



NEWNEI
INSTITUTE

METHOD COMPARISON SERIES

NEWNEI in plain words

The terms of the Method Comparison Series, *in everyday language*.

WHY THIS GUIDE

NEWNEI has its own vocabulary. This guide explains the terms used in our comparison papers in everyday language, so that practitioners from other approaches can read them on equal footing. The descriptions reflect NEWNEI's own model. They explain how the method thinks and works; they are not scientific claims.

HOW A NEWNEI PROCESS UNFOLDS

Five *steps*

- 1 **Declare sovereignty and set the compass.** The client declares sovereignty over their own healing and sets one direction: healing all parts in the most pleasurable way, wherever those parts are.
- 2 **Test blind.** Guided by an app with more than 100,000 possible factors, the practitioner uses O-ring testing on coded options. What an option means is revealed only after testing, to reduce the influence of expectations.
- 3 **Find the loop.** Testing looks for the loops in which parts are stuck, and for what keeps them running, such as secondary gains, unconscious loyalties or upper limits.
- 4 **Work with declarations and meridian points.** Spoken declarations are combined with meridian points chosen through blind testing. Timeline work "collapses" timelines of struggle, pain and suffering.
- 5 **Retest and follow up.** The practitioner retests what may still block healing. The client receives a report with homework, and the practitioner keeps a separate report. Self-practice and buddy work carry the process into daily life.

GLOSSARY

Key terms, *explained*

TERM	In plain words
Sovereignty	The client's own authority over their healing. NEWNEI aims to strengthen it, so the client does not become dependent on a practitioner.
The compass	The one fixed intention of every NEWNEI process: healing all parts in the most pleasurable way, wherever those parts are.
Parts	Aspects of a person that carry their own experiences, reactions or intentions. Within NEWNEI's model, parts can also be found in other timelines, dimensions or ancestral connections.
Loop	A pattern that keeps returning despite insight or effort, because one or more parts are stuck in it.
Hidden compartments and disconnected parts	Parts that do not appear in the client's conscious story, or that have become cut off from the rest of the system.

TERM	In plain words
Secondary gains	Hidden benefits a pattern provides, such as attention, safety or avoiding something harder. They can keep a loop in place.
Unconscious loyalties	Ties to family, group or ancestors that make change feel disloyal, for example becoming healthier or more successful than those before you.
Upper limits	An inner ceiling on how much well-being, success or ease a person allows themselves.
Blind O-ring testing	A muscle test in which the client forms a ring with thumb and finger while the practitioner tests its strength. "Blind" means the meaning of what is tested is revealed only afterward.
App-coded options	The NEWNEI app presents possible factors as codes, so neither practitioner nor client knows their meaning during testing.
Declarations	Short statements spoken by the client that set a direction, beginning with sovereignty and the compass.
Meridian points	Points on the meridian system known from Traditional Chinese Medicine. In NEWNEI they are chosen through blind testing; within its model, meridians connect with parts through frequencies and vibrations.
Quantum framework	NEWNEI's model in which parts are not limited to this lifetime or place, but can exist across timelines, dimensions, ancestral connections, soul and oversoul.
Collapsing timelines	Within this model: releasing the timelines in which struggle, pain and suffering continue, and choosing the direction of healing instead.
Radical neutrality	The practitioner's stance: no assumptions about what the problem is or what the client should do. The testing leads.
Buddy work	Practicing NEWNEI with a peer, both during training and as self-practice between sessions.

A NOTE ON EVIDENCE

Open about *what we do not yet know*.

NEWNEI is a practice-based method. O-ring testing and the concepts above have not yet been validated in controlled research. The [NEWNEI Institute](https://newnei-institute.com) intends to study them, with scientific integrity and transparency about methods and limitations.

[NEWNEI Institute](https://newnei-institute.com)
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Where the field of imprints *comes together*.
For practitioners, coaches, trainers & researchers

DISCLAIMER

Practice raises questions. Structured observations, follow-up and research help investigate them. This guide is based on NEWNEI training materials and practitioner knowledge. It has been prepared with care and is an interpretive overview, not an official or exhaustive description of the method. It is not medical advice, and NEWNEI does not replace medical or psychological care. © 2026 [NEWNEI Institute](https://newnei-institute.com). For professional use.