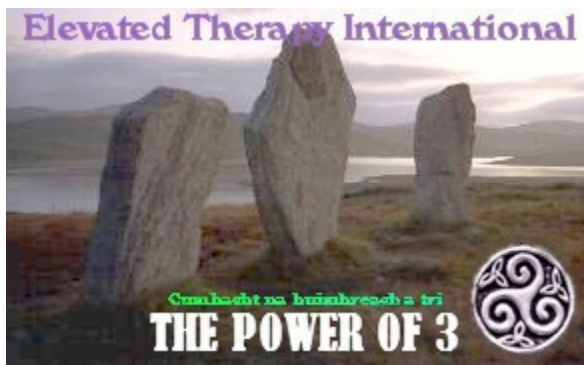


The Power of Three Energy Therapy Healing Technique Cumhacht an Triúir

THE WHOLISTIC TRINITY



**Body, Mind and Spirit:
Creating a Balance in the
Energy System which
manifests divine creative
power and health.**

"The Power of 3 is about the empowerment of the person, using a new vista of personal freedom, of moving towards being a total person. It is about letting go.

It is about discovering the secret of renewing yourself, sourcing deep energy and balance from within". ~ Michael

***We Are NOT Humans Searching For
Spiritual Experiences,
We Are Spirit Immersed In Human
Experiences That Must Be Balanced!***

**I dedicate this work and procedure (The Power of Three) to the people of
Ireland and all
Elevated Therapy International clients worldwide.**

**Tiomnaím mé an obair seo agus an nós imeachta (Cumhacht an Triúir) do
mhuintir na hÉireann agus go léir Ardaithe Teiripe Idirnáisiúnta chliant
ar fud an domhain.**

**May all your wishes manifest, may you prosper abundantly in all ways and your
spirit rise to its ultimate goal. May you open your heart with thankfulness and give
LOVE to all and may Peace be with you everywhere and for always.**

**Bealtaine gach duine de do mian leis teacht fíor agus tá go leor de rathúnas i do
shaol. Is mian liom go bhfuil tú bheith rathúil fras ar gach slí agus leis an spiorad
roimh ré. Tá súil agam chomh maith gur féidir leat a oscailt do chroí le buíochas
agus gach duine SEARC agus tá súil agam go tsíocháin a bheith in éineacht leat gach
áit agus i gcónaí.**

The Power of Three Energy Therapy Technique Process, is a protocol I have developed which collectively draws from, expands and integrates some of the work of QiGong, Ancient Chinese Philosophy and the energies of chi and sha, the unconscious / emotional mind, the work of Kendall and Kendall, Chapman, Owen, Albert, Mann, Bennett, Thie, Goodheart, Diamond, Callahan, Durlacher and Craig and I routinely use in my practice and most highly recommended to optimize your body - mind - spiritual health.

Your emotional and spiritual well-being is absolutely essential to your physical health and healing. The spiritual dimension reinforces and also uplifts the physical and mental dimensions of health. No matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional and spiritual issues are not worked with and brought into balance.

Human fulfilment and well-being in real terms requires us to go beyond physical, mental and emotional dimensions of health. Just as one cannot cross a river in a leaky boat, even so without healthy body, mind and spirit we cannot cross the ocean of life.

This empowering technique uses simple tapping with the fingertips to input kinetic energy onto specific meridians on the face and chest and hand while you think about your specific problem, acknowledge it and subsequently stand or sit in three different locations (menhirs).

Whether it is a traumatic event, an addiction, pain, etc. -- through the voice and breath, a

declaration and subsequent positive affirmations in three different positions allows you to achieve either noticeable improvement or complete cessation of the problem.

This combination of tapping the energy meridians and acknowledging and voicing a declaration, changing your location and the subsequent use of positive affirmations on three levels work to clear the "short-circuit" - the emotional block -- from your body's bioenergy system, thus restoring your mind, spirit and body's balance, which is essential for optimal health and the healing of physical disease too.

The electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized again. Others are initially taken aback by (and sometimes amused by) *The Power of Three* tapping process, declaration and affirmation methodology, whose basics you will learn here by pressing the arrow below.

I have witnessed outstanding results in my patients since developing this particular process last year in 2004 which has a very high success rate and I am now making this technique available to everyone here personally through the **Elevated Therapy International web site at www.elevatedtherapy.com**

Indeed, because of its very high rate of success with few aspects coming up after just one application and often with even high level nominalisations, such as "money", "happiness", "parent", a person's name or your own name, or an illness you have had for a very long time which can generate a hundred sequential and spontaneous declarations, the use of *The Power of Three* process has raised much interest within the international Energy Therapy Community and others worldwide.

Dr. Michael G Millett

No matter what beliefs you hold - religious or otherwise, I am sure that you have heard of the Holy Trinity.

The Father, The Son, and The Holy Spirit.

We as humans are also made up of a Trinity.

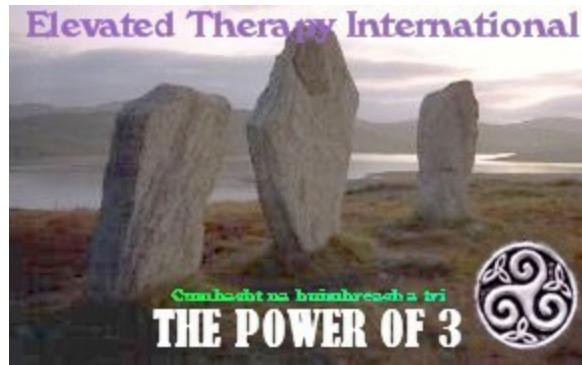
The Wholistic Trinity.

The Body, the physical part of us.

The Mind, the mental and emotional part of us.

The Spirit, the spiritual part of us.

We should remind ourselves that the words "healing" and "holy" come from the same original idea of "making whole".



Cumhacht an Triúir

THE WHOLISTIC TRINITY

DECLARING AND RATING THE PROBLEM OR ISSUE

Identify a SPECIFIC emotional or physical problem or issue. Focus on and name the emotion you are feeling, such as "anger," "guilt," or "sadness."

If you cannot name the specific feeling, just call it "this emotion," or "this problem."

Physical pain and discomfort can also be treated with *The Power of Three*.

Simply describe the problem as this "throbbing headache," "sharp / dull pain in my lower back," or "arthritis pain in my right shoulder."

You can also choose a symbol to represent the problem and call the problem "this symbol" or by whatever name the symbol is. This makes a connection between unconscious symbolism and the conscious mind. A symbol can be a name, term, picture, object which is familiar in daily life, yet can have other connotations besides its conventional and obvious meaning.

Next, rate the INTENSITY of the problem on a scale from 0 to 10, with 10 being the most intense and zero being no intensity at all.

This scale from 0-10 is called the SUDs (Subjective Units of Disturbance) and this scale is used with *The Power of Three* procedure.

MENHIR

□ This is a Celtic word for a single standing stone or megalithic monument of prehistoric origin found either alone or collectively in lines or circles or cromlechs and henges. The size and proportion vary greatly from several inches to over 60 feet in length. Best examples are those stones found at Stonehenge in England and throughout Ireland.

FIRST MENHIR (THE MIND)

There are three parts to The First Menhir:

1. Choose your first standing or sitting position to do the procedure in and go there.
2. Repeat a Declaration 3X while...
3. Continuously massaging one of the Sore Spots with the full palm of the hand.

The First Menhir Declaration follows the format of acknowledging that you have a problem by declaring it and then affirming self-acceptance.

The First Menhir Statement is, *"Even though I (have, feel this problem, hold this symbol), I deeply and completely accept and love myself and forgive myself for taking this on."*

It doesn't matter whether you believe the affirmation or not, just say it three times whilst massaging one of the sore spots.

SECOND MENHIR (SPIRIT)

There are four parts to The Second Menhir:

1. Go to your second standing or sitting position to continue the procedure in.
2. Repeat the Second Menhir Statement again 3X while...
3. Continuously tapping on the Karate Chop Point with the full palm of the opposite and dominant hand (raise your hand above your head doing this as in reaching up if you can and also looking up - you may experience very strong emotion in the Second Menhir and feel very tearful).
4. After saying the statement three times - take a full breath in and exhale slowly and fully to the end (do not force the exhale).

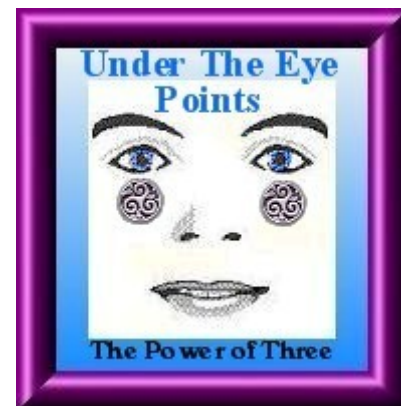


The Second Menhir Statement is, *"I turn this (problem or symbol) over to the (Universe / or God / Goddess / The Source / or Higher Self / or Spirit) to transform it and to transform my relationship to it and never take it back or passively receive it back. Even though I (have, feel this problem, hold this symbol), I deeply and sincerely love and acknowledge myself without any more judgement."*

THIRD MENHIR (THE BODY)

There are once again four parts to The Third Menhir:

1. Go to your third standing or sitting position to continue the procedure.
2. Repeat the Third Menhir Statement (once only) while...
3. Continuously tapping on the Under The Eye Points with both hands. These points are on the centre of the bone under each eye (in line with the pupil). Tap with two or three fingers from both hands at the same time on the two points just enough to stimulate the energy; don't tap hard enough to harm yourself.
4. After saying the statement once only - take a full breath in and exhale fully and slowly to the end (do not force the exhale) and bring both hands to the chest or heart in a loving and nurturing gesture of completion.



The Third Menhir Statement is, *"I release this (problem or symbol) from all the cells in my body and mind right down to atomic level and subsequently remove it from the very core of my being. I welcome and accept my (divine blueprint of wholeness or / perfect freedom) and this positive shift and change."*

You may need to memorise the statements in each Menhir or have someone to guide you through them.

Once a full *Power of Three* treatment is complete, focus on the emotion or physical problem you were addressing. Rate the intensity of the ORIGINAL problem or issue on the 0 to 10 scale. Then compare this number with the original rating before you did the *Power of Three*. You will either feel COMPLETE relief, PARTIAL relief, or NO relief.

If you have COMPLETE RELIEF, you experienced, in a few moments, the *Power of Three*! On the conservative side, a few more full treatments may help the effectiveness of the process and ensure that the original problem will not return.

When there is PARTIAL RELIEF in the level of intensity, the REMAINDER of the problem needs to be addressed with another *Power of Three* treatment.

In the subsequent treatments, it is important to adjust the Statements in each Menhir to address the rest of the emotion or feeling.

Say in the **First Menhir** position: *"Even though I STILL have some of (this feeling / problem, symbol), I deeply and completely accept and love myself and forgive myself for holding onto it."*

In the **Second Menhir** position say, *"I turn what is left of this (problem or symbol) over to the (Universe / or God / Goddess / The Source / or Higher Self / or Spirit) to transform it and to transform my relationship to it and never take it back or passively receive it back.*

Even though I still have some of (this feeling / problem, symbol), I deeply and sincerely love and acknowledge myself without any more judgement."

In the **Third and Final Menhir** position say: *"I release all that is left of this (problem or symbol) from all the cells in my body and mind right down to atomic level and subsequently remove it from the very core of my being. I welcome and accept my (divine blueprint of wholeness or / perfect freedom) and this positive shift and change."* Do as many *Power of Three* treatments as necessary until the intensity of your problem is a zero.

This threeness or triad has always been considered sacred – like oneness. These properties and attributes are manifested in the *Power of Three* treatment from *Elevated Therapy International* (www.elevatedtherapy.com) which of itself is the inevitable expression of a principle through positive intention which makes the impossible possible, and an archetypal fact, that solidifies in a series as a representation of ideas and energies that materialize in magical, mysterious fashion while obeying precise universal laws which the numerical codes and their geometrical correspondences symbolize through inputting kinetic energy onto specific meridians.

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Please Note: There are further developments in this work where I use `Advanced Patterns` of the Power of Three (Cumhacht an Triúir) and sometimes combine it with "Elevated Energetic Words of Power for Self-Transformation" in session with people.

Bright Blessings.... **Bí Bheannaigh**.....

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