

The “LSFT” Process in the book “The Path” by Joe Holmes

<http://smartsteps.net/>

The “LSFT” Process

1. “I Love you ...” (Think of a person or circumstance that may be troubling even things such as a headache, a disease, sickness, or anything negative. Do it for every negative event, emotion, or relationship we are experiencing, or have ever experienced).
2. “I am Sorry” (State specifics or just that we are sorry, meaning that we accept at least some portion of responsibility for any condition, even if we do not feel we are responsible).
3. “Please Forgive me”(This opens the channels for love to be returned to ourselves from a person or situation, and from God. If we do not ask for forgiveness, we block love).
4. “Thank you” (This acknowledges that everything we experience comes to us to teach us something. To not be thankful is to not benefit from the experience. This may cause the experience to repeat again and again until we accept and learn what was meant to teach us).

(4)

State the four steps either vocally or silently in your mind. We may not feel these statements now, but by stating them it will increase our ability to feel them as time goes by. It will send out a power to those who are associated with our statement even if we do not yet completely feel it:

Some have reported doing this in person by talking to an actual person and apologizing to them with this process. I do not recommend you do it with another person unless you really believe you should. The reason for this is that its power is in changing yourself, not others. When you do this process with another person to receive or to give forgiveness you are entering into their energy, often with a degree of control or compulsion by you or the other person. This process is best to repair your energy for yourself, privately and secretly. When you do it with another person you may not get the full benefits because you mix your energy with the other person. When you change yourself, you create a vacuum

that others will respond to. In other words when you change your energy to unconditional love, others will be attracted to you. See Illustrations 2 and 3.

Another key to this is that as you do it for yourself and concentrate on changing only yourself, it changes everyone around you. However if you do it with the idea to control or change others it is counterproductive. It must be for you and only you. The fact that when you change yourself others even miles away also change, yet that should not be your reason to do the “LSFT” process.

It is important to repeat this “LSFT” process

immediately every time we feel any negative emotion.

Even if we do not currently believe that it will work, it will help. It will change negative emotions to positive ones like Dr. Emotos images. It will change our life, and it will change the lives of those around us. It replaces negative darkness with positive light and peace. It will open ourselves to receive greater love, and that will in turn bring us greater peace and joy. This then will bring us greater success and health. (In Gods definition, not necessarily our definition).

The “LSFT” process can be improved when:

1. Pray asking for a calm attitude of love and spiritual guidance. Thank God for the privilege of this life and His love. Acknowledge that God is love and is there for us any time we open ourselves to His love. We are created by Him, we are his children; He loves us unconditionally and can guide us in the best path for us. Our challenge is to be in harmony with God’s love so we can receive His help in recognize the sugar coated distractions that take us away from our best path. To receive the full power of this process, we must surrender to God and His will and His love without any expectation. Get into a neutral mental state by quieting expectations, goals, affirmations, problems, fears, and silence the cares of the world.
2. Tap on the thymus while rocking in a rocking chair. (*The thymus is in the center of the chest,*

half way between the collar bones and the diaphragm. The Thymus regulates hormones, emotions and the immune system). Tapping on meridians, chakras have lots of science that it affects the electrical chemical aspects of the body. (3)

Often the best time to do this is when a negative event or thought occurs. It is not always necessary to be in a rocking chair, tap, or be in a peaceful place every time, but it is helpful. The tapping and rocking simply enhances the electrical systems of the body. (3)

This process is helpful whenever we feel any negative emotion that we want to rid ourselves of. Repeat it over and over, even when we do not think it is helping. (We need to be consistent).

Eventually it will make a permanent change in our lives and our environment. It is a healing and cleansing process.

Use this process for every past and present negative event and/ or person who we have had (or presently have) a negative experience with. Include deceased persons as well, because their energy or emotions are still alive in us and in the Universe. I cannot state this strong enough. I found that as I processed deceased persons, especially my ancestors, it changed things within me.

As stated previously do not try and change others, you can only change yourself and your feelings about others. So doing it as stated in the previous paragraph for ancestors or anyone who has offend you means do it for your feelings, not theirs.

It seems like it has repaired DNA in my body, allowing my body and mind to become more in a state of love and peace. There is a new thread among health researchers and others that DNA can be changes by our thoughts. I have not direct proof of this concept, but I do believe it occurs as we remove negative emotions. I believe the ties to our ancestors are much more powerful than we think. When

we love them, we connect to their love and it heals both them as well as us. After experiencing this process for my ancestors, I wonder if negative DNA passed from them to me is changing to positive DNA. Some scientists suggest that DNA does not affect us; rather we choose or allow it to affect us. This may sound impossible, improbable yet when we eliminate negative emotions; former health issues that are attributed to DNA may be reduced or eliminated.

Every time we have a negative relationship or experience with anyone, (past or present) it is stored within the cells of our body, and we must process it with love and forgiveness