



INTRODUCTION

*There are many paths up the mountain
but only **ONE** mountain top*

*“THOUGHT IS A FORCE...
I COULD SHOW YOU THAT
WHATEVER YOUR POWERFUL MIND BELIEVES
VERY INTENSELY
WOULD INSTANTLY COME TO PASS.”*

SRI YUKTESWAR
Pages 133-134
Autobiography of a Yogi
Paramahansa Yogananda

It is your thoughts that create. They create everything in your life including your happiness and your health. Your head is full of thousands of thoughts throughout the day. Your mind chatters on and on about everything. Thoughts seem like harmless little things that flit through your consciousness, some more strongly than others. They seem uncontrollable, and they are just there and then gone and forgotten. The astounding thing to realize is that it is these thoughts that are busily creating your life as it is EACH MOMENT.

ENERGY FOLLOWS THOUGHT. As you think, that energy expands out from you to the far reaches of the universe like the ripples from a rock thrown in a pond. It is this FOCUSED ENERGY that is the prime mover of your universe. As you think, you create. Positive thoughts are positive energy and create in a positive way, negative thoughts are negative energy and create in a negative way.

The question is, what are you creating in your life? If you don't like what you have created, it is easily changed. Just change the way you think! Becoming conscious of your thoughts, and therefore what you are creating, is the first step in healing your life and your body. Learning to change how you think is what this book is about.

It is your thoughts that determine how you feel. The idea of changing your thoughts to change how you feel is not new, however it could be new to you. The problem is that it can seem impossible to change your thoughts when you are deep in depression, crisis, or illness. Your thoughts seem to be a direct result of how you feel. You feel terrible so your thoughts are about how terrible you feel. The further you fall into depression, the blacker your thoughts become and the darkness can extrapolate into all areas of your life. Change comes when you refuse to live that way any longer!

The good news is that once you decide you want to live your life differently, you automatically begin to change as you set the INTENT for change to occur. The swiftness of change depends on your willingness to change. You can change instantly by simply changing your thoughts to something positive, or you can prolong making the change and things will continue to get worse. Unfortunately, that is the hard way. This book is about an easier way.

With this book and the use of the pendulum, you can discover the exact thoughts that are causing you problems. The energy for each part of the body is affected by a specific group of negative thoughts. As you identify the thought causing you problems, insight can lead to transformation as you see the positive in it. If you can't be positive, releasing will AUTOMATICALLY change your energy.

For example, if you locate negativity in the area of your heart in this book, have problems with your heart, or have had a heart attack, you would turn to the page for the HEART and learn that the negative thoughts involved are about NOT DOING WHAT YOU WANT TO DO. You may or may not realize what it is that you aren't doing that you really want to do.

The advantage of using the pendulum is that you can find out EXACTLY what it is that you really want to do and what you don't want to do by seeing the energy involved for each. With this information, you can begin to put the necessary changes into your life so you can begin to DO WHAT YOU WANT TO DO.

However, what if you feel that you can't do what you want to do, even though you really want to do it? As you can see, the thought that you can't do it is the blockage that can create heart problems in the first place. The question is, "Why do you think that way?"

You are a being of LIGHT, a spark of God, meant to be UNLIMITED. However, each negative thought 'muddies' your energy until, instead of radiating a clear white light, your energy darkens. The more negative thoughts you have, the darker your energy becomes until finally you are engulfed in darkness.

Throughout history, these two extremes have been referred to as GOOD and EVIL, GOD and the DEVIL, THE LIGHT and the DARK SIDE. In the movie 'STAR WARS', the battle was between THE FORCE and the DARK SIDE.

However, they are not two different energies but rather two extremes of the same energy. There is only ONE universal energy and you express that energy depending on the vibration you are on for each thought. Those thoughts running rampant in your mind are from either of these two very different vibrations within you and referred to in this book as the HIGHER SELF and the LOWER SELF. The Higher Self is the expression of a positive vibration and the Lower Self is the expression of a negative vibration.

The positive part of you that is loving, encouraging, and supportive is your HIGHER SELF. It has also been called INNER SELF, TRUE SELF, INNER COACH, or even the SUPERCONSCIOUSNESS. The more TRUSTING, FORGIVING and LOVING you are, the higher in vibration you go. Your energy expands as does your awareness, and you feel that you can accomplish anything you want to do. KNOWING that you can do what you want to do, whatever it is, and doing it, is the highest vibration and brings instant manifestation.

The negative part of you that is argumentative, judgmental, critical, abusive, or limits you by saying you don't deserve it, aren't smart enough, and so forth, is your LOWER SELF. It is these negative thoughts that lower the vibration of your energy. The more negative thoughts you have, the lower in vibration you drop and the more your energy contracts as does your awareness, and your choices become very limited.

Pain shows that you are dropping to an even lower vibration from continued negative thoughts. The lower the vibration, the more intense the pain. As you continue to think those same negative thoughts you fall even lower in vibration, your energy gets darker and more dense, causing the area of the body involved not to function properly and disease sets in. If the same negative thoughts continue, the result is chronic illness, then terminal illness, and finally death.

To reverse the process, it is necessary to change your negative thoughts to positive ones. If you are not able to change your thoughts, find and release the blocks that are keeping you on a lower vibration and you will automatically raise in vibration. From this higher vibration, it will be easier to be more positive. The choice is still yours to make. The desire to be more positive will assist you in being so. The more positive you are able to be or the more you release, the more your energy clears and expands, allowing the body to function properly once again. Your awareness & choices also expand.

If major damage has already been done, it may take medical assistance and even surgery to repair the damage. However, the releasing of the negative thoughts involved will allow a complete recovery rather than recurrence of the problem. When relapse occurs, it simply indicates that more releasing is needed.

If you are in need of healing, mental or physical, I encourage you to be good to yourself and to realize that it may take time to find and release all of the negative thoughts about your problems or illness and to learn how to live your life in a new positive way. After all, it took time for it all to develop, maybe even life-times.

Transforming and/or healing yourself is a life-time endeavor. As you clear one block, it seems another problem always surfaces. What is really happening is that you are learning to be unlimited in ALL parts of your life. You were born to be unlimited and do all that YOU desire to do. What you love to do is what you are meant to do, and what you are here to do. The longer it takes you to do that, the more difficult life becomes. Remember that it is just energy. You are but a thought away from the highest vibration.

All you have to do to become in tune with all of the power of God and the universe is to say “I KNOW I CAN DO IT”, and believe it. However, if you aren’t able to do that, the systematic finding and releasing of the negativity involved will help you to get there!

When dealing with any problem, crisis, pain, injury, illness or recovery, it is important to take one day at a time. Concentrate on what you CAN do, not what you can’t do. Let the pendulum help you to determine what is needed. It is important to understand that it may not always be possible to solve a problem or ‘cure’ an illness. However, the higher the vibration, the better you will feel. If you are dealing with a terminal disease, releasing will allow a peaceful transition on a wonderful high vibration. For in death, just as in life, you experience it from the vibration you are on!

Being able to discover the exact thoughts you are thinking that are causing your problems, pain or illness is astounding. To release the negative thoughts involved and have the mental or physical pain leave is miraculous. It is one thing to have someone else heal you but to heal yourself is the most powerful thing you can learn to do. To take control of your life rather than feel like a victim of circumstances beyond your control is what you are here to do.

That is what awareness is, the conscious knowledge of the power of your thoughts. Each thought that you have is creating your life and your body as it is, at this moment. Change your thoughts and you change your reality! It is not the world that changes but the way you look at the world. That is what is meant by YOU CREATE YOUR OWN REALITY. The way you see the world is determined by the vibration from which you view it.

Each thought has power so it is important to think the kind of thoughts that will create what you want to have happen because you manifest from the vibration you are on. And if you can learn to SEE THE POSITIVE in all that is happening, that is what you will experience!

The paradox is the conflict between taking control of your life and letting go. The place to take control is with your own energy and SAY HOW YOU WANT IT TO BE. Then it is necessary to LET GO of the unfolding. The greatest pain comes from trying to control the outcome.

It is important to realize that you are not responsible for the outcome. DIVINE ORDER is always unfolding and learning to trust in the unfolding allows you to GO WITH THE FLOW and is the path to peace, harmony, and health.

CHOICES

It is important to realize that as you encounter a problem you have various choices about what to do.

You can continue to be negative about the problem until you end up in crisis, pain, or even sick.

You can put the necessary changes into your life so you no longer have to deal with the problem.

You can change your thoughts about it until you no longer consider it to be a problem.

If you change your life but don't change your thoughts, it may not help. However, if you change your thoughts, your life may change for the better in a way you never considered possible!

ENERGY FOLLOWS THOUGHT

DEALING WITH PROBLEMS

The pendulum can be very helpful when dealing with problems and making decisions because it makes your energy visible. You can “see” your energy for anyone or anything. Learning to interpret the movements of the pendulum can give you a lot of information that can assist you in determining the best thing to do about a problem.

Anything that you consider to be a problem is the expression of negative energy. Irritation is often the first awareness of negativity. If you can deal with it in a positive way when you first experience irritation, it won't develop into a problem. However, the longer you continue to be negative about someone or something, the more serious the problem becomes.

There are certainly many ways to deal with a problem. It is important to remember that you do have a choice, and how you deal with it determines the outcome.

A positive response takes you to a positive vibration and the result is a positive outcome. The more positive you are, the easier and quicker it manifests. A clockwise circling of the pendulum shows a positive vibration. The higher the swing, the more positive it is.

A negative response takes you to a negative vibration and the result is a negative outcome. The more negative you are, the more negative the outcome, eventually ending in crisis and/or illness. A counter-clockwise swing shows a negative vibration.

It is necessary to understand that EACH negative thought lowers your vibration and decreases the swing of the pendulum. The more areas in your life experiencing problems, the lower your vibration drops and the more difficult it is to deal with any problem. Depression sets in and you can feel there is no way out.

The lower the vibration, the harder it becomes to raise your vibration to get in touch with your Higher Self and know that you can do something positive about your problems.

From a negative vibration, if you ask the pendulum any questions about your problem, it is usually your Lower Self who answers, confirming your negative thoughts and opinions. That is why it is imperative to find out where your answer is coming from when you ask the pendulum about any problem. See page 64. If the answer from the pendulum is coming from your Lower Self, it is necessary to find and release the negativity involved. See page 65.

When your pendulum won't move, it means your energy is totally blocked which is the lowest negative vibration. A General Release is used to unblock your energy. See page 92. Even a slight movement is enough to use the pendulum for a YES/NO response. See page 61.

When you realize you are being negative, the easiest thing to do to change your energy is to change your focus to something positive about it. It is important to remember to focus on the solution, not the problem because **WHAT YOU FOCUS ON CONTINUES**.

If you can't find anything positive to think, say, or do about someone or something you are being negative about, use a positive affirmation to replace the negative thoughts as they arise. Page 89.

Use your pendulum to select the best affirmation for a particular problem. Each time you think about the affirmation or say it, you move to that vibration. Repeat the affirmation as often and as long as needed until you no longer consider it to be a problem. Transformation occurs when you can even consider it to have been a blessing as you see the good that has come from it.

If you can't change your thoughts about a problem, the pendulum can be used to determine what is best to do. Repeat each possibility to see the energy involved with each. Positive energy is a clockwise circling swing and negative energy is a counter-clockwise circling swing. The higher the swing for either, the better it is for you.

Once you decide on what to do, ask if you can do it. The goal is to receive a YES each time you ask about it. Any time you receive a low level YES or a NO, releasing is needed. To find what to release, ask what is causing the problem and repeat **HEAD, CHEST, ABDOMEN** and **BACK** for a YES/NO to each, and turn to the chapter for the section selected. See page 65.

As you discover the negative thoughts involved, insight can give you instant resolution of your problem. Or releasing will raise your vibration where it is easier to be more positive. Continue releasing until you receive a strong YES response each time you ask about it.

It is important when you are dealing with a problem, not to look ahead but to stay in the moment. The further ahead you look, the more difficult the problem can seem to be. Do what you need to do or can do **TODAY** and tomorrow will be taken care. With problems, it is also important to set priorities. What is important and what isn't. Also, whose problem is it? If it is someone else's problem, it only becomes your problem if you let it be.

The more difficult a problem is or the more problems you have, the more necessary it is to work at getting on a positive vibration. Set your intent to be positive. Choose the easiest problem to work on first so that success is assured. Let your pendulum help you.

If you can't find a way to deal with your problems and continue to be negative, it will eventually develop into crisis and / or illness.

EXAMPLES: Solving Problems _____

The first time I ever experienced the instant change in energy in a release was in a class I was taking. Before we left for the evening the teacher had us form a circle, close our eyes and in our minds put anything that was bothering us in a trunk and bury it in the center of the circle. I was having problems with a friend and felt very distressed about it. I imagined a trunk, put all of the problems in it, wrapped it in chains so they couldn't get out and buried it very deep. I even piled stones on top of it. I really wanted it to stay buried! I suddenly felt a lifting of weight off my shoulders. I had come to the class feeling very burdened with problems and left feeling light and free. It was wonderful.

The worst storm I have ever been in hit at night. Branches were hitting the house and I could hear trees cracking as they fell from the fierce wind. It is the only time I became very frightened from the weather. Because the wind was so strong, I was afraid the windows might be blown in so I decided to sleep in the hall on the floor. I asked my guides to hold up my trees so they wouldn't fall on the house. I also began to visualize a dome of calmness over the house to keep it safe. Since I was also worried about my neighbors, I visualized an even larger dome over the canyon. I could see it all calm and quiet. However, when I went to check, it was still blowing very hard and the rain was coming down sideways in sheets. The tall pine trees across the canyon were bent almost flat. I went back to the hall and continued my visualization. I decided to build a strong wall at the entrance to the canyon to keep the strong winds out. I began to feel very calm and must have fallen asleep because when I woke up it was morning and the sun was shining. However, there were trees down everywhere. I was amazed that I had slept through most of it. It was a lot better than being terrified all night.

I seem to learn a lot from my animals because I spend so much of my time with them since I live alone. My old cat Puss Puss came down with leukemia and the vet said to put her to sleep. I couldn't do it so I thought maybe I could heal her. I spent a month doing everything I could for her but she just kept fading away. One night she disappeared. I searched everywhere for her. I left the door open all night in case she came back but the next morning she was still missing. I live on a canyon so I crawled up and down that canyon calling for her. I became hysterical as I thought of all kinds of terrible things happening to her and blaming myself for not taking better care of her. I finally decided that she had gone off to die and that was her choice. I found peace in that for awhile. Then I would think I heard her meow and I would frantically search the canyon again, crying all the way. No Puss Puss each time. I would finally give up, tell myself it was her choice and peace would again be with me. This went on for several days, alternating between crying and peace. When I finally gave up totally, I realized that what I had learned was the dramatic difference my thoughts made on how I felt and what I did. It brought to me the absolute sureness of how much thoughts affected how I felt. For this I thank her. When I think of her, I try to remember that it was her choice to die as she wanted to, as it is for all of us.

One night I was awakened by my animals being very nervous. I remembered reading about restless animals being a predictor of earthquakes so using the pendulum I asked if we were going to have an earthquake and the answer was YES. I spent a very frightened night expecting an earthquake that never came. I realize the next day that I hadn't asked if there would be an earthquake THAT NIGHT. Of course, I believed there would be an earthquake sometime so that is the answer I received. I try to remember to add NOW to what I ask about.

During a very difficult time in my life I had a dog that at times I was very mean to because he drove me so crazy. The more distressed I was, the crazier he was. We were not good for each other and I have always felt guilty about that. I still find and release powerful problems that I had with him. When you love an animal, it takes you to the vibration of love. If you hate an animal, it takes you to the vibration of hate. The same goes for people.

One day a friend called, wanting me to tell her where to find some important papers that she couldn't find. I told her I wasn't good at that and she should get her pendulum and find it herself. She was very desperate to find these important papers so she decided to try. She went thru her house but her pendulum indicated it was not in the house. When she asked where it was, she received a YES to the garage. She felt she had already looked thru the garage very thoroughly but she checked each box again with the pendulum. It responded with a YES to a specific box and sure enough, at the bottom of the box she found the papers! She was amazed and delighted, and immediately called to tell me about it. I was very impressed especially since she seldom if ever used her pendulum. It gave me enough confidence to do the same the next time I couldn't find something and it worked. I found it.

For many years a good friend of mine wanted to move to the small town I live in. On each visit she would look at houses to buy but always decide against it. Finally she found the perfect house but still hesitated, easily finding many reasons why she shouldn't do it. She asked me to check the energy with the pendulum. As I asked if she would buy the house, the energy expressed was NO. When I told her, she looked shocked and then realized all of the negativity she always had about buying a house. We worked on clearing her with the pendulum until the energy she expressed was YES. The next morning she called and told me she was going to buy the house. And she did!

One of the most interesting experiences I had that taught me a lot about releasing was while visiting my high school best friend in Pennsylvania. When young she had been a ballerina and had surgery on both knees. Now her legs bothered her so much she could barely move. She was a lawyer and not able to be out of pain long enough to accomplish much. She was in bed much of the time but couldn't sleep. She was really ready for help. We worked on releasing for a couple afternoons and she became revitalized, able to walk and work.

We then had an interesting experience with her car. We went to lunch and when we came back she couldn't find her pendulum. I asked the pendulum where it was and it responded with YES to her car. She checked her car but we didn't find the pendulum. However, she told me she had a very hard time driving her car because she always became terrified in it. Since she bought the car used, she thought something terrible had happened in the car previous to her buying it and she was experiencing that negative energy. We worked on clearing the car and her problems with the car, and from then on she never had any problems with it. Incidentally, she later found the pendulum in her purse. This is a perfect example of being led by the pendulum to what needs to be done, rather than what you think you need to do!

I have learned a lot from working with her. She would often call me for help in releasing. I learned I could read her energy over the phone, tell her what to release and read the energy as it released. Obviously there is no space-time at the energy level. She was in Pennsylvania and I was in California.

She is the first person who yawned her releases. Her first releases were very painful as though it was caught and being torn out of her. Her yawns were deep and long. She releases much easier now, yawning only occasionally. She is how I learned that yawning could happen when releasing. I have seen others do it since then. She recently came to visit and again was having problems walking. We did some very specific releases until all of her hip pain was gone and she could walk easily. She called me a week after returning home and told me she was still without pain. Then a few days later she called again. Some pain had returned and she turned to the page for the hip in this book. I had given her a first draft copy to check out. She did the releases indicated and the pain was gone. She was ecstatic. She had done it herself easily with this book. Needless to say, I too was delighted to know the book would work.

DEALING WITH CRISIS

The longer you are negative about a problem and/or the more intense the negativity, the more serious the problem becomes until it develops into a crisis. Excessive negativity can extrapolate to all parts of your life and even into your past when you decide not only are you not able to do anything right in your life now, but you never did anything right in the past either.

This kind of crisis can take you down to severe depression, a psychotic break, or even suicide. Or it can lead to violent behavior that can end in destruction or death. It just depends on which very low negative vibration you are on.

There are essentially two kinds of crises. One is a minor crisis in daily living and the other is a life crisis that requires massive changes. If you can learn to deal with a crisis as it occurs, it won't have to develop into a life crisis to get your attention.

When you experience crisis, it is showing you what is no longer working for you and that a change is needed. For the change to occur, you can either change your thoughts or change your life. If you change your life without changing your thoughts, it may not help. If you change your thoughts, your life may change for the better in ways you never considered possible.

The problem with crisis is that you are often so distressed that you are on too low of a negative vibration to even consider doing anything positive about your problem. What usually happens is that the distress becomes so unbearable you finally reach the point where you refuse to live that way any longer and the necessary change is brought about. However, the problem with this way is that you may think that what the change has brought you isn't at all what you wanted to happen, causing further distress.

It is important to understand that the only thing constant in life is change. It is the resistance to change that causes pain, both mental and physical. It is said that the only problem in life is the resistance to change. And that is because change is always meant to be for the best. If you accept the premise that Divine Order is always unfolding, then where you are is just right for where you are going. Learn to welcome change into your life.

Pain in the knee registers problems with change. The knee involved will show you if it is about yourself or others. With the pendulum you can find and release what is causing your problems with change. Expectations of how you should be or how others should be are often the cause of problems that lead to crisis.

RELEASE EXPECTATIONS

The easier way to avoid crisis is to notice the negativity building up and do something positive about it before it reaches crisis. In the middle of crisis, if you don't know what to do, it is best to ask for it to unfold in a way that is best for ALL concerned. You don't have to know how that is, you only have to trust that what then unfolds is the best for you and everyone involved. When dealing with the aftermath of a crisis, it is important to remember that all you have is what IS. It is from that point that you need to choose to be positive about what you say or do.

LEAVE THE PAST & LET YOUR FUTURE UNFOLD.

However, when distressed it can be very hard to figure out what to do. The advantage of using the pendulum is that you can pinpoint the energy block that is causing you problems. As you raise your vibration, you can view your problem from a higher vibration.

If you are very distressed you probably won't be able to think or do anything positive, including using the pendulum. In a very dark time in my life, I could see no hope for anything. I read the following and prayed each day that it was true. I copied it and carried the piece of paper with me constantly. I didn't realize it then but it not only set my intent for recovery but also became the basis of my philosophy for living.

May it do the same for you.

“There is a divine plan at the back of all things, and it embraces each and every life. Our life is simply a spiritual education, and suffering caused by our past actions is a part of this. God has never deserted us, and whatever happens is for the ultimate spiritual evolution of the individual and of mankind. The worst experiences are sometimes means of bringing to pass unseen good, and the hardest sufferings have always a positive and constructive purpose behind them. And, like everything else in the material world, suffering cannot endure permanently. Sooner or later, it must come to an end, as night ends when dawn lightens the morning sky.”

YOGA AND THE BIBLE by Joseph Leeming

DEALING WITH PAIN

Continued negativity about a problem in your life leads to pain in your body. Pain is the result of being on a low negative vibration. The longer the negativity about a problem, or the more intense the negativity involved, the lower the vibration and the more severe the pain.

Pain is the body's way of getting your attention, telling you that you are being too negative about someone or something. Even if you don't bother with the pendulum, begin to notice what is happening in your life as you feel pain. Learn to make the connection between the thoughts you are thinking and the condition of your body.

Each part of the body is affected by a specific set of negative thoughts. The location of pain can direct you to the negative thoughts that are causing the pain. If you have pain in two locations, combining the thoughts can direct you to the specific thoughts involved. If the pain is in a general area and you don't know where it is located, use the pendulum to find out what it is.

As you discover the negative thoughts involved, you can begin to understand what is happening in your life that is causing the pain. Insight can lead to understanding and/or resolution, and the pain can disappear as the vibration of your energy is raised.

If you can't do that, there are a variety of ways of getting rid of the pain. A tense muscle increases pain so if you relax a tense muscle, the pain can be reduced or eliminated. You can also touch a sore spot and tell whatever is causing the pain to leave and it will, or you can find and release the negative thoughts that are involved. Adding visualization to what you are releasing can make the releasing even more successful. Each of these methods works. However, it is important to find which one works best for you.

The following ways to get rid of pain are described on the pages indicated. I suggest you try each one. It may be that each will be used at different times, or several used together, depending on the severity of pain.

VARIOUS WAYS TO RELEASE PAIN

1. Relaxationpage 256.
2. Visualizationpage 88.
3. General Releasepage 92.
4. Pain Releasepage 93.
5. Specific Releasepage 94.
6. Finding what to release.....page 102.

It is very important to work on eliminating pain as soon as you feel it because the more severe the pain, the more difficult it can be to get rid of. It is also important to understand that when you are experiencing pain, ANY negativity will lower your vibration even further, increasing the level of pain. The lower the vibration, the more dense the energy becomes causing that part of the body to not function properly, making it susceptible to injury and disease.

By the time severe pain is experienced in the body you may be on too low of a vibration for the changing of your thoughts or even general releasing to be sufficient to raise your vibration high enough to get rid of the pain, and more specific releases are usually needed. Specific releasing is also important to get rid of any karmic energies involved.

As you begin to release all of the thoughts involved with the part of the body experiencing pain, you should be able to reduce the level of pain. Then as you change your thoughts or put the necessary changes into your life, you can get rid of the pain. Any time you fall back to your old negative thought patterns, the pain will return and should remind you that you are being negative again!

However, if releasing the negative thoughts involved with the part of the body that is experiencing pain doesn't eliminate the pain, it is necessary to discover what else is involved that needs to be released. Remember that ANY negativity will lower your vibration which also lowers the vibration for any area experiencing pain. To raise your vibration, it is necessary to find and release what is causing your pain as shown on page 102.

If you can't eliminate the pain yourself, you may need assistance to help get rid of it, such as a chiropractor, doctor, or even pain therapy. See chapter on ASSISTANCE. However, also continue to work at releasing whatever is CAUSING your pain to help any treatment to be more effective.

In dealing with severe pain, if you need pain medicine for relief, take it as you first begin to feel the pain. If you wait until the pain is severe, it will require a much higher dose to get relief. Try to reduce or eliminate the use of drugs as soon as possible. Learning to relax is also a very important part of learning to live without pain because any distress can bring on or increase pain.

Learning how to get rid of pain is the first step in learning to heal yourself. It will also give you a great sense of control in your life. You will no longer feel like a victim and helpless in the face of pain. Instead, it can become your teacher.

EXAMPLE: Personal Experience with Pain_____

I have had a lifetime of pain. I was born without a left hip socket and grew up walking with a limp and a lot of pain, but I never let it slow me down. My first collapse came when I was working as a waitress to help pay my way through college. The doctor said then that I had just taken 20 good years off of my walking life by abusing my leg so badly. He did not want me to go into teaching but I didn't know what else to do. I was young and full of energy except for this leg that kept getting in my way. I played tennis and basketball and did all that I loved to do and even today, I wouldn't have changed a thing. However, I did pay quite a price.

The pain grew increasingly difficult to live with. By the time I had my baby, I was in constant pain. My husband was a medical detailman so I had access to pain killers, which I lived on. I went back to teaching after getting my master's degree and the pain became so intense I could barely walk. I should have gone to a cane but my vanity prevented it. Pain killers no longer helped much and by the time I was 30 my leg was finished and I had to have surgery. Hip replacement at that time was new and not recommended for someone as young as I was, so they decided to try to build a hip socket. It didn't work so they eventually had to put in a hip replacement and that didn't work either.

Each time I would venture out I would hurt my leg and it would be six weeks in healing. It was a constant problem. Finally I found it very difficult to do anything for fear of getting hurt. The pain turned me into a recluse. I no longer had my teaching position, my marriage collapsed, I had a child to care for, and I was still in pain.

After I was divorced I had my last surgery. The hip had collapsed and the hip replacement had to be removed. My leg was 3 inches shorter but I was essentially out of pain. I was told I would never get off of crutches but being out of terrible pain was like being reborn. It was at this time I began learning about the pendulum.

Several years later I went on a silent Peace March in memory of HIROSHIMA. I had to climb a steep hill to a little chapel and in the process seemed to have pulled a muscle in my leg. I thought at the time that I was out of shape and really had to get back to exercising. By that night I couldn't move. I recognized that pain as I had lived with it for years. I totally accepted that I would be incapacitated for 6 weeks. It hurt so badly that I could hardly breathe. After two days of this, I decided I really didn't want to be down for 6 weeks. I had been experimenting with releasing small pain successfully and here was my chance to work on severe pain.

I asked the pendulum if I could release the pain and it signaled YES. I began releasing and also saying healing affirmations. I wish I had recorded the sequence but I didn't. However, within a few hours ALL OF THE PAIN WAS GONE. It was unbelievable, especially after having lived with that pain for so many years.

The next day I went to work, got a little distressed about something and the pain returned a little. I again released what was causing it and the pain was gone for good. It taught me the lesson of my life. I no longer needed to be a victim of pain. At the first sign of pain I checked it out to see what was causing the pain and then released it. And I did very well for many years.

However, 10 years later I broke the knee on my bad leg. My other knee became very distressed as a result of the increased use of it as I struggled to keep going. I had been using a cane but now I was back to crutches. The doctor said I would be in a wheelchair within a year so I changed doctors. The new doctor wanted to do four different surgeries, hip, both knees and my wrist that had developed Carpel Tunnel Syndrome. While waiting to see him, I picked up a magazine that had the story of a woman recovering from spinal paralysis. She said a chiropractor was helping her to recover.

I decided I did not want surgery because of my past bad experience with surgery. I left the office and went to a chiropractor. I am now essentially out of pain, and go back to the chiropractor when I am experiencing pain that I can't get rid of. I am finally back to a cane, off of pain killers most of the time, and doing very well again. I have to add that I have also done a lot of releasing. If I get distressed, the pain returns. If I get very distressed, I can't walk. Controlling my level of stress is essential to being pain free.

Pain is often experienced as small lumps in the body just under the skin, and are very sore when pressed. I had one very sore spot along the edge of my ribs near the sternum. I thought my muscles for walking were attached there because I could feel it pull as I took each step. I assumed it was from not walking right. I never thought to ask the pendulum until one day when it was particularly painful. Much to my surprise it was RAGE AT HAVING TO USE A CANE.

I did the release and worked on changing my thoughts about using the cane. Now I try to think nice thoughts about the cane and how it helps me get around easily. That sore spot isn't there any more and I am very grateful to be out of pain most of the time, and to know what to do when I am in pain.

DEALING WITH ILLNESS

Illness is the result of being on a very low negative vibration because of either long term negativity about a problem in your life, excessive negativity because of too many problems in your life, or a very intense negative experience. The more negative the energy, the more dense the energy becomes, causing the part of the body involved not to function as it should.

Certainly the location of illness will direct you to the negative thoughts involved. However, because illness is the result of being on a very low vibration, simply changing your thoughts may not be sufficient to raise your vibration high enough for healing to begin. It often requires making changes in your life which can be much more difficult to do. The more serious the illness, the more changes that may be needed, or it may even be that a very drastic change is needed. The problem is that the more severe the illness, the more difficult it can be to put the necessary changes into your life.

As you discover the cause of the illness, you will know better what is needed to insure recovery. However dealing with the changes needed in your life can be the hard part. If someone who has been sick is returned to the same situation that made them ill in the first place, recovery is impeded and/or relapse occurs.

Once a physical illness has manifested in the body, it can take time to undo the problem. The more severe the problem, the longer it can take. A simple illness may be healed quickly whereas it may take years to overcome severe difficulties and assistance is usually needed. A life threatening disease is the body's last attempt to get your attention. It is a call to change the way you are living your life now or die.

The interesting thing about 'ILLNESS' is that it is often there for a purpose. It can give you an excuse to do what you ordinarily wouldn't allow yourself to do. This can account for everything from a cold that gives a needed rest, to a severe illness that finally makes you quit a job that you hate. What is your illness doing for you?

Think of illness as a gift from your soul, and see what it is giving you, for that is what you need. When you are sick, it can be very difficult to think in these terms. The last thing you want to hear while in crisis or sick is that this is the best thing that has ever happened to you, but it can be. And, in fact, it is meant to be.

Any disability you are born with is considered to be karmic and eliminating the karmic negativity involved is what you are here to do. Even a problem that is said to be genetic doesn't mean that you can't change the energy. Because, of course, energy is the bottom line.

Think of disease as DIS-EASE in the body, showing a negative vibration. I consider the diagnosis of a disease as simply the description of a particular negative vibration and healing takes place on a positive vibration. As you raise your vibration by either changing your thoughts and/or releasing, you move off of that negative vibration and healing begins. Many times I have seen the diagnosis for an illness changed after releasing.

When you are sick, try not to think about or talk about being sick. Instead, put all of your energy into what you have to do to get better. The pendulum is a wonderful companion when you are sick. It gives you something positive to do. Use your pendulum to find out what is needed for healing. Direct your questions to your Higher Self, Higher Guidance, or your Body. If you don't, your Lower Self may answer because you are already on a very negative vibration.

It is very important to understand that ANY negativity lowers your vibration and increases any problem, pain, illness, or injury. It can even cause relapse and can be especially harmful if it is negativity related to the area involved with your illness.

Therefore, it is imperative that you not only work at your thoughts being positive but it is also necessary to take positive action to help your body to heal. The more positive you are able to be in thought, words and actions, the higher your vibration and the less dense the energy involved, allowing the body to function once again.

If you are injured, in the need of emergency care, or having surgery, it is very important to stay positive about the care you receive and also the outcome. Say positive affirmations about all that happens. Your attitude about recovery determines the outcome.

In the final analysis all you've got is what is. Where you are at this moment is all that really matters. If you can't figure out why you are sick or see anything positive about it, simply focus on getting better each day. That is certainly the best positive action to take anyway. Focus on what you can do, not what you can't do. Remember that what you focus on continues. See page 249 for assistance.

If you are dealing with a terminal illness, gather loving friends around you so their loving energy will help to raise your energy. Do not allow anyone to say anything negative about how you are or aren't. Also, remember that none of us knows when we are going to die, no matter what anyone says, even about a terminal illness. Rather than thinking about dying, think about living fully each moment. For in transition as in life, you experience it from the vibration you are on. Go with joy into the light.

HEALING YOURSELF

Illness is your body telling you that it is time to change. Those people who have a crisis in the form of illness recover best as they put the necessary changes into their life. They learn to eat better, relax more, slow down, do what they have always wanted to do.

For those who refuse to change, their life and illness get worse until it finally does get their attention or they die. Some people would rather die than change and that is certainly their choice. However, if the problem is simply not knowing how to change, the pendulum can help you. No longer do you have to guess at what the problem is, the pendulum can help you to determine exactly where your energy is blocked and what is best to do about it.

Everyone is different and what works for one person may not be what works for another. Vitamins, exercise, relaxation, visualization, and affirmations are all useful to assist in healing. It may take just one or a combination to help you to get better. (Read pages 268-269 for example.) However, no matter what else you do, the releasing of negative energy is the most effective way to help your body heal and allow everything else you do be more successful.

For healing to take place, it is important for you to realize that you can be healed. Your body knows how to heal itself but you will be healed in direct proportion to your belief that you can be healed. In order for you to do that, start with small pains and learn to release them. As you have success in releasing pain, you gain more confidence in your ability to heal more difficult problems.

It is also helpful to read about others who have been healed. Read PEACE, LOVE & HEALING by Dr. Bernie Siegel because it is very inspirational. Also, read LIFE ON THE LINE by Rory Elder, THE HEALING JOURNEY by Simonton & Henson, and IT'S NOT ABOUT THE BIKE by Lance Armstrong. You may even go to a support group, prayer group, therapist, etc. The more convinced you are that being healed is possible, the more successful you will be at it. Commitment and determination bring success.

You CAN be healed. You are the one who had the negative thoughts in the first place and you are the one who can change those thoughts now. Make sure you focus on the cure, not the illness. It is important to realize that healing does not always mean curing but you can always feel better. The higher you can get your vibration, the better you will feel.

The bottom line in healing is YOUR INTENT. It sets the energy for the unfolding of a disease and also the cure. Why not expect a miracle because miracles do happen! If for others, why not for you?

EXAMPLE: Patient Recovery

The following description, of a patient taking control of his life and his illness is truly inspiring, and I included it in this book because nothing I could write would be as effective. The patient's statement tells it all: "*Doctor, in the beginning I needed you in order to get well. Now I think you could disappear and I could still make it on my own.*" His dismay at missing a session shows his passionate devotion to doing his mental imagery (visualization) exercises.

However, it is not just "doing it 3 times a day at exactly the same time" that did it. It was doing it regularly with a strong POSITIVE INTENT that made it happen. This patient KNEW he could do it and he did. It is important to understand that healing takes place in direct proportion to your BELIEF that it is possible for healing to be successful. What do you believe? What is your intent? It can be surprising to find out with the pendulum what you really believe compared to what you think you believe. See pages 155 & 255.

Excerpt from GETTING WELL AGAIN by Carl Simonton, M.D, Stephanie Matthews-Simonton & James L. Creighton on pages 6 - 9.

"The first patient with whom an attempt was made to apply our developing theories was a sixty-one-year-old man who came to the medical school in 1971 with a form of throat cancer that carried a grave prognosis. He was very weak, his weight had dropped from 130 to 98 pounds, he could barely swallow his own saliva, and was having difficulty breathing. There was less than a 5 percent chance that he would survive five years. Indeed, the medical school doctors had seriously debated whether to treat him at all, since it was distinctly possible that therapy would only make him more miserable without significantly diminishing his cancer.

Carl (Dr. Simonton) went into the examining room determined to help this man actively participate in his treatment. This was a case that justified using exceptional measures. Carl began treating the patient by explaining how the patient himself could influence the course of his own disease. Carl then outlined a program of relaxation and mental imagery based on the research we had been accumulating. The man was to set aside three, five-to fifteen minute periods during the day - in the morning on arising, at noon after lunch, and at night before going to bed. During these periods he was first to compose himself by sitting quietly and concentrating on the muscles of his body, starting with his head and going all the way to his feet, telling each muscle group to relax. Then, in this more relaxed state, he was to picture himself in a pleasant, quiet place - sitting under a tree, by a creek, or anywhere that suited his fancy, so long as it was pleasurable. Following this he was to imagine his cancer vividly in whatever form it seemed to take.

Next, Carl asked him to picture his treatment, radiation therapy, as consisting of millions of tiny bullets of energy that would hit all the cells, both normal and cancerous, in their path. Because the cancer cells were weaker and more confused than the normal cells, they would not be able to repair the damage, Carl suggested, and so the normal cells would remain healthy while the cancer cells would die."

“Carl then asked the patient to form a mental picture of the last and most important step - his body’s white blood cells coming in, swarming over the cancer cells, picking up and carrying off the dead and dying ones, flushing them out of his body through his liver and kidneys. In his mind’s eye he was to visualize his cancer decreasing in size and his health returning to normal. After he completed each such exercise, he was to go about whatever he had to do the rest of the day.

What happened was beyond any of Carl’s previous experience in treating cancer patients with purely physical intervention. The radiation therapy worked exceptionally well, and the man showed almost no negative reaction to the radiation on his skin or in the mucous membranes in his mouth and throat. Halfway through treatment he was able to eat again. He gained strength and weight. The cancer progressively disappeared.

During the course of treatment - both the radiation therapy and the mental imagery - the patient reported missing only one mental imagery session on a day when he went for a drive with a friend and was caught in a traffic jam. He was most upset, both with himself and with his friend, for in missing just that one session he felt his control over his condition was slipping away.

Treating this patient in this way was very exciting, but it was also somewhat frightening. The possibilities for methods of healing that seemed to be opening up before us went beyond anything that Carl’s formal medical education had prepared him for.

The patient continued to progress until finally, two months later, he showed no signs of cancer. The strength of his conviction that he could influence the course of his own illness was evident when, close to the end of his treatment, he said to Carl: “Doctor, in the beginning I needed you in order to get well. Now I think you could disappear and I could still make it on my own.”

Following the remission of his cancer, the patient decided on his own to apply the mental imagery technique to alleviate his arthritis, which had troubled him for years. He mentally pictured his white blood cells smoothing over the joint surfaces of his arms and legs, carrying away any debris, until the surfaces became smooth and glistening. His arthritis symptoms progressively decreased, and although they returned from time to time, he was able to diminish them to the point where he could go stream fishing regularly, not an easy sport even without arthritis.

In addition, he decided to use the relaxation and imagery approach to influence his sex life. Although he had suffered from impotence for over twenty years, within a few weeks of practicing the imagery techniques he was able to resume full sexual activity, and his condition in all of these areas has remained healthy for over six years.

It is fortunate that the results of this first case were as dramatic as they were, for as we began to talk openly in medical circles about our experiences and to put forward the idea that patients had a much larger influence over the course of their disease than we gave them credit for, we received strong negative reactions. Indeed, there were many times when we, too, doubted our own conclusions. Like everyone else - and particularly anyone with medical training - we had been taught to see illness as “happening” to people, without any possibility to individual psychological control over its course, or little cause-and-effect relationship between the illness and what was going on in the rest of their lives.”

EXAMPLE: Immune System

To show how effective the immune system can be in getting rid of even cancer quickly, I have also included the following excerpt from GETTING WELL AGAIN (pages 42-43) by Dr. Carl Simonton, Stephanie Matthews-Simonton and James L. Creighton.

This excerpt was first reported in THE BODY IS THE HERO by Dr. Ronald Glasser. It is important to understand that stress (negativity) suppresses the immune system allowing susceptibility to illness. Also read IMMUNE SYSTEM on page 254.

“In a rare incident, even though everything possible had been done to ensure that the kidney donor was healthy, a kidney with unobserved cancer nodules was placed in a person who had received drugs to suppress his immune system for the transplant. After the operation, the patient was given further medication to continue suppressing the immune system and thereby prevent the body from rejecting the kidney. Within days, the transplanted kidney began to enlarge. The reaction looked like some form of active rejection but the kidney continued to function normally. A few days later, a routine X-ray revealed a tumor in the patient’s chest. Since chest x-rays taken four days earlier had showed no such mass, clearly it was something that had developed since the operation.

A day later a similar tumor could be seen in the other lung. When an emergency operation was performed, the upper half of the transplanted kidney was found to be three times the size of its lower half. A biopsy of the abnormal portion showed it to be full of malignant cells. The physicians concluded that the masses in the lung were metastatic cancer (that is, malignant cells had broken away from the original cancerous mass and begun to reproduce in other parts of the body). The startling thing was the speed with which the masses had grown. Within days, cancerous masses had appeared that would normally have taken months or even years to develop. There was no choice but to stop administering the drugs that suppressed the body’s defenses.

Within days, as the patient’s immune system came back to normal, the masses in his lung began to disappear and his transplanted kidney began to shrink in size. But with the stoppage of the drugs, it became obvious to the physicians that as the patient began to “reject” his cancerous cells, he also began to reject his transplanted kidney. They had no choice. They couldn’t run the risk of the cancer returning, so they kept the patient off his immune-suppressive drugs; the cancer was destroyed but the kidney was also completely rejected. The rejected kidney was removed and the patient put back on chronic dialysis. He survived with no further evidence of cancer.”

“The physicians concluded that the donor’s immune system had kept these cells in his own kidney in check, preventing them from spreading. It is even possible that the donor’s natural defenses were sufficiently strong that he might never had been aware of the presence of malignant cells, but when the organ was transplanted into a person whose defenses were suppressed by drugs, there was nothing to prevent them from running rampant. Despite the rapid spread of the cancer - and this is most important - when the body’s normal defenses were allowed to function again, the cancer was quickly destroyed.

This story and a significant body of other research demonstrate that the development of a cancer does not require just the presence of abnormal cells, it also requires a suppression of the body’s normal defenses [immune system].”

WHAT YOU BELIEVE TO BE TRUE IS TRUE FOR YOU.

The power of your thoughts is truly amazing. That is why it is so important to become aware of your thoughts. The following examples are from PEACE, LOVE & HEALING by Dr. Bernie Siegel on pages 85-87 and show the power given to what a doctor says.

“However, because most of us don’t really take the power of word images seriously, we often cripple ourselves with negative messages, from ourselves or our authority figures, instead of empowering ourselves with positive ones. Words can kill as well as heal, a fact more physicians need to be aware of. Cardiologist Bernard Lown tells two stories that illustrate this point in his introduction to Norman Cousins’s book THE HEALING HEART. They illustrate why communication is so vital and why it should be taught in medical school.

In one instance a doctor was making hospital rounds with his students and referred to a patient’s condition, tricuspid stenosis, by its initials. He announced, “Here is a classic case of TS,” for the benefit of Lown and the other residents in the room, and then exited. As soon as he left, Lown noticed that the woman was in great distress, her pulse elevated, her previously clear lungs filling up with fluid. When he asked her why she was so upset, she told him it was because the distinguished doctor had declared her a “Terminal Situation.” All reassurances to the contrary proved useless - the great doctor had spoken after all - and she could not be persuaded that her problem was relatively minor. By nightfall the woman had gone into acute heart failure and died.

In later years Lown was on rounds with his students when he pointed out a critically ill patient who had what he called a “wholesome very loud third-sound gallop” to his heart. In medical terminology a gallop rhythm means that the heart is failing because the cardiac muscle is badly damaged and dilated. There was nothing further to be done for this man, and little hope for his recovery. Nonetheless he did make an amazing return to health, and explained why some months later: As soon as he heard Dr. Lown describe his heart as having a “wholesome gallop”, he said he figured that meant it had a strong kick to it, like a horse, and he then became optimistic about his condition and knew that he would recover - which he did.

Perhaps most dramatic of all is the story a woman told me in a letter about her aunt. The aunt was diagnosed with a malignant brain tumor and given three months to live. In desperation she went to Mexico for laetrile, returned home and was doing beautifully a year later, having gone back to work and started driving a car again. She felt great. Then one day she ran into her original doctor, who expressed shock and surprise that she was still alive. When she told him what she had done, he indignantly proclaimed laetrile quackery and berated her for wasting her time and money and said he could show her proof. She died that night.”

You can see from these examples how seriously what someone says, or your interpretation of what someone says, can quickly influence what you believe, for better or for worse. What you believe to be true is what is true for you. That is why it is so important to learn to find the positive in all that happens because you experience life, health, and death from the vibration you are on.

I have read that for most people 80% of their thoughts are negative. The harm that does to their mental and physical condition is enormous. What are your thoughts about, especially in the dark on a sleepless night?

On one of those dark nights I was raging at myself for not doing something right. Soon I thought I had never done anything right in my whole life. I became so enraged that I really scared myself and suddenly heard with absolute authority, “THAT IS ENOUGH OF THAT.” I popped out of that dark hole and sat down almost dizzy, looking around to see who said that. I took a deep breath, found myself OK and went to bed, and right to sleep!

The reason it is so necessary to spend your time raising your vibration is so that in times of crisis your Higher Self is strong enough to be heard while you are engulfed in negativity. If you are on a very low negative vibration and your Lower Self is firmly in control, no positive thoughts or actions are even considered. The distance in vibration between the two is too great to get in touch with your Higher Self.

Realizing the power of your thoughts is essential. Choosing to be positive each moment is the best thing you can learn to do. However, seldom does the same thing work for everyone. You need to find what works best for YOU. Let your pendulum help you to discover the path that is best for your happiness and your health.

HEALING OTHERS

When someone you love is very sick, remember that your thoughts direct your energy to them. Make sure those thoughts are positive. If you don't know what to do for them, ask for what is best for them to unfold in the highest and best way possible.

You can also use the pendulum to help others to heal. You can discover what their problem is and what needs to be released. You can have them do the releasing or you can do the releasing for them.

When working with others it may be a problem using the pendulum in front of some people because the pendulum can cause them to become uncomfortable or even frightened. Few people know about or understand energy and some even consider the pendulum to be an expression of evil. The best way to have others understand the movements of the pendulum is to have them use it.

It can be difficult to accurately read the energy for someone else and it can be even more difficult to release for them. It should only be done after you have worked on yourself for a long time so you are on a high positive vibration. The main problem involved with healing others is that as you touch into the very negative vibration of someone who is sick, you move to that vibration yourself. If you are not clear on that vibration, you can become sick too. If that happens, use it as a guide to what you need to release.

Also, you can make a lot of mistakes in interpretation when you begin reading energy. It is better to make those mistakes on yourself first. Working on someone else's energy is a very serious thing to do and should not be done indiscriminately. In fact, I still prefer to teach others to use the pendulum so they can answer their own questions rather than answer questions for them.

As you read the energy for someone else, it is very important that the energy you are reading is the other person's energy and not your own. For that reason, I usually use a pendulum that is on the vibration for reading others but won't answer questions for me. I call these **HEALER PENDULUMS**. To find one, ask the pendulum if it can read the energy of others and if you receive a **YES**, ask if it will give you answers about yourself. If the answer is **NO**, use that one.

When reading someone's energy, make sure your **INTENT** is to read **THEIR** energy. It is also very important that you are receiving answers from your **HIGHER SELF** or from **HIGHER GUIDANCE**. Otherwise, if you are emotionally attached to the person, your **LOWER SELF** could be answering. Then you are using the pendulum in a manipulative way rather than a healing way. Always check for the source of your answers. See page 64.

To see the energy of someone, add their name to the following statement and ask: “*SHOW ME THE ENERGY FOR _____.*” You can get more specific and add the exact part of the body, problem, or illness of that person. Stay focused on the person and keep repeating what you want to know until you receive a response from your pendulum. You can confirm you are right by repeating the statement and asking if it is correct for a YES/ NO. Pages 62-63.

To find what to release for someone, insert their name into the following and ask: “*WHAT DOES _____ NEED TO RELEASE?*”

Keep the intent to find what THEY need to release. Repeat: Head, Chest, Abdomen, Back for a YES/ NO to each. See page 102.

Once you have found what to release, you can have them do the release or you can do it for them. You can even do the release if they are elsewhere, unconscious, or even in a coma. If you do the release for them, focus on that person in your mind, state their name and say that you want them to release all karmic, past and present problems with whatever is being released. See pages 84-87.

Watch the response of the pendulum as you state the release. If the pendulum stops midway, it means the release isn't working and you need to be more demanding while making the statement of release. If the release doesn't work, your statement isn't correct. Always ask if a statement is right with a YES/NO before releasing.

Visualization can be added to releasing either by you or who is doing the release. Visualization added to releasing increases the effectiveness of the release. To use visualization, see them in your mind's eye in whatever way that works for you. See page 88.

When asking questions about or doing releases for someone not with you, it is important to make sure you are in touch with their energy. To do that, focus on that person and ask to see their energy. For me, I know I am in touch with their energy when the pendulum gives me a strong YES signal. Then either direct any question to their Higher Self or the part of them that you want to communicate with.

If you are asked by someone to find out something about someone else, ask them to focus on the person involved. Then silently ask to see the energy of that person, which is setting your intent. You will be on their energy when you receive a strong YES pendulum response.

When doing energy work on others, it is important to stay positive and know that it is their choice what they do with the energy. Do not blame yourself if it doesn't work out in the way you wanted it to. What they do with their energy is up to them at the energetic level which may or may not be a conscious level.

The pendulum can also be used to read the energy of your pet. Place the pendulum over each part of your pet to see the energy for each part to locate where the lowest energy is. If the pendulum won't move, it shows the energy of your pet is totally closed down. Any closed down energy should be raised as quickly as possible. Since pets can't do the releases, you will have to do it for them.

Releasing for your pet is the same as releasing for someone else. State their name and tell them to release all karmic, past and present problems with whatever is needed. To find what to release, you can use the same process as you do for yourself. However, you need to change the words to apply to an animal.

For example, if your dog has a problem with a back leg, the thoughts involved with the legs are about NOT MOVING FORWARD. If you think about a dog not moving forward, it is probably about not getting to run enough or even running too much! To find which it is, repeat each for a YES/NO. If the problem is with a front leg, that would relate to anything in the arms. It is often a problem with OTHERS LEAVING. Many animals do not like to be left home alone and it shows up as a sore front paw. With the opposite paw it could be NOT RECEIVING ENOUGH LOVE. Gender determines the side involved. See pages 136-137.

When I was first learning to read the energy of animals, a good friend who raised Arabian horses asked me to find out what was wrong with her horse. She had bought a half interest in a horse and planned to sell the horse when the time was right. Unfortunately the horse developed a bad limp and no one could find out what was wrong. She finally asked me to check it out. I determined that the horse did not want to be sold and leave his home. She decided to buy out the other half owner and keep the horse there at the ranch hoping he would heal. The limp quickly disappeared.

Too often people assume that animals don't have feelings. However when you check their energy and discover the thoughts that create that energy you can see how sensitive any animal is to what is happening to them. Being able to change that energy can have a profound affect on the well-being of an animal.

However, it is important to realize that it is not always possible to save a pet. On the next page is an example of healing my dog which was successful. But I was not successful in healing my cat and caused her a long slow painful death instead. I was determined to save my dog and I did, but I could never convince myself that I could save my cat, and I didn't. A merciful end would have been kinder.

My dog Princess, a Golden Retriever, had a series of seizures that resulted in the left side of her body being almost totally paralyzed. I immediately rushed her to the vet. On the way, I had two very different visions about her. First I could see her joyously greeting me at the front door. The other was seeing her being buried. It was as though I had a choice, and I fought to keep the vision of her joyously greeting me. I was DETERMINED that she would live.

The vet examined her and said she had a brain tumor and it was terminal. Because I wanted to believe that she would live, I had them do other tests on her to see how the rest of her was. They found that everything else was functioning normally so I felt I had a chance at healing her and I took her home.

She had such great courage. She tried so hard to get around but kept collapsing as she tried to walk. However, she could manage to get outside so I was sure we could make it. I began to find and release the negative energy involved for the next two days. On the third morning she jumped off the bed and ran up the stairs wanting out! However, she still had some problems and it took several more weeks of releasing before all of the symptoms disappeared.

While releasing for her, I discovered that the most powerful negative energy involved was in her head and was about WHAT SHE WAS FACING. What had been happening in our life was that my daughter had left her dog with me while she was gone for a month, and her dog had puppies while with us. Princess was very curious but I wouldn't let her near the puppies. I had no idea that the puppies were distressing her.

I had a friend care for the puppies while Princess was at the vet so when she came home they weren't there and Princess began to recover quickly. However, the puppies had to return a week or so later. Although I tried to keep them far apart, when she saw a puppy some of her symptoms returned. It was not until I was able to find homes for all of the puppies was she able to fully recover.

I also discovered with the pendulum that she had hated the puppies because they were taking all of my time. Puppies require a lot of attention, and my attention usually went to Princess. If I hadn't been able to find the cause of the problem with the pendulum, I might never have been able to save her. Certainly I never thought the puppies would cause her such devastation.

She would still get some symptoms later when she saw a puppy owned by friends. After the puppy grew up, she didn't have any more symptoms and lived another six years in perfect health.

DIVINE ORDER

DIVINE ORDER is always unfolding. Divine order is not something that God imposes upon you, instead it is the perfect unfolding of your soul's deepest desires. Learning to trust in that unfolding is what we are here to learn to do. This is a very high vibration and a very demanding vibration to be on. It requires you to be trusting of all that happens. It is resistance to what is happening that is the cause of negativity. That does not mean you should accept anything negative that is happening to you. Instead, negativity is showing you what isn't working for you and that change is needed.

You can either change your thoughts or change your life. If you change your life without changing your thoughts, it may not help. If you change your thoughts, your life may change for the better in a way that you never could have imagined!

The higher your vibration, the more the demand is to stay centered. When not centered, you will really feel it. When that powerful high energy is turned inward on a negative vibration, it can be very destructive. Do not blame yourself for any negativity that you feel or experience. Instead let negativity show you what you need to change or release. However, know that whatever happens or how badly you respond to it, Divine Order is still unfolding and will eventually unfold in a way that you will accept.

An excellent example of Divine Unfolding through great negativity is written by Donald Walters in his book, *THE PATH*. He is known as Swami Kriyananda and was one of the foremost disciples of Yogananda. After the death of Yogananda he lost his way, even wanting to die. He was finally expelled from the Self-Realization Fellowship and wandered for several years looking for direction. He eventually founded Ananada Cooperative Village, his spiritual community in Northern California, a dream he had since youth. His journey is really worth reading. It showed me that no matter how well trained you are you can still get lost, but you will eventually find your way no matter how long it takes. It always gives me great hope when I am in the midst of doubt or depression.

The problem with Divine Order is that it is very hard to see *THE BIG PICTURE*. All we see is the past, the present, and how we think the future should be. It is our expectations of how we think it should be that causes all of the problems in life. Release expectations and trust in the unfolding.

The only thing that really matters is what *IS*. This moment is all you really have. The past is gone and the future isn't here yet. Be positive today and tomorrow will be taken care of.

Probably the most compelling evidence that illness in the body is not of the body, is from a study of MULTIPLE PERSONALITIES. Dr. Bennett Braun in the special issue of the American Journal of Clinical Hypnosis devoted to multiple personality reported on the case of a woman who is DIABETIC while expressing one personality and NOT DIABETIC while expressing a different personality!

This example shows the extreme difference of a negative and positive vibration in one person. How you are when on a negative vibration is much different from how you are on a positive vibration. The goal, of course, is to stay on a positive vibration at all times. However, what is positive for one person may be negative for another. The direction of the swing of the pendulum can show which it is for you.

It is very easy to be on a negative vibration from being constantly bombarded with the negativity expressed from others, in magazines, newspapers, books, movies, and especially television. Each can lower your vibration. The lower your vibration, the more distressed you become. From a very low negative vibration, depending on the vibration you are on, you could become depressed, violent, or sick.

It can be very hard to be positive at all from this very low negative vibration and professional assistance may be needed. No one thing works for everyone so it is necessary to find what works best for you. Let your pendulum help determine what is needed.

However, it is important to remember that the desire to be more positive sets the intent to be positive. Then you have to make the choice, each moment, to see the positive in what is happening. If you can't do that, you will have to work at being positive. As you encounter a problem, identify and release it. As a negative thought arises, replace it with a positive thought or affirmation. The more positive you are, the higher in vibration you go, and the more stable your energy becomes on a positive vibration.

A woman who had been very depressed called me after reading a copy of this book. She told me she didn't do much with the pendulum but realized she was making herself depressed with her negative thoughts. She decided to release each problem as she encountered it, which really helped. She discovered it was then much easier to be positive about her problems and realized she was no longer depressed. She quickly got the message of this book - negative thoughts make you feel worse and positive thoughts make you feel better! Whether you use the pendulum or not, watch your thoughts.

Happiness and health are meant for you. You deserve it!

CONCLUSION

As you heal yourself, you also help to heal the planet. The energy of our planet is determined by the combined vibrations of all the people on it. As more people raise in vibration, so does the vibration of the planet. In the last few years it has moved from a lower vibration of fear to a much higher vibration and is raising dramatically each year. Humanity is moving forward to a new level of consciousness.

What this means for you is that now is the time to do what you want to do and love doing it because the energy of the planet is pushing you forward to do it NOW. Life can seem increasingly more difficult with continued resistance. It is time to change.

The following statement from a friend, "THE BODY IS VERY LITERAL, SEE WHAT IT IS TRYING TO TELL YOU," sent me on this journey of discovery which I am pleased to share with you. It was with the pendulum that I was able to discover the negative thoughts affecting each part of the body. Now, with the pendulum you can locate and identify the exact thoughts lowering your vibration, causing negativity, problems, pain, or illness.

As you discover the negative thoughts involved, DO NOT BLAME YOURSELF for thinking those negative thoughts. I will say this many times throughout this book because the first thing someone usually says is, "I SHOULDN'T THINK THAT WAY!" Don't do it. Let insight into your negativity allow you to see the positive in it and take you to transformation. If you can't do that, you can release the negative thoughts involved. Releasing raises your vibration and changes your energy.

Healing takes place on a positive vibration. The use of positive affirmations can also help you to stay positive until you can learn to be positive at each encounter. Remember that it is your thoughts that create your energy and it is your energy that manifests.

In the following chapters you will learn HOW TO USE THE PENDULUM, HOW TO LOCATE NEGATIVE ENERGY, HOW TO RELEASE, THE THOUGHTS THAT AFFECT EACH PART OF THE BODY, and WHAT TO DO WHEN YOU ARE SICK.

Let your pendulum help you find what is needed to live the life you desire.

WHAT YOU THINK ABOUT
YOU BRING ABOUT