

## AIM and The Types of Balancing Frequencies Available to You, 24/7

Everything is energy, despite our often limited perception of just the physical body and the material world. It is the belief of EMC<sup>2</sup> that if you remove energetic imbalances (predispositions or potentials for or susceptibility to the manifestation of physical disease) from consciousness, where everything is created, that they can neither manifest nor be sustained in the physical body. AIM is a tool you utilize 24/7 to focus on healing, while you get to live your life. It's a continuous energetic "tune-up" - the most comprehensive and effective form of energetic balancing in existence, to assist you in creating a no-limits life on every level.

"The aim of energetic balancing is to give the body enough strength to use its own wisdom and its own resources to provide a state of well-being . . . As we eliminate each imbalance, it increases the energy we have available to us (life force energy), creating the opportunity to discover deeper, more subtle imbalances, until we are free from all limitations we've acquired in this lifetime and in the past."  
*Sanctuary: The Path to Consciousness* (Published 1998 & 2000)

AIM stands for All Inclusive Method, a very appropriate term for the depth and breadth of what the program includes. There are over 500,000 balancing frequencies on the AIM program to assist you in the removal of all imbalances that you have in your consciousness, as well as frequencies to assure you select only what you need for your own self-healing and bypass the rest. It represents a monumental improvement over the individual evaluations and "frequency drops" employed prior to 1999 by Stephen Lewis, the developer of AIM. Beyond the time and expense of office visits, patients were dependent on what Stephen was able to detect in them at the time of their visit, and the recommended and carefully prepared "energy frequency" drops were only as effective as one's commitment to taking them as instructed.

**Broad categories of energetic imbalances** for which there are balancing energies on AIM to help us self-heal:

1. karmic or hereditary imbalances - the stuff we bring with us and inherit, *along with the unresolved etiological emotional imbalances linked with each one*. Many of these frequencies have names identical to or similar to "disease" names. AIM includes balancing energies for every known "disease", and over 3000 prion frequencies, things not known in Western Medicine, about 10% of which are hereditary imbalances and more types of malignancy frequencies than "known" types of cancer. These hereditary imbalances are in an "active" status when we begin AIM, as indicated by the current excessively low initial life forces of new AIM participants due to the presence of immune deficiency frequencies and other factors. Usually, a given physical manifestation or condition is the result of multiple layers of hereditary imbalances, not just one.
2. acquired imbalances - some naturally occurring in nature, such as disease frequencies acquired from insect bites, chemicals or toxins we ingest or breathe in daily; some are man-made/aerosolized such as air-borne HIV or hepatitis or Swine flu and many other "bio-warfare" type frequencies and originally identified by Stephen Lewis in May 2008, man-made cancer imbalances. Most US adults acquire many imbalances every day. For some who are already weak and whose healing capacity is already compromised, one or a number of these might be their "last straw".
3. blockages to elevating consciousness – Anything that negatively affects life force impedes the ability to raise consciousness. Beyond that, these are emotional and spiritual vibrations and disempowering beliefs, imbalances more deeply and continuously addressed by utilizing the "enhancing frequencies" described below.

Additional frequencies include: homeopathic frequencies, color frequencies, essential oils, herbs and bach flower frequencies, anti-aging/longevity frequencies, all the human and animal energy frequencies that are beneficial and protection frequencies.

Another great resource to help you understand various terms used by EMC<sup>2</sup> in discussing or describing frequencies is the article written by Evan Slawson in the summer of 2010, "States of Imbalance", which you can find on [www.sanctuarylv.com](http://www.sanctuarylv.com), AIM Program Details section, Articles by Founders page.

## Always More

Since the beginning of AIM in 1999, hundreds of additional imbalances (in all categories) have been revealed to Stephen Lewis and the appropriate balancing energies determined and immediately added to the AIM trays and hence are available to us as we may need them – be they hereditary, man-made or enhancing frequencies described in more detail below. New hereditary imbalances are found through “Special Rechecks”, done only for those on AIM over 11 months who seem to have some persistent, long-term physical manifestation still present, even after they’ve detoxed all the hereditary imbalances they had that are already on AIM. Stephen’s ability to look for something still hidden in the participant’s consciousness is only possible when everything known and on AIM has been removed, the “masks” peeled away. Anything revealed through these special rechecks is likely to be a very core foundational imbalance in the person in whom it is found and for anyone else who has it, something deeply hidden in consciousness. The process of transformation and empowerment continues as we reach yet another deeper level of healing with the removal of each energetic imbalance, so these special rechecks are important and will be further explained to you if and when one may be needed..

Stephen checks daily for any new man-made, aerosolized imbalances and even if non-threatening, the necessary balancing energies are added immediately to the AIM trays. We will still acquire things daily, but on AIM, we deal with them quickly and effectively with minimal if any impact on our life force energy. The goal is to eventually have no hereditary imbalances or areas of weakness within that could move from potentials to manifestations, or that could compromise our ability to heal from exposure to these man-made and acquired imbalances.

## AIM Enhancing Frequencies

In addition to all the balancing frequencies to help us heal all negative imbalances, a major focus for Stephen is identifying additional life-enhancing frequencies, frequencies to further empower us to fully embrace self-responsibility and to help raise our consciousness, if we so choose. These positive energies, hundreds of them, are “voluntary” versus the balancing energies to help us heal hereditary imbalances which everyone selects as a matter of basic instinct or survival. All that is needed to tap in to these frequencies is a general intention to raise consciousness, to live a more connected life. That intention allows your higher self full access and utilization of these energies.

Here is a short list of some of these “personal empowerment” or life-enhancing frequencies available to us on AIM, 24/7:

- Emotional stability
- Mental vitality
- Creativity
- Perception of order
- Self healing
- Ability to help others heal themselves
- Awakening consciousness
- Protection against unwanted intrusion
- Memory
- Feeling of harmony
- Feeling of radiance within
- Courage
- Prosperity
- Unconditional love
- Perpetual gratitude
- Ability to shed past fixations
- Self acceptance
- Protection while awake & asleep (you vibrate differently awake/asleep)
- Appreciation of the miraculous
- Replace separation with connection
- Induce you to envision healing
- Self-empowerment, ability to be empowered by everyone & everything, on every tray
- Ability to feel empowered every moment

- Stamina & vitality; regenerate the central nervous system
- Replace ego with understanding
- Replace grief with humility
- Replace desire with acceptance
- Replace anger with forgiveness
- Replace attachment with self-sufficiency
- Replace fear with courage
- Encourage prosperity
- Remove doubt
- Replace separation with love
- Ability to welcome love
- Remove fear of accepting love

We find that as hereditary and other imbalances are removed and your life force rises, you have even greater capacity to set conscious intentions to enhance your selection of these enhancing frequencies. If it is your intention to grow spiritually and to elevate your consciousness, then you will **fully utilize** these enhancing frequencies. Not everyone does. It's possible to have a life force of 100, and to have removed all hereditary imbalances (currently on the AIM program) and still have a low level of consciousness. Self-responsibility is key to all advancement and transformation. Note that while EMC2 does not offer the service of testing consciousness levels of participants, Stephen does refer to David Hawkins book "Power versus Force: The hidden determinants of human behavior" and the consciousness level map included therein.

Stephen wrote articles on 8 of the enhancing frequencies, the titles and URLs for which are included at the end of this document. They have served as valuable resources for our participants.

### Anti-aging with AIM

A fourth category of frequencies is referred to as "anti-aging". These would be utilized by participants as a matter of survival/instinct as are the balancing energies for hereditary imbalances. Stephen strives to advance and enhance his testing methods regarding finding previously "unknown" hereditary imbalances, and thus help us all get to the "bottom of our barrel, so that even more time can be devoted to research in this area. Just one reflection of the magnitude and power of his relentless research is the change in biological age that happened in December 2009 with the finding of a hereditary immune deficiency imbalance that everyone has (and those on AIM HAD). While most people, adults and kids, have a biological age of around 95+ as they begin on AIM, those on AIM for a year, with a life force of 100, once we detoxed that frequency found that our biological age dropped from 29-30 (where it had always been since first measured by Stephen decades ago) to 26. Then when AIM participants healed another hereditary imbalance revealed and added in March 2011, life forces dropped again. As of September 2011, participants on AIM for a year or more now have biological ages between 21-23, regardless of their chronological age. Biological age is the age at which you are functioning or the age you would expect to be given the presence of active hereditary imbalances, versus chronological age.

Here is a partial list of some of the "anti-aging" frequencies, although in reality, any imbalance that helps you heal a potential for things commonly associated with aging, such as dementia, arthritis, etc, could be and often is referred to as "anti-aging":

- 11 frequencies to support the central nervous system, everything that keeps us rolling
- 3 T cell frequencies, to assist regeneration
- Macrophages regeneration – frequencies that are key to immune response
- 2 frequencies directly related to osteoporosis (yet we must still do "physical" things to care for every aspect of ourselves, in this case, such as diet and weight training)
- 2 frequencies for increasing mental vitality
- 8 frequencies to increase stamina & vitality
- 3 for increasing white light
- 4 to increase respiratory capacity
- 2 to increase red blood cell glucose
- 2 to increase cell oxygen
- 2 to remove wrinkles

- 2 to heal topical inflammation
- 1 to help with kerostosis (aging skin on neck)
- 4 general anti-aging
- Several to help heal excess free radicals
- 4 to help with general healing (many report that doctors comment on rapid healing of a participant after surgery)
- Frequencies related to sexual function, 5 for men, 5 for women

Note that we're not saying being on AIM can keep you from getting wrinkles or help you remove the ones you have, but perhaps with other good habits and rituals, it can give you every advantage in minimizing them. One of the most common things reported to us is that friends of participants comment on how good or young they look, wanting to know what it is they are "doing". This makes perfect sense to me, as, ultimately, this is all about vibrating on a higher plane, and the resulting glow cannot help radiating on the outside.

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### A few pertinent quotes from Sanctuary: The Path to Consciousness:

Page 88:

"People recognize that their inner needs aren't being met. They're itching for a change, but they don't know how to get there. But people who have come here for energetic balancing find that their feelings of well-being return; they have much more energy, they think more clearly; and their emotions are calmer, more centered, and more loving."

Pages 197-198:

"If you have a frequency that we believe is the conscious resonance or spiritual essence associated with what might best be called a 'disease entity' in your consciousness, what we do is help you remove it by giving you the right tool. That's why when people ask if they have a disease, I say I have no idea. And if they ask whether they should continue taking their medications, I say 'How should I know? Ask your doctor.' But I sincerely believe – and this is the doctrinal belief of our church – that if someone has an energetic imbalance in their consciousness and this imbalance has been identified as an energetic frequency with a disease name, I have no doubt that it affects their sense of well-being and it affects their life force as we measure it – that is, in units of consciousness. **And anything that lowers the life force also lowers a person's ability to achieve the spiritual goal of higher consciousness.**"

Page 141:

Why something may "feel" like "it's" still there, or "back":

"These situations happen when a person has an energetic weakness that makes them vulnerable to attack in a certain area...The problem is caused by the continued presence of a fundamental underlying imbalance, which is hereditary and which is one's *vulnerability* with a capital V. Imbalances seek that vulnerability and will find it. It is in accordance with the most basic law of the universe: survival. It would be idiotic to attack your strength. You would overcome the attack, and in the process, become stronger. As long as your weakness remains, that will be the point of entry for any imbalance. Furthermore, even though each imbalance is totally different, subjectively you'll perceive them as being the same. That's because what you're really perceiving is your fundamental weakness. And that's why energetic work is pointless without addressing the deepest hereditary, ancestral imbalances."

**From "Tenets of EMC<sup>2</sup>" (all Tenets are in the Energetic Balancing section on [www.sanctuarylv.com](http://www.sanctuarylv.com)):**

#### 7. Self-Responsibility

EMC<sup>2</sup> teaches self-responsibility. Self-responsibility means acknowledging that we are the cause of everything in our own lives. Self-responsibility means accepting the power that we truly wield as infinite and eternal beings. Denial of our self-responsibility means giving up that power and becoming victims of our environment.

**Links to the 8 Enhancing Frequencies articles:**

Replace Anger with Forgiveness - <http://www.emcpic.info/enhancing-forgiveness.html>

Replace Fear with Courage - <http://www.emcpic.info/enhancing-courage.html>

Replace Grief with Gratitude - <http://www.emcpic.info/enhancing-gratitude.html>

Living in Gratitude - <http://www.emcpic.info/enhancing-livingingratitude.html>

Resolving Doubt - <http://www.emcpic.info/enhancing-resolvingdoubt.html>

Replace Desire with Acceptance - <http://www.emcpic.info/enhancing-acceptance.html>

Appreciating the Miraculous - <http://www.emcpic.info/enhancing-appreciating.html>

Increase the Ability to Help Others Heal Themselves - <http://www.emcpic.info/enhancing-helpothersheal.html>

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