

The ZPoint Process

Erasing the Tape Method

The Erasing the Tape Method relies heavily on the power of intention to re-program the subconscious mind. We specifically use intention in a very direct way. We INTEND to clear EVERY **thought, memory, belief, attitude, emotion, assumption and conclusion** that does not serve our highest good AS IT RELATES TO THE AREA WE ARE FOCUSING ON.

To do this we simply count backwards from 10 to 0 with 10 representing this moment in time and 0 representing the moment of our conception. We erase the tape of everything in between as it relates to the area we are focusing on.

This technique is simple yet incredibly effective. We are clearing “all the thoughts, memories, beliefs, attitudes, emotions, assumptions and conclusions” about a condition in our lives that seems to have us stuck. Here’s how it works:

Step 1 - Identify the area you want to focus on.

This could be a relationship, a health condition, a negative belief system, an addiction, etc. Basically *anything* you want to work on. Truthfully, there are NO limitations on areas to work on. Open your mind and allow yourself the widest possible latitude. Use it on EVERYTHING.

Now write every limiting thought, memory, belief, attitude, emotion, assumption and conclusion that comes to mind about that topic.

You now have a “bundle” of information about this topic which helps to clarify all the negative patterns your conscious or subconscious mind may be running about the topic. Our intention is to release it all by placing the whole bundle in the circle you’ve created in your mind or on a piece of paper. Visualize yourself tying a big ribbon around your bundle. Now give this bundle a name. Then simply place or write the name of your bundle within your circle.

Step 2 – Set your intention.

Say to yourself: “Every time I use the Erase the Tape Method I will release all the thoughts, memories, beliefs, attitudes, emotions, assumptions and conclusions I’ve ever experienced concerning whatever I’ve placed or written within the circle.” (Your subconscious will remember that intention from this point forward and it need not be repeated each time you repeat the process)

Then, having set your intention to clear EVERYTHING you’ve placed in your circle, you will simply count from 10 to 0 repeating your cue word for a comfortable period of time after each number. Remember that 10 represents this moment in time and 0 represents the moment of your conception and that in a very real way you are Erasing Erase the Tape on everything in between.

You may need to Erase the Tape more than once. There may be layers to your topic. And that's OK. As you count backwards you may find more thoughts surfacing about the subject you're working on. As these new thoughts surface, write them down. Create a new "bundle" with this new information and place it into your circle for clearing. Tie it with a ribbon and give it a name. Just keep doing this until you feel all layers are cleared.

Do this for present life, pre-life, past lives, generational patterns, future lives, parallel lives. Go backward, forward, sideways. To do this you simply set the intention to release everything in your circle in my pre-life, past lives, future lives, parallel lives and through generational patterns *as they relate to the area being cleared*. And simply count down again while repeating your cue.

Step 3 – Finish up by repeating:

I clear all the ways I'm holding any of this in my body, or anywhere else. [repeat cue]

I clear all the patterns connected to all these ways. [repeat cue]

I clear all the emotions connected to all these patterns. [repeat cue]

Optional Step – Installing what we want.

Now, if we feel so inclined we can install what we wish to replace what we've erased. We can install literally anything to replace what was there, but it may be easier to simply install the opposite of whatever was erased. If for example you are erasing an inability to do something, then install that ability. If you erased difficult feelings, install appreciation, love and acceptance of self.

As you did in step 1 above, you may wish to make a list of all those things you want to install. By doing so you have created your *installation bundle*. Wrap that bundle in a big ribbon and place it in your circle.

Now, simply set the intention that the subconscious will fill the tape with the qualities you desire and set 0 as the place to begin (birth?) (this moment?) and 10 as the place to finish (infinite). You may also countdown from 10 to 0 if you perceive the installation as planting a new ability or quality deep within you.

Additional Information

Please note that Tele-classes are available using this method. Please visit the Teleconference page by clicking on www.zpointprocess.com/telcon.html.