9

YOUR ABDOMEN

DIVINE DISCONTENT
urges you forward on your path

THE ABDOMEN

The amount of negativity in any part of the abdomen 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 ABDOMEN on page 215 to find the location of your negativity. Then read about each part of the abdomen to become familiar with the negative thoughts involved with each.

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

"WHAT IS CAUSING THE PROBLEM WITH MY ABDOMEN?"

Keep your intent to find the part of the abdomen 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.

ABDOMEN ..... page 217

BOWELS ..... page 219

REPRODUCTIVE
ORGANS ..... page 221

HIPS ..... page 223

LEGS ..... page 225

KNEES ..... page 227

FEET ..... page 229

Other?

If you receive a YES to `Other' repeat each below for a YES/NO.

HEAD ..... page 151

CHEST ..... page 183

BACK ..... page 233

ASSISTANCE ..... page 249

NEGATIVE THOUGHTS

The following negative thoughts lower the vibration of the abdomen and the various parts of the abdomen. 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.

ABDOMEN: ACCEPTING TOO MUCH RESPONSIBILITY.

Bowels: BEING BLOCKED or BLOCKING.

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

Hips: NO SUPPORT, SUPPORTING, NOT SUPPORTIVE.

Legs: NOT MOVING FORWARD.

Knees: CHANGE or NO CHANGE.

Feet: BEING STUCK or FEELING STUCK.

The main negative energy of the abdomen is about RESPONSIBILITY. This negative energy becomes very powerful when combined with the negative energy of any part of the abdomen or any part of the body.

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

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

ABDOMEN	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
Left side	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
Right side	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
BOWELS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
REPRODUCTIVE ORGANS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
HIPS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
LEGS	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
KNEES.....	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear
FEET	Blocked	1	2	3	4	5	6	7	8	9	10	11	12 Clear

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

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

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

RESPONSIBLE, RESPONSIBILITY, TOO MUCH RESPONSIBILITY, other?
NOT RESPONSIBLE, NO RESPONSIBILITY,
NOT ENOUGH RESPONSIBILITY, etc?

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with ACCEPTING TOO MUCH RESPONSIBILITY."*
   ❑ *"I release all karmic, past & present problems with NOT ACCEPTING ENOUGH RESPONSIBILITY."*
2. ❑ *"I release all karmic, past & present problems with OTHERS ACCEPTING TOO MUCH RESPONSIBILITY."*
   ❑ *"I release all karmic, past & present problems with OTHERS NOT ACCEPTING ENOUGH RESPONSIBILITY."*

EXTEND: add someone and/ or something.

3. ❑ *"I release all karmic, past & present problems with ACCEPTING TOO MUCH RESPONSIBILITY for_____ ."*
   ❑ *"I release all karmic, past & present problems with NOT ACCEPTING TOO MUCH RESPONSIBILITY for _____."*
4. ❑ *"I release all karmic, past & present problems with _____ NOT BEING RESPONSIBLE."*
   ❑ *"I release all karmic, past & present problems with _____ BEING RESPONSIBLE."*
5. ❑ *"I release all karmic, past & present problems with _____ BEING RESPONSIBLE for _____."*
   ❑ *"I release all karmic, past & present problems with _____ NOT BEING RESPONSIBLE for_____ ."*

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?

ACCEPTING TOO MUCH RESPONSIBILITY

The negative thoughts that affect the abdomen in general are about problems with responsibility. The most common is either you or someone accepting too much responsibility for you, someone, or something, It can also be about either you or someone not accepting enough responsibility for you, someone, or something.

The 'something' involved can be the outcome, the future, the past, finances, failure, bankruptcy, disease, caregiving, recovery, addiction, sex, abortion, marriage, divorce, incest, rape, abuse, violence, etc. Especially destructive is being responsible or blaming someone else for being responsible for an accident, injury, or the failure of something such as a project, marriage, investment, etc. Or someone not being responsible when you think they should be.

When you accept too much responsibility for others, it means you think you can do it better than they can. It is better to affirm them being able to do it so they can learn how to. However, you can accept all of the responsibility you feel necessary for anyone and anything as long as it doesn't cause you to be negative about it which will lower your vibration, making your life and health more difficult.

These negative thoughts can seriously affect the functioning of all parts of the abdomen and even other parts of the body. The side of the abdomen experiencing pain will indicate if the negative thoughts are about yourself or someone else. If you don't know where the pain is located, ask about each for a YES/NO.

Combined negative energies include: With the reproductive organs: ACCEPTING TOO MUCH RESPONSIBILITY FOR NOT GETTING PREGNANT. With the hips: NOT ACCEPTING ENOUGH RESPONSIBILITY FOR SUPPORTING MYSELF. With the bowels: ACCEPTING TOO MUCH RESPONSIBILITY FOR BEING BLOCKED. With the lower back: BEING RESPONSIBLE FOR FAILING, etc.

LIST BELOW WHO OR WHAT YOU FEEL RESPONSIBLE FOR or WHO IS RESPONSIBLE FOR SOMETHING. Release on page 230.

_____ 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 BOWELS

BOWELS	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

BLOCK, BLOCKS, BLOCKING, BLOCKED, other?
NO BLOCKS, NOT BLOCKED, NOT BLOCKING, etc.

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with BEING BLOCKED."*
   ❑ *"I release all karmic, past & present problems with NOT BEING BLOCKED."*
2. ❑ *"I release all karmic, past & present problems with OTHERS BEING BLOCKED."*
   ❑ *"I release all karmic, past & present problems with OTHERS NOT BEING BLOCKED."*

EXTEND: add someone and/or something.

3. ❑ *"I release all karmic, past & present problems with _____ BEING BLOCKED."*
   ❑ *"I release all karmic, past & present problems with _____ NOT BEING BLOCKED."*
4. ❑ *"I release all karmic, past & present problems with BEING BLOCKED because of _____."*
   ❑ *"I release all karmic, past & present problems with NOT BEING BLOCKED because of _____."*
5. ❑ *"I release all karmic, past & present problems with _____ BEING BLOCKED because of _____."*
   ❑ *"I release all karmic, past & present problems with _____ NOT BEING BLOCKED 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?

BLOCKED

The negative thoughts that affect your bowels are about feeling or actually being blocked by someone or something. It can be about being blocked in how you want to be, what you want to do, or what you want to have happen. It could also be about blocking others in how they want to be, what they want to do, or what they want to have happen.

It can be even be about something being blocked such as a promotion, a different job, a new career, a different relationship, marriage, a new home, having a child, an abortion, divorce, paying bills, saving money, getting a promotion, having sex, falling in love, getting better, your whole life, the government, even world peace.

The more areas in your life in which you feel blocked, the lower your vibration becomes and the more problems you may have with your bowels. It is important to remember that it is your thoughts that create. Therefore it is your thoughts that are blocking you. It is interesting that it is the Lower Self that always blames someone or something "out there" for problems.

To raise your vibration, release each area you feel blocked in and use affirmations to help you to be more positive about what you want to have happen or how you want to be, and let that manifest. It is important to realize that successful people think of obstacles not as problems but as challenges to overcome. As you clear the energy, the block can become a stepping stone.

It can be very difficult in the bowels to know if the problem is with yourself or someone. To determine which it is, for aYES/ NO to each, ask if it is MYSELF or OTHERS.

The negative energies of the bowels can combine with other parts of the abdomen and even other parts of the body such as with the hips: BEING BLOCKED BECAUSE OF NO SUPPORT. With the abdomen: BEING BLOCKED BECAUSE OF ACCEPTING TOO MUCH RESPONSIBILITY. With the legs: BEING BLOCKED BECAUSE OF NOT MOVING FORWARD. With the reproductive organs: BLOCKING ORGASM. With the lower back: BEING BLOCKED BECAUSE OF FAILURE, With the heart: OTHERS BLOCKING WHAT I WANT TO DO, etc.

Also release: Appendix, Duodenum, Small Intestine, Large Intestine, Mucosa, Cecum, Colon, Rectum, Anal Canal, Anus, etc. Also Indigestion, Digestion, Absorption, Defecation, Constipation, etc. List what is being blocked or who is blocking you on page 230.

RELEASES for REPRODUCTIVE ORGANS_____

R. ORGANS	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

SEX, SEXY, SEXUAL, SEXUALITY, SEXIST, other?
NO SEX, NOT SEXY, NOT SEXUAL, NOT SEXIST, etc.

BASIC: make sure each statement is correct before releasing.

1 ❑ *"I release all karmic, past & present problems with HAVING SEX."*
❑ *"I release all karmic, past & present problems with NOT HAVING SEX."*

2. ❑ *"I release all karmic, past & present problems with OTHERS HAVING SEX."*
❑ *"I release all karmic, past & present problems with OTHERS NOT HAVING SEX."*

EXTEND: add someone and/or something.

3. ❑ *"I release all karmic, past & present problems with HAVING SEX with_____."*
❑ *"I release all karmic, past & present problems with NOT HAVING SEX with_____."*

4. ❑ *"I release all karmic, past & present problems with _____ HAVING SEX."*
❑ *"I release all karmic, past & present problems with _____ NOT HAVING SEX."*

5. ❑ *"I release all karmic, past & present problems with HAVING _____ because of SEX."*
❑ *"I release all karmic, past & present problems with NOT HAVING _____ because of SEX."*

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?

SEX

The negative thoughts affecting the reproductive organs are about sex, from sex, or even because of sex, and can be about either you or someone else. It can also be from problems with having sex, not having sex, wanting sex, not wanting sex, needing sex, not needing sex, too much sex, not enough sex, no sex, violent sex, etc.

Sex should be an act of love but can be a negative act consumed with fear, anger, guilt, blame, resentment, hate, rage, terror or even revenge. Do not confuse the two. Any negativity experienced in this area throughout your life is still lowering the vibration of your reproductive organs and your body, and will continue do so until you no longer regard it in a negative way, or release it.

Do not blame yourself or others for anything that has happened in the past. Let go of it and go on. Do not be a victim. Take charge of your own energy! Find and release what is causing you problems now.

BOTH men and women can have a problem with anything listed below. For a YES/NO, ask about each paragraph until you receive a YES. Repeat each line in the paragraph selected for a YES/NO, and then each in that line. List each one selected in the vibration scales below. Additional vibration scales and releases are on page 230.

Vagina, Cervix, Clitoris, Hymen, Uterus, Ovaries, Eggs, Fallopian Tubes, Secretion, Orgasm, Oral sex, Infection, Menstruation, PMS, Menopause, Estrogen, Progesterone, Hysterectomy, Pregnancy, Childbirth, Miscarriage, Abortion, Incest, Rape, other?

Penis, Glans Penis, Foreskin, Circumcision, Testicles, Scrotum, Semen, Sperm, Seminal Ducts, Testosterone, Erection, Ejaculation, Orgasm, Prostate, Impotence, Sodomy, Venereal Disease, Aids, other?

Affection, Touching, Pleasure, Foreplay, Sharing, Communication, Intimacy, Fidelity, Inhibitions, Frigidity, Masturbation, Abstinence, Celibacy, Promiscuity, Prostitution, Bisexuality, Heterosexuality, Homosexuality, Rejection, Jealousy, Abuse, Violence, other?

_____ 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 HIPS

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

SUPPORT, SUPPORTS, SUPPORTING, SUPPORTED, SUPPORTIVE?
NO SUPPORT, NOT SUPPORTING, NOT SUPPORTED,
NOT SUPPORTIVE.

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with NOT BEING SUPPORTED."*
   ❑ *"I release all karmic, past & present problems with BEING SUPPORTED."*
2. ❑ *"I release all karmic, past & present problems with SUPPORTING OTHERS ."*
   ❑ *"I release all karmic, past & present problems with NOT SUPPORTING OTHERS."*

EXTEND: add someone and/or something.

3. ❑ *"I release all karmic, past & present problems with SUPPORTING _____."*
   ❑ *"I release all karmic, past & present problems with NOT SUPPORTING _____."*
4. ❑ *"I release all karmic, past & present problems with _____ NOT BEING SUPPORTIVE."*
   ❑ *"I release all karmic, past & present problems with _____ BEING SUPPORTIVE."*
5. ❑ *"I release all karmic, past & present problems with _____ NOT SUPPORTING _____."*
   ❑ *"I release all karmic, past & present problems with _____ SUPPORTING_____."*

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?

NO SUPPORT

The negative thoughts that affect your hips are about not receiving enough support, either emotional or financial. It can be a very serious problem if it is both. It can be about you, someone, or something not being supported right by you, someone, or something. The hip experiencing pain can tell you who it is about.

For a woman, pain with your LEFT hip is about not supporting yourself right, or not being supportive of something you want to do or how you are. Your RIGHT hip concerns either supporting or not supporting someone, or someone supporting or not supporting you. Can also be about not being supportive of someone, or someone not being supportive of you. It is the OPPOSITE for men.

It is also possible to be distressed because of not being able to support yourself financially if you don't earn enough or if you have lost your job. It can be especially difficult if you have someone else or a family depending on you for support. It can even be a problem if you are not receiving enough support as a caregiver, or need more support in being cared for if you are sick, disabled, or retired.

It can even be about you feeling that others are not being supportive of what you want to do, or how you feel. This can be in a relationship, in the family, at work, on a project, etc. Or you may be tired of being supportive of others, especially if they don't change.

Combined negative energies include: with the legs SUPPORT NOT MOVING FORWARD, with the knees SUPPORT CHANGING, with the bowels SUPPORT BEING BLOCKED, with the feet BEING STUCK BECAUSE OF NO SUPPORT, etc. With the head can be NOT BEING SUPPORTED RIGHT, with the chest NOT TRUSTING BEING SUPPORTED, with the lower back FAILING TO BE SUPPORTIVE OF OTHERS, etc.

LIST BELOW WHO or WHAT YOU ARE HAVING PROBLEMS SUPPORTING OR BEING SUPPORTED BY. Release on page 230.

_____ 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 LEGS

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

MOVE, MOVES, MOVING, MOVED, MOVEMENT, other?
NOT MOVING, NEVER MOVING, NO MOVEMENT, etc.

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with NOT MOVING FORWARD."*
   ❑ *"I release all kartnic, past & present problems with MOVING FORWARD."*
2. ❑ *"I release all karmic, past & present problems with OTHERS NOT MOVING FORWARD ."*
   ❑ *"I release all karmic, past & present problems with OTHERS MOVING FORWARD."*

EXTEND: add someone and/or something.

3. ❑ *"I release all karmic, past & present problems with NOT MOVING _____ FORWARD."*
   ❑ *"I release all karmic, past & present problems with MOVING _____ FORWARD."*
4. ❑ *"I release all karmic, past & present problems with _____ NOT MOVING FORWARD."*
   ❑ *"I release all karmic, past & present problems with _____ MOVING FORWARD."*
5. ❑ *"I release all karmic, past & present problems with _____ NOT MOVING FORWARD with _____."*
   ❑ *"I release all karmic, past & present problems with _____ MOVING FORWARD with _____."*

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 MOVING FORWARD

The main negative thoughts affecting the legs are about you, someone, or something not moving forward or moving forward. It can also be about you, someone, or something moving forward too fast or not moving forward fast enough, or even something moving forward when you think it shouldn't.

The "something" not moving forward could be your bills, your work, career, business, promotion, relationship, marriage, pregnancy, divorce, lawsuit, bankruptcy, disease, recovery, exercise, etc. It can even be more general such as your life not moving forward, or even the world not moving forward right.

Problems with walking are the result of severe difficulties with moving forward. The more serious the problem with walking, the more necessary it is to determine all of the various areas in your life that you need to move forward in, and then do it. One step at a time, one day at a time will get you anywhere you want to go. Do the same for learning to walk better.

If you don't know how to move forward in something, release all problems with it as you encounter the problem and then use a positive affirmation to assist you. Set the intent to be able to move forward and then trust that you can. Also set your priorities.

For a man, negativity concerning yourself not being able to move forward is located in the RIGHT leg. Negativity about others not moving forward, or not being able to move forward because of others, is located in the LEFT leg. It is the OPPOSITE for women.

Combined negative energies: In the leg near the hip: NOT MOVING FORWARD BECAUSE OF NOT BEING SUPPORTED RIGHT. In the leg above the knee combines with the knee: MOVING FORWARD BECAUSE OF OTHERS CHANGING. It can also combine other parts of the body such as NOT MOVING FORWARD BECAUSE OF NO TRUST, etc. Also release: SITTING, WALKING, RUNNING, HIKING, JOGGING, JUMPING, etc.

LIST BELOW WHO or WHAT ISN'T MOVING FORWARD or IS MOVING FORWARD that you don't want to. Release on page 230.

_____ 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 KNEES

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

CHANGE, CHANGES, CHANGING, CHANGED, other?
NO CHANGE, NO CHANGES, NOT CHANGING, etc.

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with NOT CHANGING ."*
   ❑ *"I release all karmic, past & present problems with CHANGING."*
2. ❑ *"I release all karmic, past & present problems with OTHERS NOT CHANGING ."*
   ❑ *"I release all karmic, past & present problems with OTHERS CHANGING."*

EXTEND: add someone and/ or something.

3. ❑ *"I release all karmic, past & present problems with NOT CHANGING _____."*
   ❑ *"I release all karmic, past & present problems with CHANGING _____."*
4. ❑ *"I release all karmic, past & present problems with _____ NOT CHANGING."*
   ❑ *"I release all karmic, past & present problems with _____ CHANGING."*
5. ❑ *"I release all karmic, past & present problems with _____ NOT CHANGING _____."*
   ❑ *"I release all karmic, past & present problems with _____ CHANGING _____."*

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?

CHANGE

Negative thoughts affecting your knees are about either you, someone, or something changing or not changing. The knee involved will show if it is about you or someone else.

For a woman, pain in the LEFT knee is about you not changing or changing too much. It is also about something changing or not changing. Pain in the RIGHT knee is about others changing or not changing, or not being able to change others. The OPPOSITE for men.

The 'something' that is not changing, or changing when you don't want it to, could be your job, relationship, love, sex, finances, health, disease, recovery, even your life. The more severe the problems with your knees, the more areas of your life you need to work on changing.

Learn to change what you can't accept and accept what you can't change! You can either change your life or change your thoughts about your life. If you change your life and don't change your thoughts, it may not help. If you change your thoughts to positive ones, you may not need to change your life, or it may change for the better in a way you could never have imagined!

Crisis and illness indicate a need for change. If you continue to be negative and don't change, the needed change comes about in what may seem to be the hard way. Learn to welcome change into your life. God always means change to be for the good. It is said that the only problem there really is in life is the resistance to change. Go with the flow and then trust the unfolding! From The Tao:

ACCEPT WITHOUT STRUGGLE THE FLOW OF LIFE AS IT COMES.

Combined negative energies: above the knee can be NOT CHANGING NOT BEING SUPPORTED RIGHT. Below the knee can be NOT CHANGING BEING STUCK. It can also combine with other parts of the abdomen and other parts of the body. Especially important is with the chest and can be NOT TRUSTING CHANGE.

LIST BELOW WHO or WHAT YOU WANT TO CHANGE or DON'T WANT TO CHANGE. Extra vibration scales & releases on page 230.

_____ 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 FEET

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

STUCK, BEING STUCK, FEELING STUCK, other?
NOT STUCK, NOT BEING STUCK, NOT FEELING STUCK, etc.

BASIC: make sure each statement is correct before releasing.

1. ❑ *"I release all karmic, past & present problems with BEING STUCK."*
   ❑ *"I release all karmic, past & present problems with NOT BEING STUCK."*
2. ❑ *"I release all karmic, past & present problems with OTHERS BEING STUCK."*
   ❑ *"I release all karmic, past & present problems with OTHERS NOT BEING STUCK."*

EXTEND: add someone and/or something.

3. ❑ *"I release all karmic, past & present problems with _____ BEING STUCK."*
   ❑ *"I release all karmic, past & present problems with _____ NOT BEING STUCK."*
4. ❑ *"I release all karmic, past & present problems with BEING STUCK because of _____."*
   ❑ *"I release all karmic, past & present problems with NOT BEING STUCK because of _____."*
5. ❑ *"I release all karmic, past & present problems with _____ BEING STUCK because of _____."*
   ❑ *"I release all karmic, past & present problems with _____ NOT BEING STUCK 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?

STUCK

The negative thoughts that affect your feet are about either you, someone, or something feeling stuck or actually being stuck. It could be about your relationship, love, marriage, divorce, pregnancy, job, finances, debt, illness, religion, creative project, etc. The foot involved will indicate whether it is about yourself or others.

For a man, the RIGHT foot is about you or something being stuck. The LEFT foot is about being stuck because of someone, someone being stuck, someone being stuck because of you, or something being stuck because of someone.

For a woman, the LEFT foot is about you or something being stuck. The RIGHT foot is about being stuck because of someone, someone being stuck, someone being stuck because of you, or something being stuck because of someone.

If you think you are stuck because of someone else, realize that it is you who is in charge of your life and it is your words that create. Release all problems with who or what is involved and affirm how you want it to be so that is what will happen. Be sure to be positive.

If you are feeling stuck because you don't know what to do, you can use your pendulum to sort it out with your Higher Self. However, keep in mind that Divine Order is always at work and will lead you where you are meant to be whether you are aware of it or not. Set the intent for a perfect unfolding of your life and then trust in that. You don't have to know how it is all going to turn out, you only have to trust that it will. Expect a miracle, because miracles do happen?

Combined negative energies include: With the leg: BEING STUCK BECAUSE OF NOT MOVING FORWARD. With the knee: NOT BEING STUCK BECAUSE OF CHANGING. This energy can also combine with other parts of the body. With the chest: BEING STUCK BECAUSE OF NOT TRUSTING, etc.

LIST BELOW WHO or WHAT IS STUCK or WHO YOU THINK IS CAUSING YOU TO BE STUCK. Start releasing 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