



YOUR CHEST

TRUST IN THE UNFOLDING

*Within all that happens is the seed of perfection
ready to be experienced*

THE CHEST

The amount of negativity in any part of the chest 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 CHEST on page 185 to find the location of your negativity. Then read about each part of the chest to become familiar with the negative thoughts involved with each part.

Negativity, pain, or illness in any part of the chest can direct you to the negative thoughts involved. However, to release it is best to use your pendulum and the INDEX for the CHEST on the next page to determine which part of the chest 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:

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Doing a release	page 86
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To find out what to release in your chest, ask:

“WHAT IS CAUSING THE PROBLEM WITH MY CHEST?”

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

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HEART	page 191
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HANDS	page 209
Other?	

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

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NEGATIVE THOUGHTS

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

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

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 or DYING.

Liver: NEEDY, NEEDING, NEEDED or NOT NEEDED.

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

Pancreas: NOT WORTHY, NOT WORTHWHILE, WORTHLESS.

Right Arm: GIVING or NOT GIVING.

Left Arm: RECEIVING or NOT RECEIVING.

Hands: NOT LETTING GO or LETTING GO.

The main negative energy of the chest is about NOT TRUSTING. This negative energy becomes very powerful when combined with the negative energy of any part of the chest or any part of the body.

It is also possible for the negative energy of any part of the chest to combine with the negative energy of another part of the chest, 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.

VIBRATION CHART for the CHEST

Find your position in each of the following at any time to discover which part of your chest 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.

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
HEART	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
STOMACH	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
RIBS.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
BREASTS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
LUNGS.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
LIVER.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
GALLBLADDER..	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
PANCREAS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
LEFT ARM	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
RIGHT ARM.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear
HANDS.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12	Clear

Any releasing in the chest 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 CHEST_____

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

NO TRUST, NOT TRUSTING, NOT TRUSTED,
NOT TRUSTWORTHY, TRUST, TRUSTS, TRUSTING,
TRUSTED, TRUSTWORTHY, other?

BASIC: make sure each statement is correct before releasing.

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."*

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_____."*

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 TRUSTING

The main negative thoughts affecting the chest are about you not trusting yourself, someone, or something, or it can be someone not trusting you, someone, or something. It can even be you or someone trusting you, someone, or something when you think they shouldn't.

It could also be that you don't trust people in general or a group of people such as doctors, lawyers, police, salesmen, etc. It may even be about someone in particular such as your mate, your children, your boss, or even God. Pain on one side of the chest can tell you if it is about you or others, or ask the pendulum for a YES/NO to each.

The 'something' not trusted could be your beliefs, finances, relationship, love, religion, the government, the unfolding, Divine Order, 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, especially when combined with the energy of any of these parts. For example when combined with the heart it becomes NOT TRUSTING DOING WHAT I WANT TO DO. That is heart attack energy! Fear keeps you from trusting. Your greatest joy comes from going through your fears, not avoiding them. Release fear and affirm trust! Use affirmations of trust each time you feel fearful.

Find and release everyone and everything you don't trust. Trusting is the entrance to your soul level, your Higher Self. Each time you don't trust someone or something, your energy drops out of connection with your Higher Self into expressing 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 the energy center for the body. Check your energy with your pendulum & tap the area 3 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. Extra vibration scales & releases on page 210.

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

RELEASES for the STOMACH

STOMACH..... 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

DO, DOING, DID, DONE, ALWAYS DOING, other?
NOT DOING, DIDN'T DO, DON'T DO, DOESN'T DO, NEVER DID.

BASIC: make sure each statement is correct before releasing.

1. *"I release all karmic, past & present problems with DOING WHAT I DON'T WANT TO DO."*
 "I release all karmic, past & present problems with NOT DOING WHAT I DON'T WANT TO DO."
2. *"I release all karmic, past & present problems with DOING WHAT OTHERS DON'T WANT ME TO DO."*
 "I release all karmic, past & present problems with NOT DOING WHAT OTHERS DON'T WANT ME TO DO"

EXTEND: add someone and/or something.

3. *"I release all karmic, past & present problems with OTHERS DOING WHAT I DON'T WANT THEM TO DO."*
 "I release all karmic, past & present problems with OTHERS NOT DOING WHAT I DON'T WANT THEM TO DO."
4. *"I release all karmic, past & present problems with _____ DOING WHAT I DON'T WANT [him/her] TO DO."*
 "I release all karmic, past & present problems with _____ NOT DOING WHAT I DON'T WANT [him/her] TO DO."
5. *"I release all karmic, past & present problems with DOING WHAT _____ DOESN'T WANT ME TO DO."*
 "I release all karmic, past & present problems with NOT DOING WHAT _____ DOESN'T WANT ME TO DO."

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?

DOING WHAT YOU DON'T WANT TO DO

The negative thoughts that affect your stomach are about doing what you don't want to do. It could also be about someone doing what you don't want them to do, or even about something being done in a way you don't want it done. It can also be about doing something in a way someone doesn't want it done. Includes doing what you shouldn't do, can't do, don't know how to do, etc.

It can also be FEELING the way you don't want to feel, BEING the way you don't want to be, WORKING when you don't want to work, EATING what you don't want to eat, TAKING what you don't want to take, CARING for who you don't want to care for, someone LEAVING that you don't want to leave, someone LOVING you that you don't want to love you, LOVING someone you shouldn't love, etc. Replace DOING with any of the above in your releases.

Your stomach will certainly let you know when any of this is happening. Your 'gut' response is a powerful messenger of warning. Learn to pay attention to that. Needless to say, the more areas in your life you are doing what you don't want to do, the more severe the problems you may have with your stomach.

It is imperative to STOP doing what you don't want to do and get in touch with what you do want to do. Remember that your problems are a result of what is WITHIN you. Do not be diverted from that by who or what you think is not allowing you to do something. If you can't stop, find and release what is keeping you on that negative vibration. From a higher vibration, it will be easier to either change your thoughts or put the necessary changes into your life.

The negative energy of the stomach can combine with other parts of the chest and body. One of the most powerful combinations is with the chest and becomes NOT TRUSTING NOT DOING WHAT I DON'T WANT TO DO. Also release: Esophagus, Pylorus, Duodenum, Mucosa, Pepsin, Hydrochloric Acid, Enzymes, Digestion, Absorption, Elimination, etc. Use the pendulum to determine what to release.

LIST BELOW THE THINGS YOU DON'T WANT TO DO or WHO is doing what you DON'T want them to do. More scales on page 210.

- _____ 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 HEART_____

HEART..... 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 DOING, DIDN'T DO, DON'T DO, DOESN'T DO,
NEVER DID, DO, DOING, DID, DONE, ALWAYS DOING, other?

BASIC: make sure each statement is correct before releasing.

1. *"I release all karmic, past & present problems with NOT DOING WHAT I WANT TO DO."*
 "I release all karmic, past & present problems with DOING WHAT I WANT TO DO."
2. *"I release all karmic, past & present problems with OTHERS NOT DOING WANT I WANT THEM TO DO."*
 "I release all karmic, past & present problems with OTHERS DOING WHAT I WANT THEM TO DO."

EXTEND: add someone and/or something.

3. *"I release all karmic, past & present problems with NOT DOING WHAT OTHERS WANT ME TO DO."*
 "I release all karmic, past & present problems with DOING WHAT OTHERS WANT ME TO DO."
4. *"I release all karmic, past & present problems with NOT DOING WHAT _____ WANTS ME TO DO."*
 "I release all karmic, past & present problems with DOING WHAT _____ WANTS ME TO DO."
5. *"I release all karmic, past & present problems with _____ NOT DOING WHAT _____ WANT[s] [him/her] TO DO."*
 "I release all karmic, past & present problems with _____ DOING WHAT _____ WANT[s] [him/her] TO DO."

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 WHAT YOU WANT TO DO

The negative thoughts that affect your heart are about not being able to do what you want to do. They can also be about someone not doing what you want them to do, you not doing what someone wants you to do, or something not being done the way you want it done.

The thoughts can also be about NOT LOVING who you want to love, or someone NOT LOVING you who you want to love you. They can also be about NOT WORKING where you want to work, NOT HAVING what you want to have, NOT FEELING how you want to feel, NOT BEING how you want to be, etc. Replace DOING in your releases with any of the above. Needless to say, it is important that it is something positive that you want to do, not something negative!

The American Heart Association has added Type “D” to their heart attack list. It consists of those who are DISTRESSED, DEPRESSED and NEGATIVE THINKERS. They are said to be the MOST likely to have a heart attack. So watch your thoughts!

For a healthy heart, it is essential to do what you want to do. It is not surprising that what you always wanted to do is called your ‘heart’s desire.’ A ‘broken’ heart often means that you can’t do what you want to do. You may think that you don’t deserve to have what you really want, or that it is selfish of you to want it. Therefore, you have spent your life doing what you think you should do instead.

Realize that it is imperative for you to do what you want to do. It is what you are here to do and not to do that causes so many problems, both in your life and in your body. The best is meant for you. State your intent that you want to be able to do what you really want to do and then know that it will unfold because it is meant to.

Check with your Higher Self to make sure what you want to do is really what you should do. You can also ask if you are on your path. If NO, repeat each thing you think might put you on the right path until you receive a YES. Use that as your guide.

This energy can combine with other parts of your chest and body such as NOT TRUSTING DOING WHAT YOU WANT TO DO. LIST BELOW WHAT YOU WANT TO DO or WHAT YOU WANT SOMEONE TO DO. Extra vibration scales and releases on page 210.

_____	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 RIBS

RIBS..... 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

HOW I AM, HAVE BEEN, ALWAYS AM, WANT TO BE, other?
HOW I AM NOT, HAVEN'T BEEN, NEVER AM, DON'T WANT TO BE.

BASIC: make sure each statement is correct before releasing.

- "I release all karmic, past & present problems with
HOW I AM."
 "I release all karmic, past & present problems with
HOW I AM NOT."
- "I release all karmic, past & present problems with
HOW OTHERS ARE."
 "I release all karmic, past & present problems with
HOW OTHERS AREN'T."

EXTEND: add someone and/or something.

- "I release all karmic, past & present problems with
HOW _____ IS."
 "I release all karmic, past & present problems with
HOW _____ ISN'T."
- "I release all karmic, past & present problems with
HOW I AM because of _____."
 "I release all karmic, past & present problems with
HOW I AM NOT because of _____."
- "I release all karmic, past & present problems with
HOW _____ IS about _____."
 "I release all karmic, past & present problems with
HOW _____ ISN'T 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 ARE

Negativity affecting your ribs is about how you are or aren't, how others are or aren't, or how something is or isn't.

It can be negativity from how you are ABOUT yourself, someone, or something. It can also be about how others are or aren't about you, someone, or something. It can even be about how you or others think you should be or shouldn't be, or how you or others think someone should be or shouldn't be. Also included is how you or others have been, haven't been, can be, can't be, want to be, don't want to be, need to be, don't need to be, never are, always are, refuse to be, etc.

It can also be negativity about how you or someone is BECAUSE OF you, someone or something, especially if you have been in an accident and are very injured, or have injured someone. It can even be about how you are because of problems with abuse, rape, addiction, sex, abortion, love, money, bills, failure, bankruptcy, etc.

The side of the ribs involved with pain will tell you whether your negative thoughts are about yourself or others. For a man, negative thoughts about how you are about yourself or something are located on the RIGHT side, and negative thoughts about how others are, are located on the LEFT side. It is the OPPOSITE for women.

Life is a mirror and reflects back how you are. As you encounter someone or something, how you react shows how you are. As you find yourself being in a way you don't want to be, realize that you do have a choice about how you react. Learn to disagree without being disagreeable, and turn anger into productive action. As you encounter negativity in others, that shows how they are. The goal is to not let how others are determine how you are in a negative way.

It is important to remember that you are a divine spark of God, filled with goodness and love. It is just your Lower Self expressing negativity that keeps you from being that way. How you want to be, you already are. It is a vibration within you waiting to be expressed. Affirm regularly how you want to be and then let that manifest.

Combined energies include: with your chest HOW I AM BECAUSE OF NOT TRUSTING, with your lungs HOW MY LIFE IS, with the back of your neck HOW I HAVE BEEN IN THE PAST, etc. Rib energy can also combine with other parts of your body such as: with your knees HOW I AM BECAUSE OF NOT CHANGING, with your lungs HOW I AM ABOUT DYING, etc.

List WHO you don't like and WHAT you don't like about yourself and others on a vibration scale on page 210 and release.

RELEASES for the BREASTS _____

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

DAUGHTER, WIFE, MOTHER, STEPMOTHER, GRANDMOTHER, etc.
SON, HUSBAND, FATHER, STEPFATHER, GRANDFATHER, other?

BASIC: make sure each statement is correct before releasing.

1. *"I release all karmic, past & present problems with
HOW I AM AS A _____."*
 *"I release all karmic, past & present problems with
HOW I AM NOT AS A _____."*
2. *"I release all karmic, past & present problems with
HOW OTHERS ARE AS A _____."*
 *"I release all karmic, past & present problems with
HOW OTHERS AREN'T AS A _____."*

EXTEND: add someone and/or something.

3. *"I release all karmic, past & present problems with
HOW _____ IS/WAS."*
 *"I release all karmic, past & present problems with
HOW _____ ISN'T/WASN'T."*
4. *"I release all karmic, past & present problems with
HOW I AM because of _____."*
 *"I release all karmic, past & present problems with
HOW I AM NOT because of _____."*
5. *"I release all karmic, past & present problems with
HOW _____ IS because of _____."*
 *"I release all karmic, past & present problems with
HOW _____ ISN'T 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?

HOW YOU ARE AS A PARENT HOW YOUR PARENTS ARE

Breasts are about nurturing. It can be about either parent not being nurturing enough or nurturing too much, now or in the past. Or it can be about you not being able to be nurturing or nurturing too much. Very powerful negative energy is about how your mother or father is or isn't, has been, hasn't been, etc. Includes any parent figure.

Also powerful is negativity about how you think you are as a parent, mother, father, daughter, son, etc. It can be about being a parent when you don't want to be, or not being able to be a parent when you really want to be. It can include negativity about how you are as a child, sibling, relative or grandparent, or how they are. Use your pendulum to determine who it is about. Be sure to include those who are no longer with you from either separation or death.

It is easy to think that the negativity involved with the breasts is only about women but that is not the case. Negativity in a breast will indicate if it is about you or someone else.

FOR A WOMAN

The LEFT breast is about how you think you are as a daughter, sister, wife, mother, stepmother, grandmother, etc. The RIGHT breast is about how you think either parent is or was, how someone is at parenting, or how you think others think of you as a mother, daughter, sister, wife, etc.

FOR A MAN

The RIGHT breast is about how you think you are as a son, brother, father, stepfather, grandfather, etc. The LEFT breast is about how you think either parent is or was, how someone is at parenting, or how you think others think of you as a father, son, brother, husband, etc.

Combined energies: with your chest NOT TRUSTING HOW I AM AS A MOTHER. With your ribs, HOW MY MOTHER WAS TO ME and HOW MY CHILD IS BECAUSE OF ME. With your feet, HOW MY FATHER WAS BECAUSE OF BEING STUCK, etc.

LIST WHO YOU HAVE PROBLEMS WITH or WHO HAS PROBLEMS WITH YOU on vibration scales on page 210 and release.

RELEASES for the LUNGS _____

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

LIFE, LIVE, LIVING, NOT LIVING , ALIVE, NOT ALIVE, other?
NOT DYING, DYING, DEAD, DEATH, KILLING, SUICIDE.

BASIC: make sure each statement is correct before releasing.

1. *"I release all karmic, past & present problems with LIVING."*
 "I release all karmic, past & present problems with DYING."
2. *"I release all karmic, past & present problems with OTHERS LIVING."*
 "I release all karmic, past & present problems with OTHERS DYING."

EXTEND: add someone and/or something.

3. *"I release all karmic, past & present problems with _____ DYING."*
 "I release all karmic, past & present problems with _____ NOT DYING."
4. *"I release all karmic, past & present problems with HOW I LIVE MY LIFE."*
 "I release all karmic, past & present problems with HOW I DON'T LIVE MY LIFE."
5. *"I release all karmic, past & present problems with HOW _____ LIVES THEIR LIFE."*
 "I release all karmic, past & present problems with HOW _____ DOESN'T LIVE THEIR LIFE."

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?

LIVING or DYING

The negative thoughts that affect your lungs are about not liking your life, or the way you are or aren't living your life. They can also be about someone not living their life in a way you think they should or you not living your life in a way others think you should!

Your lungs can also be affected by your negative thoughts about you, someone, or even a pet dying or not dying. Also can be from thoughts about suicide, killing, murder, death and even about hell, an afterlife or a lack of one. This negativity can especially be felt in the area of the sternum and possibly the edge of the rib cage.

With the lungs it may be hard to determine if the negativity is in the right or left lung so you will have to ask the pendulum. The vibration scale on the opposite page will also show the vibration for each. The side involved will tell you if it is about yourself or others.

Breath equates to life. The more problems you have with breathing, the more you have to work on changing your life or changing how you think about your life. Calming the breath quiets the mind. When distressed, take several long deep breaths, slowly breathing in and out. You can even add "IN WITH THE GOOD" on the incoming breath and "OUT WITH THE BAD" on the outgoing.

If you are sick, not liking the way you feel can affect your lungs, adding to whatever else is wrong. When sick, it can be very difficult to be positive about your life. However, the sicker you are, the more necessary it is to concentrate on what you CAN do rather than what you can't do. Each positive thought helps you to feel better. The more positive you are able to be, the better you will feel.

People usually die as they have lived. That is why it is so essential to be on a positive vibration each day. To resist dying or being afraid to die can make the process more difficult. We all die sooner or later. No one knows when that will be, whether sick or well. Live one day at a time, as positive as you can each day.

If someone has died, try to focus on the good that you had with them rather than what you have lost. While grieving, don't blame yourself for doing so. It is a natural process. However, prolonged grieving will just take you down further. Just because someone has died does not mean that YOU can't deal with unfinished business with them, which will help you and may even help them.

Put WHO or WHAT you are having these problems with on a vibration scale at the end of the chapter on page 210. If needed, also add suicide, killing, murder, karma, reincarnation, heaven, hell, etc.

RELEASES for the LIVER_____

LIVER.....	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

NEED, NEEDS, NEEDING, NEEDY, NEEDED,
NOT NEEDING, NOT NEEDY, NOT NEEDED, other?

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/ or something.

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

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?

NEED or DON'T NEED

Negativity or problems in your liver are usually about not being needed or being needed too much. It can also be about needing someone too much, or no longer needing them. It may even be that someone needs too much or needs something that you can't give, don't want to give, feel you shouldn't give, or are tired of giving, especially if you are responsible for someone or something. The same is true for you needing something from someone that they are unable to give.

It can also be about you or someone needing something such as alcohol, drugs, care, money, food, affection, love, sex, a better living situation, a better job, success, health, religion, God, etc. It could even be about needing something that you can't have, or more general such as needing rain, the homeless needing more, welfare shouldn't be needed, the earth needing, etc.

There is a difference between being needed and just feeling needed. Determine which it is. Do releases for both. The more areas of your life that you have problems with needing someone or something, or someone or something needing more than you want to give, the more severe the problem with your liver can be. Work on one problem at a time. Use positive thoughts to manifest what is needed. Help others to help themselves. Also release: Alcohol, Drugs, Helpless, Hopeless, Homeless, etc. And: Left lobe, Right lobe, Falciform ligament, Bile, Diaphragm, etc.

This negative energy can combine with other parts of the chest or even other parts of the body. Combined with the head: NEEDING TO DO THINGS RIGHT. Especially powerful with the Gall Bladder: BEING USELESS BECAUSE OF NEEDING TOO MUCH ALCOHOL. With the face: WHAT I NEED BECAUSE OF WHAT I AM FACING. With back of neck: NEEDING TOO MUCH IN THE PAST. With the chest: NOT TRUSTING BEING NEEDED, etc.

LIST BELOW WHO or WHAT YOU HAVE PROBLEMS WITH NEEDING or NOT NEEDING. Start releasing, page 210.

- _____ 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

USING, USED, USELESS

The negative thoughts affecting the gall bladder are about feeling or being useless to yourself, someone, or something. Feeling useless or being useless can be from thinking you can't do something, not feeling deserving enough, or even not being well enough to do it.

If you feel useless at work, find a job that uses your God-given talents and that will make you happy. Happiness is the only true success. At any time you feel useless at anything you do, know that it is divine discontent trying to move you forward on your path.

It can be about someone being useless to you, themselves, someone, or something. It could even be a problem with feeling or actually being used by someone or for something that you don't want to do. It could even be from using someone and thinking you shouldn't, or someone not using you when you think that they should. Maybe it is someone not using you when you want them to.

It can also be about no longer feeling useful or about something that is no longer useful that you are unable to let go of. It may even be about using something such as drugs, alcohol, or even medicine after prolonged use, or something you refuse to use such as medicine, a blood transfusion, etc. To find out if your problem is about you or someone, ask the pendulum for a YES/ NO to each.

This negative energy can combine with other parts of the chest or even other parts of the body. With the chest: NOT TRUSTING BEING USEFUL. With the face: WHAT I USE BECAUSE OF WHAT I AM FACING. With the ribs: BEING USED BECAUSE OF HOW I AM. With the breasts: BEING USELESS AS A MOTHER. With the back of the neck: WHAT I HAVE USED IN THE PAST. With the shoulders: NOT BEING USEFUL BECAUSE OF BEING OVERBURDENED. With the feet: USING DRUGS BECAUSE OF BEING STUCK, etc.

LIST BELOW WHO or WHAT IS USELESS, WHAT YOU ARE USELESS AT, or HAVE PROBLEMS USING. Release on page 210.

_____ 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 PANCREAS_____

PANCREAS.....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

NOT WORTHY, NOT WORTHWHILE, WORTHLESS, other?
WORTH, WORTHY, WORTHWHILE, NOT WORTHLESS, etc.

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/ or something.

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

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 WORTHY, NOT WORTHWHILE, WORTHLESS

Negativity or problems in the pancreas are about feeling or even being worthless to yourself, someone, or something. It can also be about feeling that someone is worthless either to you, themselves, someone or something. It could even be about something that is now worthless such as an investment, stock, your business, your talent, etc.

It can also be about you or someone not being or not feeling worthy of something or someone. Or someone or something not being worthy of you. It is possible for you not to feel worthy if something nice is done for you or given to you and you don't think you deserve it. Or you may feel others aren't worthy of what they have or what you do for them. It can even be about doing something that isn't worthwhile or not doing something that is worthwhile.

Feeling worthless is very destructive to your body and your life. It is important to realize that the negative parts of you are not the real you. They are simply the expression of your Lower Self. Positive thoughts and actions are the expression of your Higher Self. You can't be worthless. You are a divine spark of God and the best is meant for you. Look within for the seed of perfection that is waiting to be expressed at all times. All you have to do is change your thoughts! Choose to be positive, moment by moment.

When everything seems to be falling apart, it really is falling together. It will take you where you are meant to be. Begin to trust in that. One step at a time will get you anywhere you want to go.

To find if the negativity affecting your pancreas is about you or someone, ask for a YES/NO to each. Combined energies include: NOT TRUSTING BEING WORTHY, WHAT IS AHEAD BECAUSE OF BEING WORTHLESS, MY LIFE NOT BEING WORTHWHILE, NOT WORTHY BECAUSE OF HOW I AM, etc.

LIST BELOW WHO or WHAT IS WORTHLESS, WHAT YOU ARE WORTHLESS AT, or WHAT IS WORTHWHILE THAT YOU WANT TO DO. Extra vibration scales and releases are on page 210.

_____	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 LEFT ARM _____

LEFT ARM..... Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Receiving Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear
Not receiving.. Blocked 1 2 3 4 5 6 7 8 9 10 11 12 Clear

DIDN'T RECEIVE, NOT RECEIVING, NEVER RECEIVED,
RECEIVE, RECEIVES, RECEIVING, RECEIVED, other?

BASIC: make sure each statement is correct before releasing.

1. "I release all karmic, past & present problems with
NOT RECEIVING ENOUGH."
 "I release all karmic, past & present problems with
RECEIVING ENOUGH."
2. "I release all karmic, past & present problems with
OTHERS NOT RECEIVING ENOUGH."
 "I release all karmic, past & present problems with
OTHERS RECEIVING ENOUGH."

EXTEND: add someone and/or something.

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

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?

RECEIVING or NOT RECEIVING

The left arm is a very complicated area because of so many possible areas of negativity. For a MAN, the left arm is affected by the following negativity about or because of OTHERS. For a WOMAN, the negativity is about YOU.

Negativity in the left arm is usually about NOT RECEIVING ENOUGH of something such as help, food, attention, affection, support, love, sex, money, sales, etc. The negativity can also be from RECEIVING TOO MUCH of something such as too much work, money, bills, alcohol, drugs, food, criticism, abuse, pain, illness, etc.

When you are trying to find what to release, think of it as being about something COMING to you or NOT COMING to you such as: LOVE, MONEY, HELP, HEALING, AFFECTION, ATTENTION, RECOGNITION, CRITICISM, ABUSE, DISEASE, GETTING, LEARNING, EARNING, SAVING, BUYING, BORROWING, TAKING, STEALING, CATCHING, FINDING, WINNING, INHERITING, ABUNDANCE, ACCEPTANCE, etc.

A common problem is NOT ACCEPTING. Learn to accept graciously and realize that not receiving blocks someone else giving! Be open to positive things that come to you and realize it is meant for you. If you keep rejecting it, find and release the negativity.

A very difficult area can be if you are sick and not receiving enough help, or not receiving enough help to care for someone who is sick. It is important to learn to ask for help when it is needed.

It could also be about someone coming to visit that you don't want to see, or someone not coming that you do want to see. Or it could be about not getting a raise or promotion, or even getting something you think you don't deserve. It is important to understand that you get what you feel you deserve in life, and in death!

LIST WHAT YOU or SOMEONE ARE NOT RECEIVING ENOUGH OF or RECEIVING TOO MUCH OF. More releases on page 210.

_____ 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 RIGHT ARM _____

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

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

DIDN'T GIVE, NOT GIVING, NOT GIVEN, NOT GIVING ENOUGH, GIVE, GIVES, GIVING, GIVEN, GAVE, GIVING TOO MUCH, other?

BASIC: make sure each statement is correct before releasing.

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

EXTEND: add someone and/ or something.

- 3. "I release all karmic, past & present problems with NOT GIVING ENOUGH to _____."
- "I release all karmic, past & present problems with GIVING ENOUGH to _____."
- 4. "I release all karmic, past & present problems with _____ NOT GIVING ENOUGH _____."
- "I release all karmic, past & present problems with _____ GIVING ENOUGH _____."
- 5. "I release all karmic, past & present problems with _____ GIVING TOO MUCH _____."
- "I release all karmic, past & present problems with _____ NOT GIVING TOO MUCH _____."

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?

GIVING or NOT GIVING

The right arm is a very complicated area because of so many possible areas of negativity. For a WOMAN, the right arm is affected by the following negativity about or because of OTHERS. For a MAN, the negativity is about YOU.

Negativity or problems with the right arm are usually about you or someone GIVING TOO MUCH or NOT GIVING ENOUGH of something such as money, love, sex, time, attention, care, etc.

When you are trying to find what to release, think of it as being about something GOING AWAY from you or NOT GOING AWAY from you such as: LOVING, SPENDING, PAYING, LEAVING, SENDING, HELPING, HEALING, TEACHING, CREATING, WRITING, ACTING, SINGING, TRAVELING, LOSING, SELLING, INVESTING, LENDING, CRITICIZING, YELLING, SWEARING, THREATENING, HITTING, THROWING, KICKING, PUSHING, ABUSING, KILLING, DISEASE, AIDS, etc.

A common problem is about not being able to love someone you want to love, or even loving someone too much when it is not accepted. Another common problem is paying too many bills or spending too much, especially during financial difficulties. Remember that giving increases receiving if the energy is clear.

It can also be about someone leaving when you don't want them to, or not leaving when you do want them to. It can even be about you not leaving when you should or leaving when you shouldn't. It could even be your talent leaving you or someone else.

If you are sick, you may be concerned about giving your illness to others. If you are abusive, it could be about doing too much harm to others and not being able to stop. The more areas that are involved, the more negative the energy becomes and more releasing is needed.

LIST WHAT YOU or SOMEONE ARE NOT GIVING ENOUGH OF or GIVING TOO MUCH OF. Vibration scales & releases on page 210.

- _____ 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

RELEASE for the HANDS_____

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

NOT LETTING GO, LETTING GO, LET GO, other?

BASIC: make sure each statement is correct before releasing.

1. *“I release all karmic, past & present problems with
NOT LETTING GO.”*
 *“I release all karmic, past & present problems with
LETTING GO.”*
2. *“I release all karmic, past & present problems with
OTHERS NOT LETTING GO.”*
 *“I release all karmic, past & present problems with
OTHERS LETTING GO.”*

EXTEND: add someone and/or something.

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

NOT LETTING GO

The negative thoughts that affect your hands and wrists are about not being able to let go of someone or something. It can also be about someone not being able to let go of you, someone, or something. When you feel pain in your hand, examine your thoughts. The hand experiencing pain will tell you if it is about yourself or others.

For a woman, the LEFT hand involves problems with you not being able to let go of something. The RIGHT hand is about not letting go of someone. It can also be about someone not letting go of you, someone, or something. It is the OPPOSITE for men.

The ‘something’ you can’t let go of could be smoking, alcohol, drugs, medicine, a relationship, marriage, divorce, money, bills, taxes, possessions, job, working too much, a business, failure, status, homework, the past, the future, disease, abuse, abortion, rape, etc.

Letting go is like being an acrobat. It is necessary to let go of one thing before being able to go on to the next one. If you continue to hold on to what you can’t let go of, not all of your energy is available for the next thing to come. Remember that Divine Order is always unfolding so be open to what comes to you.

If you can’t let go, life will do it for you which can seem very hard. Work on letting go of one thing at a time. You can use positive affirmations to replace negative thoughts as they arise, and then learn to trust in the unfolding. Let go and let God.

Combined energies: the hand combined with the left arm can be NOT LETTING GO OF NOT RECEIVING ENOUGH. The hand combined with the right arm can be NOT LETTING GO OF NOT GIVING. Becomes very powerful when combined with someone. It can also combine with other parts of the chest and body. The hand combined with the chest can be LETTING GO OF NOT TRUSTING, with the knees NOT LETTING GO OF NOT CHANGING, with the feet can be NOT LETTING GO OF BEING STUCK, etc.

LIST BELOW WHO or WHAT YOU CAN’T LET GO OF or WHO CAN’T LET GO OF YOU or SOMETHING. Releasing on 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