

Vibration Intervention Technique

A. Energy therapy

- 1) imagine things you don't like and project it to the hoop, then enter to the hoop, experience it.
- 2) brake image, deep breath, shake head. then bring back sensation again.
- 3) try to make sensation more stronger.
- 4) then automatically you will release negativity.

B. Neutralizing technique

- 1) standing in "neutral hoop", imagine things you don't like in "problem hoop" in left front.
- 2) when you can imagine, enter to the "problem hoop" and experience it.
- 3) then go back to "neutral hoop" and break image, deep breath, shake head.
- 4) imagine things you like in "treasure hoop" in right front. enter and experience it.
- 5) back to "neutral hoop"
- 6) standing across "problem hoop" and "treasure hoop"
- 7) feel difference between left body and right body.

C. Compounds technique

- 1) stand on "neutral hoop", separate the trouble or problem to "i want to ____ but" and "i can not"
- 2) make clear image of " i want to ____" project image on "treasure hoop" in right front.
- 3) enter to "treasure hoop", experience it.
- 4) back to "neutral hoop" and break image. deep breath, shake head.
- 5) stay in "neutral hoop" imagine "i can not" then project image on "problem hoop"
- 6) enter to "problem hoop", experience it.
- 7) back to "neutral hoop" and break image. deep breath, shake head.
- 8) step in right foot to "treasure hoop" of "i want to ____"
- 9) step in left foot to "problem hoop" of "i can not"
- 10) wait until transition of feeling is finish.

D. Mode technique

- 1) standing in "neutral hoop", imagine things you don't like in "problem hoop" in left front.
- 2) when you can imagine, enter to the "problem hoop" and experience it.
- 3) then go back to "neutral hoop" and break image, deep breath, shake head.
- 4) imagine "you are doing thing you like with passion and joy" in "treasure hoop" in right front.
- 5) enter and experience it.

- 6) stay in "treasure hoop" with vibration. then imagine if you experience things you don't like as "you are doing thing you like with passion and joy". how do you feel?
- 7) hold vibration of "you are doing thing you like" then move to "problem hoop"
- 8) feel change of problem.

E. Cross technique

- 1) standing in "neutral hoop", imagine things you don't like in "problem hoop" in left front.
- 2) when you can imagine, enter to the "problem hoop" and experience it.
- 3) then go back to "neutral hoop" and break image, deep breath, shake head.
- 4) imagine "doing something creative" in "treasure hoop" in right front. enter and experience it.
- 5) stay in "treasure hoop" with vibration. then reproduction vibration of problem.
- 6) use "problem vibration" to make example of "trouble of when you are creating things"
- 7) think, what was your countermeasure usually.
- 8) then think something new solution, great idea.

F. Inspire technique

- 1) prepare things you want to put energy.
- 2) chose what kind of energy you want to put.
- 3) change vibration to color, touch, sound.
- 4) hold things in your both hand, feel you are wrapped and dye by color, resound sound, feel the touch.
- 5) expansion the feelings, just before reach to the max of feeling, put force to both hand, be conscious to things.
- 6) breake feeling, deep breath, shake head.
- 7) continue 5) and 6) for 3 times.
- 8) when you hold things, then if you can feel vibration you put, it is success.

G. Goal search

- 1) make goal with positive expression.
- 2) this goal should be visualized.
- 3) project goal to the hoop, enter and experience.
- 4) check you are feeling satisfaction or weird, congruent or incongruent.
- 5) if its incongruent, change goal.
- 6) confirm congruent in near future. think how this goal impact you.

H. treasure search

- 1) project goal in "desired results hoop", enter and experience it.

- 2) hold vibration, step back from hoop. each step is going back to past.
- 3) when you feel something, stop and feel, think about when, where, what you did.
- 4) find 3 memory, summarized in one, come back.

I. Future search

- 1) standing in “present condition hoop”, think how far from “desired results” then put it there.
- 2) slowly walk from “present condition hoop” to “desired results hoop” feel the process.
- 3) back to “present condition hoop”, think 1 week later, one step forward. imagine what you do.
- 4) think 1 month later, one step forward. imagine what you do.
- 5) think 3 month later, one step forward. imagine what you do. (if its done, don't need)
- 6) enter to “desired results hoop” think when its gonna happen.

J. Luck search

- 1) think someone who have luck of daily life.
- 2) think someone who success with them job. you can chose famous person too.
- 3) think someone who already lucky when they were born.
- 4) visualize power of luck from each person.
- 5) replacement these person and you, experience power of visualized luck.

K. Congruent search

- 1) prepare 3 memory of when you were congruent. and prepare 3 hoops.
- 2) project each memory to each hoop, experience each vibration.
- 3) find common feeling of these vibration.
- 4) prepare 3 memory of incongruent.
- 5) project each memory to each hoop, experience each vibration.
- 6) find common feeling of these vibration.

technique is invented by Takashi Yasuda
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