

A Basic Emergent Knowledge Formula

Concept and Structure by David Grove - Model by Matthew Hudson

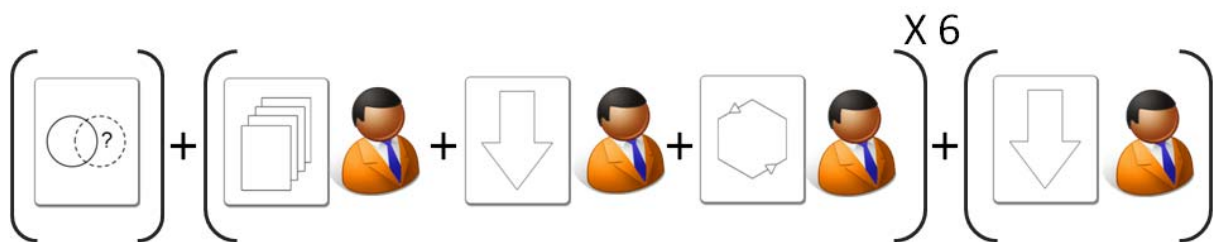
'The Six Steps'

The basic processes of Emergent Knowledge (see 'A Brief Overview of Emergent Knowledge') can be used on their own when required in session, or they can be pulled together into specific formulas to be run as therapeutic processes.

Probably the simplest of these formulas is 'The Six Steps'.

The Six Steps

1. Run the Clean Set-up
2. Over-Drive A (with Upload)
3. Download A
4. Meta-Drive A
5. Run parts 2,3 and 4 five more times
6. Download A



In this version of 'The Six Steps' we have Over-Driven A every time, we could also have Over-Driven B every time, or maybe alternated during the process between them. Note that each full iteration of six will be done on either A or B not both in the same iteration.

The Download and the Meta-Driver processes could also have been applied to A or B.

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