



Master Del Pe



**REPORT**  
**PHASE 1**  
*Batch 2*

# **cleanLIFE<sup>TM</sup> Program**

*An anti-vice and anti-addiction program using BEwell Science and PsychoEnergetics*

*Brought to the Philippines by*

**Master Del Pe and The MDP Foundation, USA**

*In collaboration with*



**The Mayor's Office & LGU, Bauko, Mountain Province**

# Contents

1. EXECUTIVE SUMMARY .....	3
1.1. HIGHLIGHTS.....	4
1.2. EXPLANATORY NOTES .....	6
2. INTRODUCTION.....	7
3. PROJECT GOALS.....	8
4. EXECUTION STRATEGY .....	9
4.1. PHASE 1 IMPLEMENTATION SCHEDULE.....	11
5. STAKEHOLDERS .....	12
6. PARTICIPANTS .....	13
6.1. Level of Substance Abuse Risk .....	13
6.1.1. Primary Substances.....	13
6.1.2. Secondary Substances.....	13
6.2. Educational Background .....	14
6.3. Family Support .....	14
7. cleanLIFE™ CURRICULUM.....	15
8. KEY RESULTS.....	17
8.1. 90% of the participants did not consume drugs for the duration of the program.....	17
8.2. Minimal or negligible withdrawal symptoms were experienced by the participants .....	18
8.3. 97.60% Participants experienced improvement in their overall health and lifestyle condition .....	19
8.4. 84.62% participants experienced complete or significant improvement in their overall psychological well-being	21
8.5. Significant Positive Changes experienced by the participants.....	22
8.6. 100% participants felt more prepared to go back to their regular life and overcome their addiction .....	24
8.7. No incidences of violence or aggressive behavior .....	25
8.8. 35% gained new employment offers after graduating the cleanLIFE™ Program .....	25
9. MONITORING AND EVALUATION STRATEGIES .....	26
10. CHALLENGES AND LESSONS LEARNED .....	27
11. NEXT STEPS .....	29
12. PRAISES FOR THE cleanLIFE™ PROGRAM .....	30
12.1. TESTIMONIALS OF LGU Officials.....	30
12.2. TESTIMONIALS OF THE PARTICIPANTS.....	31
13. CONCLUSION.....	33
14. APPENDICES .....	34

- 14.1. Evaluation Questionnaire..... 34
- 14.2. Accounts Statement..... 43
- 14.2.1. Estimate of Accounts for Future Batches, Phase 1 ..... 43
- 14.3. About Master Del Pe and the MDP Foundation ..... 44
- 14.3.1. Other Programs by the MDP Foundation: ..... 45
- 14.3.2. Countries touched by the Service of the MDP Foundation ..... 46
- 14.4. Energy Assessment Database ..... 46
- 15. Contact Us..... 46

# 1. EXECUTIVE SUMMARY

**cleanLIFE™** is a pioneering program designed by Master Del Pe, founder of the MDP Foundation, USA and a world expert in Energy Healing, to help governments with the rehabilitation and transformation of surrendered drug users and pushers, and make them employable and productive. This program has previously been applied and shown successful results in Texas, United States and New Delhi, India. The recent study and application of cleanLIFE done in collaboration with the Mayor of Bauko, Mountain Province, Philippines from November 2016 to February 2017 also performed with flying colors in alignment with President Rodrigo Duterte's 'War On Drugs'. This report focuses on the second batch of the cleanLIFE program, also conducted in Bauko, Mountain Province from May 2017 until September 2017.

## **DESIGN**

The cleanLIFE™ program has been designed in a versatile and highly effective format to cater to individual clients as well as large groups with vices and addictions. In the Philippines, the cleanLIFE program has added in its priority the rehabilitation of large groups of illegal drug users and drug pushers who recently surrendered to the government following the initiatives of the 'War Against Drugs' launched by President Duterte on June 30, 2016. In a group setting, a team of specialists can work with up to 50 participants per batch. For the current batch, 48 surrenderees enrolled and 42 effectively started with the program conducted by the cleanLIFE team at the Community Based Rehabilitation Center in Banao, Mountain Province.

## **CURRICULUM**

1. JustBE alive™: Bio-mechanical exercises and breathing techniques to get revitalized fast and overcome the side-effects of substance withdrawal.
2. JustBE free™: Healing meditation and visualization techniques with positive affirmations to instil peace of mind, heal psychological traumas and switch-off desires of addictive substances, to unblock the future potential of a clean, drug-free life.
3. AMAYS™: A special Martial Arts strategy formulated by Master Del Pe, geared towards anger management and removing withdrawal symptoms through will-power development.
4. BEwell Science™: An advanced energy healing system, trademarked and patented by Master Del Pe in the United States, which is designed to remove the energetic causes and blockages of addiction and its side effects, to balance and repair the human energy anatomy.
5. Other activities
  - Lectures and Inspirational Talks
  - Demonstration of Techniques and Strategies by Master Del Pe on how to combat addiction, behavior modification, beating relapse, re-entry into social roles and how to live a drug-free and cleanLIFE.
  - Collection of feedback and testimonials from the cleanLIFE™ participants

## **CONSENT AND EXECUTION OF PROGRAM**

All 168 surrendered drug users and pushers of Bauko, Mountain Province were given a pre-orientation by the PNP and officers of the Local Government Unit (LGU) of Bauko wherein they were informed about the goals, benefits and expectations from participation in the cleanLIFE™ program.

After successful completion of the first batch of cleanLIFE™, where 55 drug personalities successfully graduated, 48 of the remaining 113 surrenderees in Bauko, Mountain Province enrolled for the second batch and 42 effectively started with the first healing session that commenced on May 17, 2017.

During this first session an orientation was given by the founder of the cleanLIFE™ Program, Master Del Pe, explaining the goals, strategies and benefits of the cleanLIFE™ program as well as addressing the expectations of the group. Each participant signed a Waiver form for consent and confidentiality.

42 low to medium-risk participants used the special proprietary techniques of the cleanLIFE™ program over a period of 1½ months and were able to significantly overcome addictive behaviors, desires and substance abuse within this short period of time with minimal to no withdrawal symptoms and no side-effects of withdrawal. The success of this result is also reflected in the official blood test results conducted by the Department Of Health accredited laboratory at the end of the program where all tested participants were cleared.

### **SETTING AND CIRCUMSTANCES**

During the intervention program the enrolled 42 surrendered drug personalities were confined to reside in the temporary Community Rehabilitation Center which set up operations at the abandoned building of Mountain Province State Polytechnic College (MPSPC) in Banao, Mountain Province. The confinement maintained by the PNP officers was a voluntary feature for facilitating an incubated and supportive environment for the rehabilitation of participants; however, it was not strictly maintained in its fullest capacity. Some participants were able to slip out of the facilities during evenings or weekends and this increased their risk of exposure to establishments and groups where addictive substances may be available.

### **MONITORING AND EVALUATION STRATEGIES**

1. On Site-Observation of Participants
2. Feedback from LGU, DSWD and PNP Representatives
3. Written Assessment, Feedback and Evaluation
4. Video Recorded Feedback
5. Energetic and Vitality Assessment
6. Medical Evaluation

For detailed explanation on how these methods were implemented please refer to Section 9, of this report.

## **1.1. HIGHLIGHTS**

The Evaluation Questionnaire “cleanLIFE™ Feedback and Program Assessment Form” with 16 set questions was used by the cleanLIFE™ Program’s team to measure and evaluate the following outcomes stated below. The questionnaire is intended as a self-evaluation tool used by the surrenderees, who filled out the form without any bias or imposition of expectations from the program conductors. However, only translation support was provided by the cleanLIFE™ staff. The participants filled this form at the end of the cleanLIFE™ program, 2 days after the last interactive healing session.

1. **90% of the participants did not consume drugs for the duration of the program**, as self-reported in the cleanLIFE™ Feedback and Program Assessment Form
2. **Minimal to negligible withdrawal symptoms were experienced by the participants.**
3. These positive findings of the healing sessions are as intended side effect of the applied intervention techniques of the cleanLIFE™ program.
4. **97.60% participants experienced improvement in their overall health and lifestyle condition.**
5. **84.62% participants experienced complete or significant improvement in their overall psychological well-being.**

**6. Significant positive changes experienced by the participants.**

- ✓ **90%** of the participants noted that they experienced reduced cravings for drugs
- ✓ **92.50%** of the participants noted that they were able to reduce or stop taking drugs
- ✓ **100%** of the participants noted that they were able to reduce or stop taking other addictive substances
- ✓ **100%** of the participants noted that they experienced improvement in the quality of their relationships
- ✓ **100%** of the participants noted that they experienced better emotional stability
- ✓ **100%** of the participants noted that they experienced more positive thoughts
- ✓ **100%** of the participants noted that they experienced better physical strength and vitality
- ✓ **100%** of the participants noted that their values and character had improved

**7. 100% of the participants felt more prepared to go back to their regular life and overcome their addiction.**

**8. 100% would recommend the cleanLIFE™ program to any other drug users and pushers**

**9. No incidences of violence or aggressive behavior were noted** for the entire duration of the cleanLIFE™ program.

**10. 35% participants gained new employment offers** after graduating the cleanLIFE™ Program.

**CONCLUSION**

A total of 41 participants graduated from the program, with 97.6 % experiencing improvement in their overall health condition and lifestyle, 61.5% experiencing improvement in their overall psychological condition, zero (0) incidents of violence or aggressive behavior, and 100% clear-passing of drug tests administered at the end of the program. Participants also benefited from reduced cravings for drug consumption, reduced consumption of alcohol, cigarette, *moma* and other addictive substances, improved relationships, better emotional stability, more positive thoughts, better physical strength and vitality, and improved values and character. At the culmination of Phase 1 of the second batch, 35% of the participants gained new employment offers, while others returned to their pre-existing works and received further skills training in order to participate in a newly acquired skillful capacity in their communities.

*“There are 8 types of drug addicts and surrenderees. The magic of managing their rehabilitation is in understanding the surrenderees’ diversity to be able to heal and coach them effectively. Some people respond to force and a fear-based strategy. Some respond more to love and emotional intelligence. Many prefer mental stimulation through benefits and philosophy. Or, a few recover when heart-mind tactics are employed. cleanLIFE™ professionals are trained to look into inner and outer solutions. This is one of the secrets why we produce breakthroughs all the time.”*

**- Master Del Pe**

Founder of MDP Foundation & the cleanLIFE™ Program

## 1.2. EXPLANATORY NOTES

### **DEFINITIONS**

**“Surrenderee”, “surrendered” or “Drug Personality”:** synonymous terms used in the Philippines to describe a self-confessed drug user or drug addict who voluntarily surrendered to the local government in the Philippines under the “War of Drugs” campaign launched by President Rodrigo Duterte.

**“Drug Pusher”:** any person who sells, trades, administers, dispenses, delivers or gives dangerous and illicit drugs to away to other individuals or groups.

### **SUBSTANCES ADDRESSED IN THIS PROGRAM**

- a) As per the Comprehensive Dangerous Drugs Act 2002 by the Congress, the following are rated as illegal drugs:
  - Cannabis, also commonly known as Marijuana
  - Methylenedioxymethamphetamine (MDMA) commonly known as “Ecstasy”
  - Methamphetamine Hydrochloride commonly known as “Ice” or “Meth” and “*Shabu*” in the Philippines.
  - Opium
- b) Primary substances of addiction measured for this program were
  - Methamphetamine
  - Marijuana
- c) Secondary substances of addiction included
  - Cigarettes
  - Alcohol
  - Tobacco/Momma.

### **MEASUREMENT: SCREENING AND ASSESSMENT TOOLS**

The *Consolidation of Alcohol, Smoking and Substance Involvement Screening Test* (ASSIST), provided by the Department of Health (DOH) and administered by the Local Government Unit (LGU) and the Department of Social Welfare and Development (DSWD) staff of Bauko, Mountain Province was incorporated in the initial screening of risk-level and substance abuse indicators.

The delineation of risk levels mentioned in this report was determined based on the ASSIST assessment. This indicated “risk” refers to the drug personality’s risk to health, social, financial, legal, relationships, family environment and is measured on a scale of 3 categories – Low Risk, Medium Risk and High Risk. The surrenderees participating in the cleanLIFE Program belonged to the low and medium risk categories.

The blood drug test relevant for this report was processed by the DOH accredited laboratory selected by the LGU representatives. The drug test was administered to 35 participants once during the 1 1/2 months period of Phase 1 of the cleanLIFE™ Program, on August 18, 2017. (*Authorized Drug Testing* as per Philippine law can be done by any government forensic laboratory or by any of the drug testing laboratories accredited and monitored by the DOH.)

### **VICES AND ADDICTION**

The focus of the anti-drug and rehabilitation efforts of the current Philippine administration is on illegal drugs, and the main illegal substance in question is Methamphetamine Hydrochloride commonly known as “*Shabu*” in the local language. However, the cleanLIFE Program addresses addiction or vice-dependence relating to or caused by any legal or illegal substances, such as but not limited to *Shabu*, Alcohol, Cigarettes, Tobacco or *Momma* (a term used for chewing tobacco in the Philippines).

## 2. INTRODUCTION

According to the World Drug Report (2016) published by the United Nations Office on Drugs and Crime (UNODC), there are up to 324 million illicit drug users globally. This means approximately more than 1 in 20 adults is consuming illegal drugs, which not only harm the physical body of the individual but also erode their psyche, inciting criminal activities and leaving drug-related deaths in their wake. This social disease is being interwoven into the ugly underbelly of modern society, with men 3 times more prone to addiction than women. Substance abuse is longer confined to dark alleyways but has penetrated schools, universities and colleges, and even unsuspecting homes. The once silent-killer is claiming more victims than ever before and puts at higher risk our loved ones, neighborhoods, societies and nations. Drug use continues to increase and maintain a stranglehold on young people, stripping away their chance for stable, happy and productive lives. The War on Drugs has been a consistent cause and concern for today's leaders, from the United States to Europe, and even Asia.

In the Philippines, the Philippine National Police (PNP) has also reported 5,617 drug-related deaths - 1,959 at the hands of the police, attributed to the nationwide anti-drug campaign of President Rodrigo Duterte, which he calls the 'War on Drugs' in the Philippines. Since the start of the president's commendable initiative to clean-up the Philippines, over 1,021,802 drug related personalities have surrendered to the police as of January 2017, out of which 946,310 were drug users and 75,492 were drug pushers. The amount of seized *methamphetamine hydrochloride (shabu)*, the drug of choice for many users in the Philippines, was at 2,446 kilograms over the past 12 months, a haul worth roughly 12.62 billion Philippine Pesos.

The **cleanLIFE™** Program has been previously designed to cater to individual clients with vices and addictions. But, here in the Philippines, it has added in its priority the rehabilitation of large groups of illegal drug users and drug pushers who have surrendered to the government, to get them transformed so that they can be employable and live a more productive life.

**Master Del Pe**, president of the MDP Foundation, founder of BEwell Science™ healing modality and a world expert on Energy Healing, has implemented a new initiative to serve as a bigger player and game changer in the War on Drugs of the new government starting at the local level, with a rapid rehabilitation process for surrendered drug users and drug pushers. To solve the shortage of rehabilitation personnel of the government, Master Del Pe is determined to train and certify cleanLIFE™ professionals to multiply his current team into many teams, which will be deployed throughout the Philippines. This initiative can also be duplicated globally to assist governments in the clean-up and transformation of drug users and drug pushers until they become productive and good-standing citizens.

Internationally, Master Del Pe's teams from the MDP Foundation have successfully transformed and worked with the Harris County Jail System in Texas, USA (2010 – 2011) and with the largest prison complex in South Asia called Tihar Jail, India (2010). Now, Master Del Pe has brought this drug-free, fast, natural and efficient anti-addiction solution to the Philippines after great success in other countries.

As covered under this report, the cleanLIFE™ program was implemented at the request and initiative of Dr. Abraham Akilit, Mayor of Bauko, Mountain Province, whose personal efforts and contribution ensured the fast execution and facilitation of the program for a second time.

The cleanLIFE™ Program consists of 2 Phases which may range up to 8 months. However, this report only covers Phase 1 of the second batch in collaboration with the LGU Bauko. In Phase 1, 48 out of a total of 168 surrenderees in the municipality of Bauko enrolled, 42 effectively started and 40 finished the program successfully. The cleanLIFE™ Program was offered to all remaining surrenderees, discounting the 55 graduates of the first batch of cleanLIFE™ Program and their participation in the cleanLIFE™ Program was voluntarily and informed consent was obtained through an orientation and signed waiver.



### 3. PROJECT GOALS

The cleanLIFE™ program was designed by Master Del Pe in 2 major Phases and 3 Schemes to simultaneously rehabilitate mild, moderate and high risk cases of drug addiction, while training and certifying new trainers and specialists to expand their services. While the first phase is primarily concerned with healing the vices and eliminating their side effects, fighting withdrawal symptoms, and healing the triggers and tendencies of relapse, the second phase additionally provides the tools and strategies for developing proper attitude and character. Training in life skills, livelihood skills for employment, coping and survival skills, and special skill sets for business, entrepreneurship, arts etc. are optional, but seamlessly interwoven into the fabric of the program as necessary.

The cleanLIFE™ program conducted in the Philippines aims to rapidly rehabilitate surrendered drug users and drug pushers, in batches or groups, to become good-standing citizens and be free of any drug addiction, with no intention of future substance abuse at the end of the program, validated and supported by the fact that all participants who underwent the blood test after completion of the program were cleared, by meeting the following goals defined more specifically as follows:

- A. Heal vices and eliminate their side effects
- B. Fight withdrawal symptoms and heal relapses
- C. Equip the surrenderees with stronger will-power, mental focus and discipline
- D. Develop proper attitude and character in them
- E. Train them in life skills
  - 1. Coping and survival skills
  - 2. Livelihood skills to get employed
    - a. Interpersonal and communication skills
    - b. White or blue collar job skills
    - c. Special skill sets: business, entrepreneurship, art, music etc.

} optional

## 4. EXECUTION STRATEGY

The cleanLIFE™ program has two main timelines or schedules:

- 2 Phases for the rehabilitation of low, medium and severe cases of surrenderees
- 3 Schemes for the training of new cleanLIFE™ trainers and specialists

PHASES	DURATION
<b>Pre-profiling</b>	1 week (5 days of 4 hours)
<p><b>Phase 1: (Items A + B + C )</b>  <i>Heal the vice/drug addiction, eliminate its side effects, fight withdrawal symptoms, heal relapses, build stronger will-power, mental focus and discipline.</i></p> <ol style="list-style-type: none"> <li>1. Good cases (Low-risk)</li> <li>2. Moderate cases (Moderate-risk)</li> <li>3. Severe cases (High-risk)</li> </ol>	<p>2 months (3 x week for 2 hours)</p> <p>4 months (3 x week for 2 hours)</p> <p>5 months (3 x week for 2 hours)</p>
<p><b>Phase 2: ( Items A + B + C + D + E )</b>  <i>Develop proper attitude and character, life skills development</i></p> <ol style="list-style-type: none"> <li>1. Good cases (Low-risk)</li> <li>2. Moderate cases (Moderate-risk)</li> <li>3. Severe cases (High-risk)</li> </ol>	<p>2 ½ months (1 x week for 2 hours)</p> <p>2 months (2 x week for 2 hours)</p> <p>2 months (3 x week for 2 hours)</p>

SCHEMES	DURATION
<p><b>Scheme 1:</b> <i>Certification of Associate Level (1<sup>st</sup> level) cleanLIFE™ Trainers and Specialists</i></p> <ol style="list-style-type: none"> <li>1. Associate Level (1<sup>st</sup> level)               <ol style="list-style-type: none"> <li>a. Associate Trainer</li> <li>b. Associate Specialist</li> <li>c. Associate Trainer and Specialist</li> </ol> </li> </ol>	<p>6 months 6 months 8 months</p>
<p><b>Scheme 2:</b> <i>Certification of cleanLIFE™ Trainers and Specialists (2<sup>nd</sup> level)</i></p> <ol style="list-style-type: none"> <li>2. Trainer and Specialist (2<sup>nd</sup> Level)               <ol style="list-style-type: none"> <li>a. Trainer</li> <li>b. Specialist</li> <li>c. Trainer and Specialist</li> </ol> </li> </ol>	<p>12 months 12 months 14 months</p>
<p><b>Scheme 3:</b> <i>Certification of Senior Level (3<sup>rd</sup> level) cleanLIFE™ Trainers and Specialists</i></p> <ol style="list-style-type: none"> <li>3. Senior Trainer and Specialist (3<sup>rd</sup> Level)               <ol style="list-style-type: none"> <li>a. Senior Trainer</li> <li>b. Senior Specialist</li> <li>c. Senior Trainer and Specialist</li> </ol> </li> </ol>	<p>24 months 24 months 30 months</p>

Based on the project goals (A to E) listed in the previous section, the following figure illustrates the execution strategy.

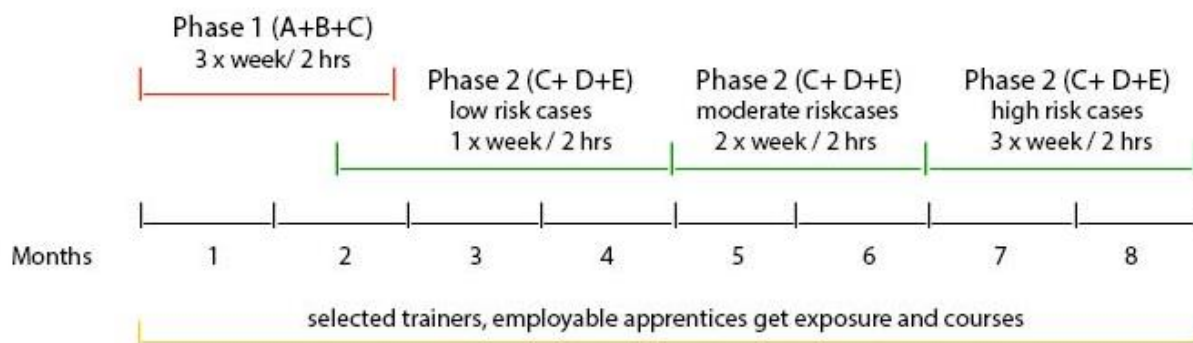


Figure 1: Execution Strategy of cleanLIFE™ Phases

## 4.1. PHASE 1 IMPLEMENTATION SCHEDULE

Phase 1 of the second batch of surrenderees for cleanLIFE™ program was conducted at Bauko, Mountain Province for a total period of 8 weeks with a final session for feedback, assessment and evaluation of the program’s intended goals and outcomes.

All participants in this program had been given, prior to commencement of the program, a pre-orientation by the officials of PNP and LGU Bauko and a further orientation by the cleanLIFE™ team with explanations of the structure, rules, goals and benefits of the program. All participants consented to stay in the assigned confinement area during Phase 1 of the program and voluntarily agreed by signing a waiver.

The schedule was as follows:

<p>1. Phase 1 of cleanLIFE™ (21 sessions)</p> <ul style="list-style-type: none"> <li>▪ These were conducted in 2 hourly sessions, thrice a week – on Mondays, Wednesdays and Fridays.</li> </ul>	<p>May 17, 2017  May 19, 2017  May 21, 2017  May 24, 2017  May 26, 2017  June 02, 2017  June 04, 2017  June 05, 2017  June 07, 2017  June 09, 2017  June 12, 2017  June 14, 2017  June 16, 2017  June 19, 2017  June 21, 2017  June 23, 2017  June 26, 2017  June 28, 2017  June 30, 2017  July 03, 2017  July 05, 2017</p>
<p>2. Feedback and Final Evaluation Session (1 session)</p>	<p>July 07, 2017</p>
<p>3. Graduation Session (1 session)</p>	<p>September 11, 2017</p>
<p style="text-align: center;"><b>23 Total Engagements</b>  (21 Healing sessions, 1 Evaluation sessions, 1 Graduation session)</p>	

## 5. STAKEHOLDERS

The following stakeholders contributed to the project:

### 1. cleanLIFE™ Team:

Proponent and Project Leader	Master Del Pe
Senior Trainer and Specialist, Media Director and Chief Editor	Rega Stellar Pe
Senior Trainer and Specialist Field Manager	Moni Platt
Trainer and Specialist, Translator and Chief Liaison	Beck Pe
Trainer and Specialist/Data Analyst	Vic Pe
Trainer and Specialist/Data Analyst	Leah Pe
Trainer and Specialist/Videographer	Anna Pe
Copy Editor/Research Analyst	Sunee Kay

### 2. Collaborating LGU Teams:

Officer-In-Charge Mayor of Bauko, Mountain Province	Dr. Abraham B. Akilit
Project Liaison for Government Agencies	Paolo P. Pagteilan
Chief of Police, Philippine National Police, Bauko, Mountain Province	Luis Dangatan
Head, Municipal DSWD	Marichu Kuminga
LGU Staff and Coordinator	Ruby Docao
LGU Nurse and Facilitator	Leonard Langtiwan
Support Teams	LGU Volunteers

### 3. Accredited Blood Test Laboratory: Hi-Precision Diagnostics, La Union

## 6. PARTICIPANTS

168 drug personalities originally surrendered to the Philippine National Police (PNP) in Bauko, Mountain Province in 2016. Out of these, 55 had graduated from the first batch of the cleanLIFE Program in February 2017. From the remaining 113 drug users and pushers, 48 enrolled in Phase 1 of the second batch of cleanLIFE™. Following days of orientation and in-take assessment, **42 surrendered drug personalities** actually proceeded with the program.

The surrenderees had been informed in the pre orientation sessions that during the first 1 ½ months of the program they must not leave the premises without permission and valid reason (e.g. hospitalization, doctor's appointment, family emergency etc.) and that leaving the premises without authorization could result in their suspension. Only one participant was suspended due to the same. By the end of 1 ½ months under Phase 1, **41 participants graduated** in the second round of the cleanLIFE™ Program. Retention rate of participants was high at 95 %.

### 6.1. Level of Substance Abuse Risk

Aged between 16 and 53, the participants were assessed by the staff of Municipal Department of Social Welfare and Development (DSWD) using the "*Consolidation of Alcohol, Smoking and Substance Involvement Screening Test*" (ASSIST) form – a tool provided by the Department of Health (DOH). The screening was done prior to commencement of the cleanLIFE™ Program. Based on this assessment of the 48 initial participants, our team established the following risk profiles and analysis.

#### 6.1.1. Primary Substances

*a. Methamphetamine or Shabu:*

41 of 42 participants were taking Shabu (98 %), out of which:

- 14 participants (34.1 %) were at low risk
- 23 participants (56%) were at medium risk
- 3 did not take Shabu (7.3%)

*b. Marijuana:*

1 of 42 participants was taking marijuana (2.4%) and was rated at moderate risk

#### 6.1.2. Secondary Substances

*c. Tobacco/Momma:*

32 of 42 participants were taking tobacco/momma (76%), out of which:

- 1 participant (2.4%) was at low risk
- 31 participants (73.8%) were at medium risk

*d. Alcohol:*

38 of 42 participants were taking alcohol (93%), out of which:

- 10 participants (90.5%) were at low risk
- 26 participants (62%) were at medium risk
- 2 participants (4.8 %) were at high risk

## 6.2. Educational Background

The educational background of the participants has been noted, as shown below, to indicate their earning capacity and potential, as well as their potential job-skills training or life-skills training which may be suitable for them in later Phases. During Phase 1 of the cleanLIFE™ Program, this information has been helpful to facilitate the new employment contracts of some of the graduating surrenderees.

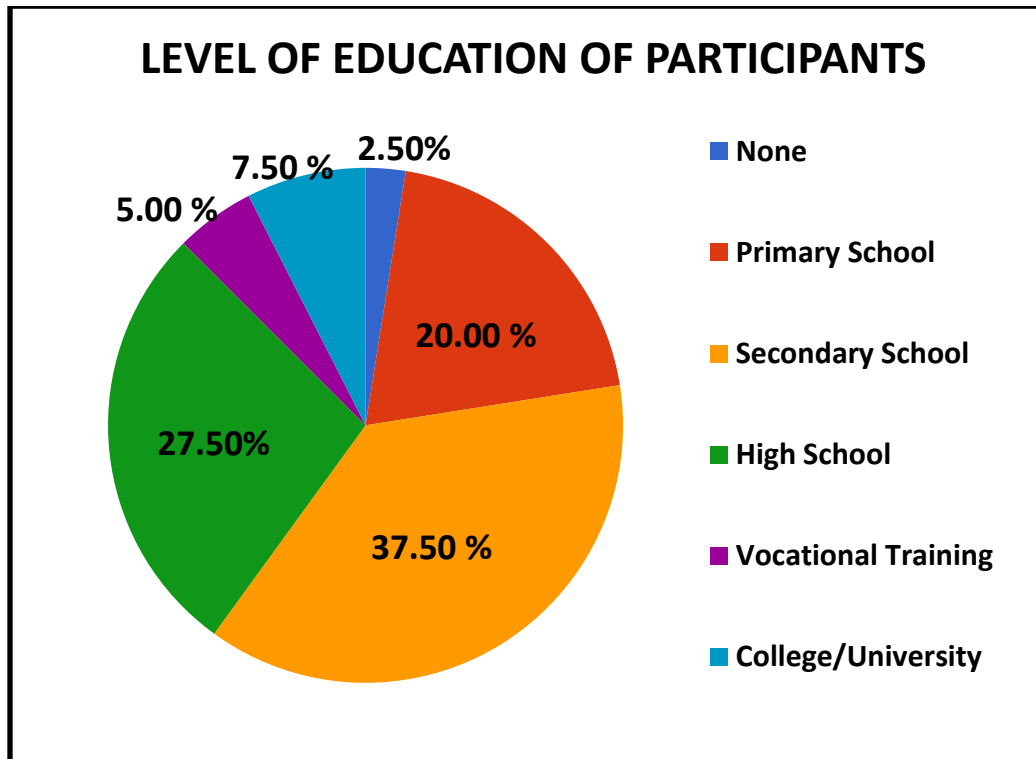


Figure 1: Educational Background of Surrenders

## 6.3. Family Support

Family members or next of kin were briefed and given an orientation by the officials of the responsible Municipal Departments as to the goals, requirements, benefits and expectations of the program. It was also encouraged that they would actively help the participants to succeed through their consent and encouragement.. Most of the participants benefited from the family support and psychological support provided to them, so that they could take leave or absences from their work and home responsibilities. It also served as a positive reinforcement strategy for both the participants and their families.

Overall family support to the participants was high. 38 out of 40 participants (95%) reported that their family supported them in the cleanLIFE™ program. 2 out of 40 participants (5%) reported that they might be supported by their family in undertaking the cleanLIFE™ program.

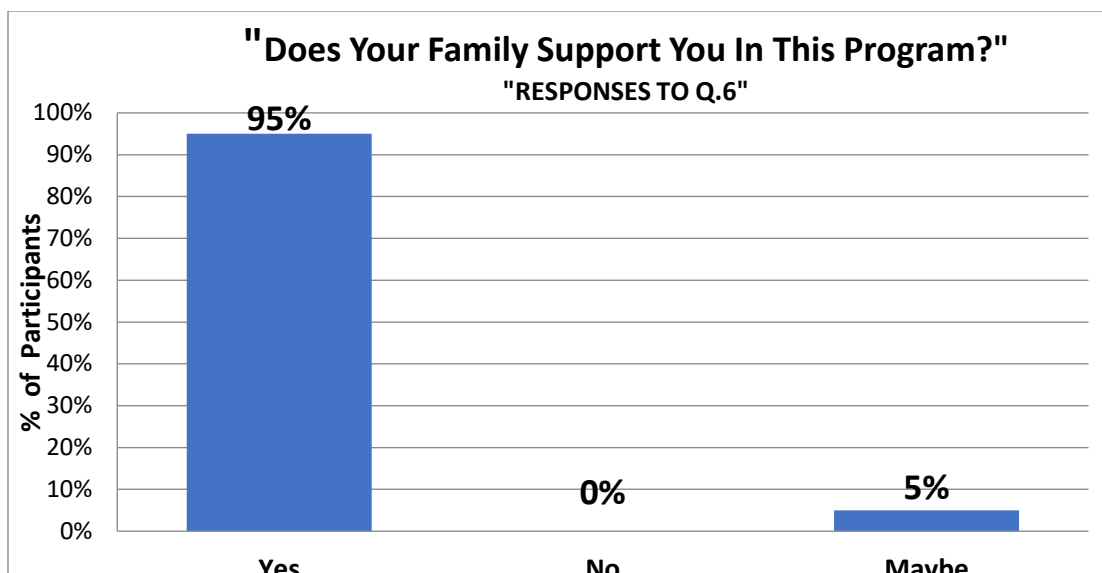


Figure 2: Family and Community Support to Participants

## 7. cleanLIFE™ CURRICULUM

The cleanLIFE™ Program under Phase 1 applied the trademarked strategies and breakthrough techniques developed by Master Del Pe, the founder of the program, to help the participants overcome their substance abuse, addiction and its side effects. The applied methods are briefly described below:

### 1. **JustBE alive™:**

Bio-mechanical exercises and breathing techniques to get revitalized fast and overcome the side-effects of substance effects and withdrawal.



Figure 1

### 2. **JustBE free™:**

Healing meditation and visualization techniques with positive affirmations to instill peace of mind, heal psychological traumas and switch-off desires of addictive substances, to unblock the future potential of a clean, successful, drug-free life.





Self-Healing through Breathing Science



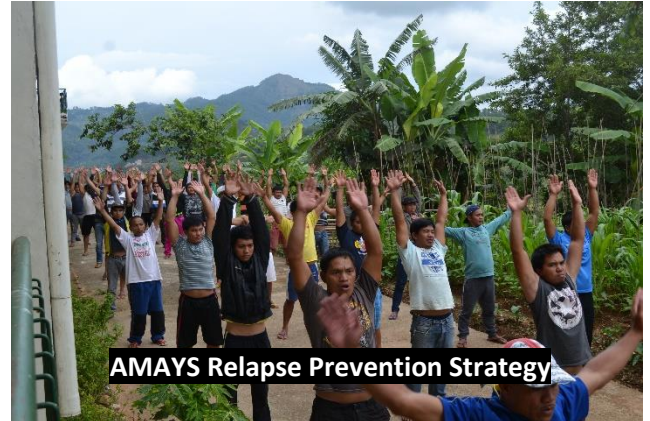
cleanLIFE Specialist leads the Centering Meditation to balance internal energy

3. **AMAYS™:**

A special Martial Arts strategy formulated by Master Del Pe, geared to removing withdrawal symptoms through will-power development. Surrendered are taught how to use martial arts for anger management and ventilation of their frustrations.



AMAYS Martial Arts for Anger Management



AMAYS Relapse Prevention Strategy

4. **BEwell Science™:**

An advanced energy healing system to remove the energetic causes and blockages of addiction and its side effects, to balance and repair the energy fields and energy centers of the human energy anatomy.



cleanLIFE™ Specialist performing detoxification technique



Healing the past and releasing inner blockages through meditation

5. **Other Activities**

- a. Orientation to the surrendered drug users and pushers.
- b. Orientation to the families or next of kin of the surrendered drug users and pushers.

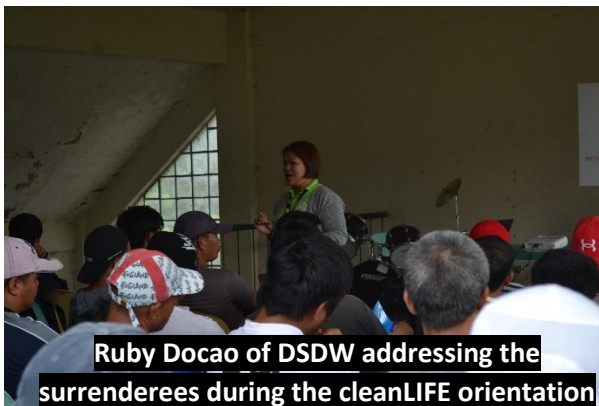
- c. Lectures, Inspirational Talks and Demonstration of Techniques and Strategies by Master Del Pe on how to combat addiction, behavior modification, beating relapse, re-entry into social roles and how to live a drug-free and cleanLIFE.
- d. Collection of feedback and testimonials from the cleanLIFE™ participants.
- e. Talks by officers and staff of PNP, municipality and LGU



**Master Del Pe inspirational talk to the participants**



**Orientation to the surrendered drug users and pushers**



**Ruby Docao of DSDW addressing the surrenderees during the cleanLIFE orientation**



**Leonard Langtiwan, on site municipal official assisting in cleanLIFE survey**

## 8. KEY RESULTS

The cleanLIFE™ team, with assistance of the on-site officials of the municipality of Bauko, conducted a survey 2 days after the last healing session on 7<sup>th</sup> July, 2017 using the cleanLIFE™ Evaluation Questionnaire “*cleanLIFE Feedback and Program Assessment Form*”. Please refer to Appendix 14.1 for the complete template of the same.

The Key findings of the survey conducted on 40 participants of the cleanLIFE™ program, second batch under Phase 1 are as follows:

### 8.1. 90% of the participants did not consume drugs for the duration of the program.

As depicted by the self-reported written responses of the participants, 90% of them did not consume any addictive substances for the whole duration of the cleanLIFE™ Program. 8% consumed drugs only once and only one person self-reported to have used “sometimes”. A Drug Test administered after the end of the program on 18<sup>th</sup> August 2017 by the Department of Health (DOH) accredited laboratory to 35 participants, indicated that 100 % of them were drug free by

the end of Phase 1 of the cleanLIFE™ Program. In this drug test the participants were specifically tested for “Shabu” as well as other commonly available street-drugs. Those participants who were enrolled for alcohol abuse were not included in the blood testing.

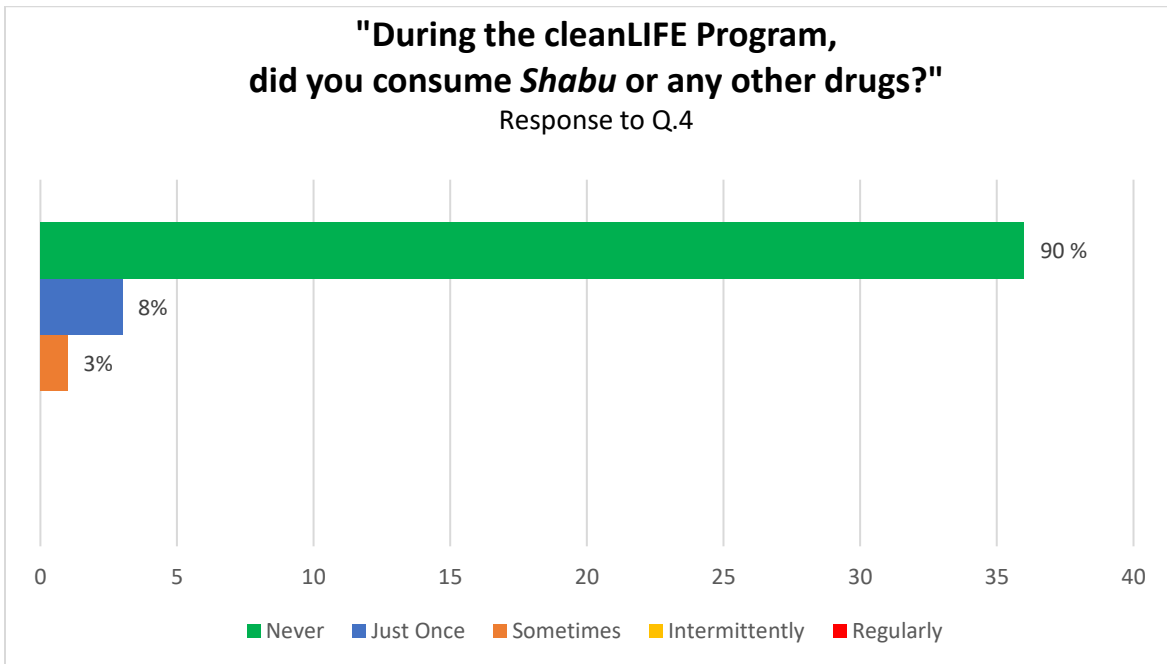


Figure 3: Participants’ Frequency of Drug Consumption during the cleanLIFE™ Program

## 8.2. Minimal or negligible withdrawal symptoms were experienced by the participants

The illegal substance of primary focus in the War of Drugs campaign is “Shabu”. Common side effects of use and withdrawal from “Shabu” are fatigue, depression (often treatment-resistant), increased appetite, anxiety, agitation, restlessness, excessive or deep sleeping, sleep cycle disruption, vivid or lucid dreams (typically unpleasant), suicidal ideation, psychosis (resembling schizophrenia), and paranoia. A person undergoing *shabu* or *meth* withdrawal will also often present as disheveled, slow moving, speaking quietly, flat, unemotional and withdrawn, with pale skin, poor eye contact, poor insight and judgement.

The side effects from withdrawal were minimal to negligible for participants who underwent the cleanLIFE Program, as most of them experienced “none” of the typical withdrawal symptoms as shown in the blue stacked bars in the graph below. Most withdrawal-type symptoms that were experienced by the participants were usually experienced slightly and infrequently as indicated by the orange stacked bars of “a little or slight experience” in the graph below. Even those symptoms which were experienced “moderately” were only experienced by a very small percentage of the participants during the program as seen by the grey stacked bars below.

These responses are also supported and corroborated by the fact that any medical or hospital visits were very infrequent and were mostly for health issues such as diarrhea and Urinary Tract Infections (UTIs), which are not commonly associated with symptoms of drug-withdrawal. The ability to combat and effectively keep withdrawal symptoms at bay through cleanLIFE strategies is further supported by the ocular evidence of cleaner appearances, more open interactions and higher confidence among the participants during their interaction time with the cleanLIFE™ team and staff by the end of the program.

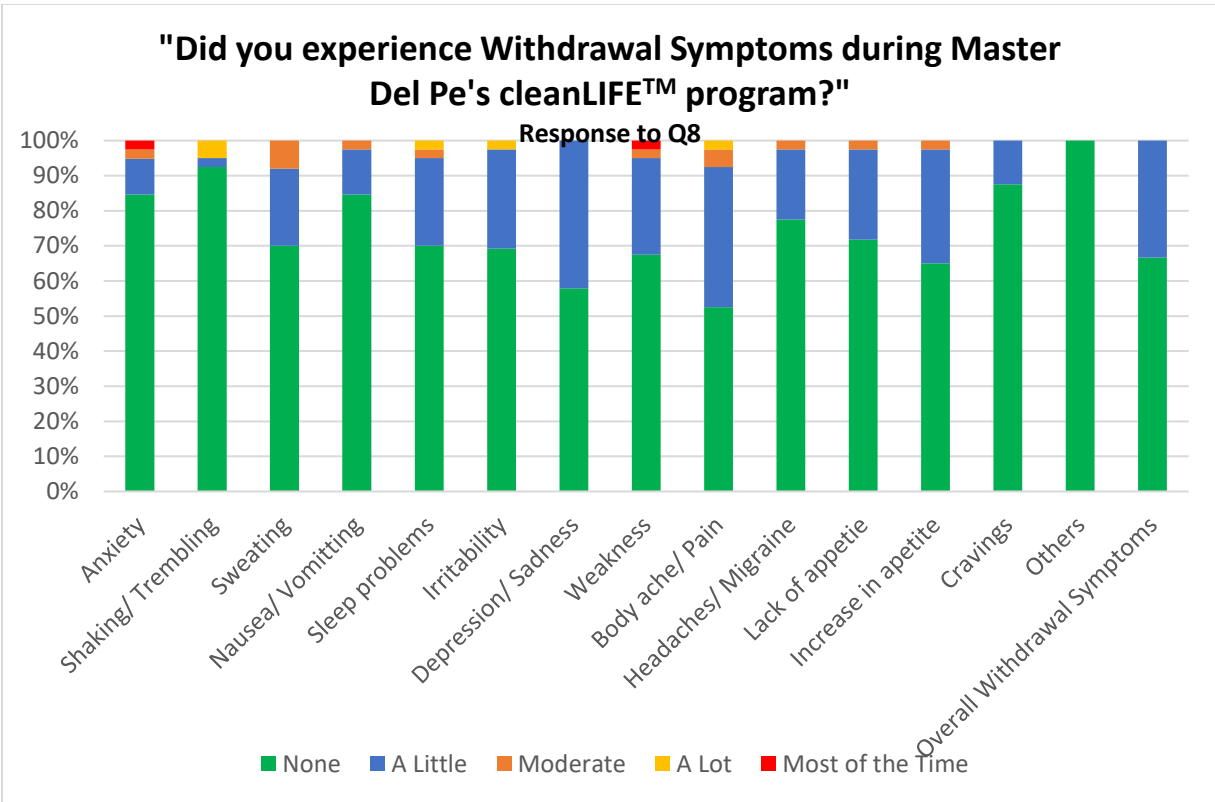


Figure 4: Withdrawal Symptoms experienced during the cleanLIFE™ Program

### 8.3. 97.60% Participants experienced improvement in their overall health and lifestyle condition

As per the survey in Question 10: “Did you experience improvements in your health conditions and lifestyle during the cleanLIFE program up to the present” participants were rating themselves on a scale format with the following results:

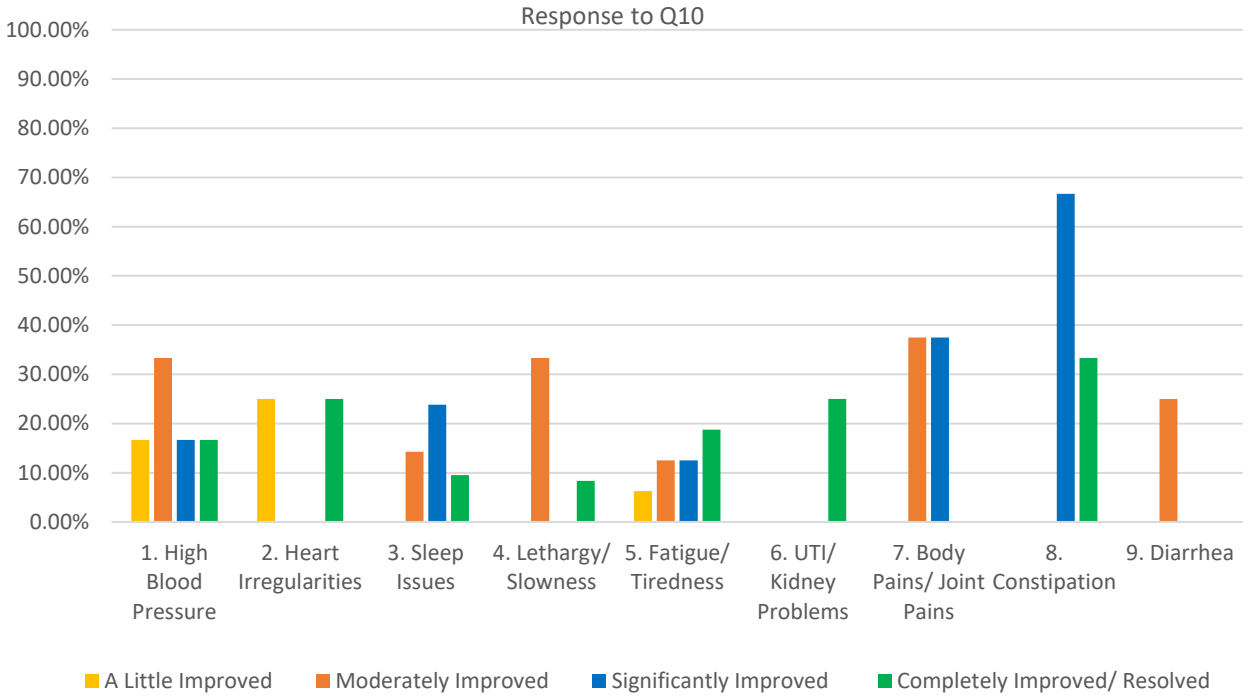
More than 62.50% participants observed more than significant or complete improvements in their health and lifestyle, whereas 12.50% experienced significant improvements and another 22.60% experienced moderate improvements in their overall health and lifestyle, thus a total of 97.6% participants showed signs and feedback of improvement on the positive scale ranging from highly significant to moderate improvements.

Using the proprietary techniques of **JustBE alive™**, **JustBE free™** and **BEwell Science™**, the pioneering Energy Healing modality developed by Master Del Pe, many of the participants reported to program facilitators that not only were they able to feel that they were “starting to win over their addictions, but ...(they)... also feel refreshed after getting rid of the other diseases and health challenges that have been bothering them for many years.”

Qualitative observations suggest that participants appeared haggard and unkempt at the beginning of the program, but by the end, they were better looking, more presentable, with higher vitality and a more dynamic energy. Their kinesthetic abilities were notably improved, including better hand-eye coordination as observed during the JustBE alive™ exercises regimen.

*Note: Of those who experienced various health conditions, improvements are noted as follows:*

## "Did you experience improvements in your health conditions and lifestyle during the cleanLIFE program?"



## Continued... "Did you experience improvements in your health conditions and lifestyle during the cleanLIFE program?"

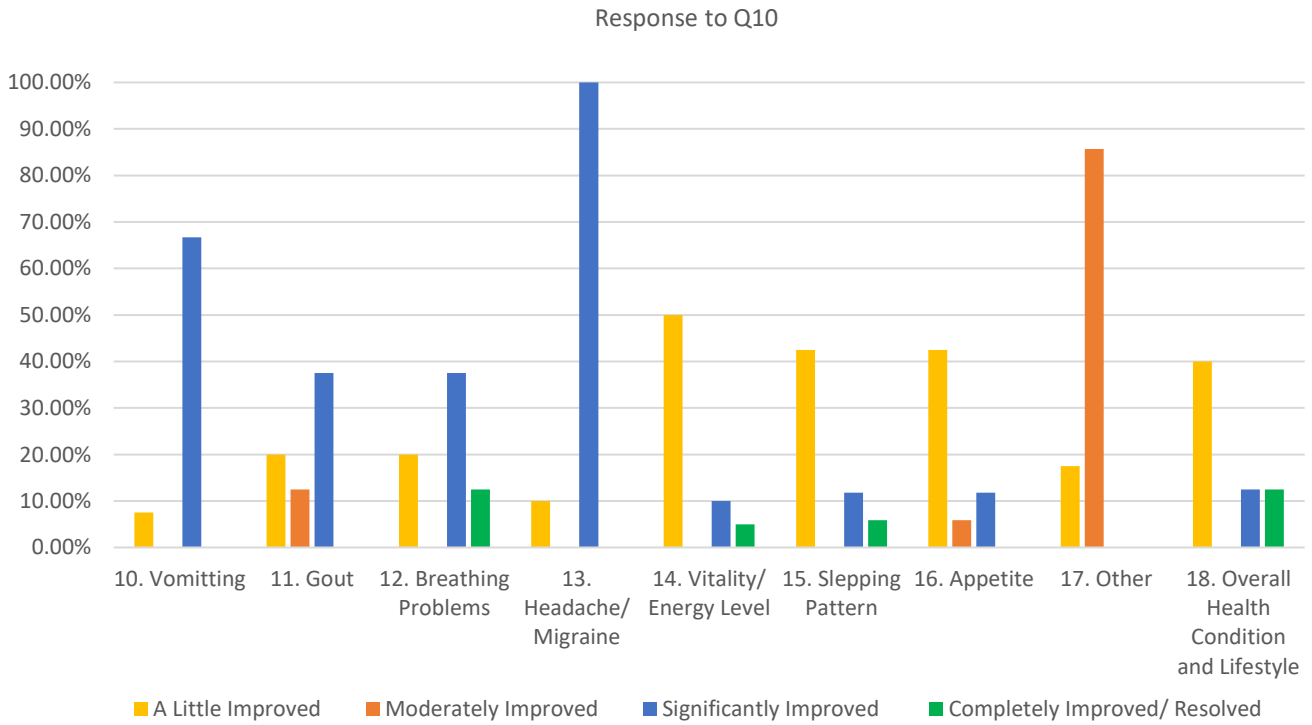


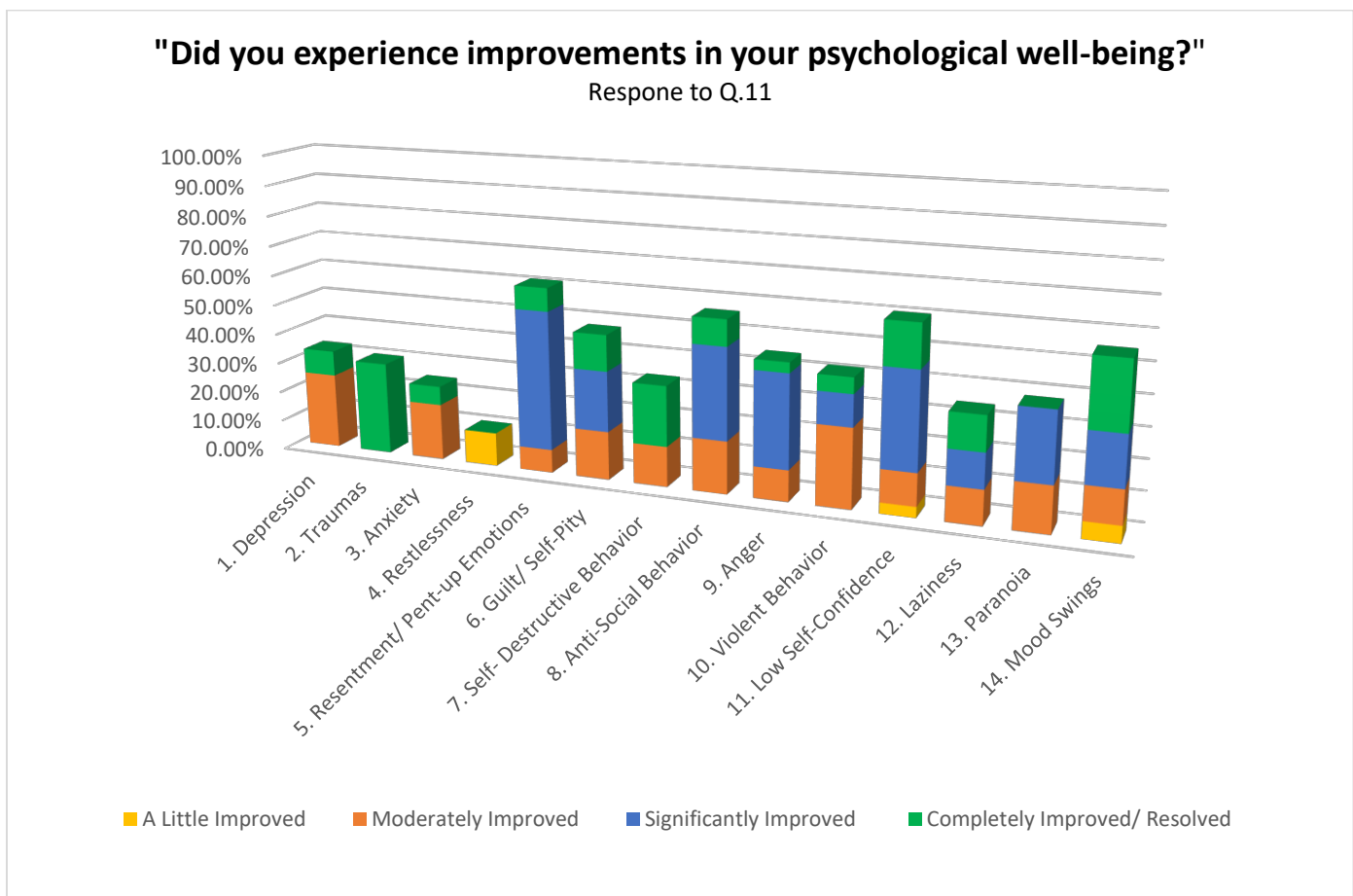
Figure 5 (a-b): Improvements in Health Conditions and Lifestyle of cleanLIFE™ Participants

## 8.4. 84.62% participants experienced complete or significant improvement in their overall psychological well-being

As per the survey, 61.54% participants observed complete improvements and 23.08% observed significant improvements in their psychological well-being. Therefore, a total of 84.62% of the participants experienced significant or complete improvements in their psychological well-being. Using the proprietary techniques of BEwell Science™, the pioneering Energy Healing modality developed by Master Del Pe, participants were able to combat the common signs of withdrawal as well as the psychological traumas which develop over time from using and abusing dangerous substances like *shabu* (methamphetamine) and marijuana. This helped the participants to grow out of the miseries or struggles of their past with a more positive attitude towards what they can do in the future.

By empowering the psychological well-being of the participants, this strategy aims to minimize or reduce the relapse rate of going back to drugs, in case participants face any psychological stressors or triggers when they are reintegrated into their old lives after the cleanLIFE™ Program. The psychotherapeutic effects of the BEwell Science™ techniques are able to achieve these results in a **short period** of 1½ months even in a large group-setting and with minimal resources, without the intervention or need for traditional counselling or psychiatric solutions which are often based on a 1-on-1 setting and are resource and budget intensive.

*Note: Of those who experienced various psychological conditions, improvements are noted as follows:*



## Continued... "Did you experience improvements in your psychological well-being?"

Response to Q.11

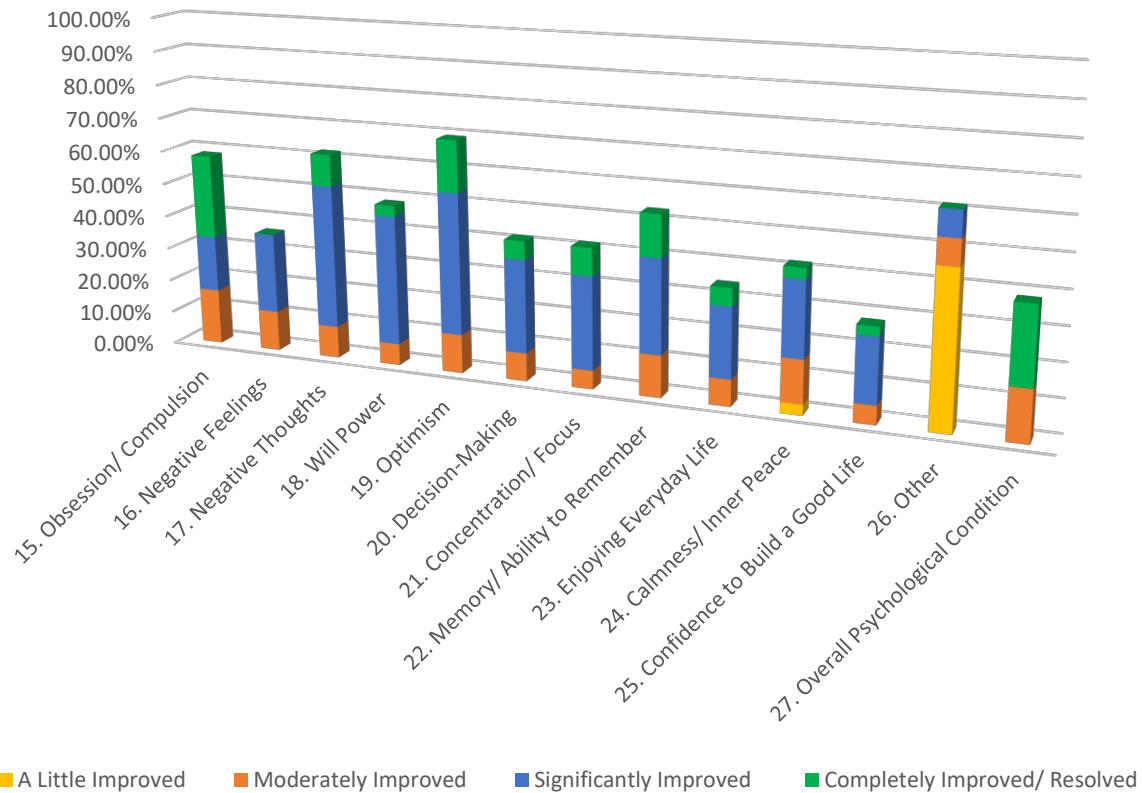


Figure 6 (a-b): Improvements in Psychological Well-Being of cleanLIFE™ Participants

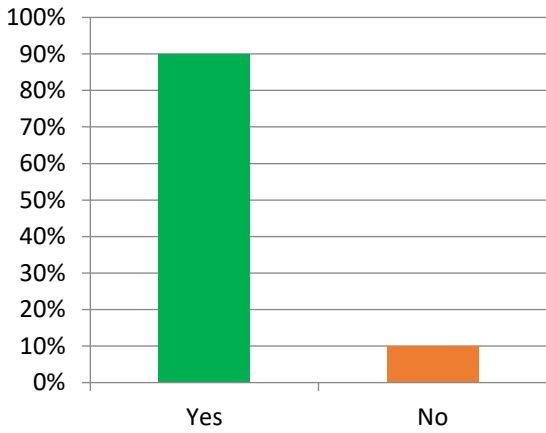
### 8.5. Significant Positive Changes experienced by the participants

In addition to the survey questions above, one more parameter that the cleanLIFE™ team used was to ask the participants if the program fulfilled its promises. In the initial orientation held on site of the temporary Community Rehabilitation Center which set up operations at the abandoned building of Mountain Province State Polytechnic College (MPSPC) in Banao, Mountain Province (May 17, 2017), the surrendered drug users and pushers were given expectations of the program by Master Del Pe. Towards the end of the cleanLIFE™ Program's first phase, the participants were asked their feedback through survey along the same parameters of expected results from cleanLIFE™.

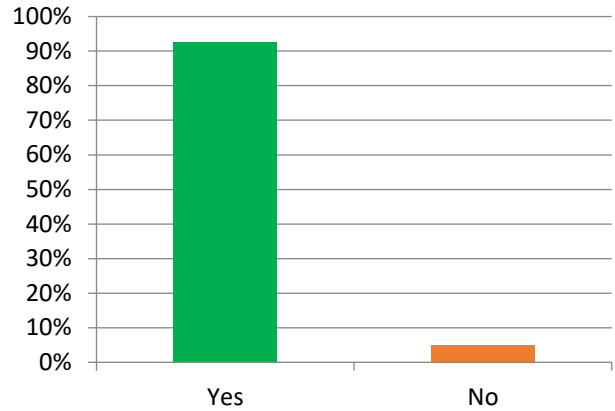
Even those who were hesitating to participate at first had indicated that they had significantly achieved the positive changes that they aspired for since the beginning of the program. Not only did almost all participants experience the rehabilitation-related benefits to overcome their drug habits and the psychological benefits, but even all of them also gained the windfall benefit of being able to reduce or stop the consumption of the other controlled or addictive substances such as alcohol, tobacco, *moma* etc. The following were their responses:

**POSITIVE CHANGES ACHIEVED BY PARTICIPANTS  
(RESPONSES TO Q.9)**

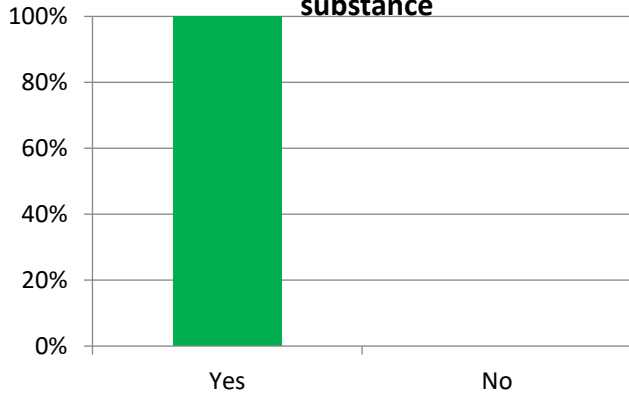
**Reduced Cravings**



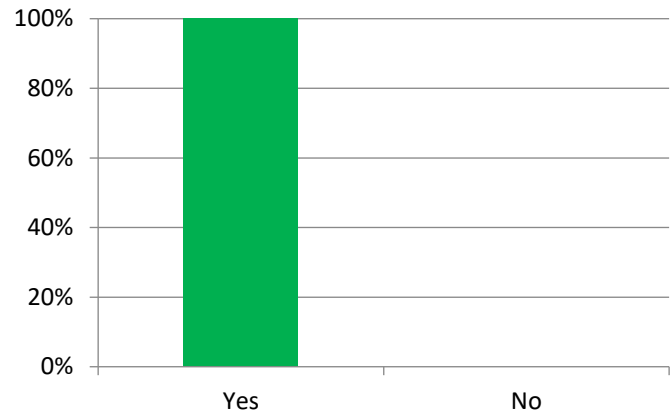
**Reduced or Stopped Taking Drugs**



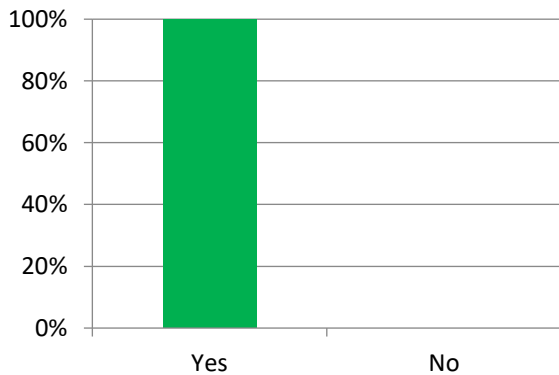
**Reduced or stopped taking alcohol, smoking, marijuana or any other addictive substance**



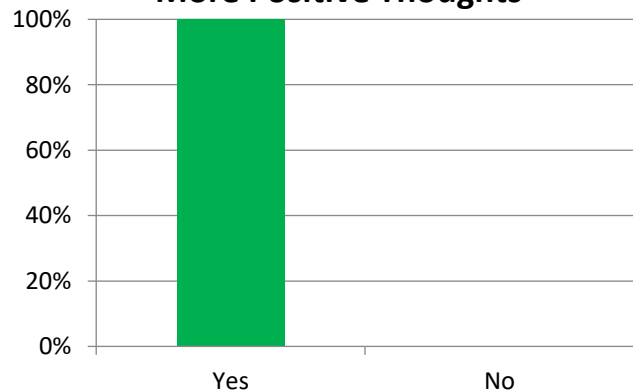
**Improved Relationships**



**Better Emotional Stability**



**More Positive Thoughts**





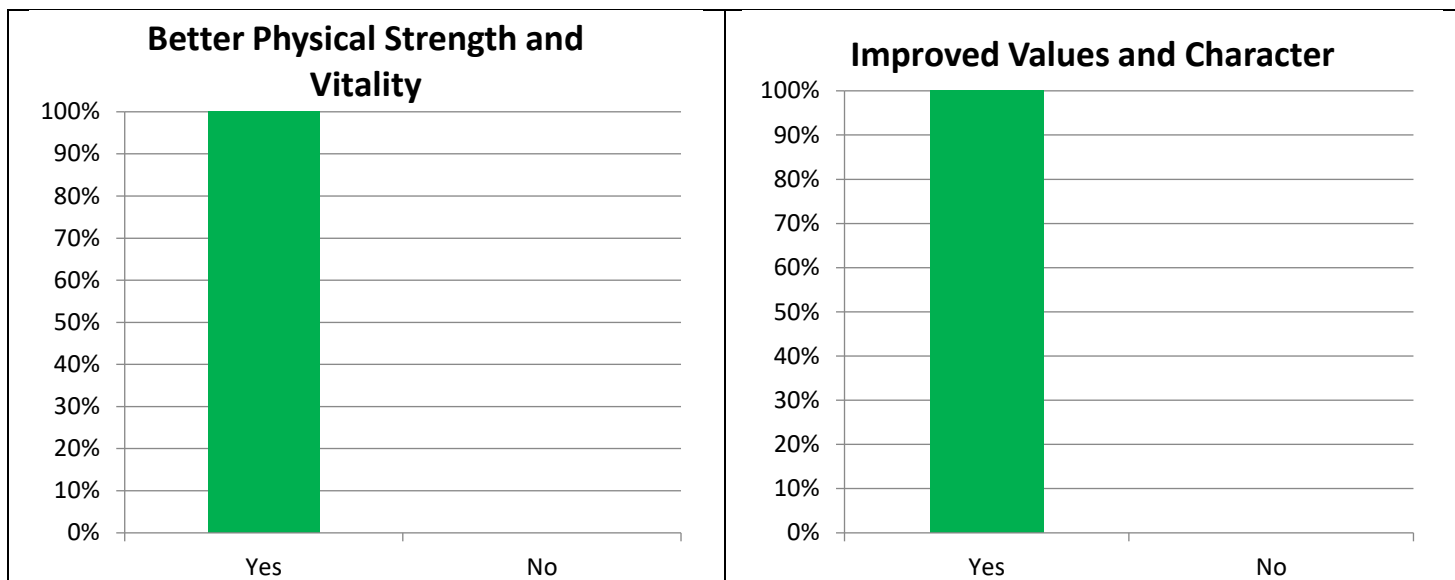


Figure 7: Positive Changes Achieved by Participants during the cleanLIFE™ Program

- ✓ **90%** of the participants noted that they experienced reduced cravings for drugs
- ✓ **92.50%** of the participants noted that they were able to reduce or stop taking drugs
- ✓ **100%** of the participants noted that they were able to reduce or stop taking other addictive substances
- ✓ **100%** of the participants noted that they experienced improvement in the quality of their relationships
- ✓ **100%** of the participants noted that they experienced better emotional stability
- ✓ **100%** of the participants noted that they experienced more positive thoughts
- ✓ **100%** of the participants noted that they experienced better physical strength and vitality
- ✓ **100%** of the participants noted that their values and character had improved

## 8.6. 100% participants felt more prepared to go back to their regular life and overcome their addiction

The participants experienced positives outcomes to the extent that 100% would recommend the cleanLIFE™ program to any other drug users and pushers, and 100% of them are also confident that they could reach out to the cleanLIFE™ Trainers and Specialists or the Municipal Department of Social Welfare and Development (DSWD) Officers if they needed help with re-entry, relapse or drug-cravings in the future.

<b>FEEBACK AND AFFIRMATIONS</b>						
RESPONSE TO Q.13						
	<b>I am ready to go back to my regular life</b>	<b>I feel prepared to overcome my addiction of drugs</b>	<b>I will not associate with other drug users</b>	<b>I will recommend other drug users to join cleanLIFE™ program</b>	<b>I will do my best to have a stable job/work</b>	<b>I will contact cleanLIFE™ team or LGU staff if I need help</b>
YES (#)	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
NO (#)	0	0		0	0	0
MAYBE (#)	0	0	0	0	0	0
YES (%)	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%
NO (%)	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
MAYBE (%)	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%

*Figure 8: Feedback and Positive Affirmations of participants*

### 8.7. No incidences of violence or aggressive behavior

Measured at the end of the program with the ‘cleanLIFE™ Feedback and Program Assessment’ form and through anecdotal feedback from the officers and staff on-site during the course of the program it was revealed that the 41 drug surrenderees who participated and graduated from the cleanLIFE™ Program’s Phase 1 had no incidents of major aggression, violence or negating actions during such time. All participants collaborated and cooperated and even started to help in the maintenance of the grounds and volunteer in the kitchen of the temporary rehabilitation facility.

### 8.8. 35% gained new employment offers after graduating the cleanLIFE™ Program

At the culmination of Phase 1 of the pilot program, 35% of the participants (14 out of 40) immediately gained new employment offers, while others returned to their pre-existing work and continued the program for further skills training, in order to participate in the upcoming Municipal Job Fair.

## 9. MONITORING AND EVALUATION STRATEGIES

The cleanLIFE™ staff teamed up with the LGU Staff of Bauko, PNP and DSWD for a comprehensive monitoring and evaluation of the participants.

### 1. On Site-Observation of Participants:

- Visiting members of the cleanLIFE™ team observed the developments and ongoing improvements in the participants during work hours, based on their physical, emotional, and mental behavior, body-language, kinesthetic abilities, discipline and other self-regulating behaviors, as well as their interactions with authority figures and other participants.

### 2. Feedback from LGU, DSWD and PNP Representatives

- Feedback was regularly taken orally, in person by the cleanLIFE™ team from the visiting members of the LGU and DSWD staff.
- Same regular feedback was also taken from the resident PNP officials assigned to the temporary rehabilitation center who monitored the participants round the clock.

### 3. Written Assessment, Feedback and Evaluation

- The *Consolidation of Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)*, provided by the Department of Health (DOH) and administered by the Local Government Unit (LGU) and the Department of Social Welfare and Development (DSWD) staff was also incorporated in the initial screening of risk-level and substance abuse indicators. cleanLIFE™ obtained these results from the DSWD.
- The cleanLIFE™ Evaluation Questionnaire attached in section 14.1 was the primary tool for progress assessment across various parameters. Results were analyzed and interpreted by the cleanLIFE™ administrative team and are available in section 8 of this report.

### 4. Video Recorded Feedback

- Recorded feedback was collected by cleanLIFE™ staff in the form of video testimonials during the different weeks, and all proceedings were captured on video to monitor and archive the developments.

### 5. Energetic and Vitality Assessment

- BEwell Science™ assessment techniques, developed by Master Del Pe, were used for the energetic evaluation of every participant before and after each session. This provided a rich comparison of progress and changes per each session and overall for all the participants.

### 6. Medical Evaluation

- Medical Evaluation feedback was collected regularly from the Nurse-cum- Facilitator on duty.
- Results of the blood test for drug screening assessed by a DOH accredited lab at the end of the program were also taken into consideration. Access to this information is confidential and could only be given by the authorized DSWD officer assigned to the cleanLIFE program.

## 10. CHALLENGES AND LESSONS LEARNED

As a part of the ongoing self-assessment to promote service excellence, the results of an internal performance audit by the cleanLIFE™ team are given below:

- a. cleanLIFE™ Trainers and Specialists (TAS) highly appreciated the efforts of the LGU to organize the second batch of surrenderees into a productive team with an elected President and Vice-President.
- b. A drug test was done once during the course of the 1 ½ months at the end of the program. cleanLIFE™ staff may request drug tests (blood tests) to be done not only at the culmination but also at the beginning of the program if municipal resources allow. This would help the cleanLIFE™ team to enrich their assessment and adjust the rehabilitation strategy accordingly. It will also save precious government resources in the long term. It may also avoid any uncertainties regarding participants who claim to have no background or history of drug use. Similarly, any provisions for one or two random drug tests which may be conducted during the actual execution period of the program will be highly helpful and appreciated in performance assessment and providing the best strategies, solutions and care to the participants.
- c. One of the biggest challenges was the irregular supply of basic resources of sanitation at the rehabilitation facility. While the water system was not properly fixed and supply unavailable for multiple days during the program, the surrenderees were unable to flush toilets and have access to bathing water. This necessitated them to breach the facility confines and go out alone or in groups. While we appreciate that many of these resources are not mandated but rather provided by the LGU for the benefit of the participants, the irregular supply of basic necessities creates a dangerous portal for participants to be re-exposed to drug activity outside the facility during the incubation period of 1 ½ months. This not only provides a contamination risk for cleanLIFE results but may also poses as a potential compromise to the good efforts of the LGU representatives. It may also discourage future surrenderees from enrolling in this or other similar programs.
- d. Additionally, meals were unavailable or not provided for the participants on multiple occasions necessitating them to again breach the confines of the facility to go out and eat as a group or alone. While the community was empowered with the responsibility to provide food/raw vegetables for the participants, the supply of food items was irregular and unreliable. This also necessitated the participants go outside the facility exposing them to unwanted factors outside the incubation zone. An LGU appointee empowered to coordinate the community's efforts of providing food items may ensure a more smooth-sailing and safer overall program experience for the participants. It may also improve participant satisfaction in the current groups and foster a more welcoming climate for future enrollees of the program.
- e. The duration of confinement of participants to the facility should be compressed as much as possible to minimize their loss of earning capacity during those times. For this, ahead-of-time planning and a proactive approach to project timeline scheduling by the LGU Project Liaison may benefit all parties without dragging the program while participants have to wait for other agencies or testing facilities. In this case, delayed coordination between other agencies and test laboratories, as well as delayed planning of graduation date cost several weeks of extension in the conclusion of the program. Even though cleanLIFE staff delivered the program on a strict timeline as promised, the delays caused by other inter-agency coordination may not only cause dissatisfaction in current participants and their families, but also discourage future surrenderees from enrolling in cleanLIFE or other similar programs due to the unreliability of time-commitments.

- f. During the program, we would like to invite more family members of the surrenderees on one or two selected occasions to join the cleanLIFE™ sessions and motivate them, while also gaining deeper insight into the transformative experiences that their loved ones are going through at the rehabilitation center. This will further boost the confidence of the participants during their re-entry into their social roles.
- g. A protocol for emergency situations may be arranged, so that if family members need to consult with or meet the surrenderees urgently for an emergency, the on-site LGU officer may provide clearance and a PNP security officer may oversee the meeting in a special space allocated within the rehabilitation center. This may eliminate the desire and excuses for surrenderees to escape the facility.
- h. A stricter implementation of rules and regulations by the on-site PNP officials and/or *Barangay Tanods* may serve to protect the well-being of the surrenderees and ensure their ability to successfully graduate from the program. Participants should not be allowed to leave the premises to frequent places where addictive substances are easily available. (1 out of the 42 participants was suspended from the program for the reason of repeated unauthorized absence from the rehabilitation center). Based on the feedback from on-site official municipal and police staff, some surrenderees had been leaving the premises without their authorization, which opened the possibility that those select participants could have had access to drugs or other addictive substances.
- i. Inclusion of more employment interview sessions by prospective employers (other than that already organized by the cleanLIFE™ team), follow-through TESDA training and organizing a Municipal Job-Fair are appreciated as positive and pro-active tactics on the part of the Bauko LGU.

## 11. NEXT STEPS

The cleanLIFE™ Program consists of 2 Phases. The activity at Banao-Bauko covered only Phase 1, as outlined in this report. Therefore, the next steps would address the need for continued monitoring and support to the graduating surrenderees under Phase 2. The major landmarks in the next-steps strategy would be -

- Allowing the graduating surrenderees (low to medium risk cases) to follow an out-patient strategy rather than being incubated inside the rehabilitation facility. High risk cases may however, extend their stay at the rehabilitation facility.
- Graduating surrenderees should gather at periodic group meetings based on the following schedule to fulfill requirements of the 2<sup>nd</sup> Phase of the cleanLIFE™ Program:

1. Good cases	For 2 ½ months (1 x week for 2 hours)
2. Moderate cases	For 2 months (2 x week for 2 hours)
3. Severe cases	For 2 months (3 x week for 2 hours)

This 2<sup>nd</sup> Phase will continue with the group healings and drills for 45 minutes per session. Then a new deeper curriculum to foster character building and value enrichment in the participants will be added as an additional focus. It will also provide:

- additional life-skills training (focused on life-skills, separate from job-skills taught by TESTA)
- coping and survival training
- providing support for re-entry to their social roles
- monitoring of any potential withdrawal symptoms and
- empowering them with special technical or vocational skill-sets.

Group coaching plus Q&A Sessions are also included to allow interactive feedback and receive new insights about their next-steps.

## 12. PRAISES FOR THE cleanLIFE™ PROGRAM

During the cleanLIFE™ program, the different stakeholders and participants shared their feedback and testimonials with the cleanLIFE™ Trainers and Specialists in the form of written and video testimonials. Some of these are shared below (permitted with signed waivers).

### 12.1. TESTIMONIALS OF LGU Officials

*“The cleanLIFE™ training has been so impressive because our target of rehabilitation was over a 6-month period, but we were able to do it in one-and-a-half months! I am a witness; because every-time there was a healing activity I joined it... and I enjoyed it.”*

- **Mayor Abraham B. Akilit, Bauko, Mountain Province**

*“The cleanLIFE and the BEwell Science healing programs of Master Del Pe, President of the MDP Foundation, that has been introduced in the Philippines particularly with the Local Government Unit of Bauko has become known for other LGUs of Mountain Province and the region to follow and pattern their CBRP. The immediate transformation of surrenderees from being a drug user and addictive to substance to an improved person in their overall health, lifestyle, psychological well-being and positive changes in their lives could be seen in the surrenderees that underwent the program. We strongly recommend to other LGUs to also coordinate and to tap the expert services of cleanLIFE and healing programs of Master Del Pe if we really want to help in the “War Against Drugs” of the government to clean drug addicts, alcoholism, smokers, sex addicts and other severe compulsive behaviors affecting the whole nation’s peace and order situation. Long live MDP Foundation.”*

- **Paulo P. Pagteilan, Municipal Consultant**

*“I observed that the people who underwent this program have really changed, and not only in their behavior, but also in their day-to-day activities - not only in their hygiene, but in how they talk and show respect to the people they encounter. We really recommend that the cleanLIFE™ Project will cater again to the next batch.”*

- **PI Luis Jr. C. Dangatan, Chief of Police, Bauko, Mountain Province**

*“<The surrenderees> come to say thank you to us, so maybe that giving of gratitude means a lot to them. The cleanLIFE™ Program has really transformed not only the physical condition of the surrenderees, but it has been a holistic transformation of these <rehabilitated > 'scholars.' We need the cleanLIFE™ Program because we are only doing integrated activities, but the cleanLIFE™ Program is the real meat of this rehabilitation program. I believe and I see that it is needed by the drug surrenderees.”*

-**Marichu B. Cominga, Head of Municipal DSWD**

*“We are thankful to the MDP Foundation for their collaboration with the LGU. Since without them, the realization of this community-based program for the 'scholars' may have been a failure for us. At first I observed that there were some negative reactions from the <surrenderees>. As time went by, I could see that they enjoyed the <cleanLIFE™> activities. I can see that there is a very big transformation as observed <in their> physical and inner behavioral modification.”*

- **Ruby W. Doco, Staff LGU Bauko**

*“Unlike the <programs conducted by > other agencies, where attendance is not complete, the attendance is almost 100% for the cleanLIFE™ sessions. <Surrenderees> are very focused and attentive during the exercises and meditation. When*

*Master Del Pe is there to guide and conduct the activities, I saw the presence and alertness of the surrenderees. The exercises are not just exercises, but this is how <they> release their tensions and worries. <Their> focus is there, because he mixes the karate, meditation and healing that he researched in other countries so that he can render <his special techniques> to our countrymen."*

**- Leonard B. Langtiwan, Municipal Nurse and Facilitator**

## 12.2. TESTIMONIALS OF THE PARTICIPANTS

"I really say to myself: thank you for everything that I have learned. To Master Del Pe and all staff. This really has been effective for my life, specially for my health".

**-V.L. A., cleanLIFE™ surrenderee**

"I thank you Master Del Pe and all your staff for all that I have learned in the cleanLIFE program. You taught me to be stronger and defend myself with Martial Arts, meditation and exercises"

**-L.T. M., cleanLIFE™ surrenderee**

"This has been very good, excellent for me. It is very helpful for human beings like us and I wish that there are many more that you will help with this program"

**-J. G. K., cleanLIFE™ surrenderee**

"I used to help build big buildings, bridges for vehicles and foot bridges for people, roads and highways. I helped design the structure of this building that we are using for our training and rehab. I wanted to get rehabilitation because I became so addicted to alcohol. Alcohol is bad because it made me confused and I couldn't think nor concentrate properly on my work. I had withdrawal symptoms if I didn't drink alcohol for 3 days. I couldn't sleep and I heard voices but no one was there. I became lazy and slept a lot when I was addicted to alcohol. Because of my drinking, not only was my liver affected but I had gallstones. I had an operation on my liver and had my gallstone removed. But my liver has not completely recovered yet.

I quit drinking alcohol, I had to reform myself for my family because even though my children have finished school, they still need my advice and financial support. Now, this group (cleanLIFE) who taught us was great! I have big improvements with the healing and exercise. They (cleanLIFE staff) taught us discipline. I learned how the spiritual healing guides you to heal yourself, so you don't have to spend money and be hospitalized. Before I was skinny, now my body has more mass. And I am strong now! I couldn't sleep before but now I sleep deeply right away. I wake up early and I exercise a little bit. Even my thoughts are getting clearer. When I came here I didn't experience any (withdrawal symptoms), especially when we started exercising. My favorite part is the meditation. My plan is to go back to work so I'll have savings and I want a small business so I can have a livelihood for my wife and my family.

What I can tell others is, if you cannot quit yourself and want to reform from your vices faster, go to Master Del Pe, he has techniques to heal your diseases faster".

**-W. P., cleanLIFE™ surrenderee**

"I was using Shabu and drank alcohol. The effects of Shabu on me was, I lost weight, I was suspicious and paranoid. I had negative thoughts. When I was taking Shabu, the more I drank and got addicted to alcohol. With regards to Shabu I did not have any (withdrawal symptoms) but I had cravings for alcohol sometimes. I have great improvement on my body.



For example, I gained back my previous weight and my muscles. With regards to my thinking, I don't have anymore negative thoughts. I have learned a lot from Master Del Pe, e.g. how to improve your health, with daily morning exercise to keep your body strong. And techniques on how to have more money. I liked every part of the cleanLIFE program. My favorite part is the exercises, especially the Synchronized Breathing. I will tell them (other addicts) about my experience here, that this program is what healed me and made me change so that you will have a better future and the most important thing is our health. I will encourage others to reform”.

**-I. T., cleanLIFE™ surrenderee**

“Before I came here, I took my pain medicine twice a week. When I came here, it was minimized. When I was here I took my pain medicine once a week. I am stronger, I can lift things. My strength has doubled. My tiredness goes away during meditation. When I get disturbed before, I couldn't go back to sleep. Now if I get disturbed, I can still sleep. I learned how to adhere to the exercises”.

**-S. K., cleanLIFE™ surrenderee**

“I took Shabu, Cigarettes and alcohol. The effect of shabu was I couldn't sleep. Before I cannot think properly. Now I can. I liked the meditation, martial arts and everything. My body feels lighter. I learned respect and forgiveness from Master Del Pe”.

**-V. G., cleanLIFE™ surrenderee**

*“I used to take Shabu, momma and alcohol. I couldn't sleep and it was difficult for me to move my body. I had poor appetite. In the morning I can hardly move. But, after the hangover, I feel fine (pertaining to alcohol). I still drink alcohol and take momma. I take less of them now. Before I came here, I had a hard time moving my body. After a few sessions with the exercises, I can move easily. I don't easily get tired now. I used to get tired straight away. I can run until Banao (another town). When I was at home, I slept at 7pm. Here I go to sleep at 9 or 8pm. I sleep without interruptions. My favorite part of the cleanLIFE program is the synchronized breathing and everything else”.*

**-C. K., cleanLIFE™ surrenderee**



## 13. CONCLUSION

For the second time, the pioneering work involving Master Del Pe's cleanLIFE™ Program in collaboration with the Bauko LGU headed by the Mayor, Dr. Abraham Akilit has proven to be a great success beyond the expectations of everyone involved as 41 out of the 42 enrolled surrenderees graduated the program. The surrenderees, also known as Municipality Scholars, have gained the most. They regained their lives and the trust of their families and friends. Money lost can be recovered easier than reputation. The surrenderees had gained new confidence to have both reputation and money as a result of their positive change and transformation. College degrees are easier to achieve than character and good moral values. The gains from their character modification drills and value formation through the cleanLIFE™ program are more significant than their past education, because these new sets of virtues and principles will serve as the landmarks for their future.

By sheer statistical numbers, blood test results, testimonials from the participants and LGU staff, plus an overwhelming amount of anecdotal evidence, the team of cleanLIFE™ in partnership with the Bauko LGU confidently declare that this rehabilitation project a great success. The fact that this report augments also the results of the previously conducted First Batch of cleanLIFE in Bauko shows that these exceptional results are repeatable and reproducible. Based on our local and international works, we have more than enough data and experience to meet LGUs and government stakeholders around the Philippines to either become a consultant to them or a total collaborator. The cleanLIFE™ team is ready for a big jump and hopes that the government leaders supporting the “war on drugs and the rehabilitation of surrenderees” are also ready for the quantum leap.

As Master Del Pe mentioned in his books:

***“Knowledge brings success. Wisdom brings fulfillment.”***

Let the Masters of Wisdom guide the present undertakings of the world, in order to bring fruition to the ideals of world leaders, like President Rodrigo Duterte. And let the knowledge of experts be pooled and employed to solve social ills in order to bring sustainable success. Let the future generation enjoy a drug-free world and harvest the efforts and sacrifices of the past. The cleanLIFE™ Program is offered to the whole of humanity and the whole world as the antidote to vices and addiction, a mission Master Del Pe has stamped into this program.



## 14. APPENDICES

### 14.1. Evaluation Questionnaire

Attached herewith is the Evaluation Questionnaire which was used by the cleanLIFE™ Program's team to assess and evaluate the ongoing progress of the participating drug surrenderees under Phase 1 of the program.

#### **cleanLIFE Feedback and Program Assessment Form**

#### **Phase 1 (Duration of 1 ½ months)**

Batch # 2, Date: 7/7/2017, Venue: Bauko, M.P.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

1. Why did you join this program?

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2. What is your level of education? Please mark ✓

1	None	
2	Primary School	
3	Secondary School	
4	High School	
5	Vocational Training	
6	College/ University	

3. What skills, specializations or work experience do you have?

	Skill or Specialization	No. of Years
1		
2		
3		
4		
5		
6		

4. During Master Del Pe’s cleanLIFE Program, did you consume shabu or any other drugs?

1	Regularly	
2	Intermittently	
3	Sometimes	
4	Just once	
5	Never	

5. Please mark ‘Yes’ or ‘No’. During Master Del Pe’s cleanLIFE Program, You...

1	Did not overcome addictive behavior and desire	
2	Slightly overcame addictive behavior and desire	
3	Partially overcame addictive behavior and desire	
4	Mostly overcame addictive behavior and desire	
5	Totally overcame addictive behavior and desires, and Quit drugs for good	

6. Does your family support you in this program? Please mark ✓

Yes	No	Maybe

7. Have you ever tried to quit or reduce your substance-dependence before joining this program?  
Please mark ✓

Yes	No

If Yes,

How or by what method did you try to quit before joining cleanLIFE?
What was the outcome of your effort to quit before joining the cleanLIFE program?

8. Did you experience **withdrawal symptoms** during Master Del Pe’s cleanLIFE program? Please mark ✓

		None	A Little	Moderate	A Lot	Most of the Time
1	Anxiety					
2	Shaking / Trembling					
3	Sweating					
4	Nausea / Vomiting					
5	Sleep problems					
6	Irritability					
7	Depression / Sadness					
8	Weakness					
9	Body ache / Pain					
10	Headaches / Migraine					
11	Lack of appetite					
12	Increase in appetite					
13	Cravings					
14	Any Others: _____					
15	Overall Withdrawal Symptoms					

9. What positive changes did you achieve from Master Del Pe’s cleanLIFE? Please mark ✓

		Yes	No
1	Reduced Cravings		
2	Reduced or stopped taking drugs		
3	Reduced or stopped alcohol, smoking, moma or any other addictive substance		
4	Improved Relationships		
5	Better emotional stability		
6	More positive thoughts		
7	Better physical strength and vitality		
8	Improved values and character		

10. Did you experience improvements in your **health conditions and lifestyle** during the cleanLIFE program up to the present? Please mark ✓ for applicable conditions.

*Note: The above question is to compare your conditions before and after the program*

		Do Not Have Before	Existing Conditions Before Program up to the present if any				
			Not Improved	A Little Improved	Moderately Improved	Significantly Improved	Completely Improved/ Resolved/
1	High Blood pressure						
2	Heart irregularities						
3	Sleep Issues						
4	Lethargy / Slowness						
5	Fatigue / Tiredness						
6	UTI / Kidney problems						
7	Body pains / Joint pains						
8	Constipation						
9	Diarrhea						
10	Vomiting						
11	Gout						
12	Breathing problems						
13	Headache / Migraine						
14	Vitality / Energy level						
15	Sleeping pattern						
16	Appetite						
17	Any other(s) please specify: _____						
18	Overall Health Condition and Lifestyle						

11. Did you experience improvements in your **Psychological Well-being**? Please mark ✓ for applicable conditions.

		Existing Conditions Before Program up to the present if any					
		Do Not Have Before	Not Improved	A Little Improved	Moderately Improved	Significantly Improved	Completely Improved/ Resolved/
1	Depression						
2	Traumas						
3	Anxiety						
4	Restlessness						
5	Resentment/Pent-up emotions						
6	Guilt / Self-Pity						
7	Self-destructive behavior						
8	Anti-social behavior						
9	Anger						
10	Violent Behavior						
11	Low Self Confidence						
12	Laziness						
13	Paranoia						
14	Mood Swings						
15	Obsession/Compulsion						
16	Negative feelings						
17	Negative thoughts						
18	Will Power						
19	Optimism						
20	Decision-making						
21	Concentration / Focus						
22	Memory / Ability to remember						
23	Enjoying everyday life						
24	Calmness/ Inner peace						
25	Confidence to build a good life						
26	Any other please specify: _____						

27	Overall Psychological Condition						
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12. Please rate your experience of the **cleanLIFE Program**? Please mark ✓ for applicable conditions.

		No comment	Poor	Fair	Good	Very Good	Excellent
1	Your own performance						
2	Your group performance						
3	Master Del Pe(Founder)						
4	cleanLIFE Team						
5	Punctuality of cleanLIFE staff						
6	Professionalism of cleanLIFE staff						
7	Efficiency of cleanLIFE staff						
8	Helpfulness and friendliness of cleanLIFE staff						
9	Communication skills of cleanLIFE staff						
10	Overall experience of cleanLIFE						

13. Please mark ✓ for applicable conditions.

		Yes	No	Maybe
1	I am ready to go back to my regular life			
2	I feel prepared to overcome my addiction of drugs			
4	I will not associate with other drug users			
5	I will recommend other drug users to join cleanLIFE program			
6	I will do my best to have a stable job/work			
7	I will contact cleanLIFE team or LGU staff if I need help			



14. Please write the best techniques and strategies that you have learned from the cleanLIFE Program, presented by Master Del Pe and his team, by order of importance and impact on your life's recovery and positive change?

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15. What is your specific plan of action when you reach home and back to your regular life? Please list your goals, strategies, techniques or sequences of events that you want to create for a new successful life?

a. My plan for my health and well-being:

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b. My plan for my family and relationships:

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a. My plan for my work and career:

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b. My plan for my social life and community contribution:

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c. My plan for my spiritual or religious life:

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16. If you feel the desire to consume your addictive substance or have a feeling of relapse to old addictive habits, what is your plan to overcome the situation of relapse?

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17. Please write any other comments or insights for Master Del Pe's **cleanLIFE** Program.

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*Thank you!*

## 14.2. Accounts Statement

The statement of accounts summarizes the value for money or the return on investment in terms of executing the cleanLIFE™ Project. The following statement shows the summary of the charges for the 2<sup>nd</sup> batch, Phase 1 undertaking which this report is based on. The 2<sup>nd</sup> batch Phase 1 proposal was calculated based on a standard of **22 sessions** (including administrative and feedback sessions), plus one extra session\* given as a bonus.

STATEMENT OF ACCOUNT FOR BATCH 2 PHASE 1 IN BAUKO	
<b>Current Base:</b> 22 sessions x P 6750 =	P 148,500
<b>1 session* x P 6750</b>	Bonus 0,00
<b>+ Administrative Charges =</b>	P 15,000
<b>+ 10% Contingency Charges</b> (148,500 + 15,000) * 0.1 =	P16350
<b>TOTAL</b>	<b>P 179,850</b>

### 14.2.1. Estimate of Accounts for Future Batches, Phase 1

In the case future batches are enrolled in the cleanLIFE™ Program, the following estimate may be a good indicator of the standard 22 sessions required for Phase 1, based on a batch of 50 participating surrenderees.

STATEMENT OF ACCOUNT FOR FUTURE ESTIMATE OF PHASE 1 FOR BATCHES OF 50 PARTICIPANTS	
<b>Phase 1 Standard Base:</b> 22 sessions x P 6,750 =	P 148,500
<b>+ Administrative Charges =</b>	P 15,000
<b>+ 10% Contingency Charges</b> (148,500 + 15,000) * 0.1 =	P 16,350
<b>TOTAL</b>	<b>P 179,850</b>
<b>Base-Rate per Session</b>	P 6750
<b>Each Additional Participant over 50 Participants</b> 179,850 / 50 =	P 3,597

### 14.3. About Master Del Pe and the MDP Foundation

**Master Del Pe** is internationally known as a life mentor and a modern sage, but to his many corporate and non-profit organizations clients, he is a collaborator par excellence and a visionary strategist. He is the designer of the cleanLIFE™ program and many unique projects of the MDP Foundation aimed at solving social diseases and world problems, like combating vices, poverty consciousness, laziness, loneliness, diabetes, depression, HIV/AIDS, aging, violence and anything that sabotages the environment.

The MDP Foundation is registered as a non-profit organization with tax exemption status in the United States and also in India, but its trainers and specialists serve many causes and projects for under-privileged people around the world.

Philippines, the birthplace of Master Del Pe, has been his priority since 2015. He even developed a Healing and Longevity Resort called MDP Village in his hometown, Cervantes, Ilocos Sur to demonstrate his sincere effort to contribute back to his motherland. He believes in the high potential of the Filipino talent and often says that the Philippines can become a global player and a game changer for the development of the New World. Master Del Pe wants to share his new tool-kits and visionary strategies which integrate the best of Eastern Wisdom and Western Knowledge. He travelled around the world to over 100 countries, taught more than 300,000 people and studied world cultures, philosophies, religions and business models. This wealth of experience and information is brought with him in his homecoming. He says that he brings “the world” with him to the Philippines, so that even those who did not travel outside the Philippines can “drink from this fountain of knowledge almost for free.”

Author of 8 published books and many in the process of being released, he is the founder and international president of 3 organizations, namely: BElife Institute for Higher Consciousness (BIHC), American Institute for Leadership Advancement (AILA) and the MDP Foundation. He also created and published dozens of CDs and DVDs for personal development and self-mastery.

One of the most important milestones that brought much of his wisdom and spiritual leadership was his personal mentoring by 4 enlightened masters from India, China, Korea and the Philippines. His training by some of the advanced Yogis in the Indian-Tibetan-Nepalese Himalayan Mountains is also on the top of his list of why he got enlightened at a breakthrough speed.

Master Del Pe mastered Martial Arts and became a chief instructor in Japanese Karate before he was 25. He also became an international expert in the 12 styles of meditation and 8 types of yoga before he authored his bestselling book, *Hidden Dangers of Meditation and Yoga*. One of the common titles given to Master Del Pe by his patients internationally is *The Miracle Healer*, as he produced many miraculous healings from healing HIV/AIDS patients in South Africa to Cancer patients in India and USA, and even helped crippled people to walk in many countries. To him, these are all scientific processes using BEwell Science™, the healing science modality he founded with at least 27 intellectual properties and copyrights under his name.

Master Del Pe believes in President Rodrigo Duterte’s vision of the new Philippines and is inspired by his *War on Drugs* mission. That is why, the Master has dedicated his team and donated much of his time and trips to Bauko, Mountain



**Master Del Pe**

*Humanitarian and Social Transformer,  
Founder of MDP Foundation and global  
proponent of the cleanLIFE™ program*

Province from Cervantes, Ilocos Sur every week in order to prove that cleanLIFE™ really works to help the surrenderees faster than normal. He collaborated with the Mayor of Bauko, Dr. Abraham B. Akilit to rehabilitate the first batch of surrenderees. This resulted in an excellent outcome with 41 graduates out of the 42 enrolled. Blood tests proved to be a success and the team of the Municipal Department of Social Welfare and Development (DSWD) and the Philippine National Police (PNP) in Bauko along with the cleanLIFE™ team unanimously concluded the program to be the tip of the arrow of the national rehabilitation process.

### 14.3.1. Other Programs by the MDP Foundation:

1. **wholeEARTH Care™ Program:**  
*to care for the planet and ecosystem as a living organism applying universal principles and wisdom*
2. **World TalentSHARE & World WisdomBANK™ Program:**  
*to pool the skills of talented and experienced people, including retirees*
3. **wholeLIFE Education™ Program:**  
*training to educate the human being in the child and awaken the power of their Soul*
4. **Youth Empowerment Program™:**  
*empowerment of children and youth to maximize their potential*
5. **Elderly Empowerment Program™:**  
*serving the needs of the older people, especially those who are sick, in pain or downtrodden.*
6. **cleanLIFE™ Program:**  
*an anti-vice and anti-addiction program using BEwell Science™ and PsychoEnergetics*
7. **goodLIFE™ Program:**  
*an anti-laziness program applying Aquarian Martial Arts-Yoga Science (AMAYS)*
8. **wellLIFE™ Program:**  
*an anti-disease program using BEwell Science™*
9. **harmonyLIFE™ Program:**  
*an anti-violence program using meditation and BEwell Science™ energy medicine*
10. **enrichedLIFE™ Program:**  
*an anti-poverty consciousness program*
11. **HIV/AIDS Research Program (HARP™):**  
*a program that brings great hope to HIV/AIDS sufferers*
12. **Compassion Fatigue Solutions Program™:**  
*providing prevention and treatment of compassion fatigue among caregivers*

### 14.3.2. Countries touched by the Service of the MDP Foundation

- ◆ *Argentina*
- ◆ *Australia*
- ◆ *Austria*
- ◆ *Bolivia*
- ◆ *Brazil*
- ◆ *Columbia*
- ◆ *Congo*
- ◆ *Costa Rica*
- ◆ *Cyprus*
- ◆ *Ecuador*
- ◆ *El Salvador*
- ◆ *France*
- ◆ *Germany*
- ◆ *India*
- ◆ *Guatemala*
- ◆ *Hong Kong*
- ◆ *Ireland*
- ◆ *Italy*
- ◆ *Kenya*
- ◆ *Mexico*
- ◆ *Mongolia*
- ◆ *Mozambique*
- ◆ *Nepal*
- ◆ *Nicaragua*
- ◆ *Paraguay*
- ◆ *Pakistan*
- ◆ *South Africa*
- ◆ *Peru*
- ◆ *Philippines*
- ◆ *Singapore*
- ◆ *Slovenia*
- ◆ *Sri Lanka*
- ◆ *Thailand*
- ◆ *United Arab Emirates*
- ◆ *United Kingdom*
- ◆ *United States of America*
- ◆ *Uruguay*

### 14.4. Energy Assessment Database

The regular Energy Assessment done before and after every session for the participants, using the proprietary techniques of BEwell Science™ developed by Master Del Pe, was databased and used by the cleanLIFE™ team as a key tool for progress management and evaluation. This database is available upon request for special cases or requirements.

In summary, the different energy centers of the human energy anatomy of each participant were measured and recorded in inches through our clairsentient methods from the first day of the program to the last session. The centers of energy and vitality are related to the health of the different systems and organs of the body, and also to the vitality levels, emotional state, mental intelligence and spiritual awareness. The team of cleanLIFE™ Specialists, personally supervised by Master Del Pe, calculated an average of **120% to 416% range of improvement** of all the energy centers chosen as the benchmark for the physical, psychological and psycho-spiritual well-being of the subjects. It is not far from the truth and reality, because these kind of results are lower scores compared to our Specialists' and Master Del Pe's performance when healing individual clients with multi-addictions.

## 15. Contact Us

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