

Transformational process "Here and Now"

Transformational Processes.....	2
Learning the Here and Now Process.....	5
Principles of use	6
Running to yourself.....	7
Launch to the person you're interacting with right now	9
Launch on a group of people.....	11
Creative Launch	12
Contacts	14

Transformational Processes

The Transformational Processes format is my technology. It is unlikely that you will see it in anyone else but me and my students. Over the years of working with energies and trying to practice different techniques, I have become frustrated. During the development of my own psychic abilities, I have come to the conclusion that I need something better, free from the shortcomings of the systems I know.

Where "protection" is not required, there are no kickbacks and other not the most pleasant things that one always encounters when working with energies, healing, and other workings.

The point is that conventional systems do not take into account the main component that allows you to get really impressive changes, and fast - Free Will and the Non-violence that comes from it. These are at the heart of all my tools.

In any transformational process, I have already built in a check for free will. It happens automatically. And if you or your client is not really internally resolved to change - the launch will not take place. This is a defense against violence to yourself and to others. It works if you start the process from a YouTube channel, or if you've learned it yourself, or if a process practitioner starts it for you.

Either way, only what you are ready for will happen. And nothing will happen against your will. There is an important, incredibly important nuance here. Freedom of will is read from your Essence, from what you are. Not just from your conscious choice. I think you have noticed many times that you want one thing, but you make steps towards another. The thing is that we have not even 2, but 3 levels where the will is located.

The first one is false. This is what we consciously think about ourselves. For example, you're unlikely to find someone who says they don't want happiness, health, money or love. In live seminars, I sometimes do an experiment. I ask the participant to put their hand on their chest and say just three times out loud: "I really want to be happy." Someone's voice shakes and their throat dries up, and someone starts to turn their head from side to side, physically saying "no, I don't agree with that phrase."

The second level is truthful. It's a level that is unconscious. But we can see it by our actions and reactions. As in the example described, where words clearly diverge from what we really feel and what we really allow ourselves. But this level is not yet our desired level. From this level we can already change things, but still not as fast as we need to. The best concepts of psychotherapy work on this level. Not with the mind, but with the body, behavior, reactions, the brain as a whole. This is cognitive behavioral therapy, EMDR, and others.

The third level is the level of maximum influence. This is the level of the Essence. Those of us who are living a human life at this time, but are not limited to it. In my practices

I went through realizing myself on this level. And I found that from this level it is much easier to make changes in ordinary life. And it is possible to influence quickly and qualitatively also that on the unconscious level.

So, if unconsciously we do not wish ourselves happiness, then from the level of the Essence we can change it. Following the work with processes, our state, emotions, thoughts, reactions and actions will change.

I suppose, who has already worked with transformational processes, for example, with #2 - noticed how easy it is to change a situation that has been acute for years. Why is it so easy to change something? Because through this level the possibility of direct communication with the World is maximized. We literally get ourselves a powerful ally.

The World in the concept I teach is the administrator. Practicing with desires and requests, I noticed that the World has no feelings and no will of its own. It is neutral. What it does, though, is align the interactions of all beings. Whether they are humans or entities or spirits or other life forms that have consciousness.

The world, literally, connects us and others, events, situations, turns everything in the requested way. You're about to understand by example. You've definitely had it. When you want something badly, set a goal, take steps, overcome obstacles - it often turns out to be difficult. And sometimes it is worth throwing a wish or a phrase over your shoulder, and everything comes true even without our active participation. Whether it is good or not, events happen as if someone has prepared everything for us in advance.

This is the work of the World. The administrator connecting us with our requests. And through working with my tools, including the "Here and Now" process, you will use it consciously and more often, not just once in a while and unconsciously.

During the launch of any transformational process, the readiness for change is automatically checked. And if "yes" - the process will go. If "no" - it won't. If you're just a user of the process and you're running it with video or audio, you probably won't feel much when you answer "no." But if you're a practitioner of the process, including the Here and Now process, you'll feel the unreadiness as discomfort. Like something is going wrong. It's not easy.

When it comes to starting and learning the Here and Now process, rejection will be rare. Yes, the process works almost instantly, allowing you to experience yourself, to be in the moment, to free yourself from other people's emotions and thoughts and states. And that's valuable... But, compared to other transformational processes, it doesn't bring profound change. And this is partly a plus. After all, it is because of this - you can learn the process on your own and in just half an hour. It is realistic to become a psychic, to trigger changes in yourself and other people.

For other transformational processes, you and I have to have an interview where we determine if you really need it, if you're ready, and what kind of process you need. Simply

because they bring about meaningful profound changes - and to own them requires a clear true request and consent of the Essence. Everything must be of free will.

The training is individualized and consists of 4 sessions, practice and the workings you need. At the first session I copy my psychic ability directly into you. And you start using it immediately during the session. [You can see more details on my website here](#). There is extensive support in the form of a channel with additional materials and workshops for practitioners (we periodically hold meetings) and a chat room for practitioners to communicate.

You will not need my participation to learn the transformational process of Here and Now. You will be able to do it on your own. The process will be built into your body after speaking a certain verbal key.

Becoming a practitioner of the process "Here and Now" - you will not become a participant of a closed channel and chat. That is why this manual is written to remove some misunderstandings in using the process.

Learning the Here and Now Process

So, if you haven't already - it's time to learn the Here and Now process. It happens automatically - all you have to do is watch the video and say the verbal key. [The video is on the website at this link](#), or you can find it yourself by typing "Here and Now Transformational Process" into any search engine. You can select English subtitles in the video. And at the link on the website - there is an English version of the article.

You may not be able to do it right away. It will be as if you feel like nothing has happened and when you try to start the process, nothing will happen either. This is a one-in-a-hundred case, but still worth considering beforehand.

Learning a transformational process, getting any such ability to yourself is a big step. Even if we are not talking about rewriting the past or getting rid of the influence of entities (other processes deal with this). Even if we just want to feel ourselves in the moment, to let go of unnecessary tension and other people's emotions - it is not always possible to do it. But the solution is quite simple.

We need willingness. A willingness to influence ourselves and our lives, our state of being. So, try saying the following out loud (if you can't say it out loud, it's okay - write it by hand on paper 1-2 times and read it to yourself):

"If I am me and no one else?" - three times.

"What if I really can influence my life? What if I can control my state of being? What if I allow myself the life that is better for me, easier, more pleasant, warmer and brighter? GIVE myself all of these things!"

Take three deep breaths in and out. And try to re-embed the process by repeating the words from the video. If you basically can't speak - try putting those words in writing and reading them to yourself, too. I haven't encountered this situation yet, but it should work. If you have difficulties with this method - [write me in private messages in Telegram](#). We will work something out.

If you have done everything and repeated the words - in half an hour it should be possible to start this process directly from yourself, just by your desire, intention. Now let's talk about how to do it.

Principles of use

This ability is built right into you. You don't need special words to launch it. But you can use them for your convenience. Sometimes people tell me that it's just easier to concentrate that way, saying, "I'm triggering the Here and Now process of (name of the person you're triggering)." Yet you don't have to say anything at all, either out loud or to yourself. You can use the process like your hand or any other part of your body.

The process is triggered by intention. All you have to do is want the process to happen. Literally, to look at a person or think about them. And that's enough. Already in 1-2 minutes you will start to change your state in the direction of greater presence in the moment, in yourself, rather than in the feelings and states of other people. The effect lasts differently, depending on the situation and context. It can be 20 minutes, or it can be several hours.

As you already realize, the process can be triggered by yourself and others. Whenever you want, however you want, for as long as you want. In any case, if it is necessary, the process will go, if it is not necessary, it will not go. You risk nothing, lose nothing. In any case, everything will be according to everyone's free will. So you don't have to worry about any particular rules - there are none. You will definitely not make anyone worse. Just try as often as possible - and you will quickly figure it all out.

Who can you launch to?

- Yourself;
- A person you are in contact with right now or have thought of;
- Multiple people at once (to a group of people);
- Miscellaneous creative.

Now let's talk in detail about each case.

Running to yourself

Can be very helpful if you've picked up on someone else's after some meeting or event. Or maybe you just work in a big team or live in a big family. In this case, it will be difficult to feel your real desires and emotions. They will be mixed all the time. So you definitely need the process.

Also, if you have above-average psychic potential - then you don't just grab from other people (and they, of course, from you) emotions and states. You literally feel bombarded by other people's suffering and tension. Sometimes so much that you want to go somewhere in the woods and live alone.

I can assure you that this state will pass with practice. Most likely, you have already started to develop your psychic sensitivity in some way. But how to deal with it so that it does not spoil your life - this is the next stage, not everyone reaches it. But "Here and Now" will help you to separate your own from other people's and then control what and when you want to know about other people. You will less and less often get stuck on their states and emotions. Everything will be calmer on the inside.

Just trigger more often as soon as you feel this "influence" (actually, it's not the influence of others on you at all, it's just that you're very sensitive to reading it, it's your ability).

Something feels like it's stuck somewhere? Let's start the process. Does it feel strange? Start the process. Any doubts inside? Let's start the process. Left heel itch? Start the process. Anything else? You know what I mean.

After all, one of the main steps on the way to understanding something is to find out what exactly we think and feel about it. Sometimes the mere triggering of the Here and Now is enough to make an annoying situation just stop bothering us. We don't always feel our own worries and fears, either.

Therefore, whatever happens - start the process!

In what cases that you might not have thought of, is it worth starting the process?

Two of the biggest examples where you should definitely start the process with another person are a conflict, an argument, a misunderstanding with each other, and also when you are attracted to a person for some unknown reason.

Yes! Interest, crush - these states are transmitted in exactly the same way as other states. Therefore, when you observe inexplicable interest in yourself - start this person the process. Alas, we often enter into a relationship not when we ourselves desire, but simply when the desire of the other person is great enough, and we read it, taking it as our own.

We need to listen to ourselves, first and foremost. So let's listen. And to do this, let us start the process more often. Including such recognized beautiful things as love, falling in love, acceptance, inspiration to do something, strong interest.

The important thing is to understand: our emotions - they are explainable and calm, while other people's emotions are often sharp and incomprehensible. We can, of course, come up with an explanation for other people's emotions as well. But even so, we are likely to feel its falseness. It will come from the word "I guess" or "well...".

Of course, I'm not pointing out to you that swimming in other people's emotions is not a good thing at all. It's often a nice thing to do. But it's just worth being aware of what's going on - and then everything should be fine.

Our own emotions, our own desires - they are quite calm inside. They don't take over so much. And with practice you will notice this more and more. That even when you are angry, it doesn't take over completely. You are angry on the outside, but inside suddenly an island of calm and control opens up.

Just in case, I'll note that all of our emotions - they are necessary and important. Yes, we are used to ignoring or disliking many (like anger and rage). But this is a mistake. We have emotions for a reason. And our emotions should not be pushed away, but accepted. Like if your favorite child brought you a drawing. You would accept it, right? It's the same with any of your expressions.

So, just in case, say out loud 2-3 times or handwrite:

"I allow myself anger. I allow myself anger. I allow myself love. I allow myself joy. I allow myself to do nothing and do a lot." Chances are you won't be able to say everything calmly and smoothly right away. That's okay. Add to that phrase that isn't going well, at the very beginning, "what if ..."

"What if I let myself be loved?"

You will notice that some day you will be able to say, "I allow myself love" with complete peace of mind, as if this truth had been living hand in hand with you all your life.

The secret is to allow yourself absolutely everything. You may have an objection: "How so? And aggression? And everything like that?" Exactly. Allowing is not the same as doing. But it will give you such freedom inside that you will find it much easier to resolve conflicts with words rather than aggression. When you have permission to use aggression, it's much easier to use other methods, you're not constrained.

Let's move on. What about launching to another person?

Launch to the person you're interacting with right now

It could be your coworker or your friend who is clearly stressed out right now. Or maybe you're just not interested in the conversation at all (you're whining in your ears or being aggressive). Start the process. You just need to think of it as launching it "to this person."

If this is more comfortable at first, you can say to yourself: "Launching (name) 'Here and Now'."

I say that this is not meaningful for one simple reason. When I work with practitioners who use phrases, I see that often the process is triggered even before the phrase is spoken. Just when they've only thought to start the process.

You can notify the person that you are starting the process, or you can say nothing. In fact - it's your choice. Because when you run it, it will automatically check if the other person and you need it. And if not, the process will simply not start, will not go. And you'll feel it. It's like you're trying to start an engine, and it's "yank, yank, yank" and it won't start.

The problem with asking for permission out loud (this is practiced in thetahealing and many other places, like "do you choose this?" - they ask) is that it is an appeal to the conscious level, which gives false answers.

Well, who would say to you: "No, I do not choose this workout for money"? Of course, we are unlikely to do such a thing consciously. And meanwhile, for many people this topic is just one of the category of restrictions, and even with the stamp "do not get involved". So it is much more reliable when we ask the essence rather than the consciousness of a person.

By the way, I practiced my skill of non-violence and feeling of free will and interaction at the level of the Essence with entities. The thing is that you can do little with entities by force (a person is weak). But you can do a lot of things if it is by free will, by mutual consent.

This is a very interesting experience. Unlike people who use violence and then get violence in return and don't understand why - entities feel everything much more clearly. And if you express your will for yourself and those who are your subjects - they won't do anything against that will.

Even those who just vaguely feel entities, but do not see or speak to them - successfully use advice based on this rule. For example, when you feel someone else's presence in your house (rented or own) or just near you and you do not like it, it will be enough to say these words:

"Hi. I feel you. This is my territory and I don't like you being here. Please leave now" or "Hi. I feel you. This is my body and I don't like you being around, please leave now."

I have accumulated a lot of surprised feedback, stories of how after just that one phrase, really "something" disappeared. It's really simple if you know what and why.

So you're interacting with someone right now. Let's use conflict as an example. You're saying one thing, the person's saying something else. Or maybe you're an employee and the other person is a disgruntled customer. Irritation grows in both of them, what to do is unclear. Just call a person an idiot and leave is not always possible and right.

And in this case - just start him the process. "Let it go." - you can say it to yourself. When you start a process for someone - it works for you too. And then just watch how the situation changes.

More often than not, people don't just scandalize or get nervous because they have their own reason for it. Usually there is a lot of tension that they have collected from everyone else during the day, and emotions and states that are foreign to them. Just like you. So what usually happens is that you both calm down.

Sometimes it happens that you or the other person - exactly the same way continue to conflict, without lowering the degree in any way. And if at the same time you feel that the process has started, the answer is simple. This person or you are really experiencing the displayed emotions. And the tension is also yours. Even if it is rare, but it happens.

When you really experience your emotions, they become clearer, clearer. The same happens with the person to whom you trigger. Therefore, it is not always possible to come to a complete reduction of heat in the conflict. But it is an indicator that the problem is not invented, that there is really a misunderstanding or an omission. And it is worth looking into this situation more closely.

Another example is when a person tells you about a difficult choice or shares emotions. Try offering to work with this process. Or just run it without saying anything. And see how it goes. Chances are that the person will start to look at the situation differently, or even find it unimportant.

Launch on a group of people

This is when you launch the process to a group of 5-10-100 people at once. The only limitation here will be your level of practice. The more you try it, the more people you can reach. I recommend starting with groups of up to 20 people.

This could be meeting in a coffee shop or at a group meditation. Preferably the group should be fairly well delineated. Not just "people from this street" or "people from that house". And you should at least see them by sight, know the people to whom you are launching. This is necessary for your brain to realize who exactly needs to be included in this group. Otherwise, it will not understand, and nothing will go well.

If you start the process during discussion or meditation - you will notice that people are more involved in what is happening in the moment. They feel calmer, better. This is a good support for all kinds of events, meetings, talks.

In a group launch, you can express the intention internally in this way: "to everyone who is with me" (let's say you are sitting in a cafe), "to all participants" (you are at an event, just take a look at people), "to the participants of this chat room", or just visualize in your head a group of people you know and "launch on them".

You can run the process over and over again when you feel it's needed again. You can also make an intention to yourself so that your brain will track when the action of the process fades and trigger it again. Try it. Not the first time sometimes, but eventually you'll get it right from this manual and your experiments.

Next, let's talk about how to run the process creatively - under different intent.

Creative Launch

You don't have to know the person you are launching the process to personally. You can diversify it a lot through intention. The main thing is to set the intention clearly. Let's use an example.

Your client (friend, partner) tells a story about himself and, say, his parents. You don't know his parents. And it would be difficult for them to start the process so easily. And then you ask the client to think hard about the situation he tells about and the people who were there. To think hard, to remember.

And then it's simple. "Starting the process on the people in the situation the client is thinking about right now," is the instruction you should give your brain. Why does this work? Because during a conversation, and even more so during a working out session, we are in a common field. And we are so connected that we can get the "coordinates" of the person and the time in the past simply from the client's head.

Here, too, the options can vary. In addition to running the process as a group, you can run the process only for "the client at that time in the past". You can run the process separately to each of the other participants and see how it affects the client today.

This is mainly for those who are running the sessions. After all, it gives a good diagnostic opportunity - who influenced whom and how.

We can launch into the past at any point in our life or the client's life. But can we launch into the future? There are limitations.

In the future - it is within 1-2 days. Or better yet, hours. No matter how you look at it, a lot of things in our lives are too volatile. And it won't be very convenient to grasp a specific moment. Well, for example, your child has an exam tomorrow. And you don't know exactly what time. And here it will be a way to start with this intention "it will work when the child will be at the exam".

You kind of start the process now, but with a delayed effect. Try it.

One more variant of launching - not too practical for you, but in case someone will be interested. The World itself can serve as such a figure connecting you with someone unknown. The intention here, for example, can be the following:

"World, connect me with people who need this process now." Wait until you feel that you are really connected to something/someone and start as a group "to all those with whom the World has connected me now".

As you can see, there are so many uses. On your imagination. If something comes to your mind - try it out, test it out. As I said before - it won't be bad, you and the person you are triggering the process to are protected from it.

What about triggering an animal? This particular process is unlikely to work. As, in fact, most of my transformational processes. Yet they are set up to transfer understanding, information, and generally work with the functions that an evolved brain provides us. Animals usually don't even have the problems and requests that our processes will work with.

Contacts

[In addition you can watch a workshop on safe energy work.](#) If the link doesn't work, go to my website nadezhdashchekotova.com and there in the menu section "training" there is about energy work. You can also find other useful manuals there.

[Facebook @nadezhda.shchekotova](#)

[Instagram @nadezhda.shchekotova](#)

[Main blog in Telegram @samopoznanie_vo_blogo.](#) This channel is in Russian. If you have a Telegram Premium subscription - you can translate all chats and channels, including mine, into the language you prefer.

[It is better to contact personally here in Telegram @nadezhda_shchekotova.](#)

I will be glad if you also describe your experience with the process to me in private messages.

Have a good practice and see you soon!