

INNER CHILD Core Truth (ICCT)		Core Falsehood
INNER PARENT Core Truth (IPCT)		Core Falsehood
Name	Mission of Reform Essence	
Date of Birth	Initial Date	

TBM BENCHMARKS		
Sound Body		
Date	Optimal Values	
Phase 0: Embrace New Path	100%	
Exceed min. H2O intake - .66oz/# 43.5mL/k	7+ days	
Sweetener free	7+ days	
Physical Activity (1hr/day)	7+ days	
Core Essence/Protection (2x/day)	7+ days	

Date	Optimal Values	
Phase 1: Initiate Comprehensive Healing	100%	
Basic Physiological Exam	Negative (x2)	
Basic Structural Exam	Negative (x2)	
Basic Allergy Exam	Negative (x2)	
Basic Emotional Exam	Negative (x2)	
Basic Energy Exam	Negative (x2)	
Basic Learning Exam	Negative (x2)	
Basic Immunological Exam	Negative (x2)	
Internal Power	10,000	
Challenge Meal	Passed	

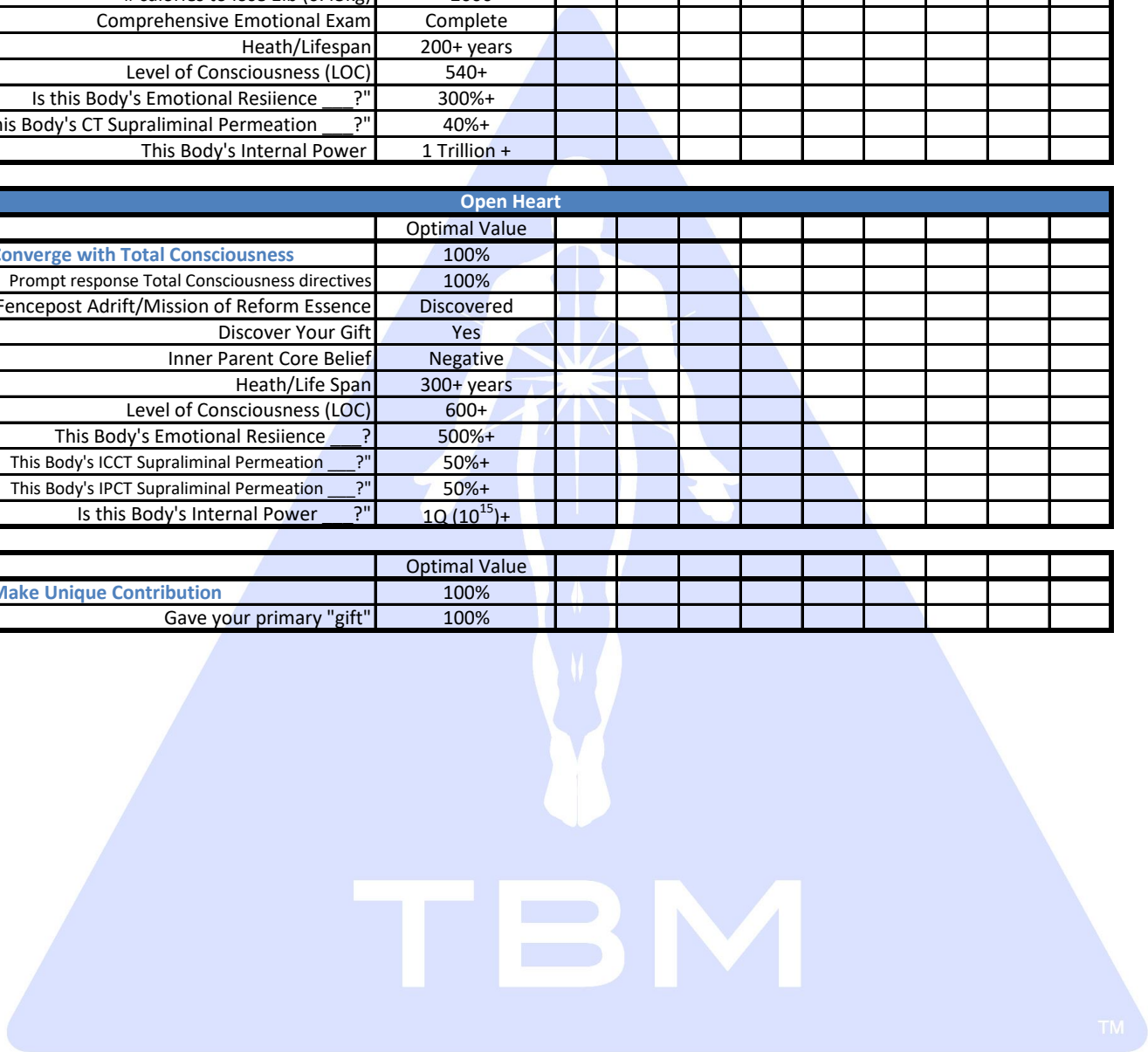
Date	Optimal Values	
Phase 2: Listen to the Body	100%	
Gut Microbiota	300+	
5+ hr between eating (waking hours)	Neg. Leg Test	
"Is the calorie formula operational in this Body?"	Yes	
Core Belief	Negative	
"Does this Body need Grizzly Bear?"	No	
Baseline Stress Level	1.4-1.6	
Restorative sleep	7+ days	
# Bowel Movements = # Meals	7+ days	
Chronic symptom free	7+ days	
Pharmaceutical free	7+ days	
Healthspan = Lifespan	Yes	
"Is this Body protected?"	Yes	
Level of Consciousness (LOC)	400+	
This Body's Emotional Resilience	? 100%+	
This Body's CT Supraliminal Permeation	? 10%+	
This Body's Internal Power	? 100,000+	

Clear Mind		
Date	Optimal Values	
Phase 3: Discover Possibilities	100%	
Body Mass Index (BMI)	30.0 or less	
1hr exercise + snack + dinner only	Neg. Leg Test	
1 mile (walking/running) no water	Neg. Water Circs.	
Situational Creation State?	No	
Heath/Lifespan	100+ years	
Level of Consciousness (LOC)	500+	
This Body's Emotional Resilience	? 200%+	
This Body's CT Supraliminal Permeation	? 20%+	
This Body's Internal Power	? 1 Million +	

Date	Optimal Value													
Phase 4: Purify Mind and Body	100%													
Metal Homeostasis	Negative													
Medications Session	Negative													
Body Mass Index (BMI)	18.5-24.9													
# calories to lose 1lb (0.45kg)	<2000													
Comprehensive Emotional Exam	Complete													
Heath/Lifespan	200+ years													
Level of Consciousness (LOC)	540+													
Is this Body's Emotional Resiience ___?"	300%+													
This Body's CT Supraliminal Permeation ___?"	40%+													
This Body's Internal Power	1 Trillion +													

Open Heart														
Date	Optimal Value													
Phase 5: Converge with Total Consciousness	100%													
Prompt response Total Consciousness directives	100%													
Fencepost Adrift/Mission of Reform Essence	Discovered													
Discover Your Gift	Yes													
Inner Parent Core Belief	Negative													
Heath/Life Span	300+ years													
Level of Consciousness (LOC)	600+													
This Body's Emotional Resiience ___?"	500%+													
This Body's ICCT Supraliminal Permeation ___?"	50%+													
This Body's IPCT Supraliminal Permeation ___?"	50%+													
Is this Body's Internal Power ___?"	1Q (10 ¹⁵)+													

Date	Optimal Value													
Phase 6: Make Unique Contribution	100%													
Gave your primary "gift"	100%													



TOTAL BODY MODIFICATION