



January, 2018

Volume 17, No. 1

Living Your Life with Wellness, Vitality, Ease and Synchronicity

By LeRoy Malouf

Abstract

As young children, our personal energy tests strong in 90% of the areas of our life. All too quickly, we acclimate to living in this world, and then we are only going strong to 20% of our life, on the average. This means our energy is going weak to 80% of our life in terms of our thoughts, feelings, emotions, and our spiritual awareness. Any one of these “perceptions” is small, but when we accumulate them over days, weeks, months, a life time, we get energy blocks, we get symptoms, and we say ouch!

When we get symptoms, we assume that 95% of the root causes are physical, and we generally struggle to eliminate the symptoms. In the Energetic Well Being Process clearing work, the assumption is that 95% of the root causes are non-physical, and that we can use energy work to clear them away and quickly return to our natural state of wellness and vitality. This work is described and two case studies are included to describe what and how it works.

Margaret Gennaro, Holistic MD, FAAP, NMD, ABIHM, has referred several patients to me when she thought I might be of help because the patients’ problems were persisting. Two such case reports are briefly summarized by Dr. Gennaro in this article.

The Energetic Well Being Process provides a step-by-step clearing approach that can be learned and used to help us live our lives to the fullest!

We can live our natural state of vitality, wellness, and resilience.

Key words: Energy work, clearing symptoms, supporting desired states, muscle testing, wellness and vitality

Introduction

As young children, our personal energy tests strong in 90% of the areas of our life. All too quickly, we acclimate to living in this world, and then we are only going strong to 20% of our life, on the average. This means our energy is going weak to 80% of our life in terms of our thoughts, feelings, emotions, and our spiritual awareness. Any one of these “perceptions” is small, but when we accumulate them over days, weeks, months, a life time, we get energy blocks, we get symptoms, and we say ouch!

When we get symptoms, we assume that 90% of the root causes are physical, and we generally struggle to eliminate the symptoms. In the Energetic Well Being Process clearing work, the assumption is that 90% of the root causes are non-physical, and that we can use energy work to clear them away and quickly return to our natural state of wellness and vitality. This work is described and two case studies are included to describe what and how it works.

The Energetic Well Being Process provides a step-by-step clearing approach that can be learned and used to help us live our lives to the fullest!

We can live our natural state of vitality, wellness, and resilience.

There is a saying that “all of life is a game, because if it was real, we would have much better instructions.” I struggled through much of my life and have participated in literally dozens of modalities and self-development experiences. I developed the “Energetic Well Being Process®” to enable myself and others to live a life of ease and synchronicity, and now use it to work with clients and to teach clients to do the work with themselves and others, which is the content of this article.

I worked for many years in and with large organizations and a consulting firm, and trained and consulted on individual and organizational development. My passion was to work with individuals and organizations in powerful ways so that they transform themselves to better achieve their desired goals.

I am in my 14th career, now helping people to achieve or regain their energy staying strong, and then to use that energy to eliminate their symptoms and to support their desired states. My prior careers include being a pilot and an engineering program manager in the US Air Force, an internal consultant helping to develop more effective managers and organizations, an external consultant doing the same work, and an entrepreneur starting and running my own company.

Personal development was my avocation, starting with a life changing spiritual experience in 1952 when I was a sophomore at MIT (Massachusetts Institute of Technology). I emigrated from a town in Texas to Cambridge to attend MIT. It was a huge culture shock, with which I had difficulty coping. I was depressed and had badly injured my knee. My mom sent me a book, “The Power of Positive Thinking,” by Norman Vincent Peale.

I used an exercise described in the book, lying down three times a day, visualizing and repeating “With God’s help I am now emptying my mind of all anxiety, fear, sense of insecurity and inferiority, and sense of superiority”. I visualized those feelings, perceptions, beliefs and emotions leaving my mind and body through an imaginary pipe connected to my head and going out and emptying onto the street gutter. I then disconnected the pipe (being careful not to hurt the threads, of course), and then kept repeating and imagining “I am now filling my mind with love.”

After about three weeks I woke up surrounded and filled with incredible, indescribable love! The old patterns were gone! This inspired my life long self-development process, and avocation of [[evolving]] and promoting self-development and love.

I have experienced, learned and gained insights from numerous self-development workshops, retreats, and energy works. Personal development became my vocation in 2004, when I started working with clients, and teaching them how to do the work.

The purpose of the article is to share this work.

Methods

The Energetic Well Being Process® (EWBP) is based on the premise that people want wellness and vitality, and that our bodies and spirits are designed and constructed to support us being in this state. For example:

- We get a cut, and it heals; we catch a disease and our body eliminates it and develops immunity.
- Our body continuously creates new cells to replace dead cells or those that are not functioning well.
- We get unhappy or “down” about our self or a situation, draw our energy in, then get an insight or idea about how to move ahead. We then move forward with positive intent and excitement.

We do not always support our own well-being. The biggest paradox 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. In other words, we do not always support our wellness and vitality, consciously and unconsciously. A vast majority of our thoughts, emotions, beliefs, assumptions and limitations make us weak and hinder our wellness, vitality and well-being. For instance, we create and hold onto:

- Negative thoughts and emotions, such as self-judgment, judging others, ongoing anger, resentment, inferiority, superiority, guilt and fears
- Beliefs, such as “You can't find people who want to do good work.”
 “There are no quality products anymore.”
 “You have to do it yourself if you want something done properly.”
 “People (who don't think like me) are stupid.”
 “Drivers don't care about anyone else.”
- 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.”
- Limitations
 “There is only so much one person can do.”
 “Nothing I do seems to work. I can't seem to get anything done. ”I feel helpless.”
 “I'm better off holding onto to the past and to the ways that I know will work.”

Such patterns are energy blockages. They consist of overlapping layers of emotions, beliefs, experiences and memories, both conscious and unconscious, which do not foster our wellbeing. They limit the world we live in, getting in the way of what we want. We get them from our experiences, our ancestors, our parents and relatives, the people we socialize with, our society, our environment, etc. They become patterns that become habitual ways for us to think and act. They play in the background of our thoughts, minds and bodies.

When patterns such as these get in the way of our healthy mental, spiritual, emotional, and physical functioning, we get physical and psychological symptoms. Our symptoms serve as wake-up calls in our lives. They may range from minor issues such as stress or fatigue, to more global issues, such as loss of happiness and passion, to more serious psychological issues and physical conditions such as cancer.

While symptoms are sometimes signs of physical disease or disorder, they may also be signs or indications of something stressful or undesirable in our lives. They are signals to ourselves that something is causing us difficulty and that we need to do something about it.

These signals are only energy. They are neither right or wrong, good or bad. They are alerts from our inner self that there is work to be done in order to enhance our well-being.

Often, we experience our symptoms as problems needing fixing, and when they bother us enough, we decide that we want to eliminate them. The truth is that every event in our life loves us and wants us to be free of our symptoms!

To our credit, we often believe that our innate inner wellness will bring us back to health over time, and usually it does. But what happens when the symptoms persist or when they get worse, even with the application of many different treatments?

From the perspective of this Process, symptoms are not an isolated aspect. They are us doing the best we can to get our attention and to do something to eliminate them.

A deeper way of thinking about and dealing with our symptoms is that our ailments and discomforts are created and supported by patterns of root causes and triggers, not unlike the roots of a hundred-year-old oak tree. The conventional approach is to reduce symptoms instead of eliminating the underlying causes. We take aspirin to reduce pain, we take drugs to get our bodies and minds to function, or we get some form of stress reduction to feel better. These are all helpful and may remove the symptoms... a more likely outcome is that we mask the symptoms. The key questions are:

- Do we just keep finding some way to suppress the symptoms so we can function and live with them, and simply cope?
- Do the symptoms come back?
- Or, do we find ways to eliminate our symptoms?

The Energetic Well Being Process (EWBP) that I developed is based on the belief that we need to eliminate the roots. Then the symptoms are permanently removed and our normal well-being processes re-establish themselves and keep us functioning the way we want to. It is based on wellness and oneness with the earth, the universe, and the self. When we completely love and accept our total self, our light and dark, yin and yang, male and female, then we are BEING who we really are. We are in peace, harmony, and joy. We live in happiness, thankfulness and light.

A symptom is cleared away by focusing the person's energy on it. In going through the process, the clearing is made at more general levels, which frequently removes the key roots. When the symptoms persist, more specific roots are identified and corrected.

Here is the EWB Process for removing roots:

- Define the symptom clearly (e.g. my head aches on the top left side; tension is in my upper right chest; my left foot is numb).
- Identify the desired state of being (my head is clear and feels light; my chest is relaxed and peaceful; my foot is strong, has stamina, is flexible).
- Clarify how progress will be measured (e.g. The pain, tension or other state is at level 10 and we want it to go to 0; or the person is supporting the desired state at 80% and we want to raise it to 100%).
- Define root causes, going from general categories to more specific roots.
- Clear the root causes.
- Check progress frequently.
- Continue until the pain or tension is at 0, or the person supports their desired state 100%.

How do we remove (or heal) the roots? Five ways to clear away root causes and support our desired state are:

1. Deprogramming and reprogramming all things that are bothering us, all their effects, everything that feels "off," wrong, not working or dysfunctional, and everything our reactions are connected with.

2. Finding the person's truth.
3. Making quantum connections (as in quantum physics - when you connect two points in a wave, the wave goes away).
4. Becoming neutral by eliminating having a "charge" on any situation or event.
5. "Apply" – Expressing "Apply" to yourself anytime you remember something that has cleared before and you are feeling the need for it again. Also, express it at any time you hear about a symptom or a clearing that is for someone else that resonates with you.

By clearing the root causes, the symptoms go away, and we are reprogramming to our Desired States We are deleting off our brain's 'hard drive' the causes for the symptoms and for not being neutral. As we clear, in the majority of cases, the symptoms quickly go away. The amount of effort needed is dependent on how many roots there are.

There can be numerous possible root causes for a symptom. If you think of plants, bushes, and trees, some have a single or simple roots, some have several, and some have many or a whole system of roots. When doing the EWBP, the energy in the body is continuously used to guide progress.

Muscle testing the strength in the arm provides the guidance needed for identifying and clearing root issues. Muscle testing is based on the experience that when we are feeling and experiencing our truth, our energy is strong. The strength in the arm can be tested by holding the arm horizontally, or hanging down about 6" away from the body, and gently applying pressure down on it. When we are in our truth, the arm is strong without much effort. When we are feeling or stating what is not our truth, applying pressure with a single finger moves the arm no matter how strong the person is trying to make it.

When searching for the root causes of a symptom, if a possible cause is mentioned and the arm tests strong, it is not a root cause. When it tests weak, it is contributing to the presenting problem. So, whatever tests weak guides the process.

A way to do muscle testing for ourselves is to hold one hand down on a surface with one finger extended, and to apply pressure on the finger with our other hand. With practice, when a person gets better at sensing their own strength or weakness they can feel an inner strength or weakness without physically muscle testing.

The process is often used when working individually with clients – in person, on the phone, and on Skype. When working with a client remotely, an experienced practitioner may be able to sense clients' strength or weakness in the therapist's own body, or they can muscle test themselves using one hand on another.

In this process, you cannot do it wrong. The worst thing that can happen is that nothing happens. On the other hand, the normal impact is that symptoms go away quickly, and the clients support their desired states.

I also teach others how to do this work. My basic way of teaching is to explain a part of the process, demonstrate it, and then get the practitioners to sharpen skills with each other by doing the work to delete symptoms. Thus, it is a skill-building process. They gain confidence as they keep experiencing deleting symptoms, with clients reporting that their symptoms are going away and that they are getting stronger in supporting their desired states.

Examples of how EWB helps

Dr. Margaret Gennaro, Holistic MD, FAAP, NMD, ABIHM, from Fairfax, VA, referred a patient to me who had gone to her repeatedly with excruciating migraine headaches from which she had been suffering for 45 years. Nothing was helping. Dr. Gennaro has graciously agreed to allow us to use the following story of what EWBP did for these clients (the client names have been changed for confidentiality).

Unrelenting, debilitating migraines

Abby reported:

The migraines started in junior high school, around the mid 1960s. I think I dealt with migraines for 45 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- per week, unrelenting, debilitating series of migraines that occurred one right after the other, and medication wasn't helping.

It took seven sessions with LeRoy to completely clear the migraines. There were many layers of life issues to clear that were key turning points. 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.

Dr. Gennaro adds:

"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 four weeks disappear, but they never returned."

Abby thanked LeRoy profusely. She noted: "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 (medication for migraine) 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!"

Mistaken Identity

Helena reported, "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 I 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 32 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 throughout 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."

Comment from Dr. Margaret Gennaro, MD, FAAP, NMD, ABIHM

"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."

In summary

We humans naturally have physical strength, stamina, flexibility, mobility, and agility, and we have physiological, spiritual and emotional wellness, energy, vitality, and resilience. When we get physical symptoms, we commonly assume that 95% of the root causes are physical. In this work 95% of the root causes are non-physical, and they can quickly be cleared away.

We do not need to be victims of our own negative thought forms that bring on suffering and struggles in our lives. Unfortunately we grow up with very limiting beliefs that limit our abilities to break out of our old patterns.

Helpful references

For more on my approaches see:

<https://ewbp.com/how-it-works/>

Malouf, LeRoy "Knowing and Living Your Purpose", LCCN 2013955509, ISBN: 9781939166357 (print)

Malouf, LeRoy "Awake, Refreshed and Energized", LCCN ISBN: 978-1-945756=11-5 (Print)

Available on line:

- <https://ewbp.com/product-category/books/>

- https://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=leroy+malouf

I worked for many years in and with large organizations and a consulting firm, and trained and consulted on individual and organizational development. My passion was to work with individuals and organizations in powerful ways so that they transform themselves to better achieve their desired goals.



I founded LeRoy Malouf and Associates in 1975, which later acquired and became Situation Management Systems, Inc. (SMS) – the company is now a woman-owned minority firm, and is owned and led by three (out of six) of my adult children – Sherri Malouf, Cindy Smith, and Richard Malouf, and I am Chairman. LMA and its subsidiary, SMS, have provided consulting services and high-impact training - to enable individuals and managers to work more effectively in organizations and to help the organizations operate more effectively - to hundreds of clients and organizations.

TERMS OF USE

The International Journal of Healing and Caring On Line is distributed electronically as an open access journal, available at no charge. You may choose to print your downloaded copy of this article or any other article for relaxed reading.

We encourage you to share this article with friends and colleagues.

The International Journal of Healing and Caring
P.O. Box 76, Bellmawr, NJ 08099
Phone (609) 714-1885 Fax (519) 265-0746
Email: center@ijhc.org Website: <http://www.ijhc.org>
Copyright © 2018 IJHC. All rights reserved.
DISCLAIMER: <http://ijhc.org/disclaimer/>