

# **Be Set Free Fast Basics**

An Excerpt from the  
**Be Set Free Fast Official Manual**  
by Larry P. Nims, Ph.D and Joan Sotkin

## Be Set Free Fast Basics

Be Set Free Fast (BSFF) is a self-help technique that can help you rapidly eliminate uncomfortable feelings, limiting beliefs, and problematic subconscious programming. It is based on the theory that your subconscious mind is a faithful servant and will do whatever you tell it. For BSFF “treatments” you tell your subconscious that you whenever you use a specific word or phrases, called a cue word, it will allow you to eliminate or neutralize a specific problem or issue.

This document contains the basic treatment protocol for Be Set Free Fast (BSFF) as developed by clinical psychologist Larry Nims, Ph.D. To learn more about the method, the nuances of creating treatment statements, and other advanced techniques, please refer to the official manual, which is available at <http://ProsperityPlace.com/bsff>

### Choosing a Cue Word

There is nothing complicated about this. Just choose a word or short phrase that you want to use. It is best to choose a word that doesn't have a strong emotional charge, such as the word “money.”

Here are some examples of cue words our clients have used:

Terrific	Joy	Praise
Dynamite	Just do it	I'm happy
Release it	Go girl	Freedom
I can do it	Be free	Shazam
Peace	Light	Love

You have the option of changing your cue word whenever you would like. You will be giving your subconscious the instruction that it should use whatever cue word you decide to use.

If you use your cue word outside of a treatment session, your subconscious will not take it as a signal to treat something. In other words, you have to have the intention of treating something for that to be the action taken.

Choose a cue word now and write it in your prosperity journal.

### Understanding the Instructions to Your Subconscious

You will read the instructions below, either silently or out loud, only one time. Your subconscious mind will always agree to treat everything that you have told it

to from then on. You will never need to give these instructions again, although you may wish to add to them. They will continue to be operative forever, unless you tell your faithful servant not to do this for you anymore.

All of what you have read so far serves the purpose of helping your subconscious mind understand what you mean by “problem” and “issue” and what you want your subconscious mind to do for you when you cue it.

The Instructions to Your Subconscious include the concept of the wholeness of your personality – all of who you are as a person. They are constructed to include every possible part of the individual personality and the whole person – what we usually refer to as “I” or “me.”

You will notice that the instructions are phrased using the term OUR, ALL, US, OUR ALL or WE. This is very significant, as it includes all of those parts of you that are mentioned in the second paragraph of the instructions. For the treatment to be totally effective, each of these parts need to be recognized and acknowledged as possible storage areas for various aspects of each problem being addressed. We are gently inviting those parts of us to participate in the treatments.

We do this because at some stage in our psychological growth and development, some parts of us may have broken away or fragmented. This can happen due to a lack of self-worth or self-respect. It can also be caused by a traumatic experience that created a negative association in relation to the particular problem that we now want to treat. As a defense against psychological pain, we may have subconsciously dissociated part of our self from that painful experience.

This vital and essential part of our self needs to be invited back into and included in each treatment with BSFF. This is an important invitation and recognition in order for the treatment to be carried out thoroughly, and permanently. Be aware that when you use the words “I,” “me.” “myself,” etc., when treating a problem, your subconscious will understand that you are including in that treatment all parts of yourself and all past experiences that are related to the problem you are treating.

As you are reading the Instructions to Your Subconscious, do not be concerned about whether you consciously understand what you are reading or what we have discussed. Your subconscious mind will understand it. More conscious understanding will come as you practice using BSFF and reread (for understanding) the instructions in the future.

### **Read These Instructions to Your Subconscious:**

Remember, you only have to read these once. Insert your cue word in the appropriate places. Read everything from this point until you see “End of Instructions.”

“These instructions are for you, my subconscious mind. Whenever I use my cue, which is \_\_\_\_\_, you will eliminate all of the emotional roots and belief systems that are controlling the problem or issue that I have noticed and that I intend for you to treat. You will include in each treatment, everything in me or about me that has established and/or maintained this problem from the beginning of my existence up to this present moment. From this time forward, you will automatically treat everything that may ever occur in my experience that would or could cause me to take that problem or issue back again. And, I thank you for your faithful help in this way.

“Each time I use my cue for a problem or issue that I have noticed you will do all four of the following treatments in one sequence. Each treatment will include every thought, feeling, emotion, attitude, belief, imagination and every other problem and everything that is in any way now, or has ever been, involved with or contributing to whatever problems or issues that I am noticing and cueing you to treat. Each time you will be treating all of the following aspects for the current situation that I notice:

- Everything that I am experiencing about or toward the problem or issue, including people, events, situations and circumstances;
- Everything that I am or have ever experienced as a result or an effect of this problem or issue;
- Everything that has ever contributed to setting up or maintaining this problem or issue in my experience; and,
- All of the accumulated mental, emotional, physical and spiritual post-traumatic stresses that I have ever experienced from the problem or issue being triggered in my experience.

“You will do all four of these treatments combined and in rapid sequence each time that I notice a problem/issue and use my cue word(s).”

End of instructions.

These statements comprise the entire BSFF Instructions To Your Subconscious. It is lengthy because it is meant to be thoroughly comprehensive. Eliminating everything that is in any way contributing to each problem is essential. The goal is to leave nothing that might signal the subconscious mind to rebuild the problem or issue.

### **Basic Treatment**

1. Notice the problem or issue with your conscious mind. Measure the SUD level of your feeling about the issue using a scale of zero to ten, zero being nothing, ten being awful.
2. Treat the issue by stating, either silently or out loud, each problem and underlying belief involved in the issue. After each statement, think, speak, visualize, or write your cue word.

When you are finished making individual statements, make The Global Statement for the issue.

*I am now treating, in one treatment, all of my \_\_\_\_\_ (name of issue) and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back \_\_\_\_\_ (name of issue). Cue word.*

Take a SUD level to see if the discomfort has diminished. If you still have discomfort, do The Fail-Safe Procedure outlined below.

3. Treat all of the problems or issues that you have time for in your session.
4. Treat the Stoppers. (Say your cue word after each one or, if you have given the instructions for this to your subconscious, make the statement *Now I am treating the Stoppers*, followed by your cue word.)
  - I am afraid that these treatments won't work for me. Cue word.
  - I am afraid that these treatments won't last. Cue word,
  - I doubt that they will work. Cue word.
  - I doubt that they will last. Cue word.
  - I don't trust myself to do things effectively in these new ways. Cue word.
  - I doubt that I will do things effectively in these new ways. Cue word.
  - I doubt my ability to live out these changes in my life. Cue word.
  - I am vulnerable to taking back one or more of the problems I have treated. Cue word.

5. Do The Anger/Forgiveness Routine toward others by saying, *I am now treating all my remaining anger, criticism, judgment and unforgiveness toward anyone involved in any of the problems I have treated during this session.* Then say your cue word.

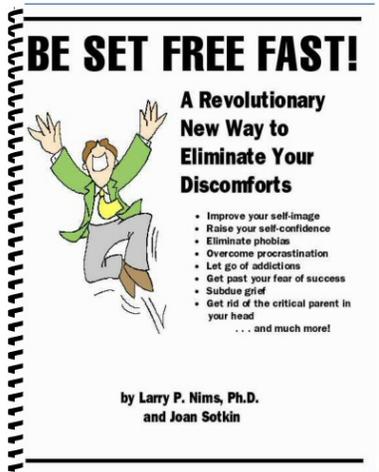
6. Do The Anger/Forgiveness Routine for yourself by saying, *I am now treating all of my anger, criticism, judgment, and unforgiveness toward myself for any problem I have treated during this session.* Then say your cue word.

Take a deep breath and be on your way!

### **The Fail-Safe Procedure**

To be used whenever you feel stuck after repeatedly treating a problem or when you are treating very deep seated, long-standing issues, such as addictions. Say your cue word after each statement.

- I want to be free of this problem
- I am willing to be free of this problem.
- I am willing to be free of this problem now and continually from now on (permanently, forever, etc.).
- I give myself permission to be free of this problem continually from now on.
- It's okay for me to be completely free of this problem continually from now on.
- I deserve to be permanently free of this problem continually from now on.
- I will do everything necessary to see to it that I am free, and remain continually free of this problem from now on.
- There are still one or more problems that will make me keep or take back this problem.
- There is still something in me that will make me keep or take back this problem.
- I am still vulnerable to taking this problem back sometime



## A Revolutionary New Way to Eliminate Your Discomforts

Now You Can Easily:

- Remove the old emotional baggage that is keeping you from your success.
- Let go of your anxieties about the future.
- Overcome limiting thoughts, beliefs and behaviors.
- Live the life you have always dreamed of!

Be Set Free Fast™ (BSFF) is a remarkably easy technique that you can learn to do for yourself that will help you virtually eliminate any kind of discomfort that has an emotional base.

Not only does the book explain, in simple terms, how to do this easy-to-learn technique, it also walks you through specific treatments for common issues such as:

- Poor self-image
- Lack of self-confidence
- Fear of running out of money
- Fear of moving forward
- Feeling unsafe
- Wanting to lose weight, but can't stop eating
- Fear of feeling or expressing feelings
- Phobias
- Grief
- Procrastination
- The need to control or be controlled
- Perfectionism
- Eliminating your internal critical parent
- Dealing with fears about the world situation
- Trouble paying bills

Also included in the book is information to help define additional problems and issues.

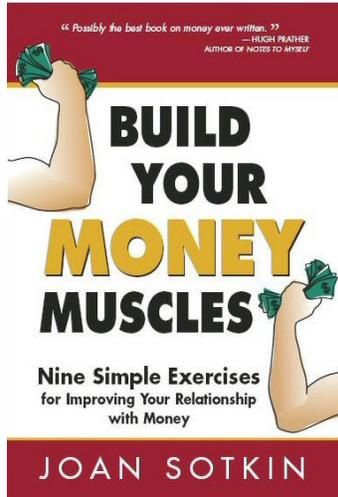
### Special Bonus: Free Audio

In order to make your learning experience more complete, once you order *Be Set Free Fast* you will be given access to a recording of a recent teleclass, **Understanding the Basics of BSFF**.

You will receive all of the teleclass notes as well as the recording, which contains a number of actual treatment sessions. People have told us that this is the perfect adjunct to the book.

***And it is yours -- FREE!***

For more information about this innovative book  
visit [www.ProspertyPlace.com/bsff/](http://www.ProspertyPlace.com/bsff/)



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- Understand the influences affecting your current financial situation
- Eliminate internal blocks to a healthy cash flow
- Overcome “financial vagueness syndrome”
- Reverse uncomfortable money feelings and self-defeating behaviors
- Make friends with money
- Create a new financial identity
- Enjoy lasting prosperity

*Build Your Money Muscles* offers a revolutionary approach to financial health and security. Longtime prosperity guide and entrepreneur Joan Sotkin introduces a holistic approach to gaining financial strength and resilience. Includes easy-to-understand techniques for developing healthy money habits and changing the reader’s financial position once and for all.

**Includes exercises that can easily be used with  
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