

ATTRACTOR FIELD TECHNIQUE

STRESS TEST

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Instructions for taking the AFT Stress Test

This test is one of the easiest tests you will ever take. There is no “right” or “wrong” answer. There is no need to speculate, or guess. You only have to pay attention to what is physically showing up in your life, and what has previously shown up. To take this test you simply put a check mark next to the physical problems that you now have, or have had sometime in the past. If you do not recognize some of the names, ignore them.

Mark only those disorders that you have clearly have and have been medically diagnosed as having, unless it a reoccurring pain or problem that you have never sought medical treatment for, like constipation, dry skin, drug, alcohol or nicotine addiction, etc. Don’t mark a disorder just because you “think” that you might have it.

After you have gone through all of the listed disorders, go back and count the number of disorders listed in each “channel”. The channels are the levels of consciousness described elsewhere on this site. For now, it is simply important to note which channels your disorders occur, and which channels are not on your list. The channels that have the highest count totals are the most frequent levels of consciousness you experience.

Put the count for each channel in the column provided in the table on the last page of the test. Multiply the count times the “multiplier” in the channel row, and put to total in the last column. The highest numbers are your “stress channels”.

Channel 1

**Arrhythmias
Asthma
Chlamydia
Coma & Stupor
Cystitis-Interstitial
Erectile Dysfunction
Genital Warts (Condyloma)
Gonorrhea
Heart Valve Scarring
Herpes Infections-Genital
HIV / AIDS
Lead & Heavy Metal
Poisoning
Leprosy-Hansen's Disease
Memory Problems of Normal
Aging
Mitral Valve Prolapse
Pelvic Pain
Post Concussion Syndrome
Pregnancy-Inability to Carry
Pregnancy-Inability to Conceive
Pregnancy Problems- Preeclampsia
Prostatitis
Pornography addiction
Psychosis
Pulmonary Fibrosis
Schizophrenia
Scoliosis
Stroke
Tendonitis
Testosterone Insufficiency
Thyroid Dysfunction
Tissue Calcification
Varicose Veins**

Channel 2

**Bipolar Disorder
Crohn's Disease
Deep Vein Thrombosis
Dengue
Diabetes-Mellitus Type 1
Diabetes-Mellitus Type 2
Frequent physical injuries
Learning Disabilities
Limb Stiffness
Manic-Depressive Disorder
MS-Spasticity
Parasitic Infections
Primary Sclerosing Cholangitis
Borderline Personality Disorder
Scars (severe)
Sleep Disorders
Sprue
Superficial Phlebitis
Torticollis
Ulcerative Colitis
Ulcerative Proctitis**

Channel 3

**Asbestosis
Cardiomyopathy
Cerebral Palsy
Contusions (Bruising)
Fungal & Yeast Infections
Liken Planus
Lipedema
Menopausal Hormonal Imbalance
Migraine Headaches
Pericarditis
Reflex Sympathetic Dystrophy
Scleroderma
Skin Care-Dermatitis Herpeformus
Vasculitis
Vein Weakening
Vitiligo**

Channel 4

Allergic Response to Foods
Allergies (Nasal/Skin/Eyes)
Anorectal Abscess
Arteriosclerosis
Back Pain
Bacterial & Viral Skin Infections
Bacterial & Viral Internal Infections
Bone healing problems
Cancer-except Leukemia
Cyanosis - Low Blood Oxygenation
Depression
Diverticulitis
Ear Problems-Perforated Drum
Eye Sight-Retro-bulbar Neuritis
Facial Pain
Fatigue
Fibromyalgia
Foot Burning Pain
Gallstones
GI-Stomach Distention
GI Upsets-Clostridium Difficile
Gingival Hyperplasia
Gout
Grieving
Hand Pain
Hearing Loss
Heart Block- AV Delay
Hemorrhoids
Hypertension
Keloid Growths
Leg Swelling
Liver Disease
Loss of mental sharpness
Lymphedema
Lymphoma - non-Hodgkin's
Migraine Headaches
Moles
Muscle Spasms
Nerve Burning Pain
Nicotine Poisoning
Neuropathy or Polyneuropathy
Paget's disease
Rib Pain
Skin Care-Keratosis Pilaris
Skin Care-Nummular Dermatitis
Spinal Compression
Stuttering
Surgical Pain - Post Face Lift
Tooth & Gum Pain
Trigeminal Neuralgia
Tuberculosis
Vaginitis
Warts-Plantar
Warts-Regular

Channel 5

Attention Deficit Disorder and/or Hyperactivity Disorder

ALS (Lou Gehrig's disease)

Anemia

Aneurisms

Anorexia Nervosa

Arm Pain

Arthritis-Osteo

Arthritis-Rheumatoid

Atherosclerosis

Back Stiffness

Bladder-Over active

Bladder-Under active

Blepharitis (eyelid inflammation)

Bronchitis

Bulimia

Bursitis

Chronic Fatigue Syndrome

Chorea & Athetosis

Common cold

Corns

Cysts

Dry Eye Syndrome

Ear Problems-Otitis Media

Ear Problems-Pain

Emphysema

Epilepsy

Eye Sight-Astigmatism

Eye Sight-Cataracts

Eye Sight-Double Vision

Eye Sight-Far-sightedness

Eye Sight-Floaters

Eye Sight-Keratoconis

Eye Sight-Macular Fibrosis

Eye Sight-Near-sightedness

Eye Sight-Night Vision Problems

Eye Sight-Presbyopia

Eye Sight-Retinal Cupping

Fatigue-Energy Drop

Fatigue-Energy Drop

Fecal incontinence

Fibro muscular Dysplasia

Flea & other Bug Bite infections

Food Poisoning-Botulism

Food Poisoning

Foot Pain

Gastroenteritis

GI Upsets-Abdominal Gas

GI Upsets-Colitis

GI Upsets-Diarrhea

GI Upsets-Heartburn

GI Upsets-Hiatal Hernia

GI Upsets-Nausea

Head Pain & Headaches

Hemophilia

Hepatitis

Herpes Infections-Oral

Herpes Zoster (Shingles)

Hiccups

Hives

Channel 5 (continued)

Hyper-acoustia

Hyperlipidemia

Impotence

Intestinal Polyps

Irritable Bowel Syndrome

Itching

Joint Pain (non arthritic)

Kidney Infection

Lactose Intolerance

Laryngitis

Leukemia

Leg Pain

Ligament Strain/Partial tear

Lyme disease

Lymphatic Dysfunction

Menstrual Cramps

Menstrual Irregularity

Mononucleosis

Multiple Sclerosis

Muscular Dystrophy

Muscle Soreness (general)

Muscle Twitches

Nasal-Sinus Polyps

Nephritis

Obesity

Ovarian Cysts

Parkinson's disease

Peripheral Vascular Disease

Pneumonia

Polycystic Ovarian Disease

Post Polio Paralytic Syndrome

Porphyria

Psoriasis

Reactive Airways Disease

Rickettsial Infections

Shock and/ or Low Blood Pressure

Sinusitis

Skin Care-Dry Skin

Skin Care-Roscea

Skin Care-Wrinkles

Skin Care-Eczema

Skin Care-Oily Skin

Skin Care-Rough Hands

Sore Throat

Surgical Pain-Throat

Surgical Pain-Throat

Synovitis

Thrombosis Dissolver

TMJ Pain-Cap Damage

Tooth Sensitivity

Tourette's syndrome

Tonsillitis

Tremor-Essential

Tremor-Intention

Urinary Incontinence

Tumors-Nonmalignant (including fibroids)

Urinary Tract Stones

Vaginal Dryness

Vertigo

Weight Loss from Illness

Wound Healing Problems

Channel 6

Addison's disease
Appendicitis
Arthritis - Psoriatic
Baldness
Burn Healing Problems
Burn Pain
Burns-Skin Injury
Corneal Abrasion
Eye Sight-Bright spots & Flashes
Fetal Alcohol Syndrome
Giant Cell Arteritis
Guillian-Barre Syndrome
Hair Thinning - Female
Kyphosis (Hump back)
Lupus
Malaria
Poly Cystic Kidney Disease
Skin Loss of Elasticity
Substance Abuse (nicotine or drugs)
Sweet Craving
Thyroid Antibody Disorder
Tinnitus
Wilson's disease

Channel 7

Anorectal Abscess
Cataplexy
Conduct Disorder
Cystic Fibrosis
Flatulence
Gastritis
Heart Attack
Hemochromatosis
Impulse Control Problems
Muscle Strains
Oppositional Defiant Disorder
Tourette's syndrome
Sickle Cell Anemia
Vertigo

Channel 8

Alzheimer's disease
Amyloidosis
Endometriosis
Eye Sight-Eye Irritation
Eye Sight-Glaucoma
Eye Sight-Visual Field Problems
Heat Exhaustion
Pre Menstrual Syndrome
Tourette's syndrome
Voice Loss (without laryngitis)

Stress Channel Summary Table

Channel	Count	Multiplier	TOTAL
1-Shame		4	
2-Guilt		7	
3-Apathy		6	
4-Grief		2	
5-Fear		1	
6-Desire		6	
7-Anger		9	
8-Pride		12	

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