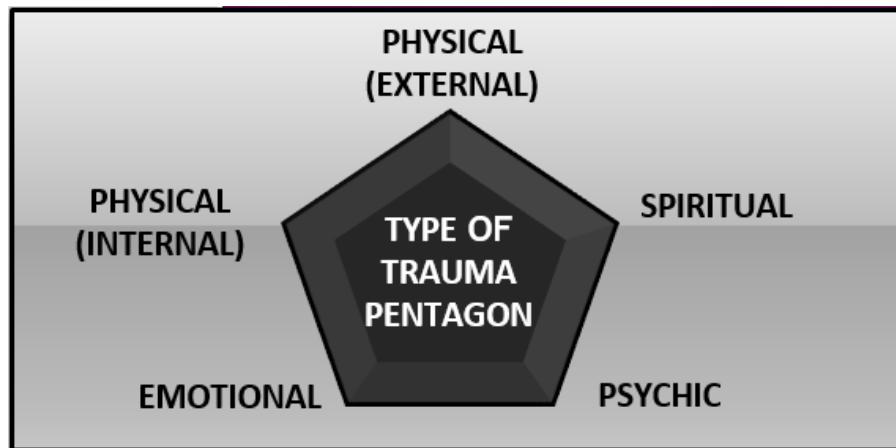


Trauma: Everyone and every creature on planet earth has experienced trauma, some more and some less. In spite of what you might think, it really doesn't matter about the severity. The degree of the trauma depends more on the cumulative effects of the past number of traumas than on a few severe real-time traumas that just occurred.

- **Physical:** Occurs as a result of physical actions accompanied by impact or repetitive motion. Such trauma can be either external as to the skin, or internal as

to the spinal cord, organs, etc. Traumas can also be categorized as fetal, birth, surgical, dental or scar tissue/adhesions/hematomas.

- **Emotional:** Severe emotional shock and pain caused by an extremely upsetting, stressful or life-threatening situation. Examples include post-traumatic stress syndrome in returning soldiers, trauma as a result of rape or child abuse.
- **Psychic:** Examples include spells, curses and other's misuse of energy.
- **Spiritual:** One example is the sudden influx of chi, which the chakras are not prepared to handle.



One trauma that occurs in any given moment can trigger the accumulation of memories of that trauma that reside in your body, mind and spirit. It is often possible for other associated traumas or all previous traumas in this life and others to be triggered including those coming from ancestors, descendants, the collective unconscious, and so on.

Illness: All previous illnesses are stored in their totality and subject the person to weakening effects whenever the memories rise to the conscious level. Remember that the causes/reasons/sources of physical illness are often located in the nonphysical mind and spirit.

One illness that occurs in any given moment can trigger the accumulation of memories of that illness that reside in your body, mind and spirit. It is often possible for other associated illnesses or all previous illnesses to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on. This can exaggerate the current situation exponentially.

Limitation: A perceived inability or lack of capacity, usually a critical or fearful judgment about one's self. Limitations can also be viewed as physical, mental and spiritual restrictions that we experience, think about and describe. They can result in

the loss of freedom, being enslaved or incarcerated. This can include being held captive, paralyzed or restrained. Another example would be viewing your job or marriage as one of enslavement.

One limitation that occurs in any given moment can trigger the accumulation of memories of that limitation that reside in your body, mind and spirit. It is often possible for other associated limitations or all previous limitations to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on, causing a vastly exaggerated experience, unrelated to what is currently happening.

Fear/Phobia: Fear is generally considered to be a distressing negative emotion caused by an apparent threat. A phobia is an irrational fear that is out of proportion to the actual threat. External fear is caused by something outside of you, which you are strongly motivated to avoid, for example: fear of the dark, heights, flying, spiders, public speaking and death. Internal fear is something inside of you, for example: fear of intimacy, rejection, failure and success.

One fear that occurs in any given moment can trigger the accumulation of memories of that fear that reside in your body, mind and spirit. It is often possible for other associated fears or all previous fears to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on. This can exaggerate the current situation exponentially.

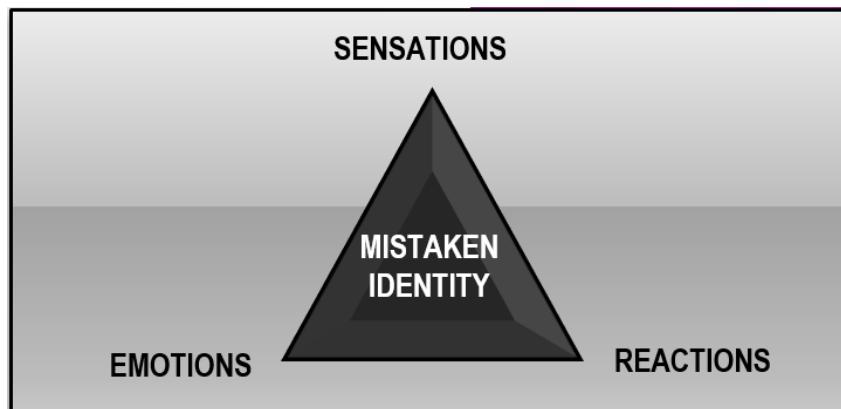
Karma: The shortest explanation of **direct karma** is 'you get what you give.' In other words, whatever you do intentionally to others will result in a similar occurrence happening in your future. Many believe accumulated karmic tendencies, inherited in the course of previous lives, at times play a far greater role in your life than nature/nurture. Karma also includes the hereditary parental cells and genes in the formation of both your physical and mental characteristics. I am neutral regarding karma. However, whether real or imagined, it continually appears as a leading weakness and as such is frequently the first weakness to be deleted.

Common karmas include karma of trauma, karma of illness, limitation, fear/phobia and karmas. The first leading four may be more self-explanatory. Karma of karmas is the karma of encouraging or forcing, with conscious effort and other means, to induce others to commit karma on people. Examples include encouraging someone to embezzle money that might be of use to you, or hiring an assassin.

Delete the cumulative effects for each of the above categories down to zero minus infinity.

There are also indirect and partial indirect karmas, but I will leave that explanation for another time.

Mistaken Identity Triad Emotions, Reactions, Sensations



You will deal with less STRESS, and of course, less PAIN than ever before when you have fewer reactions, emotions and sensations. Your objective is to reduce or have no "weaknesses" to your **reactions, emotions and sensations** in life. To lessen the negative effects, you experience when facing any type of problem, you must correctly identify if you are experiencing a reaction, an emotion, a sensation, a combination of two of them or perhaps all three of them.

Thus, we have The Mistaken Identity Triad, which consists of these three common human mishaps that we all experience. We refer to them as a mistaken identity trio because so frequently we mix them up, one with another, increasing our degree of uncertainty about what is taking place.

Emotions

Your emotions, for the most part, originate, accumulate and remain in your mind on the emotional level. You can also experience emotions by picking up other peoples' emotions psychically or you can project your emotions to others for them to psychically pick up from you, whether or not you as the sender or the other person as a receiver is conscious of what is taking place. In some cases, when potent emotions, such as very strong anger are projected, the other person will experience a physical reaction.

Some relatively small percentage of emotions can accumulate in our physical body and be tolerated to some extent.

The ideal situation is to have no emotions in our body or in our mind. Incidentally, there are also countless emotions accumulated in our spirit, which we must become strong to and we must delete their negative effects on our life.

Emotions found on our spiritual level have been left there mostly by our mind. These cumulative spiritual emotions can revert back and affect our mind and our body. We are rarely conscious of these. Many people may not accept that our spirit is not perfect. But our mind and body continue to dump its experiences and thoughts onto our spirit.

The real problem is that one emotion that occurs in any given moment can trigger the emotions that have accumulated in our body, mind and spirit. Once triggered, these emotions enter the arena of the conscious mental and physical levels. In so doing, a single emotion often begins a cascading triggering effect that now is far more intense or even out of control. Additionally, it is possible for other associated emotions or all previous emotions to be triggered.

These triggered emotions can have accumulated for more than just decades. They can have been present for centuries or even eons. This happens when they are passed to us unconsciously from ancestors, descendants, past/future lives, or from the collective mind. These accumulated emotions can add up and lead to severe stress, to psychological or psychotic episodes or to PTSD.

Delete the cumulative effect of all emotions, whether your own or whether they are coming from someone else down to zero minus infinity.

Reactions

Basically we all have reactions, which are lesser in degree than emotions. Reactions make a person think they have to deal with more things in their life than they normally have been able to handle. This increases their mental involvement of “psyching” themselves out, making them believe that they are less capable than before. This lesser capacity triggers other experiences and thoughts of limitations, perpetuating the situation and making it worse.

Reactions are mostly physical. Some small percentage of reactions can be mental that have accumulated in our conscious and subconscious mind.

As with emotions, reactions also can be found on our spiritual level where they have been deposited by our body and our mind. Reactions have been left there mostly by our body. Again, these spiritual reactions can act in a manner similar to our emotions and revert back to affect our mind and our body, especially when we least expect it. We are left in a clueless state as to what is happening.

Again, it is easy for one or more reactions that occur in any given moment to trigger reactions that have accumulated in our body, mind and spirit.

This makes that one reaction seemingly more intense and even out of control. It can be the one reaction that triggers all reactions a person has experienced, making it impossible to resolve the current problem and unless this is properly addressed, it can lead to psychological and psychotic episodes. Additionally, it is often possible for other associated reactions or all previous reactions to be triggered. These reactions, especially if they are out of control often make a person so upset about what is being experienced, that it leads to violence that forever ruins a person's life.

It is extremely common for people to react, and then mistakenly take the reactions as emotions, or psychological problems. So, it's just a reaction.

Delete the cumulative effects of previous reactions down to zero minus infinity, a level where all the previous reactions are gone.

Sensations

Our sensations can be physical or nonphysical. **The two most common sensations causing problems are stress and pain.** They can accumulate in our conscious and subconscious mind, body and spirit. **Sensations are mostly negative and are 50% physical and 50% mental.** Of course, you also can have spiritual pain.

Physical Sensations

- **Physical Pain**
- **Discomfort**
- **Irritation**
- **Hypersensitivity**
- **Achiness**
- **Burning (sensation)**
- **Pressure**
- **Soreness**
- **Tenderness**
- **Throbbing**
- **Numbing**
- **Hurting**
- **Suffering**
- **Struggling**
- **Itching**
- **Coldness/hotness**

Non-Physical Sensations

- **Stress**
- **Mental/Spiritual Pain**
- **Mental Discomfort**
- **Mental Irritation**
- **Mental Hypersensitivity**
- **Mental Pressure**
- **Mental Numbing**
- **Mental Hurting**
- **Mental Fighting**
- **Mental Suffering**
- **Struggling**

Sensations: One or more sensations that occur in any given moment, including stress and pain and those previously listed can trigger the accumulation of all previous memories of the particular sensation or sensations that reside in your body, mind and spirit. It is also possible for other associated sensations or all previous sensations to be triggered.

Delete the cumulative effects of previous sensations down to zero minus infinity, a level where all the previous sensations are gone.

Sensations that are negative usually combine with either emotions or reactions, but more often with both, making it difficult if not impossible to resolve them before they start to negatively affect or even destroy our life.

For our body and our mind, it is imperative that sensations be separated from emotions and reactions. Essentially, sensations without either emotions or reactions, or both, are just sensations, and as such they can be easily deleted so a person is strong to them.

When people mix up an emotion with a reaction and a reaction with an emotion and then you add sensations to the mix, you can see how confusing and complicated the situation becomes. You are emotionalized by the sensations instead of having the sensation and separating it from the emotion and reaction, so it can exist just as a sensation.

The best thing to do is to lower the level of each one of these three.

Anything in life in its own unique way can lead to stressful conditions that trigger the **emotions, reactions and sensations** that are already in us. What I mean is that every one of us has these **past cumulative effects** of emotions, reactions and sensations. They already reside in our body, mind and spirit. We can be aware or not be aware of them. Nevertheless, they affect us continuously and stand ready and waiting to be triggered.

We also continue to accumulate them on a regular basis as time marches on.

Finally, if a current sensation, reaction, emotion, trauma, illness, limitation or fear/phobia occurs in another person you are with, hear or read about or even see on television or in a movie, your own memories of a similar situation may be triggered.

Not to worry, I will sort out and delete the cumulative effects of everything mentioned here for you in session one. However, it is helpful to replay this activation, strengthening and deletion section daily for a week and frequently until the program ends, so you do reach the level of 100% infinite potential and zero minus infinity.

Unconditional Love,

Marnie Greenberg