



**Course Two**  
***Your Critical Factor***

AromaNetix.ORG

AromaNetix™  
The Basic Courses

by Douglas Myrick  
Founder of AromaNetix

**Course 2:**  
**Your Critical Factor**

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We DO NOT render or offer medical or mental health advice whatsoever.

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### **How to Approach this Study**

During the course of your AromaNetix studies, should you encounter a concept or idea that feels disharmonious with your own privately-held values and beliefs, please disregard the disharmonious concept, skip it, and move forward with your studies.

One stumbling block to personal development is to become pre-occupied with disharmonious reaction surrounding an opinion or concept which does not serve you. There is something for everyone here, but not everything will resonate with every individual. Therefore, use what is meant for you and set aside the rest. 

Approach AromaNetix like you would a buffet, picking-and-choosing what best suits your individual preference and taste; ignore what cannot serve you at this time.

Some techniques will resonate with you, while others may be off-putting or inapplicable to your present needs. Simply move past what cannot serve you, and press forward to find what resonates with your spirit.

This buffet-style approach allows individuals from all walks of life to find something useful in AromaNetix. AromaNetix is not a science, but a philosophy of mind, body, and spirit. Absorb from its teachings what may serve you; discard what cannot.

All who use AromaNetix are expected to abide by this buffet-style approach.

Thank you.


2:46 PM


17 September 2018

From the desk of  
Douglas Myrick



Douglas Myrick  
Creator of AromaNetix

Hello, again, and welcome back to the Basic Courses. In this second installment of the series, I will address your inner critical factor and how such interferes with your life. In Part Two I'll address how to use  *inner processing* and *exterior viewpoint/perspective* to reduce away the critical factor. Lastly, we will delve into five more techniques, along with scripts and a follow along YouTube video link.

Over the coming year, I will publish courses which will enable the thinking individual to learn and use the entire first level of AromaNetix, all for free. There is much to learn, and we've only just begun. 

Should you wish to help support this effort, please contact me through our Facebook page. Again, welcome back, and thank you for your interest in learning AromaNetix.


Be safe. Be well.



**Your Critical Factor**

**PART ONE**

***The Secret Enemy Within***

**I**s there, within the thinking individual, a dynamic, opposing force which casts doubt upon their likelihood for success? Could there be some hidden mental factor secretly working against your best efforts to get ahead? Have you needlessly struggled in some area of your life, all this time working twice as hard for modest results? In this course, I will assert the personal opinion that, yes, you likely have struggled with yourself, and that if you continue to remain inwardly conflicted it will only result in frustration and delay. 

**Your Critical Factor**

Deep within the mind of the thinking person exists a potent force which is responsible for most everything that occurs automatically in your body—from breathing to cellular repair and growth. Trillions of cells, in fact, make up the human body; each acts according to its purpose, supervised by the seemingly unlimited, deep subconscious mind.

I am referring to that same subconscious mind which the stage hypnotist seeks to influence; that same force which commands the automatic functions of your miraculous body. The regulation of osmotic pressure; the digestion of food; organ balance and tissue repair; the facilitated diffusion of essential fluids; the production of blood cells; the search for and destruction of invading pathogens; the obliteration of defective cells; the resting state of the brain during deep sleep.

Countless body functions occur every second, thanks to your fantastic subconscious mind. How many times have you blinked while reading this passage? How many breaths did you take? Did you count each beat of your heart? These and other vital, priceless functions are handled for you by the powerful subconscious mind.

*Everybody has one, and they all think.* I'm talking about your powerful brain. Your brain has the incredible capacity to create or destroy; wreak havoc or spread tenderness and compassion. The human mind, properly set to work, may erect skyscrapers, scour the ocean floor, peer into the vastness of outer space, or plumb the depths of the human soul. Despite this seemingly divine nature within us, why can't we seem to get along? The answer to this age-old question is the same for all thinking people: *fear of loss*, aggravated by the inflamed critical factor of the mind.

I hope you will grow to embrace this basic truth about yourself: inside of every reasonably intelligent, thinking person there exists a critical *voice* or mental factor which sometimes opposes their thoughts, intentions, and desires.

Just for now, speak or think the following words:

*"I am a passionate, excited leader, and people love me!"*

*"I have all the money that I need, to do all the good that I desire."*

*"I love my body and I feel confident in my appearance."*


*"I am free of every kind of fear or phobia."*

*"I can break any bad habit easily and at will."*

*"I have always made the right decisions in life."*

*"I am always happy, upbeat, dynamic, motivated, and inspirational."*


Now, when thinking or speaking those words did you notice any negative feelings, thoughts, or comments bubbling up from within you? If so, you have just witnessed your critical factor at work, trying to bring you down in order to keep you safe. But, safe from what?

Your critical factor is an internal self-regulating process that is a part of your vital *fight, flight, or flee* response to threat or danger. Your internal critical "voice" rises to help warn you whenever you stray into erroneous or potentially dangerous decision-making. Thinking about having that extra glass of wine at the party? The critical factor steps in to remind you, hopefully, of incidents where individuals drove tipsy and regretted the decision. Thinking about popping off to that six foot, six-inch-tall biker about how you dislike tattoos? My friend, I feel for you—and, your critical factor hopefully will shake you out from your ill-fated journey. 

## **It Wants to Keep You Alive**

Please understand, your inner critic serves as a PROTECTIVE factor; at least, that is how the critical factor has worked for many thousands of years. There was a time in human evolution when it was essential for our ancestors to instantly recall dangerous incidents from the past. That low rustling in the reeds could be an approaching predator! That angry look on Og, the tribal leader, might be something worth noting. That squeamish sensation while picking berries could be a reminder of a previous incident when ingesting the wrong berry meant days of extreme illness. Human survival relied on the efficient, persistent critical factor of the mind.


It's primal, after all. The region of the brain where this critical factor resides is called the limbic system, which deals (in part) with emotional memories. The evolving bipedal human hominid grew through experience and innovation; stimulus and response. Over hundreds of thousands of years, *Homo sapiens* (“wise man” – the species to which all modern humans belong) grew and progressed thanks to the ability to adapt to change. Those who could not adapt died off; those who died off did not pass along their genetic traits. Nature eventually caught up with those who slipped through her cruel snare.

It is believed that through this progression of change-adaptive traits, humankind evolved into today's high-stress, high-tech beings. Dare we call that true progress? The trouble is, we still have within us this hyper-protective mental hardware from days gone by. No longer do we all need to fear the roving wolf pack, nor the widespread ravages of an unprotected winter exposure. No, today's woman or man faces workplace stress, political intrigue, financial uncertainty, addiction to tobacco or other drugs, crime, violence, and reality television. Still, the critical factor remains an active presence in our daily lives. 

The evolutionary, life-sustaining advantages of an active critical factor served our kind well, didn't it? But, think about all the people in today's world who live out their lives never reaching their full satisfaction, happiness, or true potential, all because they fell victim to the inner critic. I do not want this to happen to you! Life is short, and precious is the time we waste listening to the scared, foolish inner critic. This course will empower you to break free and finally live life on your terms.



## **Life Demands a Balance**


Success, it is said, is incredibly simple to obtain: just balance your work, home, personal, spiritual, financial, environmental, and emotional lives. Gosh...is that all? I say that rather *tongue-in-cheek* because success is anything but simple. A happy, well-rounded life demands a price, which is *balance*. The balanced life is one led by the gentle mastery of those contributing dynamics which make life worth experiencing. 

In AromaNetix we utilize the **Tree of Life**, also known as the *Arbor Vitae*. This tree, in the basic AromaNetix coursework, refers to the **seven major branches of life**:

1. Physical
2. Emotional
3. Cognitive, or Mental
4. Social
5. Spiritual
6. Financial
7. Occupational (how you occupy your time).

The harmonically balanced life enjoys significant, ongoing strength and stability along all seven of these important areas. One who has found their way toward harmonic balance is said to have discovered her unique path to total freedom and personal liberation—or simply what we term *the Free Path*. This progressive realization of inner harmonic life balancing is what we call living upon the *Free Path*.


## **Your Unique Path**

What is the *free path*? Only you may decide what the free path means for you. Such is not for me to dictate or decide; only you may know when you are walking in the rhythm and flow of sincere p[progress toward mastery of the harmonically-balanced life. We are not here to judge but to offer workable methods which may serve your growth, as you see fit to apply them for your own benefit. This worthwhile series of free courses may aid you in finding and returning to your own free path, as you choose to see it, when you are ready to begin your journey to greater self-discovery. You are always in control, as you should be. 



## **But, First Something's Gotta Give**

The balanced, progressive life demands a price, and until that price is paid one cannot fully experience her true potential. Once she finds herself set upon the right path toward her goals and dreams, nothing may stop her. This is the unlimited power hiding latent within the encumbered human mind.


A personal balance is essential to cultivating emotional freedom. Why is emotional freedom vital for lasting happiness? Because change is difficult when your mind struggles with various internal battles and conflicts, from emotional baggage and abuse to present-day stress and hardship. It's like your arms are full of groceries, and you are trying to open a locked front door. Your arms are too full to get where you want to go.

Your *emotional arms* are simply too full. You are carrying around the pain that you've long since forgotten about, but your mind knows it is there. You are struggling against the inner critical voice that tears you down whenever you get a leg up. You are wrestling against powers and principalities of this world which are hell-bent on keeping you imprisoned in the stress, aggravation, frustration, injury, and depression of the day. You have got to set that down if you ever hope to move up. Isn't it time to come on and lay that down? 


Something's gotta give. It's just that simple. Say it with me: “Something has just GOT TO GIVE!” If you want to move ahead in life, something's gotta give. If you want more, better, or different from life, then something has got to give. If you want a memorable life experience full of joy, service, satisfaction, and love, then something has simply got to give.

So many in life are trying to get ahead, but the price life demands is far more than they can afford because their “resources” are wasted on managing past and present situations and on feeling like hell. Our negative feelings *scatter our seed* of personal power and concentration; focus and follow through. The scattered seed produces no harvest.  When the enemy within scatters your seed, you have got to **redefine your mind**,  because face it—*something's gotta give*.

## **Forty-Three Light**

If your goals and dreams cost a dollar, could you buy them with only fifty-seven cents? Of course not. *Life exacts its full price* and rewards you with its full measure. How many times have we asked ourselves "why can't I get ahead?" all the while trying to buy our goals and dreams with only fifty-seven cents? We struggle to find and keep that balance in life, and when it's time to pay the dues we come up forty-three cents light. The emotional toll of past and present experiences weigh heavily upon the mind, robbing us of those metaphorical pennies until we are left with too few resources with which to buy our goals and dreams, hopes and desires. 


The best of life is waiting for you, but it takes the full measure of your talents, skills, and concentration to make it happen. Life is ready to give you the best, but fifty-seven pennies just ain't enough. Why not go all in? It takes your best talents and gifts to buy your dreams, but fifty-seven pennies ain't enough. It takes your skills to pay the bills, but fifty-seven pennies ain't enough. No matter the fight, you're still forty-three light, and fifty-seven pennies ain't enough, dear friend.



Now, let's turn that situation around and get you back on the path. Imagine being able to think of a personal adversity, and instead of feeling triggered or upset you simply shrug your shoulders and forge ahead. Yes, you will always keep the life lessons you learned from the experience, but you no longer need to suffer from the past. That's the sheer power of AromaNetix out-processing to silence the old recordings deep within your inner critic. When you stifle the critical factor, you set your feet upon the free path to your own unique emotional liberation. 

## **Fearless Compassion**


The major religions of the world all agree upon and teach three simple principles:




1. Do good.
2. Become better.
3. Share love.

Humanity is at a crossroads like never before in recorded history. Conflict, strife, war, and unspeakable suffering rage across the globe. We dare pride ourselves as masters of the new era; yet, our proofs are wanting, at best. We have the ability to peer into the majestic vastness of space. We have the power to scan and catalog the very depths of the oceans. We hold ever-unfolding breakthroughs in the sciences. So why can't we find lasting peace? I believe we now may find common ground. 


Answers to that stirring question vary from culture to culture, but at the core of the *rot and disease* of human conflict, there exists one persistent cancer, which is  of loss. I wonder how quickly our fear of one another would dissipate, and world unity form, were we to face a credible threat from an extra-terrestrial event. Were an errant asteroid to threaten collision with Earth, how efficiently our thinkers would unify to resolve the extinction of our kind! Beyond superstition and needless fear there exists your path to personal truth; break free and find your balance-leveled life. As each thinking person finds her way, the collective consciousness of humanity is elevated evermore. This is one way to lasting peace. 

## Competition Within


Is it necessary to struggle and compete for so-called success in this life? Must we try to out-do the other fellow in order to get all the material resources we may gather? Are we so craven as to deny others a basic standard of existence so that we may hoard cold metals and lifeless bank notes? Is rank competition the secret to happiness and success, or is there a greater path? 



There will always be individuals who are either better connected than you or who possess greater skills. Why strain and struggle, one with another, for fleeting riches? Life, it has been said, is like a summertime sleep-away camp, where some fervently carve their initials into the trees, desperate to make their mark in some enduring fashion—as if  *consciousness itself* were somehow mortal or transient. At the appointed hour, we campers return home from whence we came. The hoarding of material wealth is your choice, but such buys only a moment's peace. Perhaps it is better to invest in *a worthwhile endeavor*  that builds the character of spirit, mind, and body, however you see fit to approach such work? 

When you lead your life with love, you will LOVE the life you lead.

It is not necessary to compete with others for customers, work, or resources. This glorious universe has provided an incalculable sum of resources if we but had the wit to grasp and harness its full measure and supply. There are those who will purchase what you offer; serve them well, and think less of how to deny others their own sales. There are those who will gladly employ you and happily apply your gifts and talents to the greater work. There are those who will recognize your skills and reward you for your service. 

Give thought and diligent work toward how best to solve the problems of humanity, at a fair and reasonable price, and you shall know no want throughout your days.


Consider giving time and effort to worthwhile activities that bring about greater health, wellness, and stability. The respect you show yourself is repaid ten-fold in the powerful subconscious mind. It is not conceited to form a healthy love and respect for your own well being. Love yourself a little more, when you may. If you are a spiritual person, consider drawing closer to your chosen faith with greater zeal and commitment. An hour of heartfelt prayer is greater than many armies, and a moment of sincere connection to your own personal Higher Source is mightier than the obstacles which beset you. When you find a power within that sets you upon the path to righteousness  you perceive such, it is a prize to hold; a treasure to preserve.

We cannot *out-compete* away our emotional deficits, baggage, and pain. When the "inner self" obtains harmonic balance, and the outer becomes like the inner; when that which is below becomes as that which is above, only then will the thinking person cultivate lasting peace in her time. A blessed, happy, and fulfilled person carries with her no taste for war or bellicose strife. A man who is loved, respected, and suitably employed in his particular field of talent seeks constructive life patterns, not the ways of death. The secret to enjoying a life of greater abundance is not to out-do your fellow people, but to  **do** your own emotional balance, health, and well being. Seek a harmonic balance within, reducing away the critical factor through AromaNetix out-processing, and discover your true purpose. 

## **The Motivation Myth**

During speaking events or via coaching sessions, people sometimes explain that they could have more in life if they were just *more motivated* to go out and get it. Is motivation what's missing in your life? The truth is that you are probably already motivated enough to achieve most anything on your list.

If you weren't motivated you wouldn't bother with taking these free courses. That fact should offer you some encouragement. You are already motivated enough to do something greater in life. It doesn't take much motivation to begin your journey to self-revelation. You simply need to silence the inner critical factor which robs you of the drive, focus, and follow through that leads to greater success and achievement. The path reveals itself before you as you progress.

Internal clarity brings results; results bolster your belief, which adds to your motivation. Take the first steps in a little faith, and then watch for the process to begin. When your subconscious mind witnesses your commitment and follow-through, it may begin to trust and believe in your dreams anew. That which is two must  *become one* in focus, in purpose, and in action.



## **Healing the Broken Trust Within**

The Latin writer Publilius Syrus said, “where there is unity there is always strength.” “So powerful is the light of unity that it can illuminate the whole earth,” said the spiritual leader, Bahá'u'lláh. According to the Book of Matthew, Jesus spoke, “every kingdom divided against itself is brought to desolation.” The inner kingdom of our own mind must be united if we expect to apply the full measure of our true potential in life.

What divides the inner kingdom of the mind is the broken trust which forms each time we have been exposed to traumatic or micro-traumatic experiences. It takes very little exposure to upset the balance of the sensitive subconscious mind. Remember, your subconscious mind must keep you safe and sound, no matter what. Such a task requires efficiency, sensitivity, and a tendency to form protective memories at the least provocation.

Think of a time when you made a painful or costly mistake. Your subconscious mind recorded the event, wrapped it all up in emotion-laden memory symbols, and filed it all away in order to help you avoid a similar incident later on. The bond of trust became compromised between your conscious, deliberate, decision-making mind and your powerful, reflexive, subconscious mind. *The subconscious stops trusting your ability to make safe decisions.*

It is my opinion that after enough triggering and repeated exposure to traumatic incidents, the subconscious attempts to take over part of the decision-making process in a hasty bid to keep you safe and alive. This becomes problematic, as the irrational subconscious mind often leads us into more problems than it first set out to avoid-- all which further inflames the critical factor. Such becomes a *self-defeating, vicious cycle* of struggle for control that leads to inevitable pain and frustration.

## **Most Thinking People Are Affected**


Chances are, you already know people who are carrying around untold numbers of these internal conflicts and self-limiting, change-resistant tendencies. Perhaps the thinking person may be guilty of *over-thinking* from time to time, and somehow that may lead to greater susceptibility to the critical factor? Be that as it may, is my personal opinion that this internal criticism and self-limiting factor tend to affect reasonably intelligent individuals more so than others.

There have been times when each of us has been injured, disappointed, taken advantage of, lost something, arrived late, kept a messy home, lied, cheated, broke something, forgot an important date...*the list stretches on and on*. Each and every painful, embarrassing, or upsetting incident became yet another layer of distrust pressed between our *thinking* and *feeling* minds. If you hope to change and grow, you simply must straighten out this internal conflict and imbalance. After all, as Abraham Lincoln wisely said, “a house divided against itself cannot stand.”

## **Case Study 1:**

### **Phobia Cure**

Ms. S. Owens, from Ireland, presented with a powerful, lifelong phobia of frogs and toads. One 40-minute phone call reduced her phobia from an impossible “11” down to a happy, manageable “2” (on the zero-to-eleven scale). Her positive results persist to this day.


What techniques did we use to achieve these great results during our phone coaching session? The *trash can stomp*, the *push/pull*, and the *freeze, shatter, and melt*. 

## **Case Study 2:**

### **Sexual Assault Traumatic Release**

S.M., of Arkansas, presented via phone with what was described by S.M. as self-sabotage behavior, depression, hostility, trigger sensitivity to select themes, hopelessness, and suicidal ideation. S.M. was immediately informed of the limited scope of AromaNetix as a self-help method, not a substitute for mental health services. S.M. received several contact resources for licensed, trained mental health professionals in the region. Having been so advised of limited scope, S.M. learned the *trash can stomp* and the *elemental cleanse* techniques and used them in a self-help capacity.

S.M. reduced from an extremely painful "eleven" down to a "one" in the course of one day of using the self-help exercises. Encouraged by the great results, S.M. contacted a


licensed, properly-trained mental health provider in the region and now receives the extremely beneficial help that S.M. might otherwise have not been willing to obtain. 

Always remember, AromaNetix is NOT medical care or mental health care. However, AromaNetix has helped individuals realize that real help IS possible, leading them to pursue appropriate professional care elsewhere.

### **Case Study 3:**

#### **Gaslighting and the Toxic Narcissist**



*Jane Doe* (identity withheld for safety) contacted us wanting to learn how to help ease her anxiety response to tense situations. She was taught how to customize and use the *trash can stomp*, the *arms of the angels* (located in this course), and the *push/pull* techniques. Jane reported dropping from an extreme “eleven” to a flat-line “zero” after using the three techniques. It's important to note that in coaching work I rarely need to know any of your personal or painful details; the good results still happen regardless.

About a month later I heard from Jane Doe. While she did come to me for help with anxiety, she used what she learned to help herself break free from an extremely toxic, dangerous relationship with what she described as a controlling narcissist. The offender had abused her for years, leading her away from family and friends into isolation and terror. Jane found the self-respect to garner support, and she made a clean break. Jane received proper mental health care and now has been free from toxic people for nearly two years. Change IS possible when you break free from old patterns of abuse and conditioning. 

## **Case Study 4:**

### **Homophobia / Racism Release**

*John Doe* (identity withheld for his safety) was raised in a family which was affiliated for three generations with a certain organization recognizable by hooded garments and fiery displays. I'll leave it at that. John was a young twenty-something who realized that he no longer wanted to be gripped with the rage and seething anger that had been instilled in him since age five. He wanted to make a clean break from his upbringing, relocate to a large city, and start fresh. John Doe understood that his homophobic and racist past needed to be released, in order to make room for tolerance, acceptance, and compassion.


John contacted me with this tall order, which I agreed to attempt for free in admiration of his intentions. I taught John how to help himself through use of the trash can stomp, the arms of the angels, and how to get outside of his established mental programming through the use of  *variation* and *exteriorization* techniques. I walked him through the process for each type of exercise and wished him the best. 

Expecting never to hear from John again, I was surprised when he phoned me about two months later with great news. He did the work and reduced away untold amounts of pain, suffering, torment, guilt, blame, and self-loathing—all using the techniques which I provided. He felt free, but tested himself in two distinct ways: he visited and participated in a gay pride event, and he helped raise money and support for the *Black Lives Matter* movement. “Douglas, I've never felt more at peace in my life than I do right now. You gave me back my soul.” I thanked *John Doe*, but reminded him that *Douglas* did not create the magnificent human mind. To quote Shakespeare, “praised be God, and not our strength for it.”

## **Case Study 5:**

### **Improved Grades, and a Surprise**



J.M. was a college sophomore majoring in biological sciences as a pre-medical track, and he wanted help dealing with test anxiety and memory retention for exams. I recommended the *trash can stomp* exercise to alleviate anxiety response, and I suggested he use Rosemary essential oil along with basic AromaNetix relaxation exercises (deep breathing, muscle tension and relaxation; mild use of positive, aroma-augmented affirmations).

At the end of the term, J.M. reported a complete release of all test anxiety response. Furthermore, he was pleased to report that his coursework memory retention had improved remarkably, allowing him to lift his grades across all his courses. "I understood the simple science behind this concept, but I wasn't convinced until I tried it, myself," J.M. told me. Then J.M. shared with me that he tried the trash can stomp on his recurring nightmares, and to his surprise, the nightmares ceased. Better grades and a better night's rest, all through basic AromaNetix™. 

**Your Critical Factor**

**PART TWO**

***Getting Outside of Yourself***

In this section, we will explore a new strategy called  *prioritized viewpoint*, or simply **exteriorization** for short. The concept, itself, is not new; for many thousands of years, humankind has used the imagination to move as birds do, see the unseen, and enjoy flights of whimsy. What is different is that we may now use various iterations of  ted perception to give ourselves relief without involving the over-protective ego. When we shift outside of our perceived limitations, the limitations we perceive shift.

In **Part One** you were introduced to the concept of the *Critical Factor* and how it interferes with your progress. In this section we will go more deeply into the mechanics of the mind, introducing an exteriorization technique that enables the thinking person to bypass her own egoic restrictions and break free from the limits that she feels are set.

**The Human Ego**

What is in a human that makes us evermore *human*? In the words of the great Archibald MacLeish, “The only thing about a man that is a man . . . is his mind. Everything else you can find in a pig or a horse.” It seems, then, that the mind of an individual may be the chief-most defining characteristic of that which we call *humankind*. We are aware that we exist. We are imbued with the undeniable universal consciousness which pulses through us, constantly. Daily, we rise and rest knowing at the core of our being, “*I AM!*”

It is within this awareness of self, the great *I AM*, that humankind draws its strength and its failings. The human ego fuels the survival impulse, which compels the individual even into madness before surrender into that inevitable dusk. We know that we live; we know that we die. The ego, that which sustains us in the ever-present reality of that which is called *I AM*, fears the cessation of *beingness*. The ego cannot abide the idea of non-existence; non-awareness. Such needless suffering we bear!

### **Lifting the Veil**

The concept of mortality must be learned through loss. The brief lessons of pain bring greater value to pleasure; to ease. The innocent child dances through early life to the blissful tune of the ages. Even the notion of eternity does not come naturally to the rosy-cheeked little ones, because the illusion of time has not yet been impressed upon them. Where there is no adverse measure of loss, what need be there to define a set parameter? The youthful mind sings a resonant harmony with the life force of the ages: “play freely, dear ones, for you shall always be.” Where loss is a foreign notion, freedom swoons beside the crystal fountain.

The human mind seems connected both to the body and also to the greater web of interpersonal affairs outside of herself. She reaches for interaction and communication with other unique individuals—each seeking to know and express themselves as separate, individual points of conscious awareness within the expanding field of all possibilities. As we seem able to be both singular and unified within this expanding field of exceptional inclusion, we seem capable of moving into form and out of form with equal regularity and ease. But, to what advantage do we shift such perception?


It is possible to use the imagination to pierce the veil of perception, the better from which to purge the wounded body and soul of that offending energy which otherwise leaves a shattered stain upon the mind. William Blake wrote, “If the doors of perception were cleansed every thing would appear to man as it is, Infinite. For man has closed himself up,



till he sees all things thro' narrow chinks of his cavern.” It is my own personal opinion that humankind, despite our evolutionary track, is not an animal left to wander the wayside of Stygian night. We have a mind and access to a greater mind. We have emotions and access to greater emotions. We are at once both body and spirit, and it is through this perception that one may achieve the great work of the ancients.

## **Exterior Perspective**

The imagination is the crucible of the human mind; the workshop of the spirit. That same place where we played as little children may now easily lead us back to a place of relief and redemption. The imagination is one pathway to enlightenment; it is a return to innocence. The human mind, at an emotional level, may not always precisely discern between reality and imagination; fiction and truth (whatever that means). There is a part of the mind which may be lied to with complete disregard; yet, it accepts each word as immutable fact. Fortunately, the critical factor of the mind is there to interfere with any perceived danger and (hopefully) to filter out any glaring deception or malfeasance.


So, what does it mean to exteriorize? Simply imagine yourself popping out of your body and using your five senses from this out-of-body perspective. It's really that simple, and with a little practice, most thinking individuals find that it becomes rather easy to go exterior in order to out-process the inflamed critical factor of the mind. 

It is my personal opinion that the human ego may be bypassed through running AromaNetix out-processing reductions while operating from the exteriorized viewpoint. If AromaNetix processes seem to lack the extra power you need to break through, simply run those exercises while popped out from your body. You would look, listen, smell, taste, and touch through your exteriorized spirit self, all the while looking at your safe, natural body. This exercise buys you a little fresh perspective, allowing your mind to realize that you are more than a brief, mortal shell. The problems we face in the body often fade when viewed through the eyes of eternal energy and pure consciousness.

So, without further ado, let us practice a few exteriorization exercises. 

### **Exteriorization Exercise 1: Popping Out**

Be sure that you are not operating machinery or performing any task which might otherwise require your attention and focus.


As best you can, imagine popping straight up through the top of your head and landing in front of your safe, natural body. Through this exteriorized viewpoint and perspective, draw close and look at your body. Take a few deep, cleansing breaths and relax. 

Next, slide right back inside of yourself, and feel how good it may feel to return. Then, when you are ready, pop right out again. Some people like to imagine an audible “POP!” sound as they exteriorize. Have FUN with this brief exercise.

While you are outside of yourself, offer up positive thoughts, good vibrations, or a helpful prayer for your body and life circumstances. Imagine a brilliant, white light of healing energy from above streaming down into your body. Feel the way love feels when it is new. Then, step back into yourself and reintegrate your senses into the human body.


## **Exteriorization Exercise 2: *Movement at Will***

Be sure that you are not operating machinery or performing any task which might otherwise require your attention and focus.

As best you can, imagine popping straight up through the top of your head and landing in front of your safe, natural body. Through this exteriorized viewpoint and perspective, think of a place that you would like to visit. Imagine that you travel to your selected destination at the speed of thought. Feel how it would feel to actually travel there at such speed and ease. Enjoy several journeys while you relax and take in a few deep, cleansing breaths. When you are finished, simply return to your body and reintegrate as before. 

## **Exteriorization Exercise 3: *Linear Scanning***

Be sure that you are not operating machinery or performing any task which might otherwise require your attention and focus.

As best you can, imagine popping straight up through the top of your head and landing in front of your safe, natural body. Through this exteriorized viewpoint and perspective, imagine your entire life up to this moment displayed as a horizontal timeline. Quickly scan up and down the time line, searching for incidents of emotional upset, blockage, or pain. Enjoy slow, deep aroma breaths while you scan your lifeline and search your feelings for emotional hotspots. 

As you encounter a few hotspots, pause to write down the details and the negative emotions you experience while reflecting on the past incidents. Be sure to write these data points down. Nobody finds them all the first or even tenth time they use the linear scan, so


be not dismayed if you locate only a few hotspots. Once you have identified all the significant hotspots, and have written them down along with any accompanying bad feelings, return to your body and take a moment to recenter yourself and regain composure.


**[ 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 ]**

After a few moments of centering and reintegration, glance over what you have written. Consider each hotspot and its accessory feelings. Using the emotional potency scale, ranging from peaceful ZERO all the way up to extreme ELEVEN, write down an accurate number for each bad feeling and incident. Once finished, clear your mind and relax with a few deep, slow breaths and some pleasing aroma. You are now ready to run your favorite reduction / out-processing techniques during exercise 4.

### **Exteriorization Exercise 4: *Out-Processing***

Be sure that you are not operating machinery or performing any task which might otherwise require your attention and focus.

As best you can, imagine popping straight up through the top of your head and landing in front of your safe, natural body. Through this exteriorized viewpoint and perspective, run your favorite reduction/out-processing techniques on each written hotspot and any accessory negative emotions. Perform your reduction techniques as you would if you were NOT your body, but an actual energy being. 

Witness the trash can stomp through the exteriorized eyes of your true form. Feel the conflict and resolution of the push\pull technique through the senses of your glorious energy body. 

## **Exteriorization Exercise 5: *Arms of the Angels***

Be sure that you are not operating machinery or performing any task which might otherwise require your attention and focus.

As best you can, imagine popping straight up through the top of your head and landing in front of your safe, natural body. See your energy body reach over and scoop out any negative emotion, pain, or lingering trauma that might be lingering within your physical mind and body. Through this exteriorized viewpoint and perspective, imagine your energy body floating upwards toward the angelic realm. *Just play with this exercise and have fun.* In your mind's eye, picture your energy body surrounded by a beautiful, brilliant white light that flashes in a rhythmic pulse.

Before you appears dozens of mighty angelic beings, each standing over ten feet tall and smiling with a peaceful, loving radiance that defies human comprehension. You are in the place of healing. Picture your energy body handing over to the angels all of the negative emotion, pain, and trauma that you removed from your physical form. Witness the angels as they begin to glow a golden light of divine, supernatural transformation and healing. Feel the energy flow into your exteriorized being, increasing your own energetic pulse into waves of palpable heave and lift. Feel yourself lifting upward, into the arms of the angels. Allow yourself to feel their compassion, love, healing, and mercy. Give yourself this gift anytime you may safely do so.

The angels lower you back near your physical body, but before you step back into physical form they offer you a shimmering ball of golden light; it is the light of their realm. You place the heavenly light into your physical form, and feel the way it could feel to witness miraculous emotional healing and growth. When you are ready, pop back into form and keep with you those good feelings from above. Take in seven deep, cleansing aroma breaths, and flow with the blessings of life. Lastly, clear your mind and relax as you reorient your perception to present place, time, and location.



## **Course Two Wrap Up**

We've covered a great deal in this second course. By now you have been introduced to your critical factor, how it affects you and others, and how to begin exterior processing of the critical factor in order to break free to higher ground. Again, I wish to invite you to join our free Facebook group (link appears below). That way you may remain in the know when new free courses and videos are published. In this coming year we will cover much material.

Thank you for your time and interest in this curious, unusual philosophy of spirit, mind, and body. May you be blessed and liberated as you seek *your own* free path in life.

God bless and empower you!



**P.S.** Don't miss our next free course!

Here's the link to our Facebook group:

<https://www.facebook.com/AromaNetix/>