The Helix Method ®

Framework for Identifying Time Beliefs and Feelings

The different layers of beliefs and feelings:

The Core Level - our core beliefs are what we are taught and accept from childhood in this lifetime. They are beliefs that have become part of us. Energetically they are held as energy in the frontal lobe of the brain.

The Genetic Level - this includes programmes passed onto us from our ancestors, or are added to our genes in this life. These beliefs are energies stored in the morphogenetic field around our physical DNA. This energy tells the DNA what to do. Energetically this is around the pineal gland.

Collective Consciousness Level - this includes memories from past lives, parallel lives, deep genetic memories or collective consciousness experiences that we carry into the present moment. These memories are held in our auric field around the back of the neck and shoulders. Think of the collective consciousness belief programmes coming through because of us all being part of the one big electromagnetic field and therefore interconnected.

The Soul Level - Here the belief programmes are held at soul level, and energetically begin at the heart chakra and moving out through the layers of the aura.

A belief or feeling may be on one level only, or it may be on more. Equally we may have two counter opposing beliefs or dual beliefs (such as I love myself and I hate myself, we may have both).

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Muscle Test to Bring to Your Awareness Beliefs and Feelings associated with the Time

Preparation- Connect to Your Higher Self

Set the intention through breathing, drawing attention to the Soul Star Chakra (about 18 inches above the head) and through the invocation.

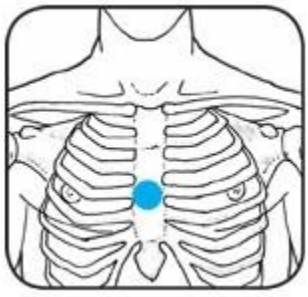
Invite you to breathe in for 4, hold for 4 and breathe out for 8, and to do this three times.

Speaking to all levels of my consciousness I am setting the intention that in the name of divine truth, love and light let all information come from my higher self and to be in alignment with my divine truth for my highest good and the highest good of all.

Speaking to all levels of my consciousness I am creating a clear channel of communication and manifestation between my subconscious, conscious and higher self so that they are 100% connected and in perfect alignment and all working towards my highest path and purpose.

To get you set up for success using Energy Kinesiology. I invite you to do 2 things before you get started with the muscle testing.

1. Give yourself a Thymus Thump. Place the fingers of either or both hands in the centre of your sternum, at the thymus gland and tap for 15-20 seconds. Whilst you tap, breathe in slowly and deeply through your nose and out your mouth.



2. Set the intention internally and tell your energy body to go forwards for yes and backwards for a no in response to the question you ask. Forwards is usually yes and backwards is usually no.

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Ask a Question and Muscle Test with the Sway Test

Muscle tests the statements to see if you get a yes or no to the belief.

Let's do this with the belief- I have enough time. As you do this, notice how your body is responding, your somatic response, how your energy field is responding. Do any images come to mind? Do you get hot or cold? Or notice a pain in a certain part of your body? This is showing you the raw energetic pattern of the memory, emotion or the belief held in the body.

We are using the sentence as a positive rather than saying i don't have enough time as the subconscious doesn't always hear the not. If you get no sway on this, your subconscious is saying you don't think you are good enough!

I have enough time - is on the core level.
(Insert belief) is on the core level.

I have enough time - it is on the genetic level.
(Insert belief) is on the genetic level.

I have enough time- is on the past life level.
(Insert belief) is on the past life level.

I have enough time- is on the collective consciousness level.
(Insert belief) is on the collective consciousness level.

I have enough time - is on the soul level.
(Insert belief) is on the soul level.

As you muscle test each statement, you may if you choose add in - how it is impacting your business, or any of the fears you identified in your journaling earlier, e.g. pricing, marketing, collaborations, networking, sales etc.

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Make a note of which ones you get a yes to, and which ones you get a no to. We will release and imprint new beliefs and feelings in the Akashic Records Activation.

The following beliefs may be showing up in your relationship with Time and your sense of having enough, not enough, chasing time, running out of time, having to sacrifice time for money and so on.

Fear of not being enough, being fundamentally flawed in some way

- I am good enough (core, genetic, past life, collective, soul)
- I have enough time (core, genetic, past life, collective, soul)
- I am unsafe to manage my time because it is selfish to put myself first (core, genetic, past life, collective, soul)
- I am able to manage my time and prioritise myself and other people will still love me (core, genetic, past life, collective, soul)
- I trust myself to manage my self and to do a good job (core, genetic, past life, collective, soul)
- I am undeserving to manage my own time because I am untrustworthy (core, genetic, past life, collective, soul)

Disloyalty or fear of abandonment

- I am afraid of rejection from mother like figures in my life (core, genetic, past life, collective, soul)
- I am afraid of rejection from father like figures in my life (core, genetic, past life, collective, soul)
- I am afraid of being abandoned when I have more than my family (core, genetic, past life, collective, soul)
- I am disloyal if I surpass my mother/ father (core, genetic, past life, collective, soul)

More success will bring a bigger burden

- I am afraid of the responsibility success will bring (core, genetic, past life, collective, soul)

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- I will have less time as I have more money (core, genetic, past life, collective, soul)
- I will be more stressed with more responsibility (core, genetic, past life, collective, soul)

If I become too successful, I will make others look bad

- I am afraid of having success too quickly (core, genetic, past life, collective, soul)
- Speed is a bad thing, I will outgrow others too quickly (core, genetic, past life, collective, soul)
- I will be judged by others for having success (core, genetic, past life, collective, soul)
- I put others feelings before my own success (core, genetic, past life, collective, soul)

Managing Self and Time

- I control things I am afraid of by being late (core, genetic, past life, collective, soul)
- I am always chasing time (core, genetic, past life, collective, soul)
- I avoid success by running out of time (core, genetic, past life, collective, soul)
- I deprive myself from receiving with my time management (core, genetic, past life, collective, soul)
- I honour my time boundaries with family/ work/ friends (core, genetic, past life, collective, soul)
- I am purposeful with my time (core, genetic, past life, collective, soul)

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