



LOCATING  
NEGATIVE ENERGY

---

EACH NEGATIVE THOUGHT  
LOWERS YOUR ENERGY  
UNTIL EITHER  
TRANSFORMED OR RELEASED

## LOCATING NEGATIVE ENERGY\_\_\_\_\_

Each negative thought lowers the vibration in a specific part of the body and remains there until either transformed or released. Pain and illness are the most obvious physical manifestations of negative energy in your body. However, negative energy can be in your body before you become aware of it. It can be located with the pendulum held over either your body or a map of the body. You can also repeat the name of a body part and watch the response of the pendulum to see the energy involved. However, the most accurate way of determining the degree of negativity of anything, or any part of the body, is with the VIBRATION SCALE as shown on page 78.

You can also locate negative energy in your aura. It is said that negative energy appears first in the aura and then condenses down into the body. It is my opinion that calcium deposits and even kidney stones are the most condensed form of negative energy in the body. I first realized calcium deposits in joints could be eliminated while practicing Yoga. Releasing can also reduce or even eliminate them.

There are two basic ways to locate negative energy in your body. You can ask to find the negative energy for a YES/NO response. Or you can watch the response of the pendulum to each body area.

For a YES/NO response, as you come to a negative area you would receive a YES if there is negativity or NO if there isn't any. The only problem with this way is that there could be various degrees of negativity throughout your body so you could receive a YES everywhere. For that reason it is better to ask to see the location of BLOCKED energy. That would be easier to locate.

For more accuracy you can also hold the pendulum over the area you want to know about and just watch the response of the pendulum. Remember that no movement shows BLOCKED energy and is the lowest vibration of negative energy. A slow sluggish counterclockwise swing is very negative and the higher the swing, the less negative it is. A low clockwise swing is also showing some negativity. The higher the swing, the more positive it is. A full-out clockwise swing shows no negativity at all which is called CLEAR.

It is important to remember that as you attempt to locate negative energy in your body, the pendulum responds according to what you are looking for. As you do the exercises in locating negative energy on the following pages, keep your thoughts focused on wanting to locate negative energy. Try each method and use what works best for you. In fact, you may use each method at different times. Don't worry if you can't do any of this because the rest of the book is set up to get the same information with just YES and NO.

## IN YOUR BODY\_\_\_\_\_

---

When locating negative energy in your body, it is recommended that you always start with asking to see the energy for your body first. Then you can ask to see the energy for the various parts of the body to see the difference in energy levels. You can even get more specific and ask to see about the right and left side of anything separately. The side involved will tell you if it is about yourself or others. There are several ways to locate negative energy in the body.

1. You can SCAN the body itself just as you did on the map.
2. You can repeat the NAME of the part of the body.
3. You can TOUCH the exact part of the body.
4. You can squeeze or PRESS into the muscles in the body.
5. You may COMBINE any of the above.

The easiest way to see the energy for the various parts of your body is to simply state the name of the part you want to see and watch the response of the pendulum. To see the energy of any part of the body you want to know about, ask:

***“SHOW ME THE ENERGY OF MY\_\_\_\_\_.”***

[Example: “Show me the energy of my HEAD.”]

It is important to concentrate on wanting to see the energy for the part of the body you are asking about. Do not doubt your ability to receive the information. You should also make sure that the response you receive is what you are asking about. To double check what you are receiving, ask if that is the energy for what you are asking about for a YES/ NO response, ask:

***“IS THIS THE ENERGY FOR MY\_\_\_\_\_?”***

[Example: “Is this the energy for my HEAD.”]

If you receive a YES, you know it is right. If you receive a NO, you need to stay focused on what you want to know and not let your mind wander. If you aren’t able to determine the difference in the level of energy with your pendulum, use the vibration scale. Page 78.

The easiest way to see the energy for anything is to repeat the NAME of what you want to see, and watch the response of the pendulum. The following is the list of body parts used in this book. See your energy for each. Mark the box next to those that are BLOCKED, showing no movement. If none are blocked, mark the ones showing the lowest movement. You can also get more specific by using an anatomy chart or book. For example, for the eyes you could ask about the cornea, lens, retina, optic nerve, rods, cones, etc.

BODY:       Right side of my body.     Left side of my body.

HEAD

- Crown [top of the head]
- Brain                       Brainstem
- Face                          Forehead
- Right Eye                  Left Eye
- Right Ear                  Left Ear
- Nose                         Mouth
- Front of neck
- Back of neck

CHEST

- Ribs     Lungs     Breasts     Heart     Stomach
- Gall bladder     Pancreas     Liver
- Right Arm             Left Arm
- Right Hand            Left Hand

ABDOMEN

- Bowels
- Reproductive Organs
- Right Hip               Left Hip
- Right Leg               Left Leg
- Right Knee             Left Knee
- Right Foot             Left Foot

BACK

- Right Shoulder       Left Shoulder
- Spine                  Spinal Cord
- Right Kidney         Left Kidney     Bladder
- Lower Back:         Right side       Left side

---

## LOCATION of NEGATIVITY

Each negative thought lowers the vibration of your body. The location of the negativity depends on the specific thoughts involved. Each part of the body is affected by a different set of negative thoughts. The following are the basic sections of the body used in this book. Your position will show the negativity for each. Make sure you read the directions on the opposite page.

Insert each of the following, one at a time, into the following statement to locate your position. Keep asking to see the position as you repeat BLOCKED, one through twelve, and then CLEAR. Your pendulum should respond with a NO to each until you reach the right one and then you should receive a YES. Circle and date the position selected. To confirm, repeat the selection and ask if that is correct. You should receive a YES. If you receive a NO, do it again.

**Ask: “SHOW ME THE POSITION FOR MY \_\_\_\_\_.”**

BODY ..... 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

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

HEAD .....Blocked 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

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

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

Do not blame yourself for being on a low vibration in any section of your body. Releasing can quickly raise your position, and your desire to be more positive will help you to be so. Check regularly.

The vibration of your body and each part of your body is determined by the combined thoughts about the people and problems in your life. The next page will show you who or what your negativity is about.

## SOURCE of NEGATIVITY \_\_\_\_\_

The vibration of your body is made up of the combined thoughts about YOURSELF, OTHERS, and SOMETHING, which includes all the problems in your life. (See page 107). The EMOTION experienced depends on the thoughts involved. The following vibration scales can help you to find what your negativity is about. Read page 78 for directions on how to do this.

Find your position in each of the following basic categories. The one on the lowest position shows the MOST NEGATIVE area. It is important to remember that your position can change either lower or higher, depending on your thoughts or releasing. Check regularly to see how you are doing.

You can circle in pencil the position you find at this time. You can also put a date such as month/year above or below the number to keep track of where you were at a given time. The goal is to get the positions for each into alignment to balance your energy. Any number significantly lower than the others will have a powerful pull on you to that vibration.

Insert each of the following, one at a time, into the following statement to locate your position. Keep asking to see the position as you repeat BLOCKED, one through twelve, and then CLEAR. Your pendulum should respond with a NO to each until you reach the right one and then you should receive a YES. Circle and date the position selected. To confirm, repeat the selection and ask if that is correct. You should receive a YES. If you receive a NO, do it over.

**Ask: “SHOW ME THE POSITION FOR \_\_\_\_\_.”**

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

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

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

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

Do not blame yourself for being on a low vibration in any category. Releasing can quickly raise your position. The next chapter will teach you how to release. The following chapters will help you to determine the thoughts needing to be changed, or what to release.

When you realize you are being negative there are many ways to raise your vibration to change your energy. It is important to find the way that works best for you.

You can use your pendulum to see the energy involved with any negativity. To change your energy, the easiest thing to do is to change your thoughts and the movement of the pendulum should increase.

Any time you are trying to decide what to think, say, or do, repeat each possibility to see the energy involved with each so you can choose the highest vibration response. The higher the movement of the pendulum, the better it is for you. The best movement is the highest clockwise circling movement. Being able to find out if what you are doing is really raising your energy level is what makes using the pendulum so powerful. You will no longer have to guess what is the best thing to do.

If you can't change your thoughts or think of anything positive to do, it is necessary to find and release what is keeping you on that negative vibration. Releasing will AUTOMATICALLY raise your vibration. From a higher vibration it is easier to be more positive.

It is your INTENT to be positive that will help you be positive. It is your intent that directs your energy and it is your energy that manifests. Examine your thoughts to figure out what your intent really is. A negative intent produces negative results. A positive intent produces positive results. Wanting to be more positive, to have your problem resolve in a positive way, or to feel better, will assist you in doing so.

Positive affirmations can be used to keep you on a positive vibration. Let the pendulum choose the best affirmation to use for any problem, pain, or illness. The positive affirmation can also be used to replace any negative thoughts as they arise. It is important to understand that any time you realize you are being negative about someone or something, that is the time to CHOOSE to be positive.

There are other things you can do to raise your vibration. At the first sign of distress take several long, slow, deep breaths and let each out slowly. The increase in oxygen is very helpful in calming you. Doing anything you enjoy is another way to raise your vibration. The most important thing is that what you do really does raise your vibration rather than adding more stress which will only lower your vibration. See pages 256 - 261.

If all else fails, releasing will automatically raise your vibration and change your energy. In this chapter you will learn various ways to release any problem, pain, or illness.

## INTRODUCTION TO RELEASING \_\_\_\_\_

Releasing is a deliberate process of LETTING GO. As you let go of the negative, your energy automatically rises to a higher vibration. Remember that ENERGY FOLLOWS THOUGHT and it is your INTENT that directs your energy. Although there are many ways to release, the following releases are presented in this book.

1. GENERAL RELEASE
2. PAIN RELEASE
3. SPECIFIC RELEASE
4. OPPOSITE RELEASE
5. COMBINED RELEASE

The following statement is called a STATEMENT OF RELEASE and is used throughout this book. Any thought, body part, person, problem, pain, or illness can be added to this release.

*“I release all karmic, past and present problems with \_\_\_\_\_.”*

A statement of release is used in releasing to set the intent for ALL of the problems involved with what you are releasing to leave you NOW. ‘Future’ is not included in the release because it is the present that creates the future. However, you can include it if you want to. ‘Karmic’ is used because it is often the karmic energies that are the most powerful, pulling you to that vibration at each encounter. If you don’t want it say ‘Karmic’ you can omit it. If you do not want to use this statement, you can make up your own. However, always make sure any statement is correct before releasing.

With most releases, you won’t feel anything so you may think that nothing is happening. However, it is with the release of pain that the power of releasing is experienced. When the pain is gone, you KNOW something has happened.

There are several ways to determine if your release was successful. You can check the movement of your pendulum before releasing and again after releasing to see if the movement has increased. You can also ask for a YES/NO. In this book, a VIBRATION SCALE is used to assist in finding your vibration before and again after releasing to see how successful your release was and how much more you need to release. A successful release raises your vibration and increases the swing of your pendulum. See page 78.

BLOCKED 1 2 3 4 5 6 7 8 9 10 11 12 CLEAR

The VIBRATION SCALE is used to make energy visible. There is only ONE universal energy and it is made up of a scale of vibrations or frequencies going from low to high just like sound and light. Since it is your thoughts that create your energy, your position on the scale will show the vibration you are on. BLOCKED is the lowest negative energy. The higher the number the less negative it is. CLEAR is the highest positive energy, no negativity involved.

You can find the vibration you are on about anyone or anything. When you find that you are on a vibration less than CLEAR, it is very important not to blame yourself for being on a lower vibration. That will only lower your vibration even more. Instead, it is necessary to identify what is causing you to be on that vibration and release it. Releasing will automatically raise your vibration.

There is no way to know how many releases are needed to move your energy to CLEAR from any position. It could take just one release, especially if it is a strong karmic energy involved, or it could take years of releasing to get you there, depending on how low the vibration is and how much you resist changing your thoughts.

The energy of your body is made up of the combined energies of each part of the body. Each part of your body is affected by a different specific group of negative thoughts about someone and/or something. It is your thoughts that determine the energy involved.

As you work on raising the energy for someone or something, the vibration scale may finally register CLEAR, but the next time you check it can again be at a lower position. What has happened is that you received CLEAR for what you were releasing, and now the next thing needing to be released has surfaced. See page 112.

It is also very important to understand that ONE release may not be sufficient to move your position higher on the vibration scale. However, you can see that the energy is raised by the increased height of the spin of the pendulum at the same position. It simply means that more releasing is needed to raise your position on the scale. That is why it is important to check your energy before releasing and again after releasing. A successful release raises your energy level, even if not enough to register on the scale.

It is also possible that releasing another part of the body can raise the energy of what you are working on. Each release you do can also raise the vibration of your body, and other parts of your body. Remember that your position shows how you are THIS MOMENT.

## DOING A RELEASE

---

To do a successful release, it is necessary to learn what it takes to change your energy, and be able to determine if you completed the release. A successful release raises your vibration and therefore increases the movement of your pendulum.

The statement of release can be said either silently or out loud. It is not necessary to be in a meditative or even in a relaxed state for releasing to work. However, it is important to FOCUS YOUR THOUGHTS on what you are saying or thinking and not let your mind wander.

The stronger the intent for a release to work, the quicker it will do so. Often just 'asking' or even 'wanting' it to release isn't enough to change vibrations. The more EMPHATIC you say the statement of release, or the more demanding you are in making the statement, the faster the vibration will change.

Seldom is a release accomplished by just saying the statement of release only once. It is usually necessary to repeat the statement several times. The more difficult the release is for you to say, the more times it may need to be repeated.

The movements of the pendulum can show you what is happening to your energy. For example, while releasing if you are wondering if there is any MORE to be released, it could start with a YES signal and gradually move to a NO position as it is all released.

It could also do just the opposite. If you are wondering if it is ALL released, the pendulum could signal NO and then move to a 'YES' response as it is completed. As you can see, each way will work, it just depends upon your thoughts as to how it works for you.

If the level of movement of the pendulum stays in one place or suddenly stops moving during a release, it means that your mind is wandering or you are not being demanding enough to be able to change vibrations. DEMAND THAT IT ALL LEAVE NOW!!! Learn what it takes to make the release work. It does not matter how you do it, it only matters that what you do really does raise your vibration. The pendulum can be used to determine if it does.

After releasing, the circling movement of the pendulum should be higher than before releasing, showing you have raised in vibration. The higher the swing of your pendulum, the higher the vibration and the more clear you are. I have also found the more specific the statement of release, the easier and quicker it will change vibrations. The more releases you do, the more you let go of and the easier it all becomes. Problems in your life can resolve, pain can disappear, and your body can begin to heal.

## PROBLEMS WITH RELEASING

---

It is important to understand what can happen during releasing. If you are working on a very negative problem, you may not be able to remember the wording in a statement as you try to say the release. If this happens, it is not because the words are too difficult but because the negative energy is too intense. If you encounter a statement that you simply can't say or won't work, release each word separately.

Energy is very powerful. Look at the wind, it can be as gentle as a soft warm breeze or as strong as a tornado. It is the same with your energy, especially when you are releasing. As you do a release, you can experience it in a variety of ways. Although usually you don't feel anything during a release, you may sigh, catch your breath, or yawn. You may even feel as though a hurricane is roaring through you.

It is also possible to 'see' visions, 'hear' things from the past or 'feel' what you felt before as you connect to that vibration. Although rare, the feelings you encounter can overwhelm you and result in pain, crying, or getting sick, such as vomiting or diarrhea, as you touch into that low negative vibration.

The most important thing to remember is that those feelings are the result of being on that particular negative vibration. If you keep making the statement of release, you will change vibrations and those feelings will lessen or disappear. Change the vibration and you change the experience.

If you stop saying the release before completion, you will stay on that difficult vibration and that could cause problems. It is very important to continue releasing to stop a bad experience. Remember, what you experience is the result of the vibration you are on. To change the vibration, DEMAND that ALL of the negativity leave you NOW. Make your energy do as you command. The most important thing you can learn to do for yourself is to TAKE CONTROL OF YOUR OWN ENERGY. If you don't do that, it controls you.

Some people worry about where the negative energy 'goes' when it is released. If you are concerned, simply state where you want it to go. It can be sent to the center of the earth knowing the earth can transform it. Or you can send it into the sun, throw it into a volcano to burn it up, let your Higher Self, soul or even God take care of it, or anything else that suits you. If you don't know what is best for you to do, state some alternatives and let the pendulum choose. However, it really doesn't 'go' anywhere. It is simply a lower vibration available at any time depending on your negative thoughts.

A General Release is used to get your pendulum moving. If your pendulum won't move, it doesn't mean that the pendulum is broken, it means that your energy is blocked because of being on a very low negative vibration. Releasing unblocks energy.

A General Release is a statement of intent that you want whatever is CAUSING your problems to leave you. You may not know what those problems are but you want them ALL to leave you NOW. The more emphatically you say it, the quicker it works.

The following statements are used to get your pendulum to move. Do one statement until you feel finished and then do the other. Omit the karmic one if you don't want to do it but if you have no objections, it is usually more effective to use it. Learn what it takes to get your pendulum to move. You can either repeat the statements out loud or in your mind, but be emphatic and really want it ALL to go. Say:

***“I WANT WHATEVER IS CAUSING ME PROBLEMS  
TO LEAVE ME NOW!”***

***“IF ANYTHING KARMIC IS CAUSING ME PROBLEMS  
I WANT IT ALL TO LEAVE ME NOW!”***

You will know if your release is working by the movement of your pendulum. Keep repeating the release until you get movement. It does not matter how much the pendulum moves. It only matters that you get enough movement to determine YES from NO.

Releasing may result in a sigh or yawn as you begin to let go. Notice how you feel after releasing. Do you feel 'lighter', less tense, more relaxed? Be aware of how you feel when you are blocked and how you feel when you aren't blocked. Learn to stay unblocked!

It is also possible to say this release without the use of the pendulum. You can do it anywhere, anytime, to release any problem as you encounter it, or any time you are feeling tired, distressed, or sick. It could even save your life under extreme duress such as during a heart attack or any life-threatening event. It gives you something positive to do. Repeat this release as often as needed, especially at bedtime if you can't sleep. Each time you do it, you will raise your vibration and the better you will feel.

The only problem with using this release is that you don't learn exactly what it is that is causing you problems. However, the good thing is that once you know how to do something about changing how you feel, you will no longer feel like a victim of your feelings!

The release of pain shows the power of releasing. Releasing can reduce or even eliminate pain. The release of pain in one part of the body can eliminate pain in another area, or allow you to feel pain in a different area. When saying the release, just asking the pain to leave may not be enough to make the release work. It seems to need ‘CAUSING’ in the statement for it to work. Find what works for you.

There are two kinds of pain. One is a specific pain that is located in one area. The other is a general pain that may encompass a large area or even all of your body. The following releases can be used to get rid of either kind. You can do both releases at the same time or do the first release and check the level of pain before doing the second one. The more emphatically you say it, the faster it works. Be very demanding. Really want ALL of the pain to leave. Say:

***“I DEMAND THAT WHATEVER IS CAUSING  
THIS PAIN TO LEAVE ME NOW!”***

***“IF ANYTHING KARMIC IS CAUSING THIS PAIN  
I DEMAND IT TO LEAVE ME NOW!”***

If you have a pain in a part of the body that you can touch with your finger, press around the area until you find a sore spot. Keep touching that spot while you say the statements either silently or out loud. Really want the pain to leave you! When you feel finished saying the release, determine if that spot is still sore. If not, congratulations, you just healed yourself!

If the soreness is gone in that spot but you still feel pain, move your finger around the area to find another sore spot and repeat both releases. Continue the process until all the sore spots are gone.

For a general pain, or pain in a place you can’t touch, focus on the pain and repeat the statement of release. Keep repeating it until you feel finished, or the level of pain is reduced.

After releasing examine how you feel. Can you detect any reduction in the general level of pain? Severe pain and pain that has been with you a long time may take many releases to eliminate completely. However, any reduction in the level of pain is good. Keep at it.

If you can’t get rid of the pain with these releases, it means you have to get more specific and identify the thoughts involved. A Specific Release is used for this. Each part of the body is affected by a different set of specific negative thoughts and the location of pain can direct you to the thoughts involved. The rest of the book will help you to identify what needs to be released. See page 102.

## SPECIFIC RELEASE \_\_\_\_\_

In a Specific Release you identify what you want to release. It can be a person, problem, pain, illness, body part, or thought. Karmic, past, and present are used in the same release to simplify releasing even though you may not have a problem with each area.

The following statement of release is used for a Specific Release. Add what you want to release into the following:

***“I RELEASE ALL KARMIC, PAST AND PRESENT  
PROBLEMS WITH \_\_\_\_\_.”***

BEFORE doing the release, it is important to determine if your statement is correct. For example, if you are having a problem with paying your bills, you would add PAYING BILLS to the release. To determine if the statement is correct, for a YES/NO answer, ask:

***“IS THIS STATEMENT CORRECT?”***

If you receive a YES response from the pendulum, proceed with the release. If you receive a NO response, it is necessary to discover exactly which part of the statement is not correct. It can either be ‘with’ or ‘what you have identified’ to release. Ask about each part for a YES/ NO to find which one it is.

If you receive a NO for ‘with’, it means a different word is needed to replace ‘with’. For example, instead of releasing problems WITH PAYING BILLS, you may need to release problems BECAUSE OF PAYING BILLS. So ‘with’ would be replaced by ‘because of.’ There is a big difference in meaning between them. See VARIATION NEEDED on page 96 for information about variations.

If ‘what you are releasing’ is the part that is not correct, repeat each possibility for a YES/NO until you receive a YES. Be expansive in what you ask about. Examine your life for exactly what it might be. With the example above, if you receive a NO to PAYING BILLS, it may be that FINANCES is needed. It is usually preferable to start releasing with a general term first and then get more specific the more releases you do. See GETTING MORE SPECIFIC on page 97 for more complete directions.

You can use this release as you encounter any problem, pain, or illness. Simply add what it is to this statement and release it. However, it is important to understand that the Specific Release is actually composed of two parts, a positive and a negative statement. The OPPOSITE RELEASE on the next page completes it.

The Opposite Release is the OTHER HALF of a Specific Release. The same statement of release is used for an Opposite Release with NO added to it, but it can also be NOT, NEVER, or WITHOUT, depending on what you are releasing. It may even be necessary to eliminate 'NO' if it is not needed.

Add what you are releasing into the following statement:

***“I RELEASE ALL KARMIC, PAST AND PRESENT  
PROBLEMS WITH NO \_\_\_\_\_.”***

BEFORE doing the release, it is important to find out if your statement is correct. For example, for PAYING BILLS, you would now release the opposite which is NOT PAYING BILLS. To determine if the statement is correct, for a YES/NO, ask:

***“IS THIS STATEMENT CORRECT?”***

Since you already know that what you are releasing is correct, if the answer is NO, it would be a problem with 'NOT'. The variations most often used are NO, NOT, NEVER, but it is also possible for it to be WITHOUT, or no word may be needed. Repeat each possibility for YES/ NO to determine which it is. It is usually easy to determine which word to use because of the context of what you are releasing.

It is important to realize that both the Specific Release and the Opposite Release can be either a positive or negative statement depending on what you are releasing. Which you use first depends upon your thoughts about it. However, either way will usually work.

For example, if you want to lose weight, you could release NOT LOSING WEIGHT first and then release LOSING WEIGHT so you would be successful at it. However, if you were releasing GAINING WEIGHT, you would release that first and then NOT GAINING WEIGHT so you wouldn't gain any more. Always be sure the statement is correct with the pendulum before doing any release.

It is advisable to always do an Opposite Release at the same time you are doing the Specific Release so you won't forget to do it. It is necessary to release both sides to clear the vibration. Otherwise, it will always exert a negative pull, constantly bringing you back to that vibration.

However, it is also possible that it may not be necessary to do the opposite release right after the specific release. ALWAYS let the pendulum direct you to what needs to be released next.

## FINDING WHAT TO RELEASE \_\_\_\_\_

When you encounter a problem with someone, something, pain, or illness, ask to see the energy for it with the pendulum before releasing and again after releasing. A successful release will increase the movement of your pendulum.

Your first release should always be a SPECIFIC RELEASE, identifying who or what your problem is about. Make sure the statement is correct before releasing. If NO, repeat variations until you receive a YES. If YES, insert it into the statement of release. Make sure the first release is successful before doing the second one.

***“I release all karmic, past & present problems with \_\_\_\_\_.”***

***“I release all karmic, past & present problems without \_\_\_\_\_.”***

After doing both releases, again check the movement of the pendulum. If the pendulum does not give a full-out swing indicating CLEAR, and it probably won't, it is necessary to get more specific with your releasing. To find out what you need to release next, insert what you are releasing into the following question and ask:

***“WHAT IS CAUSING MY PROBLEM WITH \_\_\_\_\_?”***

To find the section of the body to turn to, repeat each of the following slowly and separately for a YES/ NO to each until you receive a YES. Ask:

***“IS IT MY HEAD?”..... YES or NO.....page 151.***

***“IS IT MY CHEST?” ..... YES or NO.....page 183.***

***“IS IT MY ABDOMEN?” .... YES or NO.....page 213.***

***“IS IT MY BACK?” ..... YES or NO.....page 233.***

Turn to the page for the section of the body selected. In that chapter you will be directed to the part of the body to be worked on. For pain or illness in a specific area, just turning to the page for the part of the body experiencing either will inform you of the main thoughts involved. However, when you want to do a release, it is important to understand that it is possible that a different part of the body may need to be released first, before the part involved with the pain or illness. Therefore, always start releasing this way.

---

When you are trying to find what to release, if you receive a NO to each section of the body, it means something else is needed. To find what it is, for a YES/NO to each, repeat each of the following:

BODY, RIGHT SIDE, LEFT SIDE, ASSISTANCE.

If BODY is selected, one of the following needs to be used:

1. Use BODY in your release.
2. Use BODY PART such as eye or more specific such as cornea, lens, rods, cones, optic nerve, etc. (see page 109)
3. It could be more general such as the Immune System, Digestive System, Circulatory System, etc.

If RIGHT SIDE is selected, it could be necessary to use RIGHT SIDE in your release. Or it could be directing you to someone or something needing to be released. For a woman, the right side is about others. For a man the right side is about yourself or something.

If LEFT SIDE is selected, it could be necessary to use LEFT SIDE in your release. Or it could be directing you to someone or something needing to be released. For a woman, the left side is about yourself or something. For a man the left side is about others.

If ASSISTANCE is selected, it could be that you need to change your diet, get more exercise, see a doctor, etc. See chapter 11 on page 249 to find what is needed. Or ask about what you think it may be for a YES/ NO to each.

To find who or what is needed, repeat each for a YES/NO and then each in the category selected. Ask your Higher Self any questions.

FINDING WHO: See pages 106, 123 and 126.

***OTHERS, FAMILY, FRIEND, PET, GOD, GUIDE, other?***

FINDING WHAT: See pages 107, 125 and 127.

***EMOTIONS, HEALTH, RELATIONSHIPS, JOB, FINANCES, EDUCATION, POSSESSIONS, ENVIRONMENT, RELIGION, METAPHYSICS, other?***

## ADD EMOTION \_\_\_\_\_

When you discover that an EMOTION needs to be added to what you are releasing, to find out which one to release, repeat each of the following slowly and separately for a YES/ NO to each.

FEAR, ANGER, GUILT, BLAME, RESENTMENT, HATE,  
RAGE, TERROR, NOT TRUSTING, NO FORGIVENESS,  
NO LOVE, LIMITS.

The emotion selected can be used in the first blank space OR the second blank of a Combined Release, or BETWEEN two blank spaces. The following are examples of emotions used in the FIRST blank space. You would add someone, something, a body part, thought or even another emotion in the blank space. Always make sure the statement is correct before releasing. If NO, a variation is needed for one of the words in the release. Ask for a YES/NO to each to find it.

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

FEAR of \_\_\_\_\_  
NO FEAR of \_\_\_\_\_

ANGER at \_\_\_\_\_  
NO ANGER at \_\_\_\_\_

GUILT about \_\_\_\_\_  
NO GUILT about \_\_\_\_\_

BLAME of \_\_\_\_\_  
NO BLAME of \_\_\_\_\_

RESENTMENT of \_\_\_\_\_  
NO RESENTMENT of \_\_\_\_\_

HATE of \_\_\_\_\_  
NO HATE of \_\_\_\_\_

NOT FORGIVING \_\_\_\_\_  
FORGIVING \_\_\_\_\_

NO LOVE from \_\_\_\_\_  
LOVE from \_\_\_\_\_

LIMITS because of \_\_\_\_\_  
NO LIMITS because of \_\_\_\_\_

When you discover that a BODY PART needs to be added to what you are releasing, it is usually a part connected to what you are releasing. Use anatomy charts if needed. Repeat each you think it could be for a YES/NO to each. If you receive a NO to each, repeat HEAD, CHEST, ABDOMEN, BACK for a YES/NO to each to find what to turn to. Add the selection to what you are releasing. Make sure the statement is correct before releasing.

**BODY:** Left side of the body, Right side of the body.

**HEAD:**

Crown [top of the head]: Top right, Top left, Skull, Hair, Skin, etc.

Brain, Brainstem, Face, Right side of each, Left side of each, etc.

Forehead: Right side, Left side, Center, etc.

Eyes: Right eye, Left eye, Eyeball, Cornea, Lens, Optic Nerve, etc.

Ears: Right ear, Left ear, Eardrums, Inner Ear, Stirrup, etc.

Nose: Right nostril, Left nostril, Right sinus area, Left sinus area.

Mouth: Lips, Inner cheek, Gums, Teeth, Roots, Nerves, etc.

Throat: Tongue, Trachea, Larynx, Vocal Cords, Esophagus, etc.

Neck: Front of neck, Back of neck, Right side, Left side, etc.

**CHEST:**

Ribs, Lungs, Breasts: Right side of each, Left side of each.

Heart, Stomach, Gall bladder, Pancreas, Liver.

Arms: Right arm, Left arm, Fingers, Nails, Joints, etc.

Hands: Right hand, Left hand, Fingers, Nails, Joints, etc.

**ABDOMEN:**

Colon: Large Intestines, Small Intestines, Appendix, Anus, etc.

Reproductive Organs:

Female: Vagina, Cervix, Uterus, Fallopian Tubes, Ovaries, etc.

Male: Penis, Scrotum, Testicles, Sperm, Prostate, etc.

Hips, Legs, Knees, Feet, Right of each, Left of each.

**BACK:**

Right Shoulder, Center of Shoulders, Left Shoulder, Joints, etc.

Spine, Discs, Vertebrae, Spinal Cord, etc.

Right Kidney, Left Kidney, Bladder, Urethra, etc.

Lower Back, Right side of back, Left side of back, Center of back.

**Other:**

Bones, Joints, Muscles, Ligaments, Tendons, Nerves, Glands, Cells, Digestion, Absorption, Elimination, Circulation, Blood, Hormones, Immune System, Thymus, Spleen, Thyroid, Pituitary, T-cells, etc.

## ADD THOUGHT \_\_\_\_\_

The following can be either about YOURSELF or OTHERS.

### HEAD: NOT DOING THINGS RIGHT.

Back of head: NOT DOING THINGS RIGHT IN THE PAST.

Crown (top of head): NO FORGIVENESS.

Brain: HOW I THINK or HOW I DON'T THINK.

Brainstem: HOW I FEEL or HOW I DON'T FEEL.

Face: WHAT I AM FACING or NOT FACING.

Forehead: KNOW or DON'T KNOW. INNER KNOWING.

Eyes: WHAT I SEE or WHAT I DON'T SEE. INNER SEEING.

Ears: WHAT I HEAR or DON'T HEAR. INNER HEARING.

Nose: OVEREXTENDED or OVEREXTENDING.

Mouth: WHAT I EAT or WHAT I DON'T EAT.

Throat: WHAT I SAY or WHAT I DON'T SAY.

Neck: WHAT IS AHEAD (front) and IN THE PAST (back)

### CHEST: NOT TRUSTING.

Heart: NOT DOING WHAT I WANT TO DO.

Stomach: DOING WHAT I DON'T WANT TO DO.

Ribs: HOW I AM or HOW I AM NOT.

Breasts: HOW I AM AS A WOMAN, WIFE, MOTHER, etc.

Lungs: LIVING, NOT DYING or DYING.

Liver: BEING NEEDY, NEEDING, NEEDED or NOT NEEDED.

Gall Bladder: USELESS, USED, USING, NOT USEFUL.

Pancreas: NOT BEING WORTHY or WORTHLESS.

Right Arm: NOT GIVING or GIVING TOO MUCH.

Left Arm: RECEIVING or NOT RECEIVING.

Hands: NOT LETTING GO or LETTING GO.

### ABDOMEN: ACCEPTING TOO MUCH RESPONSIBILITY.

Bowels: BEING BLOCKED or NOT BEING BLOCKED.

Reproductive Organs: SEX, NO SEX, FROM SEX, etc.

Hips: NO SUPPORT, SUPPORTING, NOT SUPPORTIVE.

Legs: NOT MOVING FORWARD or MOVING FORWARD.

Knees: NOT CHANGING, NO CHANGE or CHANGES.

Feet: BEING STUCK or NOT BEING STUCK.

### BACK:

Shoulders: OVERBURDENED or BEING A BURDEN.

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

Spinal Cord: NO CONTROL or CONTROLLING.

Kidneys: WASTING SOMETHING [life, money, time, love, etc.]

Lower Back: FAILURE or SUCCESS.

There are certainly many ways to raise your vibration and it is important to find the way that works best for YOU. It may be hard to believe that releasing can change your life or your body, and you may need to experience it before you can believe it. That is why it is so effective to start with releasing pain. You really know that something has happened when the pain is gone. However, it is important to start with a pain you can touch so you can actually feel the difference after releasing.

If you hold your pendulum while releasing, it is possible to see if a release is working. Since it is your intent that sets things in motion, intend that you can see the energy of what you are releasing. For me it spins full-out as I start and then spirals downward to a stop as the release is complete. If it stops at any place before the lowest point, it means the release isn't working. If this happens to you, it means you have either lost your focus and let your mind wander from what you are releasing, or you aren't being demanding enough to change vibrations.

Learning what it takes to do a successful release is the most important thing you need to learn to do. When I am working with someone and the pendulum stops moving, I tell them to stamp their foot and DEMAND it to leave with as much power as they can. The more powerful they say it, the faster the pendulum moves. Watch the response of the pendulum as you try to find what works best for you. The faster the movement, the more effective it is.

I have received criticism about releasing, saying that loving it should work best. If that works, by all means start there. However, the test is, does it raise your vibration? If it doesn't, releasing is needed. With the pendulum you can determine exactly what works.

There are certainly many ways to release and this book is about my way. I know that it works for me but I have done it for many years. There are also many ways to use the pendulum. I was taught one way and discovered other ways that worked better for me. That is what I recommend you do. Do not be a slave to my way. It is just that, my way. The only thing that matters is that what you do, does raise your energy. Let your pendulum be your guide.

However, it is important to realize what works for you at one time may change as you change major vibrations. Not only will the interpretation of the movements change but your visualizations may change too. The higher in vibration you go, the more your psychic powers may increase. In fact, there may come a time when you no longer need to use the pendulum as you can 'see' or 'know' the answer.

---

It is important to understand that releasing is not just a one-time thing about any problem, pain, or illness. As you release one thing, the next thing needing to be released will surface.

For example, let us say you discover that you need to release ACCEPTING TOO MUCH RESPONSIBILITY, the main energy of the abdomen. Your first release should be a Specific Release with ACCEPTING TOO MUCH RESPONSIBILITY added to it. If more releasing is needed, you need to identify for whom you are accepting too much responsibility. If you realize that it is better for you to not accept responsibility for others and let them be responsible for themselves, you may not need to do releases for anyone else.

However, if you are again directed to release ACCEPTING TOO MUCH RESPONSIBILITY, you may think your previous releasing didn't work. What is happening is that there may be other things that you have accepted too much responsibility for such as finances, sex, love, failure, etc. You may have to do many releases related to everything you have ever accepted too much responsibility for. All of it remains within you until either transformed or released. So one after another, each will surface. If you can't change your thoughts about them as they come up, release them.

To clear a vibration could take a short time or the rest of your life, depending on your ability to change your thoughts about it. And if you continue to respond in a negative way you will continue to find new things to release.

Releasing any problem, pain, or illness should be worked on daily until resolved or clear. It costs you nothing but time and is the best investment you can make in your happiness and your health. I use the time watching television to work on releasing. I have also done releasing while driving, without the pendulum of course. The more releasing you do, the higher your vibration becomes, and the healthier and happier you are. You can't do it too much or too often.

If you don't like to use the pendulum, you can still use releasing. As you encounter what you consider to be a problem, you can use the GENERAL RELEASE, or identify the problem and add it to a SPECIFIC RELEASE. Be sure to also do the OPPOSITE RELEASE. You can also use positive affirmations to help you to stay positive.

With this book, the location of pain and illness can direct you to the negative thoughts involved. The best thing to do is to simply change your thoughts. If you can't, do the releases as presented. Especially work on releasing pain using the PAIN RELEASE. If you can reduce your level of pain, the body can begin to heal itself.