The Lifeline Technique
Pre-Lifeline Packet

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# TABLE OF CONTENTS

INTRODUCTION................................................................................. 3

“WHAT IS THE LIFELINE TECHNIQUE?” ........................................... 4

THE Lifeline Technique™ ........................................................................ 4

“How does the Lifeline Technique work?” ............................... 6

Muscle Reflex Testing (MRT) .......................................................... 8

The Lifeline Technique Flowchart .................................................... 8

“How are subconscious emotions harmonized?” ........... 9

Infinite Love & Gratitude ........................................................................ 9

The Infinite Love and Gratitude Exercise ................................. 10

“Is there any science behind any of this?” ......................... 11

Dr. Masaru Emoto’s Experiment with Water .......................................................... 11
Dr. Darren Weissman’s Experiment with Blood Cells ............................................. 13

“Who else knows about the Lifeline Technique?” .... 16

“What will a Lifeline Session be like?” ................................. 17

“I’m interested! How do I set up a session?!” .................... 19
Introduction

~ For whatever reason, you have come upon this document... and I truly believe that the information I’m about to present will positively change your life! ~

My name is Peter Flessas and I’m a Certified Practitioner of The LifeLine Technique™ (LLT). The LLT is truly an amazing system of healing, and it has guided me through vast amounts of structural, emotional, biochemical, and spiritual healing. It has showed me how to love myself unconditionally, how to let go of the many limiting beliefs that I have acquired throughout my life, and has changed my perspective of life, allowing me to finally connect to my true passion and purpose!

The intention of this document is to supply you with some basic information about The LifeLine Technique™ so that you may make an educated decision unto whether the LLT is right for you. Please take the time to read all of the information provided with an open mind, and of course, an open heart 😊 Enjoy!

~ Peter Flessas, CLP
“What is the Lifeline Technique?”

**The LifeLine Technique™**

The LifeLine Technique™ is an ancient and advanced Holistic Healing System. It’s a philosophy, science, and quantum technology that bridges gaps between the conscious and subconscious mind. At the root of every symptom, stressor, or disease is an emotional pattern. These emotional patterns are stored within our subconscious mind. The subconscious mind is automatic and autonomic – it doesn’t think, it just reacts.

When we hear, see, smell, taste or feel things within our environment, these reactionary emotional patterns are triggered and we experience these particular emotions over and over again. It is these emotional patterns that create pain, fear, stress, addictions, limiting beliefs, disease, etc. The LifeLine Technique™ enables a person to activate their subconscious mind and thus have a direct impact on genetic expressions affecting the health of their body and the relationships in their life. It is when we become conscious of these emotions, that we get a choice - a choice to feel the way we want to feel, instead of just reacting in an automatic, autonomic subconscious
nature with symptoms of pain, stress, addictions, or whatever it may be!

The LifeLine Technique™ consists of 16 different healing modalities (techniques) that work together within the LLT. These 16 modalities include: The Five Element Theory, Total Body Modification (TBM), Neuro-Linguistic Programming (NLP), Ayurvedic, Eye Movement Desensitization and Reprocessing, Psychoneuroimmunology, Chiropractic, Applied Kinesiology (AK), Shamanism, Acupuncture, Homeopathy, Holographic Re-patterning, Color Therapy, Sound Therapy, and Essential Oils.

The cornerstone of The LifeLine Technique™ is our view of symptoms, stress, and disease. Rather than something being wrong with a person - symptoms, stress, and disease are the language your body and life use to awaken you to your authentic power of transformation to create change!

~ "The Lifeline Technique takes any symptom or stress you are experiencing, finds your positive intention about the situation and then harmonizes and reprograms every cell in your body to mirror your intention, so you can consciously attract your intention to you." ~

-Susan Cook, Certified Lifeline Practitioner
“How Does The LifeLine Technique Work?”

Physical and emotional symptoms, though typically undesirable, are actually the complex *language* the body uses to communicate imbalances in need of healing. Pioneering scientists are documenting that our thoughts, emotions and beliefs are powerful enough energies to affect/direct our genes, immune system, DNA and overall regenerative abilities. Our lives and bodies are playing out our thoughts and programming, which actually begin in the womb. Since only 2% of our mind is conscious, we may find that our conscious thoughts and intentions are not the ones reflected most powerfully in our bodies and lives. The other **98%** of the mind is *subconscious*, meaning that it is below conscious awareness. This is the same part of the body/mind that regulates our blood pressure, heart rate, immune system and many other vital functions.

The symptoms in our bodies and/or the circumstances in our lives become the cues as to our subconscious patterns. When we can interpret them, we can harmonize/heal them. The 60,000 thoughts we think each day are primarily either healing, therapeutic, and life supporting or negative, toxic, and even poisoning on both energetic
& cellular levels. When your body or life speaks with symptoms, it is providing you with an opportunity to reconnect to your authentic Self, your physical and emotional vitality and your Spirit.

Lifeline practitioners use a variety of tools to speak the dialogue of the subconscious mind. The first tool that is used is called “Muscle Reflex Testing”, which allows a Lifeline Practitioner to have a direct dialogue with the subconscious mind by feeling for a reflex within the forearm muscle. The “Lifeline Technique Flowchart™” is the second tool, which is a road map of the subconscious mind that will help discover the exact emotions that are related with any particular symptom. The final tool is The Infinite Love Sequence. This is the simplest component to The LifeLine Technique™, but also the most important. A practitioner will say the words “Infinite Love and Gratitude” with intention and compassion, while holding their hand in the “I love you” sign, faced in the direction of the body. This tool is used to harmonize the gaps between the conscious and subconscious mind.

~ These tools will be explained more thoroughly in the upcoming pages. So keep reading! ~
Muscle Reflex Testing (MRT)

This is the vehicle in which Certified LifeLine Practitioners dialogue with the subconscious mind. It’s used to interpret the language of symptoms and stress. Using particular hand mudras (positions), the MRT validates that subconscious emotional patterns of reaction have been *harmonized, released and transformed*. MRT is based on the principle of reflexes. The brain and body don’t know the difference between imagination, memory, or reality. As a result, LifeLine Practitioners use MRT to discover subconscious emotional patterns of reaction that are at the root of symptoms and stress. When these patterns are harmonized using The LifeLine Technique™, a person’s body and life is capable of transforming and thriving.

The Lifeline Technique Flowchart

The LifeLine Technique Flowchart is a roadmap through the subconscious mind which opens up new pathways to understanding symptoms and stress. It utilizes the 16 healing modalities, as explained previously.
“How are subconscious emotions harmonized?”

_Infinite Love & Gratitude_

The words “love” and “gratitude” emit a universal frequency of healing. It is love that unlocks the heart, and gratitude that bathes the heart with the light of clarity, which becomes the catalyst for extraordinary transformation. The journey of your spirit is to **reconnect with the power of Infinite Love & Gratitude.** Once you do, your life will begin to change in ways you will not even begin to imagine!

---------- EXERCISE ----------

I have an exercise that I’d like you to try – right now! It has been discovered that our thoughts have a significant impact on our health. The words “Love” and “Gratitude” positively affect every cell in our body on a conscious and subconscious level. The exercise on this next page will demonstrate the power of Infinite Love and Gratitude. Make sure to try this exercise, it will only take about three seconds!
The Infinite Love and Gratitude Exercise

1. Take your right or left hand, and make the “I love you sign”. This is done by raising your thumb, pointer finger, and pinky finger. This is the hand mudra that is used in The LifeLine Technique™.

2. With your hand still in the “I love you” position, take your hand and place it on your heart.

3. With your hand on your heart, say “Infinite Love and Gratitude”

4. Observe how you feel. Did you notice a change? This simple act of saying “Infinite Love and Gratitude” is extremely powerful and actually affects you on a structural, emotional, biochemical, and spiritual level.
“Is there any *science* behind any of this?”

**Dr. Masaru Emoto’s Experiment with Water**

Dr. Masaru Emoto is a Japanese doctor of alternative medicine and visionary researcher. He experimented with water and found that human vibrational energy (thoughts, words, ideas, and music) dramatically affects the molecular structure of water. Water is the very source of all life on this planet. Its quality and integrity is vital to all forms of life. In fact, our human bodies are made up of 75 - 90% water. **So just imagine how sensitive our bodies are to our emotions, our thoughts, the music we listen to, and the food that we eat!**

On the next page are some of Dr. Emoto's pictures of frozen water crystals under a dark field microscope. He observed the crystals of distilled water, polluted water, and spring water. Then, using distilled water, he experimented with different types of words and music to see what effects they had on the water.
Dr. Masaru Emoto’s Experiment:

Original Water Samples - BEFORE

- Distilled Water
- Water from a Polluted Lake
- Spring Water

Distilled Water with Positive Vibrational Energy - AFTER

- “Thank you”
- “Wisdom”
- “Love and Gratitude”

Distilled Water with Negative Vibrational Energy – AFTER

- “You make me sick”
- “You fool”
- Heavy Metal Music
Dr. Darren Weissman’s experiment with Blood Cells

Now, remember when I said that our bodies are made up of 75-90% water? If water can be significantly altered merely by our thoughts, words, or even music – will our bodies experience a similar change?

Dr. Darren Weissman, the developer of The LifeLine Technique™, wanted to know. So he did his own experiments, but this time they were with actual cells. He decided to test blood cells since they consist of 82% water and have the important function of carrying oxygen to all the other cells in your body.

Using a dark field microscope, Dr. Weissman viewed samples of his client’s live blood cells before and after using The LifeLine Technique™. He was amazed with his results, which were very similar to those Dr. Emoto had found with water.

This scientific breakthrough is what inspired Dr. Weissman to share this technique with the rest of the world and to write his first book, “The Power of Infinite Love and Gratitude.” The results of Dr. Weissman’s experiment are shown below:
Dr. Darren Weissman’s Experiment:

**Blood Cells Before**

A 9 year-old boy with symptoms of severe migraine headaches.

A 41 year-old woman diagnosed with breast cancer.

A 42 year-old man with symptoms of acid reflux.

**Blood Cells After**

Using the power of Infinite Love & Gratitude, released subconscious feelings of internalized anger toward his parents because of their divorce.

Using the power of Infinite Love & Gratitude, released subconscious feelings of depression associated with being emotionally and verbally abused by her husband.

Using the power of Infinite Love & Gratitude, released subconscious thoughts of shame related to a family situation.
The power of The LifeLine Technique™ and Infinite Love and Gratitude is truly breathtaking. Armed with this knowledge, Lifeline Practitioners are sharing incredible stories of growth, healing, and transformation every single day.

Imagine how much this technique could affect your life... What would you do if you were never sick? What would you do if you always felt good!? What would you do if you felt absolutely invincible? My guess is that you’d be doing some incredible things!
“Who else knows about the Lifeline Technique?”

- **Louise Hay**, the best-selling author of *You Can Heal Your Life*, calls The Lifeline Technique “the wave of the future.”

- **Dr. Candance Pert**, who discovered neuropeptides and is the author of the book, *Molecules of Emotions*, says, “it is an amazing powerful healing system.”

- **Dr. Masaru Emoto**, author of the profound work, *The Healing Power of Water*, says, “The LifeLine Technique demonstrates the healing effect and truth behind these simple yet powerful words, Love and Gratitude.”


- **Wayne Dyer**, New York Times best-selling author of *Change Your Thoughts, Change Your Life* says “I have experienced profound shifts as a result of receiving Lifeline™ sessions, and for this I am eternally grateful, I love this work!”
“What will a Lifeline Session be like?”

You now have the tools to decide if the Lifeline Technique is right for you. I have shown you the basics, but believe me – it only gets better from here on. You may be wondering what an actual Lifeline Session will be like – here’s some brief explanation:

- A lifeline session can take place in person, on the phone, or through webcam (Skype). It is equally effective in all three formats.
- As explained before, I will be using muscle testing to communicate with your subconscious mind.
- This technique is non-invasive, it is mainly a dialogue between the practitioner and the client.
Any form of pain, fear, stress, addictions, challenges, phobia, disease, etc. is fair game with the LLT. Just a few of the possibilities are listed below!

- Headaches, chronic pain, food and other allergies, digestive disorders, decreased recognition of cancer cells, hormonal imbalances, sprains, burns and other injuries, biochemical imbalances, weight challenges, autoimmune system imbalances, addictions like sugar, alcohol, drugs, depression, anxiety, phobias, inflammation, creative blocks, subtle or not-so-subtle sabotaging of relationships and life goals.

It is **content-free**, meaning that you do not need to share your deepest darkest secrets with me!

Sessions last between **45-90 minutes**. Typically the first session between a practitioner and client will take the longest.

It is **fun** and you will learn a lot about yourself!

It feels good! *You will thoroughly enjoy it!*
“I’m interested! How do I set up a session?!”

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or

Email Peter at [flessaspw02@gmail.com](mailto:flessaspw02@gmail.com)

- I will be sending you a “Consent for Treatment” form and a “Health, Physical Activity, and Lifestyle” form that I’d like you to fill out and return to me prior to our first session.
- If you have more questions, feel free to email me and ask!
~ There is this something that is within you – this power within you that’s greater than the world. When you have a Lifeline Session, it will begin to emerge. It will take over your life. It will feed you, it will clothe you, it will guide you, protect you, direct you - sustain your very existence...if you let it! ~

Thank you so much for taking the time to read this! I look forward to having an AMAZING Lifeline Session with you!

~ “Every symptom is a gift in strange wrapping paper.” ~

Dr. Darren Weissman, Developer of The LifeLine Technique™