

CUZTIC PROCESS GUIDE

A GUIDE TO CLEARING RESISTANCE TO
ACHIEVING GOALS...
FROM THE INSIDE – OUT



by

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COVER PHOTO:

"Cuztic" by Anne I. Merkel, 2000 – Painting in acrylics on canvas. This mandala depicts the focus on the heart and is utilized in emotional release processing by some of my clients. It was painted in Mexico and named for the Incan gold necklaces worn by leader warriors. The planning of this mandala, though intuitive, progressed through several layers and processes in order for it to turn out as you see it. The geometric design, specific colors, chakra depictions down the middle, and rings of gold tinged with green – for the heart chakra, evolved naturally into a popularly-used tool. For more on this and other mandalas, please go to: <http://www.arielagroup.com/gallery> .

More about Dr. Anne Merkel - *The Corporate Alchemist*

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ACKNOWLEDGEMENTS

I want to thank the many people who have been my teachers and the creators of various energy-clearing processes that I have studied.

The Cuztic Technique came out of my studies of and experience using a number of disciplines and processes. The blending of Educational Kinesiology, the EMDR process, and some other techniques, resulted in the creation of the Cuztic Process.

Named Cuztic for the “gold” earned by applying this technique for clearing emotional issues, Cuztic comes from the Aztec word for the golden necklaces worn by the chiefs.

The cover painting is also entitled Cuztic and shows rings of golden necklaces, and it also outlines the directions in which the process asks that you move your eyes as you are clearing the issues. This painting was difficult for the artist, who didn't appreciate it until after it was finished. It definitely had a mind of its own!

Anne, 2009

INTRODUCTION

For many years I have helped individuals and organizations clarify goals, make plans, create action steps, and gain the results that they intend. It has not always been easy, however.

In order to activate the Universal Law of Attraction in your life, you must be very clear about what you want – not in the planning sense, but in the results that you want. You must be able to feel the results on a deep physical, mental, emotional level, and if you daily envision yourself living the results and focus especially on what it will feel like when you are surrounded by the energy and environment of being in the results, then you will start to attract what you focus on energetically.

I'm sure that you have experienced an occasion where you know what you want and every time you put yourself into the headspace of trying to feel like you are living the results, you feel a sense of doubt. You might feel powerless, fearful of changing, frustrated because it hasn't happened yet, angry because you doubt you'll ever achieve your goal, or many other emotions that will block your creative process.

This can be very frustrating and confusing at the same time. When you just don't believe something can happen, how can you focus positive manifesting-type energy on it?

That's where special tools come in... to make the process much easier and faster.

I regularly utilize EFT (Emotional Freedom Technique) or N.E.T. (Neuro Emotional Technique) now to clear energetic and emotional blockages. These energy therapies are potent. EFT is simple to learn, and N.E.T. must be facilitated by a practitioner who is trained as a physician to treat clients or patients with this modality. In the meantime, what is a person to do?

Use Cuztic!

This technique is easy-to-use and easy-to-learn. It is completely included in this guidebook, and if you have any questions about the content, then go to: <http://www.arielagroup.com/contact> and ask me directly!

CLEARING BARRIERS TO SUCCESS

When we are intuitively urged to take action or to make a decision, we can apply specific planning tools that can guide us to success.

The best plans are those that anticipate that there might be barriers or blockages, and they plan around them. For those of us who are tuned into the energetics, we can feel when a plan requires some adjustment in order to lead to success.

An easy-to-use approach to planning around barriers is explained below.

New Millennium Goal-Setting...

GOAL: (Write out a single goal using description and feelings to make it very specific and clear. You may want to copy this exercise to use with a variety of separate goals.)

Inspired Action Steps: (Each of the steps should be both a logical and inspired step closer to achieving your goal.)

1-

2-

3-

4-

5-

6-

7-

Congruency Indicators: (List below fears, blockages, misgivings, negative feelings that you have about any part of the above Goals and Action Steps. Be very clear about what part of the goal or action step the perceived blockage is connected to.)

1-

2-

3-

4-

5-

6-

7-

Physical Indicators: (List below places in your physical body where you have a reaction to the blockages listed above. Think of each and feel your body.)

1-

2-

3-

4-

5-

6-

7-

Polarities: (List below each congruency indicator from above and list its exact opposite. Put them in the appropriate column based on your perceptions.)

Negative:

Positive:

1-

2-

3-

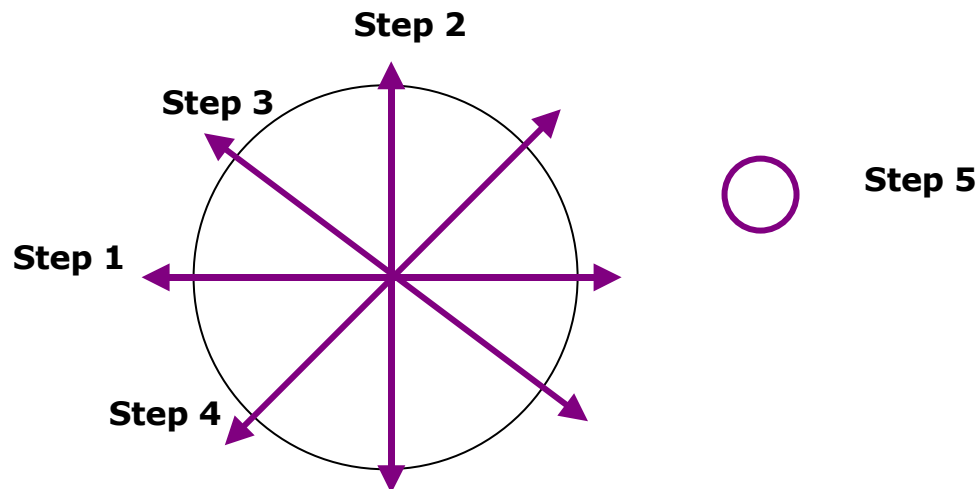
4-

5-

6-

7-

Cuztic Emotional Release Technique™:



Now, using the diagram above, we will move step-by-step through a congruency-building and emotional release technique. Do not worry - you will not be overcome by negative emotions or react outwardly in uncomfortable ways. This technique is one that gently accesses various parts of your brain and supports the neutralizing of the "charge" around negative blockages that might otherwise keep you from reaching your goal(s).

The steps you have taken up to this point will be utilized here and taken to the next level using the diagram.

Following the arrows for the sequencing of the steps, you can learn to follow the diagram provided and then later move this exercise to the Cuztic Mandala (shown on a following page) for added results. [It is best to print out both diagrams because focusing on a larger object/picture enables better eye movement than staring at a small computer screen graphic.]

First, you will need to refer to your list of incongruencies or blockages that you have identified, and the polarities or opposites that you have stated. It does not matter which end of each axis you consider to be "negative" and which you consider "positive". The focus here is to neutralize both ends of the spectrum so that you become congruent with both of the polarities and everything in between.

When you feel congruent about the full spectrum of aspects and details around an issue, then you hold no charge, and whether or not you agree or disagree with an issue, you can feel at peace so that you can make aligned decisions and take appropriate actions. In setting a goal, if you feel congruent about all aspects of the goal, then it will more easily be brought to fruition.

With your list of polarities you will focus your eyes on one axis at a time, imagining and feeling one polarity at one end of the axis and the other polarity at the other as you move your eyes from one end to the other of the axis.

Start with axis #1 and move your eyes back and forth horizontally. At one end of the axis focus on feeling one polarity of an incongruity and then focus on feeling the opposite polarity at the other end of the axis.

Example: Pretend that you have an emotional block about paying a late fee on an overdue bill. One polarity might be the anger, frustration, shame associated with paying late and being charged for it... the other polarity might be the gratitude for having the account, being able to pay late when necessary, and gratitude for being able to pay a little fee for this privilege. Keeping those opposite thoughts with their associated feelings in mind, move your eyes along that first horizontal axis, feeling one polarity at one end, and the other polarity at the other end.

You may start out slowly. After you are accustomed to this exercise your ability to hold the feelings and move your eyes quickly along each axis will improve. When you no longer feel any emotional "charge" or energy around either end of the axis, then you can go to the next step and do the same thing.

Follow the exercise in order of each axis until you finish by moving your eyes around the outer edges of the big circle, first in one direction and when the charge is released there, then by going in the opposite direction around the circle. Alternate thinking about one polarity, then the other.

When you have finished the eye movements of steps 1-5, then go back to the original goal and identify the challenge or blockage that you have just worked with. Is there any more charge around it? If so, then take a different aspect of the same blockage and follow the same procedure of identifying polarities and then going through the eye movement exercises until the charge is released.

Sometimes while focusing on one set of polarities other related thoughts will enter your mind – this is fine – allow them all to align. Keep focusing back on the goal or action step in question and let your mind move from the original polarities to other related issues if it does so naturally. Let the thoughts flow as you keep bringing yourself gently back to the original polarities. By allowing these additional angles to the issue to creep in, you are releasing related charges, and all of it is beneficial to you in the end.

When you feel congruent with an issue, the blockages you identified, and both polarities that you listed, then you will know that the Cuztic Technique™ has worked for you and that you are congruent with all aspects of the goal that you have identified and processed.

You may feel a bit tired or light-headed at the end of performing the Cuztic Technique™, and that is a normal indication that you have released some energetic charge(s) – the purpose of the exercise.

So, in review, the order of the exercise steps are the following:

Step 1 – Holding in your mind the thoughts and feelings around a blockage, with the opposite polarities of that issue, first move your eyes back and forth along the horizontal axis, focusing on one polarity at one end and the other polarity at the other end of the axis, until you don't feel any more energy around one polarity or the other,

Step 2 – Next, keep focusing on the polarities and the associated feelings as you move your eyes up and down the vertical axis. Keep doing this until you feel no more charge.

Step 3 – Do the same process for the #3 diagonal axis until the charge disappears.

Step 4 – Do the same for the #4 diagonal axis until the charge disappears.

Step 5 – Now go back and forth between the polarities as you move your eyes first around the outer circle in one direction. When the charge is dispelled, then move your eyes around the circle in the opposite direction focusing on one and then the other polarity as you move your eyes around. Do this until the charge is gone.

Using the Cuztic Technique™ will open up your ability to be congruent with various aspects of your goals and their action steps so that they will be easier to achieve.

"Cuztic", by Anne I. Merkel



You can apply the Cuztic Technique™ to a print-out of the mandala above by following the lines of the painting in your eye motions. See the colored axis lines as you focus on the polarity concepts and move your eyes. By using this as your guide you will take in colors that will enervate your chakras or energy centers of your body, which will support balance and alignment. Soon you will be able to do the exercise without using a diagram. Some people prefer eyes open while others prefer eyes shut. This is up to you.

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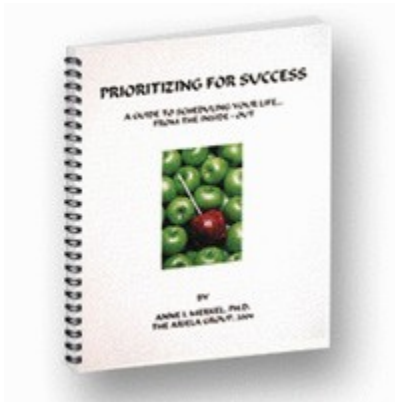
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