

YUEN METHOD® STRENGTHEN PERCEPTION SHEET

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Strengthen **page first** – generally - only feel for *specific* weakness (1,2.) *when there is no perception of shift*.
Numerical profiling can be an important tool to use here.

1. MISINTERPRETATION (Very common in first-time clients)

- a) **“Opposing opposites”** (*misinterpretation octagon*) for perceiving what is:
<the same/**not the same**, **different**/not different, **changing**/not changing, perception/no perception>
- b) Strengthen neutrality in perceiving the changes and being neutral to (having) **perception/no perception**

2. DISCERNMENT

Newly added. We need to be energetically strong & neutral with comparing; and rejecting (*the non-answers or things that are strong*) and accepting (the weakness) - what’s left - as the answer.

- a. Strengthen any weaknesses or struggle with:
< rejecting / not rejecting - comparing / not comparing - accepting /not accepting >

3. TIME FACTOR

- a) Strengthen any weakness in **time**
(FOREVER, eons, centuries, decades, years, months, weeks, days, hours, this moment)
If “time” factor tests weak, go through the list and ask the open ended question
“what time element (block): days, weeks, months, years, decades, centuries, eons, forever”

4. DISTORED PERCEPTION – Judgment Factors (most are related to judgment or criticism).

- a) Strengthen neutrality to **others' perception** (influence)
- b) Strengthen **previous perception** (weaker & incomplete => strong & complete)
- c) Strengthen neutrality to **how others perceive each other**
- d) Strengthen neutrality to how **we perceive ourselves**
- e) Strengthen neutrality to how **we perceive others**
- f) Strengthen **ancestors/collective limitations** on *our* perception/intuition (“you can't do this”)
- g) Strengthen neutrality to **how other's perceive us**; not neutral can attract, perpetuate problem)
- h) Strengthen energetic support **to keep & perceive the shifts** <100% - 100% of the time - **and infinite time**>

5. CONSCIOUS AWARENESS OF SHIFT (neutrality blocks)

- a) Strengthen & clear **weakness to “holding on” to symptom**
(i.e. **neutral to**: go away/not go away, disappear, improve, better, losing, normal, stable, over, forever, etc)

6. REVERSE PERCEPTION

- a) Improvement triggers **intensified symptoms**. (Can include other “opposites”)

When symptoms **intensify**, we must still stay neutral and not panic. Check & strengthen reverse perception quickly and any time elements - (See #2 Time Factor) down to 'this moment'

7. SELF-SABOTAGE

Self-sabotage weakens the person’s neutrality to perceive changes.

Self-sabotage is the shortened **pentagon** of: (NOT) <**ready - willing - able - deserving - committed**>.

8. INSUFFICIENT / INCOMPLETE PERCEPTION / AWARENESS

Strengthen "INSUFFICIENT HEXAGON" <QUICKLY, TOTAL, COMPLETE, ABSOLUTE, PERFECTLY, ALL>

A person might want to hold onto a little bit (*as a memory because they have remember or reminder energetic weakness*). One or more of these words could show weakness. As always, strengthen the "INSUFFICIENT PENTAGON" - **generally** - (i.e. at the general level) first.

9. RANGE EFFECTS

Weakness to 0 or 100%; stays in that (grading) range instead of infinite potential (>100%) or 0/minus infinity (clearing)

10. MIXING UP PERCEPTION AND THINKING

Many highly **logical** thinkers can't *perceive* anything **until they think about it first**.

So, they **think, think, think** and wait / wonder when they're going to *perceive* something. The "**think first, then perceive**" can become a huge energetic block to perceiving **any shift**.

Many "thinkers" can't shut off or let go of their thinking – **ever** – to intuitively feel for strong/weak – or notice something has shifted.

Logic and intuition needs to even – at 50/50. Many conventional thinkers have this closer to 100%/0%.

Separation

For some, *thinking, feeling, emotions or even sensations* can get mixed up – and combined with – perception. We want these separate, so a person can get a clear feeling of strong/weak without their thinking affecting it. So, check and strengthen the separation of:

1. **Perception** from **thinking**
2. **Emotions** from **thinking**
3. **Emotions** from **feeling**
4. **Sensations** from **thinking**
5. **Reactions** from **thinking**

A good pentagon for clearing / separation of these elements is:

<Emotions – thinking – feeling – sensations – reactions – perception>

11. THE NEED TO GET SPECIFIC

Some with perfectionist tendencies might shift generally, but not perceive change due to "*the need to be specific*" about the <reasons – causes – sources> of their life problems.

12. IMPRINTS

Mind/Spirit memories are imprinted into physical area - and this affects perception of change.

There are often "Personal Profile" effects (*who we / others think we are*) – that need to be cleared – that prevent us from perceiving shifts.

Personal Profile is the pentagon: <sentiments – imprints – memories - roles – identities>

13. HAVING REQUIRMENTS, RULES, CONDITIONS

Having the need for internal pre-conditions may block or distort perception; The THREE ELEMENTS are all SELF-LIMITING patterns that have the common element of a *long waiting period*...

Often, we have mental stories (idioms) or patterns that cause us to “*wait and see*” (focus on the “wait”) – before we can (allow) / perceive a change.

Need to:

- see it, hear it, believe it
- do it myself / be healed by someone
- be touched, not touched

14. KARMIC INFLUENCES

Can have spirit attachments or other entities energetically blurring our perception as part of a curse or karmic tether:

- block by deception, fears, limitations, trauma, etc.

15. TRUTH

Our lack of neutrality to truth (true/not true, false/not false) can be blocked by many factors - and this can and does block or distort perception.

16. OPPOSITES

Opposites are many-fold in their influences in blocking our perception. Our truths are so often *opposites*, so this is a critical element to visit in perception. When opposites come up, ask “how many?” and clear.

Full Article on Perception on nowenergetics.com: “[Clearing Perception Blocks](#)”