

This *BS Elimination* procedure works very quickly to eliminate or reduce beliefs that are deeply held and are holding us back, keeping us in emotional captivity.

Beliefs help shape our behaviour and attitudes toward ourselves and the world. They include any negative or positive statements we hear, most especially those spoken by people we trust or who "have power over us" (parents, teachers, authorities, etc). The Beliefs can become locked into the BioEnergy system, and held as true, long after the initial statement or situation was consciously forgotten. Often apparently opposing Beliefs can be held which both can, and often are, equally stressful to a person, e.g. Fear of failure and Fear of success.

Verbally identify the Belief System to be Eliminated in the usual HK way. Key words include: '*I never...*', '*I always....*', '*I can't...*', '*I shouldn't...*', '*I should'...*', '*It's impossible...*' etc. However, either negative or positive words can occur in the items. Examples:

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|---|-----------------------------|
| - I never finish what I start. | - I am in balance. |
| - I'll always be hopeless at maths. | - I am nourished. |
| - I'll never amount to much. | - You cannot trust a woman. |
| - People are not reliable. | - Homosexuals are immoral. |
| - Alcoholics are scum. | - Everybody loves me. |
| - Black people are violent. | - I can't cook. |
| - I love everybody. | - I hate conflict. |
| - I can't do mathematics. | |
| - I'm lazy/stupid/untidy/disorganized/hopeless. etc. etc. | |

Once the wording is exact, the client verbally states the phrase out loud while TL'ing at navel to verify that the item is stressful.

Points are **not** held, but rather two specific areas on the head are stimulated, to create changes in the nervous system / BioEnergy system, in a similar way to the SCOTT Protocol corrections:

The skin is lightly pinched in the two places simultaneously:

- (1) *Horizontally* on the back of the head at the occiput, on the soft tissue between each inion with finger tips about 2 cm or 3/4 inch apart,
- (2) *Vertically* on the midline at the front of the head, with one finger just in the usual hairline and the other just below, about 2 cm or 3/4 inch apart.

They continue to speak the phrase out loud while you, or they, lightly pinch the skin. They should speak the phrase deliberately and at a normal pace. **Typically it only takes 15 to 30 seconds to complete an item.** Sometimes it can take a minute or more. Just like in regular HK corrections a deep breath or yawn usually occurs with the energy shift at the completion of the correction.

Typically the items are worked up, you demonstrate the technique (see below), and then the *client does them at home later according to a schedule you set up*. **Important:** usually only 3 or so items are OK to do on a given day.

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Belief System Elimination (BSE)

The **Inion** is the most prominent projection of the occipital bone at the posterior inferior (lower rear) part of the skull. All of you will recognize it as the bump at the base of the skull. Just above the inion is a small dip; this is the area to do the slight squeezing of the skin in a horizontal motion ⇡

