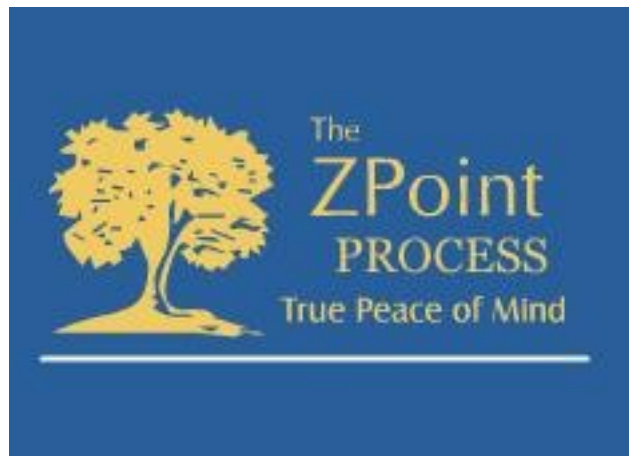

Introduction to The ZPoint Process



by

**Grant Connolly, CHt
Creator & Developer**

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Grant Connolly,
Peterborough, Canada
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Forward

*"It is never too late to be what you might have been." -
T.S. Eliot*

I intend to show you a simple yet profound way to change your life experience in ways that would have seemed impossible just a few short years ago.

It's called The ZPoint Process and if you follow the simple steps in this book, and listen to the special recordings available at www.zpointforpeace.com, you will quickly find yourself responding to life's challenges in a far more peaceful, loving and effective way.

The purpose of The ZPoint Process is to give you a method to help you find true and lasting peace of mind in a world filled with discord, doubt and fear.

It is about helping you to let go of those things that can cause you upset in all aspects of your life. It's about finally making peace with everything and everyone in your life.

To accomplish this I'll ask you to pay attention to those characteristic feelings that arise as you think of certain difficult or traumatic periods of your life or bring to mind the people in your life who upset or anger you.

Then, I'll be guiding you through a very specific process in order to discharge the intensity of those feelings and to help you remove or clear them permanently from your life.

Michelangelo is quoted as saying “I saw an Angel imprisoned within the marble so I carved until I set it free.”

In a very real sense you are that Angel, imprisoned within the marble of your own self-limiting thoughts and feelings.

This very simple process will allow you to release that Angel, freeing you to be the person you've always wanted to be and to have the life that so far, you may have only dreamed about.

Loving Life Lets Life Love You BACK!

Recently I woke up at my usual time feeling fantastic with the words “Loving life lets life love you back” running through my mind.

Other than way too many words beginning with the letter L., this sentence expresses exactly how I feel. Life does indeed love you back when you love it more of the time.

I find great wisdom in the teachings of Abraham. (www.abraham-hicks.com) I love the simple way that Abraham spells out what’s really important in life.

He says, “whatever you put your attention on tends to expand.” That is the essence of the Law of Attraction.

If you put your attention on what you like, what you like tends to expand. Putting too much attention on what you DON'T want brings more of that.

In essence, this means that the more you appreciate what’s happening in your life, the more you enjoy it, the more that life itself will return the favor and appreciate you in return.

You’ll notice people smiling at you as you walk down the street. You’ll notice people being kind where before they may have simply ignored you or were unkind. You’ll notice yourself spending far less time worrying about....anything.

You’ll notice that your attitude toward life will shift to anticipating good things rather than looking over your

shoulder for things you DON'T want to happen. You'll notice that you just won't think about the things that upset you anymore.

Rather than walking around mumbling, grumbling, moaning and groaning about the things that you don't like or the things you don't have, appreciating life means that you consciously set out to appreciate everything that makes you feel good.

And, the funny thing is, the more you do this, the better you feel. And the better you feel, amazingly you find that it gets even better. Truly, "the better it gets, the better it gets."

From my perspective, I've arrived at this place of appreciation because I have consciously and systematically set out to release everything that makes me feel bad. Using the ZPoint Process allowed me to do exactly that.

The more I clear away negative emotions the happier I became. It's like I've removed all the little pebbles from my shoes that caused me to feel pain whenever I went for a walk. Most of us don't know how to get those pebbles out, so we're forced to grit our teeth and bear the pain.

The heck with that!

What I did was to pro-actively and systematically release all of the negative emotions in my life. Below is a list of the first six of these that I worked on and not necessarily in that order.

-
1. Stress and Anxiety
 2. Anger
 3. Worry
 4. Fear
 5. Guilt
 6. Grief

Once I began to let go of these major impediments to my happiness, I started to be happy more and more of the time. And the more I cleared, the happier I became.

And guess what, so can you.

It's not difficult. It just takes a little time and commitment to the idea that you can be happy. And of course it requires you learn to use The ZPoint Process so you can let these difficult feelings go too.

And this is only the start of it. I also used ZPoint to release the conflict in all of my relationships including the ones from my past.

I worked on my mother, my father, my sister, my brother, my ex-wife, various relatives and more than a few ex-bosses. Then I worked on some of the people who really upset me over the years.

All I did was bring them to mind and take the feeling that arose as I thought of them and take it through the The ZPoint Process until it was gone and I felt peaceful when I thought of them.

I'm going to teach you to do the same with your life – in fact with all of the different parts of your life. You will make peace with your past and you just wouldn't

believe how much doing exactly that will add
immeasurably to your life today.

Are you ready? Lets get started...

The ZPoint Process

The ZPoint Process itself is quite simple. It consists of only three parts:

1. The Subconscious Cleaning Program.
2. Choosing a special cue word to “activate” that program.
3. Placing your awareness on a what we call “that characteristic feeling” and releasing that using the Releasing Circle and Clearing Statements as outlined a bit further along in this book.

Please read the Subconscious Cleaning Program on the following page.

The ZPoint Subconscious Cleaning Program

I hereby set a powerful intention within you, my subconscious mind, to affect the best of all possible outcomes by this clearing, and each time I notice a feeling that does not feel good as I think certain thoughts or remember certain people, situations or events, you will gently and easily Eliminate that feeling completely as I repeat my cue word over and over, and you will eliminate everything I feel because of it, everything I feel that connects to it and everything I feel that has resulted from it, to whatever extent it exists within me.

The Cleaning Program is a benign yet extraordinarily effective program that you “install” or set into your subconscious mind simply by reading a simple set of instructions.

Once the program is “installed” you need never refer to it again and it will remain active for as long as you need it.

The cue word itself is a “switch” that activates the Cleaning Program. Any word, phrase, sound or action will do, although it is suggested you use a word or phrase without emotional attachment.

Some of the cue words people use are “peace”, “hey”, “bang”, “tap”, “heyah” etc. If you're not sure what word to use, try using the word “yes” or even “thank you”.

You can always change your cue word later simply by saying “I change my cue word to _____”. Your subconscious mind remembers and responds to everything you do, say, think, feel or imagine and because of this, it will immediately take effect.

Repeating your Cue Word

Recently I spoke with someone who was using ZPoint with a friend over the phone. They would meet once a week and help each other using ZPoint.

After two months they weren't having much success. In fact, one of the women actually gave up and slipped back into her original state of depression.

After speaking with the woman for a few minutes I

realized she was only saying her cue word once after each statement. As the saying goes “once is not enough” and this is especially true with ZPoint.

Repeating your cue word over and over again sets up a specific process within your subconscious mind. The more focused you are on simply repeating your cue word and being very present as you do so, the more effective that process and ZPoint will be.

Just like a Computer

If you happen to be computer literate, you may find it helpful to think of the ZPoint Process in computer terms.

In a very real sense, the Cleaning Program, working in conjunction with your cue word, acts just like a computer virus program that “cleans” your computer's hard drive of damaged or malicious programming.

To delete such programming, you would put your attention on the uncomfortable feeling you wish to release, listen to one of the ZPoint recordings or take yourself through the process, and repeat your cue word until it no longer troubles you.

A Large Database

Our subconscious mind is very similar to a very large database where every experience, thought or feeling you've ever had is stored. The common factor or key to this database is in the feeling you feel as you think

certain thoughts or remember certain events.

Fill in the Blanks Statements

These are a significant part of the ZPoint clearing methodology and make use of this characteristic to freely associate words, concepts and feelings with other words, concepts and feelings already stored within that database.

As an example, you could use the statement “I clear all the ways I become upset whenever my boss yells at me” and then repeat your cue word over and over until that 'upset' feeling is gone. Then, the Cleaning Program when activated by your cue word would instantly associate subconscious patterns where you become upset when your boss yells at you and release them.

However, a much more global and comprehensive way is to clear and release every pattern where you become upset no matter what the cause. You could do this with the following “Fill in the Blanks” statements:

- I clear all the ways I grow upset because... <repeat cue word>
- I clear all the ways I grow upset whenever... <repeat cue word>
- I clear all the ways I may grow upset if... <repeat cue word>

Using open ended statements in this way prompts your subconscious mind to search your subconscious Database for all the ways you feel “that way” and then releases them.

The user notices results generalizing into many areas of life and with absolutely no extra effort required.

In using the “because...” ending, you are allowing your subconscious mind to find and “clear” the many possible reasons why you become angry or frustrated or whatever under specific situations and it will do so without any conscious awareness on your part.

You don't need to figure it out. You don't need to know why you feel the way you do. You only need to know you feel that way and then use the process to release it.

In effect, it releases all of the possible ways you've been programmed to respond to specific situations by unconsciously acting out self limiting or self sabotaging behaviors and it does so without any conscious effort or direction on your part.

Your job is simply to allow it by repeating your cue word as you go through the process.

The ZPoint “Releasing Circle”

Also called the Circle Method, the Releasing Circle is used as a means of targeting issues and feelings in a comprehensive yet open ended way. This allows the subconscious mind to target and release many connected or associated memories and feelings at the

same time.

When using the Releasing Circle, imagine a large light filled circle in front of you. See yourself taking all of the difficult feelings you have regarding the subject you're working on, and see yourself placing those into the Releasing Circle. Then count down from 10 to 0, repeating your cue word over and over between counts.

As you count down you may become aware of uncomfortable thoughts and feelings that your subconscious associates back to the original feeling you brought to the circle. These float for a moment in consciousness and are then released or cleansed as you repeat your cue word. Many report recalling long forgotten situations from early childhood that caused those difficult feelings in the first place.

Basic ZPoint Statements

Now, having installed the Cleaning Program and chosen a cue word, you are ready to begin freeing yourself from the feelings that cause patterns of behavior not alignment with living a full, healthy, ideal life, whole and complete in every way.

To do this, focus your attention on that uncomfortable feeling that arises as you think about a troubling issue, concern or memory and listen to one of the ZPoint recordings or lead yourself through the protocol to release that concern.

To help focus our awareness on these troubling issues, we use specially designed “clearing” statements.

Clearing the Ways

When you speak the instruction “*I clear¹ all the ways I feel this feeling.*” and repeat your cue word over and over again, you are instructing your subconscious mind to activate the Cleaning Program and release all of the possible ways that you feel or experience a particular feeling and the unconscious patterns and programs that underlie it.

Beliefs are Energetic Patterns

Beliefs, like all thoughts, are nothing more than energetic patterns, and each has a specific energy signature. Similar beliefs have similar signatures and these appear to cluster together forming larger and larger energetic patterns.

You may have noticed that when you think a thought or remember an event, that memory will often trigger other memories, which in turn trigger more thoughts and then even more thoughts. It's like pulling a loose thread from a sweater. That thread is connected to other threads, which are connected to other threads, and those threads are connected to even more threads.

And the common factor is always that characteristic feeling that arises as you think certain thoughts.

ZPoint works from the most general aspects of a situation to the specific. In releasing that characteristic feeling using the ZPoint Process, not only is the obvious

¹ To 'Clear' as used with ZPoint is to erase the intensity or difficulty, to make transparent, to clean as you would clean a window, to find relief from upset and concern.

issue at hand affected, any other issue connected to that issue will be affected as well.

Like the loose threads in the sweater mentioned above, releasing a feeling on a very general level as suggested, will often produce results that are as delightful as they are unexpected.

For example, after releasing your anger toward a relative, you may find that you no longer respond with anger in other seemingly unrelated situations.

That anger toward your relative was related to other ways that you became angry. When you cleared “all the ways” you grow angry because..., when... and if... , you unknowingly released those others as well.

Clearing Patterns

“Patterns” are pre-recorded, choreographed responses that you have to certain situations. Something happens and you respond in a specific way. Life can often be complex and we often find ourselves responding to certain situations with automatic learned behavior.

If someone says hello to you, you will normally respond by saying hello back to them. you usually don't think about this and respond quite automatically. This unthinking, unconscious pre-recorded response to certain situations can also cause you to take actions that you may later regret.

Releasing Dis-Empowering Beliefs

Each day you have thousands and thousands of thoughts, and each one of these is based on what you believe to be true about every aspect of your life.

So, when you have a thought, that thought along with its underlying set of beliefs or assumptions, is connected to a corresponding emotion that represents ALL of the beliefs that underlie it.

If that thought is one of personal empowerment, the emotion associated with that thought will feel good as you think it. If that thought is dis-empowering in some way, the associated emotion will always make you feel bad in that moment.

Words are powerful things not because they have inherent meaning, but because you are the one to assign meaning to words and that meaning can change.

Below is a list of common words. Take a moment to read each word, one at a time. Allow yourself to be aware of the feeling each word evokes within you:

Home

Father/Mother

Sunshine

Sex

Marriage

Each of these words represents a thought or concept and that concept will evoke a feeling. The feeling depends on the belief/feeling associations that are part of your subconscious programming about that word.

If the word doesn't feel good to you, you can use ZPoint to clean up that “not good” feeling attached to that word. When you do this, you release any limiting beliefs that may be connected to or associated with that feeling and that word.

Because of this energetic connection between emotions and beliefs, your emotions become an easily identified representation of the beliefs you hold. Because many of these beliefs are largely unexamined or unconscious, you can use uncomfortable feelings to guide you to areas where you may hold beliefs that prevent you from finding personal happiness and fulfillment.

And because the feelings themselves appear to hold negative beliefs in place, you don't need to “figure out” what those limiting beliefs are in order to target and release them.

You need only feel that feeling and release it using the ZPoint Process. This will cause the attached beliefs to transform themselves from dis-empowering to empowering within a very few minutes.

The Latest ZPoint Protocol – Step by Step

ZPoint has been in constant development since the summer of 2003. Over this time it has continued to become simpler and more effective. Below is an outline of the latest and I believe, most effective way to apply it.

Step One - Filling out the Clearing Worksheet

Although ZPoint can be used in the moment without preparation, it can be more effective to write down a list of bothersome feelings, estimate the intensity of those feelings and then work your way through that list one at a time.

Step Two – Into the Circle it Goes

The next step is to imagine placing the uncomfortable feeling you wish to release, along with any other feelings connected to or associated with it into the Releasing Circle and count down from 10 to 0, repeating your cue word over and over as you do so. Beginning with:

10... <repeat cue>

9... <repeat cue>

8... <repeat cue>

7... <repeat cue>

6... <repeat cue>

5... <repeat cue>

4... <repeat cue>

3... <repeat cue>

2... <repeat cue>

1... <repeat cue>

0... <repeat cue>

Note: You don't actually need to feel the feeling to release it. Often people are not consciously aware of what "that" feeling is they want to release. It is enough to INTEND to release that uncomfortable feeling. Your subconscious mind knows exactly what is what and will take care of the details for you, if you simply allow it.

Step Three – Releasing Different Aspects

After the feeling you seek to release passes through the Releasing Circle you say the following open ended statements to release different unconscious aspects of that feeling.

... and that makes me feel... <repeat cue>

... and that makes me feel... <repeat cue>
... and that makes me feel... <repeat cue>
... and that makes me feel... <repeat cue>

Step Four – Clearing the Ways...

Set the intention on releasing the remainder of that bothersome feeling again and say the following. Remember to repeat your cue after each statement.

I clear all the ways I feel that feeling. <repeat your cue word>

I clear all the ways I feel that feeling because... <repeat cue> (allow your subconscious mind to fill in the blanks. Your job is to repeat your cue word and simply be the observer)

I clear all the ways I feel that feeling whenever... <repeat cue>

I clear all the ways I may feel that feeling if... <repeat cue>

I clear all the ways unconscious parts of me feel that feeling. <repeat cue>

I clear all the ways these parts feel that feeling because... <repeat cue>

I clear all the ways these parts benefit from my attachment to feeling that feeling. <repeat cue>

I clear all the ways these parts wouldn't feel safe letting that feeling go, right now. <repeat cue>

Step Five – Clearing even More Aspects

... and that makes me feel... <repeat cue>

... and that makes me feel... <repeat cue>

... and that makes me feel... <repeat cue>

... and that makes me feel... <repeat cue>

Take a deep breath and relax.

Step Five – Test and Repeat Until Done

The final step is always to test to be sure the feeling is completely gone. Always. If you feel completely relaxed and peaceful, chances are the bothersome feeling is gone, but then again it may not be. There may be just a bit left, and the idea is to “get it all”.

DON'T stop until you feel no emotional reaction whatsoever when you think of the original issue.

When in doubt, always do it again, and again if necessary until it's gone. Then you never need to do it again. Taking the extra time to listen to the recording or go through the process yourself again, can make a VERY large difference in your results.

Note: It is suggested you take yourself through the process 5 times for every issue. This is not a hard and fast rule, but will allow you to completely release whatever you bring to the process.

You can view this as if you are chopping down a tree. Often one chop simply isn't enough. 4 or 5 chops is usually required to fell whatever tree you're chopping down. A single chop represents one round through the entire process and usually takes about 5 minutes.

Five chops would take you about 25 minutes. That doesn't seem like a very big investment to completely release something that you may have carried around for years.

Reminder - Always Start by Making a List

Write down the things in your life that really bother you on a worksheet. Estimate how intensely you feel each of those things (on a scale of 1 to 10) and mark those numbers on your sheet.

You may wish to start with the item that evokes the highest intensity of feeling within you.

Imagine taking that feeling and placing it into your Releasing Circle. From there you can begin the process of releasing all aspects of its impact on your life by intending to put it into your Clearing Circle and taking it through the entire process.

Remember

The final step is always to test the intensity of whatever remains and repeat the entire process until that remainder is completely gone and you feel completely peaceful and relaxed.

Learn ZPoint directly from its creator Grant Connolly.

Go to <http://www.zpointforpeace.com/training.shtml>

Free Resources

www.zpointforpeace.com – The main ZPoint website. Listings of ZPoint Information Products, Practitioners, Courses, etc.

www.zpointprocess.wordpress.com – The ZPoint Blog for helpful and informative articles on ZPoint.

<http://health.groups.yahoo.com/group/SharingZPoint/>
- A free yahoo group set up especially for those wishing to learn more about ZPoint.