



YOUR BODY

PAY ATTENTION TO YOUR BODY

It will tell you how you are

MAKE THE
CONNECTION
BETWEEN
THE THOUGHTS YOU ARE THINKING
AND THE CONDITION OF YOUR BODY

It is your negative thoughts about what is happening in your life that cause pain and illness in your body. EACH negative thought lowers your vibration in a specific part of the body, and it remains there until either transformed or released. The longer the negativity is continued, the lower the vibration, and the worse you will feel.

A vibration scale is used throughout this book to keep track of your energy. Anything less than CLEAR shows negativity. The lower the position on the scale, the more negativity that is involved. The most negative position is BLOCKED. The sooner you can discover the negative thoughts involved, and either change those thoughts or release them, the better you will feel emotionally and physically.

In this chapter you will find the general releases for your body, Higher Self & Lower Self, the Right & Left sides of your body, and the Head, Chest, Abdomen, and Back. Do these releases first because they are not included in the rest of the book. If that does not clear the vibration, and it usually doesn't, more releasing is needed.

In the rest of the book, each main section of the body has a separate chapter. To raise your vibration for any section of the body still on a lower vibration after doing the general releases, it is necessary to get more specific and identify the thoughts involved,

To find what to release at any time, for a YES/ NO to each, ask if it is in the HEAD, CHEST, ABDOMEN, or BACK and turn to the chapter selected. From there you will be directed to the part of the body needed. Once you find what to release, it is important to find what your energy is before and again after releasing, either with the pendulum or by using the vibration scale. A successful release raises your vibration. The higher you can get your vibration, the better it is for your happiness and health.

The location of pain or illness in a specific area of your body can also direct you to the negative thoughts involved. If you have pain in two separate areas at the same time, it usually means there is a relationship between the two. Combining the thoughts of both areas can direct you to a very specific energy causing you problems. They are often located at the juncture of two parts of the body. A triple combination of body parts can be even more harmful.

By the time you are experiencing pain or illness in your body, it may take many releases to sufficiently raise your vibration for your body to begin to heal. In fact, assistance is usually needed. The kind of assistance you get depends on what is wrong with your body, and what kind of health care you prefer. Chapter 11 is about ASSISTANCE and can help you to find what your body needs.

BODY ENERGY _____

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

To find your position for the energy of your body, ask

“SHOW ME THE POSITION FOR THE ENERGY OF MY BODY.”

Repeat each on the vibration scale above, 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 and 85.

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

“I release all karmic, past & present problems with MY BODY.”

“I release all karmic, past & present problems with A HEALTHY BODY.”

Find your new position for your body energy after doing both releases. You can start asking from your previous position on the vibration scale rather than back at the beginning. A successful set of releases should raise your position. See page 86.

The energy of your body can also be seen at any time with the pendulum. The height, direction, and speed of the movement will show how positive or negative your energy is. You should always check your energy before releasing and then again after releasing. A successful release will increase the movement of your pendulum. Any negativity will decrease the movement of your pendulum.

Any time your pendulum won't work, it shows that your body energy is blocked. See GENERAL RELEASE on page 92 for assistance in unblocking your energy. Blocked energy is very destructive to your life and health so it is very important to keep your energy unblocked at all times. It is also necessary to get your pendulum to move.

It is possible for your signal for YES and NO to reverse as you change vibrations UP or DOWN. Therefore it is very important that you always ask to see your YES before doing any work with the pendulum. It will save you a lot of confusion. See page 61. The higher your vibration the more stable your energy becomes.

Releasing throughout the rest of the book will also raise your body energy. Check regularly to see how you are doing. To get more specific with releasing for the body itself, you may have to add BODY to what you are releasing such as NOT TRUSTING MY BODY, HOW I AM BECAUSE OF MY BODY, etc.

There is only one universal energy but it is composed of a negative and a positive vibration. The energy of your body is determined by your thoughts. Negative thoughts take you to a negative vibration, producing negative energy. Positive thoughts take you to a positive vibration, producing positive energy.

The LOWER SELF is the name commonly given to negative energy. Each negative thought lowers your vibration and decreases your energy. The HIGHER SELF is the name commonly given to positive energy. Each positive thought raises your vibration and increases your energy.

Many who are on a very high position in the Higher Self can still have a hard time staying clear or grounded and wonder why. Often it is just a negative karmic energy, especially an emotion, that keeps pulling them off.

Those who are on a very low position on the Lower Self may also discover that it is a karmic energy pulling them to that vibration on each encounter. That is why it is so important to add KARMIC to what you are releasing. The higher your position in the Lower Self the easier it is to hear the inner voice of your Higher Self.

To find your position for both, first insert HIGHER SELF, then insert LOWER SELF into the following question and ask:

“SHOW ME THE POSITION FOR MY _____.”

Repeat BLOCKED, each number and CLEAR, slowly and separately for YES/NO to each until you receive a YES. Circle position selected.

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

LOWER SELFBlocked 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 for assistance.

“I release all karmic, past & present problems with MY HIGHER SELF.”

“I release all karmic, past & present problems with MY LOWER SELF.”

Find your new position for HIGHER SELF and LOWER SELF after doing both releases. A successful set of releases should raise your position for each. For further releasing, see page 102. Other releasing throughout the book may also raise your position for each. You can also find the new position for YOUR BODY on the opposite page to see if these releases have raised your position.

LEFT SIDE of the body_____

The left side of the body is a separate area of energy. The negative thoughts affecting your left side can be about either YOURSELF or OTHERS depending on whether you are a man or a woman. The following shows the negative thoughts for each that lower the vibration for the left side of the body.

FOR A WOMAN

Any negativity, pain, or illness on the left side of your body is from negative thoughts about YOURSELF or SOMETHING.

FOR A MAN

Any negativity, pain, or illness on the left side of your body is from negative thoughts about OTHERS.

To find the position for the energy of the left side of your body, ask:

“SHOW ME THE POSITION FOR MY LEFT SIDE.”

Repeat each of the following slowly and separately for a YES/NO until you receive a YES. Circle the position selected.

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

Once you have located your position, do the following releases. Do the first release successfully before doing the second release.

***“I release all karmic, past & present problems with
THE LEFT SIDE OF MY BODY.”***

***“I release all karmic, past & present problems with
A HEALTHY LEFT SIDE OF MY BODY.”***

After completing both releases, find your new position for the left side of your body. Successful releasing raises your position. You can also check your position for YOUR BODY and the other sections of the body to see what effect your releasing has had on each. Other releasing throughout the book will also affect the left side of the body. Any negativity can lower the vibration on your left side.

The right side of the body is a separate area of energy. The negative thoughts affecting your right side can be about either YOURSELF or OTHERS depending on whether you are a man or a woman. The following shows the negative thoughts for each that lower the vibration for the right side of the body.

FOR A WOMAN

Any negativity, pain, or illness on the right side of your body is from negative thoughts about OTHERS.

FOR A MAN

Any negativity, pain, or illness on the right side of your body is from negative thoughts about YOURSELF or SOMETHING.

To find the position for the energy of the right side of your body, ask:

“SHOW ME THE ENERGY FOR MY RIGHT SIDE.”

Repeat each of the following slowly and separately for a YES/NO to each until you receive a YES. Circle the position selected.

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

Once you have located your position, do the following releases. Do the first release successfully before doing the second release.

***“I release all karmic, past & present problems with
THE RIGHT SIDE OF MY BODY.”***

***“I release all karmic, past & present problems with
A HEALTHY RIGHT SIDE OF MY BODY.”***

After completing both releases, find your new position for the right side of the body. A successful release raises your position. You can also check your position for YOUR BODY and the other sections of the body to see what effect your releasing has had on each. Other releasing throughout the book will also affect the right side of the body. Any negativity can lower the vibration on your right side.

GENERAL RELEASES for the HEAD _____

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

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

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

Find your position above in each before releasing. You can release in the order presented or use your pendulum to determine the order. Make sure each release is successful before doing the next one. Put a mark in each box after a successful release. Find your new position either after releasing each set or after finishing all of the releases.

- I release all karmic, past & present problems with MY HEAD.*
- I release all karmic, past & present problems with a HEALTHY HEAD.*
- I release all karmic, past & present problems with MY CROWN.*
- I release all karmic, past & present problems with a HEALTHY CROWN.*
- I release all karmic, past & present problems with MY BRAIN.*
- I release all karmic, past & present problems with a HEALTHY BRAIN.*
- I release all karmic, past & present problems with MY BRAINSTEM.*
- I release all karmic, past & present problems with a HEALTHY BRAINSTEM.*
- I release all karmic, past & present problems with MY FACE.*
- I release all karmic, past & present problems with a HEALTHY FACE.*
- I release all karmic, past & present problems with MY FOREHEAD.*
- I release all karmic, past & present problems with a HEALTHY FOREHEAD.*
- I release all karmic, past & present problems with MY EYES.*
- I release all karmic, past & present problems with HEALTHY EYES.*
- I release all karmic, past & present problems with MY EARS.*
- I release all karmic, past & present problems with HEALTHY EARS.*
- I release all karmic, past & present problems with MY NOSE.*
- I release all karmic, past & present problems with a HEALTHY NOSE.*
- I release all karmic, past & present problems with MY MOUTH.*
- I release all karmic, past & present problems with a HEALTHY MOUTH.*
- I release all karmic, past & present problems with MY THROAT.*
- I release all karmic, past & present problems with a HEALTHY THROAT.*
- I release all karmic, past & present problems with MY NECK.*
- I release all karmic, past & present problems with a HEALTHY NECK.*

GENERAL RELEASES for the CHEST

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

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

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

Find your position above in each before releasing. You can release in the order presented or use your pendulum to determine the order. Make sure each release is successful before doing the next one. Put a mark in each box after a successful release. Find your new position either after releasing each set or after finishing all of the releases.

- I release all karmic, past & present problems with MY CHEST*
- I release all karmic, past & present problems with a HEALTHY CHEST*
- I release all karmic, past & present problems with MY HEART.*
- I release all karmic, past & present problems with a HEALTHY HEART*
- I release all karmic, past & present problems with MY STOMACH.*
- I release all karmic, past & present problems with a HEALTHY STOMACH.*
- I release all karmic, past & present problems with MY RIBS.*
- I release all karmic, past & present problems with HEALTHY RIBS.*
- I release all karmic, past & present problems with MY BREASTS.*
- I release all karmic, past & present problems with HEALTHY BREASTS.*
- I release all karmic, past & present problems with MY LUNGS.*
- I release all karmic, past & present problems with HEALTHY LUNGS.*
- I release all karmic, past & present problems with MY LIVER.*
- I release all karmic, past & present problems with a HEALTHY LIVER.*
- I release all karmic, past & present problems with MY GALL BLADDER.*
- I release all karmic, past & present problems with a
HEALTHY GALL BLADDER.*
- I release all karmic, past & present problems with MY PANCREAS.*
- I release all karmic, past & present problems with a HEALTHY PANCREAS.*
- I release all karmic, past & present problems with MY LEFT ARM.*
- I release all karmic, past & present problems with a HEALTHY LEFT ARM.*
- I release all karmic, past & present problems with MY RIGHT ARM.*
- I release all karmic, past & present problems with a HEALTHY RIGHT ARM..*
- I release all karmic, past & present problems with MY HANDS.*
- I release all karmic, past & present problems with HEALTHY HANDS.*

GENERAL RELEASES for the ABDOMEN_____

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

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

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

Find your position above in each before releasing. You can release in the order presented or use your pendulum to determine the order. Make sure each release is successful before doing the next one. Put a mark in each box after a successful release.

Find your new position above either after releasing each set or after all of the releases. You can also check to see if releasing has raised the energy for YOUR BODY and other sections of your body.

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

I release all karmic, past & present problems with A HEALTHY ABDOMEN.

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

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

*I release all karmic, past & present problems with
MY REPRODUCTIVE ORGANS.*

*I release all karmic, past & present problems with
HEALTHY REPRODUCTIVE ORGANS.*

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

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

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

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

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

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

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

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

GENERAL RELEASES for the BACK

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

Find your position above in each before releasing. You can release in the order presented or use your pendulum to determine the order. Make sure each release is successful before doing the next one. Put a mark in each box after a successful release.

Find your new position above either after releasing each set or after all of the releases. You can also check to see if releasing has raised the energy for YOUR BODY and other sections of your body.

- I release all karmic, past & present problems with MY BACK.*
- I release all karmic, past & present problems with a HEALTHY BACK.*

- I release all karmic, past & present problems with MY SHOULDERS.*
- I release all karmic, past & present problems with HEALTHY SHOULDERS.*

- I release all karmic, past & present problems with MY SPINE.*
- I release all karmic, past & present problems with a HEALTHY SPINE.*

- I release all karmic, past & present problems with MY SPINAL CORD.*
- I release all karmic, past & present problems with a
HEALTHY SPINAL CORD.*

- I release all karmic, past & present problems with MY KIDNEYS.*
- I release all karmic, past & present problems with HEALTHY KIDNEYS.*

- I release all karmic, past & present problems with MY LOWER BACK.*
- I release all karmic, past & present problems with a
HEALTHY LOWER BACK.*

To raise the vibration for any section of the body still on a lower vibration than CLEAR, it is necessary to get more specific and identify and release the negative thoughts involved.

SPECIFIC RELEASING

Once you have done the general releases for the body, to continue to raise your vibration for the body, each section of the body, or any part of the body, it is necessary to get more specific with your releases. Your first releases will be about the thought involved and then you may have to add exactly who and/or what is involved.

Each main section of the body has a separate chapter: HEAD, CHEST, ABDOMEN, BACK. As you turn to a chapter, you will find a list of the parts of the body included in that chapter. The pendulum is used to select which part to use. If memorized, you can repeat each part for a YES/NO until you receive a YES.

In each chapter, each part of the body has two pages of information, one page of TEXT explaining the negative thoughts involved, and a page of RELEASES for those thoughts. The pendulum is used to find which thought to release and who or what to add to that thought if it is needed. On the opposite page you will see a sample of a TEXT page and on the following page you will see a sample of a RELEASE page with directions about how to use it.

As you turn to a part of the body to read the text about the negative thoughts involved, see if you can figure out how those negative thoughts relate to your own thoughts about yourself, someone, or something. You know yourself best and you know what is bothering you now or has bothered you in the past. If you can't change your thoughts to positive ones about the thoughts involved or find a way to be more positive, then it is necessary to find and release what is keeping you on that negative vibration.

It is possible that you may not relate to the negative thoughts selected or understand the thoughts indicated by the pendulum. However, if the pendulum says to do a certain release, do it anyway. The only thing that matters is that once released, is your energy at a higher level? It is usually a karmic energy or a repressed memory that needs to be released. Direct any questions to your Body, Higher Self, or Higher Guidance. For which one, repeat each for a YES/NO.

As you realize the negative thoughts that are causing you problems, the most important thing is NOT TO BLAME YOURSELF for thinking those thoughts. That will only lower your vibration even further, causing any problem, pain, or illness to get worse. Instead, use the information presented to help you to find exactly which thoughts you need to work on changing. It can help you to focus on changing the part of your life that isn't working, rather than thinking your whole life isn't working, or not knowing what to do at all. Let your pendulum help you to figure it out!

NOT TRUSTING

The main negative thoughts that affect the chest in general are about either you or someone not trusting you, someone, or something. It can also be about you or someone trusting you, someone or something when you think they shouldn't.

It could be that you don't trust people in general or a group of people such as doctors, lawyers, police, etc. Or it may just be someone in particular such as your mate, your children, your boss, or even God. The 'something' not trusted could be the unfolding, finances, relationship, love, religion, the government, etc.

The more things you don't feel trusting about, the lower your vibration and the more difficult life becomes. Not trusting can seriously affect the function of the various parts of the chest and other parts of the body as well. This energy is extremely powerful when combined with other parts of the chest, and even other parts of the body. For example: NOT TRUSTING WHAT IS AHEAD, etc.

Fear keeps you from trusting. Your greatest joy comes from going through your fears. It is also what you are here to learn to do. Release fear and affirm trust! Use affirmations of trust each time you feel fearful. Find and release everything that you don't trust. Trusting is the entrance to your soul level, your Higher Self. Each time you don't trust something, your energy drops out of connection with your Higher Self and into connection with your Lower Self.

The Thymus is located in the chest between the neck and the breasts in the area of the sternum, and is considered to be the energy center for the body. Kinesiology suggests to tap the area three times to energize. Read YOUR BODY DOESN'T LIE by Dr. John Diamond.

LIST BELOW WHO OR WHAT YOU DON'T TRUST or WHO DOESN'T TRUST YOU. Find your vibration for each. Use the directions on the opposite page to find what you need to release.

_____ 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

DIRECTIONS for RELEASE PAGE_____

The RELEASE PAGE directs you to what needs to be released. Ask your BODY, HIGHER SELF, or HIGHER GUIDANCE any questions you have at any time.

- [1] Vibration Scales are provided to find your position BEFORE and again AFTER releasing each set of releases. See pages 78 & 85. Each side of body is about yourself or others depending on gender.
- [2] Shows the negative thoughts involved. To find the word needed for releasing, repeat each for a YES/NO. Use the word selected. The opposite word is not always provided but may need to be used. Repeat NO, NOT, NEVER, WITHOUT or ELIMINATE, with a YES/NO to each to find which one to use. If NO to all, expand what you are asking about or see DIRECTIONS at bottom of page.
- [3] To make sure a statement is correct before releasing, ask: *“IS THIS STATEMENT CORRECT?”* for a YES/NO. If NO, ask: *“WHICH PART IS WRONG?”* Repeat each part of the statement for a YES/NO. Once you find the part that is wrong, repeat possible variations until you receive a YES, then do the release. For assistance, see VARIATION NEEDED on page 96.
- [4] The BASIC releases are always the first releases you should do. Each set is numbered. Make sure you successfully complete each release before doing the next one. Put a mark in the box for each release successfully completed. Two sets of two releases are presented to balance your energy. See DOING A RELEASE on 86.
- [5] To find which release to do, ask: *“WHICH RELEASE DO I NEED TO DO NOW?”* and repeat each number for a YES/NO. To find out WHO or WHAT to add in each blank space either repeat what you think it is for YES/NO to each, or you can use the DIRECTIONS at the bottom of the page to find what is needed. Mark each successful release in the box provided as you do it. It may be necessary to use each of these extended releases many times, changing who or what is used. See pages 106 & 107.
- [6] The DIRECTIONS at the bottom of the page are used to help you to find what you need to do at any time. First ask: *“WHICH LINE IS IT IN?”* Then ask: *“FIRST LINE?, SECOND LINE?, THIRD LINE?”* for a YES/NO to each. Once selected, repeat each in that line for a YES/ NO. See the SET OF DIRECTIONS on page 104.

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

[2] TRUST, TRUSTS, TRUSTING, TRUSTED, TRUSTWORTHY.
NO TRUST, NOT TRUSTING , NOT TRUSTED, NOT TRUSTWORTHY.

[3] BASIC: make sure each statement is correct before releasing.

- [4] 1. "I release all karmic, past & present problems with NOT TRUSTING."
 "I release all karmic, past & present problems with TRUSTING."
2. "I release all karmic, past & present problems with OTHERS NOT _____ TRUSTING."
 "I release all karmic, past & present problems with OTHERS _____ TRUSTING."

[5] EXTEND: add someone and/or something.

3. "I release all karmic, past & present problems with NOT TRUSTING _____."
 "I release all karmic, past & present problems with TRUSTING _____."
4. "I release all karmic, past & present problems with _____ NOT BEING TRUSTING."
 "I release all karmic, past & present problems with _____ BEING TRUSTING."
5. "I release all karmic, past & present problems with NOT TRUSTING _____."
 "I release all karmic, past & present problems with _____ TRUSTING _____."

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

"WHAT DO I NEED TO DO NOW?"

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

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

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

RELEASING SEQUENCE _____

The following sequence can be used to find exactly what to release either with or without the book. The example used is for locating the thoughts involved with pain in the lower back. The location of the pain would instantly direct you to the LOWER BACK but it could be something else so always start by asking which part of the body to go to. For a YES/NO to each ask:

HEAD? CHEST? ABDOMEN? BACK?

1. Let us say that the BACK is selected. Repeat each part of the back for a YES/NO, and the LOWER BACK is selected.
2. The thoughts for the lower back are FAILURE or SUCCESS. Ask about each for a YES/NO and say FAILURE is selected. To find which word to use, repeat each possibility for a YES/NO to each: FAILURE, FAILING, FAILS, FAILED, and FAILING is selected.
3. Ask if you are to just release FAILING. If YES, add it to a Specific Release and release it. If NO, find out who or what is failing. Ask: "Is it SOMEONE?" If NO, ask: "Is it SOMETHING?" Let us say that SOMEONE is selected. Combine SOMEONE with what you are releasing and it could be either FAILING SOMEONE or SOMEONE FAILING. Ask for a YES/ NO to each.
4. If FAILING SOMEONE is selected, you may know whom you think you are failing so ask about that first. If NO, it is necessary to determine who it is. Repeat each possibility. See page 106 or 123.
5. If FAILING SOMETHING is selected, you may know what you are failing. Ask about that first. Determine if it is FAILING SOMETHING or SOMETHING FAILING. If you can't figure it out, see page 107 for the complete list.
6. If it isn't SOMEONE or SOMETHING, ask if it is something else. If YES, and a different part of the body is selected, combine the area selected with what you are releasing. For example, if the chest was selected it could combine to FAILING TO TRUST.

There are various ways to find what to release:

1. Use the book with the pendulum, see opposite page.
2. Memorize the basics and use the pendulum, no book.
3. Memorize the basics and let pain or illness direct you to the part of the body involved, no pendulum or book.

As you encounter any problem, pain, or illness, the first thing to do is add it to a Specific Release. If that release doesn't move your vibration to CLEAR, and it usually doesn't, it is necessary to get more specific and identify the negative thoughts involved.

To find the THOUGHTS involved with what you are releasing, insert what you want to release into the following question and ask:

“WHAT IS CAUSING MY PROBLEM WITH _____?”

[EXAMPLES: what to ask for various problems.]

What is causing my problem with MY PARTNER?

What is causing my problem with FINANCES?

What is causing my problem with MY ARM?

What is causing my problem with CANCER?

What is causing my problem with FEAR?

What is causing my problem with PAIN?

To find what you need to release, 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.

When you receive a YES response from your pendulum, turn to the page indicated for the section of the body selected. There you will find a list of each part of the body in that chapter. Using the pendulum, repeat each part for a YES/NO until receiving a YES. Turn to the page indicated. Read the text and see if you can recognize which negative thoughts you are thinking, and who or what they are about. Insight can lead to transformation and the increase in energy can be seen with the pendulum or by using the vibration scale.

If you can't change your thoughts about it, releasing is needed. Use the sequence shown on the opposite page to find what to release. Once you have identified what to release, always ask if the statement is correct before releasing. If YES, do the release. Check your energy before and after doing BOTH releases. This process can be quick and easy once you understand how to find what to release.

If you should receive a NO to each section of the body, for a YES/NO, ask if it is BODY, RIGHT SIDE, LEFT SIDE, or if ASSISTANCE is needed. See the next page and/or page 103.

BODY: Getting More Specific

When you are trying to find what to release next and you receive a NO to HEAD, CHEST, ABDOMEN, and BACK, ask if it is the BODY, RIGHT SIDE, LEFT SIDE, or ASSISTANCE.

If you receive a YES to BODY, it usually means you need to add BODY to what you are releasing such as NOT TRUSTING MY BODY. However, it is possible that you need to use something related to that part of the body in the release. Each part of the body has many specific parts to it.

For example, the eyes consist of the right eye, the left eye, and for each eye there is the cornea, lens, retina, rods, cones, optic nerve, etc. For a leg it may be muscles, ligaments, tendons, bones, veins, arteries, capillaries, joints, connecting tissue, nerves, cells, lymph glands, etc. It may even be more general such as the Nervous System, Endocrine System, The Respiratory System, Circulation, Digestion, Absorption, Elimination, Urination, etc.

The more severe the problem, the more specific you may need to be to clear the energy. To find all of the parts involved with each part of the body, it is helpful to buy anatomy charts or an anatomy book. The larger and more detailed the anatomy pictures, the easier it is to locate the negative energy. With the pendulum you can find the EXACT location of the negative energy.

To clear the negative energy for any part of the body, it is necessary to find and release the negative thoughts involved as shown on the previous page. Know that you can heal your life and your body. You are the one who had the negative thoughts in the first place and you are the one who can change those thoughts now? Choose to be positive each time you begin to feel negative. If you can change your thoughts as soon as you encounter a 'problem', it won't have to develop into pain or illness to get your attention!

Make the connection between the thoughts you are thinking and the condition of your body. Pain is the voice of your body telling you that you have been too negative for too long about someone or something. If you don't put the necessary changes into your life, by either changing your thoughts or changing your life, the universe does it for you in the form of crisis or illness to bring about the needed change. Learn to pay attention to your body. It is your best friend and teacher. Although your mind may deceive you, your body doesn't lie.

Let your body be your guide to happiness and health.

CHANGE WHAT YOU CAN'T ACCEPT

ACCEPT WHAT YOU CAN'T CHANGE