

Rewriting Your Life

An Owner's Manual

A guide to discovering and
changing the limiting beliefs that
block you from creating the life
you want.

Dr. Kenneth Best, D.C.

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About the Author

Dr. Kenneth Best, D.C., specializes in Applied Kinesiology ("AK") and Thetahealing™. He has healed thousands of patients by combining physical and energetic therapy with spiritual guidance to change the inner being. As a result of these healings, Dr. Best has developed a program utilizing the tools for inner change called "Rewriting Your Life™."

In agreement with Einstein, who said that light and sound would be the medicine of the future, Dr. Best researches and expands investigation into energy healing, from healing light frequencies to vibration of brainwaves that influence our subconscious Energy Programs. Dr. Best has been a seminar instructor for healing techniques of both Applied Kinesiology and Thetahealing for more than ten years, teaching and assisting thousands of healers.

Dr. Best is the founder of a not-for-profit movement to enhance our awareness of our part in the global vision through the Mind Revolution, a grassroots campaign of like-minded individuals creating society, a community to create a paradigm shift in the thinking of society on a global scale.

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Rewriting Your Life™

An Owner's Manual

ManyLevels™ is a company dedicated to unlocking the secrets of healing. Using the basic Laws of the Universe and working within the quantum field allows miracles to happen on a daily basis. *Rewriting Your Life™, An Owner's Manual* is an owner's manual companion to the book *Rewriting Your Life™* and related seminars and workshops. For a more complete explanation of topics please refer to the book.

The Keys to Unlocking the Secret

There has been a lot of talk about the movie *The Secret*™ that focuses on the *Law of Attraction*, which has always existed, but few people consciously use it in their daily lives. The Law of Attraction, one of the *Laws of the Universe*, proposes that what we think is what we get, that our thoughts determine our destiny. Many proponents of the idea claim that with practice we can use the Law of Attraction to change our life. We are always working with the Law of Attraction as well as several other Laws of the Universe. For the Law of Attraction to work in your favor, you have to apply the proper principles, as well as remove the blocks that keep you from achieving what you want in your life. In the book *Rewriting Your Life*, we give you the keys to unlock "the secret" and remove any blocks so that you can create your future.

The Quantum Field

Imagine the quantum field as an electronic library of all the information in the universe. We are all connected to this quantum field and all have the ability to access information from this field. It is abounding in unlimited possibilities and energy but the problem is how to access it. One way is by using the Law of Attraction. Another is via the *Law of Correspondence*, a principal whereby something comes into physical reality only if it is also manifested into the non-physical world. The Law of Correspondence states: "As above so below, as below so above, as within so



without, as without so within.”¹ This non-physical reality is expressed in the terms “as above” and “as within” and the physical world by the terms “as below” and “as without.” In order to change the outer world we must also change our inner world; our inner thoughts must be the same as what we want to create in our outer world.

How do we do that? The Law of Attraction says that our thoughts, emotions and actions create our future, but the one thing that stands in our way is our own belief systems. We are usually unaware of these belief systems, but they show up in our negative self-talk and in the ways that we sabotage our life.

Energy Programs

Energy Programs are beliefs systems that are both conscious and subconscious. These Energy Programs are the framework from which our entire lives are based. They directly influence all of our choices and actions. Most of us have no idea that we even live by these programs; we think that our beliefs come from our own intellect. The reality is that most of our belief systems have already been predetermined in our DNA and subconscious minds.

DNA is not random; it is the blueprint for your body and your mind. Science has discovered that DNA is organized in an intellectual pattern that suggests it is encoded as a language. DNA also responds to the intellectual patterning of language and its vibratory frequency; meaning, we influence our DNA by our thoughts and our *self-talk*. Everything is energy and all energy vibrates, this vibration produces frequencies that we interpret as information. This information is stored in the microcosm of our mind and the macrocosm of the collective unconscious and the quantum field. Most information and beliefs we have are Energy Programs that are encoded into our DNA. Some of these programs may help us; others may hinder us — but all are active from birth while others lie dormant and are triggered or activated by some event in our life.

¹ The Law of Correspondence from the teachings of Hermes Trigeminus, from the book *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, by Three Initiates.



Your DNA carries with it all the information pertinent to the operation of your body. It instructs cells how to divide and multiply, how to regulate all the systems in your body, and provides the framework for how you think.

The Energy Programs encoded in your DNA generate your thoughts and actions.

You have a choice whether to act in accordance with an Energy Program or against it. However, other Energy Programs may influence a choice you make. It becomes difficult to separate where conscious choice begins and energy-program influence ends. Most of us react to our environment without stepping into any conscious decision-making that is separate from the influence of these programs.

We intimately identify with our Ego, which directs the mind and is a product of the mind. The Ego is a self-appointed manager of your life, making decisions for your body and the mind; however, the Ego is not the owner — you are. In those brief moments when you can step outside the Ego, you can see that there are conscious thoughts, choices and actions. If you were able to operate from this place outside the Ego on a continual basis, you would use your mind and body as an expression of life through conscious thought. If you were able to operate outside the Ego, it wouldn't matter what Energy Programs are operating in your body and mind, because you would be able to direct your body and mind from an independent perspective of conscious thought.

Once you become aware that these Energy Programs may have a positive or negative influence on your life, you will recognize that taking control of these programs can change your life.

Many people actively take control of negative Energy Programs by working through their issues and actively working to make decisions that are more in line with what they want out of life. Working against the