



## YOUR HEAD

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*“People are healthy because of  
what’s going on in their heads,  
not what’s going on in their bodies.”*

BERNIE SIEGEL, MD  
New Age Journal, April, 1993  
Author: Love, Medicine & Miracles

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## THE HEAD

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

The first time you read this chapter do the VIBRATION CHART for the HEAD on page 153 to find the location of your negativity. Then read about each part of the head to become familiar with the negative thoughts involved with each part.

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

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

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

### FOR ASSISTANCE, SEE THE FOLLOWING PAGES:

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

To find out what to release in your head, ask:

**“WHAT IS CAUSING THE PROBLEM WITH MY HEAD?”**

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

HEAD ..... page 155  
BRAIN ..... page 157  
BRAINSTEM ..... page 159  
CROWN ..... page 161  
FACE ..... page 163  
FOREHEAD ..... page 165  
NOSE ..... page 167  
EYES ..... page 169  
EARS ..... page 171  
MOUTH ..... page 173  
THROAT ..... page 175  
NECK/ front..... page 177  
NECK/ back..... page 179  
Other?

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

CHEST ..... page 183  
ABDOMEN ..... page 213  
BACK ..... page 233  
ASSISTANCE ..... page 249

## NEGATIVE THOUGHTS \_\_\_\_\_

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

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

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 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).

The main negative energy of the head is about NOT DOING SOMETHING RIGHT. This negative energy becomes very powerful when combined with the negative energy of any part of the head or even with any part of the body.

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

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## VIBRATION CHART for the HEAD

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

HEAD .....	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
BRAIN .....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
BRAINSTEM ..	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
CROWN.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
FACE.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
FOREHEAD ....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
EYES.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
EARS .....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
NOSE .....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
MOUTH.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
THROAT.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
NECK.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear

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

BODY .....	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

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

RELEASES for the HEAD \_\_\_\_\_

HEAD ..... 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

RIGHT, NOT RIGHT, NOT WRONG, WRONG, other?

BASIC: make sure each statement is correct before releasing.

- 1.  *"I release all karmic, past & present problems with NOT DOING THINGS RIGHT."*
- "I release all karmic, past & present problems with DOING THINGS RIGHT."*
- 2.  *"I release all karmic, past & present problems with OTHERS NOT DOING THINGS RIGHT."*
- "I release all karmic, past & present problems with OTHERS DOING THINGS RIGHT."*

EXTEND: add someone and/ or something.

- 3.  *"I release all karmic, past & present problems with NOT DOING \_\_\_\_\_ RIGHT."*
- "I release all karmic, past & present problems with DOING \_\_\_\_\_ RIGHT."*
- 4.  *"I release all karmic, past & present problems with \_\_\_\_\_ NOT BEING DONE RIGHT."*
- "I release all karmic, past & present problems with \_\_\_\_\_ BEING DONE RIGHT."*
- 5.  *"I release all karmic, past & present problems with \_\_\_\_\_ NOT DOING \_\_\_\_\_ RIGHT."*
- "I release all karmic, past & present problems with \_\_\_\_\_ DOING \_\_\_\_\_ RIGHT."*

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?

## NOT DOING SOMETHING RIGHT

The main negative thoughts that affect the head in general are about judging either you or someone not being right, not doing something right, or something not being done right. It can also be about you being right and others not acknowledging it. Even others thinking you, someone, or something is right, when it isn't, or isn't right when it is. It could also be about being wrong, doing wrong, etc. In the back of the head, it can be about the same negative thoughts only in the past. Add IN THE PAST to what you are releasing.

The 'something' not being done right is usually about your marriage, relationship, job, finances, etc. However, it can also be more general such as your life, religion, politics, the government, the world, etc. Example: NOT DOING MY LIFE RIGHT.

You know yourself best and know what you think you aren't doing right in your life, or what isn't right in your life. Practice changing your focus to those things that are being done right. What you focus on, continues! Also learn to turn anger into positive action.

A headache is often the first sign of these negative thoughts. When you start to get a headache, pay attention to what is happening in your life and try to figure out what it is that you think you or someone isn't doing right. Remember there are no mistakes, Divine Order is always unfolding. Let ERROR show the way.

These same negative thoughts can also affect the functioning of the various parts of the head. It may be difficult to determine the exact location of pain in your head so ask what is causing the problem with your head to find what to release. Turn to page 151.

It is interesting to find out what you really believe about being able to do something right. KNOWING is the highest vibration and indicates CLEAR, no negativity at all. Each decreasing statement represents more negativity and a lower vibration.

To find where you are, ask: "What do I believe to be true?" Repeat each line for a YES/NO to each until you receive a YES. Put a check in that box. Releasing raises your position. Check regularly.

- I know I can do it right.
- I think I can do it right.
- I might be able to do it right.
- I might not be able to do it right.
- I don't think I can do it right.
- I know I can't do it right.

RELEASES for the BRAIN\_\_\_\_\_

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

THINK, THINKS, THINKING, THOUGHT, THOUGHTS,  
DON'T THINK, NOT THINKING, NEGATIVE THOUGHTS, etc?

BASIC: make sure each statement is correct before releasing,

1.  *"I release all karmic, past & present problems with  
WHAT I THINK."*  
 *"I release all karmic, past & present problems with  
WHAT I DON'T THINK."*
2.  *"I release all karmic, past & present problems with  
WHAT OTHERS THINK."*  
 *"I release all karmic, past & present problems with  
WHAT OTHERS DON'T THINK."*

EXTEND: add someone and/or something.

3.  *"I release all karmic, past & present problems with  
WHAT I THINK about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
WHAT I DON'T THINK about \_\_\_\_\_."*
4.  *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ THINKS."*  
 *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T THINK."*
5.  *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ THINKS about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T THINK about \_\_\_\_\_."*

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

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

## HOW YOU THINK

Negative thoughts affecting the brain are about what you or others think or don't think. Also, not thinking enough or thinking too much about yourself, others, or something such as marriage, sex, divorce, money, religion, etc. It can even be about others demanding you think the way they do, or you thinking others should agree with the way you think. How you think is right only for you. What others think is their problem and only your problem if you let it be.

The most important thing is how you think about yourself. If you don't like yourself the way you are, change. If you can't change, work on releasing problems with what you don't like about yourself and then focus on what you do like about yourself.

Examine the quality of your thoughts throughout the day. Remember that EACH negative thought lowers your vibration and makes your energy negative. The longer the negativity about any problem in your life, the lower your vibration drops until pain and/or illness finally develop. The more intense the negativity, the more serious the consequences. It can take a lot of positive thoughts to move your energy up to where you were before an extended period of negative thinking. Become aware of the thoughts you are thinking each moment, for they are creating how you are.

As you realize that you are being negative about someone or something, that is the time to work at being positive. The pendulum can help you to determine the most positive thought or action that is best for you. Be sure to check with your Higher Self, or your Lower Self can lead you astray. Negative thoughts are the expression of the Lower Self. If you can't think of anything positive, use positive affirmations to replace the negative thoughts as they arise.

The reason what you think is even more powerful than what you say is because you have so many more thoughts, thousands of them daily. Learning to control the quality of those thoughts is what this book is all about. Insight, intuition, creativity, and healing all take place on a positive vibration.

Combined energies include: WHAT I THINK ABOUT WHAT IS AHEAD, WHAT I THINK ABOUT WHAT I HEAR, NOT THINKING RIGHT IN THE PAST, NOT THINKING RIGHT ABOUT THE FUTURE, NOT THINKING RIGHT ABOUT GOD, etc.

*WHAT YOU THINK ABOUT  
YOU BRING ABOUT*

## RELEASES for the BRAINSTEM \_\_\_\_\_

BRAINSTEM ... 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

FEEL, FEELS, FEELINGS, FELT, FEELING,  
NO FEELINGS, NOT FEELING, HAVEN'T FELT, NEVER FELT.

BASIC: make sure each statement is correct before releasing,

1.  *"I release all karmic, past & present problems with  
HOW I FEEL."*  
 *"I release all karmic, past & present problems with  
HOW I DON'T FEEL."*
2.  *"I release all karmic, past & present problems with  
WHAT OTHERS FEEL."*  
 *"I release all karmic, past & present problems with  
HOW OTHERS DON'T FEEL."*

EXTEND: add someone and/or something.

3.  *"I release all karmic, past & present problems with  
HOW I FEEL about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
HOW I DON'T FEEL about \_\_\_\_\_."*
4.  *"I release all karmic, past & present problems with  
HOW \_\_\_\_\_ FEELS."*  
 *"I release all karmic, past & present problems with  
HOW \_\_\_\_\_ DOESN'T FEEL."*
5.  *"I release all karmic, past & present problems with  
HOW \_\_\_\_\_ FEELS about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
HOW \_\_\_\_\_ DOESN'T FEEL about \_\_\_\_\_."*

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

## HOW YOU FEEL

How you feel is determined by your thoughts. Negative thoughts make you feel irritable, nervous, anxious, fearful, angry, depressed, in pain, sick, etc. Positive thoughts make you feel calm, relaxed, content, happy, exuberant, etc. You can CHOOSE how you want to feel, each moment. No matter what condition you are in, you can always at least feel better by being more positive.

The most common negative thoughts that affect the brainstem are about how you feel or don't feel about yourself, someone, or something. It can also be about how someone else feels about you, themselves, someone, or something. It can even be about how you want them to feel about you, someone, or something or how you think you should feel about someone or something but don't. It could also be about either you or someone feeling too much or not feeling enough about either you, someone, or something.

The 'something' involved could be a relationship, marriage, divorce, pregnancy, abortion, addiction, health, disease, dying, religion, politics, money, possessions, job, business, etc. It could even be about feeling too much of something such as pain, abuse, emotion, grief, loss, etc. The loss of someone or something can also make you feel distressed from either not feeling enough or feeling too much.

If you are suffering from the loss of someone you love, try to focus on the good that you had together rather than any negative thoughts about what you should have done or said, or how empty you are without them.

Crying and grieving are a normal release. However, either done excessively can become destructive to your health. It is interesting that the tears of sadness and the tears of joy have a different chemical composition and affect the body differently. As you fall to deep sorrow, see if you can change your focus. It is not only important for you at the energy level but it also sends that energy to the one lost, whether from separation or death.

The brainstem is not something we are usually aware of but it is a vital area. It is an enlargement of the spine and connects to the brain. If you combine the energy of the brainstem with the spine it becomes: HOW I FEEL BECAUSE OF WHAT I BELIEVE or DON'T BELIEVE. With the brain becomes HOW I FEEL BECAUSE OF HOW I THINK or DON'T THINK. With the head it becomes HOW I FEEL BECAUSE OF NOT DOING THINGS RIGHT. With the back of the neck NOT FEELING RIGHT IN THE PAST, etc.

RELEASES for the CROWN\_\_\_\_\_

CROWN..... 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

NOT FORGIVING, NO FORGIVENESS, NOT FORGIVEN,  
FORGIVE, FORGIVES, FORGIVING, FORGAVE, FORGIVEN.

BASIC: make sure each statement is correct before releasing.

- 1.  *“I release all karmic, past & present problems with NO FORGIVENESS.”*
- “I release all karmic, past & present problems with FORGIVENESS.”*
- 2.  *“I release all karmic, past & present problems with NOT FORGIVING OTHERS.”*
- “I release all karmic, past & present problems with FORGIVING OTHERS.”*

EXTEND: add someone and/or something.

- 3  *“I release all karmic, past & present problems with NOT FORGIVING \_\_\_\_\_.”*
- “I release all karmic, past & present problems with FORGIVING \_\_\_\_\_.”*
- 4.  *“I release all karmic, past & present problems with NOT BEING FORGIVEN by \_\_\_\_\_.”*
- “I release all karmic, past & present problems with BEING FORGIVEN by \_\_\_\_\_.”*
- 5.  *“I release all karmic, past & present problems with \_\_\_\_\_ NOT FORGIVING \_\_\_\_\_.”*
- “I release all karmic, past & present problems with \_\_\_\_\_ FORGIVING \_\_\_\_\_.”*

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?

## FORGIVENESS

The crown is the top of the head. Most negativity is about you not forgiving yourself, someone, or something. It can also be about someone not forgiving you, themselves, someone, or something. Can even be about others forgiving you for something you think they shouldn't or someone wanting forgiveness and you not giving it, etc.

The side of the head experiencing pain will tell you if it is about you or someone else. If you can't determine the side involved, ask the pendulum. When trying to determine who you need to release, make sure you include those who have left or died.

The 'something' needing to be forgiven can be about failure, addiction, abortion, marriage, divorce, disease, dying, abuse, violence, beliefs, religion, life, the world, etc. It can also be about something you have done or haven't done, not doing enough, doing too much, or even not being enough.

Forgiveness is the key to happiness. You know yourself best so you know who in your life you need to forgive, or what you need to be forgiven for. Not only do you need to forgive others for how they have been but you may also need to forgive yourself for how you have been. It is important to remember that the negative parts of you are not the real you. The positive parts of you are the expression of the Divine within. Remove judgment and let go of the past. Your history is not your destiny.

When this energy is combined with negativity of other parts of the head it becomes very powerful. For example, with the brain it can be NOT BEING FORGIVEN FOR HOW I THINK. With the forehead can be NOT FORGIVING WHAT OTHERS KNOW. With the ears can be NOT FORGIVING WHAT I HAVE HEARD, and with the throat can be NOT BEING FORGIVEN FOR WHAT I HAVE SAID. It can also combine with other parts of the body such as with the chest and be NOT FORGIVING OTHERS FOR NOT TRUSTING.

LIST WHO or WHAT YOU HAVE PROBLEMS FORGIVING or BEING FORGIVEN FOR. Start releasing as shown on page 180.

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

RELEASES for the FACE \_\_\_\_\_

FACE..... 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

FACE, FACING, FACES, FACED, NEED TO FACE, CAN'T FACE, NOT FACING, NEVER FACED, other?

BASIC: make sure each statement is correct before releasing.

- 1.  "I release all karmic, past & present problems with *WHAT I AM FACING.*"
- "I release all karmic, past & present problems with *WHAT I AM NOT FACING.*"
- 2.  "I release all karmic, past & present problems with *WHAT OTHERS ARE FACING.*"
- "I release all karmic, past & present problems with *WHAT OTHERS AREN'T FACING.*"

EXTEND: add someone and/or something.

- 3.  "I release all karmic, past & present problems with *FACING \_\_\_\_\_.*"
- "I release all karmic, past & present problems with *NOT FACING \_\_\_\_\_.*"
- 4.  "I release all karmic, past & present problems with *WHAT \_\_\_\_\_ IS FACING.*"
- "I release all karmic, past & present problems with *WHAT \_\_\_\_\_ ISN'T FACING .*"
- 5.  "I release all karmic, past & present problems with *WHAT I AM FACING because of \_\_\_\_\_.*"
- "I release all karmic, past & present problems with *WHAT I AM NOT FACING because of \_\_\_\_\_.*"

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

## WHAT YOU ARE FACING

The negative thoughts involved with the face concern problems with what you or others are facing or not facing. It includes what you are facing because of someone else or what someone is facing because of you. It can also be about what you want to face, don't want to face, should face, shouldn't have to face, can't face, need to face, are always facing, refuse to face, etc. It can be about your relationship, finances, job, failure, marriage, divorce, pregnancy, abortion, abuse, jail, addiction, aids, illness, recovery, death, etc.

For a woman, problems with what YOU are facing are located on the left side of your face. Problems with what OTHERS are facing or what you are facing because of others is located on the right side of your face. It is the opposite for men.

Negativity can first show up in the face as sensitivity, numbness, or as a pimple. The more problems you have with your face, the more negativity involved. Negativity about what you are facing increases as it combines with other parts of the face.

For example: pain in the face near the ear can be WHAT I AM FACING BECAUSE OF WHAT I HEAR. Pain near the nose can be FACING BEING OVEREXTENDED. Pain in the cheek area can be WHAT I AM FACING BECAUSE OF WHAT I SAY or EAT. Pain in the chin area can be WHAT I AM FACING BECAUSE OF WHAT IS AHEAD. However, it can also combine with other parts of the body. If you feel pain in your face and another part of the body, combine the two thoughts and see if that relates to any problem in your life.

The best is meant for you. The divine plan always moves you forward to what that is. The problem that occurs is when you judge it not to be what you want or the way you want it to be. All you have is what is. Trust in the perfection of that unfolding. Affirm a perfect unfolding for all concerned and then trust in that as it unfolds.

LIST THE PROBLEMS and/or PEOPLE YOU DON'T WANT TO FACE OR HAVE DIFFICULTIES FACING. Releases on page 180.

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

## RELEASES for the FOREHEAD\_\_\_\_\_

FOREHEAD ..... 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

KNOW, KNOWS, KNOWING, KNEW, KNOWN,  
DON'T KNOW, NOT KNOWING, UNKNOWN, INNER KNOWING.

BASIC: make sure each statement is correct before releasing.

1.  *"I release all karmic, past & present problems with  
WHAT I KNOW."*  
 *"I release all karmic, past & present problems with  
WHAT I DON'T KNOW."*
2.  *"I release all karmic, past & present problems with  
WHAT OTHERS KNOW."*  
 *"I release all karmic, past & present problems with  
WHAT OTHERS DON'T KNOW."*

EXTEND: add someone and/or something.

3.  *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ KNOWS."*  
 *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T KNOW."*
4.  *"I release all karmic, past & present problems with  
WHAT I KNOW about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
WHAT I DON'T KNOW about \_\_\_\_\_."*
5.  *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ KNOWS about \_\_\_\_\_."*  
 *"I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T KNOW about \_\_\_\_\_."*

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

WHAT YOU KNOW or DON'T KNOW

Negativity or pain in the area of your forehead is about you or someone knowing or not knowing something about you, someone, or something. Also includes what either you or others should know, shouldn't know, could know, can't know, want to know, don't want to know, always know, never know, need to know, don't need to know, knowing too much, or even not knowing enough, etc. Can also be about not knowing something or someone you want to know. Includes problems with INNER KNOWING.

It is especially difficult on your body if you are trying to keep someone from knowing a secret, if you know something you shouldn't know, or if someone knows something you don't want them to know. Also if you are constantly worried because of not knowing your future.

The side of the forehead experiencing problems will tell you if it is about yourself or others. For a man, problems on the LEFT side of the forehead are from negative thoughts about what others know or don't know. On the RIGHT side it is from negative thoughts about what you know or don't know. It is the opposite for a woman.

The location of pain or even a pimple can not only tell you who it is about but can indicate combined energies. Located at the side of the forehead can combine with head energy and be NOT KNOWING HOW TO DO THINGS RIGHT. At the top of the forehead can combine with the crown and be NOT KNOWING HOW TO FORGIVE RIGHT. Combined with the brainstem can be NOT KNOWING HOW YOU FEEL. Combined with other parts of the body such as with the chest can be NOT KNOWING HOW TO TRUST RIGHT. With the knees it can be NOT KNOWING HOW TO CHANGE, etc. The most powerful is NOT KNOWING GOD.

Knowing you can do something is the highest energy. Anything less than that shows negativity involved. Learning to be unlimited in all areas of your life is what you are here to learn to do. KNOWING that it is your thoughts that create and LIVING it, is the path to health, happiness, and enlightenment.

LIST WHAT or WHO YOU WANT TO KNOW. Release on page 180.

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

RELEASES for the NOSE \_\_\_\_\_

NOSE .....	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

EXTEND, EXTENDING, EXTENDED, OVEREXTEND,  
OVEREXTENDING, OVEREXTENDED,  
NOT OVEREXTENDED, NOT OVEREXTENDING, etc.

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/or something.

3.  "I release all karmic, past & present problems with  
\_\_\_\_\_ BEING OVEREXTENDED."
- "I release all karmic, past & present problems with  
\_\_\_\_\_ NOT BEING OVEREXTENDED."
4.  "I release all karmic, past & present problems with  
BEING OVEREXTENDED because of \_\_\_\_\_."
- "I release all karmic, past & present problems with  
NOT BEING OVEREXTENDED because of \_\_\_\_\_."
5.  "I release all karmic, past & present problems with  
\_\_\_\_\_ BEING OVEREXTENDED because of \_\_\_\_\_."
- "I release all karmic, past & present problems with  
\_\_\_\_\_ NOT BEING OVEREXTENDED because of \_\_\_\_\_."

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

## OVEREXTENDED

Negativity in or problems with your nose are from feeling or actually being over-extended because of yourself, someone, or something. They can even be about you thinking someone else is overextended because of you, someone, or something. The ‘something’ can be from having too many bills to pay, too much work to do, trying to do too many different things, caring for someone who is sick, etc.

If it is all of the above, you really need help! It is possible that the reason one gets a cold is to get some needed rest from being overextended. Learn to be good to yourself. If you don’t take care of yourself, no one else will. Learn to either ask for help or to say NO to keep yourself from doing more than you are able to do.

The side of the nose involved will tell you if it is about you or others. For a woman, the left side is about being overextended because of yourself and the right side is being overextended because of others. It is the OPPOSITE for men.

The more problems you are dealing with in your life at the same time, the more difficult it can be to deal with any one of them. Also the further you look ahead, the more difficult everything can seem to be. The solution is to deal with one thing at a time, one day at a time. Do what you have to do today and tomorrow will be taken care of. Learn to trust in that.

The sinus areas are also related to the nose and can become infected if you are concerned with BEING OVEREXTENDED BECAUSE OF WHAT I AM FACING. Below the nose can be OVEREXTENDED BECAUSE OF WHAT OTHERS SAY. Above the nose can be OVEREXTENDED BECAUSE OF NOT KNOWING WHAT TO DO or OVEREXTENDED BECAUSE OF OTHERS NOT DOING THINGS RIGHT, etc. With other parts of the body such as the arm, OVEREXTENDED BECAUSE OF SPENDING TOO MUCH.

LIST WHO or WHAT YOU ARE FEELING or actually BEING OVEREXTENDED BY. Extra vibration scales & releases on pg 180.

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

RELEASES for the EYES \_\_\_\_\_

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

SEE, SEES, SEEN, SEEING, SAW, HAVE SEEN, DON'T SEE, DIDN'T SEE, NOT SEEING, INNER SEEING, other?

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/or something.

- "I release all karmic, past & present problems with  
*WHAT I SEE in \_\_\_\_\_.*"  
 "I release all karmic, past & present problems with  
*WHAT I DON'T SEE in \_\_\_\_\_.*"
- "I release all karmic, past & present problems with  
*WHAT \_\_\_\_\_ SEES.*"  
 "I release all karmic, past & present problems with  
*WHAT \_\_\_\_\_ DOESN'T SEE.*"
- "I release all karmic, past & present problems with  
*WHAT \_\_\_\_\_ SEES in \_\_\_\_\_.*"  
 "I release all karmic, past & present problems with  
*WHAT \_\_\_\_\_ DOESN'T SEE in \_\_\_\_\_.*"

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?

## WHAT YOU SEE

The negative thoughts that can affect your eyes are about not liking what you see in yourself, in others, in something, or in the world. Also includes problems with INNER SEEING or NO INNER SEEING either in yourself or in others.

For a woman, problems with the LEFT eye are about what you see or don't see in yourself or about something. Problems with the RIGHT eye are about what you see or don't see in others, or what you think others see or don't see in you. It is the OPPOSITE for a man.

It can also be about what you or others don't want to see, shouldn't see, can't see, need to see, don't need to see, always see, never see, refuse to see, etc. It can even be about what you want others to see in you, or what you don't want others to see in you. Even what you don't want to see in someone and should.

A very important area concerns how you see yourself, especially the way you think you look. It is essential to concentrate on seeing the good in your body, in yourself, in others, and in the world.

Life is a mirror and reflects back how you are. What you see in others is really in yourself. Just as what others see in you is not really a reflection of you but of how they are. You see life from the vibration you are on. Change your vibration and you change your perception. Learn to see the positive in all that happens.

This negative energy combined with the negative energy of adjacent parts of the head can become very powerful. Combined with the main energy of the head it becomes NOT BEING ABLE TO SEE RIGHT. With the face it can be WHAT I SEE BECAUSE OF WHAT I AM FACING. With the forehead it becomes NOT SEEING WHAT I KNOW. With the nose: WHAT I SEE BECAUSE OF BEING OVER-EXTENDED. With the front of the neck: NOT BEING ABLE TO SEE WHAT IS AHEAD. With the back of the neck: NOT SEEING THINGS RIGHT IN THE PAST.

It is also possible for the negativity to combine with other parts of the body. With the ribs: NOT SEEING HOW OTHERS ARE. With the knees: NOT SEEING ANY CHANGE. With the hips: NOT SEEING ENOUGH SUPPORT, etc.

You may need to get very specific and release for each eye: Eyeball, Ciliary Body, Cornea, Iris, Lens, Vitreous Body, Retina, Blind Spot, Rods, Cones, Optic Nerve, Capillaries, Ocular Muscle, other? Use anatomy chart to find exact location of negative energy. For releasing each, use the vibration scales and releases on page 180.

RELEASES for the EARS \_\_\_\_\_

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

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

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

HEAR, HEARS, HEARING, HEARD,  
DON'T HEAR, DIDN'T HEAR, INNER HEARING, other?

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/or something.

3.  "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ HEARS."
- "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T HEAR."
4.  "I release all karmic, past & present problems with  
WHAT I HEAR about \_\_\_\_\_."
- "I release all karmic, past & present problems with  
WHAT I DON'T HEAR about \_\_\_\_\_."
5.  "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ HEARS about \_\_\_\_\_."
- "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T HEAR about \_\_\_\_\_."

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

## WHAT YOU HEAR

The negative thoughts that affect your ears are about not liking what you hear about yourself, someone, or something. It can also be about not hearing what you want to hear from someone or about something. It can even be others hearing what you don't want them to hear or even not hearing what you do want them to hear. It can include what you or others might hear, have heard, haven't heard, can't hear, need to hear, don't need to hear, should hear, shouldn't hear, always hear, refuse to hear, etc.

For a man, problems with your RIGHT ear are from what you hear or don't hear from yourself or about something. The LEFT ear is about what you hear or don't hear, from others or about others. It can also be about what others hear or don't hear from you or about you. It is the OPPOSITE for women.

Included are problems with INNER HEARING. Your inner voice can come from either your Lower Self or your Higher Self. If what you are hearing within is empowering to you, that is your Higher Self. If it is diminishing to you, that is your Lower Self. It is important to be able to learn to distinguish the difference between the two inner voices and choose not to listen to the negative voice within. If you can't determine the difference, check the energy with your pendulum. If it is not from either, it could be from Higher Guidance if you have asked for a guide.

Negative energy affecting the ear can become very powerful when combined with adjacent energies of the head. When combined with the main energy of the head it becomes NOT HEARING THINGS RIGHT or OTHERS NOT HEARING THINGS RIGHT. With the face it can be WHAT I HEAR ABOUT WHAT I AM FACING. With the neck can be WHAT I HEAR ABOUT WHAT IS AHEAD, or WHAT I HEARD IN THE PAST, etc.

It can also combine with the negative energy of other parts of the body. For example, with the chest can be NOT TRUSTING WHAT I HEAR or NOT TRUSTING WHAT I DON'T HEAR. With the ribs can be WHAT I HEAR ABOUT HOW I AM. With the knees can be MY HEARING NOT CHANGING. With the heart can be NOT HEARING WHAT I WANT TO HEAR, etc.

Release for each ear: Earlobe, Eardrum, Malleus, Stapes, Middle Ear Cavity, Cochlea, Eustachian Tube, Mastoid, other? Use an anatomy chart to find the exact location of negative energy. For releasing each, use the vibration scales and releases on page 180.

RELEASES for the MOUTH \_\_\_\_\_

MOUTH..... 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

EAT, EATING, EATS, EATEN, ALWAYS EATING,  
DON'T EAT, NOT EATING, HAVEN'T EATEN, WON'T EAT, other?

BASIC: make sure each statement is correct before releasing.

1.  "I release all karmic, past & present problems with  
WHAT I EAT."  
 "I release all karmic, past & present problems with  
WHAT I DON'T EAT."
2.  "I release all karmic, past & present problems with  
WHAT OTHERS EAT."  
 "I release all karmic, past & present problems with  
WHAT OTHERS DON'T EAT."

EXTEND: add someone and/or something.

3.  "I release all karmic, past & present problems with  
EATING \_\_\_\_\_."  
 "I release all karmic, past & present problems with  
NOT EATING \_\_\_\_\_."
4.  "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ EATS."  
 "I release all karmic, past & present problems with  
WHAT \_\_\_\_\_ DOESN'T EAT."
5.  "I release all karmic, past & present problems with  
\_\_\_\_\_ EATING \_\_\_\_\_."  
 "I release all karmic, past & present problems with  
\_\_\_\_\_ NOT EATING \_\_\_\_\_."

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?

WHAT YOU EAT

The negative thoughts that affect your mouth are about what you or others eat, don't eat, should eat, shouldn't eat, can eat, can't eat, want to eat, don't want to eat, eating too much, not eating enough, etc. Includes problems with food, dieting, drinking, smoking, drugs, and even undesired abstinence from any of them!

The side of the mouth experiencing problems indicates if the negativity is about you or someone else. For a woman, problems with what you eat are located on the LEFT side of your mouth and problems with what others eat are located on the RIGHT side. It is the OPPOSITE for men.

The mouth is a very complex area, often combining the energies of the mouth, throat, and face, and can include the ears, nose, and neck. In fact, you may need to release all of them. For that reason, it can be very difficult to sort out exactly what needs to be released especially if you have severe problems with what you eat and also with what you say. You may have to work on releasing various foods that you or someone won't eat, shouldn't eat, refuse to eat, don't eat enough of, or eat too much of.

Combined energies include: with the head NOT EATING RIGHT, with the face WHAT YOU ARE FACING BECAUSE OF WHAT YOU EAT, with the neck WHAT IS AHEAD BECAUSE OF EATING TOO MUCH or NOT ENOUGH, with the chest NOT TRUSTING WHAT YOU EAT or DON'T EAT, etc. Also, WHAT OTHERS SAY ABOUT WHAT YOU EAT or DON'T EAT, etc.

Also release: Food, Eating, Appetite, Dieting, Weight, Anorexia, Bulemia, Obesity, Vomiting, Starvation, Metabolism, Absorption, Elimination, Digestion, Constipation, Pain Killers, Drugs, Smoking, Alcohol, Addiction, Protein, Fat, Carbohydrates, etc. Also Tongue, Cheeks, Gums, Teeth, Roots, Nerves, etc. See page 259 for DIET.

LIST BELOW any of the above you have problems with. Additional vibration scales and directions for releasing are on page 180.

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

RELEASES for the THROAT \_\_\_\_\_

THROAT..... 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

SAY, SAYS, SAID, SAYING, HAVE SAID, ALWAYS SAY,  
 DIDN'T SAY, DON'T SAY, HAVEN'T SAID, NEVER SAY, other?

BASIC: make sure each statement is correct before releasing.

1.  "I release all karmic, past & present problems with  
 WHAT I SAY."  
 "I release all karmic, past & present problems with  
 WHAT I DON'T SAY."
2.  "I release all karmic, past & present problems with  
 WHAT OTHERS SAY"  
 "I release all karmic, past & present problems with  
 WHAT OTHERS DON'T SAY."

EXTEND: add someone and/or something.

3.  "I release all karmic, past & present problems with  
 WHAT \_\_\_\_\_ SAYS."  
 "I release all karmic, past & present problems with  
 WHAT \_\_\_\_\_ DOESN'T SAY."
4.  "I release all karmic, past & present problems with  
 WHAT I SAY to \_\_\_\_\_."  
 "I release all karmic, past & present problems with  
 WHAT I DON'T SAY to \_\_\_\_\_."
5.  "I release all karmic, past & present problems with  
 WHAT \_\_\_\_\_ SAYS about \_\_\_\_\_."  
 "I release all karmic, past & present problems with  
 WHAT \_\_\_\_\_ DOESN'T SAY about \_\_\_\_\_."

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

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

WHAT YOU SAY

The negative thoughts that affect your throat are usually about what either you or others say about you, others, or something. They can also be about what you or others have said, haven't said, won't say, always say, should say, shouldn't say, can't say, need to say, don't need to say, want to say, don't want to say, always say, refuse to say, etc. Includes problems with speaking, selling, singing, acting, gossiping, swearing, lying, etc.

It is not what you say but rather how you say it that can cause problems. What do you say? Imagine that what you say happens instantly. Is that what you want to happen? If not, say what you do want to happen. As you say how you want it to be, it is necessary to trust the way it unfolds to be the way that is best for you. Resistance to the unfolding is where all of the problems are.

The better able you are to SAY HOW YOU WANT IT TO BE, the stronger that energy will go out into the universe to manifest. When the energy of the throat is combined with the energy of the neck, it becomes: WHAT IS AHEAD BECAUSE OF WHAT YOU SAY. You can see how manifesting works.

Because the mouth and throat are so closely connected, it is often difficult to determine exactly which one needs to be released first or who is involved. A sore throat may be only on one side and indicate whether it is about you or someone else but usually you have to use the pendulum to find out who it is about for a YES/NO to each.

Combined energies include: NOT SAYING HOW I WANT IT TO BE, WHAT I AM FACING BECAUSE OF WHAT I SAY, NOT TRUSTING WHAT I SAY, WHAT I SAY ABOUT WHAT I EAT, etc.

Also release: Voice, Gossiping, Selling, Swearing, Lying, Public Speaking, Acting, Singing, Foreign languages, etc. Also Tongue, Trachea, Larynx, Vocal Cords, Epiglottis, Esophagus, Thyroid Gland, etc. LIST below any that are a problem now or have been in the past. Extra vibration scales and releases on page 180.

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

---

RELEASES for the FRONT of the NECK

NECK.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
Front of neck..	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

WHAT IS AHEAD, WHAT IS ALWAYS AHEAD,  
WHAT IS NOT AHEAD, WHAT IS NEVER AHEAD, other?

BASIC: make sure each statement is correct before releasing.

- "I release all karmic, past & present problems with  
WHAT IS AHEAD."
- "I release all karmic, past & present problems with  
WHAT ISN'T AHEAD."
- "I release all karmic, past & present problems with  
WHAT IS AHEAD FOR OTHERS."
- "I release all karmic, past & present problems with  
WHAT ISN'T AHEAD FOR OTHERS."

EXTEND: add someone and/or something.

- "I release all karmic, past & present problems with  
WHAT IS AHEAD for \_\_\_\_\_."
- "I release all karmic, past & present problems with  
WHAT ISN'T AHEAD for \_\_\_\_\_."
- "I release all karmic, past & present problems with  
\_\_\_\_\_ because of WHAT IS AHEAD."
- "I release all karmic, past & present problems with  
\_\_\_\_\_ because of WHAT ISN'T AHEAD."
- "I release all karmic, past & present problems with  
WHAT'S AHEAD for \_\_\_\_\_ because of \_\_\_\_\_."
- "I release all karmic, past & present problems with  
WHAT'S NOT AHEAD for \_\_\_\_\_ because of \_\_\_\_\_."

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

WHAT IS AHEAD

The negative thoughts that affect the front of the neck are about what is ahead or what isn't ahead for you, someone, or something. The side of the neck experiencing pain will tell you if is about yourself or others, or ask the pendulum for a YES/NO to each.

If the negativity is about yourself, it usually concerns what is ahead because of something such as your health, debt, bills, taxes, gambling, drinking, drugs, abuse, sex, relationship, marriage, divorce, etc. If it is about others, it can be problems with what is ahead FOR others, WITH others, or even BECAUSE OF others.

The location of pain at the juncture of two or more parts of the body are from combined energies of the areas involved. Pain where the neck joins the chest is about WHAT IS AHEAD BECAUSE OF HOW I AM. In the lower center it can combine with the chest and be WHAT IS AHEAD BECAUSE OF NOT TRUSTING. Near the ear is about WHAT IS AHEAD BECAUSE OF WHAT I HEAR. The top of the neck under the jawbone is about WHAT IS AHEAD BECAUSE OF WHAT I AM FACING or WHAT IS AHEAD BECAUSE OF WHAT I SAY. Can also combine with body parts, and with the knees can be WHAT IS AHEAD BECAUSE OF NOT CHANGING, etc.

The front of the neck is a complex area, combining the energies of the neck, the throat and Throat Chakra, along with the head and the chest. Learning to say how you want it to be and then trusting in the unfolding makes your life much easier and your body healthier. Turn your fear of what is ahead into trusting what is ahead.

When everything seems to be falling apart, it really is falling together. Divine Order requires trusting in ALL that happens, knowing that your soul is leading you forward to what is best for you. Within all that happens is the seed of perfection that is meant for you. If you can find it, that is what you will experience.

LIST WHO or WHAT you have problems with WHAT IS AHEAD or NOT AHEAD. Additional vibration scales and releases on page 180.

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

RELEASES for the BACK of the NECK\_\_\_\_\_

NECK.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
Back of neck ...	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

IN THE PAST, IS PAST, ISN'T PAST, WITH MY PAST,  
BECAUSE OF MY PAST, FROM THE PAST, other?

BASIC: make sure each statement is correct before releasing.

1.  "I release all karmic, past & present problems with  
MY PAST."
- "I release all karmic, past & present problems with  
WHAT ISN'T PAST."
2.  "I release all karmic, past & present problems with  
OTHERS IN THE PAST."
- "I release all karmic, past & present problems without  
OTHERS IN THE PAST."

EXTEND: add someone and/or something.

3.  "I release all karmic, past & present problems with  
\_\_\_\_\_ IN THE PAST."
- "I release all karmic, past & present problems without  
\_\_\_\_\_ IN THE PAST."
4.  "I release all karmic, past & present problems with  
\_\_\_\_\_ HAVING PROBLEMS IN THE PAST."
- "I release all karmic, past & present problems with  
\_\_\_\_\_ NOT HAVING PROBLEMS IN THE PAST."
5.  "I release all karmic, past & present problems with  
\_\_\_\_\_ IN THE PAST because of \_\_\_\_\_."
- "I release all karmic, past & present problems without  
\_\_\_\_\_ IN THE PAST because of \_\_\_\_\_."

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

*"WHAT DO I NEED TO DO NOW?"*

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

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

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

IN THE PAST

The negative thoughts that affect the BACK of the neck concern problems in your past, with your past, from your past, because of your past, etc. You know who or what has been “a pain in the neck” in the past! The side of the neck experiencing pain will tell you if is about yourself or others, or ask for a YES/NO to each.

For a man, problems with yourself or something in your past will show up on the RIGHT side of the back of your neck. Problems with someone, because of someone, or someone else’s problems in the past are located on the LEFT side of the back of your neck.

For a woman, problems with yourself or something in your past will show up on the LEFT side of the back of your neck. Problems with someone, because of someone, or someone else’s problems in the past are located on the RIGHT side of the back of your neck.

The ‘something’ involved is usually about finances, job, beliefs, relationships, marriage, divorce, disease, health, etc. The more of these you have had problems with in the past, the more severe the pain can be. Work at letting go of the past and stay in the moment.

The location of pain at the juncture of two or more parts of the body are from combined energies of the areas involved. Pain below the ear as it approaches the back of the neck is usually about NOT HEARING THINGS RIGHT IN THE PAST either from yourself or others. At the top of the neck as the head begins is about you or someone NOT DOING SOMETHING RIGHT IN THE PAST. At the center is usually about you or someone NOT BELIEVING THINGS RIGHT IN THE PAST or NOT BEING IN CONTROL IN THE PAST. Where the back of the neck attaches to the shoulder is about BEING OVERBURDENED IN THE PAST, either by what you did or what someone else did. Learn to let go of the past so you can move ahead more easily. YOUR HISTORY IS NOT YOUR DESTINY.

LIST WHO or WHAT YOU HAD PROBLEMS WITH IN THE PAST. Additional vibration scales and releases are on the next 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