

# **THE C.A.R.E. PROCESS**

**Transform Your Limitations  
Into Infinite Possibilities!**

“Another Quantum Physics Metaphysical Metaphor™”

**By Cline Clark**



2010

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***The Care Process: Transform your limitations into infinite possibilities!***

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**“Another Quantum Physics Metaphysical Metaphor”™**

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*Dedicated to my "kids"*

*Bob Jackson*

*And*

*Barbara Muller*

*This is what your old man was up to  
during forty-three years wandering  
in the wilderness of our separation.*

*Love you both.*

*Dad.*

*P.S.: From Mom, too!*



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## INTRODUCTION

The development of adult brain and mind functions occurs between the ages of fourteen and twenty-eight.

From conception until the age of nine or ten months chemical, physical and emotional stimuli bring about eye-hand coordination and the ability to understand the meaning of basic words; hence, the ability to act and think.

Until about age thirteen, our conscious efforts are directed toward developing physical coordination and gathering information needed to function in the community of family and friends. At deep levels of brain/mind programming, we accept information without evaluating it – relying upon parents, peers, preachers, professors, and others to provide what is needed to participate in our culture.

A filtering process readily accepts new ideas that reinforce the old ones, rejecting the ones that do not! We continue to habitually accept and act upon obsolete information even though we want to change!

Self-defeating ideas reinforced by incoming information accepted automatically by the filtering process gather into isolated encapsulated patterns of thought called *engrams*. Between the ages of fourteen and twenty-one our brain and mind can discover, uncover and release old engrams with relative ease.

At about age fourteen we begin to evaluate new information in terms of what we already hold in our memory that conflict with the ongoing experience of “real life.”

Parents and other adults may perceive the process of challenging old ways and experimenting with new ones as “teenage rebellion” or some other critical term. The truth is that the future direction of human history is evolving in present teen thoughts and actions that can alter ancient social paradigms into new pathways and change future world history.

By age twenty-eight the pre-frontal lobe of our brain completes its development, stops the testing of our deeply held ideas, and finishes the establishment of personality and character. The rest of our lifetime we find that uncovering and eliminating old engrams that plague us by causing stress, anxiety, guilt, anger and fear are extremely difficult to remove.

Many experts in various studies of human behavior believe that our character and personality are *frozen and unchangeable* at this point in our psychological development. They define our human nature. My personal experience and observation demonstrate the fallacy of that concept. Whenever a person is deeply disturbed by his or her behavior he or she can change their *nature and personality!*

In traditional religious jargon, this is referred to as being “born again.” Modern psychologists studying the psycho-cult phenomena (Manson *Family*, Jim Jones *Peoples Church*) of recent years sometimes call it “snapping.”

Unfortunately many aspects of “normal human nature” can also be manipulated by government and religious neuro-linguistic (waking hypnosis) propaganda!

So much has occurred since I wrote the original 1980 version of *The C.A.R.E. Process* that this report is providing controversial information that very few people know about.

Recent scientific studies reveal that Quantum Physics and Metaphysics are wedded in the dark-energy and dark-matter permeating within and without every atom of the universe – it flows like a gentle summer breeze in and out of all material; and *blends all time, space, mind and matter into a hologram-like system* in which change anywhere affects everywhere. Change is perpetually and continually happening everywhere here and now!

## THE C.A.R.E. PROCESS

The pressure of the lightening speed of multitudinous data input on our minds creates overloads. The brain cannot keep up with many of the tasks it is required to perform. Unless there is some means of relieving the pressures of the modern life we are called upon to live, all of us risk mental and emotional collapse.

We are dealing with these pressures with our primitive human mind and brain that has changed only slightly since the discovery of fire. We apparently have no choice because it's the only mind we have to work with.

On the other hand, although our minds *seem* to be limited, the truth is that we can access all of the information we need through the brain's electromagnetic wave frequencies heterodyning between frequencies of vibrating dark-energy and

dark-matter particles in the brain's right temporal lobe and amygdalae, hard-wired for personal communication with the dark-energy "mind" of the universe!

In the primitive world of the early Bronze Age, people who discovered and nourished this personal mental capability were respected for their special "gift." Tribal leaders, rulers and kings enlisted them as advisors. They were not sophisticated or highly educated; some spontaneously discovered their talent, others devised ways to tap the universal mind in order to handle situations beyond the understanding and knowledge of their time.

During 1957 I was confronted with mental and emotional pressures beyond belief! They caused me to realize that I was not intellectually equipped to confront and handle my situation. I believed I had two choices, suicide or surrender to the inner voice that said: "You can continue the path you are on and matters will only get worse, or you can abandon your old ways and follow me."

I'm writing this, so obviously suicide didn't happen. For over a half-century I have sought to follow the voice!

I believe I experienced a psychological “snapping” (like a nervous breakdown) that changed the direction of my life. I also believe that this was the experience described by the prophets of the Old Testament. Although my life direction changed immediately, I was born again and had to learn how to live this new life.

It wasn't easy then, and it isn't easy now.

How many diplomas and graduate degrees can be acquired in fifty-three years? The independent study and experimentation needed to clarify the meanings of my personal trip have led me through many fields of thought and belief. There's no space or time to present them here.

In a way I can identify with Mark Twain's statement, “I have tried not to let schooling interfere with my education.”

Each of us is an instrument in the Universal symphony orchestra; I must be tuned up to play my part in harmony with the music of the spheres. Instruments do not tune themselves. Because the universe changes I need to allow myself to be re-

tuned periodically at the whim of the director.

*How to set myself free from the stress, anxiety, fear, anger, resentment and guilt resulting from today's speed-of-light lifestyle is simple. We all need it to survive. It requires giving up a lot of old ideas. The idea of change is all around us – on the other hand, it is almost impossible to achieve a change within ourselves!*

By combining ideas that have been with us for many years I have developed a method for changing myself. It works hand in hand with reverie, meditation, self-hypnosis or hypnosis to help me get in tune. I call this method “*The C.A.R.E. Process.*”

In this process, the letters “C.A.R.E.,” represent *Choose-Commit, Analyze, Release, and Energize-Evangelize.*

**Choose-Commit:** This is the “starting point” of the *Christian Conversion* in which the hopeless sinner chooses and commits to surrender to Christ. It is also the “third step” principle of *12-Step programs* in which a person decides to turn his or her will and life over to the control of a higher power. It is a process in which we evaluate our undesired condition and determine a better course of action we want to pursue. Although I am not certain about the true source, I believe that, from deep levels of my subconscious mind ideas inspired by dark-energy present themselves for my consideration. It may be a goal I want to pursue or a situation I want to abandon. When I decide, or choose what I deeply desire, I then commit myself to its achievement.

Whatever I choose and commit to, right, wrong, good, evil – these principles work!

As the world crumbles around us today, I highly recommend others to do as I have chosen to do: Establish and maintain, as consistently as possible, a personal vital contact with the guiding influence of the Universal Mind (dark-energy, dark-matter) as my guide in making all present decisions!

I realize that there is a popular notion that merely

changing my mental attitude and focusing my thoughts toward achieving my goals will produce the results I desire. This is delusion! (Been there, did that.)

*If I am firmly seated on a tack and feel greatly discomforted, no matter how many mental tricks I perform the physical act of standing up will be necessary to truly set myself free. As someone once said, "Faith without works is dead."*

**Analysis:** This is done in writing.

There are two aspects of analysis: *material* and *psychological*.

Deciding upon a material goal my first task is to determine the components needed and the procedure to follow to achieve it. If I want to build a house I not only need the architectural drawings, I also need tools, building materials and labor. If I want to become a brain surgeon I not only need a handful of degrees and diplomas, I need physical and mental skills only acquired by devoting time and energy to their development.

When I completed my pre-medical studies at LSU in 1949, and began analyzing what I could look forward to in the lifetime medical career awaiting me, I realized that the prospect of popping a boil on a patient's butt before breakfast – even occasionally – overpowered my noble goal of service to mankind.

Besides, it wouldn't be nearly as much fun as entertaining people on Bourbon Street in New Orleans. So I dropped out of school.

Whatever the goal decided upon, first I make a list of the things I need to do or obtain in order to achieve it. Then, with the list as a guide, I start doing what I can do *now!*

When it's done, there's always another step I can do.

Theoretically, that is the way things ought to be. In practice, though, there are often circumstances that obstruct the natural flow of events.

The plan may be running along smoothly. Part of the procedure includes receiving a part or piece of equipment. It is loaded on the truck and the driver is moving it along the highway as planned. At this point an infinite number of things may suddenly happen. A flat tire, a drunk driver, a mechanical breakdown, even an earthquake or tornado may stop the delivery.

These events, often called “Murphy’s Laws” happen, and when they do, *Material Analysis* is called for. What went wrong and how can I fix it?

A revised list is needed. Depending upon the nature of the new situation, some steps may have to be abandoned completely. In fact, the entire project

may have to be abandoned as was my medical career when I realized I was not headed toward lifetime happiness.

When this happens, a new choice is made and a new analytical list is prepared.

Ordinarily, when we choose to touch our nose it just happens. There are biochemical and neurological changes that activate, control and regulate the nerves and muscles automatically. When we think it and will it, it happens, and we touch our nose.

If we think it and will it but no matter how hard we try our arms and hands simply refuse to move to touch our nose – we have a problem!

We go to a physician who seeks to find a solution to the problem in our bodies. An *allopathic* physician will do a material analysis, and a *holistic* physician will study the energy balance in our physical bodies. Again, this is *material analysis*.

In the “nose example” it’s easy to see that a problem exists. It’s not as obvious when we encounter this situation in our pursuit of a personal

goal.

For instance, we have the list of steps to take and have completed some of them when we encounter a critical task that presents a risk of failure, or even more curiously a risk of success that will create personal obligations that we fear may be too great.

Instead of proceeding to follow the list, we procrastinate and miss deadlines, and fall behind in other obligations. We have encountered an emotional block not unlike the inability to touch our nose in our other example!

We need to get past the emotional block in order to move ahead in pursuit of our chosen path.

When no physical cause can be found, a *Psychological Analysis* is called for.

There are numerous approaches for resolving psychological or para-psychological blocks to progress.

Research has shown that, with the passage of time, 70% of these problems will resolve themselves

spontaneously.

The other 30% may require professional treatment. Let's look into these first. A large part of this group is already being treated. Whatever the origin of the condition they require medicine to prevent them from doing harm to themselves or others, and if medication fails they are confined in mental institutions.

If you are in this group, you should stick with your doctor. Maybe after a discussion with him/her you will be allowed to combine what is in this report with their treatment. My limited training disqualifies me insofar as your condition is concerned.

Now, about the rest of you! As I have said, our emotional blocks will "heal themselves" with the passage of time if we do nothing at all.

There are lists and directories on and off The Internet where we can find numerous experts who will, for a fee, help us resolve our emotional problem. Some work faster than others. Most will take considerable time, effort, and expense to set us free to move ahead with our life. Some drag on

endlessly without any demonstrable success – there is no guarantee!

There are things; however, we can do on our own, at no financial cost, to speed up the process. That is where *The C.A.R.E. Process* comes in.

There are four primary emotional feelings that cause almost all emotional blocks we experience:

***FEAR, INADEQUACY, RESENTMENT, GUILT***

Focus your attention on your goal. What feelings do you find that make you want to delay or abandon your dream? What do you believe causes them? Look for the nature of those emotional blocks to achieving the goal you have chosen.

Self-analysis requires writing because of the fleeting nature of current memory. Our emotional feelings today are important, but may and probably will be forgotten tomorrow! See if we can uncover and write down WHY we have those feelings.

In one of the “mystery schools” I encountered along my path, there were a series of puzzles to be solved before proceeding to each new level. We were to pretend we were in training for knighthood. The first test was, while wearing full armor, to capture a

hare in the field and bring it to the guardian at the draw-bridge gate.

Even Elvis Presley's hound dog never caught a rabbit! Imagine trying to do it in a tin-man suit!

The secret to the puzzle was: The knight gathers twigs and sticks and builds a trap in the field. Then, in full armor, the knight can catch him and gain entry to the castle.

The scurrying rabbit symbolizes our fleeting thoughts that come into consciousness and we are unable to focus on them at present because of distractions in the world around us. In order to capture the thoughts for later consideration we trap them by writing them down.

Neat, huh? There were lotza adventures with hens, dust-bins, doves and eagles among other things along the path to the round table. I enjoyed that "school."

I began by *my* analysis taking four sheets of paper and writing at the head of each, one of the four primary emotional feelings. Then I wrote a little about each of those feelings I was currently experiencing. I discovered that more came to mind as I did so, and it was interesting to uncover and put these feelings outside of my head and onto the paper.

If your are like I found myself to be, you probably

feel *anger* or *resentment* toward the society or people who set standards we do not easily meet, or challenges that are beyond our control; *guilt* because we believe that we "should" be able to meet the standards or challenges others have set; and feelings of *inadequacy* because we appear to be unable to do what others are doing.

Eventually I ran out of things to write about and simply stopped. I knew I wasn't really finished and would return to this process again, but just "ran out of steam" for now.

The discovery of emotional blocks is less than half of the process. Once found, we need to release them.

**Release:** requires the ears of another person.

This is because the negative emotional blocks usually stem from *fear* that other people will discover that we have experienced these feelings or have done things that caused them.

Here I'll briefly depart from *The C.A.R.E. Process* study to give you a short course in *Freudian and Jungian Psychoanalysis*.

Dr. Sigmund Freud believed that we have problems dealing with the conflict between political correctness (in both church and state) and our natural drives of aggression and sexuality. There are things our human DNA wants to satisfy but to do so would cause rejection by the mores of our cultural environment.

Therefore we repress these natural urges. In the effort to deal with our inner conflict we tend to develop *neurotic behavior* requiring therapy.

Dr. Carl Jung (Pronounced “Young”) agreed with Dr. Freud about our natural struggle against political correctness, but came to a different conclusion.

Jung said that we do not repress these urges; we express them and hide them from the public eye to avoid criticism, ridicule or punishment.

Each time we commit and hide our socially unacceptable behavior we create a psychological

“building block” that separates us from our fellow humans. Over time these building blocks build a wall around us held together by the *mortar of secrecy*.

This defensive wall is so thick and high that it isolates us from every other person on earth. It is the secrecy that causes loneliness and isolation from our fellow man and results in our neurotic behavior.

In *The C.A.R.E. Process*, the neurotic behavior we experience is the emotional block that stands in the way of achieving our goals.

To experience the release, we find someone we trust and *read* what we have uncovered in the written analysis to them.

The feelings we have written about were held in secrecy - and it is the secrecy that perpetuates the emotional blocks! Negative emotions - no matter how slight and seemingly insignificant or justifiable - tend to restrict or even shut down our connection to the dark-energy.

Telling someone breaks the bondage of secrecy and the wall of loneliness crumbles to set us free to do and be as we please.

After reading the written analysis to someone, it's good to make an affirmative statement out loud. Something like, "Ok, here I am. Please set me free from the self-limiting influence of the stuff I wrote

and talked about. Eliminate the things that hold me back from my dreams so I can trust, serve, and help others more."

If you have a religious preference, you can couch this in terms of your faith. It is my belief that all "god-concepts" relate to our relationship with ever present dark-energy.

As Alma, my wife and spiritual partner says, "Write it down, tell a friend, and give it to God."

Doing that, we release the blocks that were holding us back.

Next is the process of programming ourselves for the future by *energizing* our dream.

***The FIRST PART of energizing:*** Do a re-write of the analysis.

Convert all of the "negatives" into positives. Write a simple affirmative statement concerning each emotional feeling you found and released. The following is an edited version of an excellent handout I received at a seminar held by Gil Boyne at *Los Angeles Hypnotism Institute* in the early 1970's:

1. BE AFFIRMATIVE.

Saying "I am not bashful" may be a positive statement, but it reinforces an image or feeling of bashfulness. Say, "I am assertive and confident," instead.

2. USE PRESENT TENSE.

Form the idea as if it were already an accomplished fact. ("I am strong and healthy.") The only exception to this rule is when you have a physical condition like a broken leg - then use the progressive tense ("My leg is getting stronger and healthier each day.") Don't use the future tense. Instead of saying, "I will be" say "I am."

3. BE SPECIFIC.

Choose one specific area for self-improvement and confine your writing to that area. If you have two or three problems to work on, write separate affirmations for each one.

#### 4. KEEP IT SIMPLE.

Your inner mind (your subconscious, atavistic, primitive mind) operates at the emotional level of a nine-year-old. Keep your vocabulary at that level if at all possible when you want to influence your deeper mind.

#### 5. USE EXCITING, EMOTIONAL WORDS.

Put excitement and feeling into your affirmations. You are dealing with your "feeling mind."

Use "advertising words" like *SPARKLING*, *VIBRANT*, *THRILLING*, *WONDERFUL*, *POWERFUL*, *RADIANT*, *LOVING*, *GENEROUS*, *ABUNDANT*, *EXCITING*, *DELIGHTFUL*, *BEAUTIFUL*, *JOYOUS*, etc.

#### 6. AFFIRM ACTIVITY.

Say what you do - not what you CAN do. Describe your action, not your ability.

#### 7. BE SELF-HONEST

Talk about the exact improvement or goal you want, not things that might help you achieve a socially "politically correct" lesser goal.

#### 8. BE REALISTIC.

Don't give ridiculous suggestions to you inner mind. If you want to be a brain surgeon, focus your affirmations on the tasks that get you there. Your deep mind knows you aren't there yet! Avoid words

like perfect and never.

## 9. PERSONALIZE.

Don't suggest a change in other people or the world around you.

The objective is to change you! As YOU change, others associated with you may change, but your affirmations relate to yourself, not others. To be loved, be lovable!

## 10. SYMBOLIZE your affirmation in a TITLE.

After you have written your affirmation find a word or short phrase (preferably no more than 3 or 4 words) that symbolizes THE FEELING and content. How will you feel when you have overcome these challenges. Seek a symbol that calls to mind a strong feeling or a vivid picture. The symbol has meaning to you, not necessarily to anyone else. The words in the symbol are the title of your affirmation.

***The SECOND PART of energizing is done in three phases:***

***Phase One:*** read your affirmation out loud to yourself.

Use the title at the beginning and the end of the reading. Try to do this action two times daily for at least three consecutive days.

***Phase Two:*** after the three days, bring yourself into meditation, reverie, or self-hypnosis at least once daily for twenty-one consecutive days. If you have learned how to do this already, just do it the way you know.

If this is new to you, try this:

Find a time and place of least distraction, disconnect the phone, make yourself comfortable, close your eyes, breathe easily and deeply, let any sounds you hear be signals to relax your mind more completely, just acknowledge and "brush aside" any thoughts that tend to interfere with the process.

In a couple of minutes you will feel calmness, peacefulness, tranquility. That's it! You have opened the connection to the Universal Process.

You may also find it helpful to listen to my MP3 audio recordings:

<http://www.clineclark.com/podcast/hypnosis.mp3>

and

***Phase Three:*** while in this state of mind, think mentally to yourself, the *title* of the affirmation. Just think it once, and then let your imagination drift into a daydream imagining the result of the affirmation as though it is already achieved!

Use all of your senses possible. What odors and tastes seem to associate with your new reality? Is there wind in your hair or on your face? Are there sounds? Colors?

Soon your daydream will be interrupted by irresistible thoughts like "I wonder how long I've been here," "Is it time to get back to work?" These are your wake-up signals! Just open your eyes, stretch and yawn or whatever gets you alert and ready for what comes next in your daily activities.

If you do this before going to sleep at your regular time, those "wake-up" questions won't be done - you just drift into sleep. Your inner mind will work until you awaken as usual.

Depending upon how thoroughly you have applied the principles and taken the actions of C.A.R.E., your wildest dreams of joy and success are coming true now!

If feelings of guilt persist, you can conquer them with a sincere effort to make restitution to

whomever you have emotionally or physically harmed.

*After serving a prison term for stealing a million dollars I would have paid my debt to society, but the million dollars unpaid restitution to my victim would remain. If I feel no guilt or remorse, I'm some kind of nut, and should do some analytical work. If I feel the guilt, I need to do what I can to fix the situation. (Note: This is an example, I really didn't do it!)*

Lingering feelings of anger or resentment will only leave you when you learn to forgive whoever offended you. If you feel unable to do these things, you are emotionally blocked!

When you CHOOSE to set yourself free from these limitations and allow yourself to move forward, analyze-release-energize your choice. You can do it!

In any event, we remain isolated from the dependable influence and guidance of the dark-energy creator of the universe until we set ourselves free from resentment and guilt.

We need to learn how, and then to practice forgiveness and restitution. It's strictly an "inside job."

The sun of a dawning age began to rise above the horizon in Y2K (Year Two Thousand). It will reach midnight in Y3K, and another New Age will dawn

in Y4K.

The historic changes that occurred throughout the past two thousand years indicate that all of today's political, religious and economic systems will crumble and fall into ruin in the centuries ahead.

There is a black hole at the center of our galaxy, the Milky Way. In 2012 the sun will align with the plane of the galaxy for the first time in 26,000 years and the black hole will do all kinds of crazy things to our entire solar system.

Some scientists predict super-giant flares will erupt on the sun's surface sending solar particles to our planet possibly causing the earth's magnetic poles to reverse producing loss of all electronic communication systems and violent natural disasters.

The good news is that according to other scientists, at the same time, the winter solstice sun moving closer to the heart of the galaxy passes through a dark streak in the Milky Way. This is predicted to cause humans to be transformed by a closer connection with the universal mind of the dark-energy.

Perhaps a lesson to be drawn from the destruction of the World Trade Center in New York City, September 11, 2001, is that everything we build and hold valuable today will be dust-covered ruins within the next thousand years.

The state of consciousness we achieve in meditation is the atavistic mind of our cave dwelling ancestors before there were words. It is the gateway to the God-Spot physically located in the right temporal lobe and amygdales of our brain, the threshold to communication with the intelligent, Universal dark-energy force guiding all of the stars and planets - and us - toward our mutual destiny in harmony with the music of the spheres.

Ancient prophets and wise men named the Universal dark-energy "God."

This simple *C.A.R.E. Process* is not easy to perform, but it has been my key to successfully meeting the challenges of both the present and the Future-World. It is my gift to you.

Toffler's *Third Wave* is already flooding beyond the shore. I believe that each of us can choose to sink or to swim!

END



## About This Book

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Doctor of Divinity (DD) and Doctor of Naprapathy (DN) Degrees are honorary religious titles having no academic significance. The Certified Master Hypnotist (CMH) title was awarded by The Hypnotists' Examining Council of California, Los Angeles, after demonstration of professional knowledge and skill in 1977.

Cline Clark, former Methodist Chaplain to Louisiana State Charity Hospital in New Orleans (1959-60), holds an Associate in Arts Degree granted by Los Angeles City College of Los Angeles California (1979), numerous religious honorary titles and degrees, and is an ordained minister of The Universal Life Church, Modesto, California.

(<http://www.ulchq.com>)

*His personal ministry breaks with historic economic, educational, religious and government theories in order to end the world of old ideas, and introduce a new global paradigm shift in human behavior (or nature) . . . to result in an extended period of world peace.*



*Dear Reader,*

*I sincerely hope that you have found this e-book report helpful as well as informative.*

*It is a result of the many things I learned while conducting “Self-Programming Self-Hypnosis” seminars several times each quarter from 1980 to 1990 at Los Angeles City College Community Services in Hollywood, California.*

*Since my days as Methodist Chaplain to Louisiana State Charity Hospital in New Orleans in 1959-60 I have conducted a private counseling and hypnotherapy practice locally. Now It is also available via e-mail, telephone, and fax. For details, visit*

*<http://www.clineclark.com/coach>.*

*My prayer-thoughts are with you,*

*Blessed Be!*

*Cline Clark*