

Zoom Meeting summary 6/12/26

Not reviewed for accuracy

Quick recap

This was week three of Union Method training between Terry and Izzy, where Izzy discussed her progress and asked questions about the technique. Izzy reported making progress with muscle testing and identifying weaknesses, particularly around general fatigue and fear of heights, noting she could now use her forearm for testing instead of just her fingers. Terry explained proper procedures for strengthening and deleting weaknesses, clarifying that deletion only requires going down to zero minus infinity while strengthening should target 100% infinite potential. They discussed various aspects of the method including using shortcuts once someone becomes strong to specific triads, handling entities and spirits by strengthening, deleting negative effects, and moving portals to places like Pleiades, and working with different levels of physical, emotional, and spiritual issues. Terry demonstrated how to use flow charts and triads for different categories of weaknesses, including physical intelligence, emotions, traumas, and spiritual issues, while emphasizing the importance of following the leading weakness in sequence and verifying improvements with clients.

Next steps

Izzy

- [Continue practicing the Union Method daily, including using the preparation triads and strengthening as needed, and track results especially around food sensitivities \(e.g., gluten/glyphosate\).](#)
- [When working on weaknesses, ensure to strengthen to 100% infinite potential and delete negative effects down to zero minus infinity, but only specify "100% of the time" when strengthening, not when deleting.](#)
- [Test and strengthen exit portals as needed, especially when working on physical issues or after deleting toxins, to ensure proper release from the body.](#)
- [For entity/spirit issues, after strengthening and deleting, check for portals and, if found, move the portal to Pleiades.](#)
- [When not getting expected results or improvement, use the provided flow charts and check for misinterpretation, misinformation, mistaken identity, exit portals, boundaries, vertices, and other troubleshooting steps as discussed.](#)
- [Bring specific issues to the next session to practice running through the full problem resolution process with Terry's guidance.](#)

Terry

- [Provide Izzy with additional flow charts and resources from Dr. Yoon's early books for reference and deeper troubleshooting.](#)
- [Consider providing Izzy with the "staying in the body" resource if requested or needed.](#)

Summary

Union Method Training Progress Update

Terry and Izzy discussed progress in week three of Union Method training, with Izzy reporting improvements in muscle testing and a reduction in weaknesses, particularly in general fatigue and fear of heights. Terry clarified that when deleting weaknesses, one should go down to zero minus infinity, and when strengthening, use 100% infinite potential for 100% of the time. They also discussed the use of shortcuts like empty mind techniques, which can be used when a person is strong to the relevant triads, and confirmed that the destination for sending mind and spirit doesn't matter as long as it's a place where one is strong.

Energy Work and Entity Techniques

Izzy and Terry discussed techniques for working with energy and entities. Terry explained methods for strengthening polarity, including using the infinity sign and hand movements from pelvis to head. They discussed how glyphosate contamination in wheat products affects people, with Terry sharing that imported Italian flour without glyphosate can be tolerated by sensitive individuals. Terry advised on handling entities and spirits by strengthening against them, deleting negative effects, and moving portals to Pleiades when necessary.

UN Method and Polarity Discussion

Terry and Izzy discussed the UN method, focusing on using insight for faster and more effective results rather than relying solely on the triad system. Terry explained that while Dr. Yoon originally had multiple modules covering different levels (physical, emotional, spiritual), the core method remains consistent, with new techniques and approaches emerging through experience. Terry also shared personal experiences about maintaining polarity and muscle testing rapport, noting that occasional polarity reversals can occur due to factors like tiredness, dehydration, or toxin exposure.

Diet and Health Discussion

Terry and Izzy discussed dietary choices, with Terry explaining how organic foods still affect her health due to toxins and the need for continuous strengthening. They talked about the UN Method bar, which Terry found unhelpful and never used, and discussed the history of Dr. Yoon's method and

its transition under Marnie Greenberg's leadership. The conversation concluded with Terry setting up a spiritual container and running various light technologies for clearing and protection.

Triad Preparation for Session Work

Terry guided Izzy through a preparation process involving strengthening different triads, including insight, manifestation, and perception, to enhance their ability to conduct sessions and help clients. Terry explained the importance of clients being strong in these areas to effectively address issues and resolve root causes. They also discussed the use of "empty mind" and "enlightened spirit" techniques to prepare for sessions, with Terry offering to provide additional resources if needed. The conversation touched on identifying problems at different levels, including physical and non-physical aspects, and the process of testing whether issues stem from life supports or negative life experiences.

Body Systems Assessment Process

Terry explained a process for assessing and strengthening different aspects of the body, including physical systems like poison toxicity and lymph function, as well as non-physical areas such as mental health, relationships, and career success. Terry emphasized the importance of checking two-way communication between the central nervous system and organs, strengthening weaknesses, and ensuring exit portals are open. The discussion included specific examples, such as using "reverse perception" to address a dog's behavior problem, and the concept of separating past from future to avoid past influences affecting future outcomes.

Environmental Support and Emotion Management

Terry explained to Izzy that "helping Earth" typically means assisting Gaia in supporting humans by removing toxins, renewing land, and regenerating the environment. Terry clarified that when working with weaknesses, strengthening them to 100% infinite potential and time is only necessary when they are actually weak, and once something is strong, there's no need to re-strengthen it. Terry also outlined the process for working with emotions, explaining that common emotions like stress, anxiety, depression, and their opposites should be strengthened in the appropriate direction when they appear weak.

Spiritual Weakness Resolution Techniques

Terry and Izzy discussed various techniques for identifying and resolving spiritual and energetic weaknesses using different diagnostic tools and processes. They covered methods for strengthening weaknesses, deleting negative effects, and addressing issues like fears, traumas, karmas, and miasmas. Terry explained the steps for resolving problems, including grounding, connecting to

source, identifying the main issue, rating its intensity, and verifying improvements. They also reviewed additional resources like the life pentagon, exit portals, false tools, and human mishaps to address when results are not achieved. The session aimed to prepare Izzy to use these tools independently until their next meeting.

[View in Zoom](#)

AI can make mistakes. Review for accuracy.
