

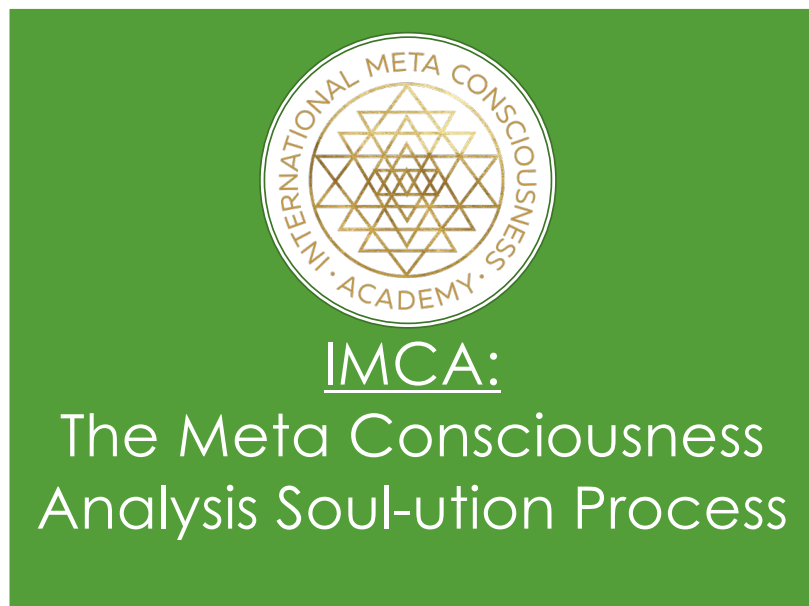
Online Certification Training  
Meta Consciousness  
Analysis Coach



Penny Croal  
International Master Trainer  
EFT/MATRIX Reimprinting  
Trainer



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2023

Meta Consciousness Soul-ution Map

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## Disclaimer

For your own peace of mind, please follow legal guidelines in your country:

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Duty to inform clients (disclosure)

Please inform clients exactly about standard traditional medical treatments and alternative methods.

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Disclosure/Disclaimer form

Make sure clients share their medical diagnosis, traditional medicine treatments and alternative methods. Confirm that they have understood their options and that if they are a vulnerable client assessment form is filled in.

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Patient signs disclaimer form

Client takes responsibility, makes a decision and sign the form before treatment.

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Follow guidelines provided by your profession and your industry.

Consult with a legal expert if you are not sure how to proceed.

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Highlight you are not medically trained, as a Dr or nurse and cannot diagnose nor offer medical advice nor advise regarding pharmaceutical prescriptions. Nor can you cure or heal or offer a Diagnoses

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Meta Consciousness cannot provide legal advice

2023

Meta Consciousness Soul-ution Map

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## AIM AND OBJECTIVES

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- Explain Meta
  - Explain 2 phases of Dis-ease
  - Ask miracle question
  - Explain how you work with clients
  - Mutual Agreement/Contract
  - Life Wheel
  - PLAY
  - VAKOGS
  - VALUES
  - PURPOSE
  - Chunk Symptoms down
  - Scale the most important ones



2023

Meta Consciousness Soul-ution Map

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# 1. Preparation

Name: .....

Doctor/GP: .....

Hormonal status:: .....

Gender: ..... Age: .....

Date of Birth/Time of Birth.....

Dominance: .....

Medications, treatments: .....

Current mindbody symptom(s): .....

← Create Rapport.

← Release/Disclaimer form signed. Confirm GP.

← Before or After Menopause (medications, anti-baby pill, etc.)

← Check for risk factors like side effects, toxins causing symptoms.

← Personal history.

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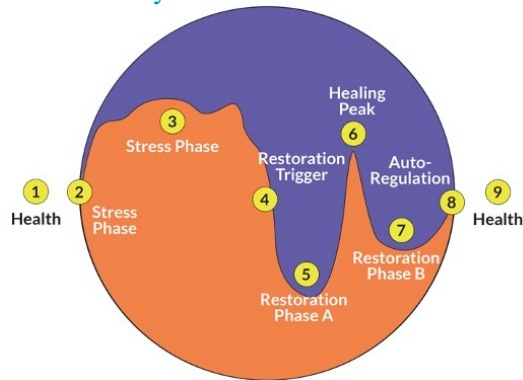


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## Define Symptom

What is the health issue? What is the presenting symptom?

What was your health issue?



*If several symptoms, elicit which one to work on first.*

*Use either a symptom you feel yourself or a medical diagnosis.*

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## 2. My META-Organ

### Define META-Organ

Your Symptom connects to which Organ Tissue?

**Organ Tissue:** Defined as having its own brain relay & emotion.

**Differential Diagnosis:** What organs can possible have this symptom? What tissue of organ? Cross-reference with symptom reaction of both phases and stress trigger and emotion.

**Review META Directory:** Review healing programs, like

- \* Organ reaction (-|+) with brain relay
- \* Mind body symptoms of both phases
- \* Stress triggers and emotional patterns
- \* Review client cases

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### 3. How are you wired?

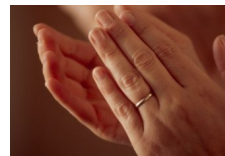
- **How your organism is wired!**
- Please place your hands on your knees?
- Very quickly clap your hands like giving applause?
- Stop !
- Which hand is on top? = Handedness
- *Tips (if no clear result):*
- Many left-handed people think they are right-handed.
- Clap both ways – which side feels more natural?



Top hand while clapping



Right-handed



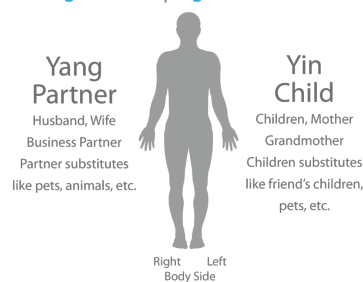
Left-handed

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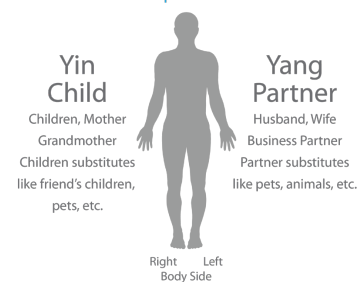
### Handedness/Wiring /Dominance

- Did your symptom appear first on your right or left body side? Never assume, check with client their perceptions

#### Right-wired | Right-Dominant



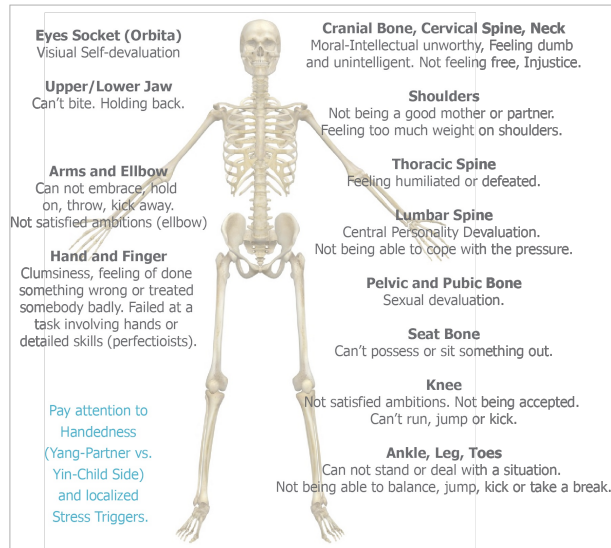
#### Left-wired | Left-Dominant



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## 4. Symptom Location

Where in your body did symptoms appear first?  
What is the purpose for you for that part of your body?



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## 5. Symptom Start

### Define Symptom Start (Acute)

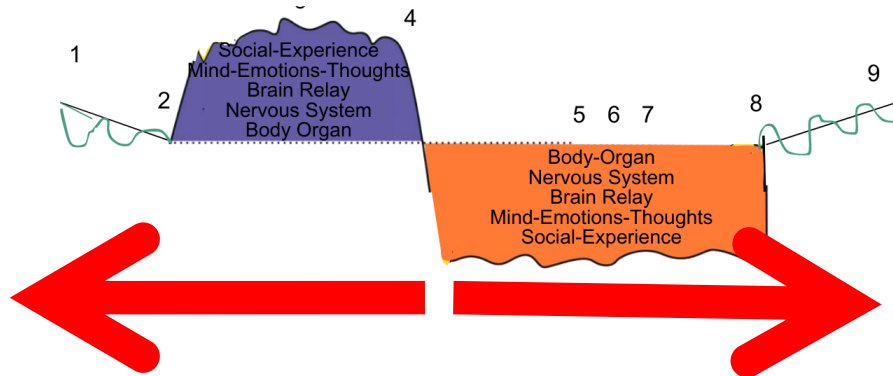
When exactly did your symptom appear first?



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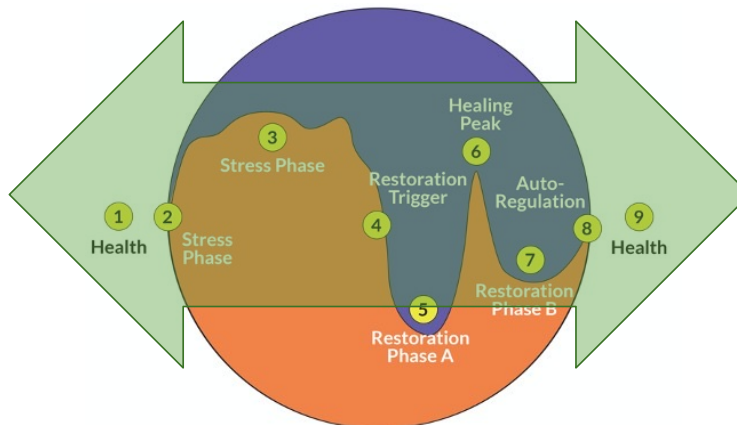
## Confirm Phases



- Do your symptoms increase with stress or when you relax and regenerate?

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## 7. Emotional Pattern



Emotion = Energy in motion

Which emotion is connected? Feel which emotion is inside the organ?

How do you feel right now?

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## 8. Emotional Intensity

Your Organ Emotion = .....



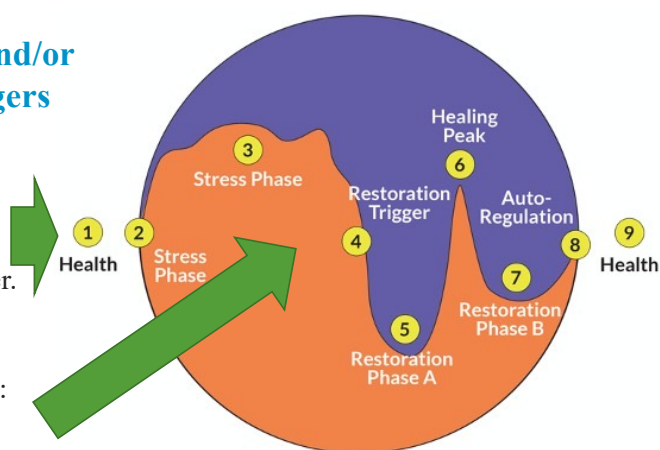
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## 9. Stress or Restoration Trigger

**Confirm Stress and/or Restoration Triggers**

If 1<sup>st</sup> phase symptom:  
Focus on Trauma  
(UDIN) Stress Trigger.

If 2<sup>nd</sup> phase symptom:  
Focus on Restoration  
Trigger, then go back.



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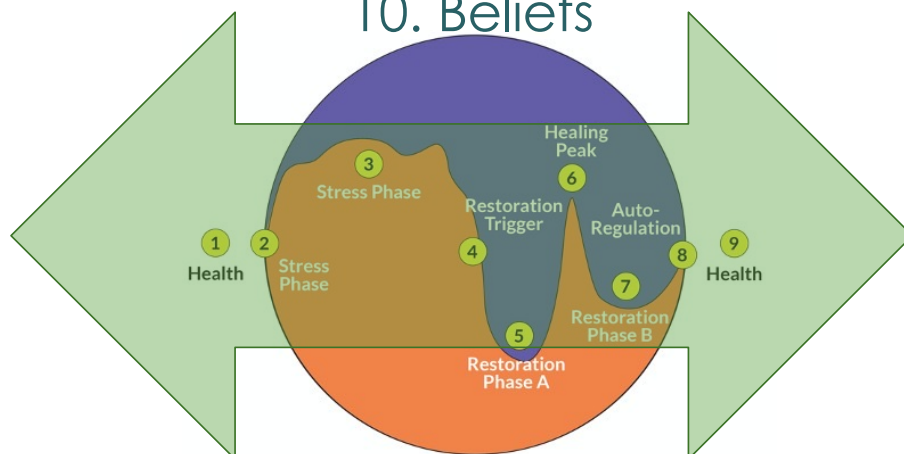
# META-Questions

- Use precise questioning techniques:
- **Territory:** Do you fight with somebody or someone currently?
- **Stomach:** Which chunk can you not digest?
- **Intestines:** What is stuck and you can't let go?
- **Liver:** What is threatening your existence? What upsets you?
- **Self-worth:** Where do you feel suppressed or not worthy?
- **Bones-knee:** Where were you helpless or could not run away or hold steady relating to partner (or mother, child, home)?

•  
*Ask precise based on handedness, stress trigger, emotions, location. Confirm through feedback. Use sensory acuity.*

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## 10. Beliefs



**What Beliefs are connected?**

(Beliefs are statements/decisions like "I am not good enough.")

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## 11. META-Meaning

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- What are the Symptoms and the Organ Reaction trying to tell you?
- What is the deeper meaning?

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## 12. Conscious Actions

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- Go inside, feel your organ and the connected emotion and stress trigger.  
Which conscious actions which enhance self-healing can you take?
- What can you do right now that assumes your emotions and beliefs have transformed?
- What actions (not just thinking about something but actually real-life actions) can remedy your Stress Trigger, Emotions and Belief behavior?
- How will you change now?

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## Exercise: Conscious Actions

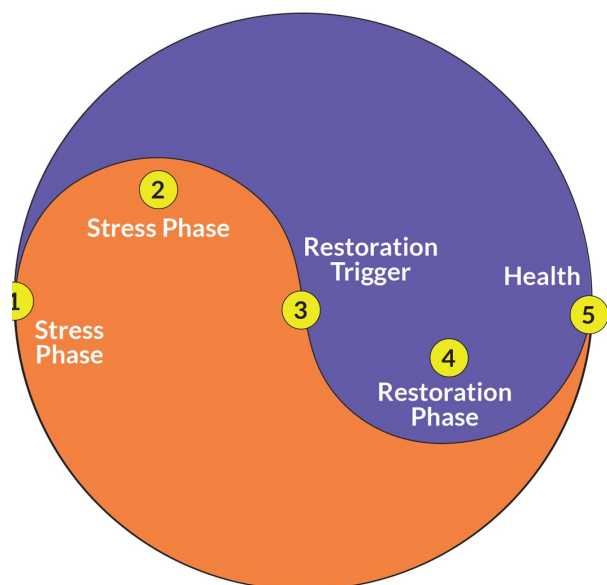
- Which conscious actions are you taking right now?

- .....  
.....
- .....  
.....
- .....  
.....
- .....  
.....

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## Exercise: Your Symptom

- Stress Trigger: .....
- Stress Phase: .....
- Restoration Trigger: .....
- Restoration Phase: .....
- Health: .....



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## Quick Review

1. Symptom	.....
2. META-Organ	.....
3. Start of Symptom	.....
4. Handedness	.....
5. Confirm phase symptoms	.....
6. Confirm both phases	.....
7. Emotional pattern	.....
8. Emotional Intensity (0-10)	.....
9. Stress Trigger (VAKOGS)	.....
10. Beliefs	.....
11. META-Meaning	.....
12. Conscious Actions	.....

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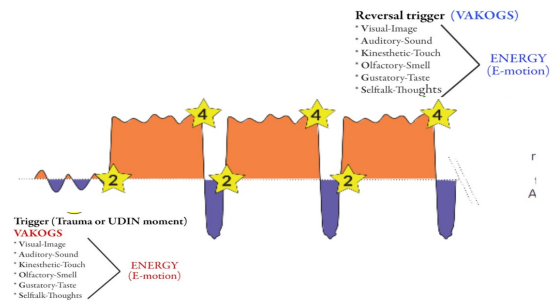


## Meta Consciousness Mapping: VAKOGS Trigger Elicitation

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## Exercise: VAKOGS Triggers

- Which specific VAKOGS are triggering Stress and/or Restoration?



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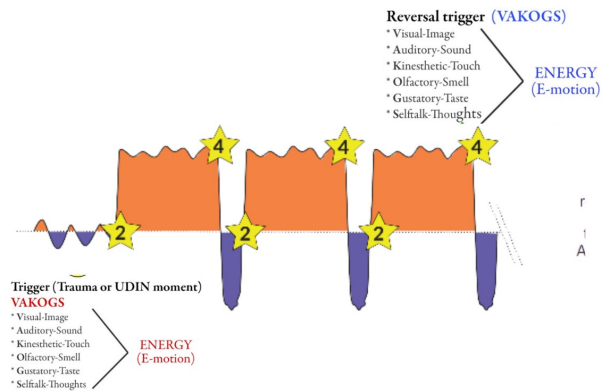
## VAKOGS Triggers Elicitation

- Start with Meta Consciousness Analysis Process.
- Focus on specific VAKOGS that triggered the regeneration response.
- Follow same process and elicit Stress Trigger (VAKOGS).

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## Exercise: VAKOGS Triggers

- Associate client into specific Stress and/or Restoration Trigger to feel bodymind reaction and symptoms.



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## VAKOGS Triggers Association

- Elicit Stress Trigger (VAKOGS)
- Elicit Regeneration Trigger (VAKOGS)
- Associate client into Stress Trigger (VAKOGS) and notice physical or emotion response and symptoms
- Then associate client into Regeneration Trigger (VAKOGS) and notice physical or emotion response and symptoms.
- Important:** Safety Do not associate into intense traumas and know how to bring client's out of the trauma association.

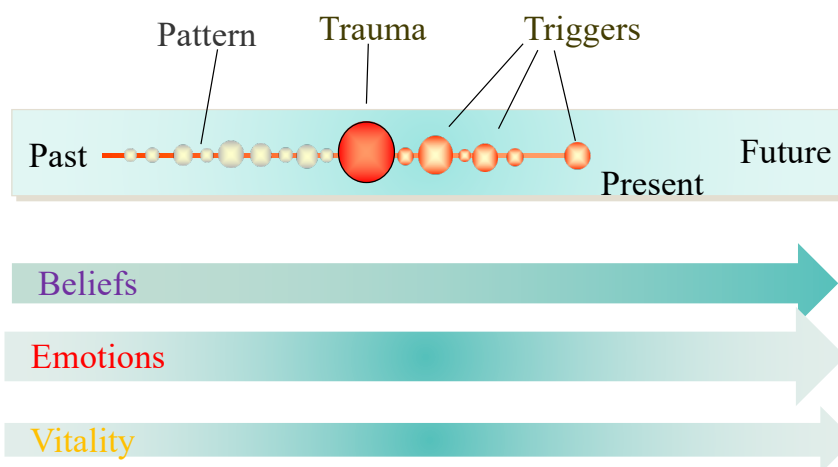
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# Meta Consciousness Mapping : Emotional Analysis Method

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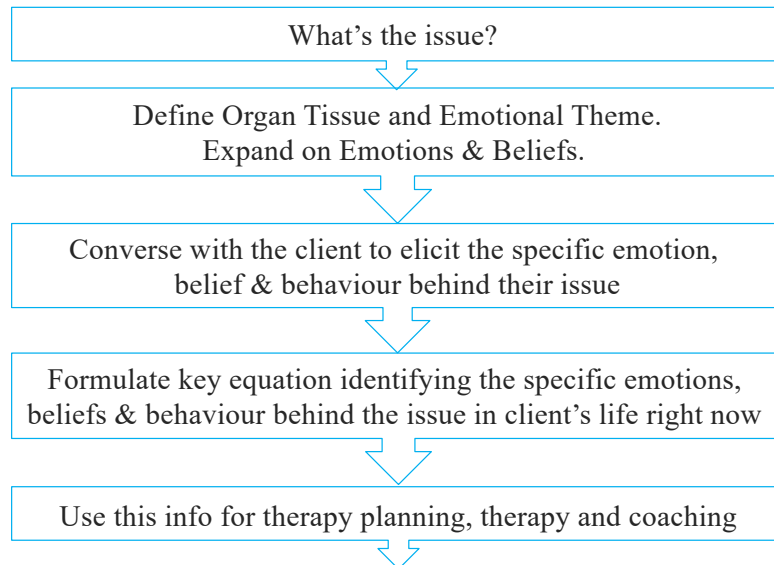
## Emotional Patterns - The Constant Variables



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## Emotional Pattern Elicitation



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## The Emotional Pattern Elicitation Process

- **1. Basic data: Elicit client's symptom, feeling or behaviour**
  - If symptoms are present: What is the symptom or health issue?
  - If no specific symptoms are present: What's the stress pattern in your life that you'd like to change?
  - Goal: To broaden your application of IMCA, identifying a key issue in health or life
- **2. Research: Identify the organ and emotional conflict meaning**
  - Use critical thinking and research, META-Meanings & your Meta Consciousness knowledge
  - If working without a symptom, you will have to listen carefully to the client's language in order to ascertain the organ correlation(s) SOPT
  - Identify a range of possible emotional META-Meanings for the organ
  - Identify the possible underlying beliefs: Think about the thoughts that must be present in order for the client to have that conflict
  - Goal: To broaden coach awareness about underlying themes behind issues, and what to listen for

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## The Emotional Pattern Elicitation Process

- **3. Elicitation: Inner aspects – Emotions and Thoughts**
- Discuss the META-Meaning possibilities with the client
- Ask: Which of these emotions do you relate most strongly to you?
- Discuss the underlying beliefs
- Ask: What do you think that leads to that emotion?
- Goal: To start to build client awareness and associate the client into the inner aspects of the conflict
- **4. Elicitation: Situations that stimulate this reaction**
- Get the client to tell you about that theme in their life
- Ask: In what areas of life do you find yourself having these thoughts and feelings?
- What situations bring up these thoughts and feelings?
- How often do you have that thought and feeling?
- When do you notice that you're thinking and feeling in this way?
- Goal: To associate the client into the issue, by discussing the relevant problem life areas and situations

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## The Emotional Pattern Elicitation Process

- **5. Elicitation: Behaviour and Physiology**
- Elicit client's behavioural pattern in response to the thought and feeling
- Ask: How do you act or behave when you think that thought and feel that feeling?
- How do you respond in that situation?
- What physical sensations do you notice in the body?
- Goal: To identify the response generated by the thoughts and feelings
- **6. Summary equation: The Emotional Pattern**
- Using all of the above data, formulate the emotional pattern equation:
- **'When (a) happens, I think (b) and feel (c), which makes me behave (d) and I experience (e) in my body'**
- (a = situation, b = thought or belief, c = emotion(s), d = behaviour, e = physical sensations)
- Discuss with client until you get the issue pinpointed as specifically as possible, and the client really resonates with it
- Goal: For you and the client to see the relationships between thoughts, feelings, behaviour and the health issue. This provides the basis for specific interventions

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## PURPOSE AND SOUL JOURNEY FOR CLIENT

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## Benefits of the Emotional Elicitation

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- No longer need to find conflict shock in order to begin effective therapy
- No need to worry about timings: Even where issues are chronic and the timings unclear, we can elicit highly relevant themes
- The core themes (thoughts, emotions and behaviours) are easily recognisable & relevant in a client's life right now
- It provides greater flexibility: The Emotional Pattern Elicitation process can be used instead of or alongside the regular Meta Consciousness Analysis
- It enhances your own learning, encouraging you to think outside the box, and reveals deeper patterns and themes behind health issues

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## Scaling Where You Are On Your Meta Consciousness Journey?

- What symptom is creating the most discomfort currently?
- Physical Symptom
  
- Are they acute or chronic?
- Acute
- Chronic
  
- Are you aware of the specific body tissue and brain relay?
- Yes.....
- No
  
- When you tune in to your symptoms what are your first thoughts?
- Positive response
- Negative response
- Indifference
- Other .....

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## Scaling Where You Are On Your Meta Consciousness Journey?

- What meaning has this symptom for you?
- Positive meaning
- Negative meaning
- Not sure or no meaning
  
- Do you understand or know the deeper meta theme?
- Yes
- No
  
- When you think about your symptoms which of these statements resonate?
- Yes, I know the specific life situation, the trauma or significant emotion experience.
- No, don't know or not sure right now at this point.
  
- What do you believe to be true about your symptom?
- Bodies intelligent response
- I've caught something
- My body has gone wrong
- Other?

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## Scaling Where You Are On Your Meta Consciousness Journey?

- Do you remember when exactly your symptom began? What was happening?
- Yes and .....
- No
  
- Are your symptoms more intense when you are relaxed or stress?
- Stressed
- Relaxed
  
- Do you know what specifically triggered or currently triggers your symptoms?
- Yes
- No
- Not Sure
  
- What emotions do you associate with your symptom?
- Yes I know
- No not certain
- Eg circle the one/s that resonate:
- Sadness, Guilt, Anger, Disgust, Fear, Grief, Shame, Contempt

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## Scaling Where You Are On Your Meta Consciousness Journey?

- ARE YOU aware of a belief that is connected with this symptom?
- Yes
- No
  
- Have you a strategy, aim or intention (Soul-ution plan)?
- Yes
- No
  
- How ready are you for this soul-ution plan ?
- Yes EXCITED
- OVERWHELMED
- FROZEN. PARALYSED
- IT'S DOABLE
  
- Which of the following do you currently need, or applies to you?
- support
- accountability
- rather do it my own
- have enough support

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# PRACTICE