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## **Why Won't My Symptoms Go Away? - How to find a key to unlock the door to the stuckness \***

**LeRoy Malouf**

### **Abstract**

All too frequently we find ourselves “stuck”, with one or more issues or challenges, such as physical, mental, emotional, psychological, spiritual, financial, relationship issues. We may try many ways to deal with them, some without success. We have difficulty getting back to our natural state of wellness and vitality. We don't realize that many of our patterns of being in the world are actually causing our energy to weaken, and that we are creating our own symptoms. Mostly we just want to be free of our symptoms so we can get on with our lives. We work at it, but the symptoms often don't go away and may keep getting worse. The Energetic Well Being Process™ (EWBP™) is an energy modality focused on quickly clearing away our symptoms and getting us back to our natural state. EWBP™ uncovers the intelligence behind symptoms, pointing toward life issues that are root causes of what we are experiencing. EWBP™ then enables the releasing of the symptoms. Four case examples illustrate how the Process works, with pre – post observations from the MD involved in the last two.

Key words:

Energetic Well Being Process™ (EWBP™), energy healing, Yuen Method, clearing symptoms, pain elimination, healing

### **Introduction**

Have you felt or heard “I have this symptom (pain, migraine headache, depression, acid stomach, sadness, cancer...), I've been to many traditional and alternative practitioners/modalities, and it won't go away”?

To get a deeper understanding of why our symptoms persist or get worse, and how they can go away quickly, I find it helpful to understand how and why we create symptoms. How do we move away from our natural place of wellness, vitality, and knowing and being who we really are?

It appears that one of the biggest paradoxes about human beings is that we don't support what we say we want, and we don't let go of what we say we don't want.

A story a couple told me begins to illustrate what is going on with human beings. They work out in a gym two or three times a week. They report that in the first week in January there are numerous new people working out in the gym. The third week only about half of them show up. By the first week in February, there are very few new people.

When you ask people how often New Year's Resolutions become reality, there is usually a laugh and then the response "Almost never!" So what is going on? This is a quandary, since we truly do want to keep improving ourselves and living better lives.

My favorite way of explaining what is happening is to look at five-year-old children. It is widely observed and quoted that they laugh 300–500 times a day! And, that the average adult laughs only 5–20 times a day. I have observed in others and myself that on a "bad day" we have trouble laughing once.

### **The Energetic Well Being Process™ (EWBP™)**

I call the way I work "The Energetic Well Being Process™ (EWBP™)". A key belief on which EWBP™ is based is that we want to be well and fit – in spite of the many ways we actually cause our energies to go weak. We want to live in wellness and vitality as a normal part of everyday life. We observe that our bodies and spirits are designed and constructed to support us being in a healthy state. For example:

1. We get a cut and it heals; we catch a disease and our body eliminates it and becomes stronger in repelling the disease. Our immune response is flexible and usually quite capable of dealing with agents that threaten our physical wellness.
2. Our body continuously (every second) creates 15-20 trillion new cells to replace dead or diseased cells, or those that are not functioning well.
3. We get unhappy or down about something to do with ourselves or in a challenging situation, draw our energy in, then get an insight or idea about how to move ahead. Then we turn it around and move forward with positive intent and excitement.

### ***Thinking our way into problems and out of them***

The challenge is that we frequently actually do not support our wellness and vitality (consciously and unconsciously). We think our ways into problems without being aware of it. Part of it is that we are not mindful of the negative implications of our negative thinking. We don't realize there are short and long term consequences.

Some patterns that create weakness in ourselves are negative or limiting:

1. Thoughts and emotions: Self-judgment, judging others, ongoing anger, resentment, inferiority, superiority, guilt, fears and other self-deprecating thoughts and feelings.
2. Beliefs: "You can't find people who want to do good work." "There are no quality products anymore." "You have to do it yourself." "People (who don't think like me) are stupid." or "Drivers don't care about anyone else."
3. Assumptions: "There's no sense placing the ad, no one will respond;" "You can't teach an old dog new tricks;" "My friend is always late;" "There is only so much one person can do;" "I can't do that any more;" and so on.
4. Limitations: Retreating behind excuses of helplessness, holding on to the past and to ways that used to work.
5. Desires: "I need/must have/crave money, sex, a fix, control, company, good looks, respect, adulation, etc."

There are many ways like these that we block ourselves. We buy into and take on these blocks from

our ancestors, our parents and relatives, the people we socialize with, work, peer groups, our experiences, our environment, society in general, and so on. These blocks become patterns that are “normal” ways for us to think and act. These beliefs and messages play in the background of our thoughts, minds, and bodies.

Any one of these ways of weakening our energy is small, but when we accumulate many of them over days, weeks, months and a lifetime, we get energetic blocks. We block ourselves physically, mentally, emotionally, psychologically, psychically, and spiritually.

Eventually, we say “Ouch!” when such inner messages manifest into symptoms, a disorder or disease. They are indications of some disharmony within ourselves.

### ***Body energies and problems***

EWBP™ works with a person’s energy to clear away the blocks we have created and bring about wellness. Let’s look first at what is broadly accepted as working with energy.

“Energy medicine, energy therapy, energy healing, or spiritual healing is a branch of complementary and alternative medicine based on the understanding that a healer can channel healing energy into the person seeking help by different methods: hands-on, hands-off, and distant (or absent) where the patient and healer are in different locations.” (Wikipedia)

EWBP™ transcends traditional caregiving methods and most alternative approaches. It is an energy strengthening modality that is based on what I have learned from:

- Other modalities such as Agnes Sanford’s “Healing of the Soul;” Yuen Method; Theta Healing; Matrix Energetics; Jeff Krock; EFT; Keith Varnum)
- Spiritual experiences (Baptism of the Holy Spirit; Prophecy; Speaking in and Interpretation of other languages; Spiritual Healing; Casting out of Demons)
- Instruction and guidance from ascended masters and teachers (Jesus, angels, archangels, spiritual councils, and others from this and other universes)
- Insights and creations from my work with myself and with clients that results in ways to clear problems, and in protocols that I have not seen or heard of before, and discovering new ways when working with other practitioners.

In its simplest form, EWBP™ helps clients strengthen their energy and discover their truth, and that truth sets them free. Their symptoms go away and they regain their natural state of wellness and vitality. This is so simple that clients often have difficulty understanding it.

A way of illustrating this comes from what we learned from quantum physics — that the act of observing a quantum particle causes it to change from a particle to a wave. Observing a wave causes it to change to a particle. The parallel here is that when you connect a person’s symptom (of pain or depression) to the truth of the life issue(s) that is the root cause, the energy blockage collapses. The symptom clears away. It’s as simple as that!

Step-by-step, the EWBP™ process is:

- *Define the symptom* clearly (e.g. my head aches on the top left side; tension is in my right upper chest; my left foot is numb).
- *Identify the desired state of being* (e.g. my head is clear and feels light; chest is relaxed and peaceful; foot is strong, has stamina, is flexible; prosperity; peace; ease).
- *Clarify how progress will be measured* (e.g. the pain or tension is at level 10 and we want it to go to 0; the person is supporting the desired state at 40% and we want it to go to 100%).
- *Define and clear root causes: The primary way this is done is to find the truth of the life issues that are the root causes for our symptoms; focus on full energetic strength in the body;*

deprogram the causes (delete them off the brain's "hard drive"); and reprogram in line with the person's True Self.

- *Frequently check progress. Continue until the pain or tension is at 0, or the person supports their desired state 100%.*

### ***How we normally deal with symptoms***

Our conscious and normal approach is to try to get rid of or reduce the symptoms instead of eliminating the root cause(s). We:

1. Take over-the-counter remedies, supplements, herbs to reduce pains and other symptoms;
2. Take prescription drugs to reduce symptoms and to get our bodies to function better;
3. Take more drugs to deal with the side effects from the drugs we are already taking;
4. Get some form of stress reduction to feel better;
5. Get operations to cut out some offending parts of our bodies;
6. Participate in numerous modalities and treatments;
7. "Cope" and learn to live with the symptoms; or
8. Suppress the symptoms by forcing ourselves not to think about them.

Understandably, we want to get rid of the symptoms so we can feel better again. Another way of thinking about this is that symptoms are signals to us, a way of communicating with ourselves. They are signals that something is causing us difficulty and that we need to do something about it! These symptoms are saying, "Hello, I know you're very busy now, but there's something out of order that you need to take care of."

What happens when we don't remove the symptoms? Our inner self turns up the "volume" and the symptoms get worse! They are saying, "Can't you hear me yet? You really do need to take care of this!"

There are many approaches to helping us deal with our symptoms. Fortunately, every product, approach and modality helps and supports numerous people. Most of these are helpful and the symptoms often go away. However, nothing seems to work for everyone.

Note that a key assumption on which most of the above options are based is that a very high percent of the root causes for our symptoms are physical:

- My neck pain was caused by whiplash from a car accident.
- My back is hurting because I slept wrong, or I lifted the wrong way.
- I got a cold because there was a cold breeze blowing over my head while I slept.
- I was not watching what I was doing, I stubbed my toe and I could barely walk.

Some key questions are: Were the symptoms completely cleared? Do they come back? Do we have to keep struggling with them?

One good lesson I remember from my mechanical engineering training is that "if something is not working, turn it around and approach it from the opposite direction."

### **If our natural state of being is wellness, why wouldn't we give ourselves clues as to how to get back to that state?**

Suppose we changed our view of symptoms. Instead of thinking of symptoms as bad and something we have to get rid of, what if we think of them as only energy, neither right or wrong, nor good or bad. (At first, we may have a lot of trouble believing this, especially when we are feeling really sick!)

What if the symptoms are signals trying to guide us back to wellness? What if they are messages from our wise inner selves to our conscious mind to enhance our well being? This may be a bit of a stretch if it is a new idea to you.

Let's consider how all of this looks from the opposite assumptions that:

1. *The vast majority of the root causes of our symptoms are non-physical.* They are predominantly life issues. Anything and everything in our life that bothers us causes our energy to go weak. What bothers us the most? Issues we have with money, relationships, health, control, work, etc.
2. *Our symptoms have intelligence and are pointing us to the life issues that are the root causes.* It probably sounds odd to refer to our symptoms as having physical intelligence. Generally, what most people want most is just to get rid of them. What if the symptoms actually contain clues about what we need to deal with in our lives that are bothering us and creating the symptoms and illnesses? Remember, our energy goes weak in response to everything that is bothering us.

Let's put this in a broader context. Five year olds are going strong to 90% of their life. The average adult is going strong to only about 20% of their life. What if our symptoms are trying to get us back to living 90% of our lives in our natural state of joy, wellness and vitality?

We have a choice—we can continue as normal, with our energy going weak to 80% of our life, dealing with each symptom as it comes along (often times appearing as a crisis), and thus feeling a little better. Or we can keep working with ourselves on a regular basis so we are continually improving. At what point in our life do we make this choice? Generally it's when we hit rock bottom in some way that convinces us to keep improving. For example, a serious illness, accident, addiction, relationship disruption, depression, job or business failure or loss of a loved one may get us to search for and find ways to shift what we are doing that is not working for us.

***We can take a proactive stance instead of waiting for a serious symptom to get us moving.***

How do we do this in other areas of our lives? We decide we want to get good at something from which we gain satisfaction, as in playing a musical instrument, learning a trade, preparing for a career, or sharpening a skill in some area of interest. In the case of a musical instrument, we play our instrument every day. To use this as a parallel, we can be the instrument we play everyday by continually improving body, mind and spirit.

***How to interpret what our symptoms are “telling” us.***

The locations of the symptoms are frequently direct indications of underlying roots:

A client named 'Terri' (assumed name) complained of a pain in the neck . When asked, “Who or what in your life is a pain in the neck? she said, “Oh yeah, 50 percent of my job is boring, my husband expects me to be his waitress, we're always short of money, we're receiving frequent unwanted calls from telemarketers,” and so on, for a total of seven things bothering her.

The key to unlocking her constant pain that she had for 25 years since she experienced whiplash in an auto accident was the question suggested by the pain-in-her-neck symptom: “Who or what in your life is a pain in the neck?”

It took forty minutes to help Terri find the seven major things in her life that were bothering her, and her pain completely went away. It was finding her truth that set her free!

Twenty five years of believing what was *not actually her truth* (“the whiplash caused my neck pain”) actually perpetuated her symptom. The many options she pursued for eliminating her pain did not work, because she would have persisted in being bothered by the seven (or more as time went on) contributing issues in her life.

Other examples of how symptoms point toward life issues that are root causes follow:

1. A pattern of pain, tightness, or stiffness on the left side of the body – might be speaking to you about “feeling left out, left alone, left behind, left with extra responsibility, or being thrown out”.
2. The same type of pattern on the right side – may be about being right, insisting on being right, being wrong or being told you are wrong (and your inner self is protesting against this).
3. A pain in the buttocks might be goading you to identify who or what is a “pain in the butt in your life?” For example, being bothered that “My boss is constantly reminding me about the same old reporting requirements;” “My spouse is always finishing my sentences;” or “Drivers change lanes and make turns without signaling.”
4. Lack of energy or other issues in your hands could be asking you, “What in your life is not being handled well enough”?
5. Numbness – may be prodding you to see “What do you not want to be conscious or reminded of?” or “What do you want to be “numb to?”
6. Lack of energy in, or issues with, the feet – could be commenting on “Judgment or worry about ‘steps taken or not taken.’”
7. Lack of energy in, or issues with, breasts – may want you to sense that you are “Stuck in overly mothering, nurturing, guarding, protecting, worrying, fearing, analyzing or internalizing.”

Consider further examples of when there are symptoms in the various functions of the digestive system that are pointing toward life issues:

1. Chewing, teeth, gum, jaw issues: What in your life are you having difficulty engaging in (“getting your teeth into”)?  
“I am being asked to do financial reports on my project and I just don’t see the rationale for some of the items being asked for.”
2. Swallowing difficulties: What do you no longer want to “take in?”  
“I’m being paid less than others who are doing the same job. I’m not going to put up with it.”
3. Indigestion and other issues in the stomach: What are you having difficulty dealing with?  
“A person who lives with us is criticizing everything I think, say, or do. I can’t get used to the person being with us full time.”
4. Difficulty assimilating nutrients in the small intestines: What are you having difficulty taking in easily or smoothly?  
“We’re being taught about new aspects of our work and most of it seems irrelevant to what we have to do and to how our performance is measured.”
5. Elimination issues in the large intestine (colon): What are you having trouble eliminating from your life? “My friend keeps going over her relationship issues for most of the time when we get together. It’s the same thing every time. I can’t seem to get us out of the rut.”

How do you get good at interpreting what the symptoms are saying? I call this “additional sensory perception.” It’s a skill to practice and sharpen every day by paying attention to what is going on in your body.

### **Case examples**

Here are some examples of interpreting what the symptoms are saying. In these examples all of the client work was done on the phone (I also work with clients in person and on Skype).

#### ***Not sleeping and feeling vulnerable***

J. H. had been having difficulty sleeping for seven months. What happened illustrates the need to keep searching for the relevant life issues that are the root causes for our symptoms. She described feeling vulnerable or not protected. She related several ways she felt her spouse was not supporting

her. I suggested that vulnerability can also be related to where a person is living, but she could not think of anything like that. However, a few days later an email came.

“You asked me what was going on in my area that might be adding to my ‘feeling vulnerable.’ I don’t know how it escaped me, but yes, a fever has become an epidemic... and my husband was one of the first to get it.

“About three weeks before he became ill we got mites in our house. He came down with the fever. It was a very bad case of it. He was given twenty-four hours to get his platelet levels up or else he would be hospitalized. Thank God I discovered what would cure this, and he recovered. During this crisis, we also euthanized a dog (I was giving simultaneous dog end-of-life care and husband save-his-life care), and another dog was poisoned and rushed to the hospital.

*“So, yes, there is something going on that leaves me feeling vulnerable!”*

This was the key life issue, in its several manifestations, that unlocked the sleeplessness. She is since sleeping well.

Our tendency is to want to forget or suppress challenging or traumatic situations. Yet they can be the direct life issues that are the key root causes. Feeling vulnerable can come from situations such as: bullying, abuse, gang or drug violence, house break-ins, loss of money or investments, and so on. Now, contrast these root causes with what we normally hear are the causes for difficulties sleeping: staying up too late too many nights in a row; feeling it is something I ate; eating too late at night; feeling jet lag; experiencing disruption of normal patterns; hearing noise from traffic or neighbors and countless other such reasons.

Yes, these can cause sleep issues. However, when the sleep issues persist over a long time, it is more likely life issues that are the primary root causes.

Let’s examine another example where the location of the symptom was a key in finding and clearing it.

***“I’m terrified about a lump in my breast.”***

M.B. called to say, “While doing a self examination, I found a fast-growing, large marble sized lump in my left breast. It was hard and growing larger. My doctor sent me to get a mammogram. Upon examining me, the technician and the radiologist made gestures and comments that scared me.” We did a clearing session with her that was focused on eliminating the root causes of the lump. She was upset and scared. We had another session before the mammogram, and a third one afterward. The sessions lasted thirty minutes to one hour each time. As a result of the first two sessions the lump softened and was slightly reduced in size. I was puzzled that it was not going away, and started thinking about why the lump would be in the breast. (Clearing is explained below.)

What do breasts represent? There is the obvious sexual over-emphasis on breasts and their size, by both men and women, that could probably take several books to examine.

Two main meanings came from looking at the definition of breasts in a dictionary:

*Mammary glands*—Female mammalian glands that are modified to secrete milk, are situated ventrally in pairs, and usually terminate in a nipple. The definition also includes the emotional mothering and nurturing function of the breasts.

In our sessions, M.B. had spoken of a son she was very concerned about who had been in serious

trouble several times. She had strong feelings of protective over-mothering and over-nurturing. She was deeply feeling both. She also had feelings of over-guarding, over-protecting, over-worrying, over-analyzing, and over-internalizing.

After focusing on and speaking this truth, the lump size immediately reduced by fifty percent. There was no time delay – it just shrank! We had two more sessions and the lump was gone and did not return. That was nine years ago and she is completely free of the symptoms. She has no more lumps.

What else was causing the lump? There were four other primary areas of non-physical root causes. These came up in two ways. First by paying close attention to what she was saying and feeling. She sounded afraid at the beginning and especially so after the mammogram. She was also feeling depressed and unhappy.

Second are the numerous and negative beliefs, experiences, and assumptions in our culture about cancer. There are ways in which these are described (including, treatment impacts and side effects, effectiveness of various practitioners and facilities, impact on friends and families, and others that are described in item 2. below). These can have a very negative impact on a person. I have put together a cancer protocol, something like a check list, to use to check to see what are causes for clients' symptoms.

1. Feeling fears of degeneration, and of dying and leaving her family: Getting to neutral where there was no "charge" or reaction was key in dealing with these "normal" fears.
2. Resonating with negative beliefs about cancer in general and breast cancer in particular: There are numerous levels of negative beliefs in our culture coming from "experts" about environmental and substance risks; low survival rates; and the negative side effects of prescribed treatments. Though M.B. did not have beliefs about having the gene that increases the risk of getting breast cancer, other women may need to clear it. These beliefs tend to create dis-ease. What we pay attention to is what we create.
3. Losing sense of joy and happiness: She had unconsciously been losing her sense of happiness for a couple of years. This weakened her sense of well being and immune response.
4. Feeling "lumps" in her thinking, such as:
  - Thinking that things can't/won't change.
  - Feeling fearful of taking the next steps in life.
  - Putting everyone else first and not taking care of herself.
  - Being bothered by having large breasts (for some clients, it is about having small breasts).

Physical causes accounted for only about fifteen percent of the roots. M.B. exercises regularly, eats well, and is in good shape. Both the non-physical and physical root causes were energetically cleared away. The key was in finding the truth of over-mothering and over-nurturing, and the lump immediately shrunk by half. The energy flowing into her breasts was weak. After the fifth session, the lump went away and her energy was once again flowing fully.

A next question is whether these same roots could be causing lumps for other women. A part of the energy work is to prepare for doing the work. This includes being neutral and non-reactive to whatever is going on with a client. It is also important to not assume you know what their symptoms are or what is causing them.

In the normal course of working with clients, a part of the energy work is to scan the client to see where their energy is weak and where it is strong.

This experience with M.B. taught me to check clients whose energy to their breasts was weak for over-protective emotions. In energetic checks of over four hundred clients with weak energy in their breasts, there have been two or more of the over-protective emotions present in each of them. These



emotions create an energy blockage that reduces the normal positive energy flows to breasts (and genitals), in both women and men.

### ***Unrelenting, debilitating migraines***

Abby reported,

“The migraines started in junior high school, around the mid 1960's. I think I dealt with migraines for forty-five years (1965 to 2010) before your clearing. Wow! That's a long time to suffer! When Dr Gennaro contacted you to request you call me, I had been dealing with a constant, three to four week, unrelenting, debilitating series of migraines that occurred one right after the other, and medication wasn't helping.

It took seven sessions to completely clear the migraines. There were many layers of life issues to clear that were key turning points. In many other cases, there is a single, key point along with other minor ones. When we started working, Abby was 58 years old, five feet tall, and weighed two hundred pounds.

Abby used to be a dancer and gymnast, and taught music in school grades K-6. She stumbled in class, injured her back, had unsuccessful back surgery, and ended up with fibromyalgia. She still uses a walker while recovering from the physical disabilities.

When I first checked her energy she had pain (on a scale of 10 maximum) of 9-jaw, 9-neck and shoulder, 9-lower back, and 8-migraine. Her energetic polarity was reversed; mid-line energy-1 (very low); muscular and cardiovascular exercise strength-2; Depression-10; Dying-9; Joy-2; Living-1; Degeneration-10. She was extremely tired and had a large amount of toxicity in her body. She was stuck in sadness; grief; heaviness; and seriousness.

There were many layers of clearing, including the following: Thirty past lives and sixteen generations of ancestors with heaviness, seriousness, sadness, grief, degeneration, weaknesses in body-mind-spirit and numerous other symptoms. I cleared and strengthened weak mid-line and weak nervous, lymph, and elimination systems. I cleared lack of trust and betrayal by her husband and the school system for which she worked.

Abby unconditionally forgave herself, God, four men (including her husband and school administrators), fifteen specific women and women in general. This included clearing a strong emotional feeling that “love hurts.” I also cleared for suffering. And all of this was just the first session!

Further clearings included numerous strong negative emotions, fears, negative religious teachings, and hesitations about getting ready to be well “now.” Abby's heavy depression lifted.

Then we cleared the burdens of too many things to deal with, challenges of dealing with the State bureaucracy, feeling she did not have a leg to stand on, several resistances, and numerous ways of feeling hurt. Everything was going slowly in her external life and relationships, which slowed down her metabolism. So we speeded up her bodily processes. Finances, loneliness, and her energy were out of balance. So we also cleared all aspects of her life for balance.

When the vast majority of life issues were cleared away and she became neutral to the others (so there was no “charge” left), the migraine headaches went away.

Abby thanked me profusely.

“I no longer see the neurologist (since the fall of 2010), after you cleared the migraines. I also no longer need Pepsi Cola, butalbital (caffeine), or Imitrex to control the migraines. Halleluia! My life

became immediately easier after the clearing... no more exploding head to deal with.

"I am so grateful I no longer have to deal with migraines, migraine meds and emergency rooms! I can't thank you enough for changing my life for the better!"

***Comment from Margaret Gennaro, MD, FAAP, NMD, ABIHM***

Abby came to me repeatedly with excruciating migraine headaches from which she had been suffering for 45 years. Nothing was helping. I recommended that she take LeRoy Malouf's course. She also had sessions with him. Not only did the most recent headaches she had for 4 weeks disappear but they never returned.

***Mistaken Identity***

Helena said:

"I am 60 years old. At 55 my life was shattered. My husband of thirty-two years passed.

"He was my life - an international lawyer, Diplomat, and Colonel in the Marine Corps. We had three children, lived in Vienna, Austria, and traveled around the world. We had parties and went to state functions. This life was over. Now, there was a dining room table filled with papers and I didn't know what to do, except to cry. My heart was broken. How can I live without him?

"Eventually I went to see my doctor, Dr. Gennaro. She told me about an energy work demonstration in her office. As I sat in the back of the room, LeRoy picked up on my energy. I told him 'My name is Helena and my husband passed,' and then came the tears. I have been crying for 5 years. After, I decided to sign up for an EWBP Workshop. I felt anxious and did not know if I could do this or if it would work. LeRoy said all you have to do is say, 'Apply.' That is what I did: apply!

"Everyone began noticing a shift in me. I felt nothing. After the two-day workshop I reached out and started to make phone calls and there was less crying. I felt more alive. I realized I did feel the shift. I worked on myself daily and used the clearing protocols whenever a life issue occurred.

"Yes, EWBP is working and I can do it. At one of the several workshops I attended, I met one of LeRoy's colleagues, who said to me 'is your husband dead or alive? You are acting like he is still alive. How long do you want to hold on to this?' They both worked on me to find root causes and to find my true self.

"The primary root issue was that for thirty-two years I was living my husband's life and not my own. Once this was cleared my life changed—all sadness and grief went away like a wave. Now, I was ready to live MY life. I really started to live, taking different classes and doing clearings every day on myself and others.

"I am no longer "Helena whose husband passed"! I am a certified Angel messenger on the radio, and have my own business and meet-up group. I am now a Reverend. I feel wonderful, with everyday being full of love and joy.

"My purpose is to live MY life, spread love and joy through out the world, and help other people get to their true self. Thank you LeRoy for EWBP, and seeing something I had inside me that I could not see myself."

The key turning point was to clear away a "mistaken identity," an identity that kept her in an ongoing

state of weakness, sadness and grief. When she realized that was not her true identity, all of those symptoms went away, she went back to her natural state of wellness and vitality, and she discovered her true identity.

***Comment from Margaret Gennaro, MD:***

When Helena's husband passed away after battling cancer, she was devastated. She literally would cry almost the entire office visit. Her whole life had centered around him and now she was lost. I suggested she take LeRoy Malouf's course. She also had sessions with him. I am amazed at who she has become. Her confidence and humor radiate as she empowers others with her Angel readings.

**Clearing work**

To better understand clearing work, let's examine the focus of various modalities and the EWB Process™ when working with clients.

Various modalities all work and all have their own areas of focus, for example:

Physical Body – Massage for reducing stress and increasing relaxation; Chiropractic for creating alignment, flexibility and strength; Traditional and Alternative Conventional Medicine for eliminating, suppressing, and reducing symptoms; and, various approaches for detoxing, for freeing up the functioning of the body and enhancing the effectiveness of the immune response.

Mental – Avatar Course for self development with roots in Scientology and Education for eliminating mental blocks and for focus and alignment on goals.

Emotional – EFT and the Sedona Method for releasing emotional blocks, and for restoring wellness.

Psychological – Many approaches to Psychology and Psychotherapy (including, Jungian, Freudian, Reality Therapy, etc.) for releasing conscious and non conscious blocks and enhancing one's presence in the world.

Psychic – Mediums; Angel Readers; Prophecy; Casting Out; for psychic and spiritual wellness.

Spiritual – Religions; Spiritual and Physical Healing for overall wellness.

People don't live and function in just one of these areas of their life. All are inter-related. Different negative patterns interact with each other. And, yes you can make progress by dealing with specific aspects.

The EWB Process™ focuses on the whole person, (physical, mental, emotional, psychological, psychic, and spiritual), clears away blockages in all these aspects, and quickly brings the person back to their natural state of wellness, vitality, and joy.

It does so by finding the truth of what is creating our challenges, and by clearing the interactions that get in our way. Symptoms are permanently removed, and our normal well-being processes keep us functioning so we get stronger and more fit in all ways as we get older.

For me, this has continued to be an amazing illustration of what our negative thoughts, emotions, habits, patterns and desires can do to our energy and our body. The intelligence in our body and our

energy that can guide us in clearing away our symptoms and in restoring us to our natural state still amazes me. It also is why I love doing this work and am continuing to evolve it!

\* Major portions of this article are taken from “Knowing and Living Your Purpose” by LeRoy Malouf, 2013.

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