

10 YOUR BACK

*When everything seems to be falling apart
It really is coming together
in a **BETTER** way*

THE BACK

The amount of negativity in any part of the back can be seen with the height, direction, and speed of the pendulum or by using the vibration scale. The vibration scale is provided as a means of keeping track of your progress if you want to.

The first time you read this chapter do the VIBRATION CHART for the BACK on page 235 to find the location of your negativity. Then read about each part of the back to become familiar with the negative thoughts involved with each part.

Negativity, pain, or illness in any part of the back can direct you to the negative thoughts involved. However, to release it is best to use your pendulum and the INDEX for the BACK on the next page to determine which part of the back to use. Once you discover the negative thoughts involved, do not blame yourself for thinking those thoughts. Instead, use the pendulum to find which negative thought to either change or release.

If releasing is needed, the BASIC releases should be done first to get rid of any karmic energies involved. After that, it is necessary to EXTEND the release by adding who and/or what is involved. Each of these extended releases may need to be used many times with a different combination added each time.

The releases presented are just a guide. Use your pendulum to determine which word to use, which release to use, and who and/or what to add to the release. Always make sure the statement is correct before releasing. A successful release should increase the swing of your pendulum and raise your position on the vibration scale. Use the DIRECTIONS at the bottom of each release page for help in finding what is needed at any time.

FOR ASSISTANCE, SEE THE FOLLOWING PAGES:

Directions for text page	page 142
Directions for release page	page 144
Using the set of directions	page 104
Using the vibration scale	page 78 & 85
Doing a release	page 86
Variation needed	page 96
Getting more specific	page 97
Add Someone	page 106
Add Something	page 107

To find out what to release for your back, ask:

“WHAT IS CAUSING THE PROBLEM WITH MY BACK?”

Keep your intent to find the part of the back needed. Repeat each of the following slowly and separately for a YES/NO to each. You should receive a NO until you come to the right part and then receive a YES. Turn to the page indicated.

SHOULDERS..... page 237

SPINE page 239

SPINAL CORD page 241

KIDNEYS page 243

LOWER BACK..... page 245

Other?

If you receive a YES to ‘Other’ repeat each below for a YES/ NO.

HEAD page 151

CHEST page 183

ABDOMEN..... page 213

ASSISTANCE page 249

NEGATIVE THOUGHTS

The following negative thoughts lower the vibration of the various parts of the back and even the back. These thoughts are presented as though for YOU but they can also be about OTHERS. The side of the body involved indicates which it is.

As you get more specific in identifying the exact thought involved, you would identify who and/or what the thought is about. With continued releasing, even more specific releases are needed. Let your pendulum direct you to what is needed.

THE BACK

Shoulders: OVERBURDENED or BEING A BURDEN.

Spine: WHAT I BELIEVE or WHAT I DON'T BELIEVE.

Spinal Cord: CONTROL or NOT CONTROL.

Kidneys: WASTING SOMETHING.

Lower Back: FAILURE or NO SUCCESS.

Each of these negative thoughts become very powerful negative energy when combined with the negative energy of an adjacent part of the back or any adjacent part of the body. Adjacent combinations are often the most powerful negative energy.

It is also possible for the negative energy of any part of the back to combine with the negative energy of another part of the back, or even with the negative energy of other parts of the body. Pain in two or more parts of the body, when combined, will indicate the specific negative thoughts involved.

VIBRATION CHART for the BACK

Find your position in each of the following at any time to discover which part of your back is on the lowest vibration. Repeat each in the vibration scale slowly and separately for a YES/NO. Circle the position selected to keep track of your progress.

BACKBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Left sideBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Right sideBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

SHOULDERS..Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

SPINEBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

SPINAL

CORDBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

KIDNEYSBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

LOWER

BACKBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Any releasing in the abdomen can also affect other parts of the body.

BODYBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

HEADBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

CHEST.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

BACKBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Realize that releasing may not always raise your position. Instead it may only increase the height of the movement of the pendulum at the same position, showing that more releasing is needed.

RELEASES for the SHOULDERS _____

SHOULDERS.. Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Left side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Right side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

BURDEN, BURDENS, BURDENED, OVERBURDENED, other?
NO BURDENS, NOT BEING BURDENED,
NOT OVERBURDENED, etc.

BASIC: make sure each statement is correct before releasing.

1. "I release all karmic, past & present problems with
BEING OVERBURDENED."
- "I release all karmic, past & present problems with
NOT BEING OVERBURDENED."
2. "I release all karmic, past & present problems with
OTHERS BEING OVERBURDENED."
- "I release all karmic, past & present problems with
OTHERS NOT BEING OVERBURDENED."

EXTEND: add someone and/or something.

3. "I release all karmic, past & present problems with
_____ BEING A BURDEN."
- "I release all karmic, past & present problems with
_____ NOT BEING A BURDEN."
4. "I release all karmic, past & present problems with
BEING OVERBURDENED because of _____."
- "I release all karmic, past & present problems with
NOT BEING OVERBURDENED because of _____."
5. "I release all karmic, past & present problems with
_____ BEING OVERBURDENED because of _____."
- "I release all karmic, past & present problems with
_____ NOT BEING OVERBURDENED because of _____."

To find out what you need to do at any time, ask:
"WHAT DO I NEED TO DO NOW?"

Repeat release, Variation needed, Release opposite, Get more specific.
Add: Myself, Someone, Something, Emotion, Body part, Thought.
Turn to: Head, Chest, Abdomen, Back, other?

OVERBURDENED

The main negative thoughts affecting the shoulder area are about feeling overburdened or actually being overburdened. You can be overburdening yourself or you can feel that others are causing you to be overburdened, or even being a burden to someone. It can also be about someone or something being a burden. The ‘something’ involved can be bills, debt, work, a project, your body, illness, etc. The shoulder involved will indicate who it is about.

For a woman, the LEFT shoulder is about you being overburdened because of yourself or something feeling like a burden. The RIGHT shoulder is about others causing you to be overburdened, someone being a burden, or being a burden to someone. The OPPOSITE for men.

A difficult one to deal with is if someone close to you is sick. Their care and your feelings of being responsible for them can overwhelm you. Or it may be that you feel like a burden to others, especially if you are out of work, sick, or retired.

The more things you consider to be a burden, the more problems you will have with your shoulders. Determine if you only feel overburdened or if you really are overburdened. If you just feel overburdened, work on letting go of the worry. If you really are overburdened, learn to say NO or to ask for help. Know when enough is enough. Also learn to say how you want it to be and let that create.

Combined energies: Near the arm can be OVERBURDENED BECAUSE OF SPENDING TOO MUCH or OVERBURDENED BECAUSE OF NOT EARNING ENOUGH, etc. By the base of the neck can be OVERBURDENED IN THE PAST. Near the kidneys can be OVERBURDENED BECAUSE OF WASTING MONEY. Top of the shoulder can be OVERBURDENED BECAUSE OF HOW I AM, HOW I AM NOT, HOW OTHERS ARE, etc.

LIST BELOW WHO or WHAT YOU THINK IS A BURDEN or WHO YOU ARE A BURDEN TO. See page 246 for releasing.

_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

RELEASES for the SPINE _____

SPINE Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Left side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Right side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

BELIEFS, BELIEVE, BELIEVING, BELIEVED, BELIEVER, other?
NO BELIEFS, DON'T BELIEVE, NOT BELIEVING,
NEVER BELIEVED, etc.

BASIC: make sure each statement is correct before releasing.

- "I release all karmic, past & present problems with
WHAT I BELIEVE."
 "I release all karmic, past & present problems with
WHAT I DON'T BELIEVE."
- "I release all karmic, past & present problems with
WHAT OTHERS BELIEVE."
 "I release all karmic, past & present problems with
WHAT OTHERS DON'T BELIEVE."

EXTEND: add someone and/or something.

- "I release all karmic, past & present problems with
WHAT I BELIEVE about _____."
 "I release all karmic, past & present problems with
WHAT I DON'T BELIEVE about _____."
- "I release all karmic, past & present problems with
WHAT _____ BELIEVES."
 "I release all karmic, past & present problems with
WHAT _____ DOESN'T BELIEVE."
- "I release all karmic, past & present problems with
WHAT _____ BELIEVES about _____."
 "I release all karmic, past & present problems with
WHAT _____ DOESN'T BELIEVE about _____."

To find out what you need to do at any time, ask:

"WHAT DO I NEED TO DO NOW?"

Repeat release, Variation needed, Release opposite, Get more specific.

Add: Myself, Someone, Something, Emotion, Body part, Thought.

Turn to: Head, Chest, Abdomen, Back, other?

BELIEFS

The negative thoughts that affect your spine are about what you or others believe or don't believe about you, someone, or something. The 'something' can be about religion, love, sex, relationships, marriage, childbirth, divorce, money, bills, health, disease, recovery, life, death, afterlife, government, politics, etc.

It can even be about what you or others have believed, haven't believed, should believe, shouldn't believe, can't believe, want to believe, don't want to believe, need to believe, don't need to believe, no longer believe, refuse to believe, always believe, etc. To find out if the negative thoughts are about yourself or others, ask for a YES/NO to each.

What you believe to be true is true for YOU but it may not be true for others. Also, what others believe may not be true for you. There is only one mountain top but there are many paths up the mountain! Find what works best for you! Repeat each for a YES/NO.

If your beliefs are failing you, examine your beliefs and not blame yourself for what you have believed, no longer believe, or not believing enough. Let the pendulum help you to figure out what you really do believe. Affirmations can be used to set a new belief.

Combined energies: With the spinal cord can be WHAT YOU BELIEVE ABOUT CONTROL. With the back of the neck it can be WHAT YOU HAVE or HAVEN'T BELIEVED IN THE PAST. In the front of the neck it can be WHAT YOU BELIEVE ABOUT WHAT IS AHEAD. In the area of the shoulders it can be YOUR BELIEFS BEING A BURDEN. Lower middle back can be WASTING YOUR BELIEFS. The lower back area can be YOUR BELIEFS FAILING YOU or FAILING YOUR BELIEFS. Can also be about NOT BELIEVING IN YOURSELF, NOT TRUSTING WHAT YOU BELIEVE, BEING STUCK BECAUSE OF WHAT YOU BELIEVE, etc.

LIST BELOW LIST WHO or WHAT YOU HAVE PROBLEMS BELIEVING IN or NOT BELIEVING IN. Release on page 246.

- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
- _____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

RELEASES for the SPINAL CORD _____

SPINAL CORD. Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Left side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Right side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

CONTROL, CONTROLS, CONTROLLING, CONTROLLED, other?
NO CONTROL, NOT IN CONTROL, NOT CONTROLLING, etc.

BASIC: make sure each statement is correct before releasing.

1. "I release all karmic, past & present problems with
NO CONTROL."
- "I release all karmic, past & present problems with
CONTROL."
2. "I release all karmic, past & present problems with
OTHERS NOT IN CONTROL."
- "I release all karmic, past & present problems with
OTHERS IN CONTROL."

EXTEND: add someone and/or something.

3. "I release all karmic, past & present problems with
NOT BEING IN CONTROL of _____."
- "I release all karmic, past & present problems with
BEING IN CONTROL of _____."
4. "I release all karmic, past & present problems with NOT
_____ BEING IN CONTROL."
- "I release all karmic, past & present problems with
_____ BEING IN CONTROL."
5. "I release all karmic, past & present problems with NOT
_____ BEING IN CONTROL of _____."
- "I release all karmic, past & present problems with
_____ BEING IN CONTROL of _____."

To find out what you need to do at any time, ask:

"WHAT DO I NEED TO DO NOW?"

Repeat release, Variation needed, Release opposite, Get more specific.

Add: Myself, Someone, Something, Emotion, Body part, Thought.

Turn to: Head, Chest, Abdomen, Back, other?

CONTROL

The negative thoughts that affect the spinal cord are about not feeling in control or even actually not being in control of yourself, someone, or something. It can also be about others being in control or not being in control of you, someone, or something.

The 'something' could be your life, temper, addiction, obsession, finances, the past, the future, a relationship, your body, your disease, your cure, your death, etc. It can even be more general such as doctors being in control, the police not being in control, the world being out of control, etc. For a YES/NO to each, ask if the negativity is about you or others.

It can be especially difficult if you, someone, or something is out of control. Or you may feel that you always need to be in control and become distressed or even violent when you aren't. You may be in a marriage or partnership in which you feel others are controlling you, making you feel like a victim.

It is very important to understand that you are not a victim. The place to take control is with your own thoughts. That is the source of power. As you change your thoughts, that energy creates new things to happen. Then you are able to take positive action and be more in control of your life. Use positive affirmations to assist in doing it.

There can be a conflict between taking control and letting go. The place to take control is of your own energy and say how you want it to be. Then, you need to let go and let God and trust in the unfolding.

Combined negative energies include: With the spine can be NOT BEING IN CONTROL BECAUSE OF MY BELIEFS. In the shoulders can be NOT CONTROLLING BEING OVERBURDENED. With the kidneys in the middle back can be NOT CONTROLLING WASTING MONEY. In the lower back area NO CONTROL OVER FAILURE. With the chest NOT TRUSTING BEING IN CONTROL, etc.

LIST BELOW WHO or WHAT YOU HAVE PROBLEMS WITH CONTROLLING or NOT CONTROLLING. Release on page 246.

_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
_____ Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

RELEASES for the KIDNEYS_____

KIDNEYS..... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Left kidney..... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Right kidney... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Bladder..... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

WASTE, WASTES, WASTING, WASTED, WASTEFUL, other?
NO WASTE, NOT WASTING, NOT WASTED, etc.

BASIC: make sure each statement is correct before releasing.

1. *“I release all karmic, past & present problems with WASTE.”*
 “I release all karmic, past & present problems with NO WASTE.”
2. *“I release all karmic, past & present problems with OTHERS WASTING THINGS .”*
 “I release all karmic, past & present problems with OTHERS NOT WASTING THINGS.”

EXTEND: add someone and/or something.

3. *“I release all karmic, past & present problems with WASTING _____.”*
 “I release all karmic, past & present problems with NOT WASTING _____.”
4. *“I release all karmic, past & present problems with _____ WASTING _____.”*
 “I release all karmic, past & present problems with _____ NOT WASTING _____.”
5. *“I release all karmic, past & present problems with WASTING _____ because of _____.”*
 “I release all karmic, past & present problems with NOT WASTING _____ because of _____.”

To find out what you need to do at any time, ask:

“WHAT DO I NEED TO DO NOW?”

Repeat release, Variation needed, Release opposite, Get more specific.

Add: Myself, Someone, Something, Emotion, Body part, Thought.

Turn to: Head, Chest, Abdomen, Back, other?

WASTING SOMETHING

The negative thoughts that affect your kidneys are about you or someone wasting something such as money, time, talent, energy, education, job, career, food, love, affection, marriage, health, healing, even wasting away because of illness. Or it could be more general such as wasting your life, not recycling waste, the government being wasteful, etc.

Kidney pain is located in the back near the waist, on either side of the body. The location of pain will tell you who is involved. For a man, the RIGHT kidney is about you wasting something. The LEFT kidney is about others wasting something or wasting something on others. For a woman, the LEFT kidney is about you wasting something. The RIGHT kidney is about others wasting something or you wasting something on others.

Once you realize the negative thoughts involved, work on changing those thoughts to positive ones. If you can't change your thoughts, you may need to put the necessary changes into your life. If it is your life that is being wasted, do something about it now. One step at a time will get you anywhere you want to go! Set the intent for that to happen. Use the pendulum to determine what changes are needed or what you should be doing. Ask your Higher Self.

Combined negative energies include: above the kidneys combines with the shoulders and can be WASTING MY LIFE BECAUSE OF BEING OVERBURDENED. Below the kidneys combines with the lower back and can be WASTING MY TALENT BECAUSE OF FAILURE. It can also combine with other parts of the body such as with the chest and be NOT TRUSTING WASTING TIME, with the abdomen can be WASTING MY LIFE BECAUSE OF TOO MUCH RESPONSIBILITY. With the legs can be NOT MOVING FORWARD BECAUSE OF WASTING MONEY, etc.

LIST BELOW WHO or WHAT YOU THINK IS BEING WASTED or WHAT YOU ARE WASTING. Release as shown on page 246.

_____	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
_____	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
_____	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
_____	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
_____	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear

RELEASES for the LOWER BACK_____

LOWER BACK.. Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Left side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Right side Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

FAIL, FAILS, FAILING, FAILED, FAILURE, NOT FAILING,
NO FAILURE, etc.

NO SUCCESS, NOT SUCCESSFUL, SUCCESS, SUCCEEDING,
SUCCESSFUL.

BASIC: make sure each statement is correct before releasing.

1. *"I release all karmic, past & present problems with
FADING."*
- "I release all karmic, past & present problems with
SUCCEEDING."*
2. *"I release all karmic, past & present problems with
OTHERS FADING."*
- "I release all karmic, past & present problems with
OTHERS SUCCEEDING."*

EXTEND: add someone and/or something.

3. *"I release all karmic, past & present problems with
FADING _____."*
- "I release all karmic, past & present problems with
SUCCEEDING for _____."*
4. *"I release all karmic, past & present problems with
_____ FADING."*
- "I release all karmic, past & present problems with
_____ SUCCEEDING."*
5. *"I release all karmic, past & present problems with
_____ FADING because of _____."*
- "I release all karmic, past & present problems with
_____ SUCCEEDING because of _____."*

To find out what you need to do at any time, ask:

"WHAT DO I NEED TO DO NOW?"

Repeat release, Variation needed, Release opposite, Get more specific.

Add: Myself, Someone, Something, Emotion, Body part, Thought.

Turn to: Head, Chest, Abdomen, Back, other?

FAILURE or SUCCESS

The negative thoughts that affect the lower back are about either you, someone, or something failing, not being successful, or even being too successful. The ‘something’ can be finances, job, promotion, school, a project, business, relationship, love, sex, marriage, religion, politics, the government, your life, health, etc.

There is no failure, just stopping too soon. Let error show the way. It is said that you succeed according to your degree of commitment. Total commitment brings total success. If something isn’t working it is usually because of negativity about it. Find and release what it causing you to lose your focus. Remember, what you focus on, continues. Successful people look at problems as challenges to be overcome, or opportunities for growth!

You can also think of failure as Divine Discontent moving you forward on your path to what is better for you. Ask if you are on your path. If NO, repeat possibilities until you receive a YES.

It is also possible to have problems with being a success or not feeling successful even if you are. Or someone may be successful but you won’t acknowledge it or don’t think they deserve it. When releasing it is usually necessary to release failure first, then success. As you get more specific, the following order may be needed:

FAILING, NOT FAILING, NOT SUCCEEDING, SUCCEEDING

Pain in the lower back is often a general pain that may not be located on one side or the other and the pendulum can direct you to who it is about. However, if you do feel pain in either side, the side it is on will tell you if it is about YOURSELF or OTHERS for a YES/NO to each. If the pain is in the middle of the lower back, it can be about you or someone’s beliefs failing you or someone.

Combined energies: With the hip FAILING TO BE SUPPORTED RIGHT. With the sex organs FAILING AT SEX. With the leg FAILING TO MOVE FORWARD. With the kidneys NO SUCCESS BECAUSE OF WASTING MONEY. With the chest FAILING TO TRUST RIGHT. With the ribs FAILING BECAUSE OF HOW I AM.

FAILURE..... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

SUCCESS Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

USE THE VIBRATION SCALES ON THE NEXT PAGE to LIST WHO or WHAT YOU THINK IS FAILING or NOT BEING SUCCESSFUL.