



Know Your
MemGram[®]

Gary A. Martin, DN, DSc, PhD

Know Your MemGram®
SAF® Your Life!

For anyone desiring to understand the basics of SAF® coupled with the philosophy of *MemGram® Processing* as defined by Dr. Gary A. Martin.

Copyright© 2009 by Dr. Gary A. Martin
ALL RIGHTS RESERVED

No part of this book may be photocopied, reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording, or otherwise, without the express and prior written permission of the copyright owner.

Published in the USA by:
Biological Immunity Research Institute (BIRI)
www.BIRI.org
480-948-6766

MemGram® is a registered trademark owned by the Biological Immunity Research Institute.

SAF® is a registered trademark owned by:
The Life Energy Institute (LEI).
916-786-2119
www.LifeEnergyResearch.com

MemGram® Processing is a version of SAF® Coaching created and preferred by the author. Dr. Martin explains how he uses the SAF® foundation for his MemGram® Processing Method. For official SAF® teachings and protocol, the author urges you to contact Life Energy Research Institute.

TABLE OF CONTENTS

Introduction	6
3 Most Influential People	8
Preface	14
Chapter 1: Discover Who You Are ...	18
Chapter 2: Discover Why You Are Here	30
Chapter 3: Discover Your Becoming	36
Chapter 4: Case Studies	52
Chapter 5: Take Control Of Your Life	76
Chapter 6: SAF®	80
Chapter 7: MemGram® Processing ...	84
References	91
What Clients Are Saying	92
About The Author	95

INTRODUCTION

I have spent most of my life trying to make enough money to be able to do what I wanted to do, when I wanted to do it and where I wanted to do it. I love the independence, the flow that financial freedom brings with it.

I understand that my motivation for this stems from my feelings of insecurity as a child. For 26 years I endured a psychological speech block that prohibited me from speaking in any situation where there was more than just me present.

The good news about achieving the goal of financial independence is that it gives you the freedom you need to be able to focus on goals that really matter. The bad news is that if you don't know what it is that really matters, you can end up worse off than when you had to work like a dog just to "get by." This is why I wrote this book. The techniques I discovered years ago totally changed my life. I have been living a dream-life ever since.

I love to help people live a stress-free life. The problem is that almost no one seems to care what I have to say. That ever happen to you? When I learned to be non-stressed when people ignore what I know to be true and that could dramatically improve their life, my life got better.

I have no problem believing that what happens to my body is a direct result of what goes on in my

mind. Amazing things happen physically when you “get your head on straight” regarding how your past experiences relate to present-day problems.

Your life is going to be improved by reading this book. Your life will be changed if you take advantage of the techniques discussed in this book. On the other hand, if you read this book and think that what I am saying is “poppycock”, I urge you to file this book where you can later find it because you will be looking for it to re-read in the coming years.

I talk a lot in the book about Joseph R. Scogna, Jr. and his SAF® method. The SAF® method gave me what I needed in my life at a critical time. This book is primarily about your MemGram®, but the reader should understand that I have taken the SAF® method and expanded upon it. To learn more about SAF®, please contact Kathy Scogna at Life Energy Research Institute. She is doing a wonderful job of making Joseph’s SAF® research available to everyone.

If you are helped by my thoughts, please let me know by contacting me at:

Dr. Gary A. Martin
7114 E. Dreyfus
Scottsdale, AZ 85254
480-948-6766
DrMartin@biri.org
www.BIRI.org

3 MOST INFLUENTIAL PEOPLE

There are 3 people that have affected me in a positive, beneficial way.

John Sauer

The first is John Sauer. When I met him in 1970, he was President of Success Associates International (SAI) in Denver, Colorado. I was a farm kid from Iowa who was also a musician in a popular midwestern rock band and a booking agent for many midwestern bands. I responded to an ad in Success Magazine and ended up being recruited to SAI, a company specializing in motivational cassette tape courses in personal development, motivational management and business development. It was a life-changing event. It was likely due to my naivety, but I believed the presentation; if I listened to those tapes, which contained the attitudes and knowledge of the top 5%, I could do, have and be whatever I desired to be. All I had to do was listen repeatedly to those tapes. Guess what --- it worked.

At age 26 I still could not speak fluently. I didn't just stutter; I had a speech block that would not allow me to speak in public or in any situation where there was an expectation of me saying something. I couldn't even answer a telephone. Try living with that for 26 years! Public education was so stressful for me that I don't know how I lived through it. It was totally embarrassing. I believe that

this is why I gravitated toward music and writing. It was a way my creativity could flow without relying upon being able to speak. As a result, I still enjoy typing today.

The cassette tape products offered by SAI changed my life. Seemingly overnight, I lost my speech block of 26 years. I became the top recruiter. I held training classes where I was on a stage with a telephone conducting live training showing other recruiters how to successfully get people to fly to Denver, using their own money, to come visit SAI and join the team. It was incredible. No one could tell me that the products didn't work! I have been interested in the mental/emotional causes of physical afflictions ever since that time.

Dr. Carey Reams

The second most influential person in my life came in 1975 when I was introduced to Dr. Carey Reams, founder of Reams Biological Theory of Ionization (RBTI), in North Carolina and again in Georgia. I had spent two years in Chiropractic College. I loved the Chiropractic philosophy but had moved to Arizona after deciding being a Chiropractor wasn't something that I wanted to do. Dr. Reams' expertise was in soil chemistry. He had a reputation for bringing golf courses and crop fields back from the brink of disaster. He had devised a soil chemistry analysis and was applying it to the human body chemistry after a friend with a sick daughter implored Dr. Reams to use his knowledge of soil

chemistry to help his terminally ill daughter. He agreed and his efforts were successful. What he was able to see was amazing. The RBTI test (our version is called the Biological Immunity Analysis [BIA®]) is the best pre-diagnostic tool for helping a person gain wellness and end premature aging. Anyone can learn to do the test. It only takes 10 minutes. It is a simple test using urine and saliva. The lab kit to do the test costs around \$1000. The cost per test is pennies. The BIA® shows you what is wrong with your body chemistry and how to fix it. It also shows us if the imbalance has an emotional cause and, if so, how to go about retracing that so the client can deal with the past issues which will dissolve the present symptoms.

Joseph R. Scogna, Jr.

The third most influential person in my life came in the 1980's when I met Joseph R. Scogna, Jr. Tragically, Joseph died in 1989. He was an absolute genius. He was a prolific writer and worked tirelessly on his various health and self-awareness techniques. I met Joseph about the time that I had noticed something significant in my work with the BIA®. We found that our clients, by following our dietary and lifestyle recommendations could improve their Metabolism Efficiency (how well they convert food into energy) only so far and then they would plateau. It was as if they had reached a self-imposed barrier that they couldn't get past. We had also realized that we could see personality traits within the BIA® chemistry patterns. Our research

had discovered that if we could help the anxious person eliminate anxiety, for example, that their Metabolism Efficiency, which had previously reached a plateau, would suddenly begin to rise and a new level of wellness could be experienced even though only emotional issues had been addressed. Amazing!

When I met Joseph, he had just developed his SAF® (Success Awareness Formulas) technique which involved a subjective questionnaire and also the use of an infrared sensor projected at the body to determine acupuncture “hot spots” all for the purpose of creating an “organ chain” that would show the SAF® Practitioner what the past emotional cause was for today’s physical/emotional symptoms. This information could be relayed to the client who, when shown the correlative links, would experience a transformation of awareness that led to a new level of consciousness, which altered physical/emotional symptoms.

I told Joseph about my theories and experience and that I thought the BIA® contained the information needed to discover the emotional cause behind physical problems but I needed some help to figure it out. I will never forget his response. It was, “Oh, I already know about that. Sure, I can help you with that.” The guy was a genius. That was the beginning of an amazing relationship. We spent hours on the phone discussing how to see what I wanted to see in the BIA® regarding emotional and psychological causes. I was an avid fan of Joseph’s work up until

he tragically died at the age of 40. His widow, Kathy Scogna, is doing a magnificent job of publishing Joseph's SAF® research so that the world can benefit from his thoughts. What Joseph had to say about life and about how it works is amazing. He gave us a tool to decipher our genetic code to help us answer life's most pressing questions.

PREFACE

This book is being written to help you answer three questions that perplexed me for years. I understand that different religious persuasions may feel that they have answers for these questions, but that only works for you if you choose to believe in that particular religion. Since there are many religions and many people who do not adhere to a specific religion, there is a need for a more scientific approach to the three important questions.

The three questions are:

- Who Am I?
- Why Are I Here?
- What Am I Becoming?

Who Are You?

Millions are suffering from a tremendous self-image deficiency. When was the last time you sat down with someone who could help you know who you are? This should be one of the first things taught in school. Unfortunately, what is being taught by public education, TV, movies and video games is how to play the game of being what other people think you are, or worse, who you should be, in order to be “acceptable.”

In later chapters, I will show you how you can discover who you are.

Why Are You Here?

Self-Destruction and the Will To Fail have never been more rampant in our society. Why is this? The answer is simple. No one is teaching the basics. The basics may be taught by various religions, but religious teachings are often resisted or ignored. There has also been a concerted effort by many to keep religion out of the government-controlled education process. This has only exacerbated the problem. It reinforces the idea that it is not important to have a clear idea of why we are here. “Fitting-In” has become the new religion.

In later chapters, I will show you how you can discover why you are here.

What Are You Becoming?

What are your goals? Are you heading in the right direction? Are you aware that there is a Plan For Your Life? Do you realize that there is also a Plan Against Your Life. It goes into motion the day you are born. Asking why is like asking why there is the Law of Gravity. The answer is the same: Because it works!

If you don't understand what the Plan Against Your Life is, you can spend your whole life spinning your wheels by putting all of your time and energy into resisting it. Resisting The Plan Against Your Life guarantees only one thing; its continued existence. The resistance appears in many forms; blaming,

complaining, whining, victim mentality are some of them. As the resistance continues, your physical body breaks down and you begin to have physical symptoms, but the cause remains emotional.

You can discover what is **The Plan Against Your Life**. You can create a strategy to develop your strengths rather than resist your weaknesses.

In later chapters, I will show you how you can discover **What You Are Becoming**.

CHAPTER ONE

DISCOVER WHO YOU ARE

Most individuals suffer from a tremendous self-image deficiency. This is not surprising. When you have adults who have no idea who they are, how can they possibly help you know who you are? If you don't know who you are, how do you know who to be? If you don't know who to be, how can you know who you are?

Negative, Non-Supportive Programming

There is a never-ending cycle of failure. Most of your young-life programming is negative, at least that which you likely remember. We too often hear the words “no”; “no way”; “you are a dreamer”; “why would you think you could do that?”; “that is dumb”; “what are you, an idiot?”; “you are so stupid”; “you can't do that”; “you will never amount to anything”; “children should be seen and not heard”; and more.

This negative programming that you receive when you are young creates The Will To Fail. You are often unknowingly victimized by The Will To Fail because you believe things about yourself that you simply created in your Mind because of certain experiences, not because they are true.

Accept Responsibility For Your Point Of View

Notice that I have not asked, “From where did you come?” This is because any answer that you give will not be fact based upon experience. The answer to this question is a point-of-view (POV) supported by others who hope to convince you to believe likewise. The important thing to know about a POV, is that there are as many POV’s as there are people.

A person is just a POV on two legs, looking for others to agree with them so that they can feel assured that they have the “right” POV. Here is the bottom line: If any POV was the “right” one, there would only be ONE! Thus, if you want to realize Who You Are, you must base it on experience, not some teaching for which there is no real authoritative support except someone or something to which you have delegated your responsibility of authority.

It is YOUR responsibility to be the authority on your life! To delegate this important task is to lose energy and to lose immunity, both of which cause premature aging and death.

The MemGram® Process

The MemGram® Process uses your life experience to determine who it is that you really are

(Soul Pattern¹) versus who it is that your life experiences have trained your cells to be (Stress Pattern²).

Stress = Growth

The stress of daily living helps you grow. You can create a life of misery or you can create a life of wisdom. It all has to do with how conscious you are regarding your past traumas and how they are controlling and manipulating you today. This is the Power that the MemGram® Process has to offer to you.

Your Genetic Code

You have a genetic code of which you must become aware or it will forever remain the cause of the

¹ Your *Soul Pattern* is Who You Really Are. It is a gift from God. It is the God in you. It is the way you prefer your life to be. It is the way your life would be if it were free from all obstacles to the contrary. It is your potential existence. It is the Plan For Your Life.

² Your *Stress Pattern* is the emotional resistance that you feel when people, places, circumstances and events (PPCE) are electromagnetically attracted to you because they are opposed to your *Soul Pattern*. It represents *The Plan Against Your Life*. It represents what you don't like about your life. It represents degeneration, destruction and, ultimately, death. Most people are clueless about their *Stress Pattern* and are unaware that they have an *Invisible Belief System* operating at the cellular level that believes that happiness is when they are struggling against their *Stress Pattern* rather than arriving at their goal.

misery and grief. The MemGram® Process will help you connect with your genetic codes. You will be able to see them, understand them and neutralize their manipulative, controlling effect upon you.

To know Who You Are, you must obtain an understanding of the relationship between your body, your mind and your history. Your genetic code and that of your ancestors is manifesting in your life today. You are being manipulated and controlled by an *invisible belief system* that is very subtle³.

It Is About Resistance

Our physical dimension is based on the law of resistance. It is called Ohm's Law, which states that all energy meets with an opposition or a resistance. We have no choice but to obey this law. It is also programmed into all human beings.

This resistance is what produces the physical dimension in which we exist. I call this Law of Resistance, "The Law Of Dichotomy." For every positive, there is a negative, and vice-versa. This existence is the movie you call "Life." Your Life is a movie in which you are supposed to be the star, not the supporting actor, nor the victim, but, it is your choice, your decisions, your self-image, that decides what character you will play and who your supporting actors are going to be.

³ Clever, cunning, sly, understated

You must always take into account that every experience and emotion of your ancestral bloodline affected their DNA which has been passed down to you. Not every thing that happens to you is your fault, but how you react to it IS your decision. The good news is that the more you learn about what is The Plan Against Your Life the less power it has over you. This is the dichotomy of the Soul Pattern versus the Stress Pattern.

The Plan For Your Life

The basis for saying “there is a plan for your life” is simple. There are obvious universal laws at work in the universe. Abraham Maslov⁴, the original master of self-empowerment, coined the term “*3 Important Belief Values*” to describe the inner resources that are available to everyone. They change lives. They drive and inspire the top 5% of the worlds’ achievers. Dr. Maslov designated these people as *Self-Actualizers*.⁵

Being Values are a triad of core principles that are embedded in all normal minds: *Truth, Beauty and Goodness*. They are not taught; they are timeless. They are potential active agents that exist independently as universe realities. People of

⁴ Abraham Harold Maslow (April 1, 1908 – June 8, 1970) was an American psychologist. He is noted for his conceptualization of a "hierarchy of human needs", and is considered the founder of humanistic psychology.

⁵ A person engaged in the process of making their latent self and potential self, real.

radically different persuasions and cultures share the same Being Values: Truth, Beauty and Goodness. [1]

An example from long ago:

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: If there be any virtue, and if there be any praise, think on these things.” [2].

Ordinary people, connected with Truth, Beauty and Goodness have transformed their lives from meaningless and tragic to magnificent and unforgettable. Regardless of your age or circumstances, you, too, can use Being Values to elevate your life and the lives of those around you to another level, a level we call your Soul Pattern; The Plan For Your Life.

The Plan For Your Life represents Truth, Beauty and Goodness. If you were free from all negative programming and if there were no obstacles to you being you, you would represent Truth, Beauty and Goodness in all aspects of your life. This is Who You Are. How you go about manifesting Truth, Beauty and Goodness is Why You Are Here.

Soul Pattern

So, your Soul Pattern is full of Truth, Beauty and Goodness, but your life is full of non-truth, ugliness, failure and evil. What gives?

The answer uses The Law Of Dichotomy⁶. *You are here to learn what it feels like to be who you are not.* Because your Soul Pattern represents Truth, Beauty and Goodness, your Stress Pattern represents *people, places, circumstances and events* (PPCE) that oppose the positive energy flow of your Soul Pattern.

Why is this the case? Because you learn to appreciate that for which you have to work rather than having it “handed to you on a silver platter.” This is a simple universal law that everyone understands. It is the same reason why we do not give our children everything for which they ask. It is the same reason why we require our children to do chores, to earn an allowance so that they can appreciate the reward and learn to plan and economize their finances.

The Dichotomy of Soul Pattern versus Stress Pattern represents The Law Of Resistance that was previously mentioned. The Stress Pattern, the PPCE, represents “radiation.” This radiation coming

⁶ The world of opposites. Examples are: Male vs Female; Hot vs Cold; Dark vs Light; For every action there is an equal and opposite reaction. This is how learning accumulates.

toward you is stimulating to the cells and produces an energy response.

You Are Your Soul Pattern

Yes, you are your Soul Pattern, but you will continue to live your Stress Pattern, UNLESS you wake up and realize that there is a Plan Against Your Life that you must quit following if you want your life to really work. You must identify the PPCE that represents your Stress Pattern, the supporting PPCE in your movie of Life which is there only for the expressed purpose of making your life miserable, adding resistance (radiation) to your life so that continue to struggle instead of manifesting Truth, Beauty and Goodness.

How Do You Discover Who You Are?

A technique developed by the late Joseph R. Scogna, Jr.⁷, known as *Success Awareness*

⁷ Joseph R. Scogna, Jr., 1949-1989. Joseph R. Scogna, Jr. was dedicated to understanding life energy and the complex connection between the body, the mind and the spirit. He was interested in all branches of knowledge; he incorporated time-tested Eastern philosophies, western medicine and physics, uniting all in the universal language of mathematics. In his quest, Joe experimented with frequency counters and electric meters of various sorts. His greatest achievement was his cutting-edge use of infrared detectors to catalog emotional traumas, the psychological causes of disease and disharmony. Joe was president of Life Energy Foundation, Inc. and Life Force, Inc. (which sold his books, training courses and Life Energy System computer programs to practitioners and students) and Probiotic, Inc. (which sold his proprietary

Formulas (SAF) is the only way of which I am aware to use your experience, not some flaky, authoritative philosophy, to determine Who You Are; The Plan For Your Life; your *Soul Pattern*. From this, using The Law Of Dichotomy, we can immediately know what is The Plan Against Your Life; your *Stress Pattern*.

The SAF® Technique involves submitting answers to 120 questions. The answers are converted into an intensity rating for 24 organs/glands, which is then converted to a chain of numbers that can be read mathematically. Those numbers are converted into words that describe the conditions and emotions that you were feeling at particular ages of your life that relate to specific traumas. You will immediately begin to see the pattern and how past traumas are related to present day circumstances. As

homeopathic remedies). Joe wrote hundreds of texts and papers on electromagnetism, human electricity, the genetic blueprint, radiation studies and nutrition. He wrote health evaluations to complement many modalities for manual and computer use, including symptom awareness, emotions, urine/saliva tests, hair analysis, blood studies, voice print analysis, business troubles and many more. His computer databases include as remedies herbs, flowers, foods, homeopathic, emotional hazards, sound, color and much more. Everything he wrote was geared toward enlightenment and greater awareness for individuals. His collective work comprises a vast library of information and is being released exclusively through Life Energy Publications. Joe has left us an extraordinary legacy. Those who have studied and used his technology have regained their determinism regarding their life and health on many levels - spirit, mind and body.

you begin to see the pattern, you will be able to make different choices that will gradually transform your life into one of Truth, Goodness and Beauty.

Why Do We Die?

It is all about resistance. If you could eliminate your resistance to the stressors of life, you would stop aging. You would never get old; you wouldn't be diseased; you would be whatever you wanted to be. Yes, easier said than done.

The problem is that resistance to stress (radiation) has been programmed into your cells. Your life has become one of struggling against a genetic code that you aren't even aware that it exists. This is your MemGram^{®8}. You attempt to alleviate the stress by using various physical and psychic remedies, including natural, prescription, counseling, but, in the end, you die.

There is no penalty for discovering your genetic code. Instead, there is a reward: Eternal Life. When you understand your genetic code, you escape dying in a feeble state of spiritual unconsciousness; you escape from never understanding from whence you came, why you are here and where you are going.

⁸ Your Stress Pattern, the Plan Against Your Life, that can be dissolved simply by realizing who or what is the PPCE in your life that is the supporting cast in your Movie of Life.

If you die in a spiritually unconsciousness state, your personality will simply evaporate. Your personality will be as though it never existed. [3]

The reason is that you ignored the obvious; the Love that pervades the Universe that only asks one thing; that it be loved in return. Is this what you want to be your life's destiny? I doubt it.

Again, the only way that I know to break the cycle of being a prisoner to your Stress Pattern is to experience MemGram® Processing. It will involve a series of telephone sessions where you are asked a series of questions designed to unlock your specific genetic code and make you immune. Yes, immune. Immune to whatever it is that is bothering you. It may not happen overnight, but if you stick with it, you will see the desired result.

The MemGram® Process will help you understand your genetic information. You will become conscious of your history and learn how to win the battle against it. It will unlock your genetic secrets.

You need a way to detect the sources of radiation that are causing you to prematurely age. It is time that you learn what your body is telling you about your spiritual consciousness. Misery comes from misunderstanding. Misery comes from not knowing who you are; why you are here; where you are going; what you are becoming.

You are naturally endowed with the power to become a benevolent creative force. Why aren't you able to do this in the manner that you desire? The answer lies in your Stress Pattern.

Knowing your Soul Pattern and taking action to allow it to manifest, brings a life of your dreams to your doorstep. It also gives you the freedom and the power to bring a life of their dreams to others.

What you sense deep in your soul is real. The forces you sense within are abiding and eternal. They will never let you down.

MemGram® Processing is an efficient way for you to become spiritually conscious. Spiritual consciousness is defined as believing in the Fatherhood of God and the Brotherhood of Man and desiring your life to manifest the Love of God as it relates to both.

CHAPTER TWO

DISCOVER WHY YOU ARE HERE

The Dichotomy Law that is at work regarding Why You Are Here is: *The cells of your body are addicted to the opposite of what your mind desires.*

Now you know why you know what you should do but you go ahead anyway and do what you shouldn't do. The bottom line: Mass Wins.

The cells of your body are addicted to experiences that represent the resistance. Long ago, you had a Trauma, or series of Traumas, that represented life as you did not want it to be. The emotions generated and the hormones that were released to compensate for the stress you felt stimulated your cells. They misinterpreted the stimulation as happiness happening because they do not know the difference between good and bad. They are addicted to quantity, not quality. They are addicted to your struggle for happiness. Your Mind wants happiness, but your cells view the lack of stimulation that comes from being at peace or happy, as death! Your cells measure good and bad by *quantity* of stimulation, not quality. Because negative situations are much more stimulating, due to the resistance that is created, your cells view your *struggle* as happiness. Of course, nothing could be further from Truth, Beauty & Goodness.

Your Invisible Belief System

The purpose of your Stress Pattern is to provide resistance to make it as difficult as possible for you to BE your Soul Pattern. This means that your negative programming needs to begin at an early age. This means that you will be born into a family that represents your Stress Pattern. Your parents will have little idea Who You Are and will provide little support for you to feel comfortable being Who You Are or for you to know Why You Are Here.

You will have a series of traumatic events that represent your Stress Pattern in action. They will be situations which provide an enormous amount of hormonal release in order to maintain balance in your body chemistry as you react to the negative situations that are preventing you from being your Soul Pattern.

Remember, your cells define happiness as anything that provides great resistance to your dreams and your desires because they are reading the radiation intensity, not your Mind's Desire⁹. Because of this, *your cells slowly become addicted to whatever PPCE represents the opposite of your Mind's Desire*. I call this your *Invisible Belief System (IBS)*.

Can you believe it? You radiate an electromagnetic frequency that attracts PPCE for the sole purpose of becoming a Stress Pattern, so it is as difficult as

⁹ What you want your life to be regarding any subject that you can bring to your mind.

possible for you to be who you really are! That is, until you are taught how to see this Stress Pattern, your MemGram®, for what it really is and quit making decisions that contribute to your victim situation. You must become aware of your IBS in order to develop full immunity.

Do you know what your IBS is and how it operates to keep you from your dreams, goals and desires? Are you aware that you are addicted to this struggle and that your cells believe the struggle is happiness, instead of the goal that you state is yours? Isn't it time to get the facts and break free of these mental and emotional chains?

Contact Life Energy Research Institute, <http://www.LifeEnergyResearch.com>, for a Certified SAF® Coach near you.

To discover your *Invisible Belief System* (IBS), which is the first clue to learning Why You Are Here, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

You Are Here To Learn What It Feels Like To Be Who You Are Not

You are also here to discover *The Plan Against Your Life* and thwart it, break free of it by once again embracing Truth, Beauty and Goodness. YOUR Truth, Beauty & Goodness. The Truth, Beauty & Goodness that was seemingly beaten out

of you by parents, peers, teachers, employers, lovers, ex-spouses, deaths, business losses, things that you are unwilling to share with others, secrets you hide, ideas you are unable to communicate, concepts about which you are confused, shame, degradation and more.

Your mind and body has been traumatized by all of your experiences where you were unable to recoup your losses. *The net result is your inability to discover Who You Are and Why You Are Here.* This inability causes you complaints, symptoms, grief and dis-ease. These traumas have prevented you from understanding life to such a degree that you are not fully alive and aware. Death may even seem to be a relief. This should be your first clue.

As you become more enlightened and have more understanding, your body and mind will crave pureness; you will live cleaner; the quality of your life will be improved; you will stop being sick; you will have more wealth, power, romance and freedom!

Individual Traumas

Much like a photograph can be produced by the resistance that light meets with chemicals on photo paper, or silicon in a chip, a similar process happens when you have a negative experience that represents resistance between what your Mind desires to happen and what is actually happening at that moment. The emotions of the moment along

with the psychological associations are forever stored in your memory banks. This is how you can recall memories or have flashbacks.

To break free of your mental and emotional chains so that you can experience Who You Really Are, each of the sound tracks for each moment of Trauma needs to be re-programmed by shedding the light of today's wisdom on the past situation. If you were to re-experience these Traumas, today, the wisdom that you have accumulated since that event would give you the tools you need to have a completely different understanding and response to the event. The MemGram® process gives you the opportunity to edit all of the soundtracks so that your cells are able to reprogram with updated knowledge and understanding. It is a wonderful feeling!

Immunity

The word “immunity” means exempted or protected. It is a state whereby you are protected; you are exempt from the obligation of having to fight a war against anything.

MemGram Processing® is about making peace, not war. Immunity is gained by making peace with your Stress Pattern.

Maybe you have an ongoing war with chocolate, wheat, milk, corn, soy, artificial ingredients, dust, pollen, pollution, food, emotions, present or past

lovers, ice cream, certain sounds or locations. Your Stress Pattern comes in many shapes and forms.

When you are *immune*, there is no fear, no stress, no anguish and no allergies. These are all forms of *radiation*, of *resistance*. When you are *immune*, you are immune to the hate and negative emotions that cause radiation to be directed at you.

Can you achieve this state of awareness? The MemGram® method is a scientific method of pinpointing the source of psychosomatic causes.

You can understand and eliminate the devastating effects of traumas, dysfunction, disorders and disease. You can learn how acquired patterns from past forgotten traumas can create emotional instability and disease today. You will “connect the dots” and find practical ways to implement *Truth, Beauty & Goodness* within your life. When you make peace within yourself, your family and all of your relationships will benefit and the community of mankind will be more harmonious.

CHAPTER THREE

DISCOVER WHAT YOU ARE BECOMING

What you are becoming and where you are going depends upon to what PPCE you expose yourself. You are going to the same place as the people to whom you choose to repeatedly be around; the same place as the teachers to whom you expose yourself; the same place as the movies you repeatedly watch; the same place as the video games to which you expose yourself. If you cannot show me a picture that represents what you are becoming and where you are going, then your Mind has no idea what you want to become nor where you want to go. If you can't see or describe the goal, you can't get there. It isn't going to just happen by accident.

Achieving a goal takes predetermination, a plan, hard work and a goal. Anything short of this is a dream, not a goal. At age 65, only 5% of USA citizens are financially independent. The remaining 95% are still dependent upon a job, government sustenance, family or friends for their financial survival. Sad, but true. Start now. It is never too late.

3 Important Belief Values In Action

In addition to a plan, you must become proficient in manifesting the 3 Important Belief Values, which represent your Soul Pattern. It may be easier to understand the 3 Important 3 Important Belief Values by seeing what they look like in action:

Truth in action becomes *Integrity*.
Beauty in action becomes *Excellence*.
Goodness in action becomes *Caring*. [11]

It is never too late to start allowing your Soul Pattern to manifest by becoming more aware of your Stress Pattern. It is never too late to add more Integrity, Excellence and Caring into your life. Start with your immediate relationships and work outward. It will require patience. It may take years. Many people are not going to take you seriously because you have taught them how to think of you for a very long time. It will take some people a long time to finally realize that you are changing and improving the quality of your life by concentrating on the 3 Important Belief Values; Truth, Beauty & Goodness. [12]

The Secret of Unlocking the Power of Belief Values

There is a secret to unlocking the potential of Belief Values and becoming a Self-Actualizer. Dr. Maslow uncovered three attitudes that are unique to Self-Actualizers.

Self-Actualizers are free of mental and emotional “baggage” such as unwarranted guilt, crippling shame and stressful anxiety. They do not beat themselves up for their failures. They minimize their losses and focus on the wins. They have an attitude of impregnable self-respect. This self-

respect is balanced by an equal degree of respect for others.

This extraordinary self-respect evolves because Self-Actualizers believe that there is a higher more effective version of themselves to actualize – a more fully developed model of yourself, your Soul Pattern!

The first part of the secret, then, is to restore the natural, innocent self-respect you had as a child, while also increasing to an equal degree the respect you have for other people.

The second part of the secret is a precious attitude that Dr. Maslow uncovered in Self-Actualizers: Assume a nonnegotiable responsibility for your inner life experience. Refuse to see yourself as a victim. While you do not have absolute control of your fate, you do have absolute control over how you feel about your fate. Understand that you cannot control what others may do or say, but you have total control over your own attitudes and responses.

The third part of the secret is that Self-Actualizers habitually make growth decisions rather than safety decisions. Actualizers acquire an independent spirit and a habit of being active, deciding agents rather than tentative, helpless whiners. [13]

You cannot think your way into the self-actualizing process. You have to act your way into it. This is

where an SAF® Coach or a Certified MemGram® Processor can help.

Truth: The Belief Value Expressed by Uncompromising Integrity

When you are accurate in what you say and do what you promise to do, you express integrity. On a deeper level, your inner talk must honor who you really are. Downplaying yourself is not noble; it shows a lack of integrity. You must know yourself and be true to what you really are by striving to become what you ought to become. This is why knowing your Soul Pattern is so important.

Self-Actualizers are more real. As you actualize more of your potential, you become more and more real. Integrity also implies that you are willing to have faith in the possibilities of your vision of what you ought to be and willing to engage in the process of becoming all that you can be. [14]

Beauty: The Belief Value of World-Class Excellence

Absolutely nothing will affect your material success to a more important degree than a dedication to and a love of Excellence. Self-Actualizers are driven to create Beauty. Actualizers realize that they have a role, a mission, to create something true, beautiful and good where it did not before exist. The life missions chosen by Actualizers benefit humankind.

As a result, the Actualizers enjoy a life that only few people attain. [15]

Goodness: The Belief Value of Caring

Goodness involves the development of caring and respectful relationships with other people. Goodness modifies the drive to excel, resulting in a wholesome and productive tension between self-interest and service to others.

Self-Actualizers share a definite tendency to see the life experience as a wonderful gift. Maslow noted that all Self-Actualizers derive great pleasure from the day-to-day process of life itself. Self-Actualizers are color, status and class blind in their relationships. [16]

Achieving Synergy

Synergy is what happens when the nature or power of a system cannot be predicted by adding the sum of the parts. For example, two volatile gases, Oxygen and Hydrogen, when combined, form water, which extinguishes fires. Synergy is not exclusively science, nor philosophy, nor religion. Synergy is an integration of all three.

The state of being that happens when all 3 Important Belief Values are in perfect balance produces Love in its pure and effective expression. Dr. Maslow saw this Belief Value of Integrity, Caring and Excellence transmuting into the ultimate

Belief Value of Love as an unlimited resource. Caring, respect and appreciative love breeds more love. The spending of Love does not diminish Love, but instead creates a greater wealth of Love.

Respect Yourself

To the degree that you respect yourself, you have an equal capacity to respect others. Respect involves Love. Learning the process of Love may be set into motion by first granting unconditional respect to each human being that you encounter. This includes all the people who have hurt you in the past. Easier said than done, huh?

There is a directly proportional relationship between the amount of *secrets* that you have and your inability to respect yourself and, therefore, others. The more secrets you have, the more difficult it is for you to activate the powers of the 3 Belief Values; Truth, Goodness & Beauty, by putting Integrity, Caring and Excellence into action in your life.

This is why MemGram® Processing works so well to unlock your secrets, some of which you don't even know that you have, and to allow you to burst forth with greater Integrity, Caring and Excellence.

Self-respect is the first requisite toward self-empowerment. It is the gift that unlocks your will and energizes your life. When you are confronted with behavior that is inappropriate and ugly, see the

behavior for which it is; driven by a hunger for respect.

Most people are struggling to be loved long after they should be learning to give love. Every unlovely, immature action or statement you encounter comes from a person who is seeing to be loved long after he should be seeking to love.

Just as the Law of Gravity cannot be successfully defied, so the Law of Resentment will weaken and defeat any effort you make toward self-empowerment. [19]

Your *Organ Trauma Sequence*¹⁰ (OTS) will indicate at what points in your life that you attempted to defy the Law of Resentment. If you have (11) in your *Organ Trauma Sequence* (OTS), you can be assured that some form of resentment has infiltrated your being at that age and that is at least one section of your life movie that needs to be re-examined and the emotional sound track edited using the wisdom that you have today. MemGram® Processing can show you the way.

Meaning Of Life

You are not here to *find* meaning to your life. You are here to *give* meaning to your life. When you

¹⁰ A chain of numbers that represent organs, emotions and conditions as discovered by Joseph R. Scogna, Jr, founder of SAF®.

have a *reason* for living, you are empowered with the *way* to live.

Everything can be taken from you except your right to *choose your attitude toward any given situation*. A single drop of self-pity can sicken your mind for hours. When self-pity becomes a habit, it can lead to deep trauma and self-destruction. Suicide is the ultimate in self-destructive act. Just as you do not have the right to destroy others, you do not have the right to eliminate yourself. You do not belong to you. You belong to the universe. The significance of you may forever remain obscure to you, but you may assume that you are fulfilling your significance if you apply yourself to converting all your experience to the highest advantage of others.

The easiest way to relinquish victimhood and to live a life of service is to abandon concern for self and focus upon helping others. The service motive is the fastest and most reliable path to enlightenment and actualization.

There are seemingly great advantages to being a victim:

- You are not responsible for the way your life unfolds.
- You have the right to complain and gripe at circumstances and people.
- You have the right to boundless self-pity.
- You are an innocent victim, thus you are right.

However, the price for martyrdom is high:

- By shifting responsibility for your life to others, you also hand over authority.
- No other attitude is more certain to insure a life of mediocrity.
- Resentment, anger, fear, guilt – all pull you out of the present into the regretful past of the threatening future.

The Self-Actualizer believes in the following:

- I am a free human being.
- I am not a victim.
- I live in the environment that I do, I am where I am in life, I associate with the people that I do, I have the attitudes that I have, because of circumstances that I have created or have permitted to exist.
- I am capable of achieving whatever I can intelligently determine to achieve and I am responsible for my life.
- No one can rescue me, but mighty forces will come to my aid when I begin to make growth decisions and complete them through positive action of Integrity, Caring and Excellence.

If you have 6-3 or 4-2 in your OTS, you must inspect your life for evidence of self-pity. The worst kind of self-pity is when you don't know that it has infected you.

There is nothing “out there” blocking your progress. Rather, there are three broad areas of your non-development – immaturity – that cripples you. These are: 1) Your procrastination to master the *respect* paradox; 2) Your unwillingness to assume responsibility for your inner life; 3) Your failure to make growth choices.

The key to destroying a negative mental image concept is to replace it with a vivid positive concept that embraces Integrity, Caring and Excellence. This is the value of the MemGram® method of understanding your past and why it happened the way it did.

How will you acquire an impregnable self-respect? How will you achieve an inner life of sustained peace and power? The answer lies within your genetic code. You must remove the blocks, the traumas that prevent the full activation of your Belief Value breakthrough. [17]

Unlock your genetic code and start now to acquire your impregnable self-respect by uncovering the traumas that are controlling and manipulating your life. MemGram® Processing can show you the way.

Dis-ease or Stress Entities Are Mental Energy

Dis-ease or stress is an mental or emotional entity. It is invisible. To activate, dis-ease or stress must pre-exist. It desires to survive. It sees your body as a feeding ground. It lives off of your hormonal

discharge and interferes with your generation of positive, constructive energy.

A Pattern of Stress in the Organs

The pattern for organ weakness can be found in past traumatic experiences. The genetic mechanisms record everything: every trauma, every crisis having to do with survival. This is a necessary survival mechanism so that future generations can evolve systems to avoid similar dangers.

Weak organs are frail because they have not been able to solve past crises. If you are born with weak kidneys, for example, then some trauma that happened to an ancestor remains unsolved. It then becomes your task, if you are awake and aware, to solve puzzle of your genetic structure.

It is your current bewilderment regarding your past that causes your weakness in any zone of your body, mind or spirit. The key is to recall that past trauma and catalog the feelings experienced, so that you can understand how and why you are the way you are now. MemGram® Processing can help you do just that.

Dis-ease Is Stored As A Trauma

The basic laws of electricity and magnetism allow you to understand your genetic code. Energy in collision with resistance leaves an imprint, just as

light can make a photographic imprint. A similar tracing mechanism is used by your body and mind.

Mental images are stored in sequences. They can be recalled and examined. Any specific pattern, sound, or color that is present has the ability to recall for examination images from past genetic stored mechanisms. This is how you obtain or lose power. If your recall system is cued to pleasant events, your power will be great. If your recall system is cued to negative emotions and events, your power will be diminished.

The MemGram® Method Finds the Link

There is only one way to permanently untie a knot. You untie the knot by reversing the tying procedure that was used to tie the knot. The same is true for MemGram® Processing.

When we find the traumas, we will know at what age they occurred; with whom they occurred and what circumstances were present during the trauma. This is all cataloged. Then, we begin with the present and work our way back into the past so that you can see how each and every trauma is just like the present situation. The people, places, circumstances and events (PPCE) may be different, but the feelings are the same. You will begin to see your Invisible Belief System (IBS) at work. You will begin to see your Stress Pattern. You will see the “bait” that you took then that you wouldn’t take now because you now more wise. You will begin to

see that it wasn't your fault, but that you couldn't have felt any different then because you didn't have the wisdom that you now have. You will be able to free yourself from the guilt because you will see that everyone, including you, was doing the best they could with the limited amount of awareness that they had at that time.

DeFrag Your Mind

All professionals know the value of a powerful computer augmented by the best software and an effective maintenance program. It would be unthinkable for an architect or a designer to jam his computer hard drive with immature war games that he enjoyed as a ten-year-old and leave little room for modern programs. It would also court disaster to ignore defragging the hard drive for long periods. Any professional who accepted a performance level of ten or twenty percent from his computer would soon be out of business.

It is the same with your Mind. How foolish is it to be given the most magnificent instrument known to exist in the cosmos only to cripple it? How unthinking is it to occupy the brain with trivia to a point where it is so reduced in effectiveness as to function barely above the level of a cave dweller? Why consciously program negative data into this wondrous equipment rendering it unable to receive inspiring and refreshing spiritual energy to derive its noble functions?

If you have 14 in your *Organ Trauma Sequence* (OTS) you must inspect your life for the need to defrag your Mind. The MemGram® Method is the best mental defragmentation program ever created.

How to Slow the Aging Process

To slow the aging process, you must detox the impurities found in your Body, Mind & Spirit. This means you have to detox impurities that have taken root in your Body; you must detox your Mind of past erroneous and negative thoughts, concepts and deeds. Be comfortable with being forgiven for your sins.

This is easier said than done. Even if you are actively working on improving yourself, you may be acquiring one problem daily but solving only one problem weekly. This means you are losing the battle. Thus, the aging curve.

In the beginning of life, the amount of confusion is minimal, but then it begins. All kinds of situations that you can't solve. There are childhood traumas, shame, degradation, divorces, deaths, lost loved ones, business losses, hidden personal secrets and concepts about which you are confused.

All those areas where you are unable to recoup your losses will have a traumatic effect. The net result is your inability to discover WHY. This inability causes you your complaints and grief. Your traumas stop you from understanding life to such a degree

that you are no longer fully alive and aware. You are prematurely aging and moving toward death.

Your dis-ease or stress entity is similar to yourself. It needs to create. All dis-ease or stress that infiltrates your body wants to disseminate, procreate and produce. It is not enough for a virus or any entity entering your body or your Mind to be satisfied with just taking up root. It must convince the cells to reproduce, to duplicate itself. There is a battle for space and you are in its way.

By using the *MemGram® Method*, you will be locating your *Stress Pattern*, which has taken up root in your Body-Mind-Spirit. You will learn how to neutralize its power over you. It is because it is hidden from you that it has the power to shut down your energy flow, cut you off from *Truth, Beauty & Goodness* and convince you that you ARE the person whom you are not.

To get started identifying your *Stress Pattern*, your *MemGram®*, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

CHAPTER FOUR

Case Examples

Case Example #1: --- LEUKEMIA**Female****Age:** 43**Complaint:** Leukemia**OTS:** 23-6-4-2-24-1-3**OTS Ages:** 13-19-25-31-37-43**Trauma Ages:** 19-25-31-37

This case can be analyzed, not by speaking to the client, but by simply using the aforementioned charts and other tools at the disposal of a Certified MemGram® Processor. The above OTS data and the following analysis was obtained using urine/saliva, but it could also be obtained by having the client complete a brief 120 stress or physical symptom questionnaire.

This is what a Certified MemGram® Processor would have to say about this client, just by using the above data.

Analysis:

Her immune system is failing because she believes she has failed (23-2-3). Her leukemia is a manifestation of her cellular addiction to the feelings of rejection / failure that she was exposed to at age 11-15.

Until she rids her body of the radiation coming from her 9 Traumas at ages 19-25-31-37, there is little hope of recovery.

The words “Scrutinize-Lover-Destruction” describe a Trauma at age 35-39. The emotions from this Trauma are being repeated today when dealing with her leukemia situation. The same emotions were felt at age 11-15, when the cellular addiction took place.

The words “Relax-Frivolity-Sudden” involve the Trauma at age 11-15. The emotions from this Trauma and later Traumas are still trapped within her, reverberating throughout her body manifesting as leukemia.

At age 35-39 she looked into the mirror and saw something about herself that she did not like (24-1). She recognized that something was wrong with her but she was so used to this feeling due to the programming she received during her formative years that she chose to ignore it (23-6) and (24-1-3).

At age 27-31 she had an issue involving “cabbage” (6-4-2). A family member probably insisted that she eat it even though she couldn’t stand the stuff. It is interesting that cabbage is high in sulfur, a detoxification mineral that is beneficial to the lymphatic system in many ways.

At age 23-27 she noticed a loss of appetite (6-4) to which she should have paid more attention because it was a tip that her liver was compromised.

At age 11-15 she was deeply saddened by her inability to “change her circumstances.” She was also affected by something “metallic” (23-6).

She is so addicted to being rejected, denied and a failure that her body is finally living out her cellular invisible belief system.

MemGram® Processing will allow her to understand her cellular addiction and neutralize the trapped radiation from her 4 Traumas. This will give her immune system a boost and will increase her likelihood of being able to bounce back from her diagnosis and treatment.

If you are interested in being a MemGram® Processing client to see what it can do to expand your life, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

Case Example #2: --- ABUSED**Female****Age:** 45**Complaint:** Abused**OTS:** 14-1-24-19-17-16-13-11-2**OTS Ages:** 5-10-15-20-25-30-35-40-45**Trauma Ages:** 10-20-25-35-40-45

This client went through a very abusive relationship as an adult in which she was severely physically and emotionally injured. She has been having a difficult time getting beyond her past with both physical and emotional symptoms. She had both ankles and her jaw broken among other injuries.

This case can be analyzed, not by speaking to the client, but by simply using the aforementioned charts and other tools at the disposal of a trained SAF® Coach or Certified MemGram® Processor. The above OTS data and the following analysis was obtained using urine/saliva, but it could also be obtained by having the client complete a brief 120 stress or physical symptom questionnaire.

This is what a Certified MemGram® Processor would have to say about this client, just by using the above data.

Analysis:

Her Stress Pattern involves repeated unsuspected collisions with PPCE (17). These collisions and

crises will continue to manifest until she understands her *Stress Pattern*.

She is a “control” person by innate nature (17). Her *Stress Pattern* turns this into a weakness.

She is “stuck in a rut” of disharmonic relationships (11-2) and doesn’t know how to change it (14-1).

She experienced a Trauma that started at age 3-7 and manifested at age 8-12 that set her up for this mess (14-1). The Trauma involved a family member (24). The family member was likely mentally warped (14-1-24). The Trauma involved “black and blue” (24-19). This situation did a good job of poisoning her mind (14) and creating a cellular addiction to the emotional high of continued abuse (14-1-24-19-17).

She has been exposed to the “dark side.” It controls her life and her relationships (14-17-2).

Notice the Mind (14) in the Cause and the Thymus (1) is next. These two organs in sequence suggest mental invasion, psychic overload, mental aggression and/or confrontations with disoriented people. She was able to resist this until approximately age 15 (24) when something happened that, this time, penetrated her to a very deep extent (24-19).

Notice the descending order from (24) to the Present Effect (2). Add them together and divide by

7 and you arrive at the Mind (14). Her Mind is the key to breaking the vicious cycle that permeates her entire being and keeps her captive and a reactive victim.

She has experienced 6 Traumas, all of which have the same feelings in common with the most recent Trauma, which can be described by the words “Space-Command-Exchange.”

MemGram[®] *Processing* will allow her to understand her cellular addiction to abuse and neutralize the trapped radiation from her 6 Traumas. This will allow her to realize that it isn't her that is crazy, it is the “crazies” that she allows into her life because she doesn't know that she deserves much better. How could she know that? Her experience tells her otherwise. However, the *MemGram*[®] doesn't lie. It is all in the numbers.

Her genetic code is sitting there waiting to be deciphered by a trained SAF[®] Coach or Certified MemGram[®] Processor. When this pattern is brought to the light of day and she sees it for what it is, a light will go on in her Mind that will fix it all, forever. A journey of a thousand miles begins with the first step.

If you are interested in being a MemGram[®] Processing client to see what it can do to expand your life, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram[®] Processor near you.

Case Example #3: --- ANOREXIA / BULIMIA

Female

Age: 37

Complaint: Anorexia / Bulimia

OTS: 20-15-14-5-4-6-3-10-8

Chain Ages: 5-9-13-17-21-25-29-33-37

Trauma Ages: 9-13-17-25-37

She is bulimic and has been working with a psychologist for 4 years with little realized benefit.

This case can be analyzed, not by speaking to the client, but by simply using the aforementioned charts and other tools at the disposal of a Certified MemGram® Processor. The above OTS data and the following analysis was obtained using urine/saliva, but it could also be obtained by having the client complete a brief 120 stress or physical symptom questionnaire.

This is what a Certified MemGram® Processor would have to say about this client, just by using the above data.

Analysis:

Her emotional problems stem from a childhood in which she experienced terrible rejection and self-image problems (20-15). Once she is able to see how her present-day actions are a result of her feelings back then, she will begin to make the transition from being a victim (3) to being in control (5) of her eating habits (4).

She put up a good internal fight (resistance) for the first 21 years of her life (20-15-14-5-4) but felt like she lost the battle (6) about age 25. It has been an up/down series of cycles since then (8-10-3-6).

She needs to learn that what she experienced as a child was nothing personal and that her shame she feels about herself is not real, but a conditioned response and cellular addiction from which only *MemGram® Processing* will set her free.

The sexual issues and lack of purpose that she is currently confronting (8) are not real either, but a conditioned response to the same addiction to feeling shame. They will disappear along with her other problems as she detoxifies the blocked radiation stemming from the 5 Traumas.

Her Core Condition (4) is about digestion, physically, but, on a higher level, it is about being involved in a battle between the idea of her digesting life as she sees fit or having life digest and assimilate her without regard to her desires. She has no idea that that her cells mistakenly see food as poison 5-4) because of a sick headache (14-5-4) situation that happened to her at age 19-23. This situation needs to be recalled so the emotional soundtrack associated with that experience can be edited using her wisdom of today.

She currently feels apathetic and off-purpose (8) regarding her situation and her life. She may have had a recent miscarriage or abortion or inability to

become pregnant (10-8). This is all held in place because of experiences starting at age 3-5 that created the feelings of insecurity, unable to say no and self-identity suppression (20-15).

Until now, she has been the victim (3), largely because she has no idea what is her *Soul Pattern* and even less of an idea that her anorexia / bulimic situation is part of her *Stress Pattern* that began the day she was born. She has no idea that she is here to learn how it feels to be who she is not. She has fallen victim to believing that she *is* who she is not.

MemGram® Processing will turn on a light in her Mind that will change her life for the better, forever. It will help her realize that she really is who she desires to be and that the only reason she has experienced the life she has is to help her grow and to appreciate how wonderful is the gift of her *Soul Pattern*.

If you are interested in being a MemGram® Processing client to see what it can do to expand your life, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

Case Example #4: --- FATIGUE

Female

Age: 64

Complaint: Fatigue - Hair Loss - Tinnitus

OTS: 14-17-7-22-9-13-15-20

OTS Ages: 8-16-24-32-40-48-56-64

Trauma Ages: 24-32-48

She complains of fatigue, hair loss, ringing in the ears and marital issues.

This case can be analyzed, not by speaking to the client, but by simply using the aforementioned charts and other tools at the disposal of a Certified MemGram[®] Processor. The above OTS data and the following analysis was obtained using a brief 120-item questionnaire but it could also be obtained from urine/saliva.

This is what a Certified MemGram Processor would have to say about this client, just by using the above data.

Analysis:

Her Core conditions (22-9) that want to manifest are excess demands, trapped, unwanted weight gain, inability to prioritize, loss of self-control, feels unimportant, anger, stressful experiences.

It is manifesting today (20) as fatigue, inadequacy, self-identity crisis, abandonment issues.

It is all held in place by an event that happened at age 6-10 involving the Mind (14). This could be bewilderment, mind games, low self-esteem, asking for things and being refused, vacant, worrying. As a child, she was exposed (14-17) to economic troubles, abuse, family troubles, wrong accusations. She was not allowed to have her own Mind. There was an issue with butter. She either wanted a pet and was not allowed to have one, or she had one and it suddenly disappeared.

The cellular addiction that seated itself was one that believes that being victimized by bewilderment, being “clueless”, not being in control of her own Mind holds the key to her happiness. Of course, the opposite is what is true, but her *Invisible Belief System* is working against her.

We see 3 Traumas at age 24-32-48. These Traumas would have different PPCE, but the feelings involved with the Traumas would mirror how she felt as a child. They are just another “fix” for her cells to receive the same stimulation they learned to enjoy (at her emotional expense) when she was young.

The fact that the Chain begins at age 6-10 but we don't see a Trauma until age 22-26 usually means that there is a “black hole” between birth and age 22-26. This means that there is something very dark, hidden and powerful in that time zone of her life that doesn't want to be discovered. The only way to discover what it is, is to use *MemGram*[®]

Processing to neutralize the block radiation emanating from the three Traumas that we can see. When we generate the new *Organ Trauma Sequence* (OTS), it is likely that the Traumas that she had during the black hole will now show themselves and can be properly dealt with. You can think of this as peeling off the layers of an onion.

She seems out of touch (14) with reality. The hair loss is associated with her poor self-esteem (20). The tinnitus is a result of her genetic code of blocking her senses from reality (15) finding a way to manifest. She chooses to remain in a marriage from which she should extricate herself because of her poor self-esteem (20) and her invisible belief system that says it is acceptable for everything she does to be painful, take longer and that she should be OK with being hurt by it (22-9).

At age 46-52 she had an experience regarding a shoulder blade (22). At age 30-34 there was an experience regarding mood (13). At age 24 she had an issue with depression (13-15).

The connection that she needs to make is what were the feelings associated with the aforementioned situations and what do they all have in common? There is a common denominator. That common denominator will also be related to what she experienced as a child. She will then understand what the “bait” is that she takes; what it is that sets the stage for her to make her life choices. She will then feel a surge of power, a sensation of control that she never felt before. She will choose to engage

reality instead of create symptoms to separate herself from it (fatigue-tinnitus-hair loss).

It is amazing what happens when “the light goes on” and you see the pattern in your life history instead of continuing to believe that is a random set of circumstances that victimize you and “paint you into a corner” from which you can only be extricated by handing the authority to some external authority (doctor-preacher-counselor-spouse, etc.)

If you are interested in being a MemGram® Processing client to see what it can do to expand your life, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

Case Example #5: --- ANXIETY

Female

Age: 66

Complaint: Extreme Unexplained Fear

OTS: 20-19-23-15-16-14-12-24-17

OTS Ages: 8-15-22-30-37-44-51-59-66

Trauma Ages: 15-30-51-66

She complains of extreme anxiety coming out of nowhere that completely incapacitates her.

This case can be analyzed, not by speaking to the client, but by simply using the aforementioned charts and other tools at the disposal of a Certified MemGram[®] Processor. The above OTS data and the following analysis was obtained using a brief 120-item questionnaire but it could also be obtained from urine/saliva.

Her Core Condition involves the kidneys (16). This is the basic condition that is attempting to manifest. The operative words for (16) are: filtration, refuse terror/phobia, fear, poisoned, purify. She identified the terror/phobia/fear as being her present symptoms. This is the *Stress Pattern* attempting to make it as difficult as possible for her (16) *Soul Pattern* to manifest.

Who she really is (*Soul Pattern*) and has the potential to be may be described as:

- You are able to filter out what will not work for you or will end up being poisonous to you.
- You remain purified at all times. You can recognize and refuse access to anything that would harm you.
- You do not experience fear or worry because you know that danger does not get the upper hand over you.
- You are one with the Power that created you and feel safe.
- You do not feel overwhelmed, which is linked to fear.
- You are willing and able to confront circumstances and separate good from bad.
- You do not need to suppress anything, but can easily and freely face it and nullify its power.
- You are not prejudiced, which is a form of fear.
- You trust yourself and you trust the life process.
- You do not feel insecure.

You can see how the 10 aforementioned descriptions definitely do not describe someone who is experiencing periodic unexplained periods of incapacitating anxiety/fear.

This is how a (16) Stress Pattern is described:

- You are unable to filter out what will not work for you or will end up being poisonous to you. You become toxic.
- You do not recognize and refuse access to anything that would harm you.
- You experience fear or worry. Danger gets the upper hand over you.
- You do not feel one with the Power that created you. You feel unsafe.
- You feel overwhelmed, which is linked to fear.
- You do not like to confront circumstances which require that you separate good from bad. You are not good at it.
- You suppress much. You cannot easily and freely face it and nullify its power.
- You are prejudiced, which is a form of fear.
- You do not trust yourself, nor the life process. You feel insecure.

Wow! That describes what this person is experiencing, huh? The next step in the process is to relate the Present Effect organ to the present major complaint.

The Present Effect organ is the Endocrine System (17). The operative words for (17) are: *Equalization, Coordinate, Force, Conservative, Perverted, Balance*. She identified with all of these words and related them to her present complaint by saying, “*When I am experiencing the unexplained fear, I feel as though my mind is twisting things. I can see that life is one way but I am overwhelmed by a fear that it may be another. I feel out of balance. I am not coordinated. I feel forced to feel something that I know is not me.*”

When you have (17) in your *Organ Trauma Sequence* (OTS), it is as though a bomb is going off in your life. It represents an upset Endocrine System that is called into play to deal with crisis, collision, a sudden impact for which you had no time to prepare. This certainly describes this client.

The next step in the process is to view the Past Cause organ (20). The Core (16) uses this to manifest the *Stress Pattern*. The Present Effect (17) depends upon the Past Cause (20) to manifest in the physical dimension. She has Pancreas (20) in her Past Cause position. The operative words for (20) are: *Location, Quality, Controls Space, Laughter, Suppress, Express*.

We asked her if she could recall anything having to do with the Pancreas, or any of the operative words, that might have something to do with her feelings of uncontrollable fear?

She became very excited! She said, “*My acupuncturist treated my Pancreas/Solar Plexus meridian yesterday.*” That was interesting because both Skin (19) and Pancreas (20) sit on the Cause side of her chain.

She went to the acupuncturist for help with her occasional borderline high blood sugar that she has been concerned about, hence, the acupuncture treatment on the Pancreas/Solar Plexus meridian.

When you have (20) in the Anchor (Cause) chain position it usually means that an issue of low self-esteem or poor self-image is involved. It can also relate to someone who moved a lot when they were a child and didn’t get to really call some place “home” for very long. It may also relate to any of the following: hypoglycemia, fatigue, inadequacy, self-identity crisis, loss of self, laughter, loss of balance, dizziness, feels lost, abandonment issues, “Where is it?”, “Who Am I?”, solar plexus, expression issues, location issues.

Being in the Past Cause position means that this represents what we call the Mind-Body Dichotomy (*The body is addicted to the opposite of what the mind desires.*) This sets up the *Invisible Belief System*.

This can be explained this way: She desires to have a great self-image, know where she is at relative to what direction she wants her life to take, feel secure, be able to laugh at what happens to her in life but she finds all of that very difficult to do because of her genetic code that is hidden from her and that needs to be solved.

Instead, her *Invisible Belief System* is that any person, place, circumstance or event (PPCE) that contributes to her anxiety, insecurity, fear, loss of self, inadequacy is viewed by her cells as “happiness” because of the hormone (17) surge that happens as the result, which is very stimulating to her cells. She had no trouble “wrapping her Mind around” that concept as she was able to recall many childhood experiences where her self-image took a real beating.

The next step in the process is to examine, using the Operative Words for each, the separate organs in the chain and the ages associated with them. For the sake of brevity, we will limit this discussion to just the basics.

17 – already discussed.

24 – This represents the Lymphatic System. In her case, this related to “outside remedy interest” which she recognized as her trip to the acupuncture for one problem, but it ended up causing another. (24) can also have to do with “smoking” and she realized that her parents were heavy smokers which always

irritated her but she became accustomed to it, which was the trap. She recognized age 59 instances and how they related to the present complaint.

We also pay attention to “up-links.” Up-links are two or more organs, usually in descending order, that, when linked together, have a more complex meaning than either of the organs separately.

24-17 - Her first up-link is Lymphatic System (24)-Endocrine System (17) which can mean any of the following: *Accident, continued, crashed, disaster, girl, animal poison, pitch-like, exalted, large / after operation, rank / intoxication / continuation, continuous, lymphatic gland/node, traumatic, vanishing, symptoms*. She was able to relate some of these words to the present age and to the present complaint. She also viewed her early life as a young girl as a disaster. She also related these words to her childhood when she would suppress so much resistance toward what was happening to her that it caused fever symptoms, which would vanish later with no diagnosis being able to be made.

12 – This relates to the Brain & Nervous System (12). In her case, she related to the words: *Nervousness, confusion, nerve energy flow stress, difficulty analyzing, internal communication blocked*. She was able to relate this to situations happening in her life at age 51 and how they related to present time.

14 – This relates to the Mind (14). In her case, she related to the words: *Gullible, blindsided, bewildered, worry, low self-esteem, mind games, excess analyzation, broken*. She was able recognize age 44 experiences relating to these words and also how the relate to the present day complaint.

14-12 – Her second up-link is Mind-Brain (14-12). It can mean any of the following: *Self-deception, panic, raised/raising, series, seeing what want to see instead of what really is, time is running out, forced to accept a POV, what I wanted I couldn't have, read, reading, silent, skull, thinking, valve*. She had no problem relating this up-link to age 51, to the Past Cause (age 8) and to the present complaint.

About now, aren't you totally flabbergasted at the amount of information that the OTS releases about your life? However, reading about someone else is quite different than experiencing processing your very own personal chain as it relates to a specific complaint about your life.

16 – Already discussed.

16-14 – Her third up-link is Kidneys (16) – Mind (14). It can mean any of the following: *Fear of not being able to perform, impotence, bewilderment / foreboding*. She related to the bewilderment and foreboding “mind-movies” to which she was subjecting herself when she was experiencing the fear and anxiety.

15 – The Hypothalamus & Senses (15) appears in her Organ Trauma Sequence at age 30. This can mean any of the following: *Incomplete higher energy connection, attention, evaluation difficulties, disconnected, visions, mind distortion, no plan, no clue, evaluation, not enough control, antic bright, degenerative condition, excess stress (radiation), loss of prioritizing ability, misperception, inability to concentrate, visions, longing for, calcification, sense, senses.* She once again saw the connection between mind distortion, no clue, excess stress, misperception and visions to age 30, to her Cause age 8 and to her present complaint. She was definitely beginning to see the pattern.

23 – The next organ is the Spleen (23) at age 22. This can relate to any of the following: *Allergies, immune system breakdown, clean, rejection, chronic antagonism, genetic legacy, rashes, pimples, limb pains, breathing problems, cerebral, mental allergies, annoyed.* She did remember having allergies while in college and being greatly annoyed, not only then, but also at Cause age 8. She realized that it was a mental allergy to antagonistic situations that triggered her current anxiety issues.

19 – The next organ in the chain is the Skin (19) at age 15. This can relate to any of the following: *Weak auto-immune system, baldness, beard, boredom, stimulation, great sensitivity, demarcation stress, skin disorders, border, containment stress, frontier conscious, teasing, fur/furry, gauze, lines,*

covered, dermoid. She recalled acne issues and the teasing that came with it. Her parents repeatedly violated her borders, or so she thought. She saw the connection between those issues and her present anxiety issues. Now she was really beginning to see the pattern.

20 – Already discussed.

20-19 – Her fourth up-link involves the Pancreas (20) – Skin (19). This can relate to any of the following: *Psoriasis, can't cope, red patches, pimples, radiation trying to destroy present time matrix.* She remembered being very sun intolerant. She now realizes that she has a very radiation sensitive nature. Radiation can also appear as stressful people, places, circumstances or events (PPCE).

During the Processing session, she had several enlightenments regarding how she unknowingly seeks out PPCE that place her in the same situation that she felt she was in when she was a child. The PPCE was different, but the feelings were the same. She now understands that it is impossible for her to be overwhelmed (16) if she takes one thing at a time and processes it, rather than letting many small thing build up until they are insurmountable. She now drinks more water to dilute her blood solids. She now deals with issues when she feels stimulated by them rather than feeling like no one wants to hear what she has to say. It took less than 24 hours for her uncontrollable anxiety to disappear! This is a

direct result of her unknown genetic codes becoming known to her. This is powerful testimony that *MemGram® Processing* works!

Let us hear from you today so you can get started creating the life you desire; that you deserve!

If you are interested in being a MemGram® Processing client to see what it can do to expand your life, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

CHAPTER FIVE

Take Control Of Your Life

What is it that is bothering you? It doesn't matter if it is emotional or physical, the source mystery can be decoded by a Certified MemGram® Processor. You can learn to be *immune*.

Your first step is to submit the necessary data, whether by testing your urine/saliva or by completing an online questionnaire.

Here are some Eternal Laws that I have compiled. These are basic laws that are as important for you understand as the law of gravity. There is no use in fighting the Law of Gravity; you are going to lose every time. Likewise, it is futile to resist the Eternal Laws; you are going to lose, every time.

MemGram® Processing will help you see at what point you started to violate these Eternal Laws and, more importantly, WHY. The OTS will pinpoint it and help unlock the genetic code, some of which may have been contributed by your ancestors, but because they never successfully dealt with it, it is now “on your plate.”

Eternal Law #1:

I am here to learn what it feels like to be who I am not.

Eternal Law #2:

My body is addicted to the opposite of what my mind desires. This creates an IBS.

Eternal Law #3:

The key to my success is discovering my Invisible Belief System.

Eternal Law #4:

Everybody is always doing the best they can.

Eternal Law #5:

There are no accidents.

Eternal Law #6:

What I resist persists.

Eternal Law #7:

I always do what I want to do.

Eternal Law #8:

What I seek, I am. What I desire, I have.

Eternal Law #9:

I am what I am only to the extent that I allow myself to be it.

Eternal Law #10:

I teach best what I most need to learn.

Eternal Law #11:

I have all the time I need.

Eternal Law #12:

By standing up for my rights, I respect myself and gain respect from others.

Eternal Law #13:

By governing my life so I never hurt anyone, I end up hurting myself.

Eternal Law #14:

When I don't tell other people how their behavior negatively affects me, I deny them the opportunity to change their behavior.

Eternal Law #15:

When I do what I think is right for me, I feel better about myself and have more satisfying relationships with others.

Eternal Law #16:

I am a spiritual being in a chemical body, electrically stimulated and emotionally controlled.

Eternal Law #17:

If I don't know who I am, neither will my immune cells.

Eternal Law #18:

Any PPCE that attempts to prevent me from controlling myself is a suppressive entity that must be bypassed and avoided if I desire to program my thoughts and desires to control my destiny.

Eternal Law #19:

Knowledge of the cause and correction of symptomatology is the first step to finding and controlling my Stress Pattern. The auto-response deep within the DNA/RNA can be controlled.

Eternal Law #20:

Inspecting what I expect is a requirement to get what I want.

Eternal Law #21:

The squeaky wheel gets the grease.

Eternal Law #22:

Out of sight results in out of mind.

The more you disagree with these Eternal Laws or the more you violate these Eternal Laws, the more you need *MemGram*[®] *Processing* to help you understand what went wrong and when, so you can edit the situation, make the necessary corrections and get started creating the life that you say you desire.

To get started identifying your Stress Pattern, your *MemGram*[®], contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified *MemGram*[®] Processor near you.

CHAPTER SIX

SAF®

What Is It?

The SAF® System is a method for finding a pattern of slight variations, which predispose you to either a preset time or a future gross abnormality or syndrome. The 24 sections of SAF® are divided into categories that mirror the most common ailments of civilized man. When strung together, the picture that emerges by the chain-link of symptoms, gives an estimate of the present conditions that may jeopardize your health.

SAF®, being a science, has its own language, a body-mind-emotion-spiritual language. The numbers 1-24 are used in the science of SAF® and are combined with organ and gland systems, emotions, conditions and functions to give the numbers meaning. By using mathematics, SAF® is able to connect all sciences, all bodies of knowledge. See Organ Chart at end of this chapter.

Just as medicine uses the prefix, stem and suffix, SAF® uses chains of numbers to create compound number-words to define symptoms and conditions. SAF® calls these the lead (prefix), core (stem) and anchor (suffix). In a 1986 article, Joseph R. Scogna, Jr., explained: *“Every emotion, every ailment, has a complex logarithmic statement. For instance, the sequence of numbers 1-9-22 indicates arthritis, 16-20 indicates Bright’s disease (a kidney disorder)*

and a 4-23 in the middle of a chain indicates a food allergy.”

SAF® has a number sequence for apples (6-17/18-23), magnetized (10-12-15), accident (17/18-24), stream (11-16-21), tenderness (1-19-24), Achilles tendon (3-11-19-24), menopause (8-17/18), glutinous (1-5-9-13-20, strange (13-20-24), mania (10-12-14-15), low-spirited (3-14-15), vehement (1-22), gloomy (6-13-20), fat (10-17/18) and thousands more.

The SAF® chain is a readout of your memory banks, which record physical, mental, emotional and spiritual issues, and the intensity of the pressure these exert upon you. SAF® sequences can define color, sound, food, energy, vitamins, elements, glands, fears, location on body and more. SAF® presents a holographic image, a “slice of life.” SAF® can find time and the age of a person when a trauma occurred, as well as the circumstances. Thus, a simple chain of numbers can produce an incredible amount of information about you and your life.

SAF® is an enlightening system of thought. Its purpose is to increase your awareness on many levels, always encompassing your totality – body, mind and spirit.

Greater awareness allows you to integrate more knowledge. As you continuously move upscale you can assume greater responsibility for the creation

and co-creation of your power and health. You can make better choices, feel more energetic and more fully enjoy the complete spectrum of your life. [22]

“Know Thyself” is often uttered, but often unheeded. In SAF®, we are interested in increasing our self-knowledge through two environments: the inner workings of our personal system, and the exterior connection with our physical environment – our loved ones, friends, business partners, neighbors, as well as the atmosphere and the earth.

Those who study SAF® are dedicated to sharing the idea that the knowledge of the mind and spirit and the inner connections with the human body is essential for survival now, and in the future.

It should be remembered that *MemGram® Processing* is a hybrid of SAF® teachings and MemGram® philosophy. The system of 24 organs and their various meanings, operative words, dichotomies, etc., is the foundation for *MemGram® Processing*. Without SAF®, *MemGram® Processing* could not exist and we could not have made the philosophical discoveries that satisfy us so much today.

For SAF® certification or to locate a Certified SAF® Coach near you, contact:

Life Energy Research Institute,
<http://www.LifeEnergyResearch.com>
916-786-2119

SAF® Organ/Gland Key

- 1** Thymus
(immune system, tonsils, adenoids, peyer's patches, appendix)
- 2** Heart (cardiovascular system)
- 3** Colon (includes small intestines)
- 4** Stomach (includes digestive process)
- 5** Anterior Pituitary
- 6** Liver & Gall Bladder
- 7** Lungs
- 8** Sex Organs
- 9** Bones & Muscles
- 10** Thyroid
(includes veins/arteries of upper extremities)
- 11** Veins & Arteries (of lower extremities)
- 12** Brain & Nervous System
- 13** Adrenal Glands
- 14** Mind
- 15** Hypothalamus & the Senses
- 16** Kidneys & Bladder
- 17** Endocrine System - Male
(pineal-pituitary-thyroid-parathyroid-thymus-adrenal-pancreas- testes)
- 18** Endocrine System - Female
(pineal-pituitary-thyroid-parathyroid-thymus-adrenal-pancreas- ovaries)
- 19** Skin
- 20** Pancreas & Solar Plexus
- 21** Posterior Pituitary
- 22** Parathyroid
- 23** Spleen
- 24** Lymph System

Copyright, Life Energy Research Institute,
<http://www.LifeEnergyResearch.com>
916-786-2119

CHAPTER SEVEN

MEMGRAM® PROCESSING

What Is It?

First, we will discuss what it is not. It is not “Psychotherapy,” “Memory Retrieval Therapy,” “Psychiatry,” “Psychology,” “Clearing,” “Scientology” nor any form of “Secular Counseling”. The MemGram® Processor simply asks questions and is not to be viewed as an “authority figure”.

What it is, starts with the SAF® theory and fundamentals as originally taught by Joseph Scogna, Jr. Without SAF®, there would be no *MemGram® Processing*. A Certified MemGram® Processor must first be trained as an SAF® Coach. There are SAF® Coaches who prefer to follow the basic SAF® technique and there are SAF® Coaches who prefer the *MemGram® method*.

What Is The MemGram® Foundation?

To understand what *MemGram® Processing* is, we need to define some key principles. These principles are sometimes referred to as “eternal laws”, much like the “law of gravity” is an eternal law of physics. See chart at end of this chapter.

Principle #1: *You are here to learn what it feels like to be who you are not.* To create that, the

physical world is built upon the principle of Dichotomies (man vs female; hot vs cold, day vs night, etc.) and your *Soul Pattern* is immersed into it through the principle of physical birth. If you have a *Soul Pattern*, then there must be a *Stress Pattern*, just as night follows day.

Soul Pattern

Your *Soul Pattern* is the pattern inherent in your Soul, the immortal, spiritual, moral or emotional nature of a human being. It is a gift from God. It is your strength. It is how you want your life to be because it is who you are and you are uncomfortable when it is not that way. It is the point-of-view from which you are able to see and express life when you are free from your *Stress Pattern*. It represents the plan *for* your life. It represents what your life would be like if you were free of your *Stress Pattern*, your emotional addictions and your *Invisible Belief System*. It is *the plan for your life*. It represents birth, growth and life. The reason why your life doesn't represent your *Soul Pattern* is because of the resistance created by your *Stress Pattern*.

Stress Pattern

Your *Stress Pattern* is the emotional resistance that you feel when people, places, circumstances and events (PPCE) are electromagnetically attracted to you because they are opposed to your *Soul Pattern*. It represents the *plan against your life*. It represents

what you don't like about your life. It represents degeneration, destruction and, ultimately, death. Most people are clueless about their *Stress Pattern* and are unaware that they have an *Invisible Belief System* operating at the cellular level that believes that happiness is when they are struggling against their *Stress Pattern* rather than arriving at their goal.

Excess Resistance Causes Stress & Aging

As you live life, you naturally *resist* anything that is part of your *Stress Pattern*. This gives power to that which applies resistance to you. That which you resist, persists. Energy follows the path of least resistance. This is why the basic cause of aging is the collision between your *Soul Pattern* and your *Stress Pattern*. "Stress" describes the wasted energy lost when your *Stress Pattern* denies the expression of your *Soul Pattern*. On the other hand, your *Stress Pattern* is invaluable in allowing you the opportunity to witness another point-of-view regarding life. Your *Stress Pattern's positive purpose* is to provide the resistance needed to slow down the experience of being alive. This enables you to gain wisdom from what would otherwise be a non-growth situation for your Soul. Your *Stress Pattern's negative purpose* is to stress you out to such a degree that it becomes impossible to enjoy the wisdom gained from realizing and expressing your *Soul Pattern*. This keeps you isolated, prohibits you from assisting your fellow man and being helped by others.

Principle #2: *Your body is addicted to the opposite of what your mind desires.* Your body, consisting of billions of individual cells, is programmed from past experiences to transmit an *Invisible Belief System (IBS)*. Because of the negative emotional stimulation (charge) associated with it, your IBS believes that happiness for you is exactly the opposite of what you desire. This periodically brings PPCE to you at predictable intervals to give you another “fix” and creating another Trauma, which keeps you locked inside your Stress Pattern.

Health Is Physical, Mental & Emotional

You are a spiritual being, electrically driven and emotionally controlled. If you are going to be in control of your life, you need some kind of feedback device to tell you when you have strayed from the point of least resistance. If you had such a device, you could keep yourself physically, mentally and emotionally balanced. You could measure whatever you thought was working for you for its *true value*.

The Biological Immunity Analysis®

Such a device is available. It is called the *Biological Immunity Analysis®*. Using urine and saliva and/or an SAF® questionnaire, we believe it is possible to obtain the physical and emotional frequency of your *Stress Pattern*. Once that is determined, all your life experiences can be understood. You will no longer need to believe that you are the character that you

have been playing in the movie called “life.” You will be free to be, do and have your *Soul Pattern*, the real you that you have been trying to manifest since birth.

Stress = Radiation

Just as you would avoid radiation, it is necessary to avoid stress if you are going to live a long, happy, healthy life. The body responds to stress the same way it does to radiation. Discovering your *Stress Pattern* and processing your *Traumas* is the key to realizing your *Soul Pattern*. Being able to manifest your *Soul Pattern* requires dedication and commitment to purpose. Your purpose should be to learn how to eliminate stress from your life. This will allow you to manifest your physical, mental and emotional *Soul Pattern* so others who are less fortunate can learn from you how to improve themselves. In order to do this, *MemGram*[®] *Processing* is needed. Call today to discover how you can convert your dreams into reality.

Trauma Description

The *MemGram*[®] *Processor* will list the ages at which your *Traumas* occurred and will provide you with words that describe each of the *Traumas*. This is a very useful feature of the Biological Immunity Analysis[®]. Thus, we can be purely objective. A *Certified MemGram*[®] *Processor* does not rely upon feedback from you to determine the description of your *Traumas*. The description has already been

recorded in your body fluids at the time of the Trauma. We use urine and saliva and/or an SAF® questionnaire for our analysis because they are easily obtained. The *Biological Immunity Analysis*® is the key to your physical and emotional survival.

MemGram® Processing

It is important to neutralize the radiation coming from each of your *Traumas*, the ages of which are listed on your *MemGram*® *Chart*. ***It is a simple interview conducted by telephone.*** It relies upon sound frequency of certain words that are linked to the past trauma that has trapped you in your *Stress Pattern*. The *MemGram*® *Processor* will ask 15 questions. You will have the questions in advance so you can be prepared to keep the session as short as possible. *It is amazing to see your life change so easily.*

To get started on your fascinating journey, please contact Life Energy Research Institute, <http://www.LifeEnergyResearch.com>, for a Certified SAF® Coach near you.

To get started identifying your Stress Pattern, contact Biological Immunity Research Institute, <http://www.biri.org>, 480-948-6766, for a Certified MemGram® Processor near you.

QUICK REFERENCE CHART

(Past)
CAUSE

3	MIND'S DESIRE	vs	BODY'S ADDICTION (PPCE)
4			

Invisible Belief System (IBS)

(Infinite)
CORE

1	SOUL PATTERN (Strength)	vs	STRESS PATTERN (Weakness) (PPCE)
2			

We are here to learn what it
feels like to be who we are not.

(Present)
EFFECT

5	DO WANT	or	DON'T WANT
5	DON'T GET	or	DO GET

"If only..."

MEMGRAM® PROCESSING

REFERENCES:

1. *Secrets of SAF*, by Joseph R. Scogna, Jr, Life Energy Publications, <http://www.LifeEnergyResearch.com>
2. *The MetaValues Breakthrough*, by Larry Mullins, Morgan-James, <http://www.metavalues.net>
3. *The Bible*, Philippians 4:7-9
4. *The Urantia Book*, The Urantia Foundation, <http://www.urantia.org>
5. *SAF® Key & Reference Guide*, Joseph Scogna, Jr, Life Energy Publications, <http://www.LifeEnergyResearch.com>
6. *Scogna's SAF® Companion*, Joseph R. Scogna, Jr., Life Energy Publications, <http://www.LifeEnergyResearch.com>

WHAT CLIENTS & PRACTITIONERS SAY:

“People on the SAF® program are understanding and realizing their own potential. Doing the program has helped my clients; 1) to be more aware of how their thoughts are affecting their health; 2) to understand how the environment and other people affect the; 3) to see new opportunities and new ways to create happier lives for themselves.” – **Dr. Zenia Richler, Academy of Bio-Energetics**

“The most highly evolved, sophisticated system is that developed by Joseph Scogna, Jr. I was impressed by the profound insights into the relationship between my bodily functions and the psychological and emotional issues that emerged.” – **Dr. Rudolph Ballentine, MD**

“We have done SAF® questionnaires on people we have never seen before and it almost impossible to believe how it ‘hits the nail on the head’ time after time.” – **Dr. Robert Cornwell**

“We can truthfully say that any person who has spent time on the SAF® program reports great benefits in their life that seem to be structural and long lasting. This is because their long-repressed traumas and patterns of behavior have been exposed through the symptom awareness process. Also, they realize that they are the ones who make the connections and the necessary changes. – **E.T.M.**

“Thank you for taking the time to talk with me. *MemGram® Processing* is helping me to finally understand my life. I appreciate your help and patience. I wish I had met you long ago. I thank God for allowing our paths to cross. I have spent years trying to fix myself and now I think I understand why I have spent years spinning my wheels. I hope I can get to a place where I can give back by helping others like you are helping me.” – **Freda Surace**

“I’ve been able to get to many causal factors with my patients in areas where nutritional and other protocols should have worked, but didn’t. Giving clients conscious awareness of aberrant behavior patterns helped them resolve health issues that have been untreatable for years. I’ve seen how SAF® was able to break down both physical and emotional barriers unconsciously held in place by the client.” – **Dr. Chris Morris**

“On a micro-level, in our lifetime as well as what we’ve inherited through our genetic line, we’ve developed certain survival mechanism and behavioral patterns that helped us cope with life from the time we were helpless children. We may give in too easily, or we may have sacrificial behaviors. We may be coded to be perfect, coded to suppress our expressions (so we keep it in), or coded to blame ourselves for family issues. By using the self-awareness techniques of SAF®, you will be able to catch and change a pattern before it becomes a problem.” – **James Manegold**

“I wish that I had known Joseph Scogna, Jr.! Polymath, Renaissance Man, original thinker, synthetic visionary, compassionate prophet – all these descriptors and more come to mind and heart as one ponders the wisdom in these pages. SAF® Simplified is at once, metaphysical cosmology, philosophy of life, ethical system, psychological manifesto and self-help guide.” – **Rev. William J. Sneek**

“I was curious about SAF® and attended a seminar, during which Joseph Scogna, Jr. interpreted my girlfriend’s chain of numbers. The chain meant nothing to me until he asked her, ‘Why would you have a toxic buildup of ammonia in your system?’ How could he know that? She had been cleaning a bathroom with ammonia for a few hours before we got to the seminar! At that moment, I realize that his SAF® system was far and above any method I had ever seen or heard about.” – **Biofeedback Practitioner**

“A brilliant researcher, with a mind of the 25th century, Joseph Scogna, Jr. has made a monumental leap forward in the evaluation of human physiology. He has given us a whole new dynamic dimension to the health status of the human being.” – **Dr. John Abdo**

ABOUT THE AUTHOR



Gary A. Martin, DSc PhD has been a controversial figure in the holistic wellness industry since 1976. His wellness orientation began when he attended Logan Chiropractic College and Palmer Chiropractic College 1972-1975. He identified with the “innate healing” philosophy, but decided that Chiropractic wasn’t how he wanted to apply it.

In 1975, after moving to Arizona, he became acquainted with Dr. Reams, another controversial figure who was applying soil chemistry procedures to the human body chemistry. This fascinated Dr. Martin and was the foundation for his thriving 20-year Wellness Clinic in downtown Scottsdale, AZ.

During this time, his experience convinced him that tracking the emotional patterns of the individual could discover the real cause behind symptoms and disease. Along came Joseph R. Scogna, Jr., founder of SAF®, who helped him solidify the mind-body connection.

He retired from his busy clinic in 1994 to focus on direct-to-consumer marketing of his many dietary supplement formulations that he developed during his 20-year clinic activity. Today, the Martin family still operates Healthy Habits LLC (www.HealthyHabitsWeb.com).

Dr. Martin has been semi-retired since, 2000, devoting time to:

- www.biri.org
- www.healthyhabitsweb.com
- www.longevity-formulas.com
- www.gamgroup.com.

Dr. Martin continues to provide consulting services to Healthy Habits. He also continues his research into the body-mind-spirit connection to the emotional/mental/physical disease process. He continues to develop cutting-edge processes for you to accelerate achieving your life goals.

If you have ever wondered why your life is the way it is or why you have not been able to achieve your dreams, or simply “Why Am I Here?”, contact BIRI today for a Certified MemGram® Processor near you. There IS an answer and your life CAN work!