

# Bengston Energy Healing Method® Workshop

## MAKING YOUR CYCLING LIST

### Introductory Remarks

Your list is about YOU. It is completely selfish. And, it is private, unless you choose to share it.

Your list should aim for 20 things and can be as long as you like. The number 20 is arbitrary. It is meant to push you to really consider what it is that you want. Having at least 20 items prevents daydreaming over individual desires as you learn to cycle.

Consider your list a magic lamp, or a genie in a bottle — you can include as many things as you desire. And, you can change your mind at any time. You can put something on your list, take it off, and put it back on again. There is no upper limit to the number of items. The longest list that I know of contained 94 items!

Sounds simple . . . but it may not be not easy. It is incredibly hard for some people to come up with 20 items.

### Making Your List

**Make a list of 20 things that YOU want.** At the end of this document we have included places to make your first list that you can copy and use over and over again if you like.

In this **first list making exercise, your list does not include anyone but yourself** — do not include your husband, siblings, parents or dear friends. Later, we will discuss the ethical issues and guidelines about including others on your list. This first exercise is to encourage you to be as selfish as possible and learn about yourself.

Your list should be **completely selfish**. Put things on your list that are long term and short term, seemingly easy to obtain and more difficult to obtain. Balance the things on your list.

Your list may include:

- Material objects
- Emotional desires
- Travel
- Resolution of physical or psychological ailments
- Prestigious honors
- Or . . .



The list is **fluid** — metaphorically, consider that it is made in *pencil*. You can erase an item from your list, literally or metaphorically. You can rip up your list and start over at any time. You can take something off your list or put something new on at any time. Maybe the house in the country you wanted no longer suits your needs. Or maybe what you wanted as a career promotion last year does not fit your career desires any longer. You can change your mind as often as you like.



The items on your list **must be specific** — the usual tendency of people is to generalize what they want.

**Example:**

You want a car . . .

- What make and model
- Is it new or used
- What color is it, exterior and interior

You must **be able to recognize the item when you get it**. If you are too general, or the item is too vague, you will not be able to recognize when it happens. It is always good to ask the question, “*How will I know when I get it?*”

**This List is Too General!**



The list is **not about “when” and “how”** the item is realized. It is **only about “what”** you want. What do you want is irrespective of when and how. How and when it might happen is not your concern when cycling.

If you want a new car do you care how you get it?

- A letter arrives saying you won the car,
- You win the lottery and you purchase it,
- They are having a super 50% discount sale and you can now afford to purchase it,
- Someone hands you the keys to it and tells you they are giving it to you?

Your list is about **what you want, not “how” or “when” you get it**.

All the **items on your list must be something you do not now have**. If you put something on the list that you already have, you must lose it so that you can obtain it again. This applies to everything. Take some time to think about this. If you put something on your list that you already have, you are expressing an unconscious fear that you will lose what you already have.

**Once you have achieved or received what you want, take it off your list.**



### Self-Discovery

Now, start again — **tear up your first list and make a new one**. Consider what you want now, *right now*. Some things on your list might be the same, some things will most likely be different. Often there is a big difference between what you think you want and what you actually do want. It may take awhile to get to know yourself.

You **may now add other people to your list** — **provided you have asked and received their permission**. It is unethical to add someone to your list without their permission. Be careful here. Your list is still about You. For instance, you have asked and been given permission from your son to put him on your list. Even with his permission, have a “self” component to your image. YOU want to enjoy his success. It is Your enjoyment you are wanting. If you put a friend with cancer on your list, with their permission, it is Your desire they be well so you can continue to enjoy their company. If you put a client on your list, it is because You want to. This self-involved aspect is important.

As you start to put an item on your list, ask yourself why you want it to see if the answer might lead to something “further down the road.” Often when we examine the “what” we find it is really a “how” to get what we really want.

**Example:**

You want money *Examination leads to. . .*

You want to take a vacation *Examination leads to. . .*

You want to visit California *Examination leads to...*

You really want to see the Golden Gate Bridge

Seeing the Golden Gate Bridge is what you want. Money and a vacation are “how” you might get to see the Golden Gate Bridge. The Golden Gate Bridge is the “what.” Would it matter to you if you went on a business trip where you received a tour of the Golden Gate Bridge?

**Example:**

You might write on your list that you want to travel. Examine whether this means you want to spend all of your time on a plane, train or in a car. If not, you want something else.

I want to travel *Examination leads to...*

I want to go to France *Examination leads to...*

I want to have dinner at L’Abeille in Paris.

You don’t want to travel, you want to have dinner in Paris at L’Abeille.

**Place one item on your list for each thing you want.** *Be careful about expanding one item you want into 5 items.* For example, if you have bad knees you would put one item on your list that indicates your knees are fixed, not five. With good knees you want to play tennis, ski, go hiking in the Alps and walk the beach. All of these are about the same want — choose one item that signifies to you that your knees are fixed.

The above travel example is a bit different. If you want to visit five different cities, these are individual items and each of them can go on your list. However, we recommend that you make your list balanced and diverse. In other words, do not create a list of 20 places you want to visit.

## The Next Step

Now, **immerse yourself in each item. Spend 5 or more minutes with each item** on your list — enter into a future where the item already exists or has happened.

**Use all of your senses to make the item real and a present part of your life** — touch, hear, smell, taste and experience this future as if it were real. Fill in the experience as vividly as possible. Do whatever it takes to make the image seem true, believable, completed and here now. Imprint it onto your brain. Doing this allows your subconscious to remember it, even if your conscious mind does not.



When you begin cycling, **all of the things on your list have equal weight** — a cancer cure, a pair of socks, tickets to the baseball game, a new car, job offer or vacation all have the same value when you cycle. Each item on your list is equal, there is no hierarchy, when you cycle.

Remember, wanting something is irrespective of how or when it might be achieved.

After you have spent time with each item on your list, **distill this future address to one image/word.** Although most of us “see” our list, not all of us are visually oriented. Some people distill each item on their list to a sound, and can hear their list, some might smell their list. This is fine. Make the list yours!

**The image/word should mean something to YOU.**

**The image/word can be something “abstract.”**

**Example:**

- You have bad knees and you want to ski.
- Your immersion in the future may include skiing moguls on a snowy day in deep powder.
- Your image might be drinking hot chocolate with friends in the lodge.
- The word might be ski lodge or hot chocolate.
- This image/word would work if it means something to YOU and signifies (is recognizable) that you now have what you want.

The above preparation is foundational to all that follows. When we begin cycling, you will not have time to immerse yourself in each item. This preparatory work imprints what you want in your subconscious — the real you remembers what it is that you want.

Take time to really examine what it is that you want. You may encounter all sorts of resistance — it is not always easy to understand what it is that you want.

Remember you have a magic lamp that you can rub as often as you like. You can take things off, put them back on — your list is in pencil and comes with an eraser!



Be playful, explore and **above all have fun!**

**Example of Process:**

I want:

1. To be free of cancer
2. New Subaru Outback
3. Black party dress
4. To be fit and trim

Let us break these down one at a time.

1. To be cancer free.

Ask yourself this question: *How will I know when this occurs?*

Possible answers: *Clear MRI or X-ray, Normal blood counts, etc.*

2. New Subaru Outback

Ask yourself these questions:

*Why do I want a Subaru?*

Possible answers: *I can go camping, I just like driving a Subaru, etc.*

**Note:** If you like the first answer you should examine if what you really want is to go camping, in which case, examine further because what you may really want is to go camping, not a Subaru.

*How will you know when this occurs?*

Possible answers: *The Subaru is sitting in my garage, I am driving it, I have the keys in my hand . . .*

3. Black party dress

Ask yourself these questions:

*Why do I want this dress?*

Possible answers: *I want it for an upcoming event, I want to feel pretty, I love to shop, I want to be invited to dinner*

**Note:** With these answers you should do further examination to see if you can “go down the road further.

*How will you know when this occurs?*

Possible answers: *I am dressing for dinner, it is hanging in my closet, I am putting on a necklace that perfectly matches the black dress . . .*

#### 4. To be fit and trim

Ask yourself these questions:

*Why do I want to be fit and trim?*

Possible answers: *I want to fit into size X, I want to be able to ski, I want to run a marathon, I want to hike the Appalachian Trail*

**Note:** In all of these answers, you need to examine further. You really want a different more concrete outcome.

### Make a new list

1. To be free of cancer
2. New Subaru Outback
3. Dinner at X restaurant
4. To run a marathon

Now immerse yourself in each item. Experience it as though the future exists now — your desire has been reached — with all of your senses.

1. You are looking at a clear x-ray with your doctor. He is showing you where the spot on your lung used to be. You are filled with gratitude and joy. In the parking lot you call your best friend and share the news with them. You are both shouting “Yeah!” at the top of your lungs. The next night you and a group of your friends go to the X restaurant to celebrate. When your drinks arrive, everyone holds up their glass and toasts you.

2. You open the door to your new red Subaru and it has that new car smell. As you slide in, the black leather seats are cool to the touch. You start the car and head for the mountains. You notice a few admiring glances from other drivers as you wait at the stop-lights. You effortlessly pass the car in front of you. In a few miles you are accelerating through the curves as you watch the scenery move past the windows . . .

3. You are seated at to the right of the host. The table is perfectly set with black and white linens. The waiter has begun to pour the wine into everyone’s glass. The smells from the kitchen are heavenly and you begin to peruse the menu, thinking about what you will order. Now the host taps his glass and proposes a toast. Your meal arrives . . .

4. The weeks of training have paid off. Your legs feel fine as you begin the sixth mile. The terrain has just started to become a bit more challenging. You reach the top of the first hill and your breathing and heart rate are good. You look around you and realize that you can only see five runners, the rest have dropped back or are on ahead. It feels good to be outside and moving. Now you can see the finish line ahead . . . Now you are crossing the finish line . . .

Now, capture what you want into one image / word.

1. Toast.
2. Curves
3. Menu
4. Finish line

Use the next pages to help you create your list or use whatever paper is handy.

## YOUR LIST

## IMAGE/WORD

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# My Cycling List

