

Understanding Levels of Communication from Conscious to Unconscious

Physical Level: Who? When? Where?	Mental Level: Why?
Emotional Level: How?	Spiritual Level: What?

The way we use language places us in one field or another

- We know immediately where our client is coming from
- We can tailor our language to put them in the field we want to address with RET

Physical Level:

- Keeps people in pain or trigger
- We identify events with times and space or the physical level
- **“Who?”**: Limits the definition of ourselves using words such as
 - “I Should, I Would, I Could, I Must, etc.
- **“When?”**: Keeps us in time and space
- **“Where?”**: Makes the story or illusion “real”

Emotional Level:

- **“How?”**: Takes us to the emotional fields
 - **Emotions lift and release trauma**
 - Important to ask **“How do you feel?”** rather than “What do you feel?”
 - Asking “how” or the method moves the client immediately to the emotional field
 - Keeps client in the present moment/time and space (physical) when asking **“How do you feel?”**
- **Confusing to client to ask “How will you resolve this issue?”**
 - Mixes together the emotional and mental processes

Mental Level:

- Field of Intention
- **“Why?”**: Takes us to the mental fields
 - **“Why did you do that?”**
 - Rarely used in Rapid Eye language
 - Takes people to a mental level where pain is created through our perception of what actually happened and is stored there until it is healed

Spiritual Level:

- Highest frequency
- **“What?”**: Takes us to the spiritual level
 - **“What do I really want?”**
 - The client can better see the whole plan for themselves
 - Connects with Life Purpose
 - What is their true intention