

Please list any current medications that you are currently taking:

Dig	125mcg	AM/PM
Lasix	60 mg	AM/PM
Carvedilol	1 - .125mg	AM/PM
Atorvastatin	80mg	Daily
Metolazone	2.5 mg	PRN
Eliquis	1 - 5mg	AM/PM
Levothyroxine	.125mcg	Daily
Toujro Solo-Star	70 units	Daily

OTC's

Ibuprofen	400mg	2 a day
D-Ribose	750 mg	AM/PM
Co Q 10	100 mg	AM/PM
Folic Acid	800 mcg	AM/PM
Multi-Vit		Daily
Fish Oil Omega 3		T/TH/S
Potassium	595mg	AM/PM
Glucosamine/Chondroitin		AM/PM
Magnesium	500mg	Daily

Outcomes

However you came to this questionnaire; know what you are expecting most out of working with me or filling this out. What do you want? What do you want to change, grow, or improve? Is it pain that you want to stop? Or is it a vision that you want to implement?

If I were to define myself I am a seeker and I am a messenger. My purpose up to this point is the care of others. My paradigm shift moves me now to complete a contract with another distant human and complete myself as well.

That being said the congregate of your tools will assist me on that path. The nuances of the human vessels and missed or even lost programming that we all run on can be flawed.

What remains of my left brain knows this and is fearful of the changes while my right brain has few hard programs and is the seeker in me. My previous paradigm shifts have left me alive but winging it with regard to what to do next. You are going help that.

I have my vision, my dominant intent and those that will follow wait ready I just have to tweek the 1960 program.

Purpose

What is your purpose? Why are you here on this planet? What are you here to do? For whom? Doing what? Be bold – you know you have a purpose – it is time to own it.

That is a face to face conversation and it is an emotional hour or more long.

I will tell you it predates history and I have come into my own with regard to owning it. I am unashamed of it to those that know me and have heard it. They accept is as a part of me whether they believe it or not is not a concern. I was there.

My beliefs about myself, the DIVINE and the 'reality' I exist in are based on 60 years of actual experience with that which, well sets on the edge of the accepted norm. There are far too many things today that I can say I have witnessed/endured to allow me to ever embrace that paradigm again.

I do move through this 'life' and seek to find the things, like your information that allow me to thrive and continue forward. I know though I cannot do anything I set my mind to but I WOW myself just by trying.

Beliefs

Huh? Those are found in the as of yet shared conversation but to address them here:

Global Empowering: "People are basically good. Life balances itself out. The world can be a great place. When someone works really hard, they are often rewarded."

People, humans either lost or found and balance has nothing to do with it.

My experience has shown that a choice is made - consequence and onto the next choice. We are here to not only grow for the consequence but seek the choice

that will define us to us and allow the judging (really unimportant) by others.

My life has been blessed with magnificent people places and events.

My vessel is damaged from those things but as I told Scott I ache not only because

I am alive but foremost because I have lived.

Global Disempowering: "People are always out to cheat others. Life is not fair. Sometimes good people just have bad luck."

People are people and they have not had the privilege of being shown how magnificent they are or they did not, do not recognize it when placed in their path. Most are programmed to not be aware

Personal Empowering: "I can do anything that I put my mind to. *There is always a way to solve a problem and there is always another way to solve a problem.* I am full of possibilities."

I am full of possibilities; full of life's singularities waiting to collapse into the event,

but I have learned through my most recent years that should be prefaced with

"As it stands – right now, today, at this moment.." because those possibilities are

particles in either wave or particle form being acted upon by others particles and

the effects of those independent free agents if you will.

Anything I cannot due I realize is either fear based or has to do with my physical limitations. I am 60 and as previously not I have lived. With regard to the fear I am unjustly holding myself to imposed standards of excellence; I can learn it and I can do it just not as pretty.

There is always a way to solve a problem and there is always another way to solve a problem.

And that is the essence of life; moving forward there is no highest level just growth lessons

Your book talks of this; of running from things. I must accept, that it is not a failure by me if an individual or collective if you will, cannot or will not for whatever their individual or shared reason adhere to the presented information that comes in the guise of paradigm shift, life lesson or in 70's vernacular a S.E.E, a Significant Emotional Event.

I have danced around this and the harshest reality is that I am deaf and I am blind unless I chose to step onto a path that is moving toward something better.

Elton John said in a song "Valhalla" on his 1970's album 'Empty Sky'

***"You can come to Valhalla in your own time
Come to Valhalla seek and you will find Valhalla***

And Braco, a Croatian healer (not a claim he makes – the facts speak for them sleeves)
"People will come when they are ready" when asked about that which comes through him to humans and how to get people in his gaze.

Personal Disempowering: I eventually drive away people that love me. Everything that I try to succeed at I manage to not succeed. I can't get ahead."

Again people grow and that which suits the today may not tomorrow.

Love is an overused, poorly applied concept by most. The full body experience like an embrace that consumes you like that of a mother as she holds her child that is love.

As an adult I have felt that love in an unexpected place and time while surrounded by over 500 others.

I wept so hard. Assured that I was remembering the true value of this misaligned word that falls too often onto emotions about hamburgers and sugar filled soft drinks or material things like a "HOUSE", (hey never home) with curb appeal

Defining success by failure or not succeeding is a improper perception. As important here, at least to me once was what was I prove, to myself of for others. It's now the journey and the lesson contained within, the ability to see or find that and embrace it and its value.

Ahead hmmm? I am upright, bipedal, able to comprehend and perceive, everything else I have considered here is material.

I feel a little lost here....reread this in your book and I guess askew to these

Seemingly judgmental concepts you will clarify this I hope

Values

What are your top 5 "values" in priority order that you want more of... that you want to move towards? Values are those emotions... those qualities of life that measure how you feel about something and what you get from it. Examples might be happiness, love, joy, gratitude, spirituality, health, freedom, etc.

My top values personal security – my continued self-sustenance in spirituality, knowledge, health and nourishment in all these aspects of my life. I express aloud when I wake, event by daily event and as I meditate in my chair before I go to bed.

Next, what are the top 5 values in priority order that you want less of... that you don't want in your life anymore? Examples include grief, sadness, anger, frustration, lonely, judgment, hurt, rejection, etc.

I am a believe that to focus on something brings it closer, gives it form, and by your words value. How silly to make that expenditure.

Rules Around Your Values

More importantly, can you write the rules around these values? When do you have them? When do they appear? How do you create more of what you want and less of what you don't want? For example, "I am happy when I am with my wife and we are doing something fun together. I am angry when someone says something mean or hurtful to me. I am free when I am out on my bike on a beautiful day. I am rejected when I put forth a great idea in a meeting, and no one likes it."

You touch on a point that maybe you can help me define. I recently said to Scott I did not feel heard.

The lesson was 2 fold

1) I am not 'connected' I am, to quote Jimmy Buffet " I ain't no clone, I'm just flesh and bone. Just trying to connect with you." - and this is a rhetorical question what do think are better face to face conversations or phone calls, texts or emails.

I grew up old world Italian - face to face - and don't lie to me - if we are friends or not "who the f**^K am I that you have lie to me." I think Willie Nelson said something like that in the Electric Horseman. There is also an antidotal story to that but its already too long.

From: Angelo

To: William Sumner - The Inevitable You <william@theinevitableyou.com>

Subject: RE: More to follow the MOW questionnaire.

Bill I have reread your book now twice and scan it a lot . Being who I am attacked the "programming" issues that plagued me.

If John has shared anything about me I would hope it would be that I am not the average Joe.

Since I was 2 I have seen, experienced and survived far more that the average client of yours.

Like John I have some really cool abilities. But unlike him, I fail to utilize them by intention.

This is part of my re-programming – my purpose for attending to chase down, run down the 'Rogue' programs. They are in my way. It's 'turnabout is fair play'. They have kept me from my greatness long enough.

I do not know that I will address your questions, so many of them have passed on after reading and making an effort to apply the ideas to my life but since you asked here we go...

Bill my Global Empowering beliefs and my Personal Empowering beliefs in priority order are the same. I expect from others what I expect of myself.

1 - 6. Honesty - regardless

2 - 7. Integrity – without exception

3 - 8. Consistency – above all

4 - 9. Open windiness regardless

In this day and age I realize the need to know is a subjective thing and this is the one exception to my original section about lying to me. I have, on more than one occasion said to people 'I don't care' and it is because whatever they are going on about - real or perceived is not my mine. Their acts or actions that affect me are mine.

My disempowering belief was that I was at the mercy of others.

When I 1st read your book the first time I annotated the hell out of it, I look at those and see how far I have come - the old me... I did not have a trajectory is was entombed in the concept that in spite of my being almost awesome I was at the mercy of self-consumed or disinterest others as they dictated my financial situation.

I am grateful to them as they have allowed me to see how little I would need if it comes to that. Non attachment I think is what they call it.

A change in strategy is what you called it on page 7. For me like so many other S.E.E's that I have grown on from, it is a paradigm shift; new values, new opportunities, new horizons and all mine.

I was told once I was stupid and never amount to anything by a man whose opinion I valued. When he died I burned an effigy of him and went on with my life.

My 6 brothers were Mensa candidates. They abused their intelligence and were all dead by 45. One ridiculed me once for wanting to be a police officer. My aunt slapped him and then berated him for attack my dreams. It was an encouragement I embraced through 2 college degrees and 20 + years with a police department.

Post my heart attack I a little dyslexic, a functional illiterate, and I compensate. I may not be at the expectation of others but wow myself all the time. But I show up.

I have been shot and told I would never use my hand again – kept on, and it works fine. I have a machine that runs my heart not my mind or my soul I keep on and I am ready to do that until it is my time.

I am a Cancer, I am emotional, and I grew up in a family who lived in what others defer to as 'ethnic panic' – life by crisis. I can't plan for them but I don't lie on the floor or in some closet crying since I read your book.

Somewhere I have a picture of me at 2 years old and the Kodak box camera caught me at a dead run around the kitchen table, cheeks packed with food, my mother grabbing at me without any luck. I was mumbling Lets go, let's go, let's go! I remember a lot about being 2. By five and a lot of crisis in my young life I was not that way anymore.

I am today – Mission 1st – always, there are things to do. Your insight has helped.

I pick 'S.M.A.R.T.' goals. I encourage my daughter who is an incredible manifesting machine to do the same.

"Get so fixated on what you want, that you drown out any vibration or reverberation that has anything to do with what you do not want."

Something from a collection of Abraham/Hicks quotes. There is a story behind that, her's not mine.

Next, what are the top 5 values in priority order that you want less of... that you don't want in your life anymore? Examples include grief, sadness, anger, frustration, lonely, judgment, hurt, rejection, etc.

Top-five Towards values:

I admit confusion here I feel less a part of it all that I ever have. People throw lines but I don't bite – not mine.

So I guess that is an away value –away from ownership or involvement in crisis's that are not mine.