CUZTIC PROCESS GUIDE

A GUIDE TO CLEARING RESISTANCE TO ACHIEVING GOALS…

FROM THE INSIDE – OUT



by

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"Inspiring Conscious Living and Natural Balanced Health, as I Guide Transformation in individuals and organizations."

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COVER PHOTO:
***"Cuztic"* by Anne I. Merkel, 2000** – Painting in acrylics on canvas. This mandala depicts the focus on the heart and is utilized in emotional release processing by some of my clients. It was painted in Mexico and named for the Incan gold necklaces worn by leader warriors. The planning of this mandala, though intuitive, progressed through several layers and processes in order for it to turn out as you see it. The geometric design, specific colors, chakra depictions down the middle, and rings of gold tinged with green – for the heart chakra, evolved naturally into a popularly-used tool.

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ACKNOWLEDGEMENTS

I want to thank the many people who have been my teachers and the creators of various energy-clearing processes that I have studied.

The Cuztic Technique was co-created with the input of a dear friend, Dr. Robert Maddocks, and came out of our mutual energy studies as well as my experience using a number of discliplines and processes. The blending of Educational Kinesiology, the EMDR process, and some other techniques resulted in the creation of the Cuztic Process.

Named Cuztic for the "gold" earned by applying this technique for clearing emotional issues, Cuztic comes from the Aztec word for the golden necklaces worn by the chiefs.

The cover painting is also entitled Cuztic and shows rings of golden necklaces, and it also outlines the directions in which the process asks that you move your eyes as you are clearing the issues. This painting was difficult for the artist, who didn't appreciate it until after it was finished. It definitely had a mind of its own!

This recent edition includes more information, exercises, and insight into the power of this process that quickly and easily can neutralize emotional attachments (good or not) to decision outcomes. By clearing all attachments a decision can be made much more easily and clearly.

I hope you use this tool in making all of your final decisions in life!

Anne, 2018

After all these years the Cuztic technique is still one that can be a valuable addition to your energy routine. It is especially helpful when you feel emotionally blocked to making a clear decision. Using this tool at such times, you can dissolve the emotional energy and clear up all doubts around making a sound, rational judgement – free of emotional bias. Enjoy using this!


2026

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INTRODUCTION

For many years I have helped individuals and organizations clarify goals, make plans, create action steps, and gain the results that they intend. It has not always been easy, however.

In order to activate the Universal Law of Attraction in your life, you must be very clear about what you want – not in the planning sense, but in the results that you want. You must be able to feel the results on a deep physical, mental, emotional level, and if you daily envision yourself living the results and focus especially on what it will feel like when you are surrounded by the energy and environment of being in the results, then you will start to attract what you focus on energetically.

I'm sure that you have experienced an occasion where you know what you want and every time you put yourself into the headspace of trying to feel like you are living the results, you feel a sense of doubt. You might feel powerless, fearful of changing, frustrated because it hasn't happened yet, angry because you doubt you'll ever achieve your goal, or many other emotions that will block your creative process.

This can be very frustrating and confusing at the same time. When you just don't believe something can happen, how can you focus positive manifesting-type energy on it?

That's where special tools come in… to make the process much easier and faster.

I regularly utilize EFT (Emotional Freedom Techniques) or NET (Neuro Emotional Technique) to clear energetic and emotional blockages. These energy therapies are potent. EFT is simple to learn, and NET must be facilitated by a practitioner who is trained as a physician to treat clients or patients with this modality. In the meantime, what is a person to do? (See pages 5-6)

Use Cuztic!

This technique is easy-to-use and easy-to-learn. It is completely included in this guidebook, and if you have any questions about the content, then contact me directly!

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WHY VIBRATIONAL CLARITY MATTERS...

One of the main ingredients of the recipe for attracting abundance is being crystal clear with your vibrational communication to the Universe about what you want. Clarity really does matter! Being vibrationally clear is essential when you are sending your intention to the Universe. Have you been clear in your communication? And if not, why not?

Sometimes we don't want to be clear on a conscious or unconscious level, so we block our own clarity. Why would we do this? Because for one or more reasons, being clear and getting what we want seems to pose some kind of emotional threat to us. Maybe we don't feel safe getting what we want. Maybe we are certain that being clear creates success but we're still afraid of success. Maybe we're concerned about other people's reactions; maybe we don't want to be clear because it feels like making a definitive commitment -- all of these reasons can show up energetically as an unfocused vibration or frequency.

When you think about what you want, are you truly clear? Is there any ambivalence? Any "yes, but's" surfacing? Are your thoughts, feelings, and intentions congruent when it comes to what you want? If not, it's a good idea to look for some underlying reasons why being unfocused may be serving you.

Remember, if you're not clear, how can the Universe interpret and deliver to you exactly what you want? It's the same as giving mixed orders to a waiter at a restaurant. First you order the fish, then change your order to the chicken, then to the pasta dish, and then you tell him you still can't make up your mind. How can he bring you what you want if you're not perfectly clear?

If you seem to be getting in your own way and blocking your vibrational clarity, you need to identify what and why you have these conflicts. Ask yourself the following questions to jumpstart this process:

What are the "downsides" to being clear about what you want to attract in your life?

What's the emotional, social, or family risk of being totally clear about what you want?

How does it serve you to be fuzzy or unfocused?

What makes you feel unsafe about being totally clear?

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The answers to these questions reflect your energetic fears and reasons for not wanting to have vibrational clarity. They will help you formulate better EFT statements so that you can eliminate these conflicts, become clear and congruent regarding your desires, and enjoy the results of vibrational clarity.

Try the EFT setup phrases below to help you eliminate the reasons you block your own vibrational clarity. [If you are not familiar with EFT/ Emotional Freedom Techniques, then check out the free video instruction in Gifts #2 and #3 on https://annemerkel.com/gifts .]

EFT SETUP PHRASES:

The EFT SETUP Phrases for this topic are as follows:

While tapping the **karate chop spot** on either hand (**or heart center**), repeat these phrases out loud, (or change the words to fit your exact situation).

"Even though I have a conflict about being clear with what I want, I deeply and completely love and accept myself anyway."

"Even though my vibration hasn't been clear at all, I accept who I am and how I feel."

"Even though a part of me has been afraid to have vibrational clarity, I choose to accept who I am and how I feel."

"Even though I have emotional charge around each option available to me, so I feel unclear about what I truly choose, I deeply and completely accept myself... and I choose to use the Cuztic Technique to clear the charge!"

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CLEARING BARRIERS TO SUCCESS

When we are intuitively urged to take action or to make a decision, we can apply specific planning tools that can guide us to success.

The best plans are those that anticipate that there might be barriers or blockages, and they plan around them. For those of us who are tuned into the energetics, we can feel when a plan requires some adjustment in order to lead to success.

An easy-to-use approach to planning around barriers is explained below.

New Paradigm Goal-Setting…

GOAL: (Write out a single goal using description and feelings to make it very specific and clear. You may want to copy these exercise pages to use with a variety of separate goals.)

Inspired Action Steps: (Each of the steps should be both a logical and inspired step closer to achieving your goal.)

1-

2-

3-

4-

5-

6-

7-

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Conflict Indicators/Blocks: **(List below fears, misgivings, doubts, negative feelings that you have about any part of the Goal or Action Steps. Be very clear about what part of the goal or action step the perceived blockage is connected to.)**

1-

2-

3-

4-

5-

6-

7-

Physical Indicators: **(List below places in your physical body where you have a reaction to the blockages listed above. Think of each and feel your body.)**

1-

2-

3-

4-

5-

6-

7-

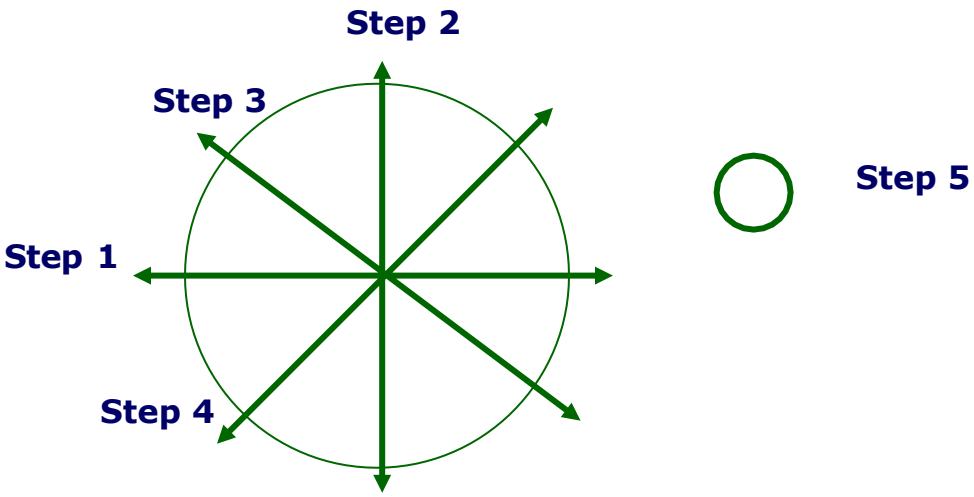
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Polarities: **(List below each Conflict Indicator /Blockage from above and list its exact opposite. Put them in the appropriate column based on your perceptions.)**

	Conflict Indicator/Block:	Opposite:
1-		
2-		
3-		
4-		
5-		
6-		
7-		

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Cuztic Emotional Release Technique™:



Now, using the diagram above, we will move step-by-step through a congruency-building and emotional release technique. Do not worry - you will not be overcome by negative emotions or react outwardly in uncomfortable ways. This technique is one that gently accesses various parts of your brain and supports the neutralizing of the "charge" around negative blockages that might otherwise keep you from reaching your goal(s).

The steps you have taken up to this point will be utilized here and taken to the next level using the diagram.

Following the arrows for the sequencing of the steps, you can learn to follow the diagram provided and then later move this exercise to the Cuztic Mandala (shown on a following page) for added results. [It is best to print out both diagrams because focusing on a larger object/picture enables better eye movement than staring at a small computer screen graphic.]

First, you will need to refer to your list of incongruencies or blockages that you have identified, and the polarities or opposites that you have stated. It does not matter which end of each axis you consider to be "negative" and which you consider "positive". The focus here is to neutralize both ends of the spectrum so that you become congruent with both of the polarities and everything in between.

When you feel congruent about the full spectrum of aspects and details around an issue, then you hold no charge, and whether or not you agree or disagree with an issue, you can feel at peace so that you can make aligned decisions and take appropriate actions. In setting a goal, if you feel congruent about all aspects of the goal, then it will more easily be brought to fruition.

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With your list of polarities you will focus your eyes on one axis at a time, imagining and feeling one polarity at one end of the axis and the other polarity at the other as you move your eyes from one end to the other of the axis.

Start with axis #1 and move your eyes back and forth horizontally. At one end of the axis focus on feeling one polarity of an incongruity and then focus on feeling the opposite polarity at the other end of the axis.

Example: Pretend that you have an emotional block about paying a late fee on an overdue bill. One polarity might be the anger, frustration, shame associated with paying late and being charged for it… the other polarity might be the gratitude for having the account, being able to pay late when necessary, and gratitude for being able to pay a little fee for this privilege. Keeping those opposite thoughts with their associated feelings in mind, move your eyes along that first horizontal axis, feeling one polarity at one end, and the other polarity at the other end.

You may start out slowly. After you are accustomed to this exercise your ability to hold the feelings and move your eyes quickly along each axis will improve. When you no longer feel any emotional "charge" or energy around either end of the axis, then you can go to the next step and do the same thing.

Follow the exercise in order of each axis until you finish by moving your eyes around the outer edges of the big circle, first in one direction and when the charge is released there, then by going in the opposite direction around the circle. Alternate thinking about one polarity, then the other.

When you have finished the eye movements of steps 1-5, then go back to the original goal and identify the challenge or blockage that you have just worked with. Is there any more charge around it? If so, then take a different aspect of the same blockage and follow the same procedure of identifying polarities and then going through the eye movement exercises until the charge is released.

Sometimes while focusing on one set of polarities other related thoughts will enter your mind – this is fine – allow them all to align. Keep focusing back on the goal or action step in question and let your mind move from the original polarities to other related issues if it does so naturally. Let the thoughts flow as you keep bringing yourself gently back to the original polarities. By allowing these additional angles to the issue to creep in, you are releasing related charges, and all of it is beneficial to you in the end.

When you feel congruent with an issue, the blockages you identified, and both polarities that you listed, then you will know that the Cuztic Technique™ has worked for you and that you are congruent with all aspects of the goal or decision that you have identified and processed.

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You may feel a bit tired or light-headed at the end of performing the Cuztic Technique™, and that is a normal indication that you have released some energetic charge(s) – the purpose of the exercise.

So, in review, the order of the exercise steps are the following:

Step 1 – Holding in your mind the thoughts and feelings around a blockage, with the opposite polarities of that issue, first move your eyes back and forth along the horizontal axis, focusing on one polarity at one end and the other polarity at the other end of the axis, until you don't feel any more energy around one polarity or the other,

Step 2 – Next, keep focusing on the polarities and the associated feelings as you move your eyes up and down the vertical axis. Keep doing this until you feel no more charge.

Step 3 – Do the same process for the #3 diagonal axis until the charge disappears.

Step 4 – Do the same for the #4 diagonal axis until the charge disappears.

Step 5 – Now go back and forth between the polarities as you move your eyes first around the outer circle in one direction. When the charge is dispelled, then move your eyes around the circle in the opposite direction focusing on one and then the other polarity as you move your eyes around. Do this until the charge is gone.

Using the Cuztic Technique™ will open up your ability to be congruent with various aspects of your goals and their action steps so that they will be easier to achieve. This can also be used easily for decision-making.

As you "neutralize" emotional charge (both positive and not) around your goal, your steps, or any other issues that show up as blockages, your path to manifestation will become clear and significantly easier.

When you "neutralize" emotional charge around a decision that needs to be made, that decision will become easier and you will feel more confident in committing to it.

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"Cuztic", by Anne I. Merkel



You can apply the Cuztic Technique™ to a print-out of the mandala above by following the lines of the painting in your eye motions. See the colored axis lines as you focus on the polarity concepts and move your eyes. By using this as your guide you will take in colors that will enervate your chakras or energy centers of your body, which will support balance and alignment. Soon you will be able to do the exercise without using a diagram. Some people prefer performing the process with eyes open while others prefer eyes shut. This is up to you.

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CUZTIC PROCESS™ FOR DECISION-MAKING

During life's journey there are important decisions that you make at every bend in the path. In order to make the clearest decisions there are two steps that you can take to ensure the best results:

1. Create a list to identify the "finalists" in your decision-making process, and
2. Utilize the Cuztic Process™ to clear all emotional attachments or blocks around any "finalist" in the process.

FINALIST LIST:

MUST HAVE Qualities 100%:

EXTRA CREDIT:



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You can use the graph of the previous page to list all of the characteristics, qualities, aspects, details relating to a decision you need to make. (This can be anything from the details of your next car or house, characteristics of your next mate or job, or any other serious life decisions that will cost you lots of time, energy, or money, and mean a lot to your future.)

The **MUST HAVE 100%** side of the list includes every detail that absolutely must be included in any final candidate to your decision-making process. If a potential candidate does not 100% meet your criteria, then it should be crossed off so it does not make it to the finals.

The **EXTRA CREDIT** side of the list is where you can place non-essential but wonderful extras or "icing on the cake" kinds of details that will make a final candidate even more enthralling to you.

Finally, when you have your list of final candidates you can two-by-two place them at the opposite polarities of the **Cuztic Process™** until you are down to the final two. At this point in the decision process you place the final two candidates against each other in order to neutralize any and all charge or bias (positive or negative). In doing this you will be able to make your final decision in a clear-headed, non-biased manner and potentially be happier with your final decision than if you had decided based on emotional connection or bias.

Decision-making can be much easier and more thorough using this two-stepped process, and you'll be happy that you employed the Cuztic Process™ as you go forward living with your final decision!

Enjoy the journey!

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More about Dr. Anne Merkel

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