



ASSISTANCE

Focus on the solution, not the problem
WHAT YOU FOCUS ON, CONTINUES

From Star Wars: Episode I
WHAT YOU FOCUS ON
BECOMES YOUR DESTINY!

ASSISTANCE

On the following pages you will find various ways to help you to feel better or actually get better. Read through the chapter to become familiar with the various choices.

To determine what you need to do at any time, use your pendulum with the list on the opposite page. From there your body will direct you to what is needed. If you do not want to use your BODY in the questions asked, you can use HIGHER SELF or HIGHER GUIDANCE. If you don't know which to use, ask for a YES/NO to each with your pendulum.

You will find a vibration scale at the top of many of the pages. You can use it to find your position for what is listed on each page. It is always best to have the vibration as high as possible for anything you want to do. CLEAR, of course, is the highest vibration to be on. If you are not at clear on a vibration scale for something, and want to be, find and release what is needed. See page 252. If you don't know how to use the vibration scale, turn to pages 78 and 85.

Remember that this is just a guide. Find what works best for YOU. Ask your Higher Self any questions you have. For anything you don't know how to do, turn to the pages indicated below.

FOR ASSISTANCE, SEE THE FOLLOWING PAGES:

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

To find what to do at any time for a specific problem, pain, or illness, direct your question to your BODY as shown, or use HIGHER SELF, HIGHER GUIDANCE or even GOD. Ask:

“BODY, WHAT IS BEST FOR ME TO DO NOW?”

Repeat each of the following for a YES/NO. Put a mark in the box by the one receiving a YES response and turn to the page indicated. If no page is listed, repeat each possibility in that category to find who or what is needed. Ask your Higher Self any questions. If ‘Other’ is selected, repeat each you think it could be for a YES/NO.

- RELEASE : page 252.
- IMMUNE SYSTEM: page 254.
- INTENT: page 255.
- RELAX: page 256.
- EXERCISE: page 258.
- CHANGE DIET: page 259.
- VITAMINS NEEDED: page 261.
- USE VISUALIZATION: page 88.
- USE AN AFFIRMATION: page 272.
- GET A GUIDANCE MESSAGE: page 279.
- ALTERNATIVE TREATMENT: page 265.
- MEDICAL TREATMENT: page 263.
- PHYSICAL THERAPY.
- OPTOMETRIST.
- THERAPIST.
- DENTIST.

Other?

WHEN YOU ARE SICK

By the time you are sick, it shows that you are on a very low negative vibration from continued negativity about the problems in your life. Illness is a demand from your body to change now. The more severe the illness, the more necessary it is to make the needed changes. With the pendulum you are able to determine exactly which negative thoughts you need to work on changing.

It is important to understand that healing takes place on a positive vibration and it is your thoughts that determine your vibration at any time. Positive thoughts take you to a positive vibration, increasing your energy and making you feel better. Negative thoughts will lower your vibration, decreasing your energy and making you feel worse.

Your body knows how to heal itself and does so regularly, and it is your immune system that keeps your body healthy. However, negativity reduces the immune system's ability to function. Negativity also causes your energy to become dense. The more negative you are, the more dense your energy becomes, making your body less able to function properly.

For healing to take place, it is necessary for you to be on a positive vibration. The higher the vibration, the easier it is for your body to recover. Your energy becomes less dense, your immune system functions better, and healing begins.

However, by the time you are sick, simply changing your thoughts may not be enough for total healing to occur. Even releasing may not be sufficient to raise your vibration high enough, and assistance is usually needed. The kind of assistance you get depends on the condition of your body and what kind of health care you believe in. Let your pendulum help you make the highest and best choices for your recovery.

I believe that you can be healed in direct proportion to your belief that you can be healed. Success in being healed depends on your degree of commitment. Total commitment brings total success. Any doubt lowers your energy and reduces the ability of your body to heal. The more negative you are about being healed, the less likely you will be.

Finding and releasing the negativity involved is important to do, especially to get rid of any karmic energies. From a higher vibration it is easier to be more positive about your illness and your recovery. Then it is your intent to be healed that will direct your energy for that to happen. Make sure your INTENT is what you really want to have happen. Ask your Higher Self all questions.

It is important to understand that ANY negativity lowers your vibration and increases any problems, pain, and illness. It is essential to work at being positive about your problems, your illness, and your recovery. It is also important to remove the irritants in your life, even small ones. You need to focus all of your energy on doing everything that will make you feel better.

If you are experiencing pain, remember that tenseness brings on or increases pain, so it is important to learn to relax tense muscles. You can also use RELAXATION to get through difficult procedures such as at the dentist, during an MRI, or even when getting a shot.

Especially work on getting rid of pain. Think of pain as the voice of your body telling you where the most negativity is located. The more severe the pain, the more important it is to release it. Learning how to get rid of pain is the first step in healing yourself. If you can get rid of the pain, you will at least feel better. It will also raise your vibration so your body can begin to function better.

Releasing is probably the most important thing you can do to help your body to heal. It is possible for releasing alone to heal you. I have certainly seen it happen, however, it often isn't enough. Even if you are receiving medical treatment, releasing will help the treatment to be more successful. Adding visualization to what you are releasing can also make any treatment more effective. Releasing should be continued after any treatment to prevent relapse.

You can also use affirmations to make sure any kind of treatment is successful. Tell your body what you want it to do, or how you want it to be. Check with your pendulum to make sure it is the best healing affirmation to use for a particular purpose. Affirmations are best used after releasing to stay on a positive vibration.

You can even use your pendulum to determine which vitamins and/or herbs you need, the best doctor to go to, the best treatment to get, the best exercise to do, or anything else you want to know about. Direct any questions to either your BODY or your HIGHER SELF.

Check your energy daily to make sure your energy is a strong YES for what you want to have happen. If NO, find and release what is keeping you on a lower vibration. Focus on what you can do, not what you can't do. Remember that what you focus on continues.

Think of illness as a gift for it is giving you what you need. Let illness be your guide to changing what is no longer working for you. It is also important to understand that healing does not always mean curing but you can at least feel better. CHOOSE to be positive each moment, about what you think, say, and do.

YOUR ILLNESS _____

When you are sick, the place to begin is with a general release for your illness. For example, you may list vomiting, diarrhea, constipation, insomnia, diabetes, heart attack, cancer, etc. If you don't know what is wrong with you, state the location such as:

"I release all karmic, past & present problems with MY STOMACH."

Put what you want to release into all of the following blank spaces.

YOUR ILLNESS: _____.

To find your position on the vibration scale, ask:

"WHAT IS MY POSITION FOR _____."

Repeat each on the vibration scale below, slowly and separately for a YES/NO to each until you receive a YES. Circle and date the position selected. With the vibration scale you can keep track of the condition of your energy. See VIBRATION SCALE on page 78 & 85.

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

Do the following set of releases. Make sure the first release is successful before doing the second release. See page 86.

"I release all karmic, past & present problems with _____."

"I release all karmic, past & present problems without _____."

Find your new position above after doing both releases. The higher your position, the better it is for recovery. Once you reach CLEAR, it means no negativity involved at all. The goal is to keep it there to avoid relapse so check your position regularly.

You can also use the above releases for anything listed on the opposite page. For anything less than CLEAR, further releasing is needed. To find what to release next for your illness or for anything listed on the opposite page, insert what you want to know and ask:

"WHAT IS CAUSING MY PROBLEM WITH _____ ?"

To find which part of the body to go to, for a YES/NO to each, ask:

"IS IT MY HEAD?" YES or NOpage 151.

"IS IT MY CHEST?" YES or NOpage 183.

"IS IT MY ABDOMEN?" YES or NOpage 213.

"IS IT MY BACK?" YES or NOpage 233.

VIBRATION CHART for your HEALTH

Find your position in each of the following to see where you are. To find what to release, repeat each for a YES/ NO. If NO to each, repeat each you think it could be for a YES/NO and add below.

HEALTH.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 MentalBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 Physical.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

Find your position in each. Circle the position selected.

DISEASEBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 INFECTIONBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 PAIN.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 STRESSBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 DIET.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 EXERCISEBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 MEDICINE.....Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 DOCTORSBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 HOSPITALSBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 SURGERYBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 RECOVERYBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 DEPENDENCY..Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 CAREGIVING..Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 CANCERBlocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
 HEART ATTACK Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

List other problems (see page 125), any diseases you have had, or any diseases you are afraid of having. Release with opposite page.

_____ 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

IMMUNE SYSTEM.

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

A strong immune system is absolutely necessary for recovery and good health. The immune system is the body's defense against infection and disease. It begins with the skin and consists of the Tonsils, Adenoids, Lymph, Lymph Vessels, Lymph Nodes, Thymus, Spleen, Appendix, and Bone Marrow. It also includes the circulation system and lymphatic vessels that carry the lymph and lymphocytes throughout the body to battle infections. You may have to release each of these.

The reason exercise is so important for good health is that the immune system has no pump to get the lymph and lymphocytes to various parts of the body and relies on exercise for circulation.

According to Dr. Elson M. Haas in his book *STAYING HEALTHY WITH NUTRITION*, the immune system can be weakened by low self-esteem, emotional extremes, loss of loved one, overwork, aging, allergies, lack of sleep, air travel, multiple stresses, high fat diet, sugar, malnutrition, over-eating, vitamin deficiencies, alcohol, drugs, smoking, chemicals, pesticides, chemotherapy, surgery, etc.

And he says it can be strengthened with positive attitudes, self-love and loving others, laughter, affirmations, breathing, relaxing, meditation, exercise, yoga, herbs, vitamins, low fat, low sugar, purified water, adequate digestion, etc.

To find the condition of your immune system you can get a blood test. You can also see it on the vibration scale above. Find and circle your position. Anything less than CLEAR indicates releasing is needed. When you are sick, it is very important that your immune system is functioning perfectly as quickly as possible. Do the following releases and recheck your position above. Make sure the first release is successful before doing the second one.

*"I release all karmic, past & present problems with
MY IMMUNE SYSTEM"*

*"I release all karmic, past & present problems with
a HEALTHY IMMUNE SYSTEM."*

Find your new position. If it is not at CLEAR more releasing is needed. Turn back to page 252 to find what to release. Check regularly to see where you are and compare it to how you feel. ANY negativity can lower your position and INCREASE the intensity of any problem, pain, or illness. Affirm regularly;

MY IMMUNE SYSTEM WORKS PERFECTLY.

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

It is your intent that sets the energy for what you want to have happen. Your success in being healed is in direct proportion to your belief that you can be healed. KNOWING is the highest vibration and the goal. Each lower statement below is more negative. Positive determination and/or releasing raises your vibration, changes what you believe, resets your intent and that is the energy that manifests.

It is interesting to find out what your intent really is. To find which one is really true for you, repeat each line for a YES/NO until you receive a YES. Put a mark in that box. Ask:

“WHAT DO I BELIEVE TO BE TRUE ABOUT BEING HEALED?”

- I know I can be healed.
- I think I can be healed.
- I might be able to be healed.
- I might not be able to be healed.
- I don't think I can be healed.
- I know I can't be healed.
- I would rather be dead!

If you are not at the highest intent, knowing that you can be healed, it is necessary to change your thoughts or use an affirmation. To see if that changes your intent, check the list again. If you are still not at KNOWING you can be healed, releasing is needed.

To find what to release ask: WHAT IS CAUSING MY PROBLEM WITH BEING HEALED? See page 252 for directions. Find your position in the vibration scale above before and after releasing. Keep track of your position. The higher it is, the stronger your intent becomes and the faster your body can heal.

The energy for each of these statements can be seen with the movement of the pendulum. The higher the intent, the higher the movement. You can also ask if you can be healed for a YES/NO. If the answer is NO, find and release what is keeping you on a lower vibration until you receive a YES. The goal is to receive a YES each time you ask if you can be healed.

Use the way that works best for you.

RELAXATION

There are probably as many different ways to relax as there are people. It is interesting that what is relaxing for one person may be stressful for another. Make sure that what you do to relax really does help to refresh and rejuvenate you, rather than causing you more stress. Check the energy with the pendulum for what you are doing to relax, to find if it is good for you to do. Being able to relax is very important for a balanced, harmonious and healthy life.

There are certainly many ways to relax but what do you do when you can't relax? The best way that I know to make sure you relax is to use the classic Wolpe relaxation technique which involves the systematic tensing and releasing of each muscle in the body. The interesting thing is that if you just tell your muscle to relax, it may not, but if you tense your muscle it will automatically relax as soon as you stop tensing it.

A tense muscle increases pain so learning to relax your muscles can help to reduce or even eliminate pain. Focus on how your body feels when relaxed and try to keep it that way at all times. If you find a muscle that is tight or sore and it won't relax, you can combine tensing a muscle with a the releases discussed on page 93. You can also get more specific and identify and release exactly what is causing that muscle to be tense by finding the negative thoughts involved and releasing. See page 252.

Relaxation can also be used to get you through a difficult medical procedure such as long dental work, an MRI, chemotherapy, etc. I used it successfully during physical therapy for my broken knee. The knee wouldn't bend and the therapist would push it very hard. The man previous to me screamed in pain, frightening me. As I worked at relaxing, it gradually began to bend and with no pain.

CALMING THE BREATH CALMS THE MIND

The way you breathe is also very important for your health. Slower and deeper breathing gets more oxygen into your system and assists in relaxing. If you want to add controlled breathing to your relaxation process, inhale slowly and gently to the count of 3 as you tense a muscle, hold your breath to a count of 3 while tense, and exhale slowly to the count of 3 as you relax. It is important to really get all of that old stale air out of the bottom of your lungs and get new fresh air in. You can also add IN WITH THE GOOD on the inhale and OUT WITH THE BAD on the exhale. See page 83.

Stop and take several slow, deep breaths to calm yourself down throughout the day. It is especially effective if you are angry. It will change your energy. Try it, it really works!

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

Find your position for RELAXATION in the vibration scale above. If it is not at CLEAR, to raise your position, see page 252. To find what you need to do at this time to get more relaxed, ask

“BODY, WHAT IS BEST FOR ME TO DO NOW?”

A quick way to find what to do is to ask about each line for a YES/NO to each. Once you receive a YES, repeat each in that line for a YES/NO. Ask your Higher Self any questions you have.

Breathe deeply, Get more sleep, Meditate, Use a relaxation tape, Listen to music, Take a drive, Get a massage, Have sex, Go out to dinner, Visit a friend, Make a new friend, See a movie, Watch TV, Go shopping, Read a book, Do a favorite sport, Go swimming, Walk on the beach, Take a nature walk, Play with an animal, Go to the zoo, Get a pet, Volunteer, Take a vacation, Travel, Sign up for a class, Teach a class, Play an instrument, Join a club, Get a hobby, Collect a treasure, etc. Other?

Take up: Gardening, A new sport, Flying, Bird watching, Writing, Crafts, Painting, Sculpture, Pottery, Weaving, Quilting, Singing, Dancing, Acting, Cooking, Sewing, Photography, Massage, Healing, Tarot, etc. Other?

Relaxing is very important for the condition of your body and, therefore, your health. I recommend you read THE RELAXATION RESPONSE or TIMELESS HEALING by Herbert Benson, MD. Dr. Benson has spent many years studying the effects of the fight-or-flight response which is the body's way of responding to perceived danger [stress].

He discovered that relaxation reduces the harm to the body and is very helpful in healing a variety of diseases. His books go extensively into the physiological changes that occur because of stress and the health benefits from relaxing. Included are various methods to accomplish relaxation successfully. Also read MINDING THE BODY, MENDING THE MIND by Joan Borysenko.

MEDICAL ASSISTANCE

If you are in need of medical assistance, the kind of medical treatment you receive is critical. It is very important that you like the doctor you go to, trust that doctor, and that the doctor respects your beliefs. A doctor you don't like will lower your vibration.

There are now many medical doctors who also use, or at least acknowledge, the use of alternative treatments. Alternative treatments can also be used along with medical treatment, even if you are on the highest possible positive vibration for healing to be successful. A relapse shows you are still being negative, or more negativity still needs to be released to get your vibration higher.

If you find yourself in a medical emergency, try to focus on everything going well and the necessary treatment being successful. The more positive you can be, the more successful the outcome. If you are in need of surgery, read Dr. Siegel's book PEACE, LOVE & HEALING. He goes into detail on what to do for yourself to have a successful surgery. Also work on releasing the negative energy involved so the surgery will be successful and recovery quick and easy. Keep positive thoughts about the success of the surgery and recovery. Insist others around you also keep positive thoughts and say positive things. Turn bad news into challenges, not predictions.

If someone you love has surgery, send them your positive energy to assist their energy. Say positive things to them or just hold their hand while you think thoughts of how much you love them. Your loving energy will flow into them. You can also do releases for them to help them be on a positive vibration. State their name in your mind and ask them to release all negativity and know that it will all work out. You can even find and release the specific negativity involved for them. [The same can be done for your pet.]

If someone is in a coma, it is said that they can hear you, so spend as much time as possible talking to them about positive things. Do not discuss negative things with the doctor around someone unconscious or in a coma. It has been proven that even while undergoing surgery, the mind can still be aware.

Surgery probably shouldn't be your first choice unless absolutely necessary. Hospitals are not a healthy place to be when you are sick and should be avoided if at all possible. More than 60,000 people a year die from infections while in a hospital they didn't have before they went there. Also adverse reactions to conventional prescription drugs cause at least 100,000 deaths a year, and more than 2 million serious complications in hospitalized patients. Prevention is safer!

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

Find your position for MEDICAL TREATMENT. To raise your vibration, see page 252. You can use your pendulum to determine what kind of treatment is best for you, what kind of a doctor you should go to, and exactly which doctor to see. To find what you need to do, ask:

“BODY, WHAT SHOULD I DO NOW?”

Repeat each of the following for a YES/ NO:

GO TO THE DOCTOR

GO TO A SPECIALIST

SURGERY: don't do it, do it now, do it later?

MEDICINE: none, less, more, regularly?

Other?

If ‘GO TO A SPECIALIST’ is selected, repeat each kind of specialist appropriate to your illness for a YES/ NO. Once you receive a YES, repeat each possibility for a YES/NO to determine which treatment is needed and the best doctor for you. The selection of ‘Other’ can direct you to what you need to do that isn’t listed. Ask your Higher Self any questions you have.

It is your responsibility to inform yourself about your illness. Ask friends for recommendations about successful treatments and doctors. For help in recovering from a particular illness, the Internet can also direct you to the various treatments that are available and the best specialists. Be sure your doctor answers all your questions or change doctors. Read EXAMINING YOUR DOCTOR: A Patient’s Guide to Avoiding Harmful Medical Care by Dr. T. B. McCall.

Positive support is also essential when ill. Read LOVE & SURVIVAL by Dr. Dean Omish The more serious the illness, the more support you need. If it is a terminal illness, you have the choice about where you want to die, at home or in a hospital. HOSPICE is recommended for compassionate medical and spiritual support.

The following medical doctors have written excellent books combining medical and alternative treatments. You can find their books on the Internet at bn.com. Use their names as the keyword: BERNIE SIEGEL, ANDREW WEIL, CHRISTIANE NORTHRUP, HERBERT BENSON, DEEPAK CHOPRA and JUDITH ORLOFF.

ALTERNATIVE TREATMENT_____

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

ALTERNATIVE MEDICINE is the most common name for alternative treatments. However, there are other names that are often used such as NATURAL MEDICINE, INTEGRATIVE MEDICINE, COMPLIMENTARY MEDICINE, ENERGY MEDICINE, MIND/BODY MEDICINE, and HOLISTIC HEALTH. Holistic refers to treating the whole person - mind, body, and spirit.

According to a recent article in the *JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*, more people now visit alternative practitioners than traditional physicians. There are also doctors who include alternative treatments such as Osteopaths and Naturopaths. And there are doctors with different training such as Chiropractic care, Chinese Medicine, and Ayurvedic Medicine.

There are also many practitioners who specialize in the specific treatments listed on the opposite page. These alternative treatments can be used in addition to or instead of standard medical treatment. And they are often used when medical treatment doesn't work. See page 268 for an example of what a doctor used for healing.

You can use more than one kind of treatment at the same time, each complimenting the other. For example, you may take vitamins, eat a macrobiotic diet, get a massage, keep a journal, do meditation, get energy balancing, and see a chiropractor. Or you may dedicate your recovery to one method. The choice is yours to make. The most important thing is to find what works for YOU. If you believe in it, it will work much better than something you don't believe in.

However, no matter what you do, I think it is important to keep on releasing to make sure you are on and stay on a positive vibration to increase the effectiveness of any treatment you choose. Commitment and determination bring success.

On the OPPOSITE PAGE is a list of many of the most popular alternative methods of treatment. To find which one to use at any time, ask:

“BODY, WHAT DO I NEED TO DO NOW?”

Repeat each one for a YES/NO to each. Once a selection is made to find exactly what to do or who to go to, repeat each possibility for a YES/NO. Ask your HIGHER SELF any questions you have. Remember that the answer you receive depends on your vibration. Change your vibration and the answer can also change. Check regularly to find what is needed at any time.

ALTERNATIVE THERAPIES

ACUPRESSURE
ACUPUNCTURE
ART THERAPY
AROMATHERAPY
AYURVEDIC MEDICINE
BIOFEEDBACK
BREATH WORK
CHANTING
CHELATION THERAPY
CHINESE MEDICINE
CHIROPRACTIC
CRANIOSACRAL THERAPY
CRYSTALS
DANCE MOVEMENT
ENERGY BALANCING
ESSENTIAL OILS
FLOWER ESSENCES
GUIDED IMAGERY
HOMEOPATHY
HYPNOTHERAPY
JOURNAL KEEPING
KINESIOLOGY
LIGHT THERAPY
MAGNET THERAPY
MASSAGE
MEDITATION
MUSIC THERAPY
MYOFASCIAL RELEASE
NATUROPATHIC MEDICINE
OSTEOPATHIC MEDICINE
PAST-LIFE REGRESSION
POLARITY THERAPY
QIGONG
REBIRTHING
REFLEXOLOGY
REIKI
RELAXATION RESPONSE
SHIATSU
SHAMANIC HEALING
THERAPEUTIC TOUCH
VISUALIZATION
ZERO BALANCING
Other?

Some people can ‘feel’ energy and others can ‘see’ it, both in the body and the aura. There are many healers, doctors, nurses, and therapists who work with healing in this way. The pendulum can be used to make energy visible if you can’t see or feel it.

Most of the therapies on the previous page work on the energy level. However, the following are the most common methods of energy medicine: ACUPUNCTURE, GUIDED IMAGERY, REIKI, KINESIOLOGY, CRYSTALS, MAGNETS, and HOMEOPATHY. Currently popular is FENG SHUI, used to keep the energy in your home and work environment positive and harmonious. There are also WELLNESS clinics that have alternative therapists as well as medical doctors.

Many books have been written about healing with energy. Read REINVENTING MEDICINE by Dr. Larry Dossey. Caroline Myss, Ph.D., is a medical intuitive and exceptional at medical diagnosis. She worked with Dr. Norman Shealy and they wrote THE CREATION OF HEALTH. She also wrote ANATOMY OF THE SPIRIT. Also read HANDS OF LIGHT and LIGHT EMERGING by Barbara Ann Brennan, and A GIFT FOR HEALING: How You Can Use Therapeutic Touch. More books are listed on pages 282-285.

If you think you want to see an alternative healer, it is best to ask your friends for references. You can also check your local health food store or metaphysical store. Healers who work with energy place their hands above the body and can ‘feel’ the kind of energy that is within the body. When they work on you, they become a channel for healing energy that flows through them into you, raising your energy level. It is important to use a compatible healer who can raise your energy. Let your pendulum help you to choose.

A wonderful old movie showing this method at work is RESURRECTION with Ellen Burstyn. The technical adviser on that film was Rosalyn Bruyere, an inspirational healer who has written WHEELS OF LIGHT: A Study of the Chakras.

She worked with Dr. Valerie Hunt who wrote the definitive book on energy which is INFINITE MIND: The Science of Human Vibrations. Dr. Hunt worked at UCLA in her ENERGY FIELDS laboratory and has spent many years scientifically measuring and testing energy fields. For the science minded, this is the best to read.

Thelma Moss also worked at UCLA taking pictures of energy fields with Kirilian photography. I remember reading that she discovered that the energy coming off of a dog’s wagging tail is the same as the energy from a healer’s hand!

A great influence on me has been JOHN DIAMOND, M.D., who wrote THE BODY DOESN'T LIE and LIFE ENERGY. He said that he had been a psychiatrist for 20 years and not only were his patients not getting better, but now he was sick, too, and there had to be a better way! The way he discovered was APPLIED KINESIOLOGY and is now commonly referred to as MUSCLE TESTING.

Kinesiology is an impressive way to experience negative energy in your body. However, to do it you will need a partner. Extend your arm out at full length and keep it there. Have your partner try to push your arm down while you try to hold it up, as you think of various things you want to know about, one at a time. Your arm will remain strong on those things you are positive about, but will collapse under those things that you are negative about. The weaker the arm, the more negative the energy.

This process is used by chiropractors and therapists to determine what your problem areas are, which course of action to take, which foods you need or should avoid, and even what vitamins are needed. It is also used to see the change in body energy after intervention. This same kind of information can be received with the pendulum.

Kinesiology shows that negativity weakens muscles, making them more prone to injury. Negativity also weakens cell walls making them susceptible to disease. There are also receptors on cell walls for what Dr. Deepak Chopra calls happy molecules vs. unhappy molecules, causing a different biochemical response to each. It is interesting that the chemical composition of happy tears is different from sad tears, showing how emotions affect the chemical balance of the body. Read MOLECULES OF EMOTION by Candace Pert, Ph.D. She has been a leader in the field of brain research and says the mind is not confined to the brain.

Magnets are very successful at increasing the circulation of injured areas. I first saw them demonstrated on race horses. A friend decided to use them on her foal with a twisted foot that was said to be untreatable. The foot untwisted and healed normally.

When you are sick and in severe pain, energy work is a good choice because your body isn't touched. You don't need to disrobe, and you don't have to do anything but be receptive. It will help to raise your energy. The problem with energy work is that energy is very subtle. If you can't feel energy you may think that nothing is happening when energy work is being done to you. However, something does happen with energy work whether you feel it or not, and the results can be very effective and seen with the pendulum.

EXAMPLE: Energy Healing

The following story is from the article **WHEN DOCTORS GET SICK** by Vicki Sanders and Kasdon Sidell in **NATURAL HEALTH Magazine**, October/2000. It is an excellent example of instant transformation as he went from “OH GOD” to “THANK GOD” and his successful use of an energy healer to assist in recovery.

Jonathan Kramer, M.D., always had a strong intuition, and in November 1996 it was telling him something he didn't want to hear. He had felt fluish and fatigued for several weeks. A blood test suggested a slight abnormality - probably a viral infection, his doctor told him - but to be safe he scheduled an appointment with a specialist for the end of the week. In the meantime, suspecting something more serious, Kramer had a chest X-ray.

As the lab technician was stamping the date on the film Kramer came up beside him. Together they stared at the picture of Kramer's chest, where a mass was clearly visible near the upper right side of his heart. "Oh God," Kramer said as panic and fear overcame him. And then, a split second later, he said, "Thank God."

THANKING GOD

Kramer was 38 years old the day he found out he had stage 3B Hodgkin's disease, a cancer of the lymphatic system. So why did he thank God? "I don't know whether it was insight, intuition, or what," says Kramer. "I knew I was scared but I also knew that this was an opportunity to rediscover myself...that there was a reason for this and that I could be better for it."

Medicine had always been part of his life. His father was a neurologist and Kramer had followed in his father's footsteps and landed a job as director of neuroradiology while still in his 20s. Before his medical degree was 10 years old, he had worked as associate director of neuroradiology at two prestigious Boston hospitals.

Despite his success, Kramer had always known that one day he would have to come to terms with a schism inside himself. Growing up in a religious Jewish household, he had had a strong sense of purpose and a spiritual connection to God. "When I would pray, I felt so strongly that God was taking care of me," he recalls. But the spiritual and intuitive leanings of his youth had been displaced by the scientific demands of his medical training and career. He now believes that the stress he endured for years because he didn't reconcile these two sides of himself lay at the root of his illness.

Kramer's wife of five years, Maria Sirois, Psy.D., a clinical psychologist, says that as difficult as the cancer was, it was one of the best things that ever happened to him. Until his diagnosis, he had never stopped to ask "What do I want to be?" she says. "The Hodgkin's gave him the opportunity to do that, to ask the question: 'What's the work of my love or soul or spirit or heart'."

FOLLOWING HIS HEART

In December 1996, a few weeks after his diagnosis, Kramer started a six month regimen of chemotherapy. But he sensed that it alone wasn't going to be enough. Two weeks into his chemotherapy treatments, Kramer flew across the country to Sierra Madre, Calif., to receive hands-on energy healing from renowned energy healer Rosalyn Bruyere. [See page 266] They had five sessions together, each of them one hour long. When Kramer returned home to Pittsfield, Mass., he got a routine X-ray prior to the third of 12 planned chemotherapy injections. The tumor had disappeared. Generally, a Hodgkin's tumor of the type Kramer had would show signs of shrinkage after six chemotherapy injections. He had only two before visiting Bruyere.

Whether he had the chemotherapy or the energy healing to thank for his cure is of no consequence to Kramer. Since his diagnosis, he had also begun meditating, practicing visualization, and asking for friend's prayers, all or none of which might have been responsible for his physical improvement. What was important, he says, was that the tactile and self-loving practices he learned from alternative healers, combined with the medicine, gave him hope, strength, and courage.

Kramer left his radiology job when his doctors deemed the risk of recurrence too high if he continued working. (Statistically, radiologists are at a higher risk for cancer because of radiation exposure.) As the months went by, Kramer took a good long look at himself. "Jonathan kept saying he wanted to 'get it'," says Kramer's friend Stacy Sobol. "He was desperate to find the message, what was wrong in his life. He wanted to change it so he wasn't a petri dish for the illness to recur in."

To Kramer's friends and family, the message was obvious. As a radiologist, Kramer had had limited contact with patients; it was his job to analyze X-rays, MRIs, and other scans, and then to pass along his diagnoses to the attending physicians. Sobol thinks Kramer chose his profession subconsciously because it kept him at a safe emotional distance. "Jonathan is a very sensitive person," she observes. "I think he was afraid of being overwhelmed by the emotions. Because of his ability to empathize, his fear was that he'd really suffer. He had to go through this rite of passage with the Hodgkin's to feel his own pain and fear. Now he can relax with other people's."

Kramer's own struggle has helped him discover the true meaning of healing. "*Now believe that to be cured doesn't mean to be healed,*" Kramer says. This realization has helped him get closer to people - both literally and figuratively. Kramer now spends his days learning techniques like massage and energy healing, and he does volunteer counseling and hands-on therapy for people with injuries or serious illnesses. He has also begun working with terminally ill patients and their families, helping them find a sense of peace. One woman wrote to Kramer after her husband's death to say how much it had meant to her husband that he had spent time with him. "When people feel heard, a lot of healing takes place," Kramer says. "*It's as though seeing deeply into them and feeling who they are is itself healing. I'm talking about love...feelings and emotions, which are dirty words in medicine.*"

Kramer who has now been disease-free for 3 and a half years, understands that the people he helps are, in return, helping him. "*I have discovered that loving and helping others is my own path to healing,*" he says, "*and these people are my teachers.*"

The other article included in this story is about Dr. Charlie Kelman, an ophthalmologist diagnosed with Metastatic lung cancer, and given 6 months to live. He researched both medical and alternative cancer therapies, and decided to include shiitake mushroom extract, green tea capsules [equal to 6 glasses a day], PC-SPES Chinese herbal formula, and megadoses of vitamins along with chemotherapy injections, and finally surgery to remove the remaining cancerous tissue in his lungs. His recovery was rapid and successful. I encourage you to read the whole article.

Both of these doctors persevered in their search for what worked for them. Each path is different. Find what works for you.

AFFIRMATIONS for HEALING_____

Affirmations are a very powerful way to change your energy. The affirmation used should be a positive statement to move you to a positive vibration to assist in healing. Affirmations are most effective when used AFTER releasing the negative energy involved.

Let your pendulum help you to select the best affirmation for a specific purpose. Repeat each possibility until you receive a YES. As you change vibrations, a new affirmation may be needed so always ask if the one you are using is the best one to use at that time.

Affirmations can be either general or specific to any illness you may have. They should be a positive statement of how you want your body to be, how you want your body to work , or what you want your body to do. As you state the affirmation, it takes you to that vibration and that energy is what creates.

GENERAL AFFIRMATIONS:

I CAN HEAL MY BODY.

MY BODY IS STRONGER EACH DAY.

MY TREATMENT IS HEALING ME NOW.

MY IMMUNE SYSTEM WORKS PERFECTLY.

SPECIFIC AFFIRMATIONS:

MY STOMACH DIGESTS ALL OF MY FOOD EASILY.

MY BLOOD FLOWS UNIMPEDED THROUGH MY BODY.

MY IMMUNE SYSTEM IS GETTING RID OF ALL INFECTION.

CHEMOTHERAPY IS DESTROYING ALL CANCER CELLS NOW.

Even if you don't believe what you are saying, the stating of a positive affirmation changes your energy even if it is just for a little while. The more often you say it, the longer you will remain on that positive vibration. Eventually you will be able to stay on that vibration without the stating of the affirmation as you no longer feel any negativity about what you are affirming. See page 89.

Remember WHAT YOU SAY IS WHAT YOU GET! Rather than spending your time discussing all of the negative aspects of your illness which only lowers your vibration, focus on how you want to be. Listen carefully to your words and your thoughts and then you will become aware of what you are creating in your life.

It is not easy to change life-long habits of negative thoughts and statements. The reason affirmations can be so helpful is that they give you something positive to think or say that keeps your mind from wandering back to what you have always said in the past.

An affirmation should be short and simple, easy to remember and easy to repeat. Keep the affirmation focused on exactly what you want to happen or how you want to be. Make copies of it and put it on the refrigerator, your mirror, or anywhere you will see it. You can carry it with you physically, and in your thoughts. Eventually it will become part of you and you won't have to work at it.

It is important to realize that as you state an affirmation, everything that kept you from being able to be that way in the past will surface as you activate that energy. So, as you state a new powerful affirmation, life could become very difficult as you react to that energy. Realize that those problems are arising for you to transform or release, not to experience. If you use the pendulum to help you to select the right affirmation for you at a particular time, a lot of these problems can be eliminated.

I recommend using affirmations AFTER releasing the negative energy involved with what you want healed. Think of yourself as a vessel, if it is all filled up with negative energy, there is no place for the positive energy to go. As you empty yourself of the negative energy, affirmations can fill you up with positive energy.

The simple statement of I CAN DO IT will give you the energy and the power to do whatever you want to do. Whereas I CAN'T DO IT assures that you won't. Test this as you are having difficulty doing something. Say to yourself several times I CAN DO IT! Keep saying it as you attempt what you are doing. See if it helps.

The ability to actually do what you want to do is located on the vibration of the affirmation you say. All of the information that will assist you to do it is there and will now be available to you. You then need to be open to those things that come to you to have it all happen. Those same answers don't exist on the negative vibration.

After a few days of using an affirmation, examine your thoughts and see if they have changed. Are you feeling better? Are you experiencing less pain? Do you seem to be more positive about what is happening?

Sometimes it can be a fight to keep the negative thoughts away. Each time a negative thought surfaces, replace it with an affirmation. If you find that too many negative thoughts are surfacing, find and release what is needed to raise your vibration. Learn to become aware of your thoughts for they are creating you as you are. Affirmations can help you to change your life and your health. Let your pendulum choose the best affirmation to use at any time, for any purpose, and repeat it regularly.

HOW TO GET GUIDANCE MESSAGES_____

To receive a guidance message on the opposite page, ASK to receive one, either in general, about a specific problem, or from a particular source. Once you state that you want a message, stay focused on being able to receive an answer. Go down the list of messages on the opposite page and repeat each for a YES/NO to each. The pendulum should respond with a NO signal until you come to the right one and then it should give you a YES. For confirmation you can repeat the message that received a YES and ask if that is it. If NO, go more slowly until you can pinpoint the right message.

It is imperative that you not let your thoughts wander, wonder if you can receive an answer, or doubt the answer you receive. Each will take you off of the vibration that the message comes from and make it very difficult, if not impossible, to receive a message.

Each of the guidance messages on the opposite page has a separate sequential signal. See SEQUENTIAL MOVEMENTS, page 56. They come from very high vibrations so you have to be on a very high vibration to receive them: To see if you can receive them, ask to see the signal for each one separately. Allow the pendulum ample time to respond. Record any signals you receive for future reference.

If you find that you do receive the signals, you may receive one of these signals when you ask a question rather than receiving a simple YES or NO. Or you may receive one any time you pick up the pendulum. However, do not be concerned if you do not receive these signals because they can be very difficult to figure out!

Another way to receive a guidance message is with the ALPHABET CHART shown on page 58. It may be easier for you to use. The messages from the alphabet chart are usually much more complex and need patience to record each letter. It is always best to check the source of your message. If you are on a negative vibration about the question being asked, chances are your Lower Self will answer. Try each way and use the way that works best for you.

It is important to understand that when you are on a vibration to receive a message, it is possible that you will also hear it in your head. It may even be possible for you to see a vision about it. All of that information is available when you are on that high vibration. The pendulum may be used to confirm what you see and hear until you trust enough in your own inner guidance not to need the pendulum.

It is helpful to keep track of the messages received in a journal. I recorded each of these messages as I received them. Many of them are also classic affirmations. Ask Higher Guidance any questions you have about any message received.

GUIDANCE MESSAGES

DO IT.

DON'T DO IT.

NOT WHAT YOU SHOULD BE DOING.

NOT DOING WHAT YOU WANT TO DO.

DO WHAT YOU WANT TO DO.

WHAT YOU SHOULD BE DOING.

DETACH.

CHANGE NEEDED.

CHANGE OF THOUGHT NEEDED.

SEE THE POSITIVE IN IT.

GOOD TO HAVE HAPPEN.

THE RIGHT THING TO DO.

THE WRONG THING TO DO.

ACCEPTING NEGATIVITY FROM OTHERS.

ACCEPTING NEGATIVITY FROM YOUR SURROUNDINGS.

NOT WHAT YOU SHOULD BE WORRYING ABOUT.

RELEASE NEGATIVE THOUGHTS.

CAUSING YOU DIFFICULTIES.

EXPRESSING RESISTANCE.

REMOVE JUDGMENT.

LET IT GO.

GO WITH THE FLOW.

NOW IS ALL THERE IS.

BE OPEN TO WHAT COMES TO YOU.

TRANSFORM ANGER.

ACCEPT YOUR POWER.

TRUST DIVINE ORDER.

TRUST THE UNFOLDING.

ESTABLISH TRUST.

ESTABLISH FORGIVENESS.

EXPRESS LOVE.

CONNECT TO GOD.

THE PROBLEM IS LACK OF TRUST.

THE SOLUTION TO THE PROBLEM IS TRUST.

LISTEN TO WHAT YOU ARE SAYING.

LOOK AT WHAT YOU ARE DOING.

ACCEPTANCE NEEDED.

COMMITMENT NEEDED.

CHANGE COMMITMENT.

RELEASE COMMITMENT.

PAY ATTENTION TO WHAT COMES TO YOU.

LISTEN WITHIN.

Other?

REMEMBER _____

1. ENERGY: There is one Universal energy called LIFE FORCE. Like a battery, it includes both positive and negative energy.

A. POSITIVE ENERGY. (Higher Self)

In life: content, happy, excited, thrilled, exuberant, etc.

In the body: health. Experienced as positive emotions.

B. NEGATIVE ENERGY. (Lower Self)

In life: tired, nervous, irritated, conflict, problems, crisis, etc.

In the body: pimple, tenseness, aches, pain, illness, injury, etc.

Experienced as negative emotions.

Like light and music, energy goes from low to high, each level a higher frequency or vibration. Think of energy as a ladder. Your position on the ladder is determined by your THOUGHTS. The more positive you are, the higher your position & vibration.

2. THOUGHTS: It is your thoughts that determine your energy, and it is your energy that manifests what happens.

A. POSITIVE THOUGHTS take you to a positive vibration, creating positive energy in your body and manifests a positive outcome. Each positive thought RAISES your vibration and increases your energy. The more positive you are, the healthier and happier you become.

B. NEGATIVE THOUGHTS take you to a negative vibration, creating negative energy in your body and manifests a negative outcome. EACH negative thought LOWERS your vibration, decreases your energy, and increases any problem, pain, or illness. CRISIS in your life shows a low negative vibration and indicates that change is needed now. If the negativity is continued, your vibration drops even lower allowing pain and/or illness to develop.

Each negative thought lowers the vibration for a specific part of the body. Each part of the body is affected by a different set of negative thoughts. Pain and illness indicate the location of the lowest negative vibrations. For healing to begin, it is necessary to raise your vibration.

TO CHANGE YOUR ENERGY
IT IS NECESSARY TO CHANGE YOUR THOUGHTS.

3. CHANGING YOUR ENERGY:

When you encounter what you consider to be a problem, that is the time to deal with it. The easiest thing to do is to change your thoughts about it. There is a positive side and a negative side to everything. It is your CHOICE which side you choose to express. If you can see the positive in it, that is what you will experience. TRANSFORMATION occurs as you no longer see “it” as a problem but can even consider it a blessing as you see where it has taken you.

If you can't change your thoughts about the problem, a simple POSITIVE AFFIRMATION can be used to replace the negative thoughts as they arise. If that doesn't help, it is necessary to raise your vibration. You view your life from the vibration you are on. The higher the vibration, the better it is for your life and your health!

4. RAISING YOUR VIBRATION:

Doing anything you like to do will raise your vibration and increase your energy. The more you like doing it, the higher your vibration and the better you will feel. There are many ways to raise your vibration including exercise, vitamins, your diet, a hobby, etc. Do what works best for YOU. If it makes you feel better, do it. If it causes you more distress, don't do it. That will only lower your vibration and make everything in your life and your body feel worse! If all else fails to help you to feel better, releasing will AUTOMATICALLY raise your vibration.

5. WHEN YOU ARE SICK:

The most important thing you can do to get better is to have a positive attitude about your ability to recover. What you believe to be true is true for you. Make sure your IMMUNE SYSTEM is working. Stress weakens the immune system so reduce or eliminate the stress in your life. Especially work on eliminating pain. If you can get rid of the pain, the body can begin to heal.

However, by the time you are in pain or sick, you may be on too low a vibration for changing your thoughts or even releasing to completely heal you, and assistance is usually needed. Find who or what works best for YOU. Concentrate on any medicine or surgery being successful. If you being negative, forgive yourself.

Stay in the moment. Do not spend your energy worrying about the past or the future. Do what has to be done TODAY in as positive a way as you can. Determination and commitment brings success.

It can be very hard to believe that changing your energy can change your life or your health. However it is with the release of pain that the change in energy can be experienced quickly. When you release pain and it goes away, you know something has happened.

Many times I have heard that after releasing, the diagnosis of a illness had been changed. I had a friend who had problems develop with her eyes. She had originally gone to an optometrist because she thought new glasses might help and was told she had an early stage of Glaucoma. Her eyes eventually became severely inflamed and it was finally diagnosed as allergies but none of the medicines helped. She called me and I told her to work on releasing with the book. In two days her eyes were better. The next time she went to the optometrist she asked about the glaucoma and was told she must be mistaken because she didn't have any sign of it. Her eyes continue to be clear and allergy free.

I had a friend with a severe problem with his body and it was said to be genetic. I told him to visualize the gene, which he said looked black, and to get all of the black out of it. The next time he went to the doctor, he was told it wasn't a genetic problem but they didn't know what it was. And so it goes.

Let your pendulum help you to find what is best for you to do. When I was introduced to the pendulum, I knew nothing about energy. This book is the result of the experiences I have had in coming to understand the power of thoughts and how thoughts affect energy. The pendulum has revealed it to me over the last 20 years as I worked at figuring out what the movements meant.

I want you to know that for the first two years using the pendulum, I received a very low movement. Finally, after a lot of releasing, becoming more positive in my life, and learning to believe in inner guidance, the movement began to increase dramatically.

So be patient with yourself, it may take time to get good at using the pendulum. All you need to be able to do at this time is to get enough movement to determine YES from NO. As you begin to learn to change your thoughts or release, the movement should increase. The more positive you become and the more releasing you do, the higher the movement of the pendulum.

The pendulum is a simple tool because it only reflects one vibration at a time, but it is not an easy tool because we are very complicated beings. It is very important to remember that the pendulum is moved by your energy, and the movement of the pendulum expresses the energy you are experiencing at that moment.

The wonderful thing about using the pendulum is that you don't have to take my word about anything in this book. You can check it out with your pendulum.

When you ask a question and receive an answer, that answer shows the energy you are expressing. If you don't like the answer you receive, you can either change your thoughts or release until the answer from the pendulum gives you a strong YES response. The goal is to have the pendulum respond with a YES each time you ask about what you want to do, to set the energy for that to happen, because it is your energy that manifests.

However, it is important to remember that the answer you receive depends on the vibration you are on. The great gift of the pendulum is being able to determine the source of your answer. It is important to have your energy be in tune with your Higher Self or you may be led astray by your Lower Self. It is astounding how easy it is for that to happen.

In a TV lecture given by Wayne Dyer, he told about meeting a Kahuna in Hawaii. He asked him how do you become a Kahuna? The Kahuna answered that they are raised from childhood to have NO DOUBT. When a Kahuna says you are healed, you are healed!

NO DOUBT those are the magic words. When you go forward in anything with NO DOUBT, all things are possible. Any time you can't do that, let your pendulum help you to find your way.

It is very important to understand that it is your energy that manifests, so the kind of energy you are expressing is what is so important. If you want to see what you have manifested in the past, look at your life as it is today. If you want to know your life in the future, pay attention to what you think, say, and do, today.

Remember that it is your thoughts that determine your energy each moment. Learning to be more positive so that you express positive energy is what this book is about. Let each thought, word, and action be guided by kindness & compassion. It is also necessary to understand that there is a difference between knowing it, and living it. Learn to WALK YOUR TALK. May there be joy in your journey.

*“You are today
where your thoughts have brought you;
you will be tomorrow
where your thoughts take you.”*

James Allen

ENERGY THE BOTTOM LINE IN HEALING YOUR LIFE AND YOUR BODY

Using the pendulum makes your energy visible.

IN THIS BOOK YOU WILL LEARN

1. How thoughts affect energy.
2. Using the pendulum.
3. Locating negative energy.
4. Releasing negative energy.
5. Using effective affirmations.
6. Thoughts affecting body parts.

THIS INFORMATION CAN ASSIST
PROBLEMS TO RESOLVE
PAIN TO DISAPPEAR
RECOVERY TO BE EASIER AND QUICKER

*It is not necessary to use the pendulum
to benefit from the information in this book.*