



Bonus #1

Forms For Cybernetic Transposition Audio Seminar

by

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Locating Your Inner Anchor Point

Please print this form and fill it out by hand with pencil or pen.

Name _____ Date: _____

1. List the 3 to 5 most important things to be done given only
30 DAYS LEFT TO LIVE.

(1)

(2)

(3)

(4)

(5)

FORM FOR LOCATING YOUR INNER ANCHOR POINT

**2. List the 3 to 5 most important things to be done given only
7 DAYS LEFT TO LIVE.**

(1)

(2)

(3)

(4)

(5)

**2. List the 3 to 5 most important things to be done given only
1 DAY (24 HOURS) LEFT TO LIVE.**

(1)

(2)

(3)

(4)

(5)

FORM FOR LOCATING YOUR INNER ANCHOR POINT

4. List the 3 to 5 most important things to be done given only
1 HOUR (60 MINUTES) LEFT TO LIVE.

(1)

(2)

(3)

(4)

(5)

5. List YOUR PHYSICAL FEELINGS, YOUR EMOTIONS, YOUR THOUGHTS and YOUR SENSE OF SELF when you contemplate having only ONE HOUR left to live.

Physical

Emotional

Mental/Concepts

Inner/Sense of Self

FORM FOR LOCATING YOUR INNER ANCHOR POINT

6. Describe your INNER ANCHOR POINT – its PHYSICAL LOCATION, THE EMOTIONS, THE THOUGHTS AND MENTAL CONCEPTS and THE SENSE OF SELF associated with it.

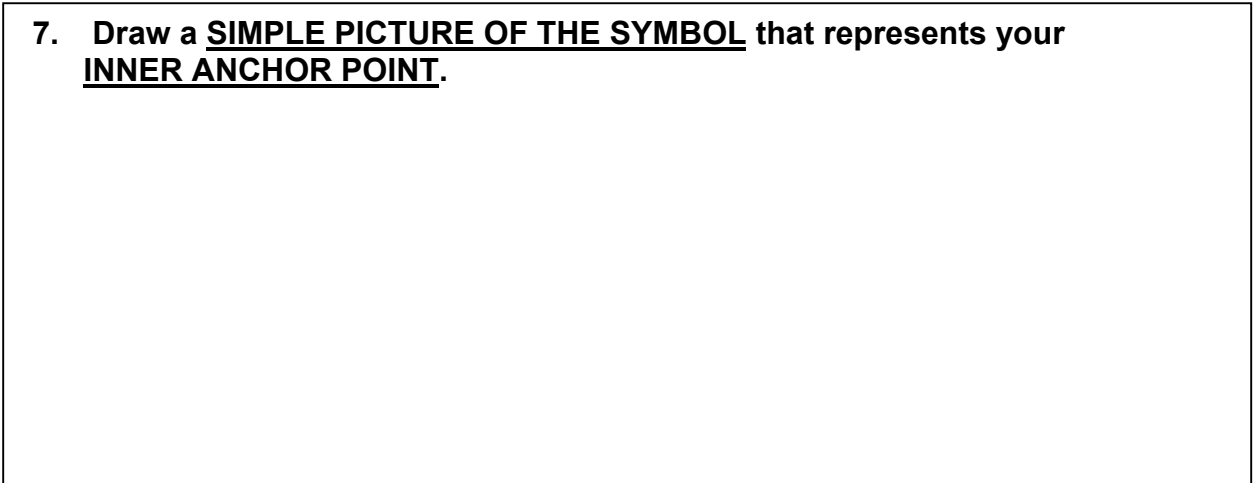
Physical Location

Emotions

Thoughts/Concepts

Inner/Sense of Self

7. Draw a SIMPLE PICTURE OF THE SYMBOL that represents your INNER ANCHOR POINT.



Metastories

Please print this form and fill it out by hand with pencil or pen.

Name _____

Subject _____

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>
<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>
<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

FORM FOR METASTORIES PROCESS

Number _____ Title _____
<u>As Is Now:</u>
<u>Rating of Perfection:</u>
<u>Perfect Alternative</u>
<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>
<u>Rating of Perfection:</u>
<u>Perfect Alternative</u>
<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>
<u>Rating of Perfection:</u>
<u>Perfect Alternative</u>
<u>Rating of Perfection:</u>

FORM FOR METASTORIES PROCESS

Number _____	Title _____
<u>As Is Now:</u>	
<u>Rating of Perfection:</u>	
<u>Perfect Alternative</u>	
<u>Rating of Perfection:</u>	

Number _____	Title _____
<u>As Is Now:</u>	
<u>Rating of Perfection:</u>	
<u>Perfect Alternative</u>	
<u>Rating of Perfection:</u>	

Number _____	Title _____
<u>As Is Now:</u>	
<u>Rating of Perfection:</u>	
<u>Perfect Alternative</u>	
<u>Rating of Perfection:</u>	

FORM FOR METASTORIES PROCESS

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

FORM FOR METASTORIES PROCESS

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Number _____ Title _____
<u>As Is Now:</u>

<u>Rating of Perfection:</u>

<u>Perfect Alternative</u>

<u>Rating of Perfection:</u>

Objectives Process

Please print this form and fill it out by hand with pencil or pen.

Name _____

Subject _____

List the **KEY POINTS** of **one single objective** that you want to achieve.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

FORM FOR OBJECTIVES PROCESS

2. Rate how **DESIRABLE** is what you have listed above. Use a 1 to 10 scale where 1 = totally undesirable and 10 = totally desirable. If your rating is less than a 10, ask your unconscious to guide you in modifying your list to make it a 10 in desirability. Record your final rating in the box below.

3. List the **EXTERNAL MEASURES** that will tell you whether your objectives has been achieved.

4. Ask your unconscious to tell you the **MINIMUM REASONABLE TIME FRAME FOR ACHIEVEMENT OF YOUR OBJECTIVE** in weeks or months. Record what you get in the box below.

5. If you want to use a **SHORTER TIME FRAME**, ask your unconscious whether it is reasonable to achieve what you have described under items 1 and 3 above within that time period. If you do not get a clear “yes”, ask your unconscious to guide you in modifying your objective so that is reasonable in the given time frame and so it has a desirability rating of 10. Record the timeframe and your rating below. Record any modifications under 1 and/or 3.

Timeframe:

Desirability:

FORM FOR OBJECTIVES PROCESS

6. Record the calendar date for accomplishment of your objective, the END POINT DATE. Then pick 3 other calendar dates that are about $\frac{3}{4}$ of the time from now to the END POINT DATE, $\frac{1}{2}$ of that time and $\frac{1}{4}$ of that time. Record all four of those dates in the box below.

End Point Date: _____

Date 3 _____

Date 2 _____

Date 1 _____

7. Rate the perceived DIFFICULTY of achieving, in your normal fashion, what you have described so far. If the difficulty rating is less than an 8 ask your unconscious to guide you in modifying your objective so that it is more challenging. If your rating is more than 10, ask your unconscious to guide you in modifying your objective so that its difficulty rating is no more than 10. Then record any changes under 1, 3 and /or 6 and record both your difficulty and desirability ratings below.

Desirability: _____

Difficulty: _____

[illegible][illegible]

FORM FOR OBJECTIVES PROCESS

10. Now, once again, check for SPECIFICITY, COMPLETENESS, MEASURABILITY, DESIRABILITY, DIFFICULTY, WHETHER THE OBJECTIVE DEALS PRIMARILY WITH YOUR OWN ACTIONS AND WHETHER YOUR UNCONSCIOUS SAYS IT IS REASONABLE TO COMPLETE WITHIN THE STATED TIMEFRAME.

If so, sign below indicating a CONTRACT BETWEEN YOUR CONSCIOUS AND UNCONSCIOUS MINDS.

If not, start at step 1 and perform the appropriate steps over again until you can answer “yes” to all of the criteria listed above.

Signature

Target Process

Please print this form and fill it out by hand with pencil or pen.

Name _____ Date _____

Objective _____

1. Key Element Number 1.

Associated Memory

2. Key Element Number 2.

Associated Memory

FORM FOR TARGET PROCESS

3. Key Element Number 3.

Associated Memory

4. Key Element Number 4.

Associated Memory

5. Key Element Number 5.

Associated Memory

FORM FOR TARGET PROCESS

6. Key Element Number 6.

Associated Memory

7. Key Element Number 7.

Associated Memory

8. Key Element Number 8.

Associated Memory

FORM FOR TARGET PROCESS

9. Key Element Number 9.

Associated Memory

10. Key Element Number 10.

Associated Memory

11. Frame each of the Associated Memories (items 1.-10.) so that it PERFECTLY REPRESENTS THE ASSOCIATED KEY ELEMENT of your objective.

Then ANCHOR this PERFECT IMAGINARY EXPERIENCE in your INNER ANCHOR POINT as you READ THE ASSOCIATED KEY ELEMENT into your INNER ANCHOR POINT.

In your imagination, MERGE this PERFECT IMAGINARY EXPERIENCE with the ASSOCIATED KEY ELEMENT that it describes.

When you have completed this, read your OBJECTIVE, exactly as written, into your INNER ANCHOR POINT and say, “Please integrate the perfect imaginary experiences that I have just anchored with the key elements they represent in

FORM FOR TARGET PROCESS

my objective and give me an immediate imaginary experience of HAVING JUST SUCCESSFULLY ACHIEVED MY OBJECTIVE."

TUNE UP that imaginary experience of having just successfully achieved your objective, your END POINT SUCCESS IMAGE, to a TRUE 10.

Surround the resultant PERFECT END POINT SUCCESS IMAGE with an imaginary ball of white light and ANCHOR all of that in your INNER ANCHOR POINT. While doing that, say, "This is the way I would like things to be on or before (give your End Point Date). Please make this happen in ways that are for the highest good of me and of all concerned."

Breathe in and make that all a part of you.

12. List the FOUR LEVELS OF EXPERIENCE of your END POINT SUCCESS IMAGE.

Physical.

Emotional

Mental/Concepts

Inner/Sense of Self

13. Write a detailed and extensive AFFIRMATION of your END POINT SUCCESS IMAGE, the experience of having just successfully achieved your objective. WRITE THIS AFFIRMATION AS IF IT WERE OCCURRING RIGHT NOW, your imaginary experience having already been realized.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Breathe in and make that all a part of you.

FORM FOR TARGET PROCESS

Steps Involved In Anchoring Your Key Elements and Associated Memories

1. Frame each key element of your written objective by circling or underlining it. A key element is one that is both important to you and is approximated by some experience that you can clearly remember.
2. Copy the first key element (set of circled or underlined words) onto the appropriate blank on your Target Process Form. Then recall a memory that approximates what you intuitively mean by those words and record on your form only enough about the memory so that you can easily recall that memory later.
3. Repeat the preceding step with each of the other key elements of your objective.
4. In your imagination, modify the memory associated with your first key element until it becomes an experience that defines exactly what you intuitively mean by those words.
5. Frame the result with a ball of white light and anchor it in your Inner Anchor Point. Then read into your Inner Anchor Point the exact words that make up the key element that memory depicts and, in your imagination, merge those words with the imaginary experience.
6. Repeat the preceding step for each of the other key elements and associated memories.
7. Focus on your Inner Anchor Point and instruct your unconscious to combine these "definitions" (key element words and associated imaginary experience) with your objective (and imagine the process taking place) to create an imaginary experience of having just successfully achieved your objective.
8. In your "mind's eye" examine this new imaginary experience and modify it as you require to make it to a "10" level imaginary experience of you having just successfully achieved your objective. Be sure that this includes a sense of being successful, joy, enthusiasm, and a sense of fulfillment. Also ensure that it includes all the levels of experience - physical, emotional, mental, and inner.

This may require adding color, sound, smells, taste, touch, movement, thoughts, and/or emotions as well as adding or subtracting elements of the imaginary experience.

To do so, frame what needs to be changed, focus on your Inner Anchor Point and ask for the desired modifications.

You may have to do this several times. You may also have to write the desired changes on a piece of paper to adequately frame them for your unconscious.

In any case, keep modifying things (I call that tuning up) until you have a true 10 imaginary experience of having just successfully achieved your objective.

9. Surround this true 10 imaginary experience of having just successfully achieved your objective with an imaginary ball of white light. Then imagine placing the imaginary ball containing your imaginary experience into your Inner Anchor Point.

While doing this, tell your unconscious that this is what you would like to happen on or before your chosen date and ask it to make this happen, on or before that date, in ways that are for the highest good of you and of everyone else involved.

FORM FOR TARGET PROCESS

Repeat this anchoring process several times, tuning up your End Point Success Image each time.

10. Write a detailed description of the imaginary experience of having just successfully achieved your objective.
11. Read through this for 10 minutes, editing until it seems exactly right for you, until there are no signs of conflict. The result is called an Affirmation.
12. Imagine a scene at the beginning of the fourth time segment, whatever pops up on your Date Three.

What pops up may very well have nothing obvious to do with your objective but it's what your unconscious mind wants you to work with. So take what you get and work with it. That's very important!

Your job is to simply bring it to a true 10 and anchor it in the your Inner Anchor Point together with the instruction, "This is an example of the way I'd like things to be on (insert Date Three). Please make this happen in ways that are for the highest good of me and of all others involved."

13. Repeat the previous step for each of the other two intermediate dates, at the beginning of the third time segment (Date Two) and the beginning of the second (Date One).
14. Then repeat the process of tuning up and anchoring your End Point Success Image, the one of you having just successfully achieved your objective as described in your Affirmation.
15. Read through your Affirmation to determine whether it still accurately describes your current End Point Success Image. If not, edit your Affirmation until it does.
16. Additionally prioritize your Super Achievement Target by writing your Affirmation 25 times, just as you may have done in prioritizing your Basic Achievement Target.

Base Reframing

Please print this form and fill it out by hand with pencil or pen.

Name _____

Blocker _____

1. Describe the situation in which this blocker occurred.

2. Describe the body feelings associated with the blocker. (Location, tense or relaxed, open or closed, fast or slow, passive or active...)

FORM FOR BASE REFRAMING PROCESS

3. Draw a symbol that represents the blocker. Take whatever pops up.

4A. Briefly describe the first memory where the blocker feeling was present. Take what you get. Write fragments if that's what you get. Framing through writing produces results.

4B. Briefly describe the second memory where the blocker feeling was present. Take what you get. Write fragments if that's what you get. Framing through writing produces results.

FORM FOR BASE REFRAMING PROCESS

4C. Briefly describe the third memory where the blocker feeling was present. Take what you get. Write fragments if that's what you get. Framing through writing produces results.

4D. Briefly describe the fourth memory where the blocker feeling was present. Take what you get. Write fragments if that's what you get. Framing through writing produces results.

4E. Briefly describe the very earliest memory where the blocker feeling was present that is appropriate and for your highest good to remember right now. Take what you get. Write fragments if that's what you get. Framing through writing produces results.

FORM FOR BASE REFRAMING PROCESS

R5E. Reframe Memory 4E. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

R5D. Reframe Memory 4D. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

FORM FOR BASE REFRAMING PROCESS

R5C. Reframe Memory 4C. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

R5B. Reframe Memory 4B. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

FORM FOR BASE REFRAMING PROCESS

R5A. Reframe Memory 4A. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

R1A. Reframe Memory the Original Situation described under 1. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

FORM FOR BASE REFRAMING PROCESS

R1B. Reframe Future Situation 1. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

R1C. Reframe Future Situation 2. You are the producer, director, writer, casting agent, etc. You can change or create anything to generate a perfect reframed experience.

Super Achievement Clearing Process

Please print this form and fill it out by hand with pencil or pen.

Name _____

Blocker _____

1. Describe the situation in which this blocker occurred.

2. Describe the body feelings associated with the blocker. (Location, tense or relaxed, open or closed, fast or slow, passive or active...)

FORM FOR SUPER ACHIEVEMENT CLEARING PROCESS

3. Draw a symbol that represents the blocker. Take whatever pops up.

4. Ask the BLOCKER, "What are you trying to tell me?" Record the Blocker's response. If the response is unclear, ask the blocker to clarify.

IF THIS RESOLVES THE BLOCKER, YOU HAVE NOW COMPLETED THE SUPER ACHIEVEMENT CLEARING PROCESS.

HOWEVER, IF THE BLOCKER FEELING DOES NOT DISAPPEAR COMPLETELY AT THIS POINT, CONTINUE WITH STEP 5.

FORM FOR SUPER ACHIEVEMENT CLEARING PROCESS

5. Draw a simple PICTURE of what you perceive to be your CREATIVE PART. Describe the sound of its voice. Describe how it would feel to touch it.

Picture:

Sound:

Touch:

6. List each of the THREE ALTERNATIVES generated by your CREATIVE PART.

Alternative 1:

Alternative 2:

Alternative 3:

FORM FOR SUPER ACHIEVEMENT CLEARING PROCESS

7. **ROLE-PLAY THE BLOCKER. RECORD ITS RATING** for each alternative.
ROLE-PLAY YOUR TRUE-SELF. RECORD ITS RATING for each alternative.
 Now record your normal **CONSCIOUS SELF'S RATING** for each alternative.

	BLOCKER'S RATING	TRUE-SELF'S RATING	CONSCIOUS RATING
ALTERNATIVE 1			
ALTERNATIVE 2			
ALTERNATIVE 3			

8. Record your **THREE ALTERNATIVES AFTER THEY HAVE BEEN MODIFIED** so that the Blocker, your True-Self and your Conscious Self all rate them as 10 with respect to both **DESIRABILITY** and **INNER HARMONY**.

Alternative 1:

Alternative 2:

Alternative 3:
