

THE FLFE PRIMER BOOKLET

A STEP-BY-STEP PRIMER DESIGNED TO
ENHANCE YOUR FOCUSED LIFE-FORCE
ENERGY (FLFE) EXPERIENCE

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What Is Focused Life-Force Energy?



Focused Life-Force Energy (FLFE) or “fluffi” as some affectionately call it, operates on the principle that there is an electrical grid of subtle energy running through everyone and *everything* – including our homes, workplaces, even objects like our phones.

It’s also widely believed that this same subtle energy can exist at higher levels and be *qualitatively* different in certain places or things. For instance, a holy temple filled with blissfully praying monks would tend to have what is called a “high consciousness field” associated with it.

High-Consciousness Fields

A high-consciousness field is simply a defined area containing *lighter, higher vibrational qualities*, most often including love, joy and peace. If you’ve ever walked into a room or area and said, “Wow, *the energy is really good here!*”—then you already know what this feels like.



Because high consciousness fields generally have much more subtle energy flow, they are free to uplift and expand anyone who enters them. This is why we often feel exhilarated and energized after going to sacred sites, being in the presence of a spiritual master, or even in environments where the love was strong and clear – such as a holiday or special gathering.





Consciousness Fields Have Distinct Levels

In the latter half of the 20th Century, a very successful psychiatrist, David R. Hawkins, M.D., PhD., treated thousands of patients until experiencing a profound spiritual awakening—which led to a breakthrough insight: **one's quality of life is largely dependent on his or her level of consciousness.**

Working with a group of researchers, Hawkins spent 25 years using kinesiology (the science of muscle testing) to measure a wide array of subjects—including spiritual teachers, books, places, works of art and more. He first outlined a scale measuring levels of consciousness or vibration in his New York Times bestselling book 'Power Versus Force' (1995).

Note: FLFE is not associated with Dr. Hawkins or any of his organizations.

Our Evolution Is Largely About Rising in Consciousness Levels

Hawkins documented these consciousness levels in a scale from 1 to 1,000 (in the human domain). On this scale, 200 is the level above which life generally becomes positive. Below 200—including emotions of shame, apathy, guilt, anger and even pride—the individual tends to have an overall negative influence on life and others. In this model, shame vibrates at 20, fear is 100, courage is 200, acceptance is 350



and universal love is 500. Human enlightenment levels range from 600 to 1000.

This work operates on the core premise that happiness (including love, joy and other high states)—is already within you. The key to living predominantly in those states, and experiencing the highest possible quality of life, is freeing oneself from the lower states that obscure the love, joy and peace already inside us.



This is where Focused Life-Force Energy (FLFE) can be of great assistance...

Using FLFE Technology to Clear, Energize and Uplift



FLFE utilizes advanced quantum technology, developed on top of discoveries that have existed for millennia. This type of technology was employed by Tesla (and many before/after him)—and allows a device to create NEW energy without depending on a natural resource, such as gas, coal or even electricity. Furthermore, there is a quantum aspect to free energy technology—whereby objects, locations and people can be “entangled” (connected) in a non-linear manner, from a distance.

In reality, we experience this all the time. For instance, research has extensively proven that praying for someone can help them heal. How so? One explanation is that, when you pray from a pure, loving space, you tend to create a high-consciousness field. Then, when you hold someone in mind with positive intent toward them, you are associating them with the higher field you've created, even if you are thousands of miles away.



FLFE's technology works in a similar manner; only it uses your address or mobile phone number to associate a high-consciousness field with it.

In a matter of minutes, the service is able to help your home, object or phone to rise a consciousness level of 560+, which can support a highly energized, healing, uplifting experience.



Programs Designed to Support Your Personal Journey

Through years of research and testing, FLFE's technology and processes have evolved beyond the creation of high-consciousness fields—arriving at the point where specific programs can be integrated into the experience. Some examples of those are:

- ✓ **Clearing negative history**—as many homes, objects or phones may have negative experiences (or frequencies, in the case of cell phone EMF's) that must be cleared or harmonized.
- ✓ **Grounding**—this refers to the process of harmonizing an area or object with the earth's magnetic field, promoting a sense of balance and clarity.
- ✓ **Anti-stagnation**—which is the process of clearing old, stagnant, unsupportive energies from a field in order to facilitate evolution and rising up the levels of consciousness.



[There are many more programs included in both the FLFE Home and EVERYWHERE services, and you can learn more about them on this page.](#)



How to Get the Most from Your 15-Day Free Trial



We feel very blessed by the faith you've demonstrated in trying out the FLFE service—and are committed helping you have a nourishing energetic experience. Over the years, we've learned there are some critical steps in facilitating the healing process which often occurs while living in a high-consciousness field. They include:

- 1. Hydration** Perhaps for the first extended time period, your body has greatly increased energy to use for repairs and rebuilding projects. As these get under way, more water is very helpful.

During your first three days in the FLFE Environment:

Multiply your body weight in pounds by 2/3. Use the resulting number as the number of ounces of water to drink per day.-For example, if you weigh 150 pounds, when you multiply by 2/3 you get 100. You could drink 100 ounces of water per day.****Note** Add 1/8 teaspoon of sea salt or some other appropriate electrolyte to each 34 ounces of water.** For optimal hydration, you may require more water at certain times. We suggest you use an electrolyte such as sea salt to maintain your body's electrolyte balance.

After your first three days in the FLFE Environment

Your body can become acclimated to the available energy and may settle down into a different pace of repair and rebuilding. **Multiply your body weight in pounds by 1/2. Use the resulting number as the number of ounces of water to drink per day.**-For example, if you weigh 150 pounds, when you multiply by 1/2 you get 75. You could drink 75 ounces of water per day.****Note** Add 1/8 teaspoon of sea salt or some other appropriate electrolyte to each 34 ounces of water.** For optimal hydration, you may require more water at certain times. We suggest you use an electrolyte such as sea salt to maintain your body's electrolyte balance.



2. **Getting quality sleep.** Another critical factor in healing and integrating the increased energy from the service is increasing quality and duration of sleep. Much has been written about this from trustworthy sources, but the basics are: getting 7-8 hours nightly, reducing blue light exposure prior to bed, sleeping in a cool room/bed, and removing all sources of light from your room.

3. **Increasing magnesium and EFA intake.** Most people are deficient in magnesium and essential fatty acids (EFA's), especially EPA and DHA. Both are critical for nervous system and overall health, and we've found including 2-3 times the recommended daily dose of each can be very beneficial during this process.

Finally, a more unofficial and personal recommendation is to ensure you have adequate "space" in your life for shifts, change and growth. Being in a high-consciousness field means having more energy for change, yet change can be a little bumpy sometimes. Buried emotions, experiences or even physical toxins may come up to be released, so that you can move to higher levels of health, well-being and self-realization.



By creating adequate space and embracing supportive practices (such as prayer, meditation and any type of healing work)—you bring a much-needed element of self-care and love to your process, and experience smoother transitions in your body and life. These guidelines are meant to help you have a graceful, rewarding experience with the FLFE Home and EVERYWHERE services.

We Are Here to Support You



We encourage you to use this Quickstart Guide as a tool for better understanding and supporting yourself throughout your subscription. We intended this to be a very brief overview; much more information about the FLFE service, its many features, programs and



benefits can found on our website's learning center ([available here](#))—
and our Facebook Group ([available here](#)).

Once you feel ready to move from being a trial member to a *subscriber*—which includes additional benefits (such as one “Pay It Forward” gift subscription)—[you may activate your subscription right here on this page](#).

Thank you again for your support, time and energy. We feel blessed and grateful for the opportunity to share in your journey towards a higher quality of life—and deepened spiritual evolution.

To your highest and best good,

Jeff Stegman

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