

Start you day with ,
Love
Fill your day with ,
Love
End your day with ,
Love
This is the way to ,
The Divine
And a joyous blissful ,
Life

Sai Baba



Dedication

I dedicate this book to my dearly beloved God-children Daniel aged 10 and Sasha Bingham aged 6 who are both *true beings of light* and who are going to be great healers *and* carers in the future.



About the author

Dr. Kai Kermani, BSc(Honours), MBBS, LRCP, MRCS, DRCOG, MRCGP, BCRP is a highly qualified scientist and medical doctor(MD) who used his immense intuitive diagnostic skills throughout his professional life. He was originally born in Persia (Iran) and came to England in his early teens for his further education. He is also a world renowned stress management consultant who uses a variety of different techniques of relaxation including autogenic training, breathing, meditation and visualisation for health promotion, healing, combating disease and in other areas such as education , enhancing motivation and performance in sport, business, finance , industry and teaching people to be highly successful as well as manifesting whatever they want into their lives. He is also a counsellor, powerful healer and inspirational international lecturer and workshop facilitator as well as NLP practitioner, poet and author.

Since his premature enforced retirement from holistic general practice in 1991 following accidental blindness, he has devoted his life to inspiring and empowering others to become aware of their full potential and achieve what appears impossible at first glance. He has appeared in many radio and TV programmes as well as the Internet Web cast. He has contributed to many books, written numerous articles on stress management, health and healing and is the author of highly successful books “Autogenic Training; the powerful effective holistic way to conquer stress” which has been translated into many languages including Spanish, Hungarian and Russian and “Life’s Kaleidoscope in poetry; the biography of a nobody”.

How do I use this book?

You will probably be tempted to quickly flick through the various chapters of this book. This may not be a bad idea to get a sense of the areas covered and in order to orientate yourself with not only the lay-out of the book, but also its subject matter especially the way that different chapters relate to your own particular needs and issues. This is particularly important to realise in the context that everyone's needs are totally different. Some of you may want to use the book to heal yourselves physically in order to recover from certain diseases; others of you may want to use it to self-empower yourselves and gain more confidence and feelings of worthiness; yet others of you may want to use it to manifest a wealthy and successful lives for yourselves and finally some of you may want to achieve long held ambitions and /or find your true purpose in this lifetime. However, whatever your purpose for choosing this book, it is extremely important to bear in mind that in order to gain the maximal benefits from the technique described, you need to do the exercises properly especially in a deeply relaxed state to achieve the maximal benefit. Therefore you need to learn thoroughly the exercises given in Chapter 1 in section 1 (Essential Relaxation exercises) which are the mainstay of gaining the totally relaxed state which is the precursor of everything else flowing through the book. as they are the mainstay of what follows in the remaining chapters. However, as this book is designed to be mainly practical to help you in whatever way in which you want it, in order to get full benefit from its contents, it is imperative that you actually do the exercises given in different chapters according to the given instructions.

If you have already learnt the basic Autogenic Training exercises and doing them on a regular basis or know of some other form of powerful relaxing technique or meditation, you can use your own technique alone as the precursor to other exercises given in this book but preferably combining it with the Essential Relaxation exercises described later in order to further enhance its effects to a much greater extent. The way in which you can do this is given in chapter1 in section 1.

It is important that you do the essential Relaxation exercises (Chapter1 in section 1) regularly on a daily basis to keep yourself relaxed and at peace all the time as a pre-requisite to doing any of the other exercises in the rest of the book. However, how often and how many times you do each of the exercises given in different chapters depends on their purpose and for which you want to use them and consequently the frequency with which you do them will vary greatly. For instance, if you wish to heal yourself of a particular physical disease or clear some specific symptoms, then you may need to do the relevant exercises on a daily basis for weeks or months until the condition has cleared. There may also be accompanying issues which may need further work such as clearing and releasing emotional distress 1or building up confidence and trust. Then you may need to do those specific exercises less frequently and as and when is needed. Some

indication about this is given in each relevant chapter or section, as you may only need to spend one day or even do the exercise once depending on what they are. This will be clearly stated in the appropriate chapters. However, as often the real underlying cause of a physical illness is manifold and may involve a combination of emotional distress as well as suppressed negative memories and lack of self-worth and self-confidence, in order to truly overcome a disease especially a serious or life threatening one, it would be best to work through most of the exercises given in section 1 as a holistic way of helping you to recover fully and prevent the disease coming back again.

It is essential for you to get YOURSELF A SMALL NOTEBOOK, so that you can keep a record of the exercises and chart your progress during the next few weeks, months or even years. You only need to make brief notes of the most salient points. Please **do make sure that you write immediately after each exercise**; otherwise, you will forget what you have experienced very quickly. This also applies to any relevant dreams that you may be having. It is important to record them as well, as some of your answers and insights may come in this form. Keeping a proper record of the exercises and the insights that you might have had will not only help you to keep an eye on your own tremendous progress, but also use that accumulated knowledge and wisdom for helping others on their own journeys. Additionally, as will be described later in full detail, some of the information and the lists that you record will actually be used in some of the exercises which will follow and hence another good reason to keep good though brief notes. These will be clearly described and pointed out in the relevant exercises.

As the changes accruing as a result of the work that you will be doing with this book are slow, gentle and often imperceptible, it is often by looking at your notes retrospectively that you can detect how far and well you have travelled.

Make a list of both your short-term and your long-term objectives and goals as they appear to you from time to time, including what you hope to achieve from doing the exercises in this book, and what parts of your life, yourself and/or your personality you wish to change, modify or improve. By the time you have learnt the techniques widely described in this book properly, you will be able to set about achieving your aims of total relaxation, transformation, healing and success and abundance. As you achieve more, then you need to celebrate that fact and give thanks readily and frequently which you will be able to do by browsing through your progress notes and realising the achievements which you have made.

How to heal your life with rainbow colours

Powerful Techniques for self-healing and manifestation

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Introduction

I have been involved in some form of healing all my working life. Initially and for the first 25 years as a conventional holistic general practitioner and then following my accidental blindness in 1991, I then started working as a holistic healer using a variety of different techniques to try and empower, inspire and heal people whom I had the good fortune of meeting on my journey of life. I have a great pleasure in sharing many of these techniques with you here and present them to you as a gift coming from a space of deep unconditional love so that hopefully you will be able to use them to transform and heal your life in all aspects of the body, mind, emotions and spirit. Additionally, to enable you to achieve whatever you desire and deserve.

In this book you will find out about your own immense inner healing powers and learn how to use it to maximise its effectiveness. This will be demonstrated with examples of fascinating and effective case histories which will show you what can be achieved using some of the techniques which will be discussed in later chapters. You will learn not only to heal yourself but also assist in healing others through a distant energetic healing link.

You will also learn about many other factors which are essential prerequisites for remaining youthful, vibrant and energetic and healthy as well as contributing to your recovery and healing if you happen to be struck down with any form of disease or disability. The chapters and exercises described fully in section one are primarily concerned with helping you to recover from any health issues which you might have.

In the second section, you will learn numerous new advanced tips and techniques which you will be able to use in order to achieve your goals which would enable you to full empowerment and achievement and attainment of your highest level of success, wealth and abundance as well as creating and manifesting your ideal and perfect life for yourself.

In order to get the maximal benefits from the techniques and exercises which are described in detail, it is extremely important that you follow the instructions carefully and diligently and do the exercises on a regular basis, particularly if you are intending to release a long standing baggage of

negative emotional patterns and memories or wanting to recover from serious or disabling disease particularly if it happens to be chronic or potentially fatal. Long standing bad habits and illness will need a great deal of perseverance, courage and hard work and regular attention in order for them to be reversed. Therefore, **it is absolutely essential that you perform the given exercises regularly and diligently while thoroughly enjoying the whole process of change, transformation , healing and empowerment as it unfolds while you go through the chapters of this book.**

Another important aspect of getting the most out of the exercises is NOT to consider them a chore, but actually enjoying and having fun with them. Most of us have spent far too long in our lives being forced to do things that we don't particularly enjoy. This is your great opportunity to let go of all that negative hard-work ethics conditioning and loosen up and actually having fun while getting an enormous amount of benefits from what you do in enhancing your life in all its various aspects.

DISCLAIMER.

IMPORTANT NOTICE TO ALL READERS.

It is important to realise that all persistent symptoms, irrespective of their nature, may have great many underlying causes that need proper and professional evaluation and elucidation. It is therefore extremely important for the individuals intending to use this book for self-help and empowerment, should do so in conjunction with conventional and other forms of therapy. Furthermore, they should read each section carefully and pay particular attention to the pre-cautions, warnings etc..

Although every care is taken to cover every section absolutely accurately and in as great a detail as possible considering the constraints of space, the Author and the Publishers cannot accept legal responsibility for problems arising as a result of experimentation as well as mis-use of the methods described.



Section 1

Be still , at peace, relaxed and enjoy a vibrant health



OhDivine Universal Power, how may I gain the love, the grace, the truth, the knowledge and the wisdom for which my heart so yearns?

'My child, all these wonderful gifts already exist deep within you.

All that you need to do is get in touch with the deep well of **stillness** inside, look deep within it and discover in the depths of this vast ocean, the sparkling jewels for which you so search and get bathed in their all embracing light of peace, contentment and blissful joy'.

Kai Kermani



Preliminary preparations: exercise positions and other essentials

There are certain *essential preparations* that you have to make before you can proceed any further. Therefore it is very important that you read this chapter carefully and note the instructions and advice that are given.

It is advisable to **allow as long as you need to master the exercises in the following chapters and get as much out of them as you can.** THERE IS NO POINT IN TRYING TO RUSH THROUGH THE EXERCISES, AS A LIFETIME'S of BAD HABITS AND THE INABILITY TO RELAX PROPERLY CANNOT BE OVERCOME OVERNIGHT. **Do not be impatient with yourself, and do allow the relaxation to permeate into you gradually, for the more slowly you do it the more likely it is that the benefits will become deeply rooted into your unconscious and cellular memory and thus become permanent.** This slow conditioning will help to change the whole messaging system within your brain and nervous system towards forming better and more positive connections.

The **progress note book** that you have acquired will be invaluable, as the great benefits of learning forthcoming exercises appear slowly and imperceptibly, and it is often by looking back through your notebook that you can appreciate the finesse and delicacy of the technique. It is also an excellent idea to write down your main reasons for wanting to undertake the exercises in this book, so that you can have a better idea as to which chapters and in which sections might be able to help you maximally.

SETTING THE SCENE

First and foremost, **always make sure that you are comfortable** before you start your exercises. Please ensure that you also take your glasses off (if you wear any) as they can feel uncomfortable sitting on your nose and also by taking them off it will give the muscles around your eyes a chance to relax. It is not essential to remove contact lenses but one or two people have found that they can dry out excessively during a prolonged session of relaxation. So see that your bladder and bowels do not need emptying, for there is no way that you can relax if you want to go to the lavatory. It is also advisable to take your shoes off, as during the relaxation you will become aware of how constricting they are. Undo any tight clothing, such as collars, ties, belts and bras and corsets.

Make sure, too, that the room in which you are going to do your mental exercises is comfortably warm, quiet and dimly lit also ensure that the telephone is either taken off the hook or your answer phone is turned on. If you are a proud owner of a mobile phone, please make sure that that is also turned off. Although initially you may become more aware of noises, brightness of the light or all sorts of external distractions, later on, you will learn to disassociate yourself from them completely. However, initially you may become more conscious of all external and internal happenings, as the early part of the relaxation technique is a process of awareness, both internal and external. For unless your mind becomes aware of what is going on within you at various levels, it will be unable to

direct its immense healing powers towards dealing with whatever may be the cause of the problem.

How often should you do your exercises?

It is best to do the exercises **at least twice a day**, especially initially, so that you get into the routine and discipline of exercising regularly. Do your exercises **once in the morning, once in the evening or at bedtime**. You may, of course, have to modify this to suit your circumstances and lifestyle. It is important to stick to this kind of pattern regularly. It would be a good idea if you could also do one a midday exercise, as it helps to break the day-long cycle of stress. People with a nine-to-five job, especially if they work in open-plan offices, often say that there is nowhere they can do their exercises. If one is determined enough one can always find somewhere reasonably quiet, such as a nearby park, or the lavatory. If you do have to use somewhere like the toilet, you may not get very much out of your exercise initially, especially since none of the usual preliminary preparations, such as lighting and sound, can apply. But don't forget that all you are trying to do at this stage is to discipline yourself into a new routine. Once you have mastered the technique you will be able to get as much out of it in the lavatory as anywhere else!

The time that you take over each set of exercises varies, and will be discussed as we proceed.

Remember that these few minutes a day that you give yourself are special and that you deserve them. So often we feel guilty about giving ourselves the time and space that we deserve. So during these moments really love and nurture yourself, mollycoddle yourself, and enjoy the space that you are giving yourself, you deserve it! Give yourself permission to enjoy your own company and to take a well earned rest from all the pressures and stresses of everyday living.

YOUR EXERCISE POSITIONS

At each session, you must choose one of the following positions in which to do your exercises. It is best to practise each position at least once a day. For instance, use the easy chair position in the morning, the meditative position at lunch-time, and the lying-down position at night before going to sleep, especially if you want to use your relaxation exercises to help you to sleep. There are three main *positions*:

1 The lying-down position

This is the position that most people use at night before going to sleep, although there is no reason why you should not try it during the day if you feel that you need a rest or if, for instance, you suffer from backache. You must be aware, though, that if you are tired you may fall asleep, even during the daytime! So until your internal clock has started functioning properly and you can time your exercise accurately, set an alarm clock if you

have an important appointment after your relaxation session, just to make sure that you do not oversleep!

Lie on your back with your legs outstretched and shoulder width apart, and your feet falling in a comfortable resting position. Your arms should lie by your sides and your palms facing downwards. You can rest your down-turned hands on your pelvis, if that feels more comfortable. Make sure that you are really comfortable. Use a pillow behind your neck or behind your knees if you need it. The latter is particularly important in people with back problems as it takes the pressure off the back and the former in those with neck problems. Ensure that your head and neck are straight, that you are facing straight ahead, and that you are as symmetrical as possible. If you are covered by bed-clothes, make sure that they are loose and are not constricting you in any way, especially over your toes.

2 *The easy chair position*

Sit in your favourite easy chair. Your feet must be flat on the floor and about a foot or more apart. Ensure that the angle of your knees is greater than 90 degrees (a right angle) for if it is less it may make your legs go to sleep and become uncomfortable when you relax deeply. Also, ensure that your back and neck are at ease and well supported. Do use a cushion in the small of your back or behind your neck if you need to. Your arms must rest comfortably, either by your sides or on your lap, whichever you prefer. You must ensure that your hands are not clenched, and that your fingers are comfortably straight. If your chair has arms, you may have to rest your arms on the arms of the chair, with your fingers stretched out. Now close your eyes.

If your chair has no neck rest, you will have to keep your neck in what we call the neutral position – that is, straight along the line of your back. Do make sure that your head does not flop forwards, especially as you get progressively more relaxed, as that can become uncomfortable and give you a stiff neck, or even give you the feeling that you are rolling forwards or downwards. Although this in itself is of no serious consequence, it can be quite an unpleasant feeling.

3 *The meditative position*

This is the position that you can adopt in any public situation, such as on trains, or buses, or in the doctor's waiting room. Choose an office – or a dining–chair. Sit with your back resting comfortably against the back of the chair, and your neck resting in a straight line with your body, in the neutral position. Place your legs and feet comfortably, with the angle of your knees beyond the right-angle, your hands resting on your lap or thighs, your feet flat on the floor. Now close your eyes.

I am now going to introduce three more important procedures which are in fact the essential bedrock of all deep relaxation exercises. These are *rooting*, *scanning*, and *cancellation*, which are central to the whole concept of deep relaxation.

Rooting or grounding

This is a very important concept which unfortunately is often totally ignored by most therapists let alone the clients. In order for the healing and the relaxation and the accompanying peace and stillness in order to be fully effective *must be truly grounded*. It is a bit like lightening; for the full force and impact to occur it must become earthed or grounded. Therefore it is essential for this process to be carried out at the beginning of each exercise session as it strongly would reinforce all the amazing benefits of the relaxation and healing technique upon which you are embarking now.

Of-course you must also be fully grounded in order to be able to release and discharge through your roots all the negative emotional, behavioural, memory and energetic patterns that you are holding on to. For without grounding they would not have anywhere to go to and will continue to be stuck within you and your energy centres and thus block your onward progress.

The way that you can do it is very simple. Once you have got into one of the relaxation positions, you imagine as if large tree like roots form from the soles of your feet and the base of your spine (Coccyx) and go deep inside the ground until they come across something solid to wrap themselves around. This could be an imaginary large crystal, stone or anything else for that matter that catches your imagination. You can still do this if you are a number of floors above the ground level. You just imagine that your roots go right through all the other floors until they reach the ground and go through to it score.

Thus you can easily release any negative emotions or energies that you might have gathered or are released through the healing of the diseased parts of your body and go out of it through your roots and thence get absorbed by the earth's energies which will help enormously with your relaxation, healing and increased energy levels. Because not only do you release all the negativity through roots, but you also absorb all of the planets strong and powerful energies which you can use for your own empowerment.

However, if you do your exercises in a moving mode of transport such as the bus, train or aeroplane, then you omit this part of the exercise, as you will not have a solid base underneath you for the roots to sink in. I have tried it myself as an experiment and it certainly feels mighty peculiar as it felt as if my roots were being dragged along behind me as the mode of transport was moving forwards!

Scanning

Having learnt the positions and rooted yourself, you now need to learn the next important procedure. You ALWAYS do what we call a *scan* after you have got into position and before you start the exercises proper. The purpose of the scan is twofold: first, to gather yourself together and centre yourself; and second, to get in touch with your body. It is surprising how little contact with or awareness of our bodies we have. We often become aware of them only when some part or other starts to malfunction. In the process of relaxation, healing and manifestation, we want to connect with our bodies, whatever

state they may be in, so that if they are healthy we try to keep them that way, and if they are diseased we try to improve the situation. This is an impossible task if our minds and bodies are disconnected and thus the mind does not have the awareness of the where the problems might be located in the body.

Once you are in your chosen position, and have made sure that you are correctly arranged and comfortable, close your eyes and root yourself. I will explain in a moment exactly how you take your mind to your body bit by bit. It is perfectly alright to move any part as you focus on it. It is important to move and make yourself more comfortable if at any time you become aware that you are uneasy, for it is impossible to relax if you are not comfortable. And remember that there is nothing to stop you scratching yourself if you have an itch, because unless you do, you will be unable to relax.

The important thing is not to dwell on any particular part as you go through your body in this process of scanning, especially if you become aware of pain or tension anywhere. Just make a mental note of what you feel in that part and move on to the next. **Once your mind becomes aware of any problems that may be present in any part, it will deal with them for you. You do not have to work hard to reap the benefits of the relaxation process. It is most important to enjoy yourself; to enjoy the sessions and to enjoy the time and the caring, loving and nurturing that you are giving yourself; to feel that you well and truly deserve to enrich yourself and your life.** It is only by doing so that you will also be able to enrich the lives of those around you. For the whole thing has a ripple effect: it is like throwing a pebble into the middle of the pond and watching the ripples spread far and wide. The only difference is that in this instance the ripples are those of love, caring, well-being, peace, tranquillity and healing.

This is how you do it:

Take your mind to your feet, starting with the toes. **Make sure that you take in both sides of your body simultaneously.** (It might be difficult to do that initially. Don't worry; just take your time. It will eventually come to you). Then move up your feet to your heels, then to your ankles, calves, shins, knees, thighs, hips and pelvis (taking in your sexual organs as well), stomach, chest, throat, shoulders, upper arms, elbows, forearms, wrists, hands and fingers. Now take your mind to your back, starting with the buttocks, up the big muscles of the back, around the shoulder blades, up the back of the neck, over the scalp, the forehead, around the eyes, the cheeks, and the jaw, which should hang loosely and comfortably.

If you find that you have difficulty in getting in touch with one or more parts or all of your body – which is reasonably common – you may find it easier if, with eyes closed, you run your hands over the various parts of your body whilst thinking about them, as indicated above. Once you have done it a few times, you will find that it becomes easier to do it mentally without having to get in touch with your body physically by actually touching it. Another way that makes it easier for some people is to imagine that you are giving yourself a massage as you go through each part of the body. Yet others find it helpful to imagine an enormous paintbrush running all over the various parts of their

bodies as they do the scan. You may have to try all these different ways until you find the one that you like or prefer. You may discover yet other ways that suit you and your personality. Whatever you choose is perfectly alright, as long as it feels right and comfortable and enables you to get in touch with all of your body.

Most people find that at first they like to go through the scan very slowly to ensure that they get in touch with every part of their bodies. Don't forget that I am giving only a guideline, and that you can always add other parts omitted here but that you find particularly tense. Once you have mastered the technique, you may find that you want to go through the scan very quickly. The speed with which you do it is really immaterial; the important thing is always to go through the same routine in the same way, and to get in touch with all parts of your body as you go through the scan. Following the same routine is important because it helps to create a new pathway in the brain; like hitting a specific key on the computer and going to the relevant file.

Passive concentration

This is a very important and novel concept. Although it is very simple in essence, it can at first be quite difficult to achieve. Some people take as long as three or four weeks to achieve total passive concentration. So don't worry or get despondent or panicky if you cannot manage it immediately. Eventually you will master it, but you may need time: *just be patient and gentle with yourself*. NOTHING IS EASY WHEN YOU FIRST START, ESPECIALLY WHEN YOU ARE EMBARKING ON A NEW DISCIPLINE IN ORDER TO TRY TO CHANGE THE BAD HABITS AND PATTERNS OF MANY YEARS, EVEN OF A LIFETIME.

Most of our lives we have been taught to concentrate hard and actively. Usually our concentration is aim- and result-oriented: that is, the harder we concentrate and the harder we work, the more likely we are to achieve our goals and to get there more quickly. **However, with passive concentration we are not trying to get there or, indeed, to achieve anything. This may sound completely contrary to what you think especially if you are intending to heal yourself of a serious physical or even potentially fatal disease. You will learn later how you can supplement this passive concentration with actually achieving what you want without having to work hard at it. But all we are trying to do here and now is to sit back and watch what happens to our bodies, minds and emotions when we go through the Essential Relaxation exercise.** (Ch1 later) This is basically a very simple concept, but because of our prolonged conditioning in the opposite direction it can at first be quite difficult to achieve.

We so often wonder how we can achieve anything or improve our health and well-being at all if we are not constantly toiling and working hard at it. This is the crux of the matter, and why this form of relaxation technique which will follow in the forthcoming chapters is so different from anything else. We think that we know at a conscious level what is best for us. In fact, It is the **inner wisdom** of our bodies and minds that knows best and if we allow them to communicate freely and without interference, they do their

best for us. This will become particularly powerful and effective if we allow our inner wisdom to be supported and supplemented by the Universal source of knowledge, wisdom and healing which you will learn to do later. However, unfortunately, our conscious interference by means of active concentration usually puts a spanner in the works. One of the other sub-texts that active concentration can also trigger off are the feelings of inadequacy; “not being good enough” or most importantly the deep distressing feeling that” I am not doing the relaxation properly and therefore it can not possibly work” with the ultimate and strong fear of failure. All of this goes back to our earlier conditioning that unless we really work hard and even struggle and suffer as a result, we can not possibly succeed; a belief system that would have been imprinted on to us even as young children due to sociological, academic and parental norms.

With passive concentration we are trying to reverse the trend and to allow the healing, regulating and normalising processes of the body to start functioning fully, with a view to improving our health and well-being at all levels and enabling us to fight any disease or disability by drawing upon all our inner, and so far untapped, resources. As mentioned earlier, we will also learn to augment these powers by combining them with the enormously massive Universal healing energy that abounds.

This act of passive concentration on a repeated basis is responsible for the reconditioning of the brain, the nervous system and our thoughts, into more constructive, positive and beneficial ways. This is why therefore, that this form of relaxation through deep breathing and colour meditation (Chapter one in section one) is so powerful and effective in the long term for totally transforming all aspects of our lives.

Therefore in summery. Passive concentration is a process and method of re-training our minds to sit back and just watch and observe as to what happens to our bodies, minds and emotions as a result of the proposed relaxation techniques(Chapter one in section one) , once having put our intention to the universe, and then allowing the immense inner innate powers of our being to do the work easily, smoothly and without any hard effort.

Cancellation

The way that we terminate the exercises is usually referred to as *cancellation*. It is particularly important to be able to do it properly later on, when you will go very deep within yourself. Cancelling properly enables you to return to your normal crisp reflexes, and state of alertness after you have finished your exercises. Try it several times before you go any further, to ensure that you get it right and can do it properly anywhere and at any time that you wish.

The act of cancelling is a bit like your first yawn and stretch of the day, that you do to wake yourself up. It consists of four steps:

- 1 Clench both fists tightly.**
- 2 Bend your elbows briskly and stretch your arms right out, either in front of you or sideways.**

- 3 **Take a deep breath in.**
- 4 **Open your eyes and breathe out.**

You must be sure to open your eyes last, or the cancellation will not be fully effective, especially if you have gone particularly deep into yourself. If this happens it does not matter very much, so long as you are aware of it and cancel once again. There is nothing to stop you cancelling repeatedly. The important thing is to ensure that you have completely emerged from the very deep state of relaxation.

If you have done your relaxation exercises in the car it is advisable, before you drive off again, to ENSURE that you have cancelled properly and get out and walk once round the car, taking a few deep breaths in and out after you have cancelled. This is particularly important for those who drive long distances on the motorway and use the relaxation technique to refresh themselves during the journey. **You MUST ensure that you never do your relaxation while driving.**

Some people feel very self-conscious cancelling the way described earlier in public – though I must say I have seen people do far stranger things! Be that as it may, if you want to you can cancel in public places in the following way which is less obtrusive and obvious:

- 1 **Clench your fists tightly.**
- 2 **Turn the clenched fists inwards towards each other and push your shoulders back, by arching the spine between your shoulder blades.**
- 3 **Take a deep breath in.**
- 4 **Open your eyes and breathe out.**

If you feel that you are still not fully alert, repeat the cancellation until you feel that you are well out of the deep relaxation state.

Having absorbed the above points and mastered the techniques described, you are now ready to proceed with learning the basic relaxation techniques described in the next chapter.

Progress Notebook

However, before you start on the exercises, you must acquire a notebook in which you should record ALL your experiences as you go through the sections of this book. The extreme importance of recording your observations as you go through various exercises will become plainly obvious as you proceed through the book; not least it will enable you to check on the changes in your life that are occurring especially the subtle ones.

Before you start

There is a great temptation to try to rush through the exercises, if only out of curiosity to see what happens. We are all guilty of this from time to time. Please resist the temptation, though, as you will not do yourself any favours if you do rush. It usually takes time to change, and even more to reverse, the bad habits of a lifetime. Don't be discouraged or despondent, either, if you don't seem to be able to relax or to get much out of the exercises initially, **be patient, gentle, caring and loving with yourself, and don't get upset or angry or feel guilty about the fact that you may not be doing the exercises properly or achieving very much so far.** We are very good at admonishing and chastising ourselves, but find it hard to take ourselves for what we are and give ourselves permission to take time and to allow the mind to proceed as slowly or as fast as it wants to.

Remember that total relaxation of any kind is an impossible task, and none of us, no matter how experienced, can quite manage it all the time! So do the best you can and enjoy yourself.

Another factor that seems to worry a lot of people at first is that they get distracted by their thoughts and cannot let their minds go blank! It is a total fallacy to expect us to become thoughtless and for our minds to go blank. We must accept that we *cannot* turn off the computer of the brain and mind and consequently thoughts are bound to come in and out. We accept these thoughts for what they are, rather clever distractions to try and prevent us from relaxing, and as soon as we become aware that we are being distracted by them we bring our attention to the task in hand, firmly but gently by continuing with our exercises. Once we become proficient at the exercises, we learn to dissociate ourselves from the intruding thoughts in such a way that they do not interfere with our state of relaxation. They become like fluffy white clouds drifting on the far horizons of our minds.

I know that it is stating the obvious! But the more often you do the exercises, the more quickly you will be able to get into a state of relaxation and derive the full benefits. **The more you put into it, the more you will be able to get out of it.** This is a lot more difficult to put into practice than it sounds, and the most difficult point of all is to discipline oneself to do the essential relaxing exercises every day. You will find the 'Dirty tricks department' of the unconscious very active in trying to achieve whatever you want at a conscious level, especially in the early stages, and you will discover an enormous number of excuses for not doing your exercises and for postponing them! Do beware of the 'dirty tricks department'! I repeat: do your exercises **at least twice a day especially if you are intending to overcome a serious health problem.** It is best to do them MORNING, AND evening and also during the day if you get the opportunity. Do remember that the more frequently you do your exercises the more quickly you will be able to achieve whatever you wish.

Chapter 1

Essential relaxation exercises

part 1: Breathe the vital energy of life.

You would have gathered by now that in order to be able to heal, empower, change and transform yourself, you need to be in a totally relaxed and centred frame of mind. It is only by relaxing as totally as you can that you can get deep within you and your unconscious mind to guide it to work towards healing you totally at all levels of body, mind, emotions and spirit. Without being relaxed and still, there is no way that we can direct our immense inner powers and energies towards healing, creating and manifesting whatever we want in our lives, as our energies will be totally scattered and consequently will not have the full impact of its awesome powers.

There are different ways that people have in order to relax. I broadly divide these into two categories: hobby or general relaxing and therapeutic relaxation.

The former is the sort of relaxation that we get by just admiring nature on a warm sunny day or sunbathing by the beach or doing some form of hobby such as arts and crafts, reading, sport or listening to music. They are wonderful ways of unwinding but they are non-directional. However, in order to be able to use the deep state of relaxation in order to help you heal yourself, change, or manifest all your goals, you must learn a specific technique which you can use and get it so pat that you can get yourself into a state of total relaxation and stillness at your own command so that even in the most stressful and difficult situations you can help yourself to remain calm and centred so that you'd be able to direct your energies positively for whatever purpose you want it. It will be like honing and directing a sharp beam of laser towards that part of your body that is in a state of distress or disease.

You may already be using a specific form of relaxation or meditation such as Autogenic Training, transcendental meditation, yoga, or something else. You can use whatever you want so long as you KNOW that you can relax at will. For those of you who do not have a formal way of relaxing, I am going to describe two simple methods here which when combined can become a very powerful tool for relaxation which is an absolute pre-requisite for undertaking any of the other exercises described in the rest of this book.

I am going to concentrate on deep breathing exercises in this part of the chapter followed by the rainbow healing light meditation in the next part. You can of-course combine your own technique with what I am going to describe in order to deepen your level of relaxation if you so wish and feel it appropriate.

Once you have mastered the technique of deep breathing, apart from being extremely relaxing especially when combined with the healing rainbow meditation, it has a number of advantages and characteristics which will be discussed here.

Something that the majority of people are totally unaware of most of the time is that every time you breathe out, apart from containing the remnants of gases that you inhaled such as oxygen, nitrogen and almost all the waste by-products such as carbon dioxide, your breath also contains minute discarded particles from within you. The same thing happens when everyone else on the planet does the same. With the next in-breath, in addition to the life sustaining oxygen and the pollutants present in the air, you also inhale the particles exhaled by others on the planet. This is of course how 'flu' pandemics' spread throughout the world so rapidly. Therefore, every time that you take a breath, you should be aware that you are inhaling part of others which should strengthen your connective ness with everyone and every other sentient and living being on the planet. Metaphorically speaking, you are also thus connecting with the breath or the life force of the Universe as a consequence.

The depth of breathing is very important. The deeper that you breathe, the more you will be able to oxygenate your lungs and thence your blood more fully and effectively, but also help with the movement of lymph throughout the body. This is consistent with the breath having been considered a crucial aspect of the maintenance of health and well being since the ancient times as exemplified in Far Eastern forms of meditation and yoga. Apart from the spiritual and meta-physical aspects of the 'breath as envisaged in these ancient cultures such as Buddhism and Hinduism, the techniques of deep breathing have actually got extremely important underlying physiological reasons, especially with regards oxygenation of the vital organs, tissues and cells as well as helping with the circulation of lymph around the body. The quality and state of your health, vitality and well-being is to a large extent dependent on the level of the oxygen that you carry within your body. For with insufficient amounts of it as happens when we shallow breathe which happens especially when we are anxious, scared or stressed, the cells decay and become diseased much more rapidly. This also applies to the process of ageing (Ch14, section 1).

The *lymphatic system* is extremely important in the maintenance of health especially in the removal of toxic by-products of metabolism and any dead or damaged cells from within the body. It consists not only of the fluid lymph, but also specific organs such as the spleen, lymph glands and thymus in the younger people and specialized circulating white blood cells. They all work together in a perfect synchronistic harmony. Apart from being a major and extremely important cleansing system within the body, the lymphatic system whose total integrity and proper functioning is absolutely essential in the maintenance of our health by keeping our immunity functioning at optimum levels and thus combating the various foreign bodies such as viruses and bacteria as well as clearing the damaged, decaying, diseased and even cancerous cells that are regularly and constantly being produced. Remember that most of our cells and tissues are regularly being replaced and renewed, like for instance the whole of the inside lining of the gut is replaced every 3-5 days; most of the cells in the front of the eyes every 2-3 days and the

liver being one of the slowest ones is replaced and transformed every few weeks. It is not really very surprising then that numerous old, damaged and diseased cells are constantly being discarded and removed from the body by the lymphatic system.

But what is important to appreciate is that unlike the blood which is pumped around the body through the intervention of the heart, the lymphatic system has no such mechanism. Although each cell is bathed in four times as much lymph as blood, there is no mechanism for moving it around and back into the circulating system for cleansing and re-circulation, if it were not for the actions of the muscle contractions within the body as well as the act of deep breathing.

As the muscles contract and relax, they literally squeeze the lymph which by now contains a great deal of toxic by-product and debris of cells out from around the cells and tissues and move it towards the principal lymphatic drainage channel which terminates in the main vein leading to the heart. The movement of the lymph through these main channels draining into the veins and general circulation is also facilitated and maintained by the action of deep breathing. Therefore, the deeper the breathing, the more the movement of the lymph and the more of it will move away from the tissues and into the general blood circulation thus allowing the cells to be "cleansed". Here is where the exchange of the toxic waste products happens and are thence removed from the body via the usual organs of excretion such as the kidneys, liver, skin, the bowels but most importantly the lungs. The more rapidly the lymph moves away from the cells, the less chance there is for the toxic waste by-products of cell metabolism to accumulate locally and exert their toxic and damaging effects. The combination of muscular movement as undertaken in exercise and deep diaphragmatic breathing, speeds up the movement of lymph by fifteen times thus enhancing its effectiveness greatly.

The diaphragm is a large, thin, flat, muscular sheet which separates the contents of the chest from those of the abdomen and it is an extremely important part of the act of breathing. For apart from the small muscles situated between the ribs, the diaphragm is the main muscle whose automatic and unconscious contractions and relaxations is responsible for the inhalation and exhalation of the breath. (Breathing)

Generally speaking, the health of the cells and consequently all the tissues and organs in the body is dependent on their state of oxygenation; the more oxygen that is present, the more healthy the cells are likely to be. It has been shown through numerous scientific experiments that if the oxygen supply to the cells is even moderately reduced, it leads to the state of their deterioration, which leads to their ageing and degeneration which may then lead to a diseased state or even cancer. It is, therefore extremely important to breathe properly and deeply on a regular basis as well as doing regular exercises to keep the muscle pump going so that the maximal amount of oxygenation and cleansing of the cells within the body is maintained on a regular basis. Any exercise that you can manage and enjoy and can do on a regular and sustained basis is good. This also has the additional beneficial effect of removing the maximum amounts of toxic chemical waste products from the system, and consequently allowing as much of the other important and healing nutrient, chemical and hormones to reach the cells and tissues and organs that

need them for their proper functioning and maintenance of a state of perfect health and well being.

It is important to be aware at this juncture that when some people start doing the deep breathing exercises, some people may very rarely start getting in touch with feelings of anxiety and fear, rather than feel good and relaxed. This would mean that those people may have some issues around 'breathing' going back to the earlier part of their lives, especially when they were children. These issues are often related to incidents around fear to do with choking, near drowning or near death experiences which may be related to anaesthetics, especially if something had gone wrong during the process. This may even be related to birth trauma or go back to a past life experience.

This is exactly what happened to me. When I started getting involved with various relaxation techniques very many years ago, one of the simplest ones that used to be advocated was just regular deep breathing. I used to find this process uncomfortable as it would immediately give rise to strong feelings of anxiety and fear. No one seemed to be able to explain the reason for this at the time, and I usually used to feel 'odd and peculiar' and used to think that there was something wrong with me as I could not relax using the technique of deep breathing. However, I eventually became aware of two specific incidents in my early childhood after doing the off-loading exercises (Ch3 in section one). These occurred when I was aged 4 and 7 during which I had near drowning experiences in very cold water which had totally shocked my system at the time. Once I worked through the emotional content of those incidents through the off-loading exercises, I fully cleared the association between deep breathing and fear, and in fact now I find the process of deep breathing wonderfully relaxing and energising. So if you find that you have problems with deep breathing then it is important to try and look back into your life and see if there are any relevant memories which might be coming up. Whether they do or not is not really relevant. What you need to do is one or more of the relevant exercises in ch 3 in section 1) and release the emotions related to the experience.

It is important though to deal with it so that you can do regular deep breathing exercises as it is one of the mainstays of being able to use this book properly and most beneficially. Apart from this, as mentioned earlier, proper and deep oxygenation of your system is essential for the proper maintenance, health, well-being, youth, fitness and energy levels, especially if you have the need to keep your state of alertness over a prolonged period.

I will describe two exercises later. The first one only needs to be done once or twice to assess the way that you are inflating your lungs so that you will learn to do it properly.

Exercise 2 is the most important one as it teaches you how to do the deep breathing exercise properly so that you will be able to use it as a mainstay of your relaxation process as a starting point for doing the exercises in the rest of the book. Once you have mastered the technique, then you'll be able to use it very quickly in any stressful situation to relax yourself and get into that deep space of peace and tranquillity even if you have not got the time to include the healing light rainbow meditation or would not be

appropriate to do it. The beauty of the deep breathing relaxation is that it can be done with your eyes fully open and consequently it can be used anywhere and at any time without particularly attracting any attention to what you are actually up to!

Exercise 1 : *To identify the areas in your lungs which are underused*

You can do this exercise either sitting down or standing up. While going through the exercise, it is important to ensure that your shoulders are as relaxed as possible and that neither they, nor any other part of your body moves, except of course for the chest whose movements you are trying to observe.

- a. Sit or stand as comfortably as you can
- b. Root
- c. Scan
- d. Place the flat of each hand on the top of the front of each side of the chest. While keeping your shoulders down and still as well as the rest of your body, breathe as deeply as you can a few times observing as to what is happening underneath your hands especially as to whether the movements are equal on both sides or whether are they more prominent on one side or the other?
- e. Then move your hands to the middle of the chest and repeat your observation and questions as to whether they both moved equally?
- f. Then repeat the whole thing with lower part of the chest.
- g. Place one hand on either side of the rib cage and observe what is happening underneath each one separately and individually
- h. Next put the hands over the lower part of the back of the lungs and rib cage and repeat the process
- i. Cancel

Record your observations and knowledge of your breathing patterns in your progress note book. Now that you have determined as to which parts of your lungs are being under-used you can ensure for them to be inflated and work properly while doing the next exercise.

Exercise 2 : *To learn to deep breathe correctly and effectively.*

It is best that this exercise is done in a sitting position although you can try doing it at least once in a standing position just to see what it feels like. It is advisable that the exercise is undertaken in a situation with the minimal amount of pollution and in the fresh air for at least one of the sets of exercises if at all possible and circumstances allow.

As this exercise is one of the mainstays of your total relaxation process which is a prerequisite of your achieving whatever you wish as discussed in the rest of the book, it is *imperative* that you master it properly before you go any further.

- a. Get into a meditative or easy chair position.
- b. Root

- c. Scan
- d. Take a deep breath in on the count of 1 as deeply as you can, ensuring that you particularly fill those areas of your lungs that you noticed in the previous exercise are not filling up properly. It is preferable if you breathed in through your nose.
- e. Allow the breath to be so deep that it goes into your point of Hara, about three fingers width below your naval. Although this is also the equivalent point of the second or sacral chakra (Energy centre, ch5, section 1), the Hara is considered to be the point of strength in some far eastern traditions. This is also considered to be the point of balance.
- f. Hold your breath on the count of 3
- g. Breathe out through your mouth to the count of 6. As you breathe out, ensure that you exhale as much and as deeply as possible, so that you feel your lower abdomen contracting hard against your diaphragm. By doing this you maximise the movement of the lymph As well as getting rid of the maximal amount of stale breath and toxic by-products.
- h. Repeat the process at least five to ten times
- i. Cancel

Repeat this exercise at least two or three times during the day, especially when As you gain more experience with practice, you can increase the number of the counts, but keeping the relative ratios of in-hold-out the same. For example, you can go, 2 (In):4 (Hold):8 (Out) and so on. If you feel that you need additional grounding, you can imagine that the roots actually start from your point of Hara and go down your legs and into the ground, especially when you are holding your breath in that area.

Once you have mastered the technique of deep breathing, then you will be able to do it without counting as your mind will have a good idea of the ratios by then.

Whenever you feel that you are getting stressed or your energy levels are dropping, do a few repetitions of the Breathing Exercise and you will find that you will become relaxed and highly energised once more.

The reason that you start cancelling at this early stage when you may not be going at all deeply relaxed, is the fact that it gets you into the discipline of remembering to do it once you start getting quite deep within yourself especially after you start incorporating the healing rainbow meditation as well.

When you feel that you have mastered this Breathing Exercise which should not take you more than a few days especially if you do it on a regular daily basis, then you can go on to part 2 and learn the healing light rainbow meditation given after the homework related to this part.

Homework:

1. Get into the habit of doing Breathing exercise 2 given earlier on a regular daily basis, as it will help to keep you relaxed and energised at a high level throughout the day.

2. Do the off-loading exercises as appropriate and if you feel that you need them

Part 2:

Healing light rainbow meditation.

You have already learnt the first part of getting deeply relaxed and finding the calming and healing space deep within yourself from learning the Breathing Exercise as described in the previous part of this chapter. We now move on to the next step which would deepen that process greatly by learning the healing light rainbow meditation. This process will be fully described later.

It may appear very complicated and daunting at first glance. But I can assure you that once you' have done it a few times and got into it properly, it will becomes very easy and almost second nature to you so that you'll eventually be able to do it anywhere and at any time to keep you relaxed and distressed.

The reason why I have chosen this particular meditation which I widely use for all my clients/patients are manifold. Firstly I was guided by the Higher powers to do so. Secondly, once properly learnt, it is very simple and effective to do and thirdly, it is using the colors of the chakras (Ch5 in this section) to help to balance, energies and cleanse them during the process of the meditation.

Don't forget that no matter how long you have been doing meditations or how deep you go at times, there are periods or times during which you don't seem to go particularly deep and seem to be constantly distracted by extraneous distractions such as thoughts or external noises and so on. This is perfectly acceptable especially at the earliest part of learning the techniques. All that you need to do, thank the distractions for trying to interfere with what you are setting out to achieve and bring your mind back to where you think you were in the relaxation process. The same thing still occasionally happens to me after over 25 years of daily meditation and Autogenic Training! However, the important thing is that the longer you do your relaxation techniques, then the less you will become distracted. What is actually happening here, is showing your dirty tricks department in its full glory! (Ch2 in this section)

Some people say that "nothing seems to happen" in certain sessions. That is nothing to worry about as our state of mind varies dramatically depending on what is going on around us or inside us, both our minds and our bodies. For instance, if you happen to be in a lot of pain physically, psychologically or emotionally or in a combination, then it is hardly surprising that you will not be able to get deeply relaxed especially initially. But do rest assured that in due course you will be able to relax even in these circumstances. Better still, you will actually learn to control pain or anything else that is distressing you at the time.

The other thing that people can complain about is that they fall asleep during the relaxation meditation especially if they do it at night or when they are tired. This is hardly surprising as the mind is getting an opportunity perhaps for a very long time to actually totally relax and unwind. This is nothing to worry about. If you find that this happens

often, then it might be necessary for you to change the position in which you do it and trying a different position or time of day. What you can also do is put your “*intentions*” to your conscious, subconscious and the Universe in the form of a statement to bring you out of the deep state within a specified time such as 20 minutes before you actually start your meditation. After having done it a few times, you will find that invariably you will come out of the meditation within the specified time.

Furthermore, if you put your intentions or goals as strongly as you can in a statement or prayer to the Universe before you start your meditation, then invariably your mind and the Universe will go on working towards your goals and healing even if you do fall asleep especially when the pattern of regular meditations is well established.

Exercise : *Healing light rainbow meditation.*

1. Sit in a meditative or easy chair position. You can of-course use the lying down position especially last thing at night particularly if you want to go to sleep. (Preliminary preparations in this section)
2. Take a few deep breaths in and out (Part 1 in this chapter). As you breathe in, breathe in peace, light and love, and as you breathe out let go of as much of the tension, stress, or pain as is possible.
3. Scan properly
4. Root yourself thoroughly, (Preliminary preparations),
5. Now imagine earth’s energies coming up through your roots into your legs and gradually moving right up through your body until it reaches the top of your head.
6. As the energy goes through your body, imagine the following rainbow light/colour changes taking place, making sure that you take the colour/light right through the whole of the area that is mentioned and NOT just the bit in front of you. This part of the exercise is almost like a reverse scan but using colours or lights.

It goes **red** up the legs as far as the lower tummy (area of the Root Chakra, chapter 5 in this section).

Then it goes **orange** about 2-3 fingers below your belly button region. (The area of the second chakra)

Imagine it going **golden yellow** at the top of your tummy (Solar Plexus)

It goes **green** in your chest and arms. (Heart chakra region)

Then **blue** at your throat region. (Throat chakra)

Indigo(Midnight blue) in your forehead. (Third eye chakra)

Finally it goes **purple/violet** the top of your head (Crown region).

7. Now imagine an enormous source of silver white light above you which is a symbol of the Universal love and powerful healing light coming into you through the top of your head. Now bring this white, high energy healing light into you and the whole of your being from the top of your head overtaking all the

- other colours or lights eventually taking it down through to your feet and roots. As you bring the healing light energy through you, please do make sure that every part of you is totally filled with it. You will see the reason for this in chapter 6 when you start healing yourself. The energy cycle is now complete; earth to sky and sky to earth.
8. The white light coming through you symbolizes your own immense inner healing energy and power which is being reinforced and augmented by that of the Divine, source or universal creative energy.
 9. It is well worth giving yourself at least 10 minutes twice a day at the beginning to learn this exercise properly as this together with the breathing one described in the previous part 1 of this exercise are the mainstay of not only your deep relaxation, but healing and whatever else you want to achieve in your life. Do remember that the *longer and the more frequently you do it, the more you will get out of it*. The more proficient you get at it, the longer you can spend on the exercise.

As you may go very deep in this exercise, do make sure to **cancel** thoroughly and taking your time after you come round. Sit quietly for a few minutes, drinking a glass of water and observing as to what may have come up and take note of it by writing it down in your progress notebook. You may get very important insights while doing this exercise which may give you a good indication of the real underlying source of what your problem may be and the cellular memories that you need to release by doing further work with the exercises given in other chapters of this book.

Some people say that they can not imagine, visualize or “see” any colours or lights normally. Even if that is true which is unusual, don’t worry about it. Just get a sense of what it might be like. The most important thing is for you to be able to connect with all parts of your body through your mind, as well as learning a formal, constructive and instructive way of being able to connect with them.

If you think that you can not see any colours or lights mind’s eye, just try the following quick text.

Close your eyes and think of your favourite tree or flower and just note as to what you see in your mind’s eye. You can do the same and think about a beautiful blue sky and a rainbow following a rainstorm or anything else for that matter that may be familiar to you like the face of a loved one and so on.

It is more likely than not that you would not have had any trouble “seeing” them in full colour. If by any chance you still have problems as some of my clients who have been blind since birth and have never had a perception of any colour might do, then as I said earlier, just get a sense of what you think it feels like using one or more of your senses which are appropriate.

Homework:

- 1, Do the breathing and healing light meditation as often as you can during the day so that you'll become so good at it that you won't even have to think about the various lights/colours and they automatically occur.
- 2, If by any chance any uncomfortable emotional issues come up, do make sure to do one or more of the appropriate exercises in the off-loading chapter especially the letter writing one. (Chapter 3 in this section)



Chapter 2

The dirty tricks department

The dirty tricks **department** is that part of the mind which will try its best by using every trick in the book to stop you doing your relaxing, changing, transforming and healing. This it does by creating every known obstacle and resistance to your conscious desire to relax and enjoy yourself. It may seem odd that your own unconscious would try its hardest to stop you moving on into the sort of life for which you long. Odd it may seem, but it certainly is true!

Very many people encounter enormous amount of resistance in themselves against doing any form of deep relaxation including the techniques which I have described in chapter one, Autogenic training or any other form of meditation in the early stages. In fact, resistance is rife whenever we undertake anything that is different, or involves changes in ourselves, our outlook, or growth in the broadest sense of the word.

One of the main reasons for resistance has to do with our reticence to put ourselves first and give ourselves the time and space just to be in our own company; spend time with ourselves, and love and nurture ourselves. The guilt of 'wasting' all this time in some people can almost be palpable! If we fail to do this in the early stages, a kind of 'Catch 22' situation can arise, and we may become frustrated and convince ourselves that we are wasting our time. The resistances, and the activities of the 'dirty tricks department', take many forms. This section is designed to help you as the trainee, to identify the often very subtle ways that these resistances can make themselves felt. After you have learned to recognise them for what they are – mere distractions – you will be in a better position to deal with them when they arise. It is important to remember, though, that resistances are *not* all bad. They can act as a block to prevent you from moving too fast or too deeply within yourself before you are ready to deal with whatever package you may be carrying around with you that needs to be sorted out or cleaned up!

Since your main source of encouragement and inspiration currently is this book, you will therefore, be dependent exclusively on your own efforts right from the beginning. However, the great temptation will be to leave your exercises until later or skip them altogether; or, most commonly of all, to allow insufficient time between the exercises and to try to rush through the whole thing. This would be the prime example of the dirty tricks department, at work, as it would inevitably prevent you from delving very deeply into the process and thus from gaining the maximum benefits from it.

Resistance is often particularly strong in this context, and can take a number of forms, ranging from the sublime to the truly inspired! It no longer surprises me to hear trainees say, for instance, that since they were on holiday during the last fortnight they had to miss out their exercises! And it is amazing how washing the dishes, painting the kitchen, or

any other chores that we normally dislike, come suddenly within the orbit of the dirty tricks department. Catching up on a bit of letter-writing and having to make that important telephone call or cup of tea also seem to be quite popular get-outs! Everybody who has done, or ever will do, any form of relaxation or personal growth work will experience these distractions in one way or another; and the longer they do it, the more astounded they will become at their immense range, subtlety and sophistication. No matter how long we go on practising the technique, we should always be on the look-out for the amazing work of the ‘dirty tricks department’.

Another very common indication of the ‘dirty tricks department’ at work is a trainees’ report that halfway through the exercises they experienced visual phenomena with their eyes closed. Sometimes these appear like short filmstrips or extracts from television commercials. Auditory disturbance may also occur, so that a refrain from a familiar song or jingle can begin to repeat itself ad infinitum, causing confusion and frustration. This is very tiresome, and usually means that the trainee has to terminate the exercise before coming to the end although usually they are of no particular importance. However, if they are associated with strong emotions, this usually means that some deep memories are being stirred and some form of off-loading and release work needs to be undertaken. (Ch3 in this section)

Other forms of resistance include intruding, often unimportant, thoughts, such as ‘What am I going to cook for supper tonight?’ or ‘What train should I take?’. Or ‘What sort of shopping do I need from the supermarket?’ The range is endless, and you will come across them more frequently than you would wish! The important thing is to be aware of what is going on and to bring your attention back to the task in hand. It is a good idea, though, to think about what the possible reasons for the intrusion may have been after you have finished your exercises. Whatever the cause, one thing is certain. Such distractions interfere with your relaxation and prevent you from going very deeply within yourself and thus from getting the most out of your relaxation technique. Other forms of resistance are associated with laziness and lack of motivation. This is quite a common form of resistance initially, for although we may kid ourselves that we are highly motivated and very much want to improve ourselves, deep down inside we may not be really ready for it, or else we are afraid of the transformation that may occur in us. No matter how bad our current predicament may be, at least we know the rules of the game. However, if we change, if we move on into new areas and ventures, it will be almost like starting from scratch or like entering a foreign territory whose rules are totally unknown to us. It is virtually impossible to develop, grow and heal without venturing outside our ‘comfort zone’. It is therefore, important to accept this situation if it arises, and to realise that we can only change at the rate that is comfortable for us and it is perfectly alright to come back into our comfort zone from time to time to rest and recuperate before moving on again, so long as we are aware of what we are actually doing. Furthermore, as we proceed on our journey of growth, improvement and empowerment, the transformation will not be easy or smooth and there are bound to be times, especially when we are going through a particularly difficult patch, when we get scared, regress or even wonder why on earth we are doing these activities to improve and change ourselves. This is part and parcel of growth and maturity. The most important thing at these times of difficulty,

doubt and pain is to accept all our shortcomings and keep our sights firmly fixed on our goal of healing, growth and improvement. By so doing, we will find that, with time, patience and help, we are able to work through these problems and resistances, and let the 'dirty tricks department' go quiet for a while. It is bound, though, to become highly active from time to time, as we proceed on our journey of growth, self-discovery, self-realisation and self-healing. It is a bit like peeling different layers of an onion. When we go through one layer and work with the turbulence and discomfort thus created and dealt with the dirty tricks department, the latter goes relatively quiet until we go to the next deeper level at which time it becomes highly active again. The whole pattern seems to keep on repeating itself until we get to the core of the issues, following which the inner peace, serenity and tranquillity with which we connect will rarely be disturbed by the 'dirty trick department'.

One of the other major problems which may be associated with our new growth and maturity is the fact that our transformation can be very threatening, even unacceptable, to those close to us, who may not be at the same stage of the journey or development, or, indeed, on the same road at all. This may cause difficulties and external pressures, as well as activating the 'dirty tricks department' internally. If such problems arise, it is very important that those involved discuss them freely, even if it means enlisting the help of a professional therapist. It would be a great pity if we had to forego our transformation, self-empowerment and healing because of domestic problems which could easily have been overcome with a modicum of thought and discussion.

Twitching muscles, involuntary jerks, yawning, pain and nerve spasm, and other physical manifestations can also intrude, as well as emotional and psychological distractions such as tuning in to past feelings of sadness, happiness or anger. These forms of distraction, which often indicate a need to offload some of the suppressed and unresolved emotions and memories that the trainee may be carrying are fully discussed in chapter 3 in this section.

This chapter has described just some of the ways in which resistances may present themselves in their effort to interfere with your progress towards improvement, self-realisation, self-empowerment and self-healing. You will find out exactly how to deal with them in chapter 3 and others which will be discussed later. But **the most important thing is to be aware of the tricks of the mind and the activities of the 'dirty tricks department'**, for once you are wise to their antics, you are more than halfway towards being able to do something about them!

Chapter 3

Offload, release and be free

“Once there was a young man who always felt depressed and angry. He then heard that there was a wise man in the middle of the forest who might be able to help him. So, he beat a path through the forest to the central clearing, where he saw the wise man hugging a tree tightly.

The young man explained his problems and asked if the wise man could help him? The wise man replied serenely by saying that he could easily once the tree had released and let go of him.

The young man replied incredulously by saying that it was the wise man who was actually hanging onto the tree and not the other way round. The wise man then let go of the tree and smiled broadly to the young man and asked him if the same thing did not apply to him and his emotions?”

As the above story beautifully demonstrates, we are not the emotions that we feel. We therefore have the choice of either hanging on to them or preferably releasing them. The problem with a lot of us is that we do not allow ourselves to get in touch with either our ‘positive’ emotions, such as love, joy and laughter, or our ‘negative’ ones such as anger, rage, sadness and fear; and even if we do get in touch with them, we do not allow ourselves the ‘luxury’ of expressing them, especially in British society where a blank expression in the face of even the most distressing feelings or pain is often considered a virtue! We are all familiar with the stiff upper lip syndrome! So a great many of us suppress these vital sensations which are broadly termed the ‘negative’ emotions, and by so doing we not only store up trouble as far as our future health is concerned, but we also live in a world bleaker than it need be, which lacks the expression and exhibition of emotions and feelings. Furthermore, the inability or unwillingness to get in touch with the so-called negative emotions and thus releasing them actually often blocks us from getting in touch with or expressing easily ALL the positive ones.

It is difficult to describe what an emotion is although all of us have felt it at some time or another in our lives. One working description which I have found quite useful is that ‘emotion is a thought combined with physical or physiological sensations within the body’. This signifies the fact that there are two components to any emotion that we may feel. Therefore an emotion is an interaction between the mind and the body and it is not just the sensations that we may feel. This realisation will make it easier for us to be able to deal with our emotional states and release them in the ways that will be described later.

It has been shown conclusively in the relatively new field of psychoneuroimmunology (Science of mind -body interactions) that suppressing or failing to deal adequately with emotions such as anger, rage, grief, frustration, guilt, shame and anxiety or fear can make us more susceptible to all sorts of diseases, ranging from the simple migraine to cancer. Furthermore, it has been shown that if we accept the diagnosis of serious

disease blandly and without either feeling or exhibiting powerful emotions, then the deterioration of our condition and the spread of the disease proceed much faster. **It is therefore extremely important that we become aware of and get in touch with our deeper feelings, emotions and memories and then learn techniques of getting rid of them.** For by discharging them successfully we can convert their tremendous negative power into equally strong positive energy for healing and overcoming disease or disability as well as creating and manifesting the sort of life which we desire and fully deserve.

It must not be forgotten that 'positive emotions' such as fun and laughter, as well as the expression of creativity in all its forms and manifestations, can all have very beneficial effects in both the maintenance of health and the overcoming of disease, once the state of illness has unfortunately become established. Norman Cousins beautifully demonstrated the powerful healing effects of fun and laughter in which the underlying condition cleared up once the individual started using them as a form of therapy (Anatomy of an Illness in Further Reading). This of course makes total sense especially since the hormones and the chemicals that are released as a result of enjoying oneself all pertain to a state of health and well being as opposed to those which are released when we are stressed in any form or shape especially emotionally.

What the term *offloading* means is that the individual learns to externalise all these normal, natural emotions that we can all feel and get in touch with in a safe and controlled setting. These particular exercises constitute an essential part of the whole process of recovery and healing. By learning to deal with these 'negative' emotions we manage to get rid of them and so avoid storing up trouble for the future which is a tremendous preventative boon.

*I cannot stress too often and too strongly how important it is that you **try one or more of these exercises whenever you get in touch with such emotions**, whether or not they have anything to do with your current Relaxation exercises or circumstances. It is even more important to **do them if you get in touch with unresolved feelings and emotions or experience certain physical sensations during your Essential Relaxation exercises.** For if you do not do them, and if you try to re-bury or ignore the feelings, you may well find that it will take you a lot longer to get into deeper states of relaxation and healing or you may not get there at all, and hence your recovery process will suffer accordingly. You may also find that you are not able to get into your Essential Relaxation exercises deeply and properly and start losing concentration, although you seemed to have been doing well up till this point and getting into quite deep states. (Also see Ch2, Dirty tricks department)*

Hanging on to the old and suppressed negative emotions and behavioural patterns as well as memories is one of the commonest causes of tiredness, lethargy, apathy, lack of motivation and interest. The reason for this is that we use so much energy to hold this massive baggage down that there is very little left for the **present time** when healing actually occurs. Furthermore, the rest of the energy that we may actually have left, we use up to deal with the fears and the anguish of what may happen in the future. Is it therefore not surprising that so many people feel completely exhausted and fatigued for no apparent reason! If we learn to acknowledge and release the negative emotions and memories; stop worrying about the future and actually *living in the*

present where healing and empowerment do occur then we will find that our store of energy would be massively replenished. This will automatically lead to a new zest for living a wholesome, enjoyable, empowered and fulfilling life with a motivation to make it as wonderful and as successful as it possibly could be.

No harm will come to you if you do not, or cannot, do these offloading exercises. The choice is obviously yours, as you are the best judge of your feelings and suppressed memories and of how best to deal with them. *All* that I ask is that you give them a try, and if you do not derive any benefits, then leave them out. I can assure you, though, that once you have tried them and broken through the inhibitions, the self-consciousness and the resistances that are initially associated with doing some of them, you will find them a great help. So de-stress yourself, and benefit from the full healing powers of the technique. When you first start you will feel incredible resistance with every known trick being presented to you by the 'dirty tricks department'. It will be a bit like trying to scrape off a piece of granite with your finger nails, particularly as you will probably feel extremely self conscious in the process. However the more you do them the easier they will become and the more powerful the end result will be. I personally have found them of great benefit, and at times they have been the saviours of my sanity although initially I found them incredibly difficult to get into! I used to do them at least once a day when I first started working on myself, but sometimes more, depending on what sort of a day I was having. Obviously I did not do all of them each time, because that would have been both exhausting and time-consuming. I chose the exercise carefully which seemed to be most appropriate to my mood or feelings at the time. But as the years have gone by and I have worked progressively more and more on myself the need to do them has been reduced considerably. I now do them only occasionally as the majority of the time I release what needs to be released when it happens and refuse to suppress any emotions and store them up for the future. Do remember though that a whole range of different exercises are described later and you are bound to find at least one or two which would suit your personality and circumstances. With long years of practice and working with

Exercise 4 : *To visualise and manifest everything that you desire in your life*

clients/patients, I have found that if nothing else, the vast majority quite like doing the "letter writing exercise" as that seems to appear the least threatening of all at least at the beginning. Once they have got sufficient confidence in themselves and abilities to do the emotional release work, then they feel much more motivated to try the rest.

Do remember that although you may be vaguely aware of how you feel, and consequently try an exercise that seems appropriate at the time, you may find that that exercise will in fact lead into another, which may in fact be more appropriate for you at that moment. You may also find that there is a quick fluctuation between various exercises. That is perfectly all right. Start with one, and allow your mind to take over and offload what it wants to.

We conveniently classify emotions into categories. But it is important to remember that our feelings and emotions are like a ball of tangled wool deep within us, and we may not be certain which emotion predominates. Just pull one end and watch freely and

passively as to what may unravel - that is to say, start with one exercise and allow it to go any way and anywhere it wants to.

Since these exercises are helpful in dealing not only with the emotions of the moment, but also with any backlog of repressed emotions, feelings and memories, you can do them, often to good effect, 'from cold': in other words, try one or more of them when you are not feeling anything in particular, and see if anything comes up. Sometimes it will, and sometimes nothing much seems to happen. At least by trying the exercises you get good at doing them, and practice makes perfect.

Some people may find that they have a lot of suppressed emotions that they need to work through, but find it difficult, or even impossible, to deal with them through the exercises described here. If this applies to you, it is imperative that you seek further help in the way of counselling, co-counselling, individual or group therapy, journey regression or any of a whole variety of other therapeutic techniques that are available. **Remember that the contents of this chapter or even the whole book is not a panacea for everything and everyone, and some individuals need extra help depending on what they have stored up over the years.** Those of you who do have difficulty with these exercises may find other ways (discussed here and some later Chapters in this Sections and those described in the next section) of dealing with your feelings, such as playing a musical instrument or writing down your thoughts and feelings as soon as they surface.

Some people find that while they are doing Essential Relaxation exercises, they dream more, and that their dreams become a lot more vivid and memorable. If this happens to you, it is important to jot the details down as soon as you wake up, so that you will not forget them. One important thing to bear in mind is that most of what you see in your dreams or remember about them is in a symbolic language, and that the subject of a dream may have no relevance to the real-life situation that it portrays. What is far more important is to realise what each of those symbols means to you, and what thoughts, emotions and feelings are associated with the dream. Often it is these emotions that you feel associated with the dream that can give an indication of what underlying problems there may be, and how and what you may want to deal with. You may also find that just by jotting all these things down you will be able to deal with a lot of your inner unresolved conflicts and emotions. If you are particularly interested in interpreting your dreams, there are currently a number of good books and websites about the subject that you can consult.

The offloading exercises are classified under specific headings. But it is important to realise, as I have already mentioned, that all the emotions are interlinked and that one may easily lead into another. This is perfectly normal and acceptable. Just give it a go and try some of them, and see what happens.

One of the difficulties with many of the exercises that require the offloading of sound and noise is that most of us live in a home where noise may disturb others. This can be a major cause of resistance to doing the exercises. But there are ways of overcoming this problem, and these will be discussed more fully later in this chapter under relevant exercises. You can always do them in the shower while the water is running, under a duvet or blanket, or in your car while it is parked somewhere quiet where you are

unlikely to be disturbed. And you can have the radio or television on loudly enough to mask some of the noise.

Remember that you may have to modify some of the following exercises if you are suffering from any physical disease or disability which makes it difficult or impossible to perform them as indicated later. It is also important to warn anybody else who may be living with you whenever you decide to do an offloading exercise, so that they don't get worried if they suddenly and unexpectedly hear a scream or other noise coming out of you. This is also important so that they know NOT to interrupt your exercises. It will not do you any harm if you are interrupted. But if you are interrupted halfway through you may feel worse temporarily until you have the time to re-do the exercises. If you are determined enough, I am sure that you will find a way of doing them that fits your situation but do ensure that you ALWAYS do the exercises on your own and NEVER in the presence of any one else, particularly your loved ones.

EXERCISES FOR OFFLOADING MUSCLE TENSION AND FRUSTRATION

The screaming exercise

This is one of the simplest exercises to perform in order to offload feelings of frustration, anger, resentment and so on. You know - when you get to a screaming pitch and don't know what to do with yourself? Or you just feel awful and don't know what is the matter? Well, now you can do something about those feelings. Do the *screaming exercise*.

This exercise is also useful for opening the throat chakra (Ch 4 in this section).

How do I do it?

The easiest thing is to **take a deep breath in and scream from the pit of your stomach**, having first of all made sure that you are not in public! Most people find that they are unable to do this freely because they fear being overheard by neighbours or other members of the family. If this is your problem, don't imagine that you can use it as an excuse for not doing the exercise! There is another way of doing it which will bypass these objections.

Sit down and put a large soft pillow on your lap. Take your glasses off if you wear them. (Contact lenses can be left in.) Take a deep breath in, and then scream as loudly as you can from the pit of your stomach, holding the cushion to your face as you do so as this dampens an awful lot of the noise of the screaming. Repeat this process several times over, until you feel emptied! Then sit for a few moments and rest, and observe how much better you feel for having vented all those pent-up feelings. It may take you a little while to do this exercise properly, as some people have initial difficulty in screaming from the pit of the stomach. It does you no great harm if you don't do it. The only thing that it may do is give you a temporary sore throat or hoarse voice - but you may find that it is well worth the sense of release that you will feel!

As mentioned earlier, you can always put the radio or television on as well to deaden the sound even further.

You can do the screaming exercise any time. I always used to have a cushion in my consulting room, which I used freely whenever I found that things are getting on top of me - as the working life of a general practitioner can be extremely frustrating and stressful.

You can of-course quite easily do this exercise while driving or when you walk or run in a quiet country area or woodland.

The tantrum exercise

This is another nice easy one that can offload an enormous amount of physical and emotional tension and tends to be one of my personal favourites.

How do I do it?

Lie on your back on a bed, sofa or other soft surface - you can hurt yourself if you try to do it on a hard surface such as the floor. Then **pretend to be a child having a tantrum! Beat your arms and legs rapidly against the bed and scream at the same time, or make any other noises that naturally want to escape from you.** Do it for as long as it feels comfortable. Then rest for a few minutes by lying still. You will find this exercise enormously releasing. It is one of my own personal favourites. Once you have been through the whole gamut of exercises, undoubtedly you will find your own favourites too.

If you do a proper *tantrum exercise* you may find that you will get in touch with a real well of anger or sadness, if that happens please ensure to go on crying until you feel finished. If your issue is anger then turn over and beat the pillow as described in the anger offloading exercises later imagining the person or situation which is the cause of your anger in the pillow which you can beat up with great abundance!

The motor-loosening exercise

This exercise is very useful for offloading excessive amounts of muscle tension. The problem may present itself as a straightforward stiffness or tension in the muscles during everyday activities, as excessive twitches or trembling, or as restlessness and a constant desire to move during your Essential Relaxation exercises or while you are trying to get to sleep. It may also be a useful exercise to try if you twitch a lot in the night and if your limbs keep jumping, thereby disturbing both your sleep and, perhaps, that of a partner. It can also be a useful way of offloading the tension and frustration which may be associated with not having an adequate sexual outlet.

IT IS ALSO QUITE A USEFUL EXERCISE TO DO BEFORE DOING YOUR Essential Relaxation exercise , especially if you feel particularly tense in the muscles, and also if you suffer from any of the above problems, or if you find that you keep losing concentration soon after starting to do your relaxation exercise.

How do I do it?

Stand up and close your eyes.

Do a quick upward scan, starting at your feet, then proceeding to your calves and shins, thighs, hips, stomach, chest, arms, back, neck, scalp and face.

Make a mental note of any parts that may be especially tense.

Open your eyes.

Gently move and shake all the parts of your body, especially those that are particularly tense.

Do this for a few minutes, until you feel that the physical tension is released from your body. But do not overdo it, especially if you have any specific physical condition which precludes you from heavy physical activities.

Check whether any part of you still feels particularly tense. If it does, repeat the whole procedure once again. If not, proceed with what you were going to do - do a Relaxation exercise, go to bed, continue with your daily chores, or whatever. You can of course combine it with the noise-loosening exercise which will follow later if appropriate.

The noise-loosening exercise

This is a useful little exercise for releasing tension from around the vocal cords as well as the throat, particularly for those people who do a lot of talking or public speaking or who feel choked up in their throats and at the top of the chest, or who get the feeling of something being stuck in their throats. (In this last instance I must assume that you have not actually got something physically stuck in your throat! If you think there may be something physically wrong, consult your doctor without delay.) The screaming exercise can also be quite helpful for this feeling.)

This exercise is also very useful for opening the throat chakra (Ch 4 section 1).

How do I do it?

Just make any weird or baby noises that come up. Really indulge and enjoy yourself. Do the things that you were prevented from doing as a child. Do it for as long as it feels comfortable.

You can, if you want to, combine this with the motor-loosening exercise. But if you do, make sure that you are not seen by anyone, as they might think that you have really flipped your lid! A much milder and gentler version of the noise-loosening exercise is the simple *humming exercise* Which is described later.

The humming exercise

Sit or stand, and relax. It does not matter whether you close your eyes or leave them open. Then just **hum any tune you like**. Preferably, allow any natural noises that want to come out, to do so. Try to alter the pitch and the tone of your humming, and then put your hands over different parts of your body. You will find that different humming pitches will vibrate and reverberate in different parts. This is also a good way of trying to offload pain from different parts of the body. However, to be able to

vibrate at the pitch of each organ, which this calls for, will take a lot of practice and patience. But there is nothing to stop you doing it! (also see chapter 4 section 1).

ANXIETY AND FEAR OFFLOADING EXERCISE

This is a simple but effective exercise for getting rid of feelings of anxiety, fear and phobia. Before you start doing the exercise, it is worthwhile making a list of all the people, places and situations that are making you anxious, worried or fearful now, or have done in the past. Apart from giving you a pointer to the sort of things that affect you, this will also indicate how you can cut down the sources and causes of your anxiety - at this stage you can at least avoid them, until you have learnt how to deal with them properly later.

You can, of course, do this anxiety-offloading exercise either when you are feeling anxious or scared, or when, although you are not having any of these particular feelings, you want to offload past worries and anxieties.

How do I do it?

Sit towards the front of your chair with your eyes closed
Gently rock backwards and forwards for a few minutes until it becomes almost automatic

Think of one of the people, places or situations on your list, and **verbalise loudly any thoughts or feelings that come up**, such as 'I am scared and worried', 'I am petrified'. **Repeat the phrases as fast as you can.** You will find that as you go on repeating them they will eventually merge and you will end up mumbling to yourself. At that point, wait and see if any other phrase comes up.

It is extremely important that if you suffer from any particular phobias - for instance, if you are scared of something specific such as spiders, thunder and lightning, catching AIDS or getting cancer, to name but a few - **you must mention the dreaded word/s.** For unless you do, you will not be able to break through the vicious cycle of the phobia. For example, you can use the phrase 'I am scared of cancer or spider or whatever'.

One of the comments that people suffering from anxiety often make is that if they keep on saying that they are scared of something they will get even more fearful or anxious about it. This is quite a reasonable assumption to make; after all, one is usually told to try to forget about the source of one's fear or anxiety. However, unfortunately here is where the root of the problem lies! If you try to forget about your fear or its source, all that will happen is that the memory and the fearful feelings associated with it get even more deeply buried in the unconscious, and thus go on causing even more problems, either in the way of feelings of overt anxiety, fear or panic, or, worse still, manifestations of such physical symptoms as palpitations, headaches or tightness in the throat or chest which are some of the typical symptoms of anxiety and fear.

But if we manage to verbalise, offload, **externalise** the feelings of anxiety - whether or not we become aware of the thoughts, experiences or underlying memories - then those feelings leave us and dissipate into the air. **And once they are out of us, they**

are not stuck in the unconscious knocking to get out; they are out and away, and consequently will not cause any short- or long-term problems. As a result of this offloading process we feel refreshed and more content, since those long-standing feelings of anxiety or fear, which are extremely draining, have been removed. DON'T FORGET, though, that you may have a great many reasons for feeling anxious or scared, and hence many sources of anxiety and fear. So it is well worth checking your list of anxiety-producing situations and updating it frequently, so that you can work through them quickly, adequately and systematically.

As you do this exercise, you may find that you will get in touch with the REAL underlying cause of your anxiety or fear. If that happens write it down in as great a detail as possible. Read it and destroy it immediately because by doing this you will have truly released whatever the problem might have been and put the ghost of the past to rest.

SADNESS OFFLOADING EXERCISES

Tears and crying were designed by nature as a means of getting rid of feelings of sadness, depression and grief. Unfortunately however, in the West especially, our upbringing and our outdated and outmoded sociological norms have made it unacceptable for these very important emotions to be expressed, especially in public and particularly by men! It is not only that the demonstration of such emotions is frowned upon, but also that we are expected not to feel them, to pretend, indeed, that we are not feeling anything and to wear the stiff upper lip at all times, though we may be in intense emotional, psychological or physical distress. This is particularly true of my own profession; for one of the lessons that we were taught in medical school is that as doctors we must not get involved with our patients' emotions or feelings.

I do not think that there is any other job or profession in which one is so constantly faced with disease, distress and pain of so many types, and death. Yet we are not supposed to get involved emotionally! I cannot honestly see how any conscientious or caring doctor could avoid taking on at least some of the burdens of his or her patients, which can be extraordinarily heart-rending. It is of course important to realise that the patients distress will invariably trigger off the unfinished business and unworked through problems of the doctor himself/herself. But we have been taught to repress our feelings and pretend that they do not exist! And when we do suppress these feelings of depression or the desire to cry, all we do is store up enormous troubles for ourselves. This is probably why doctors have got one of the highest rates of emotional problems, marital breakdowns, alcoholism, tranquilliser dependency and many other stress-related diseases.

The symptoms associated with repressed crying needs are many and varied: they can present in our daily lives in the form of incessant depression, extreme tiredness or listlessness and difficulty with sleeping, especially early-morning waking, or we may just feel generally awful for no apparent reason. This latter symptom can be especially pronounced first thing in the morning, so that even after a long night's sleep we still feel tired, unrested and lethargic. There may be other symptoms that are less obviously associated with the need to offload tears. These include backache, neck ache and inflammation or pain in various joints, ligaments and muscles. Rheumatoid arthritis is a

prime example; it is almost as if the sufferers are crying into their joints. The other condition, in women, which may be associated with a crying need is problems with periods, especially heavy blood loss. In time you may find other symptoms which for you indicate a need to offload tears. We are all unique, and the symptoms mentioned here by no means constitute an exhaustive list.

The signs of a need to cry may be more hidden still, and may present as a symptom in only a few, or even just one, of the Essential Relaxation exercises. Frontal headaches or feelings of heaviness in the forehead, twitches and trembling in the muscles of the eyes, face and neck, coughing spells, spontaneous irrational laughing, and frequent and uncomfortable swallowing - all these may crop up during the relaxation process.

As I said earlier in this chapter, feelings are very complex and usually interlinked, and we classify them into different categories merely to make it easier to describe them. **DON'T FORGET THAT DEPRESSION MAY BE DUE TO REPRESSED RAGE AND ANGER RATHER THAN TO SADNESS.** It is therefore well worthwhile trying this and the next exercise for anger too. You may find that some overlapping happens spontaneously, anyway: you may start with the *crying exercise*, which may then lead to the *anger exercise or even the* , and back again - which is perfectly normal.

The most important thing to do in the first instance is to give yourself permission to feel sad, depressed and miserable. Once you have done that, then give yourself permission to get rid of those feelings.

Once you have given yourself permission to feel sad and have decided that you want to do something about it, you can proceed. However, there are **FOUR GOLDEN RULES** that you must observe before you do the crying exercise:

1. **Never practise the crying exercise less than one hour before doing your Relaxation exercise** , although it is perfectly all right to do it immediately afterwards, especially if you have got in touch with strong feelings during it. However, **you must make absolutely sure that you have cancelled your Relaxation exercise properly, before proceeding with the crying exercise.**

The reason why you do not do the crying exercise before a Relaxation session is that you may not have fully worked through the emotion, memory or whatever, even though you think you have; which means that when you do your Relaxation exercise you may get in touch with a rush of very uncomfortable feelings that are difficult to deal with during the standard exercise. And, likewise, you must cancel properly before you proceed with the crying exercise if you wish to do it after the Essential Relaxation exercise, for if you do not, the feelings that you get in touch with may be overwhelming.

2. **Never practise in an one of the standard position**, just in case you accidentally slip into a Relaxation state without realising it, and get in touch with too much all in one go.

3. **Never practise before going to bed**, as you do not particularly want to take to bed with you uncomfortable feelings, memories or experiences with which you may have got in touch, and thereby cause yourself a disturbed night.

4. **Never practise if you are short of time**, for if you stop suddenly, before you have quite finished with that particular episode, you may feel even worse. This may happen, of course, even if you thought that you had plenty of time but were suddenly disturbed in mid-spate. ALWAYS the unexpected can happen to disrupt even the best laid plans! This in itself does you no harm except for possibly making you uncomfortable until you get another opportunity to repeat the exercise for a longer and more adequate time. That's all you need to do to get rid of the left-over feelings.

There are also some technical points worth remembering:

1. The appearance of tears is **not** necessary for the beneficial effects of this exercise. Usually the exercise produces what we call 'dry crying': that is, although there may not have been any actual tears, except perhaps for one or two, one feels as if one has had a cry. Having said that, it is also worth remembering that occasionally you may get in touch with the actual cause of your tears and may want to go on crying and sobbing for some time. It is important to allow yourself plenty of time for doing the exercise just in case that happens, so that you will not have to terminate it prematurely, thereby depriving yourself of its full benefits. To get in touch with a root cause and offload a lot of tears is a rare enough gift, so we must make the most of it when the opportunity arises.

2. Apart from using this exercise when you are feeling sad and depressed, you can of course, use it when you are not feeling either, in order to get in touch with and offload the backlog of past tears.

It is also an excellent idea to use this exercise if you suffer from any of the symptoms related to sadness which I have already enumerated earlier. The only way that I know personally that I need to release tears nowadays is when I either start getting severe pains in my eyes or pains in my neck and upper back.

3. You can use sad or moving background music if you wish.
4. Always do the off-loading exercises on your own and NEVER in the presence of your loved ones as they may themselves be contributory factors to your emotional distress.
5. WARN YOUR FAMILY about what you are up to, so that they do not get worried if they suddenly hear a wailing sound issuing from your direction!
- 6 Remember that if you are worried about being overheard you can put the radio or the television or both on, bury your face in a pillow, or do the exercise under a duvet if necessary. You can also do it in the shower. REMEMBER THAT WHERE THERE'S A WILL, THERE'S ALWAYS A WAY!
7. Finally, remember that you may not feel any better, or may even feel worse, if you finish your exercise too early or do not do enough of it. So keep on trying until you get it right.

Having observed all these points, you are now ready to proceed. But don't let the 'dirty tricks department' (Ch 2 Section 1) tell you that you have taken so much time

reading about it that you do not have time actually to do the crying exercise! I have heard that excuse many times before.

This is quite a difficult exercise to get into, especially for men who are set in the traditional macho mould which dictates that to cry or show emotions is not manly. So before launching yourself into the full crying exercise described later, it may be worth trying the following two exercises several times in order to warm up!

FIRST, you can do a short noise-loosening exercise. You can combine it with the motor-loosening exercise if you want to.

SECONDLY, you can do the following *moaning exercise*.

The moaning exercise

Sit forward in your chair, with your hands resting on your thighs and your eyes closed.

Gently rock backwards and forwards. Initially, this is a conscious effort, but after a short while it becomes automatic. At that point - **start making humming, moaning or groaning noises, or any other sounds of distress that may automatically or unconsciously come up.** Go on doing this, either until you feel better and emptied of your sad feelings, or until you start crying or going into a spontaneous full-blown crying exercise.

Apart from preparing you for the crying exercise and offloading feelings of depression and sadness, this is also a very useful little exercise for getting rid of, or dealing with, pain as you can virtually moan it out!

The full crying exercise

Sit on the front of your seat. (I favour using the lavatory for this purpose, but you can also use the shower which blocks out an enormous amount of the noise, of course.)

Pretend that you are on stage and have heard some really sad and devastating news. Sob your heart out, making sure that you use all the muscles of your face, neck, shoulders, upper arms and chest.

Repeat this sequence a few times.

Some people need to do just a short set of crying exercises lasting a few minutes, frequently, during the week. Others find that they need a longer session lasting upwards of 20 minutes, 1 to 3 times a week. Both are fine. Just find your own level and a way of doing it that feels comfortable for you, remembering, though, to let the exercise work itself through completely if you tap into a large source of tears. Consider it a great gift if this happens to you. One of my clients cried almost 4 hours after the start of this exercise, although she was exhausted, by the end she felt wonderful. Don't forget though, that this level and duration of crying is very unusual.

The laughter exercise

One point that is worth bearing in mind is that laughter can be a façade for underlying tears. So it is hardly surprising that, once we get through the superficial layer of apparent jollity, we may get in touch with an underlying source of tears. So if you find that you have trouble or resistance in doing any of the crying exercises, and especially if you feel the need for it, do try this exercise. It is easy and can be quite fun!

How do I do it?

Sit or stand.

Laugh as loudly and vigorously as you can, making sure that you use all the muscles of your face, neck, shoulders and upper chest for as long as you can! You may find that this leads you on to a crying session. That's perfectly all right. Don't forget that laughing and crying are very similar in that they both utilise more or less the same set of muscles in the face, neck, throat and shoulders. One great difference between the two, apart from the sound that comes out, is that our conditioning makes the sound of laughter, especially in public, far more acceptable than the sound of crying!

ANGER AND AGGRESSION OFFLOADING EXERCISES

Anger is a very powerful emotion, and repressing it uses an enormous amount of energy. Consequently, if we manage to get rid of our anger, we end up with a great deal more positive energy, which we can utilise for whatever we wish. Like sadness, anger is one of the basic natural emotions that we experience from the time that we are babies. However, social norms and conditioning teach us from very early in our childhood that it is not acceptable to get angry, or, more accurately, to exhibit anger. What do we do when a child gets angry and starts having a tantrum? We immediately tell him or her to shut up and stop behaving so badly!

Conditioning against the demonstration of anger goes on incessantly throughout life, and so by the time we are adult we genuinely believe that to show anger is wrong, and become fearful not only of our own anger but also of that of others. Consequently we keep on holding our anger in, so that the container that our bodies constitute gets fuller and fuller. When we reach the limit of our tolerance we suddenly explode, thereby frightening ourselves and others in the process, and reinforcing the notion that anger is a destructive and unacceptable force, which, if we let it out, will destroy us, those around us and anything else that we hold dear. However, if we go on repressing it and not showing it in any way, eventually a fuse in our system goes and we end up with a nervous breakdown, a stroke, a heart attack or a stomach ulcer, to name but a few possibilities. In my experience, women often find it particularly difficult to exhibit anger, which is considered a more male type of behaviour. Some people suppress their anger to such an extent that they do not even feel anger in a situation which by rights should make them angry. In fact, they often pride themselves on never getting angry! Little do they realise that by not doing so they are leaving themselves open to a variety of stress-related or psychosomatic illnesses, including cancer. Repressed anger can also lead to severe depression (anger directed inwards), general and unspecific feelings of unwellness, severe exhaustion, backache, neck ache and joint pains, as well as piles

(haemorrhoids). Excessive suppressed anger can also be associated with feelings of anxiety, fear or guilt which may be quite overwhelming.

The process of doing Relaxation exercises may itself bring on specific symptoms which indicate that you have a need to offload feelings of repressed anger. These symptoms include increased irritability, either between sessions or during the exercises; pain in the left side of the chest, which is often sharp but short-lasting - this is assuming that the individual has no underlying heart disease that could be causing the pains; abdominal pains; headaches; and increased pain and tension in the neck or back. So if you come across any of these symptoms in yourself, be aware that you probably need to offload some anger. However, if the symptoms become persistent and do not respond to what seems to you to be adequate anger exercise sessions, then **you must consult your doctor**, just in case there is an underlying physical condition that needs treatment by other means.

Just as in the crying exercise, **the first important thing is to give yourself permission to feel anger, so that you can then offload it** via one of the following exercises. (You are bound to find one of them socially acceptable.) Of course, it is much easier to undertake the anger exercises when you are actually feeling angry. Do remember, though, that you can use them when you are not feeling angry, in order to get rid of accumulated repressed anger, rage and aggression, so that you will not become one of the frequent band of people who exhibits rages of various sorts in public when faced with difficult or frustrating situations. Apart from the off-loading exercises described in this chapter, there are other more specific ways of releasing emotions which are given in other chapters in this section and in Sections 2.

Before you start, it is a good idea to make a list of all the people, places, situations and so on that have made you angry in the past or are making you angry now. The list must include the following if appropriate to your particular case:

1. God, Christ or any other religious leader (if you believe in any) who you feel may have been a contributory factor to your problems.
 2. Anyone you love, including husband, wife, partner, boyfriend, girlfriend, children, or any other relations or friends.
 3. Doctors, nurses, or any other health care professional who you feel may have sold you short.
 4. **Yourself**, as we are the commonest cause of our own problems, but tend to forget it and allocate blame to everyone and everything except ourselves!
- Prioritise in their order of importance and when you start doing the exercises, start with number one on your list.

As with the crying exercise, there are SIX GOLDEN RULES that you must observe before undertaking these exercises:

- 1 **Never do it in a standard relaxation position.**
- 2 **Never do it before going to bed.**
- 3 **Never do it less than one hour before doing your Relaxation exercises**, although you can do it immediately afterwards, especially if you get in touch with a lot of

feelings during your exercises - always ensuring, of course, that you have **cancelled your Essential Relaxation exercise properly** before starting the anger exercise.

4 **Never do it if there is insufficient time**, for if you terminate the exercise before it has run its natural course you may feel somewhat worse, until you repeat the exercise and allow it to run its full course.

5. Never do it in front of anybody else, especially your loved ones.

6. Always warn people living with you that you are going to undertake one or more of the following exercises.

As with the crying exercise, apart from the 'dirty tricks department' and natural reluctance, the main factor that deters people from doing these exercises is the worry that they may be overheard. What on earth will people think? The ways to deal with this have already been discussed in the earlier part of this chapter.

One of the easiest, quietest and quickest ways of offloading anger and frustration is *screaming into a cushion* described earlier.

Anger-offloading exercise 1

Ensure that you have no sharp rings on your fingers.

You may put a cushion on your lap before you start.

Sit forwards in your chair, with your forearms on your thighs and your palms facing upwards.

Close your eyes.

Gently tap the backs of your forearms and hands against your thighs. Initially, the tapping is quite self-conscious. Once it has become semi-automatic and feels right

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- start making a grunting noise. Allow the grunts to get progressively louder and the tapping firmer, and allow your feelings to take over. Go on doing this as long as it feels comfortable, as long as you want to, or until you feel emptied. The more freedom you give to your feelings and their expression, the more you will get out of this exercise.

This may sound a very simple exercise, but it is a powerful one, and lets you get in touch with enormous amounts of rage and anger, especially if memories or incidents from the past come into your mind. If they do, allow them to work through, enabling yourself at the same time to get rid of the feelings associated with them. Remember that once the feelings are out they are off and away, and cause no more trouble in the future.

Anger-offloading exercise 2

This one is based on one of the martial arts techniques. Follow the movements described below:

Stand up with your elbows bent, arms raised in front of you up to shoulder level, and gather up your thoughts - think, perhaps, of someone or something on your list.

Bring your arms down briskly, straightening your elbows and grunting as loudly as you can.

At the same time bend one knee and lift the same foot off the floor, as if you were breaking a twig across your knee. You can, of course, imagine that you are breaking your enemy's neck or back across your knee! Usually the more extreme your imagination, the more effective the exercise will be.

Repeat this as many times as you can physically manage, or until you feel that you have got rid of your anger for the moment anyway. Of course, you may not be able to do this one if you have any sort of physical disability affecting your limbs, or if you suffer from any condition that precludes you from physical activity. You can always do one of the other exercises, which are just as effective. You just have to find the one that suits you, your personality and ability.

Anger-offloading exercise 3

Sit towards the front of your seat.

Put a soft but firm cushion on your lap.

Think about someone or something on your list.

Concentrate on one and **allow any angry thoughts or words to come up.**

Repeat these thoughts or words as fast as you can, loudly. It is extremely important that you repeat them as loudly as you can, for if you only think them, all that will happen is that they will go straight back into the unconscious and continue in the vicious circle. If you verbalise them loudly, they will be out and away. You can, of course, use any bad language or swearwords that may surface.

Give permission to your feelings to come up.

Once the feelings start surfacing and you get in touch with your real anger, imagine that the person or the situation that angers you is the cushion, and **beat it as hard as you can**, in order to let out the aggression in a physical sense as well. You can also stamp your feet at the same time, if you want to.

Go on doing it until you feel emptied of all the anger and aggression - at least for the time being and as far as this particular person or situation is concerned!

Anger-offloading exercise 4

You can do this exercise while walking or stamping about, banging doors, or clattering pots and pans and so on!

Think of your list again. **Pick something or someone out of it, or just use the anger of the moment if something has happened to upset you.**

Conduct a one-sided argument with yourself, imagining your adversary in the room. Say out loud all that you would wish to tell him/her to his face, using the strongest possible language, including swearwords if you want to. Have a go at him or her and really let off steam. It makes you feel wonderful afterwards!

The intensity of anger felt can be expressed more or less mildly in statements such as 'I don't like you' or 'I hate you', or it can be experienced as a desire to perform such violent actions as torturing or even killing the other person. Don't think that you are mad or abnormal if you have such vicious feelings towards your adversary. Most of us get these feelings from time to time, but because nobody admits to them, or freely

discusses them, we think that we are the only odd ones and that we must be very wicked to think of such things. After all, our upbringing tells us that ideally we should behave like saints all the time! Unfortunately, life is far from ideal for most of us; but it is usually the case that if we express verbally and loudly, and safely, through any of these exercises, the violent thoughts that we may be having, the less likely we are to act them out in reality. The prime examples of people bottling their anger up and releasing them in inappropriate situations will lead to 'road, aircraft and shopping trolley rage' which unfortunately are becoming far too common these days.

Another common fear when doing any of these exercises is that we will go mad, or go over the top, and not be able to control our actions. Remember that there is no way that you will be able to go beyond the limit that your mind wants to take you to, and feels safe with. We have an enormous number of self-preservation and –protections mechanisms and defences in our minds which will stop us going to a point that we feel uncertain about or unsafe with.

Some people worry that if they do all this they will not be able to face in real life the person who is the focus of their anger. In fact this could not be further from the truth. This question often crops up. In fact, the very same worry was expressed to me by one of my staff when she attended for a session. She was having a great deal of trouble with her teenage daughter at the time, and she felt that if she went through this exercise and said what she really thought of her daughter, she would never let her back into the house again! However, after my reassurance, she tried the exercise on a number of occasions. Contrary to her expectations, she found that her feelings towards her daughter changed positively, and for the first time in a long while they started talking to each other and beginning to understand each other. Their relationship now is the closest and the most loving that it has ever been.

I could cite numerous examples like this, which is hardly surprising. When we carry a lot of anger, it chokes us and blocks the channels of communication. We are afraid that if we start discussing something, particularly some contentious issue, we will come rapidly to the boil; and that the container that is already full of all our repressed emotions will overflow; that we will explode and say hurtful things that we do not really mean, and so spoil or destroy everything that is good around us or in our relationship. However, the contrary is usually true. If we offload small amounts of the anger that we have accumulated over the years, and gradually begin to empty the container, then it will take a lot more to get us to boiling point; and for this reason we will not reach that point, unless the provocation is extraordinarily great. When we gain the confidence that we are not going to explode and spoil everything, we find it a lot easier to communicate with the people around us. And as we relax, so will they, for the whole thing has a ripple effect: our relaxation and lack of anger will affect those around us and thus open further the lines of communication.

Furthermore, suppressed anger will block us energetically especially the solar plexus (Ch5 in this section). It will also exude into our auras and others will pick it up intuitively and unconsciously and will often avoid us like the proverbial plague!

I am sure that you will find lots of reasons and occasions for letting off steam, using any one of the exercises described earlier and that you will feel the benefits of it.

Although you may feel exhausted immediately after a good anger exercise, you usually feel great after a few minutes' rest. You will find that you feel highly energised, and that all the heavy, lethargic or exhausted feelings that you may have been experiencing beforehand will have disappeared. THIS IS HOW YOU CONVERT THE NEGATIVE ENERGY OF THIS VERY POWERFUL EMOTION INTO A POSITIVE AND ENERGISING ONE.

SUMMARY

Anger-offloading exercise 1

Sit forwards in your chair with your forearms on your thighs.
Close your eyes.
With your palms upturned, gently tap your forearms and hands against your thighs.
Grunt at the same time.
Make the tapping firmer and the grunts louder as you get into the exercise. Let your feelings come out.
Go on doing this until you feel emptied out of feelings, or until you feel tired.

Anger-offloading exercise 2

Stand up with your elbows bent.
Think of your list, and pick someone or something from it.
Briskly straighten your elbows, arching your back slightly, bend one knee, bringing the same foot off the floor as if to break a twig across your knee.
Grunt or shout out loudly at the same time.
Repeat this until you are tired or until you feel that you have exhausted your anger.

Anger-offloading exercise 3

Sit forwards in your chair, with a cushion on your lap.
Think of someone on your list and put him/her into the cushion.
Say out loud all the angry thoughts or words that may come up. Really let your feelings out.
Beat the cushion with your hands and fists. And stamp your feet, if you like.

Anger-offloading exercise 4

Sit, stand or stamp about.
Think of someone or something on your list, or just use the anger of the moment.
Have a passionate one-sided argument, imagining that your adversary is actually in the room and can hear you! Let him really have it, using any language, including swearwords, that may come up. Usually the stronger the emotions and the language, the more quickly the source of your anger is disposed of.

Additional specific and alternative offloading exercises are given in the miscellaneous part of this Chapter which will follow, and other specified chapters in this section as well as in section 2.

The forgiveness exercise

It is often very difficult to forgive either ourselves or others who we may feel have done us wrong. Our feelings of fear, anger, guilt or blame and inability to forgive someone who has committed an act of violence against us or violated our space, whether physical, emotional or psychological, may be perfectly justifiable at the time. However, it is important to bear in mind that we can only become truly at peace with ourselves when we have managed to extricate from our minds the painful thorns of negative emotions or memories associated with what might have happened. It is often by doing so that we can make enough space in our hearts and lives to allow in new, fresh and joyful experiences, as well as unconditional love and light (Ch 12 in this Section). We will know instinctively when that happens, as our whole attitude towards ourselves and all those around us will change, and will be tinged with the light and delicate touch of joy and beauty, rather than with the dark and ugly shadow of bitterness and recrimination.

It can take an enormously long time and a great deal of perseverance, patience and love before we achieve a state that permits us to genuinely forgive our adversary, whether the offence be perceived or real. But once we have reached that stage in our lives when we feel ready to forgive followed by the actual act of forgiveness, then the far-reaching powerful healing effects of this action can manifest themselves extremely quickly. The forgiveness needs to be genuinely from the heart and not just an intellectual act. At first we may need that hatred or anger to help us to cope with the situation that generated the problem in the first place. However, once we start working on ourselves and on our deeper being, we usually find that we get into a state of mind that favours forgiveness, as we realise that it is only by forgiving that we can let go and free ourselves of all the negative, unrewarding energies of the past that hold us back and so slow us down on our journey towards transformation, healing and total liberation and freedom.

I personally experienced this in great depth after having worked through my negative emotional states and was able to forgive my female nanny who had sexually abused me for 2-3 years while I was only 5-6 years old. When we reach that state we may also wish to comfort, support and congratulate ourselves on having achieved such a breakthrough in our journeys towards self-awareness, growth and emancipation. Do remember, though, that sometimes the person that you get in touch with is the child within you, who needs all the comfort, support and nurturing that he or she may never have had in the past, and the absence of which may be a major contributory factor towards the present problems (Ch 7 in this Section).

Do remember though, that in your forgiveness, there is NO way that you are condoning the actual act itself.

You may enter the state of forgiveness either when you have successfully completed one of the exercises already mentioned; the ones which will follow or at any time in your life when, as a result of a great deal of inner work, you realise that you no longer need to hold on to the negative and painful experiences or emotions of the past. By hanging on to those extremely distressing and often destructive emotions, thoughts and feelings, all that we are doing is hurting ourselves as there is no way that we could be

affecting our adversaries, for they are invariably totally unaware of our feelings especially if the hurt and the pain was inflicted a long time ago which often is the case.

One of the extremely important factors which often prevents us from being able to get into the space when we will be ready to forgive and let go of our past wounds and hurts, is the thought or fear that by so doing we are actually condoning and agreeing with the action and injustice which might have been perpetrated against us. It must be fully acknowledged that there is NO way that that is the purpose of forgiveness. In deciding to forgive, we implicitly acknowledge the misdeed or wrong which had been committed against us or by us against others. It is only by doing that that we can then proceed to forgive at a soul and heart level and release the negative emotions and memories associated with the event/s. Having done that, we can then truly release the full healing power and force of what follows the act of forgiveness and thus feel released from the bondage of our past and negative influences that might have blighted and impinged on many aspect of our lives. In order for that to happen you need to do the following exercises when you feel ready for them. It is important to realise that in some instances the people around whom we need to do the forgiveness exercise may have already died. This should not be a barrier as the act of wanting to be forgiven or forgiving the other person can be just as important after their death for allowing us to move on.

The following exercise is in a number of different parts. It is therefore, best to read the whole exercise to get an overview before you decide to do any or all parts of it.

Part 1:

To forgive yourself

How do I do it?

A.

- a. Make a list of all the issues for which you feel you need to be forgiven or about which you feel guilty, including all those people by whom you feel you need to be forgiven.
- b. Prioritise in order of importance.
- c. It is important to realise that nobody else including those by whom you need to be forgiven needs to know what you are doing. The only motivation should be the fact and the knowledge that by the act of being forgiven, you will be able to bask in the glow of healing energy which will be thus released.

B

- a. **Sit or lie in a comfortable position.**
- b. **Root.**
- c. **Scan.**
- d. **Do a quick Breathing exercise'**
- e. **Think of the first person on your list by whom you want to be forgiven.**
- f. **Apologise from deep within your heart for the event (whether real or imagined) which might have led to the difficulty.**

- g. **Ask for the forgiveness of the person and feel it in your heart.** This process can be very emotional. If you do get in touch with powerful and deep emotions do release them thoroughly as that is an important integral part of the whole exercise. If following the full emotional release work you get into a space of peace and contentment, then cancel as usual. However, if you have not got in touch with any negative emotions and the only feelings are those of peace and joy, then you finish off by cancelling.

Sit quietly for a few minutes and absorb the wonderful feelings of deep peace and contentment which often follow this exercise. Write all your experiences in detail in your progress notebook.

However, if you find that you have not fully released the emotions which might have been triggered off during the exercise, do more off-loading exercises until you feel 'emptied out'. Once that happens, you can repeat the foregoing exercise if you feel that you need to repeat it.

You can of course repeat this exercise as often as is appropriate in order for you to work through the whole of your current list and any new ones that may appear as you proceed on your journey of life.

Part 2:

To forgive others

- A.
 - a. Make another list of all the people or situations which you need to forgive. As mentioned earlier this must also include all those who have already passed on and with whom you may still have unfinished business to conduct
 - b. Prioritise in order of importance.
 - c. It is important to remember that for this part of the exercise you do not also need to confront the persons or even for them to know what you are doing. The importance of the process is in your perception of forgiving and feeling that powerful energy that will gather in your heart when you reach a state of forgiveness.
- B. Having made the above lists choose the most important person on it and then proceed with the following exercise:

- a. **Sit or lie down comfortably.**
- b. **Root**
- c. **Scan**
- d. **Do a Breathing exercise**
- e. Get hold of your favourite teddy-bear or doll if you have one, or a cushion or pillow. **REMEMBER THAT THE TEDDY-BEAR OR DOLL MAY HAVE BEEN YOUR SOLE WITNESS AND COMFORTER AT YOUR MOMENTS OF GREATEST NEED AND VULNERABILITY, WHEN YOU**

EXPERIENCED YOUR MOST DISTRESSING THOUGHTS AND NIGHTMARES, HORRIFIC MEMORIES, PAINS OR SILENT SCREAMS.

- f. **Hold your favourite object in your arms and rock very gently backwards and forwards if you are sitting.**
- g. **Say all the forgiving, calming or comforting thoughts or words that spontaneously come up to the first person on your list. Go on in this way until you feel that you have emptied yourself of all that needs to be said or done, and that this chapter in your life's experience is closed. Then move on to the next person and so on if this feels appropriate. This part of the exercise can be extremely emotional. If you do get in touch with emotions, do release them freely as this is a gift that you are being offered. If you do get highly emotional and go on releasing the emotions then cancel thoroughly** and then rest for a few minutes. However, if the only emotions that you feel are peace, joy and contentment then you can proceed with the following:
- h. **Do the healing light rainbow exercise.**
- i. Cancel.

Then rest for a few minutes, until you have gathered your thoughts and can return to the present. Allow yourself to fall asleep, if that is what you feel like. Don't forget that you have worked immensely hard to get into the state of mind that permitted you to do what you have just done. Enjoy for as long as possible the peace and tranquillity that will probably descend upon you at this time. When appropriate write down in detail your experiences in your progress notebook as a confirmation and affirmation of your total and complete forgiveness.

You can repeat these exercises as often as you feel the need or the desire to do so. But remember that **there is no point in doing them unless you are genuinely ready to move on and change**, as you will gain nothing from them if you are not yet ready to go through with the forgiveness process. Do remember that a half hearted attempt at forgiveness does not really work. This is an all or nothing process. However, you definitely are not hurting anyone else except yourself by hanging on to your past or old grievances. It is very important to realise that by not forgiving either yourself or others, all that you are doing is prolonging your own suffering.

Other aspects of this very important subject and action as a healing tool and other ways of dealing with it are covered in chapter 7 in this section and chapter 2 in section 2.

Letter writing exercise

Although I personally have used and have advocated for clients to use all the previously mentioned offloading exercises, I have found over the years that a great many of them have found this exercise particularly useful and effective. Its beauty seems to be in the fact that it is relatively easy to get into and initially anyway, does not require the use of noise and sounds which can be a great impediment to some people. Writing has already been mentioned as a means of expressing one's emotions. Although writing diaries, essays, letters and dramas can be helpful, the most effective way of doing it is as will be described later.

This is not the normal way of writing a letter. You write as fast and furiously as possible and allow whatever needs to come up to do so without editing out anything at all. This will allow you to give vent to your feelings as well as releasing the backlog of suppressed negative memories and emotions. It is done as follows:

How do I do it?

Make a list of all the people or situations which have upset you either recently or in the past. This must include people who have died with whom you may still have unfinished business, as that can often be a very potent cause of emotional distress.

Prioritise in order of importance.

Get as large a sheet of paper as you can with a felt tip pen.

Write a letter to the first person on your list who has done you most wrong (this may be present or past).

Write whatever comes into your mind as fast as you can and not worry about grammatical accuracy and so on.

DO NOT edit anything that is coming through your mind even if this includes violence, swearwords and so on which are normally unlike the way you deal with your life.

As you go on writing you will find that the contents may move from one person to the next. It is important to allow that to continue as this exercise will include all inter related problems and hurts as well as associated ideas.

If you get in touch with tears, fear and/or anger while writing your letter, do release them as you go

But continue writing until you feel that you are finished for the moment.

Read the letter.

DESTROY IT IMMEDIATELY, by either tearing it up or preferably burning it.

The act of destruction of the letter is a very important part of the exercise. The backlog of the baggage of the emotions and memories that you were carrying can be like an emotional abscess or a boil. By doing this exercise you are lancing the boil and letting out all the emotional pus. Therefore, you need to release and get rid of it so that true healing can start from the bottom and fill the space so left behind. The act of destruction of the letter symbolises this release work.

Wait for at least 2-3 days and if it feels appropriate do more letters either to the person to whom the first letter was addressed or any others who might have come up as a result of having written the first letter, or go through your list and choose the next person with whom you have unfinished business.

As mentioned earlier, it is **EXTREMELY IMPORTANT** to release any strong emotions with which you might have connected during the letter writing process.

The rapid associations of thoughts, memories and images with the feelings related to them that come to the surface are of the utmost importance. It is these associations and the related feelings that help you to deal with whatever the underlying problem may have been.

You can do the letter writing on the computer if you prefer. However, once the letter is finished, you then need to print it out, read the print-out and then destroy it immediately. You can then delete the letter off your hard drive.

OTHER WAYS OF OFFLOADING and enhancing your positive attributes

Some of you may have difficulty with one or more of the exercises just described. **The crucial thing is that you give yourself permission to feel**, and that you realise that there is nothing wrong with that, irrespective of whether the feelings are of depression, sadness, guilt, anger, rage, frustration, fear, or of love and happiness. The other extremely important point is that once you have started taking note of your feelings **you must find ways of expressing them that feel comfortable and acceptable to you**. If you find that a particular exercise mentioned earlier in the chapter is effective for you, all well and good. If not, there are other things that you can do in order to offload or deal with your emotions and feelings. For instance, you can seek the help of some other kind of therapist, such as a *counsellor*, a *co-counsellor* or a *psychotherapist* (individual, group, Gestalt, Transactional or Psycho synthesis). There are a great many kinds of therapy, and you must find the type that suits you and your personality. Here are some more offloading activities that you may like to try either on your own or with the help of others:

1. *Forgiveness exercises*: These are EXTREMELY important exercises and have been fully described in the earlier part of this chapter as well as chapter 7 in this section.

2. *Gratitude exercise*: This extremely important exercise is also covered in chapter 7 in this section. It is very important to do this exercise at least once a day but preferably as often as you can as once you have mastered it, it only takes a very short while to do it.

3. *Mirror work exercise*: This exceptionally important exercise has also been fully described in chapter 8 in this section. You need to do it twice a day, on rising and before going to bed for at least 6 weeks for the maximal benefits to show themselves.

4. *Dancing* is an excellent way of offloading tensions, especially physical ones. There are special meditative and sacred dances that constitute, for some people, extremely powerful ways of offloading tension and becoming relaxed and getting in touch with their inner peace and spirituality.

5. *Deep externalisation work*. Some people may find that in order to deal with their emotions and feelings at a much deeper level they need to work with a trained therapist in a safe and loving atmosphere, where they can act out feelings of severe anger or rage, for instance, by beating or tearing up telephone directories. **This must not be done without supervision**. An example of the extreme power and effectiveness of this technique is what happened to a lady with whom I was working in one of these specialised workshops.

She was a gentle, demure and timid looking vicars wife, when she sat on the mattress on the floor on which the clients normally do this sort of work. she apologised profusely to me as she felt that I was going to waste my time as she had already been on 3 other mattresses before and nothing had come up. I exclaimed

with great delight that that would have suited me well, as it would give me a chance to rest as I had already had a very heavy day. We chatted quietly although I incorporated some very important and leading questions and statements in our conversation.

A few minutes on from the start of our conversation she sat bolt upright and screamed in a shrill voice and asked to be given the hosepipe in a very colourful language! She started beating the telephone directories violently and even tearing them apart with her hands which was quite astonishing considering how small her hands were. As she continued to offload her intense anger by violently beating the telephone directories her knuckles started becoming raw and bleeding. I offered her gloves to wear but she declined the offer vigorously saying that it was the f...ing vicars blood that she was shedding!

In between all the sobs and the screams which went on for almost an hour and a half it transpired that she had been badly abused emotionally and physically by her vicar husband throughout their married life and what was coming up was the pent up feelings of those 10 years; the feelings that she had had to repress because of her position in the church and community. Following her prolonged outburst she was led to the point of forgiveness as is part of the closure of the technique, following which she fell into a very deep and peaceful sleep.

The Shanty Malaya organisation in the United States, founded on the work of Dr Elisabeth Kübler-Ross in this field, runs Life, Death and Transition residential workshops at locations around Britain, where therapists help participants to get in touch with deep, repressed and often painful emotions and work through them.

6. *Journey regression therapy*: This very powerful technique for the release of the backlog of negative memories and emotions has been devised by Brandon Bays. The Journey therapy organisation runs workshops all around the world including the UK on a regular basis.

7. *Drama*. Techniques using puppets and psychodrama, amongst other things, can also help you to get in touch with and offload unworked-through negative feelings, emotions and memories.

8. *Fun, creativity, personal development and transformational healing workshops*. As mentioned earlier in this chapter both the release of the so-called 'negative' emotions and the utilisation of positive ones lead to improvement in the health and the healing powers of the individual. The author has devised workshops (one or two day workshops), in which a warm, safe, loving, comfortable and at times party atmosphere is created. In this friendly environment the participants are encouraged to use a variety of techniques - including games, pictures, puppets, drawing, clay, masks, music, dance (creative as well as meditative), relaxation, group healing, visualisation and guided imagery - in order to work through some of their negative emotions and, by using positive emotions and creativity, enhance their progress towards better health. No expertise is required: the only criterion is willingness to 'have a go'. The workshops thus promote fun and enjoyment while doing deep emotional work designed to lead to transformation, healing and a better quality of life. Transformation in this context

means changing old and familiar patterns of behaviour to more positive and constructive ones. Unless we do this we cannot progress to healing and true healthy living. For further information on this and other workshops contact the Author whose details are given at the end of the book.

9. *Music* is another great activity for the expression of emotions. You can use any instrument for the purpose, and you can undertake music therapy if that appeals to you.

10. *Painting* is important, particularly if you hit a block. So get painting! You do not have to know anything about it - in fact, the less you know and the less you think you can do, the more you will get out of this form of therapy and offloading. It certainly does not mean sitting down and drawing or painting a pretty picture. The best way of offloading through the medium of art is to use water-soluble paints or ordinary lead pencil and paint or draw as fast as you can whatever comes into your mind or through your brush onto the paper. If you like this way of expressing moods and feelings, you can, of course, see a qualified art therapist. And there are books that will give you an idea of what the various shapes that you produce may symbolise.

11. *Uncoupling the physical and thought contents of* emotions. As mentioned at the beginning of this chapter, emotions are thoughts combined with a physical and physiological reaction within the body, therefore if we uncouple the two then that should help to release the emotions. Some people who have difficulty in doing the exercises given earlier find it easier to release their negative emotions by doing this type of work. In order to do this you try and locate the area in your body in which you feel the sensations associated with the emotion that you are feeling, for instance, you may be feeling a severe attack of trembling and butterflies in your solar plexus when you are scared.

Having located the area of discomfort or distress within you body then you imagine it disappearing or draining away. This can be made somewhat easier if you imagine a shower of light descending from your head and washing away the physical sensation out through your feet. Having gone through this process can often release the intense emotion that you might have been feeling.

These are just a few suggestions. You may already have your own ways of dealing with and expressing emotions. That's fine as long as you use them to their best advantage.

Chapter 4

Affirm your life positively

You have now had the full instructions for the Essential relaxation exercises, and I hope that by now you are able to get into a deeply relaxed state within yourself. If you find that you are still unable to relax thoroughly, or that your concentration wanders, don't worry about it. All this will come good with *time, practice and patience*. All of us tend to be too impatient with ourselves, to expect far too much and to get irritated and frustrated if we do not achieve immediately everything that we set out to do. The bad habits of years take a while to change, modify or overcome. So be patient, gentle and loving with yourself.

You have reached a very exciting part of your exercise. Once you get into that deep, relaxed, still and healing space within yourself, you can utilise it to reaffirm the positive things that you like about yourself, or to deal with or get rid of the negative aspects of yourself that you wish to change or modify; and, finally, you can use that space to try to develop or achieve new aims and to help yourself to improve and grow. How to do these in many different and varied ways are also further described in the rest of this chapter. Here we will only concentrate on the initial steps in constructing the positive affirmations and introducing them into the relaxation exercises. They are short, pithy sentences that encapsulate your particular need of the moment, or a long-standing problem, and that you will learn to incorporate into your exercises. I will give examples of the sort of sentences and phrases that you can use later which you can use as templates for forming your own.

How do I make up my own positive affirmations?

There are six SIMPLE RULES that you must observe in making up your own:

1. **Make the sentences simple.**
2. **Make them short and concise.**
3. **Make them positive in concept.** Try and avoid using negative words such as 'no', 'not', 'don't', or 'can't' as usually the unconscious deletes these and consequently your sentence can develop the complete opposite meaning which is often negative.
4. **Make the phrases definitive, and use the present tense:** for example, 'I know I am confident', and NOT 'I will be confident', or 'I will lose weight after my holidays!', which is a phrase that one of my trainees used - without any benefits, and needless to say using that sort of affirmation is invariably an easy get out for not doing what you want to do in the first place.
5. Introducing the phrase, 'I know', before your main phrase or sentence, often makes it feel even more positive. (Some people do not like to use it, though, and it is not essential). You will have to find out by trial and error what suits you and your personality. Certainly, you may find that if a goal is too difficult to achieve all in one go, you have to approach it in stages.
6. Introduce the phrase 'I am in the process of...' if you have difficulty in believing your affirmation. Because sometimes even if we are desperate to make specific

changes in our lives, when we use the positive affirmation the little voice in the unconscious says “But you know you are not going to achieve it”! However, it can not object to the phrase ‘I am in the process of...’ as you are obviously at the start of the process of changing as otherwise you would not be reading this book.

Where do I incorporate the positive affirmations in my exercises?

The best place to incorporate the positive affirmations is wherever *you feel at your most relaxed* during your Essential Relaxation exercise. For most people it is when they are bringing down the white light through them. However, the most important thing to realise is that there are no hard and fast rules and as I mentioned earlier, **you** introduce it where you feel at your most relaxed during the relaxation exercise. For after all, you are learning to take responsibility for yourself as part of your growth, transformation and healing and becoming a master of your own destiny. Therefore, here is as good a place to start as any!

It is best to start off with just one positive affirmation, giving it a week or two to see what it feels like. It is important to realise that these phrases do not work very quickly initially. They usually take about four weeks before you notice the difference, depending to some extent on what you are trying to achieve. However, there is one **EXCEPTION** to this. That is usually when you use a phrase to increase your energy level. A phrase like ‘I am full of energy and vitality’ seems to work very quickly and you must **never use it at night**, unless you intend to have an active and sleepless night!

Once you have mastered the technique of introducing your own phrases, you can use up to a maximum of three together in one exercise, but they must be very short commands, and preferably interrelated. You must also be aware that it may take you some time to formulate a phrase that feels just right. It has sometimes taken me as long as a week or more. Don’t be impatient.

Once you have chosen your phrase and have got into a relaxed state in order to incorporate it, several, alternative, things may happen:

1. The phrase will feel good and comfortable, and you come out of your relaxation state with it intact - that is, it will be the same at the end as at the beginning.
2. The phrase will feel awkward, and it will automatically change. Accept what comes up, and use it. Obviously, your unconscious and your conscious mind are more comfortable with the new format.
3. The whole concept may change while you are in your relaxed state. This means that your unconscious mind’s priority is different from your conscious perception. Respect your inner wisdom, and use the new phrase or concept that has come up.

To clarify this latter point, I will give you an example.

One of my clients ostensibly wanted to give up smoking. He chose the phrase ‘Smoking gives me up’, and went into his Essential Relaxation exercises regularly at home. He told me the next time that we met up a week later, that the phrase that had come up was ‘I am calm and centred’, which, of course, had nothing to do with

smoking. But he then said, ‘when I really think about it, this phrase makes much more sense, as I have just been made redundant and my marriage is on the rocks!’ He used the phrase that had come up, and when I saw him a couple of months later and asked him how he had got on, he replied, ‘Great! I have managed to get myself a new job, and am sorting my marriage out’. When I asked him about the smoking he replied, ‘I’m still smoking, but I’m really enjoying it now!’ However, he has since given up smoking, without having to use any particular phrases. As he sorted his life out, he said, he felt that he had no more need for smoking, and so it was quite easy for him to give it up.

This little episode demonstrates that this man’s unconscious mind had a completely different agenda from his conscious perception. His unconscious mind showed him that while he was in his relaxed state, that this different agenda was far more important. Having taken heed of it, he was able to sort out his life. The very same thing may indeed happen to you and therefore be on the look out for it.

If smoking is really your problem, you have to work out how you want to go about it. Some people like to make the cigarettes taste foul. Others like to say that they have no need for them. Yet others like to put the onus of giving up onto the cigarettes or the bad habit itself. Different examples to clarify these points are given later on in this chapter.

As I mentioned earlier, positive affirmations are designed both to overcome, alter or modify the negative aspects of ourselves - the parts that we do not like or that hinder our progress towards a better quality of life - and to reaffirm the positive qualities that we already have but that we need to boost. To give you a taste of the wide range of sentences or phrases that you can utilise, I will cite a few examples later. Other ways of using positive affirmations will be discussed in relevant chapters later on in this section and section 2. Obviously, the best ones are those that you make up yourself to suit your own personal needs.

We often need to pay special attention to particular situations, such as trying to lose weight, when you have to break it down into its various components, and work on the details in order to achieve your purpose. Let’s take obesity as our example. Just to use the phrase ‘I know I will lose weight’ is inadequate. First of all, it projects the process into the future. Secondly, it does not indicate what may actually be causing the weight problem - eating too much at each meal, nibbling between meals, or eating the wrong foods. We assume, of course, that there is no underlying medical cause.

A better way of approaching the problem would be to try to analyse it, either by thinking about it yourself or by discussing it with a friend or counsellor or writing it down in detail. Am I eating too much at each meal? Do I pick in between meals? Do I eat too many fatty or sweet things? Do I eat too much because I am depressed, anxious or angry? And so on. Once you have sorted out what the basic problem is, then you can work on it. For instance, if the over-eating is due to depression or to other emotional problems, it is best to work at the offloading exercises (Chapter 3 in this section) as well as using a relevant affirmation formula. If it is due to any other reason, you can make up a specific phrase for that particular problem. However, **it is extremely important to be absolutely honest with yourself and about the possible**

causes of your problems. Unless you are honest and try to get to the bottom of things, you will not get very far.

As also mentioned earlier, if you want to heal yourself at any level of body mind or emotions, it is best for you to read all the various chapters in this book and work out the ones that particularly apply to you so that you can try and sort the source or the cause of your problems so that once you get the affirmation sorted out it would be maximally beneficial.

Before giving a few sample phrases, it is worth mentioning another use to which the deep state of relaxation can be put. If you are looking for an answer to a puzzle or a problem, or if you want some inspiration about a specific subject or task, think hard about it and put a statement or prayer to the universe that you might be provided with what you want. Then forget about it while you are actually doing your Essential Relaxation exercise. You may find that the answer to your problem, or the required inspiration, will appear when you get deeply into your relaxed state. Don't be impatient or expect anything, just think about it and yet remain passive and detached about the whole process. If anything happens, regard it as a great bonus. A lot of people, myself included, have had some of their best inspirations in that deep state of relaxation. You can of-course get your answers in between your relaxation exercises while you are carrying on with your normal routine of life. So be vigilant and don't discard any little gems of answer or inspiration as they may be the building blocks to the whole answer.

A few general examples:

- 'I am calm and creative.'
- 'I am calm and confident'
- 'I love myself, life and living.'
- 'I love every new day, and the joy that it brings me.'
- 'I can go on living and loving, and nothing will deter me from that.'
- 'I know that my inner space is full of love, light, beauty and peace.'
- 'I know that I am totally worthy and lovable.'
- 'I am in the process of loving myself'
- 'I know I deserve to receive everything that is good into my life.'
- 'I am confident that I can overcome my disease (disability).'
- 'My life is full of love, light, joy and health'
- 'The love and the serenity that I feel can dispel the disease.'
- 'I am a loving and lovable being, with important contributions to make to life (society [or whatever]).'
- 'I am strong, healthy and full of energy.'
- 'I am full of energy and vitality.'
- 'I accept myself totally.'
- 'I am responsible for myself and my life.'
- 'I am responsible for my actions.'

A MORE SPECIFIC USE OF POSITIVE
AFFIRMATIONS

Now that you can get deep into your healing space through Essential Relaxation exercise, you can utilise it in order to support or reinforce the effects and benefits that you have already gained by using the general affirmation described earlier. Once you feel that you have mastered this sufficiently, you can start using the specific positive affirmations to bring relief to certain parts of the body which might be in a state of discomfort or distress. For example, to cool an itchy patch on the skin.

These specific positive affirmations are also known as organ specific formulae as with their use you will be able to learn to target specific areas of the body which may not be working properly. It is of **paramount importance though that if you do have any persistent symptoms it is investigated and its cause determined. The general affirmations and specific advanced ones should not be a substitute for the proper elucidation of the cause of any symptom or its proper treatment.** If you do have persistent symptoms, positive affirmations should be used *only* in conjunction with other methods of treatment, in order to enhance and reinforce their effect by calling upon your own healing reserves. For instance, if you have a blockage in your bowel, or have appendicitis, no amount of Essential Relaxation or positive affirmations will get rid of it. You must have it treated surgically. However, the healing space with which you can get in touch during your relaxation exercises and the positive affirmations will help you to recover much more quickly.

The main difference between the specific and ordinary affirmations is that in the former you specifically target the areas of your body that are not working properly or symptoms of which need relieving, whereas the ordinary affirmations are mainly general and non specific some examples of which are already given in the earlier part of this chapter.

There are **three situations in which you MUST NOT use specific positive affirmations:**

1. **Never use them to affect the heart directly.** The only reference to the heart should be confined to 'My heartbeat is calm and regular' or some of the examples given later in which the rate is affected indirectly.
2. **Never use them to affect your brain.** The nearest we get to this is when we use the scalp - superficially - in the scan, You must, though, be aware that you are already indirectly affecting all the functions of your body, including your brain, when you get into a deep state of relaxation.
3. **Never use them to affect the sexual organs directly.** In one experiment, healthy male medical students were asked to warm their testicles in their deeply relaxed state. It was found that their sperm production diminished almost to nothing during the exercises, but returned to normal after they stopped warming them.

It is customary to make up your own phrases for the specific use of positive affirmations using the same basic principles given earlier in this chapter and the sensations of heaviness, warmth and cooling depending on what feels appropriate to the situation. You also use 'it', as in the phrase, 'It sleeps me'. I will give some examples later.

Once you have taken account of the important points above, you can use the power of the mind to help improve your condition. For instance, if you have an infected area on the back of your hand which is warm and painful, you can go through the following procedure. Get into your deep relaxation and healing space using the Essential Relaxation exercise as usual. Once you are deeply into it, direct your attention to the infected area and keep repeating the phrase that you have decided on: for example, 'The back of my hand is cool , clear and healed' - which seems the most appropriate. And introduce it where it feels right (when you feel you are at your deepest while bringing in the white light). Then direct a part of the white light like a sharp laser beam to the area while you keep on repeating the phrase that you have chosen. Once you feel intuitively that the work has been done, then you proceed with the rest of your exercise as normal and cancel as usual at the end.

If you have an ache in your lower abdomen, perhaps due to period problems, bladder infection or constipation for instance, use a phrase such as 'My lower abdomen is warm/cool/heavy', depending on what feels right for you, and introduce it in the usual way as described earlier.

Or if you are suffering from a cold, try the following regime to help you get over it, or at least make your symptoms more bearable. Having got into a deep relaxed state, use this pattern of positive affirmations, introducing them as you are bringing the white light into your head and face region, and repeating them as often as you like even if you are not doing the full relaxation exercise:

'My eyes are cool and clear.'

'My nose is cool and clear (dry).'

'My throat is cool (warm).'

'My chest is warm' - to help your cough.

Go on repeating the phrases for as long as it feels appropriate

Continue finishing off the exercise

Cancel.

You can use these affirmations as part of your full Essential Relaxation exercises 2- 3 times a day. You can also use the Breathing exercise on its own several times a day , including affirmations, in order to reinforce the process of alleviating your symptoms. You can of-course continue making up your own phrases, as appropriate. Here are a few more examples:

Angina (Chest pains due to heart problems)

My heart is calm and easy

My chest is warm

My heart is gently warm

Asthma and other breathing difficulties

'My breathing is calm and regular'

'My chest is warm (cool)'
'My throat is warm (cool)'
'My chest (lungs) open(s) out fully, effortlessly and completely'
'My breathing is calm and comfortable'
'My breathing is calm and regular'
'My breathing is smooth and easy'
'My breathing is calm and effortless'
'My breathing is smooth and easy'
'My lungs open out fully and freely with every breath'
'My life is perfect without wheezing'
'My life is too full with joy to allow breathlessness or wheezing'
'I know that my lungs are healthy'
'It breathes me'

Blushing

'My neck and shoulders are heavy and warm'
'My feet are warm'

As you may have noticed, these phrases are used to distract the attention away from the problem and is yet another perfectly acceptable way of using the affirmations.

Circulation problems

'My ears (nose, fingers, toes, calves and so on) are warm'
'The circulation of my (Affected part) is free and easy'
'I feel a glow of warmth in my (In the affected part)'
'It circulates freely'
'My circulation is free and unimpeded'
'My blood circulates freely and easily in all of my organs (Parts, tissues and so on)'
'Warmth improves my circulation'
'Warmth improves circulation to my'
'Warmth heals my circulation'
'Warmth heals my

Concentration

'I pay more att'ention'
I know that I remember if I try'
'I know that I have an excellent memory'
'I concentrate all the time'
'Concentration is easy and happens naturally'

Constipation

'My lower abdomen is warm'
'My bowels empty regularly and effortlessly'
'My bowels empty regularly after breakfast
(Lunch and so on)'
'My bowels are automatic and work without laxatives'
'Laxatives are unnecessary for empty my bowels'
'It empties regularly and automatically'

Diet

'I know that I will stick to my diet' or 'I am in the process of sticking to my diet'
'I find my..... (diabetic, non-lipid and so on diet pleasant) and enjoyable'
'I enjoy my diet'
'It is easy to stick to my diet'
'I know I can stick to my diet'
'I'll eat less at each meal'
'I refrain from eating between meals'
'My diet is fun and enjoyable'
'It is easy to follow my diet'
'I refuse to overeat'
'Small meals are adequate for me'
'Small meals are filling and satisfying'
'I avoid eating between meals'

Giving up smoking

'Tobacco tastes foul and revolting'
'My desire for smoking has disappeared'
'Smoking is immaterial'
'I dislike the taste and smell of tobacco (cigarettes)'
'My need for smoking has gone'
'Smoking is an antisocial habit, and therefore easy to give up'
'My nerves are calm without smoking'
'Smoking is an unnecessary activity'
'Smoking revolts me'
'Smoking gives me up'

Giving up tranquillisers

'I am calm and content'
'I feel safe and secure without the tranquillisers'
'I know that I can do it if I try'
'I can give up(name the tranquillisers) easily and without problems'
'.....(name the tranquillisers) is unnecessary'
'I am happier and more content without(name the tranquillisers)'
'My body and mind can do without (name the tranquillisers)'
'I feel much better without (name the tranquillisers)'

Herpes

'My (affected part) is cool and clear'
'The lesion does not matter'
'Herpes infection is immaterial'



'I am unaffected by the herpes lesions.'
'My lesions heal quickly'
'My is comfortable and healing fast'
'I know that I can heal my lesions fast'
'Herpes has left my body'
'Herpes is in the process of leaving my body (mention the specific organ affected)'
'My body has no space for herpes'

Pain and itch relief

'Pain is immaterial. I feel comfortable'
'It feels pain-free (itch free) and comfortable'
'I am strong, healthy and pain-free (itch free)'
'I am healing myself of pain'
'I free myself of any pain (itch) or distress'
'I am unaffected by pain (itching)'
'My body and mind relieve me of pain (itching)'
'I allow my being to free itself of pain (itching) and distress'
'I permit myself to work through the pain (itching)'
'As I relax, the pain (itching) floats out of my body'
'The need for pain (itch) is without foundation'
'The pain is immaterial'
'My leg (arm) stump is pain-free'

Palpitation

'My heartbeat is calm and comfortable'
'My heartbeat is slow and regular'
'My heartbeat is slow, calm and regular'

Sexual dysfunction

'My sperm count is abundant and they enter the egg easily'
'My erection is strong and maintained'
'I know that I'll hold my erection on penetration'
'My orgasm is slow and delayed'
'My ejaculation is delayed'
'I don't ejaculate spontaneously'
'I enjoy being inside my partner'
'My erection will hold while I enter my partner'
'His/her touch and foreplay turns me on'
'I enjoy sex'
'Sex is pleasurable and satisfying'
'I know that I can satisfy my partner'
'I am gentle and loving with my partner'
'I know that I can delay my orgasm'

'I enjoy making love and being made love to'
'I am turned on by my partner'
'I feel sexy towards my partner'
'I can hold back my orgasm'
'My orgasm is delayed'
'I know that I enjoy having sex'
'My vagina is free and painless'
'My vulva/vagina is warm (heavy, cool)'
'I want him inside me'
'I relax and enjoy penetration'
'I enjoy being penetrated'
'I am fully fertile'

School and education

'I know that I am confident'
'I am calm and creative'
'Homework is easy and fun'
'School is fun and enjoyable'
'I like and enjoy my school'
'I love doing my homework'
'I like my teachers'
'I love my parents (mother, father, sisters, brothers)'
'I enjoy going to school'
'I enjoy playing sports'

Skin problems

'My(affected part) is cool'
'My(affected part) is free from irritation'
'My skin is smooth and velvety'
'My skin is free from disease'
'My skin (or affected part) is cool and smooth'
'My skin is perfectly healthy and free of eczema or psoriasis and so on'

Sleep disorders and insomnia

'I feel comfortable, cosy and sleepy'
'I will sleep right through the night'
'Warmth makes me relaxed and sleepy'
'I sleep easily and comfortably'
'It sleeps me'
'I know that'll sleep through'
'My sleep will be uninterrupted'
'Sleep comes easily'



'I am warm and comfortable and sleepy'
'Darkness helps me sleep easily'
'Darkness is fun and enjoyable'
'Warmth and comfort make me sleepy'.
'It sleeps me'.

Stomach and bowel

'My bottom (anus, vulva) is cool' and calm - for itchiness'
'My abdomen (lower or upper depending on the pain) is warm (heavy, cool)'
'My bowel is comfortable and relaxed'
'I know that I am healing my bowel'
'My stomach (bowel) is comfortable, relaxed and pain free'
'My bowel action is slow and infrequent' (for diarrhoea)
'I am happy with the functioning of my bowel'
'My lower abdomen is warm'
'My bowels empty regularly and effortlessly'
'My bowels empty regularly after breakfast (lunch and so on)'
'My bowels are automatic and work without laxatives'
'Laxatives are unnecessary for opening my bowel'
'It empties regularly and automatically'

Stuttering

'Speaking is immaterial. It speaks me'
'My speech is automatic and unimpeded'
'I speak freely and easily'
'I enjoy speaking. It is free and easy'
'I am free and confident about speaking'

Torticolis

'My neck and shoulders and heavy and warm'
'The spasm is immaterial; it relaxes'
'My neck muscles are free and easy'
'My neck muscles are relaxed and comfortable'
'Tension or spasm in my neck muscles have disappeared'
'I am free of neck muscle spasm'

Urinary problems

'My bladder is warm (Cool)'
'It empties when it is full'
'I don't need to go so frequently'

'I will only urinate when my bladder is full'
'My bladder is without spasm'
'I have good stream'
'My urine flows freely and comfortably'

Do remember that the most important and effective ones are those that you make up yourself, for your own needs.

HOMEWORK

- 1 Make sure you do your regular daily relaxation exercises incorporating the new positive affirmations as appropriate.
- 2 Do the Breathing exercises regularly to break the cycle of stress throughout the day.
- 3 Continue with the offloading exercises as appropriate.



Chapter 5

The chakras or The wheels of Life

I do appreciate that you're probably very anxious to be getting on with your self healing which of-course you can do by going to the next chapter. However, in order to do a proper job and ENSURING in the process that whatever ails you does not come back again, it is really very advisable to study this chapter as well as some of the ones in the forthcoming chapters as they might give you a strong insight and indication of what the real underlying cause of your illness and the state of dis-ease in your body, mind, emotions or spirit might be. Once you have established what this might be, then you can get rid of it once and for all. Studying this chapter carefully, you will not only be able to appreciate the importance of the chakras and the whole energy system in the maintenance of good health, balance and harmony, but it will also give you an indication of the age at which the source of your problems are rooted. For as you will see, damage or imbalance at any particular age can lead to different problems later on in life as that particular emotional distress, loss, stress or whatever can lead to the inadequate or incomplete development of that particular energy centre with the consequent damage to the health of the particular organs related to them. Furthermore, the regular doing of exercise 3 in this chapter will be an important integral part of the self-healing process.

Some consider the expressions 'Wheels of Life', or more commonly as 'the Chakras' as meaning a "spinning wheel" and by others a "spinning knife". But whatever the meaning, it denotes a spinning energy centre that connects the physical body with the subtle external energies of the Universe that normally abounds around us as well as our spiritual dimension. It is generally believed that there are 7 main ones, 3 or more subsidiary ones and numerous other minor ones situated mainly along the joints of the limbs. They allow the external energy to enter and concentrate within the physical body; by the same token the energy within the physical body is connected with the external cosmic or universal energy. It is through this bilateral energy exchange and the connective ness with the Universal Energy that we are connected with the universal source of intelligence, wisdom, knowledge and Divine truth, love and healing.

For perfect health at all levels of body, mind, emotions and spirit, there must be a harmonious balance in the flow of energy between the chakras, the body's inner energy systems and the interflow with that of the external or universal energy. If there is any disharmony or blockages to this free flow of energy at any level and for whatever reason, then this interferes with the proper functioning of the body and will necessarily lead to a state of dis-ease which in the Western tradition is called disease or illness. Therefore it is very important that as a preventive measure we should constantly balance and cleanse the energy channels and especially the chakra systems. Once a disease has unfortunately taken hold we should try and get them rebalanced with the help of a good and proficient healer, in addition to any other conventional and or complementary therapies that we might be using to overcome the disease, no matter how trivial or serious it might be. If the energy imbalance and the state of disharmony is not too great, then the exercises given in the rest of the chapters in this and the next sections should be able to help you balance them yourself. It is always best to balance

and cleanse your chakras on a regular basis so that they continue to remain in a state of balance and harmony and thus prevent the onset of disease.

The energy within the chakras are constantly spinning either clockwise or anticlockwise depending on the state of energy balance of the chakras. They all spin at different rates which corresponds with their perceived colours; the red root being the slowest and the purple crown being the fastest. (For full details of all the chakras see later) They are conical in shape with the widest diameter being in the front and the narrowest at its back end which are interlinked by the main energy channel on the back called Kundilini. The root chakra is the only one that is facing downwards towards the earth and the crown chakra being the only one that points upwards to the sky. All the other ones point front to back. They can open and close automatically when we are affected by stress, emotions and physical problems and when they close unnecessarily, then the blocks thus created can lead to illness. We can learn to open and close them at a conscious level through the exercise given later. It is always advisable to keep the crown and the root chakras open all the time so that the earth and universal energies can constantly circulate through us. However, the others can be opened and closed depending on what is required of them which will be discussed later in this chapter and others in this section. Having said that, on the whole it is best never to close the heart chakra down completely.

The chakras are interlinked by a series of energy channels called meridians which are similar to the meridians in acupuncture. However the largest and the main energy channel which connects the back end of the chakras is situated just in front of the spine. It starts at the level of the root chakra (Lowest part of the spine called coccyx) and ends in the crown chakra at the top of the head. This main energy channel called Kundilini also conducts the earth energy upwards from the root to the crown chakra when the individual is properly grounded and carries the cosmic, universal or Divine source energy downwards from the crown to the root chakra when the individual's spirituality is well developed. Therefore, there is a constant bilateral movement of energy through this channel, and when the individual is totally balanced and healthy at all levels of the body, mind, emotions and spirit, the flow through all the channels including the Kundilini will be perfectly balanced and there will not only be any illness about, but the individual will be in a state of blissful joy and contentment which is sometimes referred to as "nirvana" in Buddhism. We can all move towards the achievement of this glorious state by constantly working on the different levels of our being including our energy systems; something that hopefully you will be doing by thoroughly studying all the various chapters as well as doing their relevant exercises diligently.

Each chakra is attributed to having its own specific colour and sound which are discussed later. Both the colours and the sounds can not only be used for healing purposes, but can also be used to actually cleanse and balance the chakras as shown later in the relevant exercises. It is important to remember though, that some people who have the psychic or intuitive gifts of seeing the colours of the chakras and the aura which is the energy layer that is present around every individual, may perceive them as different colours to the standard accepted ones that are mentioned here.

The aura is the energy field that is present around every living creature. But it is particularly pronounced and noticeable around human beings. Healers and psychics can either feel or see this energy layer. The colour can be very varied from consisting of only one predominant colour to a rainbow of colours. The width of the aura varies depending on the emotional and physical health and balance of the individual. If you are distressed, angry or depressed, it can shrink to just one or two inches. But if you are relaxed, content, happy and in the space of unconditional love, it can expand to several feet or more around you. It is the vibrations within the aura that are picked up by others. This in colloquial terminology is often noted as “picking up vibes from someone”. You will learn how to actively expand your healing aura in chapter 18 in this section.

The aura can also be photographed by a special technique called Kirlian photography. This can also pick up the energy layer that is present around fresh and living foods, for instance a freshly baked bread made of organic ingredients has a much wider auric field than one which is stale and made of non organic material. Furthermore if the fresh bread is microwaved, then its auric field totally disappears. It is therefore not advisable to use microwave for cooking food as it destroys the energy fields and thus the goodness of all foods.

If a person is distressed or has a disease, apart from the auric field shrinking and becoming uneven, negative energies which can be picked up as dark or incongruous colours in the actual aura. However, as the healing occurs, then auric field also starts clearing and develops its purity and luminescent quality once more.

Although for perfect health and harmony all the chakras must be fully balanced, a great many people including healers who are on the spiritual quest wrongly believe that this work only happens at the level of the higher three or four chakras and completely ignore the lower ones especially the root or the base one. By doing this they ignore totally the importance of being fully grounded and through the connection with mother earth to everything else including the powerful terrestrial Universal energy which would be responsible for manifesting material things. It is extremely important to have a healthy root chakra through which we can connect with the powerful, dynamic and energising earth energy. For in order for the highest source of spiritual energy to be effective in healing and manifestation of whatever we wish especially in the material context which is essential for the proper enjoyment of our lives (Ch 10 in section 2), it must be grounded; just like lightening which can only strike and be ultimately effective if it is grounded. Therefore without proper grounding or rooting it will be firstly difficult to balance the other chakras, and even if they are balanced, they will not remain in that state for too long without effective root chakra activity. Furthermore, without proper grounding, the negative energies associated with emotional problems or any physical disease will not be able to be properly released and removed and will therefore get stuck in the energy system and block it even more with further consequent damage to all the levels of the body, mind, emotions and spirit. Having a poor root chakra is like having a building with no foundation or a great big oak tree with very poor root structure, as a consequence of which they would topple over with the first strong storm of circumstances.

We MUST always remember that we are all basically spiritual beings, our souls have decided to reside temporarily in the current physical body in this incarnation in order to do the work

that needs to be done for its development and enlightenment. It is only by acknowledging this fact and developing a strong root chakra and grounding, that we will be able to become aware of our life purpose/s and much more importantly achieve and attain them so that by the time we come to the end of this extremely short expanse of life in the context of the Universal and Cosmic time line, we will be able to leave our mortal physical bodies with a sense of blissful contentment at the thought of a job well done.

In studying the detailed properties of the chakras given later it is extremely important to bear them in mind while you are working through the rest of the chapters given in this and the next section, as their significance will become progressively more apparent as you start doing the in depth work on yourself.

First chakra (Root or base):

Position: This is situated at the base of the spine. In men it is in the region of the soft part between the base of scrotum and anus and in women between the vulva and the anus and the base of the spine. It is the only one of the chakras which is facing downwards towards the earth.

Colour: red

Sound: “O”. Like the sound of O in the alphabet.

Element: earth.

Crystal/gem/stone: Ruby, garnet, bloodstone, black obsidian or black tourmaline.

Related glands and organs: This chakra is connected to the sex glands; testes in men and ovaries in women. These glands produce a variety of hormones which are associated with sexual pleasure, reproduction and procreation.

It also affects the health of sex glands, skin, hair, nails, teeth, bones. It also affects the nerves and the functions of the lower limbs.

It is also related to basic animal instincts such as living, survival, sex and procreation.

Related sensation: smell

Negative aspects: Its imbalance and improper formation, especially in the early part of a child’s development (usually between 0 and 5 or 6, or can even be pre-birth). It can lead to increased aggression and addictive behaviour later on in life. These can include food problems such as anorexia and bulimia as well as smoking, alcohol and drug addictions.

Its incomplete or inadequate development can also lead to feelings of insecurity ; not belonging to this world; feel ambivalent about life; being disconnected; feeling disempowered or feel unable to receive or give sexual pleasure and achieve satisfactory orgasm. Individuals with poorly developed root chakra often feel inadequate with feelings of low self-worth, -esteem and -image and tend to drift from one thing to another in search of the elusive security for which they search outside themselves, rather than look within for it. Consequently, they often feel dissatisfied with life and can not feel true inner joy or pursue their purpose in life in practical ways.

Positive attributes: Those people who have well developed root chakra which often springs from good bonding with their mothers or primary care givers, normally feel stable, secure, optimistic, rarely have a crisis of confidence, value themselves with feelings of high self-worth and self image and are able to manifest whatever they wish for themselves and others in their lives. They often have a strong sense of ‘self’, have a charismatic presence and are also aware of their own power in the spiritual context without conceit or arrogance and therefore use it to empower others rather than to control and have power over them.

Second chakra (Sacral):

Position: It is situated about 2- three fingers’ widths below the naval.

Colour: orange.

Sound: “ou” pronounced as “oo”

Element: water.

Crystal/gem/stone: Topaz, coral, amber

Related gland and organs: It is connected to the pancreas, which produces a number of different hormones, the main one of which insulin is responsible for the sugar metabolism in the body.

It is associated with the functions of the bladder, kidneys, gynaecological organs, the beginning and the end part of the large bowel including the rectum, as well as the blood and the lymphatic.

It is also associated with the concepts of change, flexibility and fluidity in the individual’s life.

Related sensation: Taste.

Associated emotion: fear and anxiety.

Negative aspects: Its improper development can occur when there has been severe stress, trauma or loss between the ages of 6-12, and that can lead to feelings of insecurity, ambivalence with sexual matters, problems with authority and blocked creativity, and not finding touch nurturing.

Positive attributes: Those with well developed sacral chakra tend to be good lovers as they are good at giving and receiving sexual pleasure and be flexible and embrace change easily and with equanimity. It is at this level that the harmonious integration of the masculine (Right side) and feminine (Left side) aspects of the personality also occurs.

Third chakra (Solar Plexus):

Position: This is situated at the top of the abdomen, at the junction where the ribs meet.

Colour: yellow.

Sound: “Ah”

Element: fire.

Crystal/gem/stone: Citrine, sulphur

Related Glands: It is connected to the adrenal gland whose hormones are important for balancing the body and a healthy metabolism. The chemicals adrenalin, nor-adrenalin and cortisol are very important in relationship to stress, relaxation and immunity. It is also connected to the pancreas. It is associated with the improvement of eyesight and with control over neoplasm (cancer) and fevers.

It controls the functions of the small and most of the large bowel and stomach and digestive processes. It is responsible for “gut” feelings. It is the interface between the intellect and the emotions.

Associated emotion: anger.

Negative aspects: Its inadequate development can be related to stress, trauma or significant loss between the ages of 8 – 12 and later on can lead to rigid attitudes and inability to accommodate the views of others and vocalise one’s own views; let go of anger, resentment and bitterness; wilfully run rough-shod over others without any consideration for their feelings; develop a tendency to bear grudges; create havoc in their own lives and those of others; and have fear or reticence about psychic and spiritual matters. It can also lead to problems with digestion.

Positive attributes: It is the power house of the chakras in which action is taken as a result of what has been initiated in all the other chakras, both below and above it. Those with well developed and balanced solar plexus, have strong wills, are aware of their own power in the realisation of the ‘self’ and will use the power sensibly, sensitively, in a non-dominant or domineering fashion and for the good of themselves and others. They will also use it to manifest prosperity for themselves and their wider circle of family and friends and society. They have a tendency to have the ability to make things happen which includes acting on the changes which have been initiated in and by the second chakra. Through the strength, stability and power of this chakra, it enables the individual to have loyal and long lasting relationships, as well as self-respect, integrity, respecting others and the sense of belonging, patriotism and loyalty. A healthy solar plexus will allow for assertiveness, effectiveness, spontaneity and the ability to move with clarity and determination through all the levels of the body, mind and emotions to the spirit.

Fourth chakra (Heart):

Position: This chakra is situated in the middle of the chest.

Colour: green or pink

Sound: “Ai”.

Element: Air.

Crystal/Gem/Stone: Emerald, rose quartz, malachite, green tourmaline and green jade.

Associated gland: It is connected with the thymus gland which has very important functions. It is associated with the immunity of the individual especially in children, and with the health of the lungs, air passages and heart.

Related sensation: sensitivity of touch.

Associated emotions: sadness, depression and love.

Negative aspects: The deficiency of this chakra is usually associated with trauma, stress or significant loss during the period from pre-birth (including intra-uterine and preconception) to the ages of five or six. This can lead to feelings of unworthiness; inability in giving or receiving both material things and love; getting involved in others' distress to such an extent that it will exclude one's own needs, wants and desires; difficulty in detaching oneself from others sufficiently to allow them to do their own things; fail to feel love for others and oneself; feeling tired, drained and exhausted and being cut off and detached from others.

Positive attributes: It is with working through the emotions of sadness and anger that the individual will be able to clear this chakra and start dissociating from the strong connection and mis-identification with the ego and past conditionings and start moving on towards spirituality ; get in touch with their deepest and unconditional love which is their true essence and is the basis of true happiness and a state of blissful joy.

Fifth chakra (Throat):

Position: This is situated in the middle of the throat region.

Colour: Sky blue.

Sound: "ee "

Element: ether.

Crystal/Gem/Stone: Turquoise, blue aquamarine and sapphire

Related glands: It is connected to the thyroid and para-thyroid glands. Thyroxin is the main hormone produced by the thyroid gland which is responsible for the control and balance of the body's metabolism. The main hormone from the para-thyroid is parathormone which controls the calcium metabolism.

Associated sensations: hearing and voice production.

Negative aspects: Deficiency with this chakra can arise when there is stress or loss from the ages of 14-15 to 21 and Imbalance leads to respiratory, throat and upper arms problems and swelling of the glands in the neck as well as difficulties with hearing and voice production. Discomfort at the back of this chakra causes pain in the neck and is often associated with repressed emotions especially sadness and tears and conflict including career or job.

Negative aspects: Problems and deficiency can lead to difficulties in communication especially sensitive or emotional ones leading to a feeling that one is not heard or is

constantly misunderstood as well as the inability to listen to or hear others; taking responsibility for one's own actions or finding one's ideal job, career or vocation which would bring contentment, joy and success.

Positive attributes: A healthy throat chakra will enable the individual to be a good and sensitive communicator especially through the voice, such as public speaking and media work. It gives sensitivity and abounding energy. It is associated with self-expression, sensitivity, creativity and diplomatic communication. The individual will also be a good listener and truly hear the deep messages which may be contained therein. It helps us to vocalise our truth, integrity, morality and the inspirational messages that we may be channelling from the higher realms. A healthy throat chakra allows the dissolution of all guilt and remorse and will lead to a kind and compassionate voice. The tendencies to dominate others or to feel dominated by others, the feelings of superiority or inferiority and all jealousies are also removed when this chakra is healthy and well developed. Also, this is the chakra which gives us the connection with the whole, enabling us to feel our oneness and the fact that we are all part and parcel of the whole Universe. It is also responsible for telepathy.

Sixth chakra (Forehead, brow or third eye):

Position: This chakra is situated in the middle of the forehead

Colour: indigo (Midnight blue or violet)

Sound : “om “ (With a short o and main concentration being on the “m”).

Crystal/Gem/Stone: lapis lazuli

Related glands: It is related to the pineal and pituitary glands. These two glands are situated close together and in the centre of the brain. The pineal gland produces the hormone melatonin which is responsible for sleep patterns. It also controls the production of melanin which is responsible for the dark pigmentation in the body. The gland is also associated with the various rhythms in the body such as day and night and seasons and also related to spirituality. The pituitary gland is the most powerful one in the body, and is the master controller of the functioning of all the glands mentioned before related to all the other chakras through the numerous powerful hormones and chemicals that it produces. It is also connected through nerves and chemical messengers to other areas within the brain such as the appetite centre and that related to emotions.

Associated sensations: It is concerned with the mind and the organs of special senses, and intentional actions as well as the centres of hormonal and emotional functions.

It is associated with psychic and intuitive, telepathic development, and inner hearing and vision.

Negative aspects: Deficiency in the development of this chakra is often associated with stress, trauma or loss between the ages of 21-25 and can lead to headaches, migraine and problems with sight and memory. It can also be associated with little insight into ones own or others' difficulties; inability to find inspiration; feeling guilty about having so much and still feeling

unfulfilled and unhappy; look for different philosophies and religions; failing to feel whole; have difficulty in visualising what you really want in life to feel fulfilled or it ever materialising and imagining the world as you would like it to be; would like to be in control and suffer greatly from intellectual arrogance; unable to honour commitments and are afraid of acknowledging own with power and brilliance.

Its malfunction can also lead to problems with temperature regulation, hormone imbalances, volatile emotions, disturbance of various rhythms of the body including the periods in women and depletion of energy.

Positive attributes: When it is healthy and fully open, this chakra will help with the awareness of spirituality and the peace and joy that it may bring, creativity, inspiration, insights, intuition, psychic and telepathic abilities as well as channelling, clairvoyance and inner hearing and vision. A healthy and well developed sixth chakra will facilitate compassion and forgiveness; the act which imparts the power to let go of anger, hatred and resentment and to discover in humility the nobility and generosity of the spirit. It also allows the ascent of our consciousness to its highest level via the seventh chakra. It is through this chakra that we will be able to manifest whatever we want including wealth, prosperity and success with consummate ease. Through this chakra, powerful healing energy can be transmitted to others via long distances through time and space.

Seventh chakra (Crown):

Position: It is situated at the middle of the top of the head and faces upwards towards the sky

Colour: Purple.

Sound : “ng” like the sound that appears at the end of the word “sing“.

Crystal/Gem/Stone: Amethyst, but also Diamond, clear quartz, and white tourmaline

Related glands: It affects the brain and the pineal and pituitary gland and their nervous and hormonal functions.

Associated sensations: spiritual development and in that role integrates all the other chakras with all their own specific roles and functions.

Negative aspects: None usually.

Positive attributes: Development and connective ness with this chakra helps the individual to be much more in harmony with him/herself and others; helps one to become more understanding; seek truth, wisdom, the deeper meaning of life and feel progressively more connected with the Divine.

The crown chakra relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, space less place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection and bliss.

Apart from the above major and standard chakras, a number of newer ones have since been discovered most of whose functions are not yet fully known. These are situated at the back

of the head which is believed to be connected with the crown chakra and involves spirituality. There are also at least three above the crown and three below the feet both sets in the auric field.

However, there is another very important one some of whose functions have so far been elucidated. This is known as the **thymus chakra**. It is situated above the heart at the top level of the breast bone. Its colour is turquoise blue; its sound is connected with that of the heart and is 'Ai' and its main function is the **control and maintenance of the immune system especially in children and the adolescents**.

There are of course numerous minor chakras which are mainly situated over the major joints of the limbs and are in the line of the energy meridians.

A number of different exercises are given here. Some of them you only need to do occasionally and as and when you require them. However, it is important to learn the aura cleansing one especially the simplified version as it will help to keep your aura clean and clear of any negative energies which might have been released from within you or you might have picked up from others. It is also an important aspect of the self-healing process which will be discussed in the next chapter. It is also important to do the chakra cleansing, balancing and opening and closing regularly as well so that you will become very adept at it and will be able to do it quickly in the future.

Exercise 1 : *The sounds of the chakras*

This is quite a fun exercise which can be done on its own either occasionally or on a regular basis to keep the chakras cleansed, balanced and energised.

Part A is the one that covers all the chakras fully and is the one that needs to be done on a regular basis for maximal effects. Later on in this exercise

Additional ones are shown which can be added in order to achieve specific benefits or the clearing of particular organs.

Part B is an interesting exercise which you only need to do if it especially appeals to you. Otherwise you can miss it out.

Part 1: *Using the sounds of the chakras to cleanse and strengthen them*

In this part of the exercise we will use the sounds of the chakras to cleanse and strengthen them. It can be done in a sitting position although it is preferable to do it standing in fresh air if at all possible.

- a. Stand up in a comfortable position with your feet shoulder width apart.
- b. Take a few deep breaths in and out to try and release as much tension as possible.
- c. Root.
- d. Scan.
- e. Then after the next in-breath, make the sound of "O" aloud, trying make it as deep as possible so that you feel it vibrating in your root chakra. Keep on repeating it until you

decide that you want to go on to the next one. But do it at least three times before you move on. Initially you may not be able to reach the note for too long or even get it low enough. Don't worry about that. That is perfectly normal especially if you have never done anything like this before. But keep on trying and you'll eventually get there. You will know that it is low enough when you feel the vibration in the chakra.

- f. Repeat the same thing as you go through all the vowel sounds related to the chakras as mentioned earlier and feel them vibrating in the relevant chakras as described in the earlier part of this chapter.
- g. Following doing the sound of the crown chakra you do a final repetition of the sound of the root chakra. This will help to ground you so that you will be in a centred and grounded state to continue with the rest of your day.
- h. Cancel.

Once you have mastered the technique, it will take only a short time to do it. Apart from cleansing the chakras, this exercise is very good for energising yourself particularly if you feel tired, fatigued or lethargic. I always try and do a session of this exercise first thing in the morning before I proceed to doing anything else.

You can also use the sound of various consonants for specific reasons and functions, some examples of which are given here. The list is by no means complete. You can use these for working on the specific areas which are mentioned.

HUM resonates mainly in the lungs also sinuses and skull.

N resonates in ear drums for deafness and tinnitus or to sharpening hearing.

M resonates in sinus cavities good for people with sinus headaches.

Y (pronounced yey) helps with the relaxation of the muscles around the jaw joint. It is also helpful for those who grind their teeth especially at night and who may suffer from headaches related to that action.

HA laughter sound good for people with indigestion or heartburn or abnormal appetite. You go through the same procedure given above, but keep on repeating "Ha, ha, ha", while trying to feel it in the stomach region. As you do this you may get in touch with the deep emotions that are stored within your solar plexus which of course is in the same area. If you do, use it as a gift and do a good off-loading session.

Once you have learnt to vibrate properly at the sound of each chakra, you practice vibrating at the frequency of each organ; this is a useful technique to learn because by doing it you can actually relieve yourself of pain in any particular organ. It has been used very effectively in people with severe pain due to terminal cancer or other causes to reduce the level of pain dramatically and thus the use of powerful pain killers.

You simply do it by putting the palm of your hand over any organ that you wish such as liver, stomach or kidneys and make a sound and alter its vibration or tone until you feel the vibration under the hand which is held over the relevant organ.

Part 2. *Listening to your internal sounds*

You can also learn to listen to your own sound of internal selves which is often quite and gentle. This can be quite a difficult exercise and definitely is not essential to do. You can do it as a matter of interest or curiosity although some people who have perfected the technique can do a great job in detecting the earliest signs of the dysfunction of the various parts of the body and deal with them in a preventive measure before real trouble sets in.

You do this by gently occluding both ears with forefingers, and closing your eyes and have a receptive listening attitude. Listen patiently and you may then hear your internal sounds. If the internal sounds you perceive are pleasant and harmonious, that often indicates that you are in a state of balance and health. However if they sound unpleasant and discordant then that may indicate that there are some areas that need attention. Then you can do the exercise in part A to correct them.

Exercise 2: *Learning to visualise or using the imagination.*

As the next exercise and some of the ones later on in the book will involve visualisation or use of imagination and some people think that they cannot do it, I thought that I would include this exercise here in order to help those people to improve their powers of visualisation or imagination. It is my belief that everyone can learn to visualise even if they think that they cannot do it spontaneously. The first and most important thing to remember is that what you visualise or imagine may be totally unlike the pictures that you see in reality. They may be blurred and indistinct like some of Turner's later paintings.

However, the most IMPORTANT thing to remember is that while doing any of the exercises which may involve the use of imagination, you don't actually have to "see" anything in your mind's eye. So long as you get a "Sense" of it using any one of your other sensory perceptions which is the strongest in you.

- a. Choose a large portrait, someone's face or any other large object with largish details on it.
- b. Concentrate hard for a few minutes on a small part of the object such as the nose in the case of a face.
- c. Then close your eyes and try and imagine the nose.
- d. Keep on repeating this AS FAST AS YOU CAN until you can imagine the nose as clearly as possible.
- e. Then expand your field of vision to include another part of the face such as the eyes as well as the nose.
- f. Close your eyes once more and try and imagine this expanded image.
- g. Keep on doing it until you can imagine it as clearly as possible.
- h. Continue until you can imagine or visualise the whole face or object of your choice.

Doing this exercise for ten minutes a day for at least ten days can improve your powers of imagination and visualisation quite considerably. Even if you cannot imagine or visualise after doing this exercise it does not really matter as you can always use your other senses

to get a feel or sense of what is going to be described later which will involve visualisation.

Exercise 3: *Learning to open and close your chakras*

Until you get to a stage of development in which you will be able to ‘know’ or ‘sense’ the state of your chakras as to whether or not they are open or shut, and develop the knack of being able to open and close them at will with a single thought, you need to learn to alter their state of openness by doing the following exercise. Although there are a great many different ways of doing this, I have personally found that one of the easiest ways to symbolise the chakra, is to imagine a rose of the same colour as the chakra in the situation in which it is located as indicated earlier. The closed chakra is symbolised by a tightly closed rose bud and the open chakra by a fully open bloom. With that in mind, you proceed as follows:

- a. Stand or sit in a meditative or easy chair position with your eyes closed
- b. Root
- c. Scan
- d. Imagine a red rose situated in the position of the root chakra and facing towards earth. In its closed state it is like a tight bud, but as it opens, so does the chakra. This chakra and its symbolic red rose **MUST** always be kept open so that you are constantly grounded and able to draw the powerful earth energy as well as releasing your negative emotions through your roots.
- e. Then you think of an orange rose in the second or sacral plexus; a golden yellow one in the solar plexus; green or pink in the heart region; sky blue one in the throat region; indigo or violet one in the brow or the forehead and finally a purple one in the crown region.

The crown chakra must also always be kept open, so that you constantly have a connection with the Divine Universal energy which can then be grounded through the root chakra. You can then keep the other ones either totally, partially open or fully closed. It is advisable to keep your heart chakra partially open and never close it down totally. It must of course be fully opened if you are intending to send love and healing to others. However, it is always best to keep your solar plexus closed most of the time, so that you do not pick up negative emotional energy from others. You should of course open it fully, while you are working on yourself, especially if you are going to do emotional release work.

Try and do this regularly on a daily basis, judging the level at which each chakra needs to be open for the task in hand. Depending on what you are doing, some days you may need to do this exercise several times a day. However, once you have mastered it completely, then you will find that you get a sense of the state of your chakra and adjust them accordingly by just intentionally thinking about the state in which they need to be.

Exercise 4. *Using golden light to cleanse the chakras and the auric field*

This exercise can be done both in a standing or sitting position. **The full exercise described in part A does not need to be done on a daily basis. Perhaps once a week or as often as**

you feel is appropriate to your circumstances as they are bound to vary from time to time depending on what work you are doing on yourself as well as what you might be picking up from those around you which includes your nearest and dearest.

The simplified version of the aura cleansing should be done at least once a day especially if you are doing any self-healing work as that is the integral part of the whole process.

I will describe the process in a sitting position. When doing it standing, everything is exactly the same except for excluding the root coming from the base of the spine.

At first glance, looking at this exercise it might appear quite difficult and daunting, but once you have mastered it, you will find that in fact it is very easy and quick. You will also find it very helpful and beneficial and will be able to do the whole thing in less than five minutes.

Part 1: *The full version*

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Now imagine a ball of golden light at your feet and radiating in all directions including going down the whole length of your roots and clearing any dark colours or imperfections that may be present and then going up your lower legs to your knees.
- e. Then take your attention to your knees and imagine another ball of golden light between them and radiating this beautiful cleansing light in all directions and going up your thighs to your root chakra.
- f. Next imagine a fully open golden rose in front and at the back of your sacral chakra below your navel and a ball of golden light filling the whole area and clearing the root which had formed from the base of your spine.
- g. Now imagine another beautiful open golden rose in front and another behind your solar plexus with a golden ball of light in between them and allow it to radiate in all directions cleansing everything in its path.
- h. Next imagine an open golden rose in front and behind the heart chakra with a ball of golden light in between and let it expand in all directions cleansing everything in its path.
- i. Take your attention to your throat and imagine a fully open golden rose radiating the golden light through to the back and connecting with the golden rose at the back of your neck.
- j. Now imagine a fully open golden rose in your forehead radiating the cleansing and purifying golden light right the way through your head and face to the fully open golden rose at the back of the head.
- k. Next imagine a large and fully open golden rose in your crown and radiating golden light in all directions especially upwards to join the Divine or Universal energy.
- l. With the next big in-breath bring a sheet of this golden light down along your right side to the soles of your feet, connecting all the previous balls of light as it goes down. As it is going down, imagine it cleansing the whole of the aura on that part of the body.

- m. With the out-breath bring the sheet of golden light up on your left side to your crown, connecting all the previous balls of energy together and cleansing that part of the aura as it goes up.
- n. With the next big in-breath bring a sheet of golden light in front of you to the soles of your feet connecting all the golden roses and balls of energy as it goes down thus cleansing the whole of the aura in front of you.
- o. With the next out-breath take the sheet of golden light from the soles of your feet behind you to the crown and once again imagine it connecting all the balls of light energy and the golden roses and finally cleansing the part of the aura behind you.
- p. Finally, bring a column of this golden light from your crown right through the core of you, including the Kundilini and down through your roots to the depths of the earth.
- q. Finish the exercise by doing the usual cancellation.

You will find that not only will you be able to cleanse your chakras, energy lines and aura, which by this time will be considerably wider than your physical body, but as you learn later (chapter 18 in this section) by performing this exercise regularly, you will also be able to send distant healing, help cleanse the planetary energy system while helping to raise the level of consciousness of mankind.

Part B: *Simplified version of cleansing the aura*

It is a good idea to cleanse your aura on a regular daily basis especially before doing your relaxation and self-healing exercises. However, you may find what is described in Part A somewhat time consuming especially when you first start. Therefore you can use the following simplified version instead:

- a. Sit or stand.
- b. root.
- c3. scan.
- d4. Imagine a sheet of golden yellow light coming up along the left side of your body as you take a deep breath in until it reaches your crown region. Imagine this beautiful golden light cleansing the whole of the left side of your aura.
- e. With the next out breath, bring another sheet of golden yellow light down along the right side of your body to the soles of your feet cleansing the whole of that part of your aura.
- f. With the next in breath, take a golden sheet of light from your feet to the top of your head cleansing the whole of the aura behind you.
- g. With the next out-breath take the sheet of golden light in front of you from the crown to your feet cleansing the part of the aura in front of you.
- h. Now imagine the golden light entering you through your crown and cleansing it as it goes down through the whole of your body cleansing all the remaining chakras as it goes down so that eventually it will take all the impurities and negative energies out of your chakras and aura through your roots to the ground to be cleansed and healed by mother earth.
- i. Cancel.

Homework:

1. Do the above exercises regularly, ensuring that you practice opening and closing your chakras and cleansing your aura regularly so that you will be able to do them rapidly which in time will become almost automatic and you will be able to do it with just a single thought.
2. Do your deep breathing and colour light meditation on a regular daily basis.
3. Continue with the off-loading exercises as and when appropriate.



Chapter 6

Heal with the magical rainbow

The act of active healing has got a number of different sub-branches with varying approaches. These include spiritual healing, Reiki, bio-energetic transfer, energy rebalancing and therapeutic touch, which are some of the more commonly known ones in the UK. There are many other methods practiced all around the world. They are all basically using the same healing energy but different ways of applying it with different philosophies behind the techniques. Here in this book when I refer to healing I am mainly concerned with the energy balancing within the body, mind, emotions and spirit.

Every one of us has tremendous healing powers within us. Unfortunately most of the time we are not aware of it, as we have become dis-empowered over the generations by believing that healing and recovery from illness is dependent on some external mediator such as a doctor, surgeon or complementary therapist. It is indeed true that we sometimes need the expertise of a surgeon, physician, healer or other form of complementary therapist to get the process of healing started. But basically, the healing happens deep within us. For example, if you cut yourself, do you ever think consciously that it is not going to heal? The answer is most likely no. You would just put a sticky plaster on it and instinctively “Know” that it is going to heal. Or after a major surgery, who or what is it that helps you heal totally, with every layer knitting perfectly? It is not really the surgeon no matter what a brilliant job he might have done in cobbling the various organs and finally the skin together. It is the inner wisdom of your own body with its own immense inner healing powers and resilience that does it for you. When I tore my eyeballs apart accidentally there was no way that any healing energy would have been able to bring the jagged edges together. I needed the expertise of the brilliant eye surgeon to help and bring the pieces together. But then I was able to use my own self-healing energy to speed up the physical healing of the eyeballs as well as dealing with the severely traumatic and emotional aspects of sudden and unexpected blindness and all that entailed. On the same vein, if I had acute appendicitis I would like a good surgeon to remove the infected organ. But would then use a healer to help me recover quickly post-operatively. Therefore in this section I am going to try and empower you to get in touch with that immense healing energy using your Essential Relaxation exercises and various other techniques and exercises that I will be describing in the following chapters.

Although the act of healing whether it be for a physical, emotional, personal, social or financial problem, we sometimes need the love, support and nurturing of others as we are going through this process, particularly when we come across difficult times. Therefore, having wholesome and sustainable relationships can be an extremely important aspect of this process, which could help to minimize the external sources of stress which for some may include things like the process of ageing, bad childhood experiences or a backlog of emotional distress from broken down relationships or severe losses of any sort. These other contributory factors towards the whole healing process will be discussed in detail in the forthcoming chapters.

However, sometimes despite our best endeavours our problems or behaviour patterns are too deep rooted or the energy imbalance too great for us to be able to deal with the issues on our own. In these circumstances, therefore, we might need to seek help and advice of conventional doctors, complementary therapists or preferably both in combination for a truly holistic approach to gaining perfect health and developing a state of total harmony, balance, joy and blissful well-being. In a situation in which the person is ill I compare their state of disharmony to being like a gas central heating boiler whose pilot has gone out. Then I as a healer will try and relight the pilot by facilitating and channeling the Divine, God, Christ, Universal, Creator or Source Energy through me to relight that pilot. To give a specific name to this cosmic energy is somewhat misleading and creates a boundary or limitation to an extra-ordinarily powerful energy source which is truly magnificent and limitless. It may also imply that there needs to be some form of belief system for it to be effective. This could not be further from the truth. No external belief system is necessary for healing to work. In fact I have found in my long experience in the field that often those who are most skeptical or non-believers tend to do best and they often become the most committed believers in the power of the healing energy.

The only belief and faith necessary is in one's own ability and intention to change, transform and try and overcome the difficulty whatever it may be; whether it be emotional distress, health problems, financial or anything else for that matter. Whenever I deal with a client/patient, my greatest ambition is to empower them to such an extent that not only do they recover from the problem for which they have consulted me, but using the techniques that I teach them, most of which are described in this book, to be able to look after themselves and become independent of all therapists including myself in the future. Although in this chapter I am concentrating on the results which can, and have been achieved as a result of the close partnership between the client and myself in a therapeutic context, every one of you who is determined enough can also do it for yourself using the many techniques describes in the various chapters of this book.

Although as a healer and a conventional doctor my greatest wish is to be able to help everyone to recover totally, I am also aware that everyone needs to go on their own individual journeys and learn lessons that they need to do for the development and maturity of their soul and spirit. It is my job to support them wholeheartedly even if it means that they need to embrace death. Death was once described to me by one of my twenty year old patients as being "like an opening of a massive gateway to another dimension and the receiving and inpouring of massive, powerful and clear life sustaining energies". Obviously a very old soul in a young body!

Many a time I have helped those terminally ill beings on their final journeys so that they had pain free and totally peaceful weeks or days, where there was no fear and the soul could pass over in utter calm. An act of release in the space of total unconditional love and light that not only eased the passage of the client to the other side, but as a consequence helped family and friends left on the terrestrial plain enormously knowing that their loved one had such a smooth and peaceful transition. (See Bill's case in ch17 in this section)

Here I will discuss certain basic facts before we get there, that need consideration which may give you a different insight and perspective on yourself and your body which may make it easier to understand how easy it can be to change and consequently reverse any process physical illness which might be currently occurring within you and how you easily you will be able to change all the various aspects of life and create the one that you truly want and deserve.

The idea of solidity and permanence is a total illusion. Everyone and everything including the Universe and the nature of God or the Divine creative force are in a continuous state of flux and are constantly changing. Those people who can best and most effectively deal with this change are the ones who are going to be the ones who will be most at peace with themselves and others and will be able to become totally successful at all levels of their being as well as the external manifestation of life such as health, happiness, jobs, careers, finance, wealth and success.

In the previous paragraph, I have alluded to the fact that even our bodies are not as solid as they may appear at first glance. Ninety eight per cent of ALL cells are changed within a year. Therefore, the physical person which you are now will be almost totally different in a year's time! (Also see ch1 in this section) We suppress and carry all sorts of memories within our cellular structure. This may be emotional, physical or even from previous incarnations. Hence without being aware and dealing with this fact effectively, then the memories are passed on from one generation of cells to others and hence the continuation of disease or negative behaviour or emotional patterns.

This fact is beautifully exemplified by the case of Jennifer who was a 59 year old lady who had had a heart transplant operation. Within 48 hours of leaving the intensive care unit she developed an intense craving for a particular type of chicken made by a well known take-away brand. This was particularly peculiar as she had been a strict vegetarian for the most part of her life.

As she continued to convalesce all sorts of other bizarre thoughts and memories started flooding into her mind. Although she was happily married with children and grandchildren, she developed this intensely powerful fixation that she also had a "wife" with other children who were totally unconnected with her own family.

On discussing these matters with her doctors and following further investigations it became apparent that in fact the donor of the heart was driving to pick up some take-away chicken nuggets when he had the car crash which led to his death. Furthermore, he was married with a number of children and the correct numbers and sexes that Jennifer was talking about.

Unlike the normal protocol of these situations it was arranged that Jennifer would meet the family of the donor and discuss with them all that was coming up. It transpired that in fact what she had been experiencing and the memories with which she was getting in touch were the memories of the life of the donor of the heart; a point which confirms the fact that memories are stored within the cells of our various organs. This of-course is by

no means is a unique case, as many other similar cases following transplantation have now been recorded.

Furthermore, apart from our bodies consisting of 70% water the majority of the rest of it actually consists of “empty space” in which the basic atomic particles in the molecular structure of the cells are whizzing around totally freely. Unlike what might be perceived, this vast space that exists within us is not just an empty hole or a void. It is filled with non-material intelligence and information which is a continuation of that of the Universe. Hence our individual beings are just a localized extension of the universal and cosmic intelligence, information, knowledge, wisdom and healing energy. What invariably blocks the free flow of everything that there is between the cosmic universal wisdom and knowledge and ourselves is the long held belief system and perception that we are separate self-contained, solid, static and non changing units. This type of limiting perception, thought pattern and belief system will lead to the inability to change, heal, and connect with the enormous source of knowledge, wisdom and healing which could be available to every one of us. The awareness that we are constantly changing is an extremely important factor in our abilities to change, transform, heal totally and manifest an abundance of whatever we wish into our lives like some unusual individuals who seem to have a knack of doing this automatically. This also applies to those famous scientists and inventors who seem to grab “new” ideas thoughts and inventions out of thin air. By virtue of the interconnectiveness, we are also closely linked with all other living things and sentient beings. When we falsely assume that we are disconnected from others including animals and plants, and start concentrating on our differences rather than what we have in common, that is when we create problems of war, animal diseases, environmental catastrophes and a total state of disharmony with a particular dramatic example of which currently is in the rapidly increasing global warming.

We can easily make a start on reversing the currently existing negative and violent patterns by firstly becoming aware of our interconnectiveness with everyone, everything including the environment and the creative universal force and healing energy. The next step is to alter our mistaken perceptions and negative thought patterns. This can easily be done by regular Essential Relaxation exercises and Autogenic Training which I personally have found the most powerful and effective ways of connecting with the inner stillness, intelligence, information, creative inspiration, inner strength and resilience, truth and wisdom and thence to that of the whole cosmic Universe and the energetic force of the Creator. This is particularly important as a medium to long term technique which can be learnt through my book “Autogenic Training”. (See references) For the current purposes of getting started immediately with our journey of change and self-healing, the colour healing meditation given at the end of this chapter is an excellent effective alternative way of doing it.

It has been estimated that we have at least 60,000 thoughts a day. The unfortunate and depressing thing about that is that up to 98% of the thoughts are repeated from day to day! Therefore this explains the fact that so many of us have such fixed and rigid behaviour patterns that are constantly repeated during the process of our daily living. As unfortunately in a large proportion of the population an enormous proportion of this

repeated thought pattern is a negative one related to our past sociological conditioning not to mention what we might have brought through from a previous life time to work with in this life time, it is not surprising that unfortunately so many people feel depressed, hopeless, helpless and disempowered and think that there is nothing that they can do to improve their lot. This could not be further from the truth and to change and develop a positive thought and behaviour pattern could be as simple as switching a light switch. The most important thing is to become aware that we DO INDEED HAVE THE CAPACITY TO DO SO and it does not have to be difficult or take forever to do so. That usually comes from the old and discredited belief system that in order to do anything or achieve anything must be really hard and time consuming and require Herculean amount of hard work.

The whole functioning of our being is like an extremely sophisticated computer. The skeleton and the muscles are like the hardware; the chemicals, hormones and the nervous impulses like the software; the thoughts are the programs; the thinker is the programmer and the body is like the print out. Therefore, you are the end product of your thoughts which in turn are created and modified and modulated by all your sensory and intuitive perceptions. However, there is a time lag between your thoughts and perceptions to what happens in your life and body. What happens within you now physically, emotionally, mentally and spiritually is the end result of your thought processes of a few months or even years ago. By inputting all the sensory perceptions without full awareness of their implication, significance and impact on your thought processes and consequently what happens to you at all levels of your being, you create the sort of life, health and behaviour patterns that YOU neither like, nor do they do you any good in leading you to your full potential and highest life purpose for which you have chosen to be born into this lifetime. Therefore, in order to be able to have the sort of wonderful and magical life that you desire and deserve in the future, ALL that you need to do now is to change your thought processes from the negative to the positive.; from a perspective of can't do to one of of-course I can do. Not only can I do, but can do it with enormous ease and joy in the process.

Both in my private individual work and the group workshops that I run, I guide the participants to learn how to identify the various blocks and negative behaviour patterns within them that are stopping them from transforming, changing and achieving healing in addition to whatever else they want to achieve in their lives. This is done by getting in touch with the gap between the conscious and the unconscious as well as the spaces between the thoughts where the universal intelligence and wisdom and healing lies and will help in releasing the long held cellular memories which are impeding their progress and replacing them with powerful, positive and healing ones.

However it is extremely important to remember that each and everyone of you can choose to change all aspects of your beings and especially your thoughts which is fundamental to the process of growth, transformation and expansion into your full potential and healing. All that you have to do is become aware of this fact and find a powerful way of enabling you to release the cellular memories, perceptions and the negative thought processes with the end result of becoming the creators and manifestos

of the ideal and perfectly successful life and destiny that you desire and fully deserve. With the help of this book and the exercises that will follow in the ensuing chapters, You will be able to do so provided of-course that you take charge of your own destiny and do them on a regular daily basis. The following exercises are some of the ways in which you can start achieving your goals and healing the damaged parts of your life.

It is important not to confuse healing with total curing of a condition particularly when we are talking about serious and potentially fatal illness and disease. Although it is quite possible that the underlying physical or mental illness may totally disappear and the individual go into remission especially if suffering from a serious condition such as cancer, healing in this context often means coming to terms with what is ailing you and through the techniques mentioned in this book learning the lessons that it is trying to teach you, managing it effectively and successfully. For it is quite conceivable that by the time you come to learning these techniques, the damage to the body may be too great to become reversible. Having said that though, it is also possible that when the old, unhelpful and negative memories which might be stored in the cells are released, then the new cells that are constantly forming as mentioned earlier, will form as totally healthy ones as a consequence of which the old disease process disappears. This will have the greatest chance of happening if you manage to restore your connection with the Universal energy, intelligence, information and wisdom which the following exercises will help you to do.

In preparation for self healing, the most important thing to bear in mind is the “**determination**” and the “**Intention**” to heal and recover. This intention and belief in your ability to heal must be total and absolute. For if you start with the intention of healing and then at a deeper level thinking that it probably won't work, then it most definitely will not. Two contradictory thoughts or intentions negate and cancel out each other and nothing happens. Furthermore, by having contradictory beliefs and intentions, ambivalent and confused messages are put to the Universe and consequently the universal healing energy is unable to fulfill its role. In order for the Universe to be able to manifest whatever you want including good health, the message put to it must be absolutely clear and unambiguous. Therefore, you need to show your absolute determination and intention to heal totally. Once you have done that then you need to detach yourself from the outcome and get into a mental state to accept whatever happens with serenity and equanimity.

As always, and as a prerequisite for manifesting anything and instituting any form of change, including healing we must show appreciation and gratitude for everything that already exists in our lives. This includes any ill health or any distress that may be present. For they are often our greatest teachers on the journey of our lives towards attaining and achieving its purpose. It is only by showing appreciation and gratitude for the lessons that we need to learn, that we can ease their release and our forward movement, which of course entails healing at all levels of the body, mind, emotions and spirit. For the relevant exercises for this see chapter 7 in this section)

Here we will be concentrating on healing and manifesting good health and sense of contentment and well being, as a manifestation of total success, abundance and a perfect and ideal life is covered in the next section. As mentioned earlier you must be absolutely clear as to what you actually want. Therefore before you go any further you need to do exercise 1 given later in order to make it crystal clear as to what your *true intentions* are:

However, the absolute mainstay of self-healing given in this book are the Essential Relaxation exercises (Ch1 in this section) which hopefully by now you are very proficient in doing it after regular daily practice. How you use it for this purpose is covered in exercise 2 later.

Exercise 1: *Making your intentions clear*

- a. Get into a meditative position.
- b. Root.
- c. Scan.
- d. Do the Breathing exercise.
- e. Think about all the health issues with which you want to work. Take as long as you need. There is absolutely no reason to hurry this part of the exercise as it is a very important part of the whole process of healing.
- f. Cancel.

Sit quietly for a few minutes and think carefully about everything that has come up. You may be quite pleasantly surprised for although your main intention might have been to start healing a physical ailment, your unconscious might have other ideas such as healing the hurts of the earlier part of your childhood first which would greatly contribute to your physical healing. If that happens, go with it and concentrate on the relevant chapters in the rest of this book as well as doing exercise 2 given later regularly.

Once you have thought about all the issues, write them down in as much detail as you possibly can in your progress notebook. The act of putting your thoughts and intentions onto paper is very important as it clarifies it in your mind as well as sending a clear message to the Universe.

Put them in order of priority and importance.

Now put a deadline by which time you want to achieve them. Make these deadlines realistic but not unnecessarily long, for the longer you procrastinate, the longer it will take you to heal.

Having decided on your priorities for healing go onto doing exercise 2.

Exercise 2: *Self-Ealing with the powerful healing light rainbow meditation*

The full healing exercise consists of the simplified aura cleansing which is fully described in Exercise 4,part B in chapter 5 in this section, which hopefully you

have already been practicing. This is then followed by a full Essential Relaxation exercise with the further small addition which will now be described.

When you are bringing the white light down through the core of you, concentrate a beam of it, just like a laser beam on to the area which is in a state of distress or disease. Do this for as long as feels appropriate intuitively. Once you are finished, then you carry on with the rest of your meditation as normal and take the white light out of you through your feet and root into mother earth as per usual.

Sometimes and in some people, when the laser beam of white light is directed to the diseased area, some dark coloured material or toxins is released as the diseased area starts healing. Allow this dark colour to be dissolved into the white light and be taken out of you through your roots. This is perfectly alright if it happens as it obviously is your inner wisdom releasing the disease symbolically in this way.

As whatever needs discharging is taken out of your roots and into the earth, At that point think of a sentence such as “ I release all my disease, distress and disability to be taken out of me into Mother Earth to be transformed and transmuted into healing energy for her own and others’ purposes”. The wording does not have to be exact. The original wording that may come up for you is by far the most important.

You may go very deep in this exercise, and consequently cancel thoroughly and take your time in you fully coming round. Sit quietly for a few minutes observing whatever that may have come up and take note of it by writing it down. You may get very important insights while doing this exercise which may give you a good indication of the real underlying source of what your problem may be and the cellular memories that you need to release by doing further work with the exercises given in other chapters of this book.

It is best to do the full healing exercise at least once a day, especially if you have some serious health problems or other chronic issues that need resolving. You can of-course do the light rainbow meditation with the additional healing modification more frequently if you have the time and so wish.

Exercise 4 : *To visualise and manifest everything that you desire in your life*

:

1. Do exercise 1 in this chapter given earlier at least once.
2. Do the full healing exercise at least once a day spending 20 minutes or more. The full healing exercise consists of:
 - a. Simplified aura cleansing (Exercise 4, part B chapter 5 in this section).
 - b. followed by the Essential Relaxation exercise incorporating the healing modification described in exercise 2 given earlier in this chapter.
3. Continue with your Breathing exercises frequently to keep topped up throughout the day.
4. Continue with the off-loading exercises as required.

Chapter 7

Nurture the inner child, forgive and be grateful

To understand the magical nature of the mind, is to acquire awesome powers. This will enable us to understand that at every moment of our lives we have the power to accomplish anything we want. Infinite power, knowledge and information is contained within the vast ocean of the universal mind and it is ours on demand. Most of it we may never need to use but it is ours all the same. The true goal of life is to know yourself as the field of infinite possibilities. Inside every person is a God in embryo and it has only one desire. It wants to be born and experience what it has contracted to do at the soul level; whether they are good or bad.

All the infinite amount of information gathered as a result of its many rebirths is stored deep within the embryos reservoir of its memory bank. Using the modern computer analogy, all the information is stored on the hard disc without the password being provided for most of us to be able to get into the various files which are full of information. Because of this, we are invariably totally unaware of this fact and hardly ever use this vast amount of stored information. The new born baby is provided with all this information at birth, but is not provided with the correct keys to enable it to unlock and utilise the information. Consequently as they grow, they go through the arduous process of relearning most of what they already know! It is only on odd occasions that they become aware of this prior knowledge such as in the phenomenon known as “Déjà

vu” in which they “know” that they have already experienced something before. This can of-course also happen during the process of regression into past lives when some of that knowledge and information can be gleaned once more. This may have some relevance and importance in allowing the individual to become aware of the importance of some of the lessons that they need to learn in this lifetime and hence become aware of their life’s purpose.

Whether you consider that you have had a rotten start to life as a child or a good one, **it is what you have chosen for the purpose of growth and maturity of your soul.** Therefore moaning and whining about the hard times that you might have had is a total waste of time and energy. What you need to do is to discern what you need to learn from the experiences, release them and move on. Often this act of letting go involves forgiveness and gratitude irrespective of how hard the chosen lessons might have been.

The act of forgiveness is one of the most difficult things to undertake especially when we feel that we have been badly wronged particularly as a child. Yet it is singularly the most important action that we can take in order to help us to move on our journey of change, transformation and spiritual development as part of the process of becoming whole, rounded and healed beings in all aspects of our lives.

It is often very difficult to forgive either ourselves or others who we may feel have done us wrong. Our feelings of fear, anger, guilt or blame and inability to forgive someone who has committed an act of violence against us or violated our space, whether physical, sexual, emotional or psychological, may be perfectly justifiable at the time in order to enable us to cope with the occurring situation. However, it is important to bear in mind that we can only become truly at peace with ourselves when we have managed to extricate from our minds the painful thorns of negative emotions or memories associated

with what might have happened. It is often by doing so that we can make enough space in our hearts and lives to allow in new, fresh and joyful experiences, as well as unconditional love and light (Ch 12, in this Section). We will know instinctively when that happens, as our whole attitude towards ourselves and all those around us will change, and will be tinged with the light and delicate touch of joy, beauty and love , rather than with the dark and ugly shadow of bitterness and recrimination.

It can take an enormously long time and a great deal of perseverance, patience and love before we achieve a state that permits us to genuinely forgive our adversary, whether the offence be perceived or real. But once we have reached that stage in our lives when we feel ready to forgive followed by the actual act of forgiveness, then the far-reaching powerful healing effects of this action can manifest themselves extremely quickly. The forgiveness needs to be genuinely from the heart and not just an intellectual act. At first we may need that hatred or anger to help us to cope with the situation that generated the problem in the first place. However, once we start working on ourselves and on our deeper being, we usually find that we get into a state of mind that favours forgiveness, as we realise that it is only by forgiving that we can let go and free ourselves of all the negative and unrewarding energies of the past that hold us back and so slow us down on our journey towards transformation, healing and total liberation and freedom.

I personally experienced this in great depth after having worked through my negative emotional states especially fear and anger, and was able to forgive my female nanny who had sexually abused me for 2-3 years while I was only 5 years old. When we reach that state we may also wish to comfort, support and congratulate ourselves on having achieved such a breakthrough in our journeys towards self-awareness, growth and emancipation. Do remember, though, that sometimes the person that you get in touch with is the child within you, who needs all the comfort, support and nurturing that he or she may never have had in the past, and the absence of which may be a major contributory factor towards the present problems.

You may enter the state of forgiveness either when you have successfully completed one of the exercises described later, or at any time in your life when, as a result of a great deal of inner work, you realise that you no longer need to hold on to the negative and painful experiences or emotions of the past. One of the extremely important factors which often prevents us from being able to get into the space when we will be ready to forgive and let go of our past wounds and hurts, is the thought or fear that by so doing we are actually *condoning* and *agreeing* with the action and injustice which might have been perpetrated against us. It must be fully acknowledged that there is **NO way** that that is the purpose of forgiveness. In deciding to forgive, we implicitly acknowledge the misdeed or wrong which had been committed against us or by us against others. It is only by doing that that we can then proceed to forgive at a soul and heart level and release the negative emotions and memories associated with the event/s. Having done that, we can then truly release the full healing power and force of what follows the act of forgiveness and thus feel released from the bondage of our past and negative influences that might have impinged on any aspect of our lives. In order for that to happen you need to do the exercises given later when you feel ready for them. It is important to realise that in some instances the people

around whom we need to do the forgiveness exercise may have already died. This should not be a barrier as the act of wanting to be forgiven or forgiving the other person can be just as important after their death for allowing us to move on.

It was only when I was in my late thirties when I reached a stage in my own life when I was able to forgive the woman who had sexually abused me as a young child for almost two years. The experience had obviously been so traumatic that I had repressed it totally and had been unaware of what had happened so early on in my life. I only knew instinctively something really bad had happened judging by the intense anger that I felt most of the time, especially towards women in general. I could not also understand the intense abhorrence of being touched especially by buxom women, despite knowing all the theoretical aspect of how nurturing touch should be!

It was after many years of working on myself that during one week of intensive art therapy workshop that the whole unpleasant experience poured into my conscious awareness, and enabled me to understand the nature of the emotional trauma and sensory perceptions of touch and smell which had so blighted the earlier part of my life and sexuality. This awareness was one of the most illuminating aspects of the journey of my life. Once I had worked through the powerful negative emotions that came through, I was able to release the whole experience by forgiving my abuser, despite the havoc that her actions had caused in my life and probably had changed its direction totally. This moment in time, was probably one of the most significant times of my life. After having forgiven her from deep within my heart, I felt totally released and liberated. It took an enormous burden off me, especially when I realised that by hanging on to all the old emotional and physical hurts, all that I was doing by not forgiving her, was to continue

to hurt and punish myself and continue with the old pattern; as one of the most powerful underlying feelings of the abused is guilt. The guilt that it was probably my fault and I needed to be punished. It is important to remember that the mentality of a young child is totally different from that of an adult, especially when the abuse occurs, the abuser often ensures that the burden of guilt is projected onto the innocent child. By grudgingly hanging on to all the intense emotional distress, there was no way that I was getting at her or hurting her back or revenging for all that I had suffered. I was only keeping the flame of hurt and pain going on for myself and ruining my life in the process. As a by product of my experience with which those of you who have also been abused may be aware of was the fact that I could not bear to be touched by anyone especially women for a great deal of the early part of my adult life. In fact I used to find touch which is one of the most nurturing of our sensations quite repulsive. After genuinely forgiving my abuser, I found that I started enjoying the sense of touch and in fact now I have become a hug addict!! Seriously though, there has been a great deal of research showing that touch is an extremely important aspect of a child's wholesome development. Consequently touch and hugs become an important aspect of the adult's nurturing (Chapter 3 in Section 2). It has been said that we need four hugs daily for maintenance and at least eight for a sense of well-being. *How many hugs or significant nurturing touches have you had during the last week, let alone during the day?* It is also important to remember that by hugging with an open heart we can help with the healing of the person we are hugging through their heart chakra. In fact I use this heart-to-heart healing a great deal in my workshops and individual healing. We do not necessarily have to be in direct physical contact for



this healing to occur. It can be done with a loving intention and an open heart (Ch 10 in this section).

Forgiveness of a really bad hurt is by no means easy; in fact it can be extremely difficult and require an enormous amount of hard work and courage to reach a stage of forgiveness deeply from within the heart. The sort of intellectual request for forgiveness which can be done in some of the religious liturgies is really not adequate or sufficient. It is relatively easy to suppress the emotions and intellectually forgive someone or something in somewhat a general and abstract way. Yet at the same time holding on to the emotional hurt at the heart level.

We learn to forgive at different levels, the first and the most superficial is the one that I have already indicated in which we do it at an intellectual level. A deeper level of forgiveness occurs when we reach a stage of development within ourselves when we can acknowledge that the perceived wrong done to us was only undertaken because of the limited and the damaged resources with which the perpetrator of our unhappiness was in doubt. The final and the deepest and the most powerful level of forgiveness which truly releases its immense healing energy, is by reaching a stage at which we can acknowledge that the person who committed the perceived wrong against us was actually presenting us with a gift which had been an important aspect of our learning the lessons that we needed to have learnt and without which we would not have been able to complete the attainment of the full purpose of our lives for which we had chosen to incarnate into this lifetime. As a result of this awareness we would then not only be able to forgive totally but also be

thankful for the intervention of the people involved who have helped us on our onward journey and our spiritual development.

The above point was perfectly exemplified by a well publicised court case in England in mid-2001, in which the driver of a car carelessly tried to get a sweet out of his pocket while driving fast on a motorway and caused a major accident in which he was totally uninjured, but he caused the death of a young man and his fiancée who was pregnant. The mother of the boy must indeed be saluted by all of us on her extra-ordinary courage and compassion to be able to forgive the driver of the car through whose careless driving caused the death of her son, his fiancée and unborn child. Not only that, but by writing to the court and pleading clemency from the presiding judge helped enormously for the driver to get a much lighter sentence than he would have done otherwise. This amazing act of forgiveness and compassion coming so soon after the death of her loved ones should be a real salutary lesson to all of us. For if everyone in the world who had been hurt or wounded in one way or another would follow her wonderful example and release their grievances, then we would truly move towards a world without malice and full of harmony mediated through the intervention of the acts of forgiveness, love and compassion.



Realisation of a few points which I am going to discuss here may help with the process as they certainly helped me in my case. Firstly we must realise that there is no regulation or law that states that we must have a wholesome and happy childhood! We choose to be born into this life and on this planet to experience certain issues with which we must deal with for the development and maturity of our soul and spirit as we progress on towards joining the Godhead (Ch 11 in this section). Therefore if we accept the fact that we choose to be born to parents, situations or even communities or countries which perfectly match the set up that we need to experience, then we must accept the responsibility for our actions and what ultimately happens to us and we experience.

Secondly, if we have chosen to have a bad experience, then someone must at the soul level love us sufficiently to reincarnate with us to perform that 'evil' deed. For instance in my own particular case, I must have made an agreement at a soul level before being born for my nanny to become my abuser so that I could experience the act of being abused. By the same token, she would have had the experience of being the abuser which would have been part of the experiences that her soul would have needed as part of its own growth. I believe that all our souls need to experience every aspect of humanity both good and bad. However this possible explanation for the karmic law of action and reaction or cause and effect should not be misunderstood. In no way am I condoning bad or even atrocious behaviour. I am only trying to give a possible explanation to try and make them easier to understand in a wider and meta-physical context so that we can then find it easier to deal with the suffering, hardships, heartaches and severe emotional distress which take place in our lives, learn from them, release them and move on rather

than hanging on to them to such an extent to not only make our lives unbearably miserable and unhappy but also store up serious illness for us for the future.

Finally on this matter, it is extremely important to realise and acknowledge that although we have chosen to experience unpleasant and painful events in our lives at times, in NO WAY have we contracted to prolong the suffering for as long as it takes. Therefore, the speedier will learn from the experience and release its negative aspects, the quicker we can move on towards the development of our full potential and attainment of our life purpose/s and start bringing in joy, harmony, contentment and bliss into our lives.

When you look back on your life and become aware of some of the very hard and horrendous things that might have happened to you, you really just have two choices. One is to become so consumed with their raw emotions; become bitter and twisted and totally ruin your own life and everyone else's with whom you come in contact, or take responsibility for them, learn the lessons that you needed to have learnt as part of the reason for which you came into this life in the first place ; and move on and become a better, stronger, more compassionate, caring and understanding person.

I am sure that you are aware that we carry all aspects of ourselves from the time we are born as a baby until our adulthood within us. Therefore if we have had good, loving and nurturing experiences and inputs from a young age, then we grow to become strong, loving, caring and compassionate beings as adults. On the other hand if we have had negative, painful, traumatic experiences or severe losses early on, then we grow up with

feelings of worthlessness, helplessness, hopelessness and lacking in confidence which are sometimes masked by compensatory aggressive behaviour, jealousy, envy and feelings of insecurity. Therefore you have the choice of whether to release the bad and negative earlier conditioning and make a start on transforming your life into the sort of wonder that you wish it to be, or you can hang on to the past and ensure that you continue suffering unnecessarily. **The choice is entirely yours.**

It is important to realise that apart from creating insecurity and feelings of worthlessness with low self image, self esteem and confidence, unresolved negative emotional issues and memories from childhood can have immensely powerful impact on the inception of disease later on in the individuals' lives. Many examples of this are given throughout the book, especially in chapter 17 in this section. Additional to that, they can also present with some unusual repercussions as exemplified by the case of Daphne.

She was a 52 year old South American midwife who had a very responsible job in one of the major London Teaching Hospitals. She had seen me on several occasions for relatively minor health problems all of which had cleared with one or two healing sessions. Therefore, when she came to see me once more, I had wrongly assumed that this consultation would follow the usual pattern. However, I was extremely surprised when I discovered, the thing for which she wanted healing was to improve her hand writing which would become totally illegible especially when she was stressed. She instinctively knew that part of the problem was the fact that the more stressed she got, the faster she would write and as a consequence the worse her hand writing would become.

She also knew that she needed to slow down, but for some unknown reason she was unable to have any control over that.

On closer questioning, it became apparent that her current problem had its roots in her childhood. When she was a young child, she was apparently quite slow in all that she did as she liked to take her time over things. However, this was greatly frowned upon especially by her mother who had to deal with six children. Consequently, Daphne had been regularly hassled and bullied both at home and at school to hurry up and if she did not, she would be punished. She had completely forgotten this aspect of her early childhood until we started talking about it.

Following the healing and the advice for her to do her Autogenics training and the other essential relaxation exercises regularly and especially using the deep breathing exercise before she started writing anything or at any time when she started feeling stressed when she was trying to write, the hand writing improved dramatically and she felt encouraged enough to start a calligraphy course so that not only would she have legible hand writing, but also a beautiful one.

Once you have decided to move on and enrich and enhance your own life and consequently those of everyone else around you which you MUST have done in order to get this book, then you can use the exercises given later in this chapter as well as the many others indicated in the rest of the book to help you on your way to the positive and

rich life that you truly deserve, filled with love, joy, compassion and blissful happiness, contentment and peace, which are the precious gifts which are resident deep within you.

To give thanks at a time when your life is going really badly; is in turmoil and total chaos may seem virtually impossible. Probably, there are so many negative emotions of anger, sadness, frustration, guilt, blame and shame knocking about, that showing gratitude will be the last thing on your mind. It is indeed at these times when your life seems to be in the middle of a whirlwind that you need to stop; take stock and give thanks for all those aspects of your life which are still working. Not least of all for the gift of life and inner resilience, strength, courage and the supportive love of the divine creator which will help you weather the storm. It is a well known fact that there is a point of stillness inside even the worst hurricanes. You need to find that point of stillness within you which you can do by doing the relaxation exercises indicated in this book on a regular basis. Once you have done that, you will find that by so doing it will help to calm the circumstantial and environmental storm which may be raging around you. It is by being grateful for that stillness and everything else that will help you to get through your bad times, and the awareness that all that you may be going through are lessons that you have chosen for the maturity and final enlightenment of your soul, should help you become more sanguine about giving thanks for your life and what it is contributing to the raising of the consciousness and experience of mankind and the Godhead (Ch 11 in this section). A child who has been wronged may not be able to comprehend this concept. But you as an adult can do so by being grateful for all those aspects of your life that are good and forgiving your apparent adversaries, knowing that by so doing you'll free yourself, and

thus your life will transform in a way that will create situations and improvements for which you can be truly grateful.

The following exercises demonstrate how you can actually technically nurture your inner child, forgive and be grateful.

Exercise 1: *Nurturing the inner child*

This exercise can be very powerful and get you in touch with some intensely deep emotions. If indeed you become emotional, release them as you are being given a gift to deal with those emotions that need to be released.

You don't have to do this exercise on a regular basis. But do make sure that you do it at least once and at any other time when it seems appropriate. Being so powerful, it releases the backlog of suppressed emotions and memories very quickly and an awful lot of it can be released even in one session.

- a. Use an old doll or teddy bear if you have one for this exercise. If you have not got an old one, you can use a modern one or even a cushion or a pillow for this purpose. REMEMBER THAT THE TEDDY-BEAR OR DOLL MAY HAVE BEEN YOUR SOLE WITNESS AND COMFORTER AT YOUR MOMENTS OF GREATEST NEED AND VULNERABILITY, WHEN YOU EXPERIENCED YOUR MOST DISTRESSING THOUGHTS AND NIGHTMARES, HORRIFIC MEMORIES, PAINS OR SILENT SCREAMS.
- b. Sit or lie in a comfortable position. You can rock backwards and forwards if you are in a sitting position
- c. Route
- d. Scan

- e. Imagine the doll, teddy bear or pillow to be the younger you. The age should be what comes to you immediately and without being edited
- f. Hold the object tenderly as if you were holding your own child in your arms
- g. Look into his/her eyes and think about the unpleasant experiences which might have happened at the time. You do not have to think of them in detail. Have a conversation with your younger child or anyone else who might have been involved in the memory which had come up. Do make sure to say all that needs to be said so that you feel totally “emptied out”. If you get in touch with strong emotions, let yourself feel them and then release them in whatever way which seems appropriate at the time
- h. Now imagine a beam of pink light to come out of your heart and go to the heart of the imagined child whom you are holding tenderly in your arm and imagine them filled with this beautiful healing and nurturing light of unconditional love and get totally and completely cleansed, healed and released. Also send the light to the people who were involved in causing your unhappiness and distress, knowing now that they were only doing it from their level of limited resources and damaged personality which they had at the time, and that what happened was an important part of learning process for your spiritual growth and development and for you to be able to work towards achieving your life’s purpose for this incarnation. Thank and forgive them.
- i. Forgive yourself as well if you feel that there may be a guilt or responsibility related to you in this situation

- j. Now say to the perceived child whom you are holding in your arm all the loving, caring, supportive, nurturing and positive things, statements and comments that you needed to have heard as a child but never did. Also include areas of forgiveness that need to be covered
- k. Once you have finished saying all the positive things that you feel your younger you needed to have heard, hug him/her tightly and imagine the now loved, nurtured, supported and healed and whole younger you to merge inside you through your heart which is fully open by now knowing that this process of nurturing and healing will help enormously to augment all your own positive attributes as an adult
- l. Although at this stage you may feel tired and drained, the predominant emotions that you feel should be relief, peace, contentment and love for your child. Stay in that space luxuriating in the newly found peace, love and contentment, knowing and trusting totally that the healing process of the past which has started here will continue automatically at an unconscious level just like your heartbeat and breathing even after you finish the exercise.
- m. If by any chance you still feel some negative emotions knocking about, all that that means is that you did not release them sufficiently in the earlier part of the exercise. Do make sure that you do some proper off-loading exercises as soon after this exercise as is appropriate.
- n. Continue sitting or lying down for as long as you need to recover from the process which can be quite exhausting, particularly if you got in touch with powerful

emotions and memories. Don't forget that you have worked immensely hard during this process. But it would have been well worth it in the long run.

- o. Cancel in the usual way when you are ready.

Once you are ready, have a glass of water and write in detail in your progress notebook all that came up during this powerful exercise, making sure that you confirm and affirm all the healing as well as the positive attributes and affirmations that you instilled in your younger child.

You can of-course repeat this exercise using a different relevant ages for the younger you if appropriate as indicated in the description of the various chakras as given in chapter 5 in this section , as there might have been several different age groups during which you might have had difficult times. Going through the different age groups with this exercise will help to release the back log of hurts and help you to incorporate within you the newly nurtured , loved, supported and healed and confident younger you at different relevant ages which will help enormously with building up your confidence, security and feelings of self worth, -esteem and –image. It will fill the hole or the void left behind inside you from the past hurts and wounds which have thus been released with positive qualities and attributes which you would have probably attempted to fill with unnecessary food, drugs, alcohol or other mis-directed behavioural patterns which are totally unhelpful, unwholesome and can even be counter-productive and detrimental to your long term health and well-being if you had not undertaken this incredibly powerful exercise.

Exercise 2 : *Forgiveness with pink light*

Often when we talk about forgiveness, it is assumed that we need to forget the perpetrators as well as the incident's no matter how unpleasant and damaging they might have been. However, this could not be further from the truth. There is no way that we are condoning the unacceptable behaviour, let alone forget the incidents which might have occurred. What we are trying to achieve by the act of forgiveness is to draw out the sting of the damaging and painful end result of the action which has hurt us so deeply and consequently by so doing enable the wounds to heal thoroughly and thus allowing its full healing powers to be released.

The other side of the equation which often tends to be forgotten is that it is as important if not more so to forgive ourselves and thus release totally any guilt or shame that we might be feeling around any particular issues with which we are dealing. It is important to realise that often the acts of forgiveness of ourselves and others can be closely linked as they might involve the same act or incident.

- A. Make as full a list of everything and everyone whom you feel has upset you in the past or is doing so now and need forgiveness, irrespective of how small or large you perceive their misdeeds to be. You must also include all those who passed on and with whom you still have unfinished business.

Do remember that for *this exercise you do not have to confront the people whom you want to forgive* or even for them to know what you are doing for the exercise to be fully effective. *Most importantly*, you must realise that by doing this exercise, **in no way are you condoning their behaviour which might have been totally unacceptable by any standards.**

- B. Now make another list in which you should include the people or situations by whom you feel you need to be forgiven.
- C. Prioritise the lists.
- D. Make sure that you are in one of the sitting positions and close your eyes
- E. Root
- F. Scan
- G. Choose the first person on your list whom you want to forgive and Now imagine him/her in front of you
- H. Send a beam of pink light of unconditional love from your heart to their heart and allow it to spread to fill them up fully. While doing this, think of a phrase such as “ Although in no way I condone what you have done, I still forgive you totally and unconditionally.” You don’t have to use these exact words. What may come up from within you will probably be more appropriate. But the sentiment should be similar to what has been mentioned earlier.
- I. You may find that by forgiving just one or two people on your list, most of the others will be forgiven as well. Therefore, it is advisable to check your list from time to time to ensure that you still need to go through and forgive everyone on it.

Now think of the first person on your list by whom you want to be forgiven.

Apologise from deep within your heart for the event (whether real or imagined) which might have led to the difficulty.

J. **Ask for the forgiveness of the person and feel it in your heart.** This process can be very emotional. If you do get in touch with powerful and deep emotions do release them as that is an important integral part of the whole exercise following which you will **cancel properly**. However, if you have not got in touch with any negative emotions and the only feelings are peace and joy, then allow yourself to become filled with the pink light of unconditional love and forgive yourself totally from the depth of your heart.

K. Once you feel that you have done all the work that you need to do for the moment, cancel as usual.

You can combine this exercise with exercise 3 given later for even more powerful results.

Write down in your progress report a brief summary of whatever might have happened during this exercise. You need to go through your list on a regular basis to ensure that you have forgiven everyone and that you have been forgiven yourself as well so that the full healing power of the process can start working. The speed with which you do it is immaterial especially since you might have to forgiving the same person repeatedly until you feel that the forgiveness is complete and you feel it deep within your heart. You have all the time in the world and therefore take your time. But do a thorough job of it when you undertake the exercise.

It is also worthwhile to review your lists from time to time to see if any new people or situations have arisen which need the forgiveness treatment.

You can of course repeat this exercise as often as is appropriate in order for you to work through the whole of your current list and any new ones that may appear as you proceed on your journey of life.

Exercise 3: *Candle ritual for forgiveness*

You might like to perform this ritual to complete the process of forgiveness, as Some people find it very helpful.

To perform the ritual of forgiveness you proceed as follows:

- a. Light a candle at a quiet time when you are not going to be disturbed. Sit in a meditative position in front of it. You can either have your eyes open or closed for this exercise depending on what feels more appropriate for you
- b. Root
- c. Scan
- d. Imagine the first person on your list who needs forgiveness being filled with the candle light which is a powerful symbol of the Divine, Creator or Universal unconditional love, healing and forgiveness.
- e. Then use your own words which are appropriate to forgiving that particular Person. You can of-course use phrases such as mentioned in exercise 2.
- f. Go through the same procedure with the rest of the people on your list.
- g. Now allow yourself to be filled with the pure light of the Divine love and feel yourself being totally forgiven
- h. When you feel finished for the moment send blessings, prayers and forgiveness to the whole planet.

- i. Cancel

Sit quietly and contemplate on whatever has happened. This can be a very powerful and emotional experience and if you do get in touch with any emotions do ensure to release them. Write down in detail everything that had come up in your progress notebook.

Exercise 4: *Forgiveness through pink light and figure of 8 release work*

- a. Sit down in a comfortable chair and close your eyes
- b. Root
- c. Scan
- d. Imagine a large figure of eight (8) ahead of you lying horizontally on the ground.
- e. Imagine yourself sitting in one belly of the figure of eight.
- f. Then imagine whoever or whatever you want to forgive in the other belly of the figure of 8.
- g. Next, as you sit in your belly of the figure of 8, cover yourself with pink light, so that it feels as if you are in a balloon of pink light which is a symbol of unconditional love as you know by now.
- h. Then cover whatever or whoever who needs forgiveness in the other half of figure of 8 with a separate source of pink light, so that the person or object is in a separate pink balloon.

- i. When you are ready, cut the waist of the figure of 8 and allow the other half to lift off and disappear into the sky. Send the balloon off with blessings, love and healing and forgiveness knowing that whatever underlined your distress is thus released together with total forgiveness.
- j. Now forgive yourself by saying something like” I totally and unconditionally forgive myself and release any underlying emotions related to the cause of my distress”
- k. Do this as often as needed until the problem sorts itself out. Long lasting problems or pain can take a while before the visualisation works.
- l. Cancel

Sit quietly for a few minutes taking in all that has happened and then writing it in detail in your progress notebook.

Exercise 5 : Identifying everything for which you are Grateful and showing gratitude

It is important to show gratitude not only for everything that is good which has happened in your life, but also for those apparently bad or negative things, for often they are your greatest teachers which will help you enormously towards your growth, maturity , healing, transformation and movement towards your goals and life purpose.

- a. Get into a meditative position with your eyes closed

- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about everything in your life for which you are grateful and thankful irrespective of how large or small they might be
- f. Do the healing light rainbow meditation exercise concentrating particularly on the issues which have come up around gratitude
- g. Thank God, the Divine creative source or the Universe for your life and everything which has already been manifested for you
- h. Cancel

Sit quietly for a few minutes observing what has come up and

Write them all down in great detail in your progress notebook. For the more gratitude that you show, the more abundance you will receive.

Try and do this full gratitude exercise at least once a week. But do make sure that you regularly thank the Universal Source of Abundance twice daily on rising in the morning and at night before going to bed.

Homework:

1. Do as many of the above exercises as often as is necessary and appropriate



2. Continue with the daily Essential relaxation exercises always saying a few words of thanks before you start.
3. Continue off-loading as appropriate



Chapter 8

Acknowledge yourself as a precious gift

One of the earliest and most damaging messages that is instilled in us happens when we are young children. That is that if we think of ourselves good, capable, and self-nurturing is somehow inherently bad, arrogant or selfish! However, this attitude and method of messaging totally misses the point and denies the fact that unless we love, nurture, respect and value ourselves, then there is no way that we can give out that wholesome loving energy that is the absolute essence of us being able to communicate with another on a deep loving, compassionate and caring relationship based on mutual respect and validation.

If we happen to have chosen to be born to caring and loving parents, we are told from a young age that we must be kind and polite and good and loving to others. But somehow the connection of those essential and beautiful values to ourselves is missed or inadequately stressed. To care for ourselves the same as we do for others is somehow considered wrong, selfish, arrogant and conceited. The acceptance of this messaging will imply that we do not deserve to receive kindness, care, attention, love and nurturing. It is hardly surprising therefore, to find that such a large proportion of the population have such feelings of low self-image, self-worth and self-esteem. These of-course very important ingredients contributing towards lack of confidence during adulthood leading to being unsuccessful in most of the fields of endeavour. But most importantly invariably leading to illness, lack of wellbeing and inability to manifest abundance in the longer run.

This is only considering those people who are born to loving, caring and moderately balanced parents. However, a great many of us choose to learn much harder lessons and consequently be born to difficult, uncaring and even malicious and outright malevolent parents. In these situations of course, even the initial messages that are imprinted in the young child's mind is that of being nasty, uncaring, vicious and violent to others as well as oneself is the norm. In these circumstances, the brilliant shining, shimmering and scintillating diamond that is within the new born baby will definitely be covered with numerous layers of dark muck and will leave the individual with the impression that they are filled with rubbish, darkness and unpleasant inner qualities with an almost totally non-existent feelings of self worth or value. It is hardly surprising, therefore, that when these souls start looking inwards all that they can see is the superficial dark matter projected onto them which scares them from looking further in. With loving, gentle and persuasive guidance and the reassurance that once they clear all that junk and rubbish which has mostly been projected onto them, there is a beautiful, serene and pure loving energy deep within them is often a surprising revelation. Receiving proper loving and nurturing support, even the most damaged individuals can have amazing breakthroughs and connect with their own precious inner gifts that constructs their being. A great deal of patience and understanding is required to guide them through their difficulties. *This is what you need to do for yourself in order to fully nurture yourself.* This can be achieved

by regularly doing the Essential Relaxation exercises and many of the others described in this book especially the ones in previous chapter and at the end of this one.

Whether you have reached current state of feelings of inadequacy, inferiority or worthlessness through parental indoctrination, educational input and instructions or any other way is really immaterial. The most important thing is to realise that your life has been blighted and created a fertile soil for feeling shame, guilt, and 'that everything that goes wrong is your fault' even if it has absolutely nothing to do with you. The long term conditioning into the negative pattern of feelings of worthlessness and lack of confidence eats into the fabric of your being as well as your cellular structure and memory and will programme you into totally disempowering yourself and prevents you from becoming aware of your full potential let alone doing something about it.

This sort of negative conditioning also prevents you from acknowledging your own needs, desires and aspirations and consequently you end up by sublimating and suppressing them and storing massive problems including the field of health for the future. You also learn to put yourself at the bottom of the pile as you feel that you are not worthy of giving yourself the time, space, love, care and nurturing that you fully deserve. This also necessarily leads to an attitude of being unable to say no to anyone even if that is to your own detriment. There is usually a massive fear and reticence that if you say no, you will not be liked; you will be rejected and you will be left alone and unloved. The combination of these events and repetitive negative thought chatter based on these is a really fertile ground for the onset of all sorts of serious diseases especially cancer in later life as proved by numerous scientific research papers in the field of psychoneuroimmunology (Science of mind-body reactions).

The first realisation of this fact came as a terrible shock and hit me like a ton of bricks, especially when at the time I was at the height of my success in my life; at a time when apart from being a highly respected and successful holistic GP, I was regularly appearing on radio and TV and giving lectures to large numbers of people on empowerment, healing and stress management with Autogenics. I was constantly in demand and literally did not have a moment for myself. One day when I was in surgery and consulting with a patient, she said something which I don't even remember what it was! But one thing I do remember distinctly is that it made me realise for the first time in my life that I was confusing the act of being wanted by all and sundry with the act of being loved for myself and who and what I was! That's why I had been unable to say no and that was probably one of the main reasons why I had gone into one of the most demanding caring professions. I realised then that I really needed to work on loving myself and that there was absolutely nothing wrong with seeing to my own needs and desires.

My resolve to give more quality time and space to myself was tested much earlier than I was expecting. A few days later, the phone rang at home and a young man with advanced AIDS was on the other side. He wanted to see me urgently as in those days I used to do a great deal of successful healing work with those individuals. My three evening groups for the special treatment were full and I had something else arranged every other evening and at the weekend. I had only got one afternoon devoted to myself during which I was

going to luxuriate in aromatherapy massage. Normally and traditionally I would have given that up for the patient on the phone and seen him instead. But with my new found resolution I said that I did not have time and that I could not see him until the next week. However I could recommend someone else whom he could see in the meanwhile if things were that urgent. He declined that offer and said that he would wait until the week later to see me. Everything seemed alright until I put the phone down! That's when the panic and the old feelings that I was being selfish, uncaring, and unloving hit home really hard. I resisted the very strong temptation of ringing him straight back again. Instead I decided to work through the feelings that were coming up and try and identify what was causing all that turmoil.

It took a long time and a great deal of hard work and soul searching before I was able to identify what the real underlying cause was. The inception of my feelings of worthlessness and being unloved went back to the time when I was in the womb! My parents were desperately in love, young and poor when they got married. It was a great shock to them when I was conceived on the first night of their honeymoon. It was the last thing that they wanted considering their comparative youth and poverty. Therefore my mother tried everything conceivable to abort me naturally, including throwing herself down the stairs on one occasion; an obviously dangerous and highly risky act which only showed the extent of her desperation. After I was born a healthy, happy and chubby little boy she was delighted in having had me, although she would recite the things that she had done to try and get rid of me in a joking and light hearted way until I was much older as a demonstration of how much she loved me and how delighted she had been in my being born. Be that as it may, the message that my unconscious had picked up was that I was so unworthy that I did not even deserve to be born! A very profound message which had so obviously coloured the whole of my life and how I had perceived my own lack of self worth until that dramatic moment in my surgery in the late 80's when the realisation had hit me and I decided to do something about it. My life and my perception of myself changed completely and I was thence able to gain the self love and worthiness which has since led to an amazing appreciation of internal peace, tranquillity and equanimity despite all the traumas that have come my way since then. I still give as much of myself that I possibly can when dealing with a client/patient, as without that the amazing transformational healings that often occur would not happen. However, the main difference is that I am doing it from the stand point of strength and unconditional love, rather than that of weakness and neediness which used to colour my actions looking back at my life retrospectively.

Dealing with the very important lesson of coping with feelings of unworthiness, inadequacy and inferiority was obviously an important one for me as it is for a great many of you reading this book. In the earliest days of dealing with my own issues and lessons that I needed to work with, I was still naïve enough to believe the old adage of "No pain no gain". I genuinely believed that it was only by long periods of psychotherapy which I underwent as part of my training to become a therapist, and reliving all the pain and past experiences that I could release and let go of it and move on. However fortunately I now know better.

You don't have to suffer years of pain and suffering in order to release whatever issues that are blighting your life now and stopping you from living in a totally harmonious and enjoyable space and find yourself full of joy and love that you deserve and is your birthright. Putting it in another way, *living fully in the present and here and now* and thus releasing the past, is essential for a wholesome, fulfilling and enjoyable life. All that you have to realise and acknowledge is that whatever is causing your distress is a thought. It is your emotional reaction to the thought that causes you problems and pain. We have thousands of different thoughts daily and every one of them can be changed provided we acknowledge that fact and are willing to take the action to change them. It really is as simple as that! Better still, I know now from years of working on myself and clients/patients that we do not have to spend years to try and ascertain what the underlying causes of our problems are. We only need to identify what is distressing us and stopping us having a life full of joy. Once done, we then can use one or more of the many techniques described in this book to release and let go of it. It really is as simple as that. The most important thing is the **willingness** and the **intention** to let go of the old negative and limiting behaviour and thoughts and belief systems associated with it.

The concept of looking after oneself lovingly, caringly and with respect may appear totally selfish and unacceptable to you; the lower your feelings of self-worth and image, the more threatening you will probably find the consideration, let alone its acceptance. Let us look at it this way. If you were a clapped out old car battery, would you be any good for your primary function which is to run and energise a car efficiently and effectively? The same thing applies to you as a functional human being. If you did not regularly charge yourself up by loving and nurturing thoughts, words and actions, so that you became clapped out energetically, how much positive and valuable energy could you give out to charge up or empower those around you who might be in trouble and in need of your help let alone doing anything positive and constructive for yourself? It is only by validating ourselves, knowing our highest values and being totally open about our needs that we can be of value to others. It is only by coming from a stand point of strength, and unconditional love that we can strike a balance between our own needs and those of others and thus be able to live in a harmonious, balanced and joyful relationship with ourselves and those around us including all other living creatures, the environment and the planet which is so graciously hosting us on this very short span of existence which we call life. This point is beautifully illustrated by Sanguitan the roving healer and Wiseman of the Himalayas so in the book "Five lessons of life".(Details in the reference section)

It has been shown by scientific research as mentioned earlier, that feelings of low self worth, -esteem and self image are important contributory factors to the inception of serious disease particularly cancer over the long term. In the many years that I worked in depth with people with serious disease especially cancer, it has struck me very strongly that the most characteristic of those with cancer is that the sufferers always put themselves at the bottom of the pile for receiving any nurturing, support or even time for themselves. Usually everyone and everything else comes before themselves. With spending so much time, love and support for everyone else, there is usually no time to give anything to themselves. Then on the occasion that they might give themselves the time or the space to look after their own needs, it makes them feel guilty and ashamed

and when they get ill they wonder why? Does that feel familiar to you? It does not really have to be like that. You genuinely have to start believing that you are a worthy individual and deserve to give the best to yourself and feel great and joyful and content and at peace. It is only your perceptions and fantasies due to your long term negative conditioning that stops you feeling or being that wonderful being that you deserve to be and is your birthright to be.

One of the other characteristics of the old negative conditioning towards setting up of the pattern of feeling unworthy is that we only think about our negative personality traits and constantly admonish ourselves for them which keeps on reinforcing the vicious negative pattern of self-deprecation. You should start enumerating and concentrating on your positive attributes and regularly congratulating yourself for them and be thankful for having those positive characteristics, no matter how small or trivial they may appear to you at the beginning. Mighty oaks from tiny acorns grow. The more you concentrate on your positive attributes and use them the more they will become established and the more they will enable you to have the confidence to develop and acknowledge progressively more ambitious positive ones. As you continue to do this and as a consequence build up your confidence, do ensure that you also associate with people who will support you in your goal of building your confidence and feelings of self worth and image and try and avoid those who will want to subvert your efforts whether overtly or covertly. For it is a well established fact that if one person in a group relationship such as the family starts changing for the better, then it will start altering the dynamics of that particular relationship and usually creates a great deal of resistance in the other members involved in the relationship. Despite the invariable conscious desire to help the patients, their unconscious resistance to change will try its utmost in all sorts of subtle and sometimes not so subtle ways to try and stop the individual from changing and improving. If you are embarking on a journey of change, transformation and betterment which you must be if you are reading this book, then you must be aware of this very important pitfall and this possible obstruction to your progress and the achievement of what you really want for yourself.

Laura is a case in point. She had a typical personality which I have just described and was greatly supported by her loving family as she fought terminal cancer and went into total remission with the help of chemotherapy, Autogenics and healing and the use of many of exercises enumerated in this book. As a celebration of her great success for having recovered from terminal cancer, the whole family went on a week' holiday to a self catering cottage in Wales. She was telling me on her return that on the first day when it came to making decisions about the menu, cooking and other chores, everyone automatically had assumed that Laura would do it as that had always been the pattern. However, when she refused point blank to do it and suggested that as this was her holiday week, perhaps the others should take it in turns to do the chores! Initially this caused a great deal of consternation and awkward moments until she explained to them all the mechanism of what was going on and that the old pattern of her doing everything for everyone was one of the reasons why she had got ill in the first place. Once that realisation hit home everyone mucked in and the holiday was greatly enjoyed by

everyone. I am glad to say that the alteration in the family relationship has continued with positive results for everyone concerned.

The other great pitfall when we feel unworthy with low self esteem and –image is that we tend to believe that everyone else’s opinion is the correct one and ours is totally valueless and therefore we tend to live in the setting that has been created by others rather than the one of our own making. The artificial setting in which we may be living may be alright and acceptable for the ones who have set the agenda , but it may be totally detrimental to our own needs for betterment and self-improvement and healing.

It is very important for you to spend sometime to ascertain whether the ground rules under which you are currently living are nurturing and empowering for you? If not then you should take stock ; decide where changes need to be made in order to make the situation helpful and empowering for you and most importantly ACT on it. In order to be able to make the required changes as smoothly and harmoniously as possible for everyone concerned, it is always best to discuss everything with everyone involved with an open heart and kind and compassionate stance. This approach especially with the view of agreement by everyone involved often leads to positive moves forward and onward by everyone concerned. After all, this should be the ultimate aim of everyone. Always ask for what you want. Others are not mind readers to know what your real needs and desires are, especially if you have never been assertive enough to articulate it to yourself, let alone to them in the first place.

The following exercises will help identify positive various aspects of your own personality and how you can enhance them even further. Some exercises like exercise 1 only need to be done once or only repeated from time to time as your circumstances change. However, others such as those in exercise 3 are best done on a regular daily basis to enhance its effectiveness maximally. However, as you personally alone are in charge, you have the choice as to how to use them and in what way they would best work for you.

Exercise 1: *Identification of your support structure*

You may think that this is too obvious to bother a bout. But it is astonishing as to how many of us have no clear and concise ideas about it. We usually make vague assumptions about it without actually knowing what they truly are. Therefore, it is important to do this exercise at least once to clarify things in your own mind.

- a. Get into one of the sitting positions
- b. Root
- c. Scan
- d. Do the breathing exercise
- e. Think about all the people with whom you are associating on a regular basis. This should include family members, friends, colleagues or anyone else with whom you are in regular contact. You may also like to think about any other sources of spiritual or any other form of support which you might be getting

- for instance from the Divine source energy; from your religion or faith if you have any; from organisations; self-help groups and so on
- f. Do a Healing light rainbow colour meditation exercise
 - g. Cancel

Sit quietly and concentrate on everyone who came up. List them all in your Progress Notebook and especially an honest appraisal of your true relationship with them.

Go through the list and see how many are supportive, loving and nurturing of you and your new found desire to improve, change, acknowledging your magnificence and celebrating the wonderful being that you truly are.

Let go of those who are not supportive of you on your quest for finding and repolishing the shining diamond within. Find and surround yourself with new ones who are willing and able to support you. The quantity or the numbers are totally unimportant, it is the quality of positive friendships and relationships that are.

Exercise 2: *Identifying the issues that enhance your life*

Part 1: To identify the positive attributes that you already have

Repeat exercise 1 replacing (e) with the following comment.

Think about ALL your positive attributes and characteristics irrespective of how small or insignificant they might appear to you at this stage of your development. Remember that by taking small steps at a time now will eventually lead you to taking larger and bolder steps later.

Sit quietly for a few minutes and contemplate on what has come up. Write it all down in great detail in your progress notebook, and any more which may come up in the ensuing days, weeks and months.

By doing this, every time that you feel that your confidence or self image is dented either through circumstances or by someone criticising or running you down, all that you have to do is think of your own positive attributes and that will help to boost your confidence and help make you feel worthwhile again and thus enhance your life once more.

Part 2: To identify the positive attributes you hope to have

Repeat exercise 1 replacing (e) with the following comment.

Now think about all the attributes and positive characteristics that you wish or hope to have in the medium to longer term.

Sit quietly for a few minutes and observe what has come up and will come up in the future. Write them all down in detail in your progress notebook.

Spend a few minutes every morning or during the day concentrating on these characteristics. You can also turn them into positive affirmations in chapter 4 in this section and use them regularly as part of your daily meditative exercises.

Part 3 To identify the issues that make you happy and joyful.

Repeat exercise 1 replacing (e) with the following comment.

Think about all the things that make you happy or bring joy, peace and contentment into your life.

Make a list of all that has come up in your progress notebook.

You can use the contents of this list to cheer yourself up every time that you start feeling low or start re-experiencing feelings of worthlessness, inferiority or unhappiness. You can of-course use this list as well as the one that you made in part 1 of this exercise as helpful starting points in exercises given in chapters 3, 5, and 6 in section 2.

Exercise 3: *How to apply your positive attributes and enhance them even further.*

Part A.

Spend a few moments every morning before you start your essential relaxation exercises by thinking of the positive attributes and values that you wish to achieve during that day and then give yourself that loving space and time to do your exercise and luxuriate in the love, care and nurturing that you are giving yourself. Do it until you feel your heart begins to sing.

Then look in a mirror and straight into your own eyes and repeat to yourself all those positive, loving and nurturing attributes which you wished to have heard from others. Finally ask what else you can do to make your life even better and more joyful for the rest of that day.

Do this as well as that in part C for at least six weeks and just watch the wonderful and amazing changes which will occur in your life.

Even if you have not got time to do the whole of this exercise in the morning, then try spending at least 5 minutes with the mirror work part of it.

Part B.

At the end of the day, give yourself a few minutes to sit quietly and think about and contemplate on the positive things that you have achieved during the day, paying particular attention to the steps that you have taken towards achieving your new positive attributes and characteristics. Having done that give thanks for all that have happened during that day, and all the lessons that you might have learnt no matter how small they might appear at first. Then proceed with the final session of your Essential Relaxation exercise.

Part C.

Finally before retiring to bed, look in the mirror and while holding eye contact with the face that is looking at you show your gratitude for all the accomplishments that you have made during the day and ask what you can do the next day to make your life even better and more positive. Remember the face that is looking at you out of the mirror is the true healer, miracle worker and the potential high achiever. Finally while still holding eye contact say “I love you “. For some of you who might have a particularly low self image it might be very difficult to say I love you. If that is the case, then start by saying much less innocuous phrases such as “I like you” or “you are alright” then gradually build it up to saying “I love you” and meaning it.

Do this exercise for at least six weeks and notice the amazing positive changes that will occur. If you had difficulty in doing this exercise at the beginning which may well be the case if you have very low self-image, you will find that it will get easier and even pleasurable as time goes by.

Exercise 4: *To interrupt your negative thinking patterns*

Your mental attitude and the images that you form in your mind drive the outcome of what you achieve and most importantly your perceptions of your current reality determine how you feel about yourself and your achievements and the outcome.

One of the simplest ways of interrupting your negative thought patterns is therefore to have a positive mental attitude and image always and as soon as you become aware that you are slipping into a negative thought or behaviour pattern, put an immediate stop to it. You can do this in a number of different ways including using the Breathing exercise; positive affirmations or just simply changing the negative mental image which you have about the situation to a completely positive and motivating one. You can also use one of the exercises given in chapter xxx in this section and chapters 3 and 4 in the next one. Add how to interrupt

Add the chapters referred to xxxHomework:

1. Do as many of the exercises that are mentioned earlier in this chapter which are appropriate to you as often as is needed
2. Continue with your Essential relaxation exercises incorporating the positive attributes and life enhancing qualities which you have come across doing the earlier exercises in this chapter as affirmations
3. Continue off-loading as necessary

Chapter 9

Trust your intuition

Intuition is merely a state of heightened awareness as a result of which we are able to access the maximal amount of information being received from all our senses including the sixth sense which is accessed through the gateway of the third eye chakra (ch 5 in this section). As mentioned before this chakra is situated in the centre of the forehead. Not only can we perceive the internal knowledge and imagery through the third eye, but also access all of the universal information and wisdom which already exists and is stored within us; like the hard disc of the computer which stores all the known information. Being able to access all that information will prevent us from wasting an awful lot of time in trying to re-learn what is already within us; something that we can do all our lives without this awareness. Literarily speaking, it is like spending all our lives re-inventing the wheel rather than spending that time constructively in seeking genuinely new truths and information. Having done some of the exercises and the release work in the previous chapters, that will enable you to build up enough self-confidence to start trusting your intuition. Furthermore, by releasing some of your blocks, that will make it an awful lot easier for you to access your intuitive thoughts or feelings much more easily and effectively.

Although opening the third eye can also lead to the ability to connect with the world of spirits, psychic or intuitive powers must not be confused with that. We have a choice as to whether we wish to connect with those in the spirit world and not allow the possible reticence and fear about this possibility to stop us from getting in touch and utilising our intuitive powers. One of my clients who had a very powerful sense of intuitive awareness refused to acknowledge it and worse still use it in his work which could have been an immense value to him as a stockbroker. It was only after several consultations and detailed discussion of various aspects of his life that it transpired that he was afraid of allowing his intuitive skills to open out fully as he was afraid that that would get him in touch with the spirit world of which he was scared, as he had come across a naughty malevolent “Spirit” which in fact turned out to be a ghost in his girlfriend’s house which he did not like. This was yet another misconception that he had.

The so-called spirits which are earthbound are in fact ghosts or dis-incarnate spirits who have got stuck on the earth plane for whatever reason and have not transcended to the proper spirit world. There are a great many reasons why these souls are unable or unwilling to move on. But the commonest reason is the fact that there is still some unfinished earthly business that is holding them back. This often relates to sudden and unexpected death such as occurs in a fatal accident, murder and so on. With proper expertise, compassion, understanding and love, the majority of these spirits can be persuaded to leave the earthly plane and move on to the light and the other dimension where they are meant to be.

Intuition is perceived by some as an inner “knowing or certainty” about something or someone. For others it is that “gut feeling” or “hunch”. Some people actually get a physical sensation within their bodies as to whether something feels right or wrong or whether or not they should undertake doing a particular action. This bodily sensation can either be physical or emotional. But how many of you have actually got enough courage and conviction to go with it? How often have you had the strong feeling that you should or should not do something and have not listened to that inner intuitive voice and then ended up regretting your actions or inactions afterwards? Or had a premonitory dream or vision about someone or a particular situation which could have been immensely valuable looking at it retrospectively, but at the time you felt too “silly” to do anything about it and later on wished that you had? Have you not wished at times to have had the ability to have this intuitive knack to make the flow of your life easier? Now here is your opportunity to redeem yourself, because you can learn to do just that.

In my own case the use of intuition was actually strongly discouraged by both my scientific and medical trainings. Its use was definitely a taboo! However, despite this very strong educational indoctrination against the use of intuition, I used it unknowingly throughout my medical career to assist me with my diagnostic skills. Looking back on my life I now realise that although I was not aware of it on a conscious level, how important the use of intuition had been in my professional career. It is such a shame that I never used it in the earlier part of my personal life as well as it might have prevented me from making more mistakes than was necessary!

In my very busy general practice, I often “knew” what the patient’s problem or disease might be as soon as they walked into my consulting room. As a result if they started waffling or going round the houses in their conversation by avoiding the real reason for which they had sought the consultation, I would ask them a direct pertinent question relating to what I had picked up intuitively. Invariably it would have been a direct hit and then we would have been able to spend the limited consultation time on the important issues, rather than waste precious time on irrelevant points. One of the most important things that most people are totally unaware of is that often patients do not come up with the important issues until the end of the conversation. Even if they do, it often happens as they are leaving the consulting room by saying “By the way doctor,” with the consequent end result of important things being missed by those doctors who perhaps may not be as adept at using their intuitive skills. This is why I have always advised all patients who want to see a GP or consultant to make a list of ALL the issues that is bothering them in order of priority so that the doctor knows immediately with what he/she is dealing.

I remember vividly one particular case as if it was yesterday, although it had happened almost thirty years ago. A young man aged 28 who was a very successful stock broker and belonged to one of my partners walked into my room. I had never seen him before or knew anything about him. He said that he had had one attack of migraine which is hardly surprising considering the very stressful job that he was doing. He had already attended his usual doctor who had given him some treatment which had not worked. All that he therefore wanted was some other form of medication to try. As he did not want

to waste my time he just wanted a quick consultation for an alternative treatment!! That was an extraordinary statement considering what happened later.

As he was talking, I had a clear “vision” that he had a tumour in the front of his brain. I instinctively knew where it was. I examined him fully, and despite not finding any signs to support my initial intuitive diagnosis, I referred him to one of the top neurologists in London who knew me and respected my diagnostic skills.

Remembering that in those days we did not have the sophisticated diagnostic machinery that we have at our disposal now, it took a lot of different tests and considerable amount of time to come up with the correct diagnosis which confirmed the one I had intuitively made. Fortunately the tumour was in an early enough stage for surgery to be totally effective.

Another case that rather amused and intrigued me was the case of Jim’s family. Although I had mainly seen the wife and the kids over the years, I had formed the impression that they were a loving and close family by what the wife had told me. But the fact that despite being a very confident and successful woman, she constantly brought her kids to see me for very trivial reasons, had rather concerned me. I knew instinctively that there was something more to the regular consultations than met the eye, although I could not put my finger on it.

On one rare occasion Jim, the man of the family brought one of the kids to see me for yet another trivial sore throat. While he was describing the symptoms, I had this vivid image of him dressed in full black leather with spurs and whip in hand, beating his wife who was lying naked on the bed only scantily clothed in leather clothes. In that image she seemed in a great deal of distress.

I was at a loss to explain that fantasy image. I felt that it was not the done thing to discuss sado-masochistic behaviour patterns when he had brought his kid to see me for a minor sore throat, especially since at the time I was not aware of my visual psychic abilities and knew nothing about the subject at the time.

When his wife next consulted me alone for some minor gynaecological problem, I broached the subject and asked her if there were any sexual problems in the marital relationship? She promptly burst into tears and discussed fully what was going on.

Apparently despite his external mild manner and appearance of being a gentle and loving man, he had always been into wearing leather and inflicting some degree of pain on his wife as part of his sexual gratification. Initially she had put up with it as it was bearable. However, as time had gone on, he had become progressively more violent and inflicting severe pain on her with the threat that if she told anyone, he would slit her throat and hurt her in unimaginable ways by involving the kids.

At this point I involved the relevant protective services including counsellors following which a divorce was arranged and Jim’s wife and kids managed to get out of the trap that

they had found themselves in. I have often wondered how the whole scenario would have played out if I had not had that intuitive imagery when he had come to see me?

Finally, the important use of my intuition which was literary speaking a matter of life and death was that of Andy.

He was a 39 year old Australian lumberjack who had decided to settle in England. One day while he was working under his car, he developed a sharp pain in the left side of his chest which to all intents and purposes sounded like a muscle strain in his chest wall. However, while I was examining him, I got a distinct impression that there was something seriously wrong in his heart. This impression was not supported by his symptoms or my examination of him.

As his symptoms seemed to go on for longer than I was expecting for a strain, I sent him to the local cardiologist after two or three weeks. After full examination including an ECG declared him healthy and discharged Andy from his clinic.

As I was not very happy with that , I referred him to two more eminent cardiologists, both of whom agreed with the findings of the first one and termed him a “ cardiac neurotic”.

As I was still extremely unhappy with the opinion of the cardiologists especially since they seemed to be diametrically opposite to what I was picking up from Andy intuitively, and his continuing peculiar symptoms, I referred him to yet another one at my old teaching hospital which was an inconveniently long way away from where he lived, despite Andy’s strong protestations.

Having regards for my diagnostic skills, my old boss decided to do an angiogram (Putting a dye in the heart arteries to view them under X-ray control). It was found that all his coronary arteries were virtually totally blocked and it had been a miracle that Andy had not already ended up with a massive and fatal heart attack. He was operated on the next day from which he recovered fully and went back to living a full life once more without any peculiar , crippling and disabling chest pains.

As the years went on, I became more aware of the usefulness of the enhancement of the intuitive ability. However, I still would not trust it fully. My medical indoctrination against its use was too powerful. This was until I was accidentally blinded and had to give up my general practice and my dependence on external vision. I was forced to look inwards and become more fully aware of the true powers of the inner vision, intuitive and psychic abilities which I worked hard at developing more fully as well as my healing gifts. This eventually led to my ability to receive relevant messages about the client with whom I was working in the healing context. Often they came as thoughts, words, phrases, images or even an “Inner knowing” depending on the circumstances. These were obviously mediated through the progressively more widely opening third eye or the brow chakra (Ch 5 in this section). Invariably they did not make any sense to me and I had no idea where they were coming from. However on sharing them with the clients/patients,

they would make absolute sense to them and would be extremely important issues with which we needed to work to institute the healing process. Initially because of my own inability to trust the truth and the importance of what was coming through and that they did not make sense to my conscious and scientific mind, I used to be very reticent about sharing them with the clients. However as my confidence in what was happening grew, I became much more content and confident to do so with extremely important insights into the processes that were going on a very deep level for the patients.

The case of Tim perfectly reflects the aspects of what I have just mentioned. I was at a very large and busy international conference where I was running workshops on personal development, transformation and healing. Tim managed to grab hold of me between sessions and insisted that he would like to have an individual session with me because of tiredness and confusion. At first glance his symptoms did not appear serious enough to warrant disrupting my very hectic schedule at the conference. However, some inner voice told me that I should make space for him. I am delighted that I did, considering what happened during our session. I managed to get an empty room and saw him around midnight as that was the only free time that I had.

Tim was a 47 year old man whose main symptoms were ostensibly tiredness, fatigue, confusion and ambivalence about his sexuality. Despite being a story teller as part of his professional life, he was extremely reticent in talking about himself and seemed in a great hurry for me to get on with the healing; something which I obliged. He relaxed surprisingly well during the session considering how tense he had been while he had been relating his limited past history in such a halting way.

While I was giving him healing, his father appeared to me and was distraught at what he had done to Tim and how he had ruined his childhood and life altogether. He went down onto his knees and begged for forgiveness from his son. None of which meant anything to me as the imagery did not seem to have any connection with the little that Tim had divulged to me prior to the start of the healing.

Once the healing was over, I related to Tim what had come through, whereupon he had a massive cathartic emotional release which included screaming and crying. In between the anguished sobs, he revealed that while he was about five or six, his father decided to join a peculiar sect whose initiation rights included the raping of youngest child in front of all the members! Consequently Tim's father raped him as per request of the sect hierarchy. Tim was obviously very distressed about this. However, his ordeal was by no means over yet. About three years later when he was about eight or nine he was raped again publicly by his elder brother who also joined the same beastly sect.

Although he had apparently sorted out his distress and difficulties with his elder brother and were now on reasonable terms, he had never been able to discuss the issue with his father who had died a few years previously.

Once he had worked through his intense emotional outpouring following the healing, he felt that he could indeed forgive his father for what he had done, following which an aura of intense peace and calmness descended upon him. This feeling of intense calm and serenity stayed with him for the three months that I had contact with him before he emigrated abroad. Just before he left these shores, he said that he was now able to cope with life as he could make sense of what had happened to him. He was going abroad to start a completely new life and felt that he could now entertain a proper and loving relationship which had eluded him until we worked together. Two years later I accidentally bumped into Tim at another international conference where upon he told me that he had now married and had a delightful little son of his own whom he worshipped and he was totally thrilled with his new life as he no longer felt the intense inner fatigue or the confusion which had originally prompted him to consult me originally.

The most wonderful and fun, yet important and useful thing which happened since the onset of my blindness, was my ability to see inside a patient like an X-ray machine would! The first time that it happened was totally spontaneous and unexpected and took me by surprise.

At almost the end of the healing of a client whom I already knew had a benign ovarian cyst, a sheet of light started moving up from the feet and moving right up to the top of the head when I was holding her feet almost at the end of the session. This had the appearance of the old fashioned photocopiers. However the surprising and the fun thing was that it was in full colour and lit up every part of the body exactly in the colour of the relevant chakra; a bit like a moving rainbow in which the various organs were shown! In fact the colour meditation in chapter 1 is to some extent based on this. Staggeringly, the ovarian cyst was shown perfectly.

After happening spontaneously with a few patients over the next few weeks, it just stopped which upset me enormously as I used to really enjoy the fantastic colour pictures of the internal organs with the light and the colours having the sharpness, brilliance and luminescence which I had never seen when I was fully sighted. Then I discovered through an internal messaging system that I had to specifically ask for it and it would be shown to me. But not in every case. It seemed almost like the Powers upstairs only wanted me to see what was going on in selected cases. That has gone on ever since with the only additional observation that any nasty disease such as cancer would show up as an unpleasant black mass which often would be irregular and craggy in nature. This was quite useful, particularly when I wanted to assess the progress of a client. However, I never divulged the information to the client if they were not aware of the underlying disease. I would always refer them back to their own doctors for the usual conventional diagnostic tests to be carried out.

The most important thing to realise is that I am not mentioning these in order to impress you with my abilities. But to impress upon you that every one of you reading this book have exactly the same potential. All that you need to do is first become aware of it and then do something about it by using some of the exercises given later in this chapter and

elsewhere in the book to move on towards achieving your full intuitive and psychic potential.

However, one of the critical stumbling blocks seems to be that by talking to a great many adults, they often mention that they seem to have been quite intuitive and psychic during their childhoods. However, this ability was invariably frowned upon by the uninformed adults who thought that this ability was unhealthy and abnormal. They were thence forced to block these important qualities. This is very important in the context of the fact that a great many of the children who are born now are in fact quite old souls who are choosing to be born at this time to be instrumental in raising the consciousness of mankind as we are moving into the Aquarian age of love, peace and harmony. Therefore, they will be highly intuitive and psychic and these attributes should not only be applauded, but also strongly encouraged, so that they will be able to perform the duties for which they have chosen to incarnate into this life time much more easily and effectively.

Learning to utilise and incorporate your intuitive abilities into your daily lives, you can also enhance and augment the transformative powers of your thoughts. By connecting fully with and opening the third eye, you can also enhance your creativity, inspiration, psychic and telepathic abilities as well.

Exercise 1 : *Opening the third eye*

When you do your colour light meditation exercise, you can easily clear the blocks and open the third eye wide by adding ‘My third eye is totally open and clear’ , while bringing in the white light and concentrating it particularly to the middle of your forehead. You can also additionally use any image which denotes this fact to you. You can also add some other form of positive affirmation such as “My intuitive powers are strong and easily accessible” in order to support the development of your intuitive and psychic powers (Ch 4 in this Section)

Exercise 2: *Improving memory, creativity and intuitive skills*

These exercises not only help with improving intuitive skills, but also help with improving visual acuity, memory, learning ability, attention span and accessing information from different parts of the brain. This is a very simple exercise based on the specific movements of the eyes.

Always bring your eyes to the centre (looking ahead) between movements to different directions. Hold each position to the count of fifteen.

- a. Sit or stand comfortably.
- b. Route.
- c. Scan.

- d. Do the Breathing exercise.
- e. Look up and extreme left. (Recall of visual memory).
- f. Down and extreme left (Auditory memory recall Such as conversations and music)
- g. Down and extreme right (Touch recall).
- h. Up and extreme right (Creates new visual forms and images which will help with creativity).
- i. Horizontal extreme right (new creative sound or music)
- j. Horizontal extreme left (Recall of auditory memories).
- k. Looking towards the tip of the nose stimulates memories associated with the sense of smell and fragrance.
- m. Staring towards the tongue causes stimulation of memories associated with taste.
- n. Finally looking at the space between the eyebrows will help improve intuition.
- n. Cancel

It is best to do the whole of this exercise regularly as apart from its uses in improving your intuition and other aforementioned qualities, it also improves your vision dramatically, as it only takes a few minutes and well worth it for all the benefits that will accrue as a result. (Also see sight in Ch5 in section2) But if you are short of time and would only like to help it with your intuition, then you can do section “n” on its own. You can do this for a few minutes at any odd free time that you have during the day especially combining it with the positive affirmation from exercise 1 given earlier. The more you do it the more quickly the development of your intuitive skills will occur.

Exercise 3: *Developing your intuitive and psychic skills*

Some of you may wish to develop your intuitive and psychic skills much more than you can do on your own using the earlier exercises. If that is the case, then you need to attend a specific developmental group. You can usually get a list of the local ones from the local papers, library or spiritualist churches, or holistic/complementary therapy centres or the Federation of Spiritual healers.

Homework :

1. Do exercises above, then do your regular colour light meditation exercise paying particular attention to the clarity of the third eye in the forehead region.
- 2, Continue with the offloading exercises as appropriate.

Chapter 10

Belief and faith

Oliver Wendell Holmes said “What lies behind us and what lies in front of us are a tiny matter compared to what lies within us”.

What we believe and value can shape the outcome of our lives totally. Here I am not looking at belief and faith in the religious context, for although for some peoples total belief in a particular religion can be extremely important and emotionally intensively engaging , for the majority of people in the secular societies can be of no significance. Furthermore even for those who firmly believe in one religion or another, the liturgy of some of them including Christianity which I know well personally can be totally disempowering as it puts the total responsibility of what happens in our lives on to an external agent ‘out there’ who is also responsible for providing forgiveness for our misdemeanours. Despite being over 4000 years old and the first religion which believes in the existence of one God, the Zoroastrian religion is the only one that I know of which stresses the responsibility of the individuals for their own actions while using the powers of the Almighty in supporting their efforts.

With the type of belief system which absolves us of any responsibility not only for our actions, but also for what actually happens in our lives, a collusion with our feelings of inferiority and worthlessness is set up. In the olden days this mode of disempowerment was of-course a very powerful way of the masses being controlled by the religious hierarchy and powerful rulers alike. If we only believe that what happens to us in our lives is at the mercy of actions of that external universal agent called God, Allah, Jehovah, Christ, Creator, Almighty, Source, Hash am, Coda, Acura Mazda or whatever else you might like to call it and that we have no part to take in what happens to us, then it does not only make us feel disempowered but feeds into and reinforces any feelings of worthlessness, low self esteem and self image. By so doing it augments the universal pool of disempowerment and feelings of low self worth and lack of confidence which are so amazingly prevalent in so many different societies around the world irrespective of whether we are talking about the affluent developed or the so called developing countries.

It is important to appreciate that in giving us life, our creator has also given us the inner wisdom, strength and the power to take responsibility for our actions in making the choices that we do over the years to shape our lives to the way that it is appropriate. This would necessarily entail that we maintain our highest values in all our endeavours while we are striving to shape our lives. So long as we continue to aim towards our highest values and ideals while we move forward on our life’s journey, not only will we be able to strive for and reach our highest goals, but enjoy the process and help others unconditionally en route. You need to take responsibility for your actions and the choices that you make. Once done, then the creator or the Source of all that there is will support you in reaching your goals provided that they are in alignment with your highest values and purpose in this life.

Unfortunately the notion of the negative belief system that the individual is basically no good is instilled in the children's minds very early on in their upbringing. The babies at their birth are the perfect reflection of the soul which resides within them. What happens to them and the layer of different clothes that are put onto those perfect souls is a reflection of the society in which they are brought up and the already damaged older people they come across in the guise of parents, teachers, even brothers and sisters and any other members of the society that they may come across while they are growing up. (Ch 7 & 8 in this section)

Apart from the fact that the adults caring for babies and young children project their own inferiorities and inadequacies onto the children, I sometimes wonder if part of the problem in ensuring the children grow up feeling inadequate and worthless is not an unconscious desire of the adult to ensure that the children do not grow up to be better and more whole than themselves? As certainly one of the important traits of inadequate adults is to ensure that others are not seen to be better than themselves by knocking them down through envy or jealousy. It is invariably much easier to attack others, undermine them and their abilities, knock them down and destroy their feelings of self-worth and confidence rather than work on ourselves and bring our own level of confidence and feelings of worthiness to the highest level.

Unfortunately this seems to be the common trait in the majority of people in charge of our newspapers and media generally who are in the unfortunate habit of building people to a high level and then set upon destroying them and their credibility in a very systematic way. Those who have confidence in their own abilities with a positive belief system would not feel that they have to impress others or feel important by degrading others. So is there any reason why the same mechanism of behaviour should not occur when the damaged can easily inflict their unconscious malady onto the defenceless child who will easily be affected and fulfil the unconscious wishes of the adult and ensure that the growing child will grow up in their image – inadequate, feeling inferior and worthless with a rock bottom self-image? This will inevitably reinforce the continuation of the negative behaviour and disempowering patterns throughout the generations. This will of-course ensure that the negative belief system is enshrined in the psyche of the growing child with the inevitable result of it continuing into adulthood with its inevitable detrimental effects on their lives and those of others especially the generations yet to come.

With this sort of belief system it is hardly surprising that the individuals will have no faith in their own abilities and feel themselves at the mercy of events, rather than being in charge of them. Here in this chapter I will guide you to identify what your belief system is like for often by becoming aware of where the problems lie, then the unconscious will automatically start the process of transformation and movement toward the establishment of more relevant and empowering belief systems which are also essential in the prevention of disease or its healing if the illness has already established itself. There will also be advice and exercises on how to further enhance and speed up this process of transformation towards developing faith in your own inner strengths and abilities which will lead you towards feeling your personality and moving towards being a worthwhile

individual with a strong positive self-image with a deep inner conviction that you are a worthy individual and deserve whatever you wish and desire, as having a brilliantly successful future and harmonious and joyful life is your birthright.

In this context you must remember that what we think, we become, as it is our thoughts, perceptions and belief systems which shape our lives as to whether they become a source of inspiration or desperation to us or others. Your potential and God given gifts are unlimited. What stops you from fully utilising them is your own belief about yourself which imposes limitations and creates artificial boundaries to this boundless expanse of full potential which is part of the universal and cosmic wisdom, information, knowledge, intelligence and totally empowering belief system.

The actual belief in itself is really irrelevant. What is important is whether or not it is an empowering one as it is the core belief system that will determine whether or not you will be able to reach and achieve the states of desirable emotions or other valued goals that you have set yourselves. In order to be able to make a success of your lives at all levels of personal, emotional, intellectual, mental, financial, social, environmental and spiritual, you need to have or develop a strong inner belief system which will nurture your invincibility and infallibility. This will enable you to achieve the blissfully joyful states that you desire by reaching your values, despite the set backs that you might encounter on the way to the achievement of your ultimate goals (Ch 9; Section 2). Furthermore, it is your belief system which will ensure whether or not you will enjoy the state once you have reached it. For instance, although your aim may be to be successful, if your core belief system associates success with hard work, loss of friends and other ungratifying things, then when you do become successful, you will not enjoy it as in your mind you will associate success with an unpleasant outcome. If you have that sort of attitude, then it is very likely that you will not even reach the state of becoming successful as your unconscious would have sabotaged it well before you got to that state. Therefore at an unconscious level you will ensure that you will never become successful as you will be creating all sorts of blocks en route.

The other very important pitfall is the fact in order to ensure that we never reach a stage of satisfaction in our lives is to set totally unrealistic goals. For instance, If my only aim in life and measure of success is to make 4 million pounds a year in income, then I will ensure that I will never be satisfied or happy even if I manage to make half that amount!

In order to change you must acknowledge that it is you alone who can affect change in your negative belief systems and having acknowledged that, then you must identify the things that you want to change and exchange them for positive and empowering belief systems. By doing this you will align yourself with a great deal of possibilities and an infinite amount of creativity.

You need to identify the negative and disempowering belief systems which are not serving you well, discarding them and replacing them with powerful new belief systems that will guide you towards the achievements of your highest values and goals and which will not only enhance and enrich your own lives but also of everyone else. If you believe

that you are unworthy or worse or even “evil” as one of my clients truly did, then you will attract that sort of negative energy towards you and it will appear that anything that could go wrong in your life does! However, if you align your inner integrity with empowering belief systems and highest values (Ch 7; Section 2), then you will start attracting all that is good into your life and it will go smoothly. If you constantly feel that nothing seems to be working and you are constantly swimming upstream against every conceivable obstacle, all that that means is that you are in the wrong stream and need to change channels. Looking at it differently, it means that you have the wrong belief systems about yourself and your life and that they are not aligning with your highest values and purpose for this life time. You need to re-examine and re-evaluate your belief systems and identifying the aspects that are in conflict with your highest ideals, for once the two are aligned, then your life will run along smoothly and harmoniously.

It is also important to remember that once you have decided to change your belief systems towards change, transformation and empowerment or even healing you may be more likely than not to encounter opposition from those around you and closely involved with you who genuinely may appear at first glance to be fully behind you in your fervent desire to change. This fact has already been alluded to in the previous chapter and consequently you must be fully aware of this possibility and deal with it effectively and positively if it arises in your particular case.

Your immediate reaction to the previous statement may be that it is impossible for those who love you to want to interfere with your process of transformation, moving on and betterment. I came across great many examples of this when I was involved with family and group therapy.

On the surface of it, the loving supporters seemed genuinely interested in seeing the individual to grow out of their negative behaviour patterns or illness. However, often once the individual started changing, then it would automatically alter the flow, balance and dynamics of the inter-connected relationships. This alteration would then shift the long term and rigid focus and balance of the relationships and without often being aware of it, others involved would move to block the process of change in subtle ways and sometimes in grossly overt ways in order to restore the balance to the old ways no matter how uncomfortable or unpleasant it might be, as the parameters of the old behaviour patterns were fully known and well rehearsed over the years by everyone concerned.

Those who feel threatened by the proposed changes often react by increased amounts of resentment and hostility, anger and fear. The fear of change experienced by all participants can be intense. For no matter how uncomfortable, unpleasant or distressing the situation or the disease might be, at least the rules of the game are known by everyone concerned. Changing the whole scenario will alter the whole dynamic of the situation with the introduction of new rules of which the participants are ignorant. This fear of the unknown is a much more powerful impediment to change and often encourages the individuals to stay in or revert back to their old negative behaviour patterns and belief systems. By releasing the emotional baggage especially fear, then we can start looking forward to the forthcoming change with excitement and exhilaration. This will help to

enhance our faith in our own abilities and inner resources and resilience. We can further enhance this by connecting with the external energy source of love, wisdom, care and compassion.

Finally, apart from our individual beliefs, we often have wider general beliefs that impact on our lives very powerfully. For instance, if you have a personal negative belief system that “I am worthless”, the negative general beliefs that reinforces and augments this state of negativity may be “Life is awful and totally against me”, “people are hurtful and unkind”, or “Life only deals me rotten things” , “The whole world is against me” and many more like them. Therefore it is very important to be on the look out for these negative general beliefs as well as our own specific personal ones. Eliminating these general belief systems as well as the personal ones, will help enormously in smoothing the way for us to get in touch with our full potential and manifest all that is good and wholesome for ourselves (Ch 10, Section 2).

Exercise : *To identify your belief systems*

Part 1: To identify your negative belief systems

- a. Sit in a meditative position
- b. Root
- c. Scan
- d. Do a breathing exercise
- e. Think about the things that you don't like in your life or are desperate to avoid doing or feeling because of the pain or the distress that it causes you, including all the negative beliefs that you have about yourself both personal and general. Try and feel the emotions that these negative belief systems create in you as that will make it a lot easier to release them quickly and effectively. If you get in touch with powerful negative emotions, cancel immediately and do the relevant off-loading exercises (Ch 3 in this section). However, if you have not got in touch with strong emotions, then continue e as follows:
- f. Do the healing light rainbow meditation exercise
- g. Cancel.

Sit quietly for a few minutes and think carefully about what has come up. Make a full list of all your perceived negative attributes and especially the negative belief systems that you have about yourself. Write them all down in your progress notebook.

Put the above list in the order of priority and importance with The most limiting belief right at the top and so on. Then study the above list and try and identify your most important limiting and disempowering beliefs about yourself.

Use one of the off-loading techniques already mentioned in chapter 3 especially if strong emotions have come up or the exercises given in chapters 2,4 & 5 in the next section to try and release the topmost negative belief systems about yourself.

Part 2 : To identify positive and empowering belief systems about yourself

Repeat part 1 of the exercise, but this time when you get to ‘e’, think carefully about all your empowering beliefs and the positive attributes that you already possess. Try and feel all the wonderful feelings that these positive belief systems give you as strongly as possible

Sit quietly for a few minutes and consider what has come up. Write down in detail in your progress notebook all the empowering and positive belief systems which have come up and you feel about yourself. Prioritise your list according to their importance and significance. After having studied your list, choose 2-3 new belief systems which together with the ones that you already have would enable you to really change, transform and be able to lead the sort of life that you really want. Try and turn each positive new belief system into a short sentence and incorporate them as an affirmation in your daily Essential Relaxation exercises. You can also use some of the positive attributes and beliefs as a basis for doing the exercises given in chapters 6 & 8 in the next section.

You can always derive additional benefits by writing down all your positive attributes and qualities and the new belief systems in large writing on a sheet of paper and place it in a prominent position in a room which you can constantly see and of which to be reminded. Of-course you can make more than one copy and have them in strategic positions in different rooms so that they constantly remind you of what a wonderful being you really are. You can always add more positive new beliefs as the days go by.

If you are like so many other people with feelings of low self-worth, self esteem and self image, you would probably have found the first part of the exercise easier to do and found many more negative things to say or think about yourself. If you have got a really low opinion of yourself, you might have even found it virtually impossible to say or think of anything positive to say about yourself. Don’t worry about this as it is quite common and you are by no means unique in this. Try and think of at least one or two positive things about yourself no matter how small. Just persevere with the rest of the exercises given in this book, and I promise you that your view of yourself will be enormously modified by the time you come to the end of section 2.

Homework :

1. Do the above exercise ensuring to release the negative belief systems
2. Turn the new positive belief systems into affirmations
3. Continue with your daily essential relaxation incorporating the new positive affirmations made up of the new positive belief systems
4. Continue with the off-loading exercises as appropriate.

Chapter 11

The power of the God within

That magnificent aspect of the unified force of unconditional love and light which has created us and from which the purity of all souls emanates also gives us the choice and the responsibility for our actions. It is only when we acknowledge that responsibility that we fully accept the reality of what it is to be human with all its fallibilities, imperfections, desire for learning which are but the important areas in which the immature soul needs lessons for its maturity, enhancement and enrichment to finally be able to join the positive, powerful and perfect aspect of the Godhead of intense light, love and healing once more in order to complete the cycle of life, and soul's journey; the journey which can take eons to complete.

The length of the journey is variable as it is dependent on how much the soul has contracted to learn. This hierarchy towards the perfect maturation of the soul creates such a rich tapestry of design in the Godhead which is constantly changing, growing and maturing with the development and the raising of the human consciousness. The rise in the level of consciousness energy of the Godhead is perfectly matched by that of humanity and vice a versa. We come from the godhead or source at birth and to it we return once our work is done and our myriad of lessons learnt.

It is the utter joy of that final reunion that should imbue our lives in this world and current existence. To accomplish our mission of total learning and absolute enlightenment, we need to go through that mysterious gateway we call death many times. By knowing that the total experience of birth, life and death is just a prelude towards the final fulfilment of our souls mission should constantly keep us grateful, joyful and at peace during and throughout all the turmoils, traumas, trials and tribulations that we undergo in this short span of existence including any illnesses or disabilities from which we might be suffering. For after all, we have chosen what to experience in each separate incarnation and we should carry our burden with equanimity. The thought of our final reunion with our unique universal parent should help us to be more accepting of our self-chosen and created current reality with patience and forbearance. The ultimate wisdom is the knowledge that the final destination of this journey is truly glorious and beyond the understanding of the mere mortal human which after all is a tiny manifestation of the experiences of the whole soul which makes numerous visits to this and other planets as part of its growth and maturity and on its way the growing maturity of the godhead.

The realisation that by doing our own work on this planet as individuals, we are also helping to enhance and enrich the experience of the godhead and raise its consciousness to even higher levels on the par with our own, should give us extra impetus to do even more prodigious work on ourselves knowing that by so doing we are not only helping with the growth of our own souls but that of the universal parental energy source which has given birth to us in the first place.

This may give the impression that God is not perfect in the first place. We, on this planet are reflecting perfectly the complexity of our creator. The creation of more and more

immature souls over the history of this turbulent planet has given the creator the ability to learn and experience at first hand the reality of what it is like to be clothed in the human clutter and by so doing continue to grow and add on to the universal wisdom, intelligence, healing and love. Accordingly, the knowledge and the experience of the godhead as it is now, would be totally different to what it was a million, a thousand years or even a week ago. For the accumulated experiences of mankind which is reflected in the godhead is constantly changing, and that in return changes what is available and perceived within the godhead. Therefore know and be fully aware of the fact that your apparent suffering on this planet though unpleasant and uncomfortable is part of the Universal design to enhance and enrich and glorify the Universal Creative energy and help it on its glorious fluid flow throughout the galaxies. For whatever is done by any individual or any living creature or sentient being in any planet, its energy reverberates, affects and alters the universal flow of energies as it moves towards yet more perfection.

We may feel that we are ineffectual little pawns in the context of the Universal Unifying energy, but even the slightest alteration of energy shift in everyone of us towards raising our consciousness is registered and alters that of the godhead as it surely also affects the universal consciousness of mankind. This is the reason why god or whatever else you might like to call it is not just out there; it is also deep within each and every one of us. The interaction between the two creates the wondrous force for the new generation of humans. The negative interaction detracts from the total level of energy and positive end result in dealing with the human condition which could enhance and enrich the Source. By doing the work that we have chosen to do well and with compassion, care and diligence towards the release of the negative baggage taken on by the soul throughout its journey, then we are not only helping to cleanse and purify our own souls and return it to the pristine state that it is at the moment of conception, but we help to do the same and amplify and magnify and expand the equivalent in the Universal Energy field.

Each soul as it separates from the godhead, to be born and reborn in order to have new experiences, carries with it the essence of all the experiences of the whole mankind from the worst tyrants such as Genghis Khan and Hitler to the best such as those of the wise ones like Gandhi, Saints, the Prophets, the Masters and the enlightened ones such as Buddha, Zoroaster, Moses, Mohammad and Christ.

This is of course in keeping with the passage from the bible which states that 'God created man in his own image'. However, instead of accepting this holistic truism on its own merits, the vast majority of religions and faiths tend to go for the duality principle of only attributing good to God and evil deeds to the Devil. By this act of cherry picking and insisting that only the good and positive things are attributable to the godhead and ignore its shadow side and delegate it to the work of the 'devil' is denying the reality. It is like saying that we as human beings are either totally good or bad and denying the whole reality of ourselves and taking responsibility for our

actions in trying to work through our shadow side and illuminate the darkness with as much light as possible.

Rather than accepting the duality principle as an easy get out and excuse, it would be far more profitable and realistic to accept the holistic nature of the Godhead and exercise our given rights and freedom of choosing to connect with its light, loving, magnificent and magnanimous side, rather than its dark side. By so doing and accepting our responsibilities and choices and acting on them by releasing our own dark sides, that we can directly expand the illuminated aspect of the Godhead, reduce the size of the shadow side and thus the whole consciousness of mankind with the eventual aim of the creation of paradise on earth where only unconditional love, peace and harmony will reside.

The heavenly and perfect world which will then be created will only allow the karmic law of action and reaction or cause and effect to be of love rather than the way that it is operating now, as a result of which our misdeeds and lack of loving, caring, nurturing and compassionate acts hook and loop us into repeated incarnations to repay our debts.

Once the whole of mankind reaches the level of consciousness and reality that will only deal in the currency of kindness, tenderness, gentleness, love, peace and harmony, then the only karmic law that will be operating will be that of love and as a consequence, the reaction to the act of love will only be love and thus we'll be rid of all of the dark and the negative shadow side.

The achievement and attainment of this ideal and perfect state of consciousness on earth and the heaven that that it will create is the real purpose and eventual aim of our lives. This is encapsulated in the process of incarnation and re-incarnation which is essential as part of the learning curve of our souls so that they will be able to reach that state of total purity and perfection as will the entire Godhead. This will necessarily entail that there will be a time when there will not be any separation or difference between the Godhead on the outside and the God that dwells deep within each and every one of us. This is the state of perfect utopia for which we all yearn and towards which we are all working through our own personal work, development, transformation and total healing.

By doing what we are doing well, eventually with the end of this millennium, the only lessons that will need to be worked with will be harmony, peace, and total unconditional love; a state of magnificent equanimity and serenity which will be truly reflected in the

greatly expanded Universal consciousness by the end of the Aquarian age. This is why at the end of this millennium the expanded consciousness of the individual and that of the godhead will become one and the souls being present at that time will truly feel the enormous power of the god within as they will know that they are indeed extensions of the godhead and the current duality and separation will cease. The ensuing unity will indeed be perfection in all its aspects and the free flow of energy between the godhead and its extended souls on different planets will be in a totally smooth and harmonious flow with the ultimate blissful joy that that will entail.

Before reaching that utopian ideal state , however, there is a great deal of work to be done. The first step in that process is the acknowledgement that indeed each and everyone of us is an extension of the Divine energy with that true brilliant light being dimmed by the dark shadow of the bushel of humanity under which it is hiding. Know that by slowly demolishing the confining and restricting barriers by releasing and illuminating our own shadow side, the full extent and the awesome power of this god within and the brilliance of the power of unconditional love and true humility will shine through.

As we continue working on ourselves and by example motivate, inspire, empower and transform others, we are truly doing God's work on this land. Thus we are moving towards the inception of that ultimate goal of total and utter harmonious state of energy balance between us as individuals, all other sentient beings, the environment and the godhead and consequently there will not be any differences between anyone as the awareness that we are equal extensions of the Universal energy force will become a reality.

The Evolution of mankind at all levels will continue in tandem with that of the godhead albeit at a higher level of awareness and consciousness. As human beings become progressively more aware of their own innate beauty , powers and strengths and god-like qualities over the coming centuries, the paths of their evolution particularly at a cosmic level and that of the godhead will continue to merge so that eventually the two will become one in total unity of energy so that all that is sentient will become fully aware of their own god-like qualities. In the meanwhile we all have to continue working on our own particular issues in the knowledge that we are all contributing towards that ultimate goal of unity, oneness, purity and state of perfection.

Exercise : *Identifying your purpose in life*

- a. Get into a meditative position with your eyes closed
- b. Root
- c. Scan
- d. Do the breathing exercise
- e. Ask the following questions of yourself:
What are all the lessons that I think that I have learnt so far in this life time?
What are all the other lessons that I think I might need to learn for the full maturity of my soul during this existence?

- What is my ultimate purpose in this lifetime?
- f. Do a healing light rainbow meditation exercise
 - g. Cancel

Sit quietly for a few minutes and observe what might have come up. Write it all down in detail in your progress notebook and see if you can determine as to what the lessons and your purpose/s in life might be? Do not worry if you have not been able to come up with anything which might appear significant. The answers will come up in the fullness of time. Just be vigilant and observe whatever might come up during the ensuing days and weeks while you do your daily Essential Relaxation exercises, Having SIGNIFICAN DREAMS OR DURING THE DAILY ROUTINE OF YOUR LIFE. Things will start clarifying as you go through the exercises given in the rest of this section and those following in the next one, especially in chapters 7, 9 and 10. Most IMPORTANTLY, BE PATIENT with yourself!

Homework:

1. Reflect deeply on the contents of this chapter
2. Do the above exercise, taking your time and reflecting deeply on the issues. Repeating the exercise from time to time.
3. If you have not already become aware of your main purpose/s in this life, put the relevant question to the Universe before your Essential Relaxation exercises. You will probably get your answer in time. Be patient and vigilant as the answer may come in dribs and drabs; like the parts of a jigsaw puzzle which will eventually fall into place.
4. Continue with your regular daily Essential Relaxation exercises.
5. Continue off-loading as appropriate.

Chapter 12

Opening yourself to unconditional love

Love is one of the most mysterious emotional states which has profound influence on all aspects of our lives. It is also closely linked with all other emotional states in that it can both cause or placate them. Unlike the negative emotional states which usually lead to disharmony and inception of disease, the chemical, hormonal and physiological changes associated with love are associated with harmony, normalisation and healing. Love is an emotion which at a personal level, can either make us profoundly sad, frustrated, angry or intensely and blissfully happy depending on the circumstances. Through love which is usually experienced via the heart chakra (Chapter 5 in this section), we not only connect with all other living creatures and nature, we also connect with the Divine universal source of love which is the essence of everyone's soul.

The perfect soul which inhabits the embryo at the moment of conception is of pure love and perfection with all the wisdom, knowledge and intelligence of eons of evolution of mankind. Therefore, we have all the wisdom and knowledge within us at birth, but we spend our entire lives trying to relearn and discover what we already know! All that we really need to do is to get into that deep space of stillness through meditation or Autogenics to be able to travel and transcend through the layers of blocks that ordinarily prevent us from making that connection.

Consequently, if we can get into a state of mind in which we consider everyone and everything else and the Universe and the Cosmos as extensions of ourselves, then we will be able to get in touch with true unconditional love. This entails that we accept all others as who and what they are; without judgement and criticism; and giving totally without expecting anything in return. Being in touch with this serene state of love, enables us to be connected with the entire universe and all the wonderful healing energy that lies within its domain. Being disconnected from love, disconnects us from others including other living beings such as animals. It is hardly surprising then that there is so much disease, distress and other catastrophic and calamitous evil in the animal kingdom and the planetary environment considering the current negative mental state of the majority of human beings currently living on our beloved planet.

The selfishness, possessiveness, envy, jealousy and greed of those who are disconnected from the universal and unconditional love and can only feel the possessive self-love, is what is causing and contributing towards the disconnection with all other living and sentient beings in this world as well, with the end result of so much inequality and totally preventable suffering. If it were not for this in the western world and the very few individuals and multi-national companies hugging most of the wealth for their own greedy benefits, there would not have been so much hunger, poverty, suffering and death through eminently treatable diseases.

Massive amounts of perfectly useable food is thrown away when it could be used to feed the hungry around the world. The only thing that is stopping this from happening and stopping children and adults dying of malnutrition and starvation is the greed and lack of

love, care and compassion of the governments of a few powerful and prosperous nations. But for this there would be sufficient amount of food to feed all the hungry of the world.

If it were not for the utter greed and selfishness of the hierarchy of the drug companies and their monopolies through the patent systems, there would be enough reasonably priced vaccines available to prevent most of the serious and fatal diseases in children around the world. The reasonably priced medicines could also help alleviate the suffering of millions and help cure many others. Why does it not happen? The answer is simple. Those in charge of these multi-national and global monopolies are only interested in self-gratification through amassing massive fortunes at the expense of the suffering majority around the globe. If they exchanged their utter greed and selfishness and possessive hold on material needs with unconditional love, care and compassion for their fellow travellers on this journey of life, then we would have a much more equitable life for everyone on this planet. This would then be the start of utopia and the promised land for everyone and not just a select few.

Please do not misunderstand me. I am not against your being financially secure and domestically comfortable. Luckily I am both for which I am eternally grateful. For without this financial security, I could not do my charitable work and be able to afford to offer my services at greatly reduced rates or even free to those who genuinely need, but can not afford it. I am talking about those who have worldly possessions and money way beyond their own needs and those of their loved ones around them and who do absolutely nothing to help and support others to reach minimum standards of comfort, security, health and well-being. For after all, what do even the richest billionaires take with them after their death on their passage to the other side? It will certainly not be their worldly goods and possessions; it will just be the karmic debts that they have accumulated as a result of their unloving acts during their lives which will only secure a great deal of problems for their future incarnations.

Divergence, separation or even disconnection from the pure energy of unconditional love also leads towards the creation of fear, anger, envy, jealousy and the current escalating blame culture. If we are unable or unwilling to acknowledge our own responsibilities for our own actions or have not got the resolve or courage to do so, then we would necessarily need to have a scapegoat onto which we can project our failures. If we make a point of functioning constantly in our daily lives from the view point of unconditional love, then there would not be any space for envy, jealousy, possessiveness or anger and blame. Fear will also be vanquished as through the connection of our essence with that of the Universe, we would have absolute TRUST that all that will manifest in our lives will be for our best and the betterment of our Higher Selves (Ch 10 in section 2) and thus there would not be any need for fear which often emanates from insecurity and the foreboding that bad or negative things will come into our lives as a result of our actions or inactions as the case may be.

The release of our negative attributes combined with forgiveness for ourselves and others and regular expression of gratitude (Chapter 7 in this section and chapter 2 in section 2) for everyone and everything in our lives irrespective of how small or large will lead towards the development of unconditional love and the wondrous state of equanimity,

peace and tranquillity that that will entail. Apart from exercises given later, others which will help you getting in touch with the essence of your love are also given in chapters 7, 8, 16 and 18 in this section.

Exercise 1: *Learning to use your unconditional love*

The pink light being used in this visualisation is a symbol of your own unconditional love which is necessarily connected with that of the Divine Source through which all true unconditional loves emanates.

This exercise which will enable you to get in touch with the essence of your own unconditional love will not only enable you to use it for yourself and helping others for the betterment of themselves, but also for much more mundane things such as clearing traffic jams on the motorways and finding a parking space!

You can use this simple visualisation in the following ways:

A.

- a. Get in a meditative position with your eyes closed.
- b. Imagine big roots forming from the soles of your feet and base of your spine and go deep inside the earth.
- c. Scan
- d. Do the Breathing exercise
- e. Now imagine earth's energy which is red to come up your roots and right the way through your body to your heart.
- f. Then imagine a large source of white light above you and bring that down through the top of your head through to your heart. While you are bringing that down, ask the Source, God, or Universe depending on your belief system for you to be used as a channel for healing and change, empowerment and unconditional love to bring about positive change for the betterment of the Higher Self of the person to whom you are sending love and light.
- g. Then imagine the two energies mix and form a pink light in your heart region.
- h. Now imagine a pink rose in your heart opening from a bud to a fully open rose and connected with the pink light energy. The pink rose is a symbol of your heart chakra opening fully (Chapter 5 in this section).
- i. Imagine a large shaft of pink light emanating from the pink rose in your heart region going onto the person whom you want to heal or help. Connect the shaft of pink light to their heart and imagine them filling up with this beautiful pink light of unconditional love. Then surround them totally with a balloon of pink light and send them plenty of loving blessings. Distance is absolutely no object. While doing that you can put a prayer to the universe that they may be healed, changed, empowered and blessed for the betterment of their Higher Self. You only need to concentrate on the person for only 2-3 minutes. You can of-course spend longer if you so wish.
- j. Then you can direct your attention to someone else and so on.
- k. Once you are finished, cancel in the usual way.

Sit quietly and absorb fully the wonderful energy with which you have been in contact. When ready write down your experiences in detail in your progress notebook. You do not have to confine yourself to just sending unconditional love and blessings only during this exercise. You can send loving blessings to everyone whom you come across through the day. I am sure that you'll be amazed like I have been on many occasions the positive transformation in others as well as myself after sending regular blessings throughout the day.

You don't have to necessarily concentrate on someone for this exercise. If you just open your heart with a pink rose and fill yourself with a pink light of unconditional love for a few moments before you start work and throughout the day if necessary, you will be amazed at the way that the quality of your work will change and people around you will start transforming without you having to do anything actively.

B

This visualisation can also be used for resolving difficult situations or relationships. You do exactly the same as above, but this time you fill the situation that needs resolving with the pink light, accompanied with the prayer that whatever the underlying cause of the problem might be, it would resolve amicably and harmoniously.

C

You can also use this visualisation for much more mundane, though important things such as clearing traffic jams and finding a parking space! For doing this, you do the visualisation before you start your journey imagining that the whole road leading to your destination is full of pink light of unconditional love and totally clear and that there would be a parking space exactly where you want it. Then you come out of it properly and start your journey and hey presto! If you start hitting any problems with traffic jams along the way, just send more pink light with your eyes OPEN and watch it all melt away. It really does work. Just trust that it will work and try it!

Exercise 2: *Releasing the negative and the unwanted using pink light visualisation*

Using the pink light for this purpose has already been described in Chapter 7, Exercises 2 and 4.

You can also use this technique to get an answer to any questions that you may have. You replace the problem with the question and when you send it up with love and blessings, ask that the question may be answered. You will get your answer in a dream, meditation or a quiet moment.

Homework:

1. Do the above exercises as often as you can or as appropriate.
2. Do your regular daily Essential Relaxation exercises and enjoying the space of unconditional love into which you will go

3. Continue with the off loading of the negative emotions.
4. Continue with the regular gratitude exercise (Exercise 5, Ch 7 in this section) and forgiveness exercises (Ch 7 in this section).



Chapter 13

Drink the eternally blessed spirit

How does the idea of being like a skinny bag with numerous microscopic holes and filled with water, powerful chemicals and some bits of solid matter floating in it grab you? Well, that's what we all basically consist of ! 70-80% of our bodies consist of water held in by our skins. The biggest volume consists of blood and lymph which bathe every tissue, and cell in the body. The blood takes nutrients and vital oxygen to the cells and then together with the lymph take the toxic by-products of cell metabolism away to be disposed of either through the liver, lungs, skin, bowels or kidneys.

Water is probably the most potent solvent that there is and consequently if the body is dehydrated as a result of insufficient amounts of it, then both the blood and the lymph become more concentrated and as a result inadequate amounts of waste products and toxins which are produced as a result of normal metabolism of the cells will be able to be dissolved in them and thus taken away to be disposed of through one of the aforementioned organs. Once this happens, then progressively more of the toxic by-products are gathered within the cells which over the medium to longer term will give rise to all sorts of degenerative diseases including arthritis, cancer and premature ageing (Ch 14 in this section). This not only happens because of the accumulation of the toxic waste products on their own, but also by the fact that these toxins also interfere, inhibit or even paralyse the proper functioning of the cells. The detrimental effects of inadequate water intake is further aggravated by the intake of excessive amounts of alcohol and caffeine containing drinks as they both further dehydrate the system and add to the inability of the waste by-products to be absorbed into the blood and lymph and thence disposed of adequately and effectively.

The lymphatic system consists not only of the fluid lymph , but also specific circulating white blood cells, certain other organs such as the spleen and lymph glands. They all work together in a perfect synchronistic harmony. Apart from being a major and extremely important cleansing system within the body, the lymphatic system whose total integrity and proper functioning is absolutely essential in the maintenance of our immunity and thus our health by combating the various foreign bodies such as viruses and bacteria as well as clearing the damaged, decaying, diseased and even cancerous cells that are regularly and constantly being produced. (Also see Ch 1 in this section) Do remember that most of our cells and tissues are constantly being replaced and renewed, like for instance the whole of the inside lining of the gut is replaced every 3-5 days; most of the cells in the front of the eyes (Cornea) every 2-3 days and the liver being one of the slowest ones is replaced and transformed every few weeks. It is not really very surprising then that numerous old, damaged and diseased cells are constantly being discarded and removed from the body.

Some of the reasons why cells become cancerous include stress including negative emotional states and memories and the result of some of the chemicals released as a result of it, poor or inadequate nutrition, pollution, toxic chemicals (Ch 2 and 3 in

section 2) and particularly inadequate oxygen reaching the tissues (Ch 1 in this section). If indeed it is true that damaged and cancerous cells are constantly being mopped up and removed from the body, which it is, why is it then that the tumour or cancer cells that have established themselves are not destroyed and removed ; in fact they seem to speed up in their vicious, vigorous and bizarre growth patterns as time goes on? This abnormal cellular behaviour often seems to go on despite treatment being it conventional, complementary or preferably the combination of both. Why is it then that the established disease does not often seem to respond properly and effectively in many people? One of the most important contributory factors involved in the failure of the disease to respond to treatment is that we bury unresolved emotions and memories into the cells. The negative energy of this action seems to have a very powerful detrimental affect in disrupting the proper and harmonious functioning of the cells including their DNA and hence their full recovery. What is suppressed may be a conscious memory from this life time; unconscious memory from the earliest part of our childhood and even pre-conception or from one of our past lives that we have chosen to resolve in this life time.

The stress and intensity of the emotion associated with that particular experience/s creates an unpleasant memory in the cells and causes it to malfunction. Once the degrading and damaging pattern is triggered off, then the cells release themselves from the normal behaviour and control exerted by the higher senses within the body and mind and start on their disruptive and damaging adventure. Although despite having said that, as the majority of the cells are replaced regularly within the body, then why is it that the tumour cells are not replaced by healthy ones? The unfortunate fact is that the new disruptive cell memory is passed on from one cell that is dying to a new one that is being produced and consequently the pattern continues and every cell created within the vicinity of the tumour cell is “infected” by the diseased memory and therefore starts becoming abnormal also. Therefore , in order to disrupt the negative and damaging behaviour pattern of the cells and thus enable them to start working properly and returning them to normal, the memory and negative emotional patterns associated with them must be interrupted, released and negated. This must be carried out in conjunction with any other form of therapy which is undertaken. (Ch3 &7 in this section and Ch 1, 2, and 4 in the next section). Therefore , once the release work has started and the damaged and diseased cells start being discarded in large numbers, it is imperative that the level of water intake is greatly increased so that the end result of the release of these highly toxic by-products are freely removed by the lymph and the blood, so that they have no opportunity to accumulate within the cells once more and start causing a problem once again. The use of sanctified energised and healing water in this context is particularly important (see the exercise given later in this chapter). Furthermore, as a result of inadequate water intake the powerful chemicals responsible for fighting disease can not get to the cells in adequate amounts, and those that do get there, can not function properly because of the detrimental interference of the already accumulated toxic waste products. This is yet another good reason that you must ensure that you drink plenty of water during the day, increasing it considerably on hot days and if you are indulging in exercise and especially if you are trying to get rid of any disease. This would mean drinking at least 2 litres a day minimum.

It is clear From what has been said so far, that the body is an exquisitely balanced structure and needs the proper functioning of the blood and lymphatic for not only cleansing, detoxifying and oxygenating, but also distributing the numerous essential chemicals, hormones, vitamins, amino acids and minerals within the body, so that the proper functioning of every cell and tissue is maintained. For example the disruption in the fluid balance within the thin layer of cornea in front of the eyes can lead to severe visual problems and eventually to blindness if corneal transplant is not undertaken. However, even that is not a guarantee of restoring the visual function to complete normality on a permanent basis.

The crystal clear cornea in front of the eye is constantly absorbing water, chemicals and oxygen from the front (tears which regularly cleanse it) and the chamber of the eye behind it. Without the proper functioning of the chemical pump in one of its microscopic layers, the cornea would very quickly become waterlogged with consequent blindness. This is precisely what happened to me which led to my eventual total blindness, which was not even responsive to a corneal transplant as the transplanted cornea developed the same fault and consequently could not be replaced.

This is a tiny example of what is constantly going on within every cell and tissue within the body including the heart, liver, kidneys, brain and the nervous system and all the other essential organs. Inadequate hydration and lack of adequate essential chemicals which are important for these delicate operations, can lead to the vital organs becoming dysfunctional leading to serious health problems.

It is therefore important to drink regularly to maintain proper hydration and support the delicate and vital systems within the body. Drink at least eight to ten glasses of water daily in addition to drinking any fruit juices, especially if they are freshly squeezed. The intake should of course be considerably increased during hot weather or if you work or exercise in hot conditions. Ensure that you minimise and preferably discontinue drinking any caffeine containing fluids, remembering that even the so called “decaffeinated” teas and coffees have still got a certain amount of caffeine within them and are not totally free of caffeine. Apart from its specific toxic effects especially on the liver, alcohol of course dehydrates the system very strongly and it is imperative that if you have drunk alcohol especially in moderate amounts you increase your water intake to much greater levels than normal. The nasty effects of alcohol intake known as a ‘hangover’ is due to dehydration and the consequent accumulation of toxic chemicals within the body.

Eating water containing foods such as fruits and vegetables is very important in supplying further amounts of water to the system, but also increasing the level of energy within the body. You really need to take at least 60-70% of your daily intake of food in the form of fruits and vegetables, preferably in the raw form.

Apart from its extreme importance in the maintenance of proper health, water has also got important external cleansing properties and spiritual and religious connections and connotations.

The cleansing properties of water for cleaning fruits, vegetables, homes, neighbourhoods and our bodies is well known. However, what is perhaps less appreciated is the fact that cold water can also help to cleanse the aura and the chakra system (Chapter 5 in this section). The way that this seems to work is by the initial shock of the cold water hitting the body, the whole energetic system rapidly contracts and then ejects the negative contents which might have accumulated within the system. Therefore, having cold showers is an extremely important aspect of cleansing your aura and chakra system. It is also important in stimulating the immune system so that your susceptibility to disease especially colds and flu is diminished.

To be quite honest with you, I have never been able to walk under the cold shower especially in the winter. The way that I get over that is by going under a normally hot shower, and then turning it to cold, starting with my front and then my back. I then turn the shower to hot once more and feel wonderfully cleansed and invigorated. Of course when the shower goes cold, it gives me the perfect opportunity to do a massive off-loading exercise, especially the screaming and motor loosening ones!(Ch 3 in this section).

Being cleansed by water before a religious ceremony or saying prayers in a holy place is an essential and integral part of the majority of major religions in the world.

All Muslims go through a regular ritual of washing their hands, face and feet in a specific and prescriptive way before they undertake the process of praying to Allah. The parting of the Red Sea to allow the Jews to leave Egypt and go to freedom in the promised land was an extremely important event in the Jewish religion, as is the actual use of water both literary, metaphorically and ceremonially. Hindus regularly bathe themselves in the waters of the river Ganges as part of the process of their spiritual cleansing. The process of baptism by water is of course an extremely important aspect of the Christian religion with its very powerful spiritual connotations and acting as a metaphor for joining the purity of Christ and thus the ability of the individual to be cleansed of their sins or misdeeds. In Zoroastrian religion water is one of the four essential elements that needs to be always kept pure and that fact is celebrated on an annual basis by especial religious gatherings when special prayers are offered.

It has now been shown by a specific type of photography known as ‘thought-form photography’, that water is actually like a video recorder and records end result of our thoughts and energy patterns as projected on to it. This opens a field of infinite possibilities as to the possible ‘energy memory’ recorded in water especially with what it might reveal about the past once this field of research which currently is in its infancy has been fully developed.

This is a process in which we can see bits of recorded information from our mind and capture it in water, as viewed and photographed through a microscope. In other words, the energy of the thought patterns are projected into water, and then the end result photographed and viewed under a microscope in order to see how the water molecules

has responded and been transformed by the specific energy patterns that have been projected onto it through our thoughts. Crystalline structure, shapes, patterns and colours observed seem to be totally distinct depending on the type of projected thought energy, sound or colour. Therefore, if we direct positive and loving thoughts towards it, then it reflects back considerably more light, while showing a form which is distinctly different in being beautiful and symmetrical usually. Simply by holding a glass of water and thinking about love, peace and harmony and projecting it unto the water, it changes its energetic and light structure. When we really think about this concept, we can then ask the question as to what this could mean on a global term if we were to think wonderful thoughts every time we poured a glass of water and drank it? Presumably this is why when water is blessed, it develops healing properties (See exercise given later). The same would of course apply to blessing food, as a considerable amount of most foods especially fruits and vegetables consist of water. The fact that the auric energy of food is considerably enhanced by the application of healing energy and prayers to it has been confirmed and demonstrated by Kerlian photography, which is a particular system of photography that records energy fields around people and objects. Therefore, if every time we pour a glass of water or prepare a meal, we think of love, peace and harmony not just for ourselves, but also for everyone else on the planet, then these accumulated energy of blessings and healing will help to raise the vibration and consciousness of the whole world and go towards creating a much more loving, caring and harmonious humanity.

Exercise 1 : *To determine the level of your daily water intake*

- a. Sit comfortably with your eyes closed in a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think in detail about everything which you have eaten or drunk during the previous 24 hours
- f. Open your eyes and write in your progress notebook the full detail of what has come up
- g. Go through your list excluding any milk, caffeine containing drinks and especially alcohol
- h. If the end result does not come up to at least 8-10 glasses of water (2 litres plus) including fruit juice in actual fluid intake, and 60-70 percent of water containing foods such as fruits and vegetables, then you are greatly under hydrated and you need to increase your water intake considerably in order to try and remain healthy, youthful and energetic.

Exercise 2: *To impart healing qualities to water*

You can do this either sitting down or standing up depending which is more appropriate. If you are only going to drink one glass of water out of a bottle or from a tap you do not necessarily have to go through the whole of the following process. All that you need to do is just think about loving, peaceful, healing and positive thoughts, directed at the water and thus bless it and then drink it. While drinking it, you can ask that all the blessed and

healing energy of the water that you are drinking to be used to sanctify and heal not just you personally but everyone with whom you come into contact.

However, if you would like to create a larger volume of sanctified and blessed water, then you go through the following procedure:

- a. Pour the filtered or bottled water into a GLASS jug
- b. Close your eyes
- c. Root
- d. Scan
- e. Do the Breathing exercise
- f. Place the palms of your hands on either side of the jug of water to be blessed
- g. Imagine a large ball of white light above you, symbolising the Divine or Universal healing energy depending on your belief system
- h. Bring the white light down through the top of your head into your heart and then down your arms to your hands
- i. Feel the energy to come out of your hands and go towards the jug. It really does not matter if you do not feel anything as it is the '**intention**' **which is the most important thing**
- j. While you are holding your hands around the jug and bringing the white healing light through them, say quietly to yourself a phrase such as 'May the Divine or Universal energy of unconditional love, light, peace, harmony and healing bless the water within the jug, so that it will absorb those qualities and not only impart them to me as I drink the water, but its energy will spread to everyone and everything around the world'. You do not have to use the exact words expressed here. It is best to use your own words as they will impart deeper meaning and significance to it.
- k. Do a quick cancellation , open your eyes and enjoy drinking the sanctified and blessed water and feel its healing benefits.

Homework:

1. Do the above first exercise regularly to ensure that you are taking in sufficient amounts of water and other healthy fluids and foods
2. Do the second exercise every time that you want to have a drink of water, remembering that you do not have to go through the whole procedure every time you want to have a glass of water especially in the company of others. Just think of the loving and healing words before you drink the water.
3. Continue with your daily Essential Relaxation exercises
4. Continue with the off loading exercises as appropriate

123Chapter 14

The secrets of remaining youthful, vibrant and energetic

You may well ask why the topic of ageing has been included in this section which has to do with transformation and healing. Although the process is a perfectly normal and natural one and starts as soon as we are born, a great many people have enormous problems with their negative perceptions about the process which can be damaging to their healing. They forget the fact that we are not designed to get old, but to mature. The negative perception and interpretation of this natural process can create a massive amount of additional stress and blocks on the onward process of their lives. Unfortunately this is not confined to those who are in their middle years. In some people it can start in their youth. The classical example was a friend of mine. He was a very handsome young man in his early twenties who had a brilliant job in which he was very successful as well as a happy and fulfilling relationship. However, he was obsessed with the idea of getting old and did not wish to live beyond the age of forty, as he associated that age with the start of marked decline at all levels especially his physical appearance and good looks! No amount of discussions or reasoning changed his attitudes. He developed a particularly nasty cancer by his mid-thirties and was dead by his thirty ninth birthday; so he never saw his fortieth birthday! Therefore if we can set off such an alarming and destructive time bomb within our minds about the subject of ageing, it is therefore important to explode the myth that the process is associated with inevitable decline and degeneration and discuss the issues that will help us remain youthful, vibrant and energetic despite the chronological march of time.

Some of the most important factors contributing to the process of ageing are our own preconceived ideas about it and sociological conditioning. If we get rid of some of our preconceived conditioned ideas, we can alter the process of ageing and to decline and allow our cells to degenerate unnecessarily. Our sensory perceptions are normally programmed in such a way that they only accept and register what is the accepted sociological 'norm' and what is considered to be true by the masses, to the exclusion of all other thoughts and ideas. If you already believe that ageing and becoming decrepit as a result is an inevitable end product of your life, then your mind will only accept this belief system and will delete any other incoming messages which may be to the contrary. Furthermore it will only accept those sensory stimuli which reinforce that belief system.

However, the reality consists of infinite possibilities. If we open our minds to this fact then we may be able to see that the normally accepted process of ageing with its inevitable negative connotations and consequences is not necessarily true. *In fact this is a myth to be dispelled as soon as possible, especially considering the mental and physical state of the majority of the eleven million retired people in our country. It is wonderful to observe how many people who would have been considered too old to be of any use even twenty years ago are not only leading highly active lives, but are valuable members of the voluntary sector with the invaluable help and support that they give to our society. It has been shown by researchers that in those societies in which old age is synonymous with wisdom and energy, not only do the members grow to much greater age than*

expected, but they usually are highly effective and energetic until ripe old age. Let us hope that in the years to come the experience, immense knowledge and great value of our senior citizens are fully recognised so that with a population which is progressively ageing chronologically, their level of youthfulness, ability, energy and their invaluable contributions to society will become more and more readily recognised and achieved. Hopefully, in not too distant a future, the current national defeatist attitude which amounts to almost a phobia will be dispelled. This will in turn lead to the alteration of the general perception of ageing associated with negative states, concentrating instead on the fact that irrespective of the chronological ageing, the individuals can remain youthful, active and highly energetic and even be considered glamorous as is done in many ancient cultures. This will endorse their capacity of truly enjoying their lives with the strong standpoint of spirituality which experience and wisdom often brings. I myself am a case in point. Despite having celebrated my sixty seventh birthday and being totally blind now as a result of an accident, I still have a very active, energetic and fulfilling life. I often work with clients for up to 12 hours a day, type this book and write numerous regular articles for magazines, have plenty of fun and enjoyable times with my family and friends, while remaining totally at peace with an unshakeable inner joy and contentment.

One of the other important facts that makes people grow old, and die, is that they are seeing others doing the same. Our bodies are biological end-products of our sensory experiences as mentioned earlier and their interpretation. For a great many years we have collectively created the false reality of ageing being somehow unpleasant, unwanted and unacceptable event by insistence on retirement at totally arbitrary chronological age. Added to this, the commitment to old peoples' homes and such like which necessarily concentrate people's minds on the few rather than the majority and reinforces the negative preconceptions.

To understand and alter the biology of ageing, we must first of all re-interpret this idea and change our perceptions and interpretations for ourselves. Unless we are aware of this fact, we all become victims of the sociological mass indoctrination which has made us believe the inevitable negative outcome of chronological ageing. In order to change the society's attitudes towards this issue, we must start taking responsibility for it and by starting from ourselves. We can do this by becoming aware of it during our Essential Relaxation exercises as a result of which we can then passively observe our own deep seated ideas, attitudes and prejudices towards the process of getting older and adopting the new stance of some of those societies which treat old age with respect, dignity, health, energy, wisdom, glamour, reverence and even veneration. By so doing we can start making an impact on the society's level of consciousness and hopefully have positive influence on the future generations, so that they will consider the current attitudes totally unacceptable and redundant. In the deep stillness of your relaxation state you should become aware that you are not the thoughts imposed on you by society and therefore you can totally detach from them. Better still, totally discard them.

You are the thinker of the thought and as such you have choices, and immense inner power and can re-interpret events and current misconceived ideas. When we all do that the future generations will grow up with a different notion of ageing which hopefully

should be far more wholesome and positive. They will then recognise the current concepts as not being the reality. Taking responsibility for ourselves to change those old and redundant ideas and notions, and if enough people do that, then the society is also bound to change. That change in creative consciousness will create a new mindset which will become part of the new ethos. Remember that the thinker behind the thoughts is ageless with vast and unlimited possibilities.

Apart from ditching the old negative ideas about ageing and taking on board its positive attributes, there are other factors which will help and they will be discussed later.

1. *Exercise.* Regular exercise in moderation is excellent. However, over-exercising is counter-productive. It should be steady, regular, *enjoyable* and not cause any strain on the physiology. Swimming, walking, gardening, yoga and Tai Chi are just a few examples. You should aim to do about 30 minutes at least three times a week.
2. *Nutrition:* Always eat to the level of comfort and stimulate all six tastes, which are salt, sweet, sour, bitter (most leafy vegetables), pungent (spices including things like mustard and horseradish, and pepper), astringent, which is the particular taste of all pulses. (Also see Ch 3 in section 2) Ensure that you eat at least five portions of fruit and vegetables daily. They contain important anti-oxidants (see below) such as vitamins A, C, Riboflavin and E. These can of course be taken as supplements. But it seems that they are more effective when taken in their natural state as part of a balanced diet.
3. *Importance of toxins:* Oxidants or free radicals are chemicals which are produced as a by-product of food digestion particularly if the food is polluted with chemicals in the guise of preservatives, colourings, antibiotics which are used to prevent possible disease in intensive farming methods and to enhance the growth of animals, pesticides and unnecessary external hormones which are used to artificially fatten the animals before slaughter. These toxins are very important in the inception of all diseases especially coronary heart disease and other degenerative conditions such as arthritis and various cancers as well as premature ageing. Free radicals are also produced as a result of stress and environmental pollution. These harmful chemicals are easily mopped up by anti-oxidants as mentioned above in 2. There are other elements which are also important such as selenium and zinc and those present in fish oils and garlic in preventing side effects of ageing.
4. *Pollution:* Living near unpolluted nature and in a clean environment away from pesticides and other chemicals is also conducive to healthy living and prevention of the onset of premature ageing.
5. *Sleep:* The duration is not important but its quality is. The best quality sleep is the one after which when you wake up you feel refreshed, rested and energetic. The sleep should be blissful, and have the dream-state interspersed with periods of silence. Deprivation of dream-states leads to tiredness and more susceptibility to disease. Deprivation is caused by stress, environmental situation such as noise; one of the commonest and most disruptive being a partner's snoring. It can also be caused by caffeine containing drinks, insomnia, tranquillisers, sleeping tablets or alcohol. That's why the sudden withdrawal can cause hallucinations

which usually are the catching up of the disturbed dream-states. It is therefore essential that when you try to come off these drugs you should do it very slowly.

In order to improve sleeping patterns it is best to have a light supper before going to bed. Also decreasing sensory input before going to bed such as avoiding violent and noisy films including the news, listening to soft relaxing music, burning aromatherapy oils. There are also a number of homeopathic and herbal materials including Bach Flower remedies which can help. Drinking hot camomile tea, or one made with saffron, 2-3 sprigs heated in a cup of milk, or a large pinch of nutmeg or poppy seeds in a cup of warm milk or water can also help, taken before bed-time.

6. *Relationship*: Having a harmonious, loving and nurturing one with oneself, the Divine and those around one is also very helpful in the process of not only having an excellent quality of life but also remaining youthful and energetic. (Also see chapter 16 in this section).
7. *Job, career or vocational satisfaction*: If the job or career is unsatisfactory and creates stress and unhappiness, then it will lead to the release of harmful chemicals from within the body as well as the free radicals which make the individual much more susceptible to disease, decay and unnecessary premature ageing.
8. *Fun, humour and laughter*: They have been shown to prevent and alleviate disease and make the individuals appear oblivious to ageing.
9. *Emotions*: It is important to identify the baggage of negative emotions that you are carrying and release them. (Ch 3 in this Section). The space so left behind can then be filled with unconditional love (Ch 12 in this section). Both of these acts will open you to receiving the cosmic energy and the Divine love which will help you in your quest to remain youthful, vibrant and energetic.
10. *Stress*: Any situation which you find threatening is a cause of stress to you and causes the release of detrimental chemicals that will not only make you more susceptible to disease but also premature ageing. Doing the relaxation exercises regularly on a daily basis have been shown not only to prevent the signs of ageing but in some instances actually reverse them, especially when combined with all the other things already mentioned in this chapter.
11. *Other relaxing factors*: Other factors which also help with relaxation in addition to the Essential Relaxation exercises, Autogenic Training and so on, and thus reduce the ageing process are music, aromatherapy, imagination, visualisation and/or a soothing bath with relaxing essential oils such as lavender. Do remember though, that lavender can reduce your blood pressure and consequently you need to be careful.
12. *Massage*: The ageing process can cause loosening and sagging of the skin which is caused by weakness of the underlying muscles. Massage, especially the non-surgical face and body lift variety not only helps with relaxation but also with the strengthening of the weakened muscles which prevents the appearance of wrinkles and ageing.

Having read through the points enumerated earlier, you can then proceed with the following exercise:

Exercise : *Identifying the steps that you need to take to remain youthful, vibrant and energetic*

- a. Get into a meditative or armchair position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Taking a note of the above mentioned points, think about all the areas in which you feel that you need to work on in order to improve your health and state of well-being and as a consequence minimising the possibility of premature ageing.
- f. Do the Healing light rainbow exercise
- g. Cancel

Sit quietly for a few minutes observing as to what might have come up. Write them all down in detail in your progress notebook and prioritise them in order of importance and significance.

Take action by starting to work on them in order of your priorities. Set yourself strict but realistic deadlines to achieve your goals, ensuring that you work on a few at a time, as if you start making too many changes in too many areas at the same time, it can become overwhelming and allow your ‘dirty tricks department’ (Ch 2 in this section) to sabotage your efforts.

Homework :

1. Do the above exercise , ensuring that you achieve the changes that you wish to make within the specified deadlines
2. Continue with your Essential Relaxation exercises incorporating any positive affirmations which will support you in achieving your goals of remaining youthful, vibrant and energetic
3. Continue with your emotional off-loading exercises as appropriate

Chapter 15

Protect Yourself

Have you ever found at the end of a visit to a friend or a family member you feel absolutely shattered and totally drained of energy? Or at the end of a telephone conversation you feel tired and depressed especially if the person with whom you were speaking had the same symptoms? Or feeling totally drained after a visit to a supermarket? These are just a few examples of the ways in which your energy can be easily tapped even without you realising it! This becomes much more prevalent as you start developing spiritually and energetically as your positive energies become stronger, they become much more attractive to those who need it badly.

As has been mentioned earlier in the book in this section, everyone of us is a mass of constantly moving and changing energy which is interacting with those around us as well as that of the universal or cosmic energy. Most of this energy exchange and transference happens through our aura and the main chakras, but especially those of the solar plexus and the heart (see chapter 5 in this section). If our chakras (energy centres) or aura are left totally open and unprotected, then the energy transfer happens willy nilly and without our control or awareness. Therefore it happens spontaneously whether we want it to or not. Of course the net balance of the transfer may lead us in deficit and if that happens, then we will feel drained and fatigued for no apparent reason. Furthermore, if we are not aware of what is going on, we can easily pick up the other persons moods or even physical symptoms and wonder why we have suddenly developed a headache, stomach ache or depression, anger or anxiety when we were feeling perfectly OK and there does not appear to be any rational reason for the way that we have started feeling. These are the times that we are inadvertently either picking up somebody else's symptoms passively or the other person is actively dumping their negative energies onto us whether it be related to physical or emotional symptoms. Usually this is not an active conscious action on the part of the person who is projecting. The person does not usually consciously think that "Goodie, here is someone on whom I can dump my unpleasant or unwanted baggage". It often happens at a much more subtle level. The negative energy somehow senses the presence of an open and unprotected positive energy body nearby and then starts dislodging its load. It is a bit like the reverse of siphoning. When fluid is siphoned from one container to another, it usually goes from the fuller container to the emptier one. In energy transference, the person or setting with high negative content siphons the person with a more positive energy level. At the same time a reverse siphon is set up so that simultaneously the negative energy from the source goes in the opposite direction. Consequently, not only does the donor end up picking up the negative energies but also becomes drained of his/her own positive energies. A double whammy indeed, and therefore hardly surprising that the donor can end up feeling awful at the end of this unwanted transaction!!

The first and most important thing is the awareness and realisation that this sort of inadvertent energy exchange occurs. Once you have become aware and acknowledged

this fact, then you can set about taking control of the situation and doing something about it.

The individual chakras or energy centres can be voluntarily opened or closed as described in chapter 5 in this section. Additionally a cloak of protection can be used not only to protect the chakras, but also the aura by doing one of the following exercises:

Exercise 1: *Using protective golden yellow and blue lights/ colours*

- a. Sit or stand in a comfortable position with your eyes closed.
- b. Route properly. This is an extremely important part of this exercise
- c. Scan.
- d. Take a few deep breaths in and out.
- e. As you take a deep breath in, imagine as if a sheet of golden light starts from the soles of your feet and going up behind you to the top of your head (your crown).
- f. As you breathe out, allow this sheet of golden light to come in front of you and go down to the soles of your feet.
- g. With the next in-breath, imagine another sheet of golden light coming up your right side to the top of your head once more. And with the next out-breath allow this sheet of golden yellow light to go down your left side to the soles once more.

By this time you should feel as if you are completely surrounded by an eggshell of golden light.

Now repeat the above steps but covering yourself with a blue light on the outside of the golden light, so that by the end you are covered with two eggshells of light; golden yellow on the inside and blue on the outside.

You can then complete the exercise by saying something like: “May I now be totally protected by these layers of light and love with which I have surrounded myself from absorbing any negative energies coming my way, and also for my own personal energies from being used by others”. You do not necessarily have to use the exact words which I have quoted here. It is always best to use the words which are appropriate to you, especially if they come up spontaneously from deep within. You finally cancel and open your eyes.

Some of you may not be able to visualise colours or lights. In that case, use the sensations which convey those lights and colours to you.

In order to protect yourself against being drained of energy, it is best to do this exercise on a regular basis in the morning and at night before you go to bed. Also at any other time when you know from experience that you are going to be confronted with situations or people that normally drain you. It is always best to do more of this exercise rather than less of it!

Exercise 2: *Using protective rainbow of colours*

For most of us and for most every day purposes the protection given in exercise 1 is perfectly adequate. However, if you wanted a more complete level of protection, you can use the following more detailed exercise.

Basically it is similar to exercise 1, except that you use all the colours of the rainbow as indicated below.

- a. Stand or sit comfortably
- b. Route
- c. Scan
- d. Take a few deep breaths in and out
- e. Then as you take a deep breath in, imagine a sheet of red light starting from the soles of your feet and going up behind you to the top of your head.
- f. As you breathe out, bring that sheet of red light down in front of you to below the soles of your feet.
- g. With the next in breath, bring another sheet of red light from your soles along your right side to the top of your head, and with the next out breath bring the red sheet of light to below the soles of your feet. By this stage you should feel that you are in an egg shell of red light or colour.

Repeat the same steps using the colours orange outside of the red layer, yellow outside of the orange; green outside the yellow; blue outside the green; purple outside the blue; white outside the purple; golden yellow outside the white; and finally a layer of deep blue on the outside so that when you are finally finished you should feel that you are covered with nine different layers of lights. You then cancel and open your eyes.

Apart from protecting you, these layers of light given in exercises 1 & 2 should repair any damage or holes that may be present in your aura which might have been caused by stress of any sort including surgical intervention.

Homework:

1. Protect yourself on a regular daily basis.
2. Continue with your daily Relaxation and healing exercises
3. Continue off loading and doing any of the other relevant exercises so far described which are appropriate.

Chapter 16

How to have a fulfilling and magical relationship

I have already mentioned in several of the previous chapters as to how important relationships are both from the standpoint of having a good and healthy life, but also as an essential support mechanism for recovering from disease if it has unfortunately already taken root. Therefore, here I will discuss some aspects or relationships which contribute towards having an excellent and supportive one.

In order to have a harmonious life conducive to health and well being, it is essential that we not only have a harmonious, fulfilling and healing relationship with others around us including family and friends, but also with the cosmic wisdom, knowledge and intelligence, all living creatures including plants, but most importantly with ourselves. This latter very important issue is often forgotten or overlooked. For unless we are in harmony and at one with ourselves, we can not truly be in harmony and at one with anyone or anything else. The state of disharmony and turmoil often starts early on in childhood due to domestic, educational and sociological inputs and conditioning (Ch 7 & 8 in this section). This negative behavioural pattern which is set up at this early stage and often out of the control of the child, is further reinforced by other events and incidents as he/she grows up and encounters other issues or circumstances which reinforce and augment this early negative conditioning. It necessarily follows that if the individuals are ill at ease with themselves, then they project that into their relationships with everyone and everything else including children with whom they might come into contact. If they get involved with someone else, no matter how intense the initial love and passion may be, then the large baggage of negative emotional and behavioural patterns with which they find themselves lumbered get in the way and lead to the inevitable breakdown of the relationship. It is hardly surprising considering that the other person also enters the relationship with his/her own baggage and under the circumstances in which one or both parties refuses to acknowledge their own issues and take responsibility for them and try and resolve them, they will invariably turn their backs on one relationship and drift into another hoping that things will be better while they still have their original baggage intact. It is not surprising therefore, that the next relationship does not work either, and they wonder why? This pattern can lead to multiple unsatisfactory and unfulfilling relationships and marriages with the inevitable bitterness, resentment and unhappiness that may ensue. It is hardly surprising therefore, that there are so many marital breakdowns these days leading to an enormously increasing divorce rate. Furthermore, the fear of the repeated breakdown of the relationships has led to so few people actually getting married with the catastrophic consequences on the children and the massive rise of the one parent family. The high profile relationships, marriages and divorces of Elizabeth Taylor are a prime example of not learning ones lesson, dealing with the issues and just jumping into the next relationship and hoping that everything will be well which of-course it won't.

Respect , care, compassion, love and most importantly understanding and compromise in a relationship, will help you to work through each other's baggage that either party would have brought into it.

If you work on your issues while supporting your partner while he/she is doing their own work, you are purifying yourselves so that eventually what is left in each of you is care, compassion, love and service to each other which will help you to live in your hearts energy field of love and in total harmony. By so doing, it will also help you to work through your insecurities which is one of the commonest causes of unfounded jealousy and even envy which can truly poison even the best relationships.

We should create a haven of safety and support for our partners so that they can grow and heal the wounds of the past and together move on to a much richer life. However, it is important that this should be a mutual action so that the state of dependency of one partner on the other does not develop. For if that happens, the relationship will get stuck and become stagnant, as a result of which neither partner will be able to grow, mature and blossom into the beautiful blooms that they can be. This state of dependency will further create certain level of resentment and "being used" by the one who is constantly supporting the other without his/her needs for moving on and transforming as well not being met.

It is extremely important to realise that instead of doing the above, we have the additional power to open our partners wounds and hurts and rather than help heal them, to rub salt on them to make them feel even more unhappy and retched. Once we discover and realise that fact, then it is up to us to avoid that pitfall and cause deliberate hurt and unhappiness to our partners. Instead, using the same knowledge and insight, we can help to nurture and support them so that their wounds will truly heal and they will become inspired and empowered.

It is so easy to remember our own hurts especially when we are upset and forget about those of others, especially our own partner and as a consequence allow ourselves to get hurt and wounded even more, as we do not get the exact attention, nurturing and support that we feel that we may have needed at the time because of our partners being in their own space of hurt and neediness. We must try and develop understanding and must find ways of honouring , strengthening and empowering our partners so that this additional hurt will not become an excuse for running them down further, denigrating them and even using them as scapegoats for our own inadequacies, wounds and unresolved issues.

The occurrence of this situation may also result as a consequence of our inability to set down clearly the boundaries for the relationship or even have an understanding of what they are. For if your boundaries had been repeatedly violated whether it be physically, sexually, emotionally or mentally in the earlier part of your life especially childhood, then you will definitely have problems with setting your boundaries, and once they are transgressed or violated in the relationship once more, then you may hit out by wanting to hurt your partner without even being aware of the underlying reason for your inappropriate and disproportionate reaction. It is essential to define your needs and

boundaries and express them clearly so that your partner is fully aware of them. Do remember that most people are not psychic or mind readers, and unless you clarify your expectations, they will not be able to support you in the way that you wish at the time that you may need it. It is also important to remember that your needs, expectations and boundaries as well as those of your partner are bound to change over time, therefore, it is important to re-negotiate them on a regular basis so that there is no misunderstanding and consequent unnecessary or even inadvertent hurt and pain. By doing this the partners can help each other to move towards the centre and each other rather than moving apart. When this is done through the mediation of love and respect, it can be a great learning and teaching gift for both partners.

Apart from being asked for help and support and giving it, by far the best level of doing them and indeed where the deepest level of healing of wounds occurs is when one person tunes in sufficiently into the other to do what is needed intuitively without even having to be asked in the first place. This will help with the perception that we are important enough to our partners to know instinctively what our needs are and this definitely helps with the feeling that we are deserving and worthy of receiving help, support and love. The ability to become totally attuned to your partner is greatly helped and enhanced by asking gentle, sensitive, sincere and relevant questions which shows your genuine and true level of interest and dedication. For after all, true listening with undivided attention can be one of the greatest gifts of healing that we can offer our partners which will help them to feel good and positive and will indicate our great appreciation of them. Furthermore, when we listen intently and with undivided attention to our partners or anyone else with whom we might be in a relationship, it helps us to remember the issue for the longer term and re-enforce the fact that the other person is so special that we remember what they have told us and that they don't have to constantly repeat it and thus get highly irritated and frustrated. When you have worked with your issues then the same situations will not arise once you have learnt your lessons.

Most of this book is devoted to the ways in which you can change and transform into the sort of individual that you wish to be and the sort of idyllic life that you wish to have so that you can learn to be at total peace with yourself and others and enjoy the contentment that that entails. Hopefully as part of this process of transformation for the better, you will also be able to discover your purpose and mission for this life time. In this chapter I will cover some of the other issues which are important in respect of having a relationship with someone else, leading to your being able to also have a harmonious relationship with all other living creatures, your environment, the planet and the universe and its very rich energies: The cosmic, creator or Source energy of support and healing are constantly present, and await the enhancement of your awareness for them to be able to further enrich your life. It has now been conclusively shown that having a loving and supportive relationship helps to prevent illness and if by any chance a disease has established itself, then the existence of that special relationship will help with the healing process. This is yet another good reason why it is well worth while to work at a loving relationship to the best of our abilities to help enrich, empower and heal all parties involved in the relationship.

You can have remarkably good and fulfilling relationships, but the snag is that they just do not happen and fall into your lap! You need to work at it constantly so that you can manifest and create your ideal relationships. The following are a few pointers towards that goal. But do remember these are just pointers and as every life and relationship is unique, you will need to adapt them to your own personal circumstances. There may be other issues which may be peculiar to your personal relationship. Take them all into account when reviewing the state of your relationships.

1. It may be stating the obvious, but having a nurturing, loving, rich, supportive, fulfilling, vibrant and magical relationship should be our basic role, aim and our goal. Provided that our ultimate aim is to have a pleasing, harmonious and joyful experience in the relationship, then this should make it a lot easier to deal with any difficulties that may arise over time as they are bound to. It is important to look upon these difficulties as challenges following which the relationship will become richer and stronger rather than issues to be used as excuses to get out.
2. Both partners must be committed to making the relationship work and be a total success, for without this absolute commitment, then the relationship will not be able to bloom, grow and mature and consequently be able to withstand the hard times and the storms which are bound to appear in any relationship from time to time. This commitment must be reciprocal.
3. The relationship has to grow constantly or it will wilt and die. You need to work at it with undimmed enthusiasm. The extra work is well worth it in the long run.
4. It is important to remember that we can not change others by telling them and wanting them to change. This never works as it usually makes the other person defensive and even more resistant to change and we should not even attempt to do it. We should accept them for what and who they are. It is only by changing ourselves that we can change the ambience and environment which would help to facilitate the institution of change in others. The environment is an extension of our bodies and ourselves. Thus the energy that we exude from ourselves in our auras, (chapter 5 in this section) is transmitted through space and the environment and is picked up by others just like our thoughts are at a subtle level. Therefore whatever you deeply think or feel will inevitably be picked up by others whether you like it or not. So it is always best to send out loving and positive thoughts and feelings if we want to affect positively others who are in a relationship with us.
5. We must learn to lose the desperate need to rigidly defend our point of view at all costs. This does not mean that we should not have a point of view of our own, but what it does mean is not being rigidly attached to defending it. After all, life is the coexistence of all kinds of different points of view. The mechanism of perception is such that no two persons will ever experience the same thing in the same way. Therefore, it is important to respect and value other people's views and ideas no matter how different they might be from ours. It is not necessary to manipulate someone else's perception of reality which is unique to them in order

to try and get the satisfaction of getting them to fit into our own limited and often blinkered, restricted and rigid perception of reality. Respecting and valuing our differing opinions will often lead to a harmonious coexistence, which will lead to a compromise and thence to a tranquil relationship with all other living creatures, nature and the universal rhythms which affect our lives.

6. Instead of going into a relationship with the viewpoint of getting something out of it, go into it with the mental attitude that you constantly want to enrich it by giving something to the other person such as love, respect and pleasure. Then you come from a loving space and the relationship will be based on true unconditional love, which will be a rich and ever-growing one.
7. In order to be able to constantly enhance the relationship so that it is always at the height of intimacy, satisfaction and exhilaration, you must find out in what ways the interest and excitement and exhibition and enhancement of love can be stimulated. Some people's method of stimulation is visual. For instance they would like to see a card with loving words, a bunch of flowers or a specific look in the eyes of the partner. Those of others may be auditory. These people would like to hear the appreciation and loving expressions of the partner such as hearing the words " I love you " especially expressed with a special tone of tenderness. Yet others mainly appreciate touch (kinaesthetic) in the way of being hugged or be touched in a special loving way. Those who particularly enjoy and are sensitive to senses of taste and smell would greatly appreciate a good meal in a restaurant with sentimental music in an intimate and romantic atmosphere. It is important to remember that although one particular sense may predominate, there is often a combination of more than one. It is for you to take the time and trouble to develop the skill and sensitivity to discover the needs of your partner and what excites them. Also remember that this may change over the years. Therefore you will always have to be sensitive to your partner's needs and desires. One of the biggest pitfalls is to assume that your partner's main sensory stimulus and being turned on is the same as yours! If you make that assumption without actually verifying it with your partner, then don't get surprised if he/she does not seem to appreciate or be greatly impressed by what you have done to try and stimulate his/her love strategy.
8. Don't judge, compare or offer unconstructive criticism. Remember that you chose your partner as a whole package and if there are aspects of them that you do not particularly like as you get to know him/her better over time, then look at yourself and decide what aspects of yourself that trait reminds you of, as usually what we don't like in others are just those aspects of ourselves that we need to work with and change most. Therefore rather than allowing your judgement , comparison or criticism to become the cause and reason for the start of an argument, work on the issues within yourself and try and fathom out from whence they originate and using some of the exercises in the previous chapters try and change yourself for by doing that you will also be able to institute and facilitate changes within your partner in a subtle, gentle and non-confrontational way. You will find that once you have worked on yourself and learnt the lessons that you need to have learnt from that situation or the issue which has caused your discomfort or even been the underlying cause of an argument, it will not arise again.

9. Letting down your defences is the key to invincibility, for if there are no defences, then there is nothing to attack. The more defensive you are, the more arguments there usually are between you and your partner. Vulnerability and humility are possibly some of the most important issues which help you loose your defensiveness and allow yourself to give and receive from the most tender part of your being. To show these qualities though, requires an enormous amount of courage, perseverance, strength and maturity.
10. Communicate freely and regularly especially about the financial, sexual and emotional issues, needs and desires before they form the basis of an argument or insurmountable wall between you two and lead to the start of cracks in your relationships.
11. Ensure that the arguments are short and concluded before they get out of control and regrettable things are said.
12. Agree on a prearranged signal to terminate the argument if either of you realises that it is getting out of hand. Use the pre-arranged signal to bring the argument to an end, to give you both a chance to calm down. If the subject matter is really important enough, which often it is not, then you can go back to discussing it once more when you are both in a much better and more constructive state of mind. It is often a great help to do an Essential Relaxation exercise and ask or pray for a mutually satisfying conclusion to your discussion or to appear argument during the cooling off period. Having done so, during the cooling-off period you will invariably find that once you go back to the discussion, a suitable answer or compromise which seemed impossible beforehand will miraculously appear.
13. Learn to compromise for by doing so you can actually prevent the onset of arguments and disharmony. If by any chance an argument has started, then compromising towards achieving a resolution will help to shorten the duration and excessive suffering of pain and distress by the participants, especially if children are around or involved. Always try and avoid arguing in front of children as even apparent innocuous adult arguments can affect and disrupt them badly
14. Remember that if you constantly argue especially vigorously or violently, you will link those unpleasant experiences to your partner and consequently these will lead to the breakdown of the relationship. For after a varying period, every time that one partner looks at the other, all that he/she sees is the pain of the unpleasant experiences and this will be instrumental in looking for another partnership which is not associated with tension but is enjoyable, satisfying and fulfilling.
15. Ensure that arguments are resolved and do not drag on and NEVER go to bed with an unresolved argument. Always try and sort out the argument and make up before you reach bedtime. NEVER threaten the end of the relationship in an argument. Doing that is like putting your finger on the button of a nuclear bomb. It can be triggered off inadvertently or accidentally and when least expected. This will undermine the relationship in no uncertain manner. It will sow the seeds of doubt about its permanence in your partner and more likely than not stop them from being totally committed to the relationship. Apart from that, the dam can then easily be breached and lead to a break up. Try and resolve any arguments

on the same day and do not let it drag on and on. Never let the sun set on an argument without resolving it.

16. As opposed to the above and the resultant negative conditioning, **ensure** that you constantly create positive linkages or associations (Chapter 6 in section 2) with your partner by regularly creating situations and experiences which are fun, exciting, passionate, spontaneous and unforgettable. Make living together adventurous and do things to give pleasure to your partner and to create memorable moments. By doing this you will continue to remain in a good space and frame of mind and if by any chance you go through a rough patch with your relationship, you will always be able to look back on these numerous happy moments to give you an incentive to work through the difficulties.
17. On a daily basis do things to enhance the love, attraction and intimacy. Use your partner's unique triggers to make him/her feel special.
18. Holding, hugging and touching in the right way can be extremely supportive and nurturing which can also lead to the healing of deep wounds and hurts. But do ensure that you observe and respect the boundaries and the provisos given in chapter 3 in section 2.
19. Always be passionate and enthusiastic in the relationship and do not allow the boredom and monotony of the daily chores or the tiredness associated with them or job turn you into a boring and uninterested person. It will hardly be surprising for the relationship to become stale and suffer if these become the routine part of your life.
20. Always respect and never denigrate your partner.
21. Always assume that the relationship is going to last forever and commit yourself fully to it as the fear of it ending and uncertainty about it will stop you from committing yourself to it wholeheartedly and will lead to its failure.
22. Familiarity and taking each other for granted helps to kill off the initial spark and flame and hence the relationship. So constantly do what you did at the beginning to trigger his/her pleasure and satisfaction and thus maintain intensity in the relationship.
23. The most important thing is to be aware of the fact that familiarity and constant boring routines are extremely important factors in killing off a relationship. The old adage that familiarity breeds contempt is certainly very appropriate in the context of relationships. Always remember that things don't just happen to you and your relationship. You are responsible for everything that happens in your life and to try and rationalise to the contrary is just an excuse not to accept the reality and taking responsibility for your actions.

OBSERVING THE ABOVE POINTS WILL ENABLE YOU TO HAVE A VERY SPECIAL, HARMONIOUS, FULFILLING AND MAGICAL RELATIONSHIP.

Exercise 1 : *Manifesting an ideal partner/relationship*

If you are not already in a relationship and would like to have a partner, do the following exercise:

- a. Get into one of the sitting positions with your eyes closed
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about the sort of a person whom you wish to have in your life and with whom you wish to have a relationship in as much detail as you can. Also think in detail as to what sort of relationship you also wish to have, including the things that you do NOT want.
- f. Do the healing light rainbow meditation exercise
- g. Cancel

Sit quietly for a few minutes and think about what has come up during your exercise. Write in your progress notebook in as great a detail as you possibly can about the sort of partner and relationship that you want. The absolute ideal no matter how impossible it may seem at the moment, making sure that you mention the sorts of things that you do not wish to have as well. The greater detail that you write including the colour of hair, eyes, social standing, education, job or career and so on, the more likely you are to find the very person whom you wish to meet.

Once you have written all the details down in your Progress Notebook, put your communication to the universe by saying a prayer and making a statement to that effect and then totally detaching yourself from it and allowing the Universe to do its job. It may be worthwhile to look at your detailed list from time to time to see if any additions or omissions need to be undertaken.

Exercise 2 : *Enhancing and enriching an existing relationship*

If you are already in a relationship, do the following exercise:

Repeat as in Exercise 1 replacing the statement in (e) with the following questions:

“What am I doing that is making the relationship stale and boring? Where is our relationship going? What am I doing to enhance it maximally?

Go on asking the questions that you need which might be specific to your own unique relationship until you feel that all the questions have been asked; for the moment at least.”

Wait for a few minutes in a quiet space and observe frankly and honestly as to what has come up. Write it all down in great detail in your Progress Notebook.

As a result of observing what needs to be done and having written the detailed account, **now ACT on them in order to make your relationship and partner really special with exciting and magical events and situation so that your relationship always remains fresh , joyful and exciting despite the circumstances.**

Homework:

1. Try and incorporate the above guidelines in your life from today if you are not already done it.
2. Do the above exercises as often as is appropriate; perhaps once a month at least.
3. Continue doing your off-loading exercises particularly if there are any issues around your relationship or partner or others who might have upset you.
4. Continue with your daily Essential Relaxation exercises, incorporating affirmations to enhance your relationships.
5. Do the Breathing exercise regularly especially in between times to keep yourself calm and de-stressed throughout the day.



Chapter 17

The reality of healing

I have been greatly privileged over many years to be a witness to the innermost thoughts and feelings of a great many people and helping and supporting them to transform on their onward journeys. The cases I have come across have been many and varied and everyone of them irrespective of whether they might have appeared to be trivial or severe each one has been a tremendous lesson to me personally. For although the initial problem may have appeared small or insignificant it would have been of massive importance to that individuals life. The courage of every client/patient to fight against what sometimes appeared totally insurmountable odds is truly a humbling experience. It has therefore been extremely difficult to choose just a few cases to illustrate some of the rich variety of what I have come across over the years. In this Chapter, I have confined myself to choosing cases with health related problems as other issues to do with other fields such as motivation and improved performance in sport, education, business and public speaking, manifesting, abundance and success have been covered elsewhere in this book. My sincere thanks and gratitude to all those valiant people whose case histories have not been included as every one of them has been a great teacher to me and helped me on my own onward journey of life.

The meaning and how healing works has already been fully discussed in chapter 6 in this section. Although in the majority of cases described later I acted as the facilitator for the process of healing, as mentioned before, actual healing happens from within the individual. For without the clients help and use of their immense inner self- healing energy and the use of many of the techniques already referred to in this book, no improvements or recoveries could possibly be achieved.

The following are a few examples of the enormously wide ranging ways in which healing works.

1. Recovery from advanced ovarian cancer.

Esme was a sixty four year old lady who in the middle of 1999 noticed a swelling in her lower abdomen. After investigations it was decided that she had an ovarian tumour and that she needed it removed, consequent upon which she underwent surgery.

Once opened, the surgeons found that unfortunately this was an advanced ovarian cancer which had spread into her pelvis as well as widely within her abdomen. Surgical removal was deemed impossible and as a result her abdomen was closed without anything significant being taken out apart from a few small pieces for biopsy purposes. Histology confirmed the surgeons' impressions and it was thought that nothing much could be done although they gave her a couple of chemotherapy sessions at the insistence of her family. However at subsequent investigation they did not seem to have helped much.

She came to see me for healing at this stage. I saw her twice a week initially and then once weekly. During the six weeks or so that I was seeing her it transpired that during the previous few years she had lost her job and had to start looking after a mother with advanced Alzheimer's. She had been carrying a great deal of anger and resentment because of what had happened during that time. Then we discovered that she had been feeling very guilty for almost forty years because her daughter had been born virtually totally deaf which had caused a great deal of difficulties over the years.

She started off-loading and releasing the backlog of her suppressed emotions as well as learning to relax and do self-healing through Essential Relaxation exercises and Autogenic Training. (See further information and reading) During this time she had also had two more sessions of chemotherapy the side effects of which we had managed to control through the healing and the use of crystals.

When she returned for further investigations including scans, it was found to everyone's amazement that the tumour had shrunk to such an extent that made the possibility of surgical removal a reality. The surgeon managed to remove the source of the cancer as well as the secondaries which by now had localised. With the regular healing prior to her surgery and while she was in hospital, she had very little postoperative pain and recovered remarkably quickly. After returning home she continued with her weekly healing sessions as well as having two more chemotherapies. After returning for check up she was found not only to be clear of cancer from the scans and X-rays, but also from the specific blood test which detects minute amounts of the cancer if it were present. She was declared totally clear and in remission. She has continued to remain totally clear so far well into 2004 using her self-healing techniques described in this book on a regular basis. Not bad considering that They are now talking about five –10 year survival when initially after the diagnosis and first surgery they were only talking about a possible survival of a few months!

2. *Release of trapped twin soul (Clearance of split personality).*

Jack was a 35 year old builder who came to see me because he felt that he had always had what seemed to be a split personality. He always seemed to get contrary messages within his mind whenever he wanted to do something especially take major decisions. As

a result he felt paralysed in doing anything constructive in the face of the contrary messages that he was receiving.

He relaxed remarkably during his first session and I got an immediate impression that he seemed to be corded to another soul at his belly button region. This soul communicated to me that he was the twin of Jack who had died in uterus and that somehow he had got trapped and could not leave and move on. While giving healing to the umbilical region, I mentally cut the cord and asked the trapped soul to look for the light that was being brought forward by the White Brothers and move towards it. As he started moving upwards and towards the light, there was a sudden and massive surge of energy which filled the room and went through Jack and he started crying uncontrollably which continued for almost twenty minutes. He eventually calmed down and went into a deep sleep while I continued to give him healing.

Once the healing was finished and he came to, he confirmed the fact that his twin brother had in fact died before he was born. What made him cry was a sudden and unexpected feeling of total loss, as if he had lost an important part of himself. After the explanation of what had happened, he could not fully understand, although he continued to feel numb which is hardly surprising considering the immensely emotional experience that he had gone through.

He told me a fortnight later that he felt remarkably well and energetic and for the first time in his life he had a clear head and could make decisions. This was in 1996. I still get annual Christmas cards from him. He has continued to keep well and as a result of a number of decisions that he has made, his life has improved dramatically and he has gained the success that he truly deserved.

3. *Recovery from intractable back problems following severe injury after fall from a great height.*

Phil is a fifty four year-old man who had suffered from very severe back problems for almost ten years after his accident. That particular evening in 1988, unfortunately he had used a large amount of drugs and in his altered state of mind and associated paranoia he had thought that he could fly! He was living in a ninth floor flat and unfortunately when he tried to fly he crashed onto the concrete and railings nine floors below him. Miraculously he survived, although some of the railings had speared his internal organs and torn his bowel apart and his pelvis and legs were very badly broken and he had to spend many months in hospital until he was well enough to walk. But unfortunately as the bones healed, they trapped the left sciatic nerve with the consequent pain and nerve problems in the leg. The pain and the neurological problems continued to get worse over the years and even injections of anaesthetic and steroids into his spine were not working.

In desperation he came to see me for healing as he was now finding his pain totally unbearable despite all the pain killers that he was taking. He was literally in tears at times with the pain and was unable to do his job of curtain designing and making properly.

After four weekly sessions of healing his back problem and sciatic pain totally disappeared after ten years of suffering! During the weeks it transpired that he had an awful lot of suppressed anger and always found it very difficult to relax. I taught him the Essential Relaxation exercises as well as many of the off-loading ones which performed regularly and they contributed considerably not only to his feelings of relaxation and well-being, but also to the alleviation of his backache and sciatica. This was in early 2000. He still gets occasional backache and sciatica, if he overdoes things especially clambering up and down ladders hanging heavy curtains. Usually he manages to control his symptoms with what I have taught him. But if he needs a further boost, he sees me for one or two sessions of healing which remove his pain. He has also had frozen shoulders and problems with his neck following whiplash neck injury all of which have cleared up after one or two sessions of healing. Backaches and sciatica normally do remarkably well in my hands although Phil's initial problems were rather exceptional considering the severity of the original injury.

4. Recovery from inoperable rectal cancer.

Linda is a fifty year old lady who was diagnosed with an inoperable rectal cancer with very poor prognosis in December 1999. After four sessions of chemotherapy which was given more in hope than the expectation of any improvement, she came to see me for healing at the beginning of 2000. We worked with deep counselling, visualisation, Essential Relaxation and off-loading exercises, Autogenic Training and of course healing. After 6-8 weeks of healing she returned for her check up and further investigations. The consultant was astonished to find that the size of the tumour had gone down to that of a walnut. They performed immediate surgery and removed the tumour with the relevant part of the bowel. He mused and wondered if in fact he should have done that and whether the cancer would not have regressed totally with what she was doing!

In view of the advanced state of the original tumour, it was decided to give her thirty sessions of chemotherapy in order to mop up any cancer cells which might have escaped. During the whole of this time she continued to come to me for healing and counselling as intuitively she was against the use of the highly toxic chemicals that were being used. One important point was that she managed to remain totally free of side effects except for some tiredness on the day of her chemotherapy. Everyone else in the group of eight who were having similar chemotherapy had very severe side effects except Linda; a fact that puzzled and amazed the staff looking after them. In fact I have found over the years that by giving healing (both by myself and the patient) to the base chakra (energy centre) especially over the sacrum together with the use of clear and rose quartz crystals and black obsidian or tourmaline can be minimised and in some instances avoided altogether.

She was a very unusual person in having cancer as she had none of the usual expected predisposing factors. She had had a happy childhood, marriage, career and family life; had always been a vegetarian and only used herbal and homeopathic treatments and avoided tea, coffee and other detrimental drinks; did not smoke and did not imbibe alcohol. The only significant past memory that came up during the weeks and the

regression journey therapy was the fact that once when she was about ten, she got a lift from a stranger on her way to school, and he had tried to molest her. Luckily before things got out of hand a friend of the family happened to go past and managed to rescue her. She had not realised the extent of emotional distress especially fear she had suppressed from that incident. We explored those and she managed to release them through a variety of techniques that I normally advocate including off-loading exercises. (Ch3 in this section)

She invariably had amazing trips to other dimensions and past lives during both her healing sessions, Essential Relaxation exercises and Autogenic relaxation. during these periods she would get wonderful illuminating and inspirational insights and messages about her future path.

She had her final check up in 2002 when she was declared to be totally free of the disease and a programme for her five year survival arranged.

5. Control of blood pressure (Pre-eclampsia) and other problems in pregnancy.

Phillipa was a 29 year old lady, happily married and delighted at the prospect of being pregnant with her first child. However, unfortunately her blood pressure started rising from the twelfth week and rapidly rose to dangerous levels. The level was in fact so high that there was a strong concern that she was developing toxæmia of pregnancy which could be very serious even fatal both to her own life and that of the baby. Consequently she was strongly advised by her obstetrician to start on strong blood pressure lowering tablets. Phillipa was terrified that the tablets would damage her young baby. That's when she came to see me for help. She was extremely distressed and anxious which certainly did not help her level of blood pressure.

By the fourth session her blood pressure had gone down considerably although it was still considered to be dangerously high despite her own intensive use of the various techniques which I had taught her. During the fourth session while I had my eyes closed as I usually do, I suddenly saw a mass of small angels floating about the room. They were about a foot tall and were different colours; some were pink; some blue ; some gold and some white. One of the blue ones came and stood over the uterus region and seemed to be playing with the young baby in some very subtle way through the abdominal and uterine walls. Soon after that I got a communication through a mental link from the baby telling me that he wanted his mother to start on the powerful tablets and that he was going to be fine!

At the end of the healing I passed this message on to Phillipa which delighted her. She did go on the tablets at her next hospital visit, although she still continued with her healing throughout her pregnancy. The combination of healing, Essential Relaxation and off-loading exercises, her medication and conventional treatment brought her blood pressure down to normal levels. She remained perfectly healthy throughout her pregnancy and delivered a healthy and happy eight pound baby boy.

Two years later she got pregnant once more and started using the techniques which I had taught her intensively and came to see me as soon as she realised that she was pregnant. Unlike the previous time, her blood pressure remained totally normal and as she was doing so well, I only saw her once a month until the delivery of her healthy daughter.

*6. Assistance with a **peaceful death** in a terminal patient.*

Bill was a wonderfully gentle and loving 49 year old man who had terminal cancer. By the time he came to see me he had suffered from bowel cancer for over two years and it had spread to his liver, lungs and spine. His abdomen was the size of nine month pregnancy and he was in excruciating pain associated with his various secondaries and felt understandably very ill. None of the medication given to him by the hospital really helped his pain.

Although spontaneous remissions and miraculous healings do happen, after chatting with Bill and his very loving, caring and supportive wife, we all came to the conclusion that he had probably come to the end of this journey and that he was moving towards experiencing the ultimate mystery that is death.

During the next few sessions the three of us discussed the process of dying and death and dealt with the emotional distress especially fear and anxiety which is associated with it. I have found that one of the most important factors that interfere with the process of healing in anyone who has cancer, terminal or potentially fatal disease are the negative emotions, especially fear that is associated with the disease. This is why I always ensure to discuss the process of dying and death and all that it entails, so that the client as well as the relatives or carers have an opportunity to explore these deep issues which invariably swept under the carpet by other health care professionals. Often these discussions are amazingly liberating, and following them the client can really start living well for whatever time they have got left, which invariably is considerably prolonged and enriched for everyone concerned following healing.

I taught Bill and his wife to meditate together using “the rainbow healing light meditation” which I give to all my clients. They also taught it to their teenage sons and every evening when they were all together, they would set a specific time aside so that they could all meditate together. They called this “Their sacred time together”. They all found this experience extremely powerful, beneficial and supportive. Both Bill and his wife used the fear off-loading exercise (Ch3 in this section) quite liberally which helped enormously.

Although Bill’s physical condition did not improve over the next few weeks, his severe pain gradually subsided. This was also helped by the use of the humming exercise. (Ch3 in this section) He also felt remarkably well considering his physical state.

After about 3-4 months he was taken into hospital for the regular draining of the massive amounts of fluid that was collecting in his abdomen as a result of the irritating effects of the cancer and its metastases. While he was in there, he got the feeling that he was going to die soon. His wife rang me and I went to see him in the side ward. His wife and both

his sons were also there and hugging him as well as holding his hands. He greeted me with a smile and said that this was it. I started giving him healing which turned into a long session when we were all covered with a wonderful golden light and I could see the golden bridge of light that would transport him to the other side. At the end he went into a deep relaxing sleep. I left the room so that the family could say their final farewell in front of a lighted candle. About half an hour later Sandy came out and told me that Bill had passed on. What a wonderful way to die; in total peace and in the loving presence and embrace of his close family.

As there was no unfinished business left and all that needed to be said and felt was done, there was very little grieving afterwards. I did see Sandy for a couple of sessions after the funeral during which we worked with a few remaining emotional issues. At the end of our sessions she felt totally at peace with Bill's death. she and her sons continue to remain very content, happy, calm and at peace.

7. Recovery from an inoperable, invasive and fast growing benign brain tumour.

It was Christmas Eve 1993. I had breathed a sigh of relief at having just completed another very busy day while sitting in my favourite comfortable armchair in front of a roaring log fire. I was looking out of my window at the falling snow against the twinkling lights of the town in the background. I was dreaming about how I was going to spend my next seven hard earned rest days, when the harsh jangle of the phone started me out of my reverie.

There was an extremely distressed lady at the other end of the phone. She blurted out that she had recently been diagnosed with a brain tumour and that her operation had been cancelled; all intermingled with sobs of tears. She implored me to see her urgently as she could not possibly wait for a week. As she was going to her son's for Christmas, I arranged to see her as soon as she came back the day after Christmas.

During the consultation she told me that she was 66 and in fact she had been diagnosed with a left acoustic neuroma about 10 months prior to seeing me. This is a benign but reasonably fast growing tumour on the nerve to the ear which can cause severe problems by pressurising the brain stem and its important structures and the nerves coming from it, if it is allowed to proceed unchecked. Despite her insistence that she had a severe bleeding disorder similar to haemophilia, but the female version of it, her protestations against suggested surgery were ignored. However, in order to persuade her to undergo surgery prior to its cancellation, a graphic description of the possible complications were given. These included inability to eat or even breathe unaided, painful paralysis of the left side of her face, mental confusion and progressively worsening deafness and loss of balance, so that she would not be able to walk, with eventual total incontinence. According to the consultant, the occurrence of these symptoms was reasonably imminent and would be well established within a year or two, when the tumour invaded the brain stem. As a result of being so terrified, she grudgingly consented to undergoing the surgery. Following the pre-operative blood work out, the same surgeon saw Gladys

the day before the surgery and informed her that as the bleeding disorder was much more severe than they had anticipated, (Something that she had already told them from previous experience!!), they had decided to cancel the surgery indefinitely and discharged her home! It is hardly surprising that she was so distressed considering what she had been told in such graphic and gruesome detail about the outcome if surgery was not immediately undertaken.

Her symptoms were threefold; those related to the tumour; those related to widespread rheumatic and arthritic condition and of-course those related to severe anxiety and depression. The neurological symptoms consisted of moderately severe deafness and tinnitus, severe loss of balance and dizziness, frequent bursting headaches and inability to focus in bright sunshine. Her loss of balance was so severe that she felt like a drunk veering all over the place and hitting herself against door frames and walls, as well as misjudging the position of objects. As a result she had to carry a stick to try and help steady herself a bit. She certainly could not go out at night or in the dark or even wear heeled shoes as they greatly aggravated her unsteadiness. She also had to wear dark glasses in the weakest sunshine as it would exacerbate her loss of balance and giddiness.

She had generalised muscular pains especially in her arms and legs as well as major joint pains especially the knees and hips. She also suffered from severe backache with intermittent right sciatica which made her limp, which in turn aggravated her unsteadiness.

Her anxiety and depression centred around what she had been told at the hospital about the slow, unpleasant and painful way that she would die; something that was reasonably imminent in the absence of surgery according to her conventional consultant. She was crying a great deal and could not sleep or concentrate on doing anything constructive. She could not even bring herself to do her drawing and painting which she used to love and had found immensely relaxing. She felt very tired and lethargic most of the time. She felt that her life had come to a premature end and that she was just existing and killing time until the inevitable unpleasant end; at least as she saw it at the time.

Apart from the regular healing, our sessions during the first few months were mainly spent in enabling her to deal with her emotional turmoil and alter her mental attitude from total negativity and defeatism towards being more positive and realising that she not only had the choice of refusing to follow the path that had been prophesied by the hospital but actually overcoming the problems that she had. Most of her symptoms, especially the non-neurological ones started to improve slowly over the months mainly with her immense efforts at doing the techniques and exercises which I had taught her and which have already been described in this section and will be done in the next one..

It was decided in the summer of 1994 that she should have localised radiotherapy to the tumour. Unfortunately she became extremely ill with severe exacerbation of all her neurological symptoms following the treatment. This was particularly true of her vertigo and loss of balance which was total for a few weeks. Unfortunately I could not give her any direct healing during these eight weeks as she was bed bound a long way away from

where I live. However, I continued to send her distant healing especially since she was too ill to even do her Essential Relaxation exercises. She eventually managed to get home and we started working together once again. The brain scan performed a few months after the radiotherapy not only showed that the treatment had failed, but that the tumour had in fact grown faster than it had ever done before. Presumably this was due to the fact that the radiotherapy and the stress of the illness that followed it severely depleted her immune system and allowed the tumour to grow further.

Unlike most of my other clients, she had very few mental images , thoughts or past life experiences during the healing sessions. She just became totally relaxed and her mind went into a state of total peace and serenity just like she did after doing her Essential Relaxation exercises and Autogenics. In early 1995, she had one image during one of the sessions which I feel might have been significant.

She had the image that her head and brain were split in the middle lengthwise and someone started scraping parts of her brain out. It was an extremely painful and unpleasant experience. The pain was apparently similar to what she had experienced after her radiotherapy. Following the healing, she told me that the experience was so unpleasant that she wanted to ask me to stop. But she felt as if she was paralysed and she could not do it. Therefore, she had to go through with it despite the intense pain. Following this episode, her neurological symptoms started to improve more rapidly, although by the time she was seen at the hospital in July 1995 for her regular annual check up, she still had some symptoms of vestibular imbalance, dizziness and some deterioration of her hearing on the left side. Her brain scan also showed that the tumour had increased in size but only slightly unlike previously.

She continued to attend for regular intermittent healing and do her Essential Relaxation exercises and Autogenics as well as regular off-loading exercises. She also continued to use the positive affirmations, visualisations and self-healing that I had taught her. By this time of-course she had become very adept at summoning up her own healing powers to work on the tumour as well as all her other symptoms which by this time were minimal and she no longer had any need for her stick. She was cheerful most of the time despite a great deal of domestic and family problems and was very positive and determined to overcome whatever she had wrong with her or came her way.

Although her symptoms had obviously improved considerably , the consultant who had been looking after her decided in September 1995 that in view of her brain scan appearances he would like to operate , especially since he thought that they could probably control her bleeding tendency more effectively by now. Despite this, her blood disorder would still increase her chances of postoperative complication and stroke by at least 30%. Gladys declined the offer of surgery in no uncertain way, as she was feeling so much better and taking control of her life which she was now beginning to thoroughly enjoy.

At the beginning of December 1995 while I was giving her healing I was guided to perform active thought surgery on her brain tumour. I normally do this by putting my

hand over the affected area and concentrate intensely while going through the procedure that I would have done if I was performing real surgery. I did not tell her what I had done and when I asked her what the healing felt like, she told me that she could not say as she felt as if she had been unconscious; similar to what she had experienced when she had been anaesthetised!!

During our conversation the following week she told me that couple of nights after the healing, she had had a very strange experience. She thought that although she was probably dreaming, it felt very real. In it, she found herself lying on an operating table with six “ghostly surgeons” dressed in white surrounding her. I walked in dressed in the white outfit that I normally used to wear during healing sessions and instructed the “surgeons” to carry out the surgery on her brain tumour. She then proceeded to describe perfectly what would have happened in that particular type of conventional surgery. The strangest thing was that when she woke up the next day, she found her scalp over the site of where the tumour was very sore and painful ; as if her scalp had been cut, She could not even bear to comb or wash the area and had to ask someone to check her scalp to ensure that it had not actually been cut while she had been asleep!!

Following this episode, the majority of her remaining symptoms started improving very rapidly and she became convinced at this stage that the tumour had disappeared. She believed that this was supported by the fact that her normal affirmation of “my tumour is shrinking” was spontaneously changed to “my tumour has gone”! By November 1996 almost all her symptoms had completely disappeared; almost exactly 3 years after she started seeing me and working on herself. The only one that still persists is a mild intermittent tinnitus which no longer worries her to any extent.

In 2007, Gladys is now 78 and was telling me that she has not felt as well as this for a great many years. She has started painting and really enjoying life once again. She is able to go in the sun once again without dark glasses and losing her balance. She can also go out in the dark without falling over like a drunk. Most important of all, she has recently joined a country western dance club and is learning all the dances which she thoroughly enjoys, especially the act of being able to twirl around in healed shoes without losing her balance! Interestingly, her brain scan in 2006 showed no evidence of the presence of the tumour!

8. Total integration after the intra-uterine loss of multiple embryos

Eileen is a 51 year old high powered business executive. She saw me because of incessant tiredness. During our discussion it transpired that despite her tremendous success work wise, she had always felt tired and disconnected from this world and everyone around her.

She relaxed very easily during the healing and spontaneously regressed to the intrauterine and pre-birth period. Apparently her mother had had difficulty conceiving. Consequently, she was given some hormone treatment which resulted in four embryos being formed and growing in the womb. However, for some reason that never became

clear, 3 of them perished and Eileen was the only one that survived. In that deep healing state of relaxation, she remembered vividly that she did not wish to be born and desperately wanted to accompany the other souls to the other side. This, and the fact that she was still grieving unconsciously for her loss of the other siblings would probably account for the fact that even from the very earliest times in her childhood, she always felt alienated and disconnected from everyone and everything that was going on around her.

During the third session of healing, I “saw” 3 very strong beams of silver white light enter her through her crown while I had my hand over her head. Following that, I had a very strong inner intuitive feeling that some form of integration was taking place within Eileen. By the next session, she felt good, positive and for the first time in her life, centred and connected. I asked her to continue with her Essential Relaxation exercises and especially concentrating on grounding herself regularly, as the lack of earth connection also seemed to have been part of her problem.

This case made me wonder about the emotional, psychological and spiritual problems that may beset the remaining offspring’s who are the products of the modern fertility treatments in which “selective embryo reduction” is commonly practised after the initiation of conception of multiple pregnancies which seems to be the norm in these cases. This awareness certainly gave me personally a great deal of food for thought about the possible problems that we are storing for the society in the future.

9. Recovery from Crohn’s disease

One day I bumped into Paul in the church which we both attended. He seemed very distressed and told me that his 15 year old son John was due to have major surgery with the removal of almost the whole of his large and some of the small bowel with the resulting ileostomy because of severe extensive Crohn’s disease. This is a severe inflammatory disease of the bowel which can lead to long term severe illness with pain, fatigue and very abnormal bowel habits including severe and uncontrollable diarrhoea. At my behest the reluctant and highly sceptical John was persuaded to come and see me before undergoing surgery.

At 15 John was a very pleasant and obviously highly intelligent, very sceptical, reluctant and rebellious individual with a resigned attitude that nothing else had worked and there was no reason that the healing should work either. During our conversation it transpired that he had the severe stomach ache and bowel symptoms since the age of 5 although since the adoption of his very troubled step sister, his Crohn’s had got much worse and was only diagnosed when he was eleven. Since that time he had a tour of some major hospitals in order to bring his condition and severe illness under control and for a time it had been reasonably controlled by Bart’s in London with severe dietary restrictions, and highly potent toxic drugs including high doses of steroids. However unfortunately during the previous year even that powerful cocktail of drugs had stopped working and he was becoming progressively more ill and hence the reason for the contemplated surgery. As a result of his persistent illness, he had missed an enormous amount of schooling and

despite his high level of intelligence, it was thought that he would be unable to take many exams as even the thought of the stress of the exams would trigger off a severe attack which would land him in hospital usually as an emergency due to the severity of his symptoms. As far as John was concerned, one of the worst side effects of the illness was that he was unable to do sports especially football which he loved.

We started working together in November of 1999 about six months before his exams were due and with the sword of Damocles of threatened surgery hanging over our heads. Despite his extreme scepticism, he relaxed remarkably well during our first session and actually fell asleep despite the enormous amount of pain that he had at the beginning of our consultation. Over the next few weeks as his symptoms began to ease, he became progressively more interested in the sessions and keenly started doing his Essential Relaxation exercises, Autogenic Training, self-healing visualisation/meditation and the emotional off loading exercises that I had taught him, as I strongly believe that the most powerful and effective healing happens when there is a true partnership between the healer and the healee and the latter is highly empowered to take charge of their own healing process. Additional to the mainstay of the healing, I also used NLP, psychic surgery and intensive counselling with him. He had many interesting experiences and insights during the weeks of healing that followed but the most powerful one that was the real turning point was when he felt himself become part of a massive golden light and “felt that the spirit of God had entered him”. From then on he became a firm believer in the power of healing both from an external source and within himself.

His condition began to improve progressively and for the first time in his school life he was able to attend school on a regular basis and if he started having some pain or experience the start of an attack, he was able to abort it with the healing visualisation. He grew in confidence in that he not only could control his symptoms but also his underlying condition. His hospital out-patient attendances became progressively less and any thoughts of surgery and ileostomy were totally abandoned to the utter delight of everyone concerned especially John of course. He also started playing sport especially his beloved football. As he had a massive amount of catching up to do with his studies, I taught him how to manage his time, studies and especially energy levels combining them with, and interspersing them with his relaxation exercises and healing visualisation and many other techniques including special breathing that which he was taught over the weeks and months.

Astonishingly he managed to pass ten GCSE's, most with grade A considering how little schooling he had had previously as a result of his severe illness. He does not come to see me any longer as he is keeping remarkably well using wisely his time and the various techniques that he knows are effective. However I bump into him from time to time and he regularly keeps me in touch with his progress. He is doing extremely well and passed four A levels, was the captain of the football team, greatly involved with amateur dramatics where he usually gets major acting roles and has a lovely girlfriend.

He got into one of the top universities and has just qualified in astronomy and mathematics and going through the whole of his university without any illness. I have

just heard at the end of 2004 that John has just started doing a PhD in trying to work out the mathematical correlation between degrees of brain damage due to injury or stroke , and recovery as a result of various therapeutic interventions.

What a turn round from the old sickly John! It was a real joy working with him as despite his very young age he was obviously an old soul and we had numerous and highly fascinating discussions on the intellectual, mental and meta-physical levels over the months as he grew in confidence and stature, not mentioning his height from just over five feet to six feet three inches!

10. *Recovery from Parkinson's Disease*

Mary was a delightful 68 year old lady who had been perfectly fit and healthy until two years previously when she was struck down with Parkinson's disease. Despite the full plethora of conventional treatment, her condition had become progressively worse and by the time she came to see me she had become stiff as a board with a marked tremor which prevented her from doing anything apart from sitting and staring blankly at television. She even had to be helped with her eating and all other normal routine activities such as bathing.

I saw her on a regular weekly basis for about three months, during which she started improving dramatically. By the time she stopped coming to me, her mobility and regular activities had returned to virtual normality. She was once more able to enjoy gardening, regular walks, normal daily personal functions and most importantly she had been able to return to her beloved embroidery. She was still continuing with her conventional drug therapy which had started becoming much more effective after the healing, as a result of which the dose had been reduced considerably to an absolute minimum. It is an interesting fact that even the very high doses of the drugs were being ineffective before the healing. I am at a loss to explain why that should be. But I am delighted that the healing worked.

Four years later I met up with her in our local supermarket when she still seemed in remarkably good health and spirit. She told me that in the intervening period she had fallen and had suffered from a hip fracture, but using the self-healing techniques that I had taught her had helped her remarkably in recovering from the surgery very quickly without any detrimental effects on her Parkinson's which still seemed totally under control.

11. *Recovery from severe heart problems (Blockage to one of the main arteries ; pulmonary artery valvular stenosis)*

Jo was a 14 year old lad whose main ambition was to become a professional dancer; something which he had been exceptionally good at for sometime. He was thrilled at being accepted for a role in the West End. However, at the routine pre-show medical examination he was found to have a heart murmur and was referred to a cardiologist (heart specialist) who had found after a great many extensive investigations including

echo-cardiogram, that he had severe heart problems. This mainly consisted of a narrowing of the main artery that took blood out of his heart and into his lungs for purification and oxygenation. It was felt that this narrowing was very serious as eventually it would put so much strain on the heart that it would fail. He was therefore advised to stop all physical activity including dancing until he was 18 when he would have to undergo major open heart surgery to correct the blockage (Pulmonary artery valvular stenosis). The lad was obviously totally devastated which is hardly surprising.

His wise mother ignored the devastating news and brought Jo to see me as I had already helped his father to recover from liver cancer.

Jo was quite scared about what he had been told by the consultant and nervous about healing as he did not know what to expect. During the first session I concentrated hard on the defects to be corrected by surgical spiritual intervention while holding my hands over the heart region for a considerable amount of time. When the session finished and I asked Jo if he had become aware of anything, he described to me in detail the image of a perfectly healthy heart and particularly the so called damaged artery. This was quite amazing especially since he had had no knowledge of biology as he had not covered that subject at school!

He continued to see the same image during the next four sessions, during which the whole energetic and physical feel of his heart during the healings had changed. At the end of the sixth week I listened to his heart and found that there was no longer any evidence of the heart murmur which had been so loud at the beginning of our sessions. I therefore advised him to continue with his acting and dancing lessons and other sporting activities, although we continued with regular weekly healings for the next seven months until his next set of investigations at the hospital.

What transpired throughout a great deal of our sessions together was the enormous amount of emotional pain, heartache and fear of loss that he had suffered from an early age when his father was diagnosed with terminal liver cancer. The final straw came when after recovery from his disease the father had abandoned his loving family especially Jo for another woman. The heartache of that incident preceded the onset of the diagnosis of his heart problem by less than a year. He worked through the emotional pain and distress ardently and enthusiastically using the off-loading exercises which contributed enormously to the feeling of relaxation and peace that he developed over the months.

All the tests including the echo-cardiogram proved to be totally normal at his ensuing check-up, whereupon the consultant suggested that they had probably made a mistake with the diagnosis originally which is a common response by the conventional consultants to the so-called inexplicable total recoveries. At that point Jo's mother produced the clutch of results from the year before and asked the consultant to explain those abnormal results; something that the consultant found himself at a total loss to do!

Jo passed his dance and drama examinations with flying colours and is now in the final year of his university and is still hoping to follow his dancing and media career as well as a degree in Fine Arts even with more zest and gusto.

12. *Recovery* from **severe stroke**

Doreen was in her late fifties and had been a great psychic and healer for nearly forty years and a good friend for some of that time. I was therefore totally shocked and upset one morning when her agitated husband told me on the phone that she had had a severe stroke which had paralysed her left side. She refused to go into hospital as she preferred to be looked after at home. He wondered whether I would mind seeing her just in case I was able to help.

I attended to her with healing every day during the first week, especially since her mind was completely befuddled and she was totally unable to do any of her own self-healing or meditations. The fortunate thing was that her speech had been unaffected and she could articulate her concerns though in a very hesitant way. Her main worry and fear was that she would never again be able to do her beloved psychic and healing work which had been the things that had sustained her throughout her life.

It transpired during the conversations that despite the outward appearances, there was an enormous amount of tension between her and her husband and that the marriage was on the point of break up; something that had distressed her greatly especially since she had not been able to share that fact with anyone else up to this time.

The daily healing sessions helped her enormously especially emotionally and psychologically. She also started regaining some of the functions of her left side with clearing of her mind. I continued with the healing twice a week for the next three weeks and during this time her mobility returned to almost total normality although she still had to use a stick as she still did not have sufficient confidence in the returning functions of the limbs.

By the end of six weeks from the onset of her stroke she returned to normal physical functions, discarded her stick and was able once more to start doing her meditations and self-healing. However, the one very interesting thing was the fact that although she had always had a number of spirit guides, they had all withdrawn during this time and she seemed to be in a spiritual and psychic void as she put it.

Despite seeing a marriage guidance counsellor after her recovery, the marriage could not be salvaged and they eventually separated on amicable terms and continue to remain good friends, though living apart. About nine months after her stroke and three months after her separation from her husband, the spirit guides returned once more, and she was able to re-start her psychic and healing work. Interestingly apart from one of the guides, the rest were apparently totally new and Doreen felt that she had entered a new and much more profound period of her life as far as the spiritual work was concerned.

That all happened over 12 years ago and she has continued to enjoy good health and continue doing some wonderful psychic, healing and spiritual work.

13. *Marked improvement in an almost illegible hand writing*

The case of Dina is probably most unusual requests for healing which I have ever had. She was a very pleasant 54 year old south American midwife who had been working for years in one of the top London medical schools. She had been to see me on a few occasions with relatively minor health problems which we had managed to sort out after one or two sessions. Therefore, when she rang me once more, I wrongly assumed that the consultation would follow the usual lines. However, during the consultation she wondered whether healing could help to improve her appalling hand writing which was becoming totally illegible when she was under pressure at work!

On further enquiries, it transpired that while she was a small child, she had always been very slow in dealing with everything including her writing and homework. This was not appreciated by her very busy mother who had to look after a large family of six children as well as a demanding husband. Consequently, she was regularly chastised and told to hurry up. The same pattern had followed at school, where she had also been bullied as a result of doing her homework slowly.

The discovery that her current problems with very bad hand writing under stress was related to her childhood experiences was a tremendous revelation to her. Following the session of healing for the past traumas, I advised her to continue with her Essential Relaxation exercises and Autogenic more regularly and prodigiously, especially when she was finding that she was getting stressed.

She rang me a few weeks later to thank me for the session, as her hand writing had improved dramatically and that she had also started doing a course in calligraphy not only to improve it still further, but actually make it beautiful.

14. *Recovery from massive ovarian and advanced cancer*

Chloe was a 66 year old civil servant who rang me towards the end of October 2001, asking me if I would see and help her with a “small tummy tumour”.

When I saw her, she had the largest abdominal tumour which I have ever come across in my thirty years of medical and healing practice! Her tummy was the size of a nine month twin pregnancy! The scan had been highly suggestive of an ovarian cancer which had been further confirmed by specific blood test and biopsy. The consultant surgeon had given her a date for surgery six weeks from the time of our initial consultation. He had also

told her that because of the size of the mass, he may not be able to remove it surgically as it might be technically impossible, especially since it seemed to have attached itself to the stomach, intestines and the omentum which is the fatty apron which extends from the base of the stomach to the pelvis and overlies all the organs.

Because of the size of the tumour, Chloe was extremely uncomfortable and unable to breathe or eat properly. She was also extremely tired and found that it was impossible to travel on the public transport to get to me. Despite the fact that she lived a long way away from me, she decided to get to me twice a week using a mini-cab which cost her a fortune. However, this act showed her determination to help herself and try and beat her disease, despite its obvious very advanced state.

During the first consultation it appeared that she had a great deal of backlog of emotional and psychological problems which had contributed to the inception of her disease; not least of all extreme fear which had led her to ignore her tumour initially, until it had got to such a massive size. We , therefore, decided to spend three hours or so working per session as the time that we had prior to her proposed surgery was very limited. Apart from teaching her healing visualisation, Essential Relaxation and emotional release exercises to do at home, we spent the first half of each session doing regression visualisation , alternating it with visualisations consisting of emotional release work as well as total healing and positive health for the future, followed by conventional energy healing for the second part of the session. The actual time that I spent giving her healing at every session was about hour and a half.

A great many issues came up going as far back as when she was aged 5 when while living in Iraq, her family were arrested and her parents had been tortured. This was then followed by her father losing all his money due to mismanagement and misappropriation of her brother. Her choice of acting the victim role was finally confirmed by the death of her long term partner as a result of medical negligence, which led to a massive amount of litigation both to do with reclaiming some of his estate as well as THE suing the hospital , in all of which she strongly felt victimised. this awareness and her conscious decision to move out of the victim role was one of the important factors in enabling her to start her journey of recovery as did her response to what follows.

She became aware of a very vivid memory and emotional state following the death of her partner in which she felt totally hopeless and wanted to die. Although this had happened over 15 years prior to the inception of her current problems and advanced cancer, she attributed her present tumour to that episode in her life. As a consequence she realised that she had 'created' the tumour in order to fulfil her then wish of wanting to die; something which was now alien to her.

With all the physical, emotional and psychological and spiritual work which we did over the weeks, her tumour shrunk in size to that of about 6 months pregnancy, as a result of which she wondered whether or not she should undergo the surgery or wait for the healing to clear it altogether?

My strong impression was that she should proceed with the surgery, especially now that the tumour was a much more manageable size as far as the surgeon was concerned. The formation of this view was helped by the fact that I knew from past experience that in some cases of advanced malignant disease, although the cancer could be overcome, the resulting large cyst left behind containing all the dead cancer cells and toxins would need removing. This is partly because the removal of whatever is left behind with all the toxic material which it may contain following the death of the cancerous cells is essential, as this would enable the individual to direct their amazing healing energies towards the actual act of healing rather than neutralising the toxins the volume of which might be quite overwhelming to the system especially in this case considering the massive size of the original tumour.

What the surgeon found quite astonished him, as he had never seen anything like it before.

The tumour was much smaller than what he was expecting although there was about 16 pints of intra-abdominal fluid present which often is associated with malignant tumours. However what surprised him was the fact that the areas at which the tumour was stuck to the other organs instead of the expected normal adhesions and abnormal cells, consisted of the presence of calcified material resembling chalk. This calcified or chalky material also seemed to surround the inner layer of the tumour as well. After its removal, the tumour was sent to the consultant pathologist for detailed examination and confirmation of the diagnosis.

Although the appearance of calcified material at the attachment points of the tumour to the other vital organs might have been surprising to the consultant, it did not really surprise me as I had encountered the same phenomenon in other cases in whom the healing energy had managed to destroy the cancer cells. The end result of this destruction seems to be the formation of calcified material to replace the dead cells. The calcified layer has an additional apparent function of isolating the cancerous cells and preventing them from spreading, as well as starving them of vital oxygen and blood supply and hence speeding up their demise.

Chloe made a slow but uneventful recovery, though initially her tummy refilled with some more fluid as a response to the major surgery which she had had. This fluid eventually got re-absorbed and her tummy returned to normal size once total recovery had taken place. She continued to exercise what I had taught her and I continued sending her distant healing.

Three weeks after her surgery, she was given the good news by her consultant surgeon that she no longer had any evidence of cancer in the tumour which had been removed. Apparently there had been a great deal of discussion and argument between the consultant surgeon and pathologist over this diagnosis, especially considering the pre-operative presumptive diagnosis. Because of this the consultant pathologist had been through the samples of the tumour several times with a toothcomb with the conviction that there must be some cancer cells present, but had failed to find any and therefore had to conclude that the tumour was no longer cancerous and that she had to be declared to be in total and complete remission.

The perseverance, positive attitude, a great deal of emotional, mental and psychological hard work some of which had been very painful and the intervention of spiritual healing energy had thankfully worked in this case and had enabled Chloe to make a full recovery and continue on her onward journey of change and transformation as a much more aware, grateful and spiritually maturing person.

15. Marked improvement in CD4(T) cell count in a person with long term HIV infection

Bernard is a delightful 60 year old retired successful film director/producer. He first saw me in 1985 when he was just diagnosed with HIV infection. Like most of the recently diagnosed cases in those very early days, he was

terrified as it virtually meant a death sentence as the knowledge about the disease was very scant and there was no treatment for even the simplest infections which occurred as a result of the condition.

He attended a full eight week course of Autogenic Training as a member of a group of HIV infected individuals which I used to run in those days. We managed to deal with his fears and other prevalent emotions as well as his massive amount of stress. He also devised a programme of Canadian air force exercises (A very energetic aerobics schedule) and vitamin and mineral supplements (C,E,Beta Carotene, Zinc and Selenium and multivitamin) and freshly squeezed fruit juices.

His CD 4 (T) cell count which is considered to be a good indicator of the level of damage caused by the HIV virus was at a normal level at the time. He continued to keep extremely well with continuing normal levels of CD4 cell count over the years. In fact he was hailed as being the person with the longest period of infection who continued to remain well with normal blood counts.

Although he normally sent me an annual Christmas cards during which he had informed me that he had retired at the age of 50, he actually rang me quite worried in early 02 as his blood count level had dropped to 180 which was below the critical level of 200 at which he would become much more susceptible to the nasty and dangerous infections which affect those with HIV infection. I suggested healing to him together with visualisation and meditation in addition to his normal regime about which he had apparently become slackened over the recent years. As he lived about 3 hours' drive away from me now, he said that he would try the old regime rigorously and see how his blood count went, as he was not keen to see any other person or healer because of the faith which he had in me.

His next blood count had dropped to dangerous levels of 140 and he was put on a prophylactic antibiotic to try and prevent the pneumonia (PCP) which is quite prevalent at this sort of level of blood counts and can prove fatal. However, he postponed the decision about starting the anti-retroviral drugs which although effective in controlling the HIV infection, they are no cure and can have nasty side effects. He then decided to try and make the journey and get some healing as well as learning about visualisation and healing light rainbow meditation to do in addition to his usual regime already enumerated. He also started taking Lecithin capsules (1.2 Gms) additionally

as it is reported that this substance can line the cells and prevent the newly produced ones getting infected with the HIV virus.

He could only manage an average of a session every 3 weeks. But despite that, his CD4 cell count had gone up to 270 after 3 months which was excellent news. During the sessions it transpired that the decline in his cell count had coincided with the onset of a severe illness in his mother. He was very close to her and had to look after her during the relatively long debilitating terminal illness. Apart from the stress and distress during this time, he had also neglected to look after himself properly.

Despite the improvement in his cell count levels with the healing, he thought that he could now take over himself and therefore he did not have any more healing for the next three months. The count after that time had remained static at 270. That convinced him that the act of energy healing does actually work and therefore decided to re-start his sessions once more; again on average about once every 3 weeks which I felt was really inadequate. But still after the next three monthly count his level had gone up to 320 which meant that he was outside the critical level at least. We are going to continue with the healing and everything else that he is doing until his cell count has reached at least 600 which is quite a respectable level.

In my past experience of working with people who are HIV positive with dropping cell counts, I have noticed that the quickest and most effective way of restoring the cell count to relative normality is to have once weekly sessions for between 3-6 months. This of-course in addition to the stress management, emotional off-loading exercises and the vitamins , minerals , exercise etc all of which help to support the immune system. Once the cell count level has reached respectable levels of 450-600, then some individuals manage to hold these levels and improve on them without further healing whereas others need regular monthly top ups to prevent the levels from dropping again. The fact that healing is very effective in HIV infection is of no doubt. But what has always puzzled me is why some individuals manage to keep a healthy level of cell count without further healing whereas others need regular top ups!

16. *Recovering from severe and long standing vertigo*

Kevin is a 28-year-old pleasant young man who is an IT consultant. Prior to the onset of his vertigo in 2001, he was a highly active person who

travelled greatly as well as being particularly good in Marshal Arts especially Kung Fu.

He started experiencing some degree of unsteadiness, which first started in 2001 when he flew on his travels. This gradually got worse and turned into true vertigo and giddiness which eventually got so severe that six months prior to seeing me in mid-2003, he had been totally house and bed-bound. The slightest movement, including even trying to read, greatly aggravated his vertigo, which could lead to retching and vomiting.

His consultant ENT surgeon thought that his symptoms were so bad that it warranted the very rare and drastic surgery of destroying the organ of balance of the affected side, as a result of which he would end up being deaf in that ear and with the hope that his vertigo might settle.

As he did not want to undergo such a drastic and destructive surgery at his young age, his father managed to drive him to see me with great difficulty, as he was being constantly sick during the journey. His symptoms were so severe that even during the first session of healing while lying down he retched several times. By the third session he had improved quite considerably; for although he got quite dizzy while travelling, he was no longer being sick or retching and was able to move around his flat and do a few chores. He had also improved sufficiently to be able to read and start doing my 'colour light healing visualisation and starting to learn Autogenics.

As some of his symptoms did not seem to me to be totally related to his organ of balance, I suggested that he saw an eminent local neurologist who specialised in cases of vertigo. Luckily he took my advice, as the consultant neurologist thought that in addition to the problems with his organ of balance, he also had an uncommon form of visual vertigo, which would not have been helped even if he had had the surgery! He recommended physiotherapy to Kevin's neck to try and strengthen his organ of balance, and I taught him some special eye exercises (Ch9, exercise 2) to try and help the visual component of his problem.

In the meanwhile we continued with his weekly healing and within 8 sessions, his symptoms had virtually totally disappeared and he was able to return to work by using the trains and the underground system without

suffering any ill effects, which was in stark contrast to what he had been like prior to the time that he had been healed.

17. *Healing of a cat with advanced liver cancer*

I have included this case because most people are unaware how powerfully effective healing is in all animals especially cats, dogs and horses. In some ways it seems to be much more quickly effective in animals as unlike humans there is no scepticism, pre-conceived ideas or conscious/unconscious blocking which can leave the healing much less effective in humans.

My lovely massive male cat Pepi had always been totally healthy and never ill since I had had him as a very young kitten. That's why I was particularly alarmed when at the age of 15 he suddenly lost his appetite even for his favourite treats and started losing weight very rapidly. After 2-3 weeks, I took him to the vet; a visit which he did not particularly enjoy as he had never been to the vet's surgery before!

He was fully examined and had lots of blood taken for various tests as well as a scan. The vet gave him an injection of antibiotics and something else to try and stimulate his appetite. He gave him the antibiotic just in case there was a latent infection although he could not obviously see any source for it. I was due to return a week later for the results.

In the meanwhile, unfortunately there was no improvement in Pepi's condition; in fact he was deteriorating quite fast in so far as he was also becoming lethargic and wanting to sleep all the time with total loss of appetite.

On return to the vets a week later, I was given the very bad news that he had advanced liver cancer and he was so ill by now, he advised that the best thing was to put him to sleep. I did not like that idea very much and suggested that I treat him with intensive healing for a while and if obviously he did not improve, I would take him back.

I started giving him intensive healing of roughly 10-20 minutes 3-4 times a day. Apart from the general healing, I concentrated especially on his liver region now that I knew where the source of his problem was. The

fascinating thing was that once he had had enough of the healing energy, he would just walk off and go and lie down somewhere else away from me!

After a few days his appetite started coming back and I started feeding him on freshly home cooked chicken and fish. After 2-3 weeks' of regular daily healing, he started eating voraciously and putting his weight back on.

After a month or two I started reducing the frequency of his healing to about twice a day during which his behavior pattern had return to complete normality and despite his old age, he started playing like a kitten once more although at times he realized that he was not quite as agile as he had been, although he still managed to climb high fences and get on top of rooves without any obvious problems.

Two years after the onset of his serious illness and threatened demise (Equivalent to 114 years in human terms) he passed away peacefully in his sleep at a grand old age of 17 which is equivalent to 119 years in human terms.

18- Effectiveness of healing in IVF fertility treatment in HIV/AIDS

Steffi is a 38 year Old Italian who has been HIV positive for over 20 years and has had AIDS controlled with anti-retroviral drugs since 1997. The only reason why she came to this country in 1986 following her diagnosis of being HIV positive following heroine addiction was that the Italian health service refused to treat her and consequently she came over to England for free treatment which she has been having ever since in addition to all the social security and financial help which she has required.

She had casual unprotected sex in 2000 while she was on holiday in South America as a result of which she got pregnant. As she felt that she could not cope with a child on her own as her family still live in Italy, she had an abortion under the NHS.

She found a regular partner in 2001 and despite attempts at getting pregnant from him, repeated trials failed. Eventually and astonishingly, she was accepted for free infertility treatment at Hammersmith Hospital in London. She was told that because of her age, her chronic infection and the anti-retroviral drugs for which she was having, she had less than ten percent chance of getting pregnant even after the six allocated

treatment cycles. Consequently she decided to consult me to try and improve her chances of pregnancy as she had heard that healing was quite effective in infertility.

She had 4 long and intensive sessions of healing prior to the removal of her eggs, the last one being the day before the minor procedure. She had a further session of healing the day prior to the implantation of the embryo into her uterus. She had a further session within 5 days of the implantation of the embryo. In between the sessions I continued sending her distant healing especially during the time of the fertilisation of the eggs and the sperms. In the meanwhile she continued doing her Essential Relaxation exercises at least 3 times a day.

An absolutely delighted and joyful Steffi rang me a few days after her last session informing me that she was indeed pregnant which had really surprised the specialists as it was totally unexpected to happen only after one cycle of treatment.

She continued with another 4 weekly sessions of healing until the pregnancy was well-established.

I am of-course delighted that she has managed to achieve her goal of pregnancy and that a soul has decided to descend to experience living with a mother with AIDS.

The baby was delivered by caesarean operation 3 weeks early as he had started feeling distressed in the womb. On his arrival into this world, thankfully he was found to be HIV negative and as a precaution and as is customary he was given anti-retroviral drugs for a month. His follow up testing is also negative and I am delighted to say that both the baby and mother are doing remarkably well.

19- *Effectiveness of healing in delusional paranoid schizophrenia*

Kabi is a 33 year old Spanish girl who speaks no English and lives in Spain. She had a nervous breakdown in her early twenties following the break up of a long term relationship with her boyfriend. Over the ensuing years she got progressively worse and developed severe delusional paranoid schizophrenia associated with total withdrawal from her friends and family. She also became very aggressive and at times violent especially to strangers outside her own living space. She could not hold any form of sensible conversation with her family although she continuously talked out loudly with imaginary

non-existent people; at times in a very angry and aggressive way following which she would throw objects at them which would hit anyone who happened to be close at hand. Despite her very severe condition she would not respond to the maximal anti-psychotic drugs. In desperation, her mother decided to bring her to London to see me, having heard all about my successes with other Spaniards especially in the field of cancer. This was despite all the hazards that that would entail by taking her into airports and plane as she was quite likely to be very violent to people especially in situations which involved the presence of a lot of people.

During the week of intensive healing, each session of which would last at least for 2 hours, her brother who spoke fluent English translated the proceedings. Initially Kabi made absolutely no sense as she was constantly talking irrationally with non-existent people and at times wanted to pick things up and throw them at her imaginary adversaries; her violent action being controlled by her brother. All her medical history was given by her mother translated by the brother.

During the initial two sessions it became quite apparent that she was totally ungrounded as is common in schizophrenics and other psychotic people as a consequence of which their spirit seems to float about the two worlds and consequently has no appreciation of the earthly reality as most of us perceive it. It also became apparent that she had several negative entities attached to her. Some of these were small which I managed to remove. But one was very large and at the time I was not experienced enough to be able to get rid of it and unfortunately the friend of mine who normally did that sort of work was away and consequently could not help. I also became aware through the healing as well as the comments that the mother made that their house in Spain also contained some negative energies which needed clearing.

Despite the fact Kabi was totally unable to understand or follow any instructions which I was giving her, I was guided in the third session to do a regression on her.

I tried this during our fourth day session and following a very light relaxation, she spontaneously went back into her early childhood and it became apparent that she had been sexually abused by a teacher at school. She then spontaneously went into a very powerful past life experience, in which she had been a prisoner in the Nazi concentration camp. She had apparently been confined to the section in which they carried out medical

experiment on them without anaesthetic. She gave a most graphic and disturbing and detailed description of what had happened including the screams of pain. She enacted the whole process including finally being shot!

What she described was fascinating as it related to a lot of conversations which she had been having with the imaginary people as witnessed by her mother and brother.

By the end of the week's healing and following her regression and clearing of some of the negative entities, she was at least fifty percent better as for the first time in years she started having normal conversation which her family could fully understand, although she would slip into her delusional state at times.

As Kabi was still unable to fully comprehend the concept of grounding, meditation and so on, I taught the mother to do it by proxy for her on the daily basis. The way that she would do that would be by sitting near Kabi, doing the Essential Relaxation exercise and especially the grounding part of it and direct it all towards her and finally touching her knees to try and re-enforce the grounding process. With further instructions as to how to try and clear the house of negative energies. Additionally, I suggested that they should find someone in Spain near where they lived to both exercise her negative entity as well as what was in the house. In the meanwhile I continued sending the whole family especially Kabi regular distant healing.

Within 3-4 months they found a priest who cleared Kabi of her negative entity as well as clearing the house and within six months she had virtually returned to normal and as her mother said, it was as if her daughter had been woken up from a nasty nightmare and that she had her daughter back again.

They came over again for a weekend of healing in March 06 when I found Kabi totally normal although she still got an occasional anxiety attack and was taking a tiny amount of medication which was apparently going to be discontinued by her psychiatrist in Spain a few weeks later.

By this time she was totally grounded and her energy levels were completely normal. I taught her the Breathing exercise as well as some simple meditations to do to try and help her overcome her mild anxiety especially around meeting strangers and socialising, although by the end of the weekend's healing she had none left.

This was a very challenging and difficult though extremely rewarding case following the end result. However, I advise against anyone else taking this sort of case on unless they are extremely well experienced in both conventional and alternative therapies as well as healing so that they would be able to deal with any possible unexpected and untoward effects while the healing process was proceeding.

20. *Recovery from liver cancer and severe post-operative complications*

John was a 38 year old man when he came to see me a few years ago, by which time his liver cancer was very advanced and extensive and spread to within his abdomen. The radio and chemotherapy that he had had not worked and the cancer was considered far too extensive and advanced for surgical intervention.

We worked extensively over a few months with healing, Essential Relaxation and emotional off-loading exercises and self-healing by which time the repeat scans and biopsy showed that there was no sign of the cancer, although the whole thing had transformed into a large fluid filled cyst in his liver. Both his surgeon and John were keen to have the cyst removed rather than wait for its natural resorption, which I had felt, would have happened.

He went into hospital for routine removal of the massive cyst. The first night after his surgery I was woken up in the early hours with a very strong message to send John a great deal of healing as he was in desperate need. I did just that and went back to sleep after an hour or so. The same thing happened the successive two nights as well. In the meanwhile I had been unable to contact his loving and very supportive wife.

She rang me a few days later saying that the operation had gone drastically wrong as John's lung and main artery had accidentally been ruptured, and he had needed 36 pints of emergency blood transfusion. However, everything had been considered to be under control until the middle of the night when his blood pressure and all other vital systems had collapsed for no apparent reason and he had nearly died; the time coincided with the time that I was woken up to send him healing! Apparently the same thing had also happened the two following nights as well.

Following that very stormy and traumatic post-operative time, he recovered fully and marvellously. He was told that pathology had confirmed that there was no sign of malignancy and he was considered to be in total remission. His devoted supportive wife and his three children were of course absolutely thrilled with this fact and that John was once more able to return to full time work.

Unfortunately there is a nasty sting in the tale of this story. Unbeknown to his family, John had started having an affair with his secretary at work after recovery from his cancer and surgery and after three years of deceit decided to tell his family and walked out to live with his mistress. This necessarily caused an enormous amount of emotional pain, unpleasantness and stress for everyone concerned. Coincidental with his moving out of his family home, he also stopped doing everything else which had helped him including healing, not only to recover from his disease but keep him remarkably well.

Once the initial flames of passion and romance with his mistress died back, the relationship apparently became extremely stormy and unpleasant. Unsurprisingly, John's cancer returned with a vengeance and once that had happened his mistress threw him out of her flat. He ended up in a hostel totally lonely and a broken man. Soon after that he died of his disease.

*21 Healing of **ulcerative colitis** in a 12 year old*

Mat was a 12 year old who had suffered from severe ulcerative colitis for almost 2 years by the time he saw me. This is a condition in which the large bowel develops raw ulcers or wounds which leads to bloody diarrhoea. Although it can be quite mild, Mat's condition was very severe and despite extremely powerful drugs, he was having bloody diarrhoea for up to ten times a day on a good one. As a consequence he was being extremely ill and unable to have much schooling. Because of this, one of the top children's hospital which he was attending wanted to remove all his large bowel which was very badly affected and leave him with an ileostomy(a whole in his tummy attached to a bag which would need regular changing.

When I saw him initially, I found him a very withdrawn and shy, small for his age child who was mildly bullied at school. His father was the chief editor of one of the top National newspapers and his mother was an intense high flying business woman who was desperate for Mat to do well and be highly successful like the parents especially the mother.

Mat's mother was very reluctant for me to see him on his own and insisted on being present at every session. At my request just before leaving after one session, Mat managed to ring me when his parents were not around. During our conversation it transpired that he greatly resented and was angry about being so highly pressurised by his parents especially his mother just to concentrate on his academic studies at the expense of socialising with his mates or even having any fun.

I arranged to have a joint consultation with all three of them on a couple of occasions when Mat's grievances were aired which came as a total surprise and shock to them especially the mother who was totally unaware of detrimental effect that her behaviour was having on Mat and that it was greatly contributing to his illness as ulcerative colitis is greatly related to stresses of all sorts but especially emotional ones.

After our group discussions the healing started becoming much more effective and within 3-4 months of regular weekly healing sessions, his symptoms came under control and he only had occasional bouts of diarrhoea with mild abdominal pain when he became particularly stressed. By this time of-course he had learnt and was practising the Essential Relaxation exercises on a regular basis. He apparently particularly enjoyed doing the screaming and tantrum exercises which he undertook with particular gusto and effective end result.

Once the parental pressure was removed from his back and his physical health dramatically improved, he started really enjoy his studying especially when he was able to balance it with socialising and having fun.

He continued to keep well and following an honours degree at the university, he moved to China where he has become an extremely successful entrepreneur and businessman.

22. *Recovery from after effects of sexual abuse and rape*

Tim was a 47 year old man who ostensibly came to because of tiredness, fatigue and confusion. During our conversation during our session it transpired that he was confused and ambivalent about his sexuality. Further enquiry revealed that while he was about five or six, his father decided to join a peculiar sect whose initiation rights included the raping of youngest

child in front of all the members. Consequently Tim's father raped him as per request of the sect hierarchy. Tim was obviously very distressed about this. However, his ordeal was by no means over yet. About three years later when he was about eight or nine he was raped again publicly by his elder brother who also joined the same beastly sect.

Although he had apparently sorted out his distress and difficulties with his elder brother and were now on reasonable terms, he had never been able to discuss the issue with his father who had died a few years ago.

He relaxed surprisingly well during the session considering how tense he had been while he had been relating his awful past history. While I was giving him healing, his father appeared to me and was distraught at what he had done to Tim and how had ruined his childhood and life altogether. He went down onto his knees asking for forgiveness from his son.

Once the healing was over, I related what had come up to Tim, who had a massive cathartic emotional release which included screaming and crying. Once he had worked through his intense emotional outpouring, he felt that he could indeed forgive his father for what he had done, following which an aura of intense peace and calmness descended upon him. This feeling of intense calm and serenity stayed with him for the three months that I had contact with him before he emigrated abroad. Just before he left these shores, he said that he was now able to cope with life as he could make sense of what had happened to him. He was going abroad to start a completely new life and felt that he could now entertain a proper and loving relationship which had eluded him until we worked together.

23. Recovery from after effects of sexual abuse of a male child by an adult woman

Ken was a 39 year old professional man who complained that he had always been a very angry young man who hated to be touched especially by a woman although he was totally unaware of the underlying reason for it.

During our first few consultations it transpired that he had an unhappy childhood with his parents, although he had enormous blanks in the earlier part of his childhood. His father who was authoritarian and totally unloving towards him often chastised him by hitting him with belts, slippers and so

on. The worst case of punishment that he remembered was when aged 6 or 7 he had been chased around their flat by his father, caught, held down and a very bitter tablet violently crushed into his mouth all because he had used a word to which his father objected. His mother was very loving but quite weak willed especially in the presence of the father and was invariably ill. Ken thought in retrospect that basically her illnesses most of which were stress related were probably due to the behavior of his father especially towards the boy although he seemed to have a much warmer relationship with his sister who was a couple of years younger.

The other severe issue that Ken seemed to have was the fact that he could not bear to be touched by anyone especially a woman and he had noticed that he had progressively become more attracted to men so that in his late twenties he had realised that in fact he may be gay, although because of his marked anger and inability to be touched, he could not have a proper relationship with a male partner either.

I had asked him to learn autogenic training especially the anger off-loading exercises as well as doing the usual healing light rainbow meditation which I teach all my clients. He was very keen to improve his lot and consequently learnt that techniques with gusto and regularly performed the anger off-loading exercises which sometimes did as often as 3 times a day and occasionally going on for as long as half to an hour. Because he was also very artistic, I had taught him a special technique of off-loading using spontaneous painting mainly using primary colors.

The first 3 sessions were quite uneventful and nothing much had come up from his work at home either. When he came for his fourth session, he told me that during one off his anger off-loading sessions the week before, the suicide of his mother a couple of years previously had spontaneously come up. He had thought that he had dealt with that issue previously but had not realized how angry and let down he had felt. The release of emotions around that episode in his life went on for some weeks until he felt completely emptied out.

During the fifth session of healing, he suddenly became aware that between the ages of 5-7 he had regularly been sexually abused by his female nanny. He remembered vividly the whole horrendous experience which he had completely blocked out from his memory.

He went of with the emotional off-loading exercises which took on a much more intense feel to them and we continued with his healing especially that part of his earlier life.

At the end of our series of healing sessions, for the first time he started feeling true internal peace and tranquillity and found that he started loving being touched and touching others and in fact had become very keen on hugging and being hugged which he had not been able to stand until that point. Although his relationship with women had altered dramatically, he definitely decided that he was gay and was thence able to form a loving and long term relationship with another man.

24. Recovery from highly malignant brain tumour

I was surprised to receive a phone call from Spain from robin at the end of July 06 as I had lost touch with him since the year 2000. When I had last seen him in 1999, he was a 38 year old delightful man, happily married with a couple of young children. The previous year he had been in the process of selling up his home and business and emigrating to Spain when he was greeted with the devastating news that he had a highly malignant brain tumour called Astrocytoma with a very poor prognosis normally. By the time he saw me, he had already had a full course of radiotherapy which had reduced the size of the tumour slightly but had not been fully effective. He had then started on a long course of chemotherapy which was not also being very effective which again is common in this condition.

By the time I saw him at the beginning of 1999, he was half way through the course and was suffering some unpleasant side effects. He had about ten weekly sessions of healing as well as learning a simple self-healing meditation which I normally teach to all my clients. He mastered the technique very quickly and we were able to work with intensive visualisation in additional to his conventional healing sessions. He was thus able to control the side-effects of the chemotherapy for the rest of the duration of the course as well as visualising the tumour totally gone in a way which was unique to himself. Astonishingly the scan at the end of 3 months showed that the tumour had disappeared completely!

As the consultant had asked him to refrain from undertaking the trip to Spain for at least a year, he had postponed all his plans. However, 3 monthly check-ups and scans revealed that he continued to remain symptom and

tumour free and apparently at the end of 2000 he had emigrated to Spain where he has been working and keeping well. He has continued to have six monthly check-ups and scans at the royal London Hospital and has continued to be in total remission and tumour free. Provided he continues the same, he will be deemed totally cured of his malignant disease.

In my long experience I have found that apart from all its remarkable benefits including relaxation and dealing with the underlying condition or disease, healing often powerfully enhances the effects of conventional therapy when it might have been ineffective up to the point when healing was undertaken. Incidentally, the reason why Robin had contacted me again, was to ask me to help a close friend of his who was also suffering from exactly the same malignant disease!

25. Recovery from crippling acute disc problems of the lower back

Ali is a 39-year-old highly sceptical local general practitioner (MD). He developed an acute and severe disc problem in his back. As according to his MRI scan it was shown to be a central protrusion, he was advised on immediate surgery, which is particularly difficult and serious if his symptoms did not improve within a week. The reason for the urgency of the case was the fact that if a central disc protrudes completely, it can lead to paralysis of both legs and paraplegia. As he was fully aware of the difficulties of the proposed surgery and the possible unpleasant post-operative complications, he was understandably not keen on the procedure. In desperation he asked for my help.

The first time that I saw him, his symptoms were so bad that he was wearing a metal braced spinal corset as well as walking with crutches. He managed to sleep throughout the healing session though and said that his pain had eased somewhat at the end of it, although he was still having severe spasms of his back.

Fascinatingly, his kid of 7 who had accompanied him also curled up in the armchair within a few minutes of the healing starting and fell into a very deep sleep! He followed the same pattern every time he accompanied his father! Interestingly, this was quite an unusual behavior pattern for him, as he apparently was a very hyperactive, restless and fidgety child who could not keep still for more than a few minutes, and consequently Ali had been concerned as to what his son might get up to during the session. Little did he

have to worry about. For unlike his usual pattern of sleeping when he would wake up at the slightest sound, we had great difficulty to get him out of his slumber! This indicates and confirms what has already been said that the vibrations of the healing energy are spread to everyone around and are not just confined to the person who is receiving the healing. As an interesting by-product of the kid accompanying his father during his healing sessions, the kid's also changed and he became much calmer, settled and less hyperactive during the weeks between the healing sessions.

A couple of days after Ali's second session, while I was tuning into his back for some distant healing, I saw him as a soldier in a middle of a war in the mid-eighteenth century. A spear was thrown at him, which was embedded into his back almost exactly at the same spot as he had the problem now. I took out the spear and repaired the hole that was left behind in my mind's eye and continued to send him daily distant healing energy.

When he turned up for his third session, he was walking perfectly normally and had discarded his corset and crutches! He said that a few days previously something very odd had happened. Coinciding with the time when I was working on him at a distance, he had had a severe recurrence of the back pain and his back had gone into severe spasm. But a short while later it had started easing and felt as if some major manipulation had taken place. By the next day the pain had gone completely and he had gone back to work! He was fascinated by the story of past life experience that I had related to him. He was so impressed with his own recovery that he is now thinking of training as a healer himself. What joyful benefits that will bring to the numerous patients that he will go on seeing for the rest of his medical career, especially since he is also on the training board of both the post-graduate medical education and the Royal College of General Practitioners examining board.

26. Curing of infertility by healing

Judy was a delightful fit 36 year old who had been trying to get pregnant from her long term partner for over ten years. Both her partner and herself had been fully investigated and she was found to have severe endometriosis. (Inflammation of womb and tubes and ovaries) Consequent upon this, 3 different consultants had told her that because of the severity of her gynaecological illness, there was no way that she could get pregnant.

During our consultation it transpired that she had a fear of bringing a child into the world as she was worried that she may not be a good mother and deal with the responsibility of a child effectively. This fear we traced back to her early childhood when she had had unhappy, unpleasant and traumatic experiences. Following the discussion of the issues and her becoming aware of the relationship between her current fears and her early childhood experiences, I proceeded with the normal session of healing.

The process of healing was pretty routine and unremarkable. The only unusual thing was that I was given a message that a baby would arrive within a period of 8.... I assumed that it would be either within 8 weeks or 8 months that she would get pregnant. I was also given a very strong message that she should have regular healing throughout her pregnancy. I passed these messages on to Judy.

I did not hear from her again for several months when she made another appointment to see me. She told me that in fact she had got pregnant within the eight weeks and as her pregnancy seemed to be going on satisfactorily, she did not bother to return for further healings. Unfortunately and very sadly, she had a premature delivery at 23 weeks and the baby girl dies a few hours after birth.

We worked through her obvious devastating grief and gave her further advice about future pregnancy and strongly advised her to return for regular healing once she gets pregnant once more which hopefully she will, although I did not get any indication of that during this consultation.

27. Healing of a 5 year old child with cerebral palsy

Suzy is a shy lovely 5 year old with a moderately severe degree of cerebral palsy. Although Suzy allowed me to give her healing, she had to have her mother standing next to her while she was on the healing couch initially during all the sessions.

The MRI scan had shown that she had a moderate degree of brain damage especially to the motor cortex of the brain (the area Responsible for motor movements). Consequent upon this, she had stiffness and spasticity in both legs especially the calves; this was particularly bad on the left side as most of the damage was on the right side of her brain. She also had a slow and somewhat stuttering speech pattern. Fortunately her intellectual level did not

appear to be particularly affected; neither were the movements of her arms and hands although they did not seem to be particularly well coordinated.

She was very restless throughout the healing, especially while she was lying on her tummy to enable me to work on the backs of her legs. However, we managed to get on with relatively short bouts of healing initially anyway. But for most of it, I concentrated on her brain and legs while she was lying on her back when she somewhat relaxed and started sucking her thumb which apparently was the sign that she was relaxed and content.

Apart from the healing, I taught the mother to practice some brain gym exercises with her. These are a series of mainly four exercises which help greatly with the balancing of the two halves of the brain as well as improving the co-ordination of the movements of the limbs.

She was very quiet and not very communicative after the healing sessions which was apparently very unusual as normally she is quite hyperactive and chatty. The only reactions and feelings that she had felt was warmth and tingling especially in her legs usually when I ran my hands over the areas. However following the sixth session which would have been the last of her current block, she told me that she had seen some beautiful and colourful sparkling stars which she had thoroughly enjoyed.

I had already told her mother that I had been guided to give her healing in blocks of 6 weeks at a time followed by six weeks of rest in order to allow the brain to repair and re-energise itself.

Because of the severe spasm of the calf muscles and her inability to put her feet especially the left one to the ground with the consequent inability to walk or run properly, it had been decided before I met her, that they would inject the calves with Votox (A weakened form of botulinum toxin which paralyzes the muscles for an unknown period) However, because of this, she would need to be placed in full leg plasters for a few months to give the muscles a chance to lengthen. But then as the effect would be temporary, she might need to have this traumatic procedure performed under anaesthetic every few months with all its attending risks.

Votox is of-course best known in its use for non-surgical face lifts.

After the 4th session of healing, she went up to the local hospital to be measured up for her plaster cast. The occupational therapist was staggered to

see that her ankle movements had improved by at least 5 percent and that she had already started cycling with stabilisers , because Unbeknown to me, she had also been told that because of the spasticity and her lack of coordination, she would never be able to cycle or do similar things!

The revelation that there seemed to be such improvement already, placed the parents in a quandary as to whether to go ahead with the Votox injection. I advised them to wait until she had finished her current course of healing and had actually seen the consultant whom she was going to see two or three weeks after the completion of the healing sessions. By this time she had already started cycling without the stabilisers and had done a very long sponsored walk which she managed to complete to everyone's amazement!

The consultant was astonished to see the difference in Suzy since he had last seen her six months earlier. Her speech was now virtually normal and the spasticity had improved dramatically. He was so amazed that he had to re-check the MRI scan to ensure that they had not misdiagnosed her initially! He then told the absolutely delighted parents that there was absolutely no reason for her to have the Votox injection to the absolute delight of everyone concerned.

Hopefully after her next block of six healing sessions, the last remaining vestiges of the changes in her brain will disappear and she will return to total normality and look forward to a perfectly healthy and normal life.

Despite having witnessed some amazing recoveries with healing following serious and catastrophic diseases, I was still astonished at the speed and level of recovery of Suzy from her cerebral palsy especially since I have never before worked with a child with this condition.

28. Healing of eczema and marked improvement in educational ability

Dan is a delightful 9 year old who has had very severe , long standing and extensive eczema involving most of his body especially his face and limbs for which he had had years of treatment with very powerful steroid creams without much help. He has also had great difficulties at school when he was deemed to be impossible to teach spelling, times tables and maths together with appalling and illegible hand writing, despite having additional one to one help at school.

When I first saw him, I found him an incredibly intelligent and inquisitive child who was particularly interested in history especially various wars as a consequence upon which he had a large collection of little tin soldiers which came very handy later as part of teaching him tables and sums. During our further discussions, I realised that his main problem was that he is a highly right brained child and consequently the traditional teaching methods which are designed for left brained children would be totally unsuitable for the way that he could learn. Right brained children who are also usually highly creative, need to learn through shapes, symbols, pictures, music, dance, fun and creativity to name but a few.

During the first part of our sessions, I would work with him on spelling and tables and maths in a typical right brained fashion using colours and forming spatial patterns for the maths using his soldiers and small crystals which he loved in order to learn his tables. I also taught him to memorise using the specific eye movements to ease visual recall. (Ch 9 in this section , exercise 2) I also taught him and his mother brain gym exercises in order to try and balance the two halves of the brain as well as improving his coordination.

The second part was devoted to the standard conventional healing. However, there was nothing standard about this child who is obviously a highly spiritual and wise being of light who has obviously chosen to be born now to help with the raising of the consciousness of mankind as lots of kids born nowadays are. Right from the beginning, he went straight into different coloured lights but especially gold and purple which were the prevalent ones which covered and filled him totally. He is also the first child/person whom I have come across in all my years of healing work who had his eighth or spiritual chakra wide open right from the beginning!

I became totally aware that he already has marked healing gifts and during our later sessions we started having very deep and intellectual and spiritual conversations such as trying to answer his question as to “how many times are we reborn?” to name but one! He asked me how he could heal? I taught him some basic meditation , how to ground himself and protect himself with the light. We also discussed the chakras and their colours. He certainly gave me the distinct impression that he was already fully aware of their meaning and only needed to be reminded of them. He also started getting messages which he considered were directly from “God”! This is particularly interesting as none of the members of his family are particularly religious or openly talk about God and consequently he had not even been christened. I

was absolutely astonished at what was going on and the incredible awareness of spiritual dimension in this 9 year old!

By the end of the 6th session his eczema had totally cleared up; he could spell even the most difficult words after trying them only once the way that I had taught him; he could recite the whole of the times table without any difficulty and his hand writing had returned to being totally normal and legible ! The mother was so touched by the dramatic improvement in Dan that she burst into tears at the end of his last session.

I have since heard that a few weeks after the completion of his six sessions of healing he has created a 24 page comic magazine which he personally designed and painted the front and back covers as well as drawing every picture and writing every caption to tell the journey of a space odyssey. Not bad for a kid who was thought of being almost uneducable!!

I have since heard that he has started giving healing to friends and family clearing their various aches and pains as well as healing his little cat of markedly painful paw and limping!! What a joy and privilege it had been to work with such a wonderfully spiritual being of light and get him started on his important job and Highest Purpose in life.

Chapter 18

Spread your light and heal others

After having done the self-healing exercise given in chapter one in this section regularly for a few weeks until you find it easy to get into your own healing space and energy as symbolised by the white light and connected with that of the Divine, you will now be in a position to use the same energy for distant or absent healing, remembering that everything and everyone else is an energetic extension of yourself. This is why presumably distance and intercontinental time differences are immaterial to distant healing. Invariably it is not even necessary to have a great deal of detail about the individual that needs healing. I have found that all the information that I need is the name, brief description of the condition, and a rough idea of where the prospective healee lives. For instance in the case of Carlos, all that I knew about him was his first name, his condition and that he lived in a little village near Caracas in Venezuela. Yet astonishingly the healing thoughts found him through the inter-connective ness of the universal healing energy and he totally recovered from the paralysis of his legs. (See later for details) This further demonstrates the amazing powers of thought energy and its projection and transference to others. Therefore, it makes it even more important for us to think of good thoughts about ourselves and others. For what you think about them, that's what you'll send in their direction whether it is intentional or unintentional. Think it and it is virtually transmitted instantaneously. For those of you who are computer literate, it is like writing an email (Your thoughts) and then hitting the send button and hey bingo off it goes immediately. The only difference is that with thoughts you do NOT have to hit a send button as it goes off immediately.

In my international distant healing work which is very extensive, I am often sending healing energy and thoughts to people whose time zone necessarily means that they are either fast asleep or well into the routine of their lives and work. So long as they have asked for healing and are open to it, none of that seems to matter as they receive the energy anyway. The most important thing in this context seems to be their *intention to receive* and the fact that they have asked for healing and thus given permission for me to send out the energy. If they have not asked for it or actively given their permission for this process to start, then the sending of distant healing is inadvisable as not only will it not work, but it may actually be detrimental and counterproductive as it may interfere with the life processes that they still need to go through and lessons yet to learn. If you decide to send distant healing without prior permission of the receiver, you will be seriously violating their space. Just think about how you would feel if the same thing happens to you? The rescuer (Ch. 1, Section 2) in all of us is always over keen to help others, especially if they happen to be people whom we love or care about. This over enthusiastic zeal will be particularly strong in you when you first learn this technique, especially when you start seeing and experiencing its powerful effects. However, it is extremely important to resist the temptation of jumping in fully feet first! Irrespective of knowing about the power of thoughts, distant healing and what you are learning as a result of reading this book, **always remain humble and respect other people's processes.** Remember that everyone is on a different path and different part of their life's

journey at a given moment in time and may not yet be ready to move on with your help. By all means offer help. But respect the other's wishes if they turn your offer down and don't go on a guilt trip! They will come back to you when they are ready and once they are ready to move on, then your help will be even more appreciated and effective, as they will be ready to receive the gift and grace of healing.

As you start getting deeper into your healing space and within yourself and start connecting with the universal energy, you will find that your concepts and rapport with time and space will start altering, as will your perceptions and connective ness with others. This may involve you in bio- or trans-location or astral travel. This means that your holographic essence may be perceived in different parts of the world although physically you may be in a completely different location.

The very first time that this happened to me took me by complete surprise as I had not heard of this phenomenon before. Someone whom I had met at a conference sometime previously, contacted me saying that she had arranged for a group meditation with some clients in Buenos Aires,(Argentina) and as the group discussion had proceeded, she had felt that the members of the group could have done with some powerful healing. She closed her eyes and prayed and meditated that I might be able to help. Apparently I promptly 'appeared' in the middle of the circle in Buenos Aires, gave healing to the group for half an hour and then disappeared! At the time I myself was doing a healing workshop in a sea side resort on the East Coast of England and was totally unaware that my hologram was working several thousand miles away in Argentina! This is yet another excellent reason why you should always protect yourself well (Chapter 15 in this section), for you never know when you are called upon to do more work about which you are totally unaware.

This phenomenon has occurred many more times since then. Additionally, great many people who have connected with me on a distant healing link, have seen their whole room fill up with a coloured light that they associate with me, the commonest being orange or gold. This particularly seems to happen to those people who have already had individual healing with me.

Fantastic as these events may appear, it is a well established fact that the mystics who have evolved spiritually to a great extent, can bi-locate. The two best known examples are Sai Baba of India, who is well known for healing and transforming through loving compassion and Padre Pio of Italy both of whose astral travels have actually been photographed. Just be relaxed and open about your limitless potential and infinite possibilities. Don't expect anything to happen as you expand yourself, but be open to and accept with equanimity, humility and gratitude whatever may occur.

At the end of this chapter I will give a few examples of the diverse ways in which distant healing can work. Although the basic concept is the same as is the end result the, there are some alternative ways of absent healing. I will describe three different ways later, so that you can pick the one that suits you and your personality best.

Important preliminary for every one of them is doing the Essential Relaxation Exercise regularly (Chapter 1 in this section). Once you are fully in connection with the white light energy or you have a strong sense of the healing energy and have done your own self-healing, then you proceed with one of the following ways, depending on which one you find easier or more appropriate to your mental and thought processes.

Do *Remember* that you **always** use the Universal, Divine, Source or Creator energy for healing of others and **NEVER** of your own. If you use unconditional love energy as you are supposed to, then you will feel great and exhilarated or at peace when you finish. However, if you use your own energy, you will feel tired, depleted or fatigued. If that happens recharge yourself by doing another Essential Relaxation exercise including an energising positive affirmation (Ch4 in this Section). Apart from depleting yourself, you can not do yourself any harm by using your own energies for distant healing. But it is always best to ensure that you use the Universal energy for this purpose.

Alternative 1:

- a. Get in touch with your own healing energies connected with that of the Divine doing Essential Relaxation exercise in chapter 1.
- b. When you get fully in touch with the white light or get a strong sense of the healing energy, then as you bring the white light down through your core starting with your crown and taking it down to your second chakra region, you repeat phrase such as “I open my crown, brow and so on with the unconditional love, joy, compassion and Divine healing”,

Once you have opened all your chakras (Both front and back) with the white light, then you start expanding it into your aura and feel it spreading to fill the whole room, then your house, street, town, country and eventually the whole planet. This may need a bit of practise to achieve. But once you have mastered it, then you will be able to do it very easily and quickly.

- c. Then imagine the person whom you want to help with healing within your aura of energy, filling up totally with this light starting from the crown region. Of-course you concentrate more of the white light energy like a laser beam to those parts of the individual whom you know is in a state of distress or what you pick up instinctively that needs healing.
- d. It may be appropriate to imagine a golden or silver-white pair of hands (depending which comes more easily to you) above the healee’s head and emanating the healing energy on to them.
- e. Concentrate on the person for a few minutes and send a prayer to the Universe that they may get totally healed
- f. Now gently let the first person to disappear and direct your attention to the next person on your list
- g. You continue until all the people on your list have been covered
- h. Bring your attention back to the room where you started the process of self and distant healing
- i. Gently allow the light or energy with which you are in connection to disappear and then **cancel properly** in the usual way and have a drink of water. Wait for a

few minutes and see if anything relevant to yourself or anyone with whom you have been working comes up. If it does write it down in your progress notebook and if appropriate communicate it with the person with whom you have been working.

Alternative 2 :

- a. Do Essential Relaxation exercise in chapter 1
- b. Open all your chakras both front and back as in the previous exercise by asking that they each open with unconditional love, joy, compassion, kindness and with the purpose of healing. Use whatever words that may come up for you
- c. Imagine a circle of white light in front of you as an extension of the white light with which you are in touch
- d. Now imagine the first person, animal, plant or situation or the planet to whom you wish to send distant healing in the middle of the circle
- e. Imagine them filling up with this wonderful white light or healing energy. Concentrate on the subject especially those areas that need healing most for a few minutes and when you intuitively feel that the healing is finished, let the subject gently go
- f. Now imagine the next subject in your circle and repeat the steps c and d
- g. When you have dealt with all your subjects including the planet, gently let go of the light or the energy and then **cancel properly** in the usual way
- h. Sit quietly for a few minutes and see if anything comes up either to do with you or anyone with whom you have been working, if it does write it all down in detail in your progress notebook and communicate the information to any of the subjects if it is relevant to them.

Alternative 3 :

- a. Get into the healing space by doing Essential Relaxation exercise in chapter 1.
- b. Open all your chakras with the white light as indicated in 1 and 2 earlier
- c. Imagine the subject in front of you
- d. Send a beam of white light or healing energy from your heart to the heart of the subject (if human or animal). If you are sending healing to an inanimate object such as the planet or situation, then you cover the whole object or situation with the healing light or energy
- e. Now imagine the person or animal filling up with this beautiful healing energy and particularly going to the areas that need help in healing most
- f. Keep the energy going for a few minutes and when you feel that it is finished, gently let the subject go
- g. Now start on the next subject and do the above steps once more
- h. Once all the required subjects are worked with, then cancel in the usual way
- i. Sit quietly for a few minutes and see if anything comes up either to do with you or anyone with whom you have been working, if it does write it all down in detail in your progress notebook and communicate the information to any of the subjects if it is relevant to them.

It is important to note that you can use distant healing and prayers for those who have died and passed on to the spirit world. Sometimes they may need help with both their transition and onward journey, particularly if they had a traumatic and unexpected dying process. You can use any one of the techniques described earlier which you may find appropriate.

Apart from the regular distant healing sessions that I do for the living, helping the planetary energy balance and the raising of the level of consciousness of mankind, I also do regular separate sessions for sending healing and prayers to those whom I know have passed on or have been specifically requested by friends and family to keep in my mind. I normally send distant healing for a period of a month unless the request is repeated before the end of the month is due.

The following is just a tiny sample of the very diverse ways that distant healing can work:

1. *Recovery from advanced liver cancer and post operative complications*

Details of this case are already given in chapter 17, case number 20 and will not therefore be repeated here.

2. *Recovery from severe **backache and sciatica***

Julie is a 31 year old nurse living in the north of England who had been crippled with severe backache and partial paralysis of her left leg for eight years following an injury at work when she was trying to lift a very heavy patient. Her mother had read about my work in a magazine and thus had prompted her to ring me.

After tuning into Julie, I ‘saw’ that she had had a severe meningo-myelocoele (Congenital spina-bifida) in a past life as a result of which her legs were also paralysed. I taught her the simple rainbow healing visualisation already described in the previous chapter on the phone and asked her to send healing to that past life image that I had seen as well as her current problem while I also did the same.

Two weeks after the start of treatment, she rang me and was absolutely thrilled at the fact that all her symptoms had completely disappeared and for the first time in eight years she was totally pain free and able to move her back properly! She has since had two healthy babies, during neither of the pregnancies did she have any back problems whatsoever. This was quite wonderful considering that even perfectly healthy women have some degree of backache during the advanced stage of their pregnancy.

She rang me once again after about a year after the birth of her second child in a state of some distress. She told me that her second child was developing a rapidly worsening severe curvature of his back and if it did not stop quickly, the kid would soon need major

surgery to stop the progression of the disease as the severe deformity thus caused would eventually severely interfere with the functioning of his lungs and heart.

I advised her as to how to give her little boy healing by getting in touch with the light healing energy and placing her hands on the boy's back at least once a day for a few minutes. In the meanwhile I sent him regular distant healing. Within 3 months the curvature stabilised and within six months it totally corrected itself much to the amazement of the hospital consultants looking after him.

3. Recovery from severe throat pain

One of my ex-receptionists was Cathy who is a 56 year old who herself is involved with spiritual development and healing, although regrettably she does not use her gifts that often. I bumped into her one day on the High Road, and she complained that she had had a severe throat pain for almost two years. The pain was really severe now and she was beginning to lose her voice. She had seen several specialists, none of whom had been able to find a cause for her problems and consequently they had not offered any treatment except for progressively stronger pain killers none of which really worked anyway. She asked me to send her some distant healing, as she could not come and see me due to some logistical problems.

Two or three days after tuning into her, I had this vision of her throat being cut from side to side with a sharp knife in a past life. In my mind's eye, I cleaned the blood and the mess and stitched up the wound and then followed it with healing. I continued to send that image as well as her throat in this life healing for a few days, following which I rang her to see how she was?

She was astonished that her symptoms had suddenly and completely cleared. When I told her about the image that I had seen, she exclaimed in amazement that it made absolute sense. She had always had a severe phobia about knives! Her phobia was so bad, that she never even had or touched any large kitchen knives. Following this episode, her fear of knives had also cleared!

4. Recovery from severe pain in between the shoulder blades

Nora is a 49 year old office worker who rang me for some distant healing one day as she had had very severe pain in her back between her shoulder blades for six months. No-one could fathom out why. Again while tuning into her, I had this image of a large knife being stuck in her back. Unlike Cathy's case, the image seemed to be related to this life rather than a past one. I took out the knife and gave the spot healing,

She rang me a few days later saying that her symptoms had “miraculously” cleared up! When I explained to her about the image, she immediately related it to all the problems and “back-stabbing” that was going on at her work. She promptly proceeded to do something about it by leaving her job and working somewhere else much more suitable to her needs.

5. Recovery from crippling back problems due to disc protrusions

Ali is a 39 year old highly sceptical local GP. He developed an acute and severe disc problem in his back. As according to his MRI scan it was shown to be a central protrusion, he was advised on immediate surgery which is particularly difficult and serious if his symptoms did not improve within a week. The reason for the urgency of the case was the fact that if a central disc prolapses completely, it can lead to paralysis of both legs and paraplegia. As he was fully aware of the difficulty of the proposed surgery and the possible unpleasant post-operative complications, he was understandably not keen on the procedure. In desperation he asked for my help.

The first time that I saw him, his symptoms were so bad that he was wearing a metal braced spinal corset as well as walking with crutches. He managed to sleep throughout the healing session though and said that his pain had eased somewhat at the end of it, although he was still having severe spasms of his back. Fascinatingly, his son of 7 who had accompanied him, also curled up in the armchair within a few minutes of the healing starting and fell into a very deep sleep! He followed the same pattern every time he accompanied his father! Interestingly, this was quite an unusual behaviour pattern for him, as he apparently was a very restless and fidgety child who apparently could not keep still for more than a few minutes, and his father had been concerned as to what his son might get up to during the session. Little did he have to worry about. For unlike his usual pattern of sleeping when he would wake up at the slightest sound, we had great difficulty to get him out of his slumber! This indicates and confirms what has already been said that the vibrations of the healing energy are spread to everyone around and are not just confined to the person who is receiving the healing.

A couple of days after Ali's second session, while I was tuning into his back for some distant healing, I saw him as a soldier in the middle of a war in the mid-eighteenth century. A spear was thrown at him which was embedded into his back almost exactly at the same spot as he had the problem now. I took out the spear and repaired the hole that was left behind and continued to send him daily healing energy.

When he turned up for his third session, he was walking perfectly normally and had discarded his corset and crutches! He said that a few days previously something very strange had happened. Coinciding with the time when I was working on him at a distance, he had had a severe recurrence of the back pain and his back had gone into severe spasm. But a short while later it had started easing and felt as if some major manipulation had taken place. By the next day the pain had gone completely and he had gone back to work! He was fascinated by the story of past life experience that I had related to him. He was so impressed with his own recovery that he is now thinking of

training as a healer himself. What joyful benefits that will bring to the numerous patients that he will go on seeing for the rest of his career, especially since he is also on the training board of both the post-graduate medical education and the Royal College of General Practitioners examining board.

6. Recovery from paralysis of legs following gunshot injury

I heard about Carlos and his desire to receive distant healing through his aunt who was a friend of my cousin's in Dallas, Texas USA. He was a 28 year old man who lived in a village near Caracas, Venezuela. As a result of being shot in his pelvis, he had lost the use of his legs for which no cure or even improvement was envisaged. Knowing about him the little that I have just mentioned, I set upon sending him distant healing on a regular daily basis. I heard nothing further from the family again until six months later, when I found out through my cousin that he had completely recovered the use of his legs and had in fact gone to the States to learn how to become a healer himself as he had been so impressed by what had happened to him.

7. Recovery from advanced breast cancer

I met Caroline at an international conference at which I was running some of my personal development and healing workshops in 1997. She was a 42 year old teacher who had just discovered a large lump in her left breast while she was having a shower at the conference. She was obviously in a terrible state, especially as the hard lump definitely felt malignant.

I gave her a session of individual healing in order to try and calm her down until she returned to Germany at the end of the conference for examination and treatment by the local specialists.

Her worst fears were confirmed after the biopsy when the lump was found to be highly malignant which had spread to the lymph glands. She was advised to have pre-operative radiotherapy, then followed by a year of chemotherapy after her surgery. Having been a perfectly fit individual up to this time and only into healthy and alternative therapies, she was terrified of the prospect of the toxic treatments that were proposed especially the possible side effects. She decided to supplement her conventional treatment with homeopathy, self healing through Autogenic Training and distant healing from me. On my advice, when she started her radiotherapy, she visualised the rays as health enhancing healing energies rather than the toxic rays that they might have been. Throughout the period of radiotherapy, she imagined the X-rays to be an extension of the white light of the Rainbow visualisation. She extended the same principle to the chemicals that she was having intravenously for her chemotherapy. Additionally, she would also have a clear, rose quartz crystals and black obsidian over her second chakra, especially over the sacrum.

I have found over the years that by concentrating healing energy especially combined with the aforementioned crystals to the second chakra both to the front but mainly the

back, it virtually eliminates the side effects of chemo and radiotherapy, and even if they occur, they will only be minimal.

Throughout the year's treatment I continued to send her distant healing. We communicated with the email and telephone if it felt appropriate. Any time that Caroline felt that she required an additional amount of healing I would do it via the telephone.

Throughout the year of treatment, the only side effect that she suffered from time to time was some degree of tiredness for a couple of days after her intravenous chemotherapy. Following the surgical removal of the lump and the affected glands, radio and chemotherapy and healing and homeopathy, she was found to be clear of any signs of the disease and some years on, she is still in remission and feeling fantastically well.

8. Assistance with recovery from AIDS

Michael was a 31 year old man living in New York when he contacted me in 1995 with advanced AIDS. His immunity had collapsed completely and he had no CD4(T) cells and had been in hospital for two months very close to death with a severe AIDS related brain infection. He was sent home for terminal care. On his release from hospital he read about my work on the subject and wanted to fly over to London immediately to get some healing from me. I strongly dissuaded him from doing that as I felt that with his state of immunity, he would probably pick up a fatal infection en route.

We decided to work on a distant healing link, during which he would do a simple healing light rainbow meditation (Ch 1 in this section) that I had taught him in order to facilitate his getting in touch with the healing energy that I was channelling for him. This was considered to be a prelude to his learning Autogenic Training once he felt better. We would also keep in touch on the phone from time to time, especially whenever he felt that he was losing his positive approach.

He started improving and his CD4 count increasing. He remained remarkably well and infection free for the next eighteen months, when the American doctors looking after him were able to perform an experimental gene therapy with genes taken from his twin brother. This resulted in his becoming completely normal health wise, with his CD4 count becoming virtually normal and astonishingly he has been HIV negative following the gene therapy since 1999! His now negative status has been confirmed with 3 monthly blood tests. He also told me that the most effective and powerful thing that kept him going and motivated him, especially in those dark days when he was feeling so ill and low after his discharge from hospital was a comment that I had made during our very first telephone conversation. It was to the effect that he could beat the disease if he concentrated hard enough and had enough belief and faith in himself and his own healing ability to see himself getting totally fit and healthy again. He had apparently written the statement in large letters and had it framed so that he could constantly use it as a positive affirmation. Apart from a very strong determination to recover, the power of positive thinking, and healing energy, this case also demonstrates the immense power of positive words and the way that we communicate them to our clients, family and friends.

*9. Distant healing in septicaemia and toxic shock syndrome after birth
(Severe blood poisoning after birth)*

In the summer of 05 I had an urgent email from a pen friend of mine in Oregon USA. She told me that a great friend of hers had given birth to a healthy baby boy 2 weeks previously and everything seemed to be going on alright. However, she had suddenly become very ill with high temperature and severe bleeding from her vagina. She was rushed into the hospital where her condition deteriorated very rapidly and she went into a coma. The doctors diagnosed a post-partum septicaemia and toxic shock syndrome. This is a rare condition which unfortunately occurs about 10-14 days after delivery when the site of the placenta in the womb gets infected as a result of which it causes severe blood poisoning.

As the hours went by, her condition continued to worsen as her blood stopped clotting because of the severe infection and her liver and kidneys started failing. But unfortunately they could not start dialysis because of her severe bleeding and lack of clotting. The doctors looking after Holly thought that it was a hopeless case as there was nothing that they could offer. Consequently a priest was called in to give her the last rights.

It was at this time that my friend had asked me to send her distant healing. She had also asked some other healer friends of hers to do the same and her partner had also asked their church to pray for her which they did on a regular basis. I sent her repeated daily distant healing

I had an email from my friend a week later saying that miraculously Holly had come out of coma and was beginning to improve ; something which totally astonished the doctors.

Within another 2 weeks she made a total recovery and went home to her lovely little baby and her partner and the rest of her grateful family.

A year on, she continues to be totally well without any evidence of after effects of her severe

and near fatal illness.

As you have now come to the end of this section on healing and seen some examples of what can be achieved, you must be fully aware by now of your own immense healing potential and the ability to release any negative baggage that had been present in your life and replacing it with happy, joyful and positive ones. **Therefore, do make sure that you continue expanding your horizons, utilising all the infinite possibilities that are available to you and manifesting the blissful state of peace and contentment that you desire and fully deserve.**



Section 2

Manifest abundant wealth and total success



“Once the expansion and expansiveness of your entire being and consciousness becomes one with that of the Divine universal energies, the state of abundance and the space thus created will manifest whatever you desire in health, happiness, blissful contentment, wealth and total success at all levels of the body, mind, emotions and spirit with consummate ease”.

Kai Kermani



Introduction to section 2

In the previous section you learnt how to use your innate powers to heal yourself and others at a distance and manifest feelings of stillness, peace, joy and inner blissful contentment.

In this one, you will concentrate in practical ways on embracing change and releasing in different ways any remnants of negative emotions, behaviour patterns and memories especially associated with feelings of unworthiness, rejection, failure and fear of success. This will then help to empower you to learn to achieve and attain your highest values, goals, ambitions and aspirations and thus lead your life towards specifically designed and totally successful destiny.

By adding what you will be learning from the following exercises to what you have already learnt in the previous sections, you will become aware of your full potential, true magnificence and life purpose which will help you achieve total success in all areas of your life that you desire and truly deserve. Through specific and powerful exercises, you will learn to manifest whatever you wish whether they be ethereal gifts of health, joy and contentment or as much wealth, abundance and success that is your birthright.

The way in which you need to use each exercise is specified in the relevant chapter as some of the exercises you only need to do once; others when appropriate and yet others on a regular basis for maximal effect. However, having said that, by now you are the master of your own destiny and can use your immense inner intuitive skills to guide you in the best way to approach the exercises which is appropriate to you. So go with the flow.



Chapter 1

Embrace change

Flexibility. Adaptability. Relation to birthsigns

I have already mentioned repeatedly in this book the utter importance of changing in order to improve all the various aspects of our lives. For if you were not interested in doing that, then you would not have got a copy of this book. As fully discussed in chapter 5 in section 1, the idea of permanence and solidity is a total myth and illusion. Consequently, everything and everyone is constantly changing. Therefore, for you to have a harmonious, fulfilling, happy and successful life, you need to embrace the process of constant change with equanimity, rather than fighting against it which is the normal reaction in great many people. One of the strikingly important things that stops us from embracing change is the negative associations that we have made with people, situations including relationships, learning and working. Often the associated conditioning has been on the grounds of linking these issues with distress, discomfort, pain, fear, other strong negative emotions or unpleasant experiences, rather than pleasure, joy, happiness and everything else that is good. For example if you associate learning, working in a particular field, having a relationship or making a permanent commitment in marriage to unpleasant or painful emotional states including the distress of failure, then this makes absolute sense for you to try and avoid these like the proverbial plague. On the contrary if you associate and link them with utter pleasure and ultimate success, you will do anything to become absolutely committed to them and carrying them forward with all your might. Later on in the exercises given, you will learn ways of changing your linkage from the negative to the positive which would make the process of change a lot simpler and more pleasant.

By the nature of sociological conditioning, the majority of us have learnt to connect or bond with others through our hurts, wounds or pain or as Dr. Caroline Myss so succinctly and beautifully puts it 'We get stuck in the language of woundology'. This is probably why there has been such a proliferation and mushrooming of the so-called self-help groups in recent years. Don't get me wrong. I am not against them in principle as often they do an invaluable job in providing extremely important basic information and support to those seeking it. However, what I find rather unhealthy is the way that many of the group members attending these organisations connect together at the level of their hurt or disease, thus giving the power to the condition and their victim role and totally disempowering themselves in the process.

I recently had two clients who had been attending their respective self-help groups for between 30 and 40 years without any obvious improvement in their conditions! They were obviously truly stuck at the deepest level of their disease or 'wound'. It is important to remember that by so doing not only does the disease have the ultimate power, but that the person suffering it is probably using the total power that it gives them to manipulate others to their own advantage. The more potent the disease such as cancer, the more power of manipulation and of being centre stage it gives to the sufferer. Unless we

become aware of this fact and decide that we do not need to stay in the victim role or manipulate others through the power of our disease or disability, and that we can receive the love and the attention that we need without resorting to the disease process, then we will not be able to change and release it (Ch 4 & 5 in section 1 and Ch 2 in this section). Once we do that and move into the present, then the enormous energy that we have been using to get trapped into the disease role that we have adopted for ourselves, then that enormous amount of energy can get released and be used for healing and total transformation of our lives.

To say that someone who may be sick with a serious disease would be using it to manipulate others for their own benefit may appear very harsh at first glance. However, this fact is a true reality for a number of cases and the most frightening aspect of it is that often it is done at an unconscious level without the sufferer being aware of it. Once the person with any form of disease or disability becomes aware of what is inherently possible; what they are actually doing or what is happening, then they will bring it to the conscious level and can thence actually do something about it so that they can start on their journey of true healing and recovery.

The other very important change that we need to make is get out of the victim- rescuer-persecutor triangle. So what is this triangle? These are the three states that we can normally vacillate in between them, especially if we are not aware of them. When we have had severe trauma especially in the earlier part of our lives, we feel victimised. This might be something which has happened at school or more frequently it is something that the child has experienced during the process of growing up. It could be abuse of any sort whether real or perceived or any serious loss. It can lead to the feeling later on in adulthood that “I am no good and only negative and unpleasant things happen in my life”. This can take any number of different forms and lead to total dis-empowerment.

Some people whether a child or adult, turn this completely on its head and become a bully or the aggressor which the state of being a persecutor. This often is the cover up for the individual's inadequacies and severe lack of confidence and feelings of low self worth-image.

Yet others use this basic insecurity and inadequacy and become a rescuer, in that they want to help all and sundry without any thoughts for their own basic needs and requirements. These usually are the sort of people who can never say ‘no’ to anyone even if what they agree to do is totally contrary to their own well-being.

It is very important to realise that although the basic triangle especially the victim role which often is the starting point of the whole process is stated in early childhood, in its manifestations in adults, the individual can vacillate between them, although they tend up one of the main stance or states most of the time. This of-course until you realise what is actually happening; release the negativity; build your inner confidence and resilience and move out of the triangle.

When we have been badly hurt, wounded or had a severe loss in childhood, (Ch 7; section 1) we can easily fall into the trap of feeling a victim in our lives when we grow up into adulthood. Often feeling a victim just does not end there. It is also associated with becoming a rescuer in that we would feel the insatiable desire to help, rescue others and try and make things better for them. A great many of those going into the caring or healing and teaching professions have got this very strong basic characteristic. There is nothing wrong in that so long as the person becomes aware of their own basic needs, get out of the victim triangle and deal with their own issues, so that they will eventually be able to do their caring work through their strength and unconditional love, rather than the stand point of neediness. For once they have managed to do that, then they will be able to fulfil the adage that ‘there is no greater healer than a wounded healer’.

The final aspect or point of the victim triangle is the persecutor. In this situation, when the victim comes across another one who is even weaker than him/herself, then they will exercise their power over the weaker victim by persecuting them. This is the perfect scenario for the creation of the bully whether it be at school, at work or in an unhealthy and unequal relationship. The other important aspect of the victim triangle is the fact that the person who perceives him/herself as the victim, will ensure to attract at an unconscious level persecutors and aggressors into their lives in order to act out their role of being a victim perfectly. This does not mean of course, that the individuals affected do this on purpose or at a conscious level. The whole play is acted out at an unconscious level because of the negative patterns which had been ingrained very early on in the lives of the individuals; usually when they were young children. Becoming aware of this underlying mechanism, often helps individuals in trying to break this vicious cycle and move on to a healthy behaviour pattern. One important point to remember though is the fact although as a person I might have adopted the victim role in the main, my movement between the rescuer and the persecutor regularly go on at some subtle level a lot of the time.

It is extremely important to look at yourself and your life honestly and see to what extent you fall into the trap of the victim triangle and which one of the three is your predominant characteristic. Once you become aware of the pattern, then you need to step out of it and break the pattern immediately. This is much more easily said than done! Even if you decide to change your pattern and move out of it, others involved with you in any form of relationship particularly if you happen to have adopted the victim role will resent that enormously and will do their utmost to get you back into the old pattern as they are all very happy with the status quo. This particularly applies especially since usually the pattern has been established over a prolonged period, although not normally as long as 30-40 years as the case of those two aforementioned clients of mine. Therefore, once you decide to move out of the ‘victim triangle’ you need to be strong and courageous and be determined to do so, knowing that by so doing you will get truly empowered, healed and become totally successful and achieve all your aspirations. The minor resentments and loss of old pals who were helping to keep you in the disempowered, diseased and wounded state would be well worth the while considering the wonderful longer term benefits that you will get once you break out of the trap and bondage of being stuck in the ‘wounded victim’ role.

Therefore one of the first steps that you need to take in order to change is to alter the negative linkages and connections that you have made between your objectives and your actions and change them to positive and empowering ones. The way you need to do that is firstly by becoming aware of and identifying the sorts of associations that you have with your past wounds and hurts to which you give so much credence and powerful energy. For once you do that, then you will be on your way to making the necessary and essential changes by doing the exercise that will follow later and that in the next chapter and those given in chapter 10 in this section as well as many others which have been given throughout the book in addition to your regular daily Essential Relaxation exercises with the relevant positive affirmations.

Additionally, you need to change the way you feel and behave as well as the *meaning* associated with the negative issues that are holding you back and stopping you from moving on and changing. You need to change the meaning of your suffering and its associations so that you will divest it from its energy and power and the hold that it has over you by giving it a different, positive and empowering meaning. For unless you do this you will find that your disease, past traumas or losses or whatever they may be that are holding back your progress will continue to have very strong power and sway over you. Unless the meaning of the relevant event does not change powerfully and effectively, then your life will not change either and consequently and regrettably you will not be able to carve a totally new, empowering and desirable destiny for yourself (Ch 5 and 7 this section). This latter point is perfectly illustrated by Victor Frankle in his book “Man’s search for meaning”.

While in a Nazi concentration camp, he studied those who survived the ordeal and consequently developed the same survival strategies and changed the meaning of his experience of intolerable suffering to such an extent that following his rescue at the end of the war, he was able to use his experiences to become a great thinker, philosopher and powerful therapist; none of which he would have been able to achieve if he had found himself stuck in the original meaning of his intense and at times unbearable suffering and pain. He is a prime and brilliant example of someone determined enough to get out of the ‘victim triangle’ and put his negative past experiences to positive uses of not only empowering himself but inspiring and empowering others to overcome their own difficulties, hurts, wounds and suffering.

Once you get to a point of absolute determination that you really **must change** and that if you do not make those changes they will be unbearably unpleasant and painful, and that the end result of the change would be really life enhancing and what you have always wanted, then not only will you be able to change, but the change thus created is very likely to remain permanent. The thought processes thus changed will not only help you to create fresh new ideas rather than being stuck rigidly in the old patterns, but it will help you to behave differently and in a much more empowering and life enhancing way.

Exercise 1: *To identify the ways in which you may be manipulating others*

- a. Get into a meditative position

- b. Route
- c. Scan
- d. Do the Breathing exercise
- e. Think about ALL the ways in which you are using the power of your disease/disability/personality for manipulating others and gaining benefits of any sort
- f. Do a healing light rainbow meditation exercise
- g. Cancel

Sit quietly for a few minutes thinking carefully about what has come up. Write it all down in great detail in your progress notebook. Use your awareness of the situation to bring the process of manipulation to an end as well as using any of the release exercises which have been mentioned in the book so far (Ch4 Section 1 and Chs 6, 7 and 8 in Section 3 and Chs 2 and 5 in this section). By doing this extremely important work you will be able to disempower your disease and divest it of its energy and use the powerful healing energy so released for your own benefits.

Exercise 2: *To identify the changes that you need to make in your life and powerful reasons for doing them.*

This exercise is in three parts. The whole objective is to try and identify the reasons which are holding you back from changing in the first place. Then going on to finding some powerful reasons for changing and doing something about it. For unless you do have some very powerful reasons for changing, it is much easier to stay in your comfort zone and avoid changing.

You can do all three parts on the same day. But it is best to leave a few hours' gap between them especially when you first try them. But it is best to do them at different times to enable you to get in touch with those really deep emotions and deal with the negative ones through the off-loading exercises or any other way which you know yourself.

Part 1

In this part you will be guided to identify all the changes that you need to make in your life so that it would be as wonderful as it could possibly be.

- a. Get into a meditative position (preferably a position in which you do not fall asleep)
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about ALL the changes that you need to make in your life irrespective of how impossible they might seem at this stage. Do ensure to include the meaning of any past events, hurts, wounds and suffering
- f. Do a healing light rainbow meditation exercise (*Only* if you have not got in touch with strong negative emotions during the exercise)

- g. Cancel
- h. Observe in detail what may have come up
- i. Write in detail whatever has come up in your progress notebook

Continue observing any other insights that may come up during the next few hours or days whether in your regular daily Relaxation Exercises, routine of your life or dreams. Add those to the list in your notebook.

Having thought of all the changes that you need to make in your life, then proceed with the two following parts which are closely interlinked. You can combine them if you so wish and feels more appropriate to you and your circumstances. You can certainly do this after having tried a few times.

Part 2

In this part you will be guided to identify all the reasons and *feel* the pain, distress and other consequences of what it would be like for you **not** to make the necessary changes.

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think of the memories, emotions, problems or events in your life including what you might have come up with in part one that may be interfering with your ability to enjoy it by NOT changing. Think of as many reasons as possible for this and how by NOT changing they would block your progress. Most importantly, try and *feel as powerfully as possible as* what it would be like if you avoid changing.
- f. Do an healing light rainbow meditation exercise (*Only* if you have not got in touch with strong emotions during the exercise)
- g. Observe all the reasons which have come up
- h. Cancel
- i. If you came across some strong emotions during the exercise, go on doing the off-loading exercises in chapter 4 in section 1 after the cancellation
- j. Then Write down in detail in your progress notebook whatever which might have come up.

Keep a look out for any other reasons which may come up during the ensuing few days and add them to your original list in your progress notebook. These reasons especially when associated with strong emotions should give you enough good reasons for wanting to change.

Part 3

In this part of the exercise unlike part 2, you will actually learn to identify some powerful reasons for which you MUST make the necessary changes in order to enhance your life.

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about as many reasons as you can WHY you MUST make the CHANGES as described in part 1 and 2 *immediately*, in order to make your life more fun, pleasurable and successful. Try and *feel* as strongly as possible as to how wonderful it would be once you have used these reasons to make the necessary and essential changes in your life.
- f. Do an healing light rainbow meditation exercise
- g. Cancel
- h. Observe everything that may have come up
- i. Write all the reasons in your progress notebook

As in parts 1 and 2 continue observing anything else that may come up in the ensuing days and add them to your list in your progress notebook. By now you should have enough reasons and be motivated enough to make the necessary changes in your life to make it what you genuinely wish it to be. Turn some of the most important positive reasons for change into succinct and powerful positive affirmations (Chapter 3;section 1) and incorporate them into your daily Essential Relaxation exercises to continue working at all levels of your mind to continue with the institution of the changes which have already been started.

Keep the list which has come up as a result of Part 12 and 3 in your notebook as well as the front of your mind as you will be using them again in the next chapter and chapter 10 to continue the changes which will greatly be enhanced, augmented and concretised so that it can further empower your life.

Homework:

1. Do the above exercise, keeping good notes in your progress notebook especially the list of changes to be made as you will be using them again later.
2. Continue with the Breathing exercises to keep topped up throughout the day
3. Continue with your daily full Essential Relaxation exercises using some of the positive affirmations which you have formulated as a result of what came up in part 3 of the earlier exercise in order to continue motivating and inspiring you to change.
4. Continue with your off-loading exercises as appropriate

Chapter 2

Let go of fear and commit yourself to success

‘Past is history; the future is a mystery; This moment is a gift and that is why it is known as the present and needs to be treasured, enjoyed and truly lived. Anonymous’

Some aspects of release work and the reasons why you need to change and let go of your negative and limiting patterns, belief systems and memories have already been discussed in sections 1 and the previous chapter in this section. Here we will be covering some other issues which have not already been covered especially those around rejection, failure and success and learn some new effective and powerful exercises to deal with them.

Why do you think that you hang on to your past and all its possible negative implications? The answer may often appear very varied in different people. But behind the apparent differences, there are usually some very common themes. The commonest one is **FEAR** with its manifold underlying causes. One of the main reason often is the fact that by letting go of the past memories, negative patterns, hurts, wounds and traumas there will be a great big hole left behind. As a consequence, there will be nothing left with which you can bond with anyone else. For as mentioned in Chapter 1 in this section, the majority of people who are stuck in their past only know how to bond and connect with others through the commonality of the negative experience. Therefore, if they decide to release that, then it becomes incredibly scary and fearful as there would be a strong perception that there would be no other way of connecting with others at a deep level. The fact that they can connect through strength and love could not be further from their minds at this stage of their development.

What compounds the problem is the fact that even if the damaged and wounded person decides to move on, others of similar background with whom they have bonded will consider this as betrayal and will try their best in all sorts of ways to prevent the move, change and transformation to be occurring, with the implicit threat that departure from the old pattern will be associated with loneliness, separation and being rejected and unloved.

The power of manipulation that a disease or disability imparts to the individual should never be underestimated (Ch 1 in this section). This statement may create a great deal of resentment, consternation and even animosity at first glance. But it is extremely important to be aware of its existence and dis-empower the disease and failure at the earliest opportunity. If you do suffer from a serious disease, you must be really frank and honest with yourself in looking at all its implications including the gains that you get from it, the advantages that it gives you and the enormous power that it gives you to manipulate others in getting what you want. Being constantly the centre of attention is also another one of its characteristics. To truly destroy the energy and the power of the disease, you need to acknowledge it first and then release it by realising that you can gain all the benefits and advantages without the presence of the disease and through the

strength of love and nurturing. Most importantly by doing that, the energy thus released can be used for total healing as well as improving your feelings of worthiness, so that you will be able to connect and bond with others through love, health, strength and non-manipulative mutual support and help. This realisation and the release of the disease and all its deepest implications would lead to its removal and total healing as its one of its main primary functions would be removed. Would such a world not be so much more preferable to the dark space of illness and dependency on being a victim to disease and failure?

The other important factor is guilt, particularly if death or bereavement or a severe loss are involved. There is often the fear that if the individuals let go of the intense emotions which they feel after the death of a loved one, then they would be betraying the memory of the person who has died, particularly in difficult or unexpected circumstances.

Lilly May was a classical example. Her husband had died as a result of negligence of the hospital doctors in charge of his case. As a consequence she was suing the hospital. Although he had died almost two years earlier, she had continued to remain intensely depressed.

Initially when she came to see me, she would not do any of the off-loading exercises or visualisations that I had taught her. It eventually transpired that she felt very strongly that if she released all her sadness and anger against the hospital and the doctors, then she would not be able to follow her litigation properly about which she would feel very guilty, as she felt that she would be letting the memory of her dead husband down. The other aspect of her guilt was the fact that she felt that although her husband had been hospitalised for two weeks prior to his death, she had not done enough to try and save him, although she had done far more than anyone else would have done under the circumstances.

Once she had become aware of the issues and realised that in fact she could fight her just cause much more effectively if she were in a better frame of mind, especially since the case was likely to go on for another few years as all medical negligence cases do, then she started doing the release work on herself and recovered from her very severe depression reasonably quickly thereafter.

Fear of releasing the past can also be associated with the inability or a strong desire not to forgive, if the person feels particularly hard done by or aggrieved in any way. It may be considered as a sign of weakness by some people if one thinks about or decides to embark on the journey to forgiveness. The issues of betrayal and blame also play important roles and can be used as excuses not to forgive, since the blame culture especially around revenge is historically inbuilt into the society's psyche through the motto of 'an eye for an eye and tooth for a tooth'. This way of thinking is unfortunately being grossly exacerbated by the currently worsening litigation culture especially when enormous amounts of money are involved and the lawyers are making fortunes on its back.

Forgiveness is an extremely important issue related to the process of letting go and healing, as by doing so through an open heart and the intervention of unconditional love, an enormous reservoir of energy is released which would go a long way towards healing the individual at all levels. This subject is the very reason why I decided not to go down the route of litigation when my own beloved partner died as a result of gross medical negligence. For if I had decided to go down that route as I was strongly advised to do, I would probably still have been hooked into the state of blame, revenge and all the negative emotional connotations that that would have entailed and would have wasted all the years that I have used instead to try and inspire, empower and heal others.

Forgiveness often vanquishes fear. Some of its other extremely important aspects of the this extremely important process are also covered in detail in chapters 3 & 7 in section 1 and will not therefore be repeated here. As stressed in the previous chapters, it is extremely important to realise that in the process of forgiveness, there is *no way that we condone* the actions which led to the ensuing hurt. But forgive the fact the person undertook the actions which they did through the inadequate aspects of their own personalities. Of-course forgiving ourselves is as an important act as forgiving others for the purposes of healing.

Other fears may be related to rejection which is also closely linked with that around failure and success.

Rejection and the intense negative emotions often associated with it is invariably ingrained in the individual's unconscious at a very early stage in the child's development (Ch 7 in section 1). It is associated with feelings of being unwanted and unloved which goes to the core of our feelings of unworthiness and low self esteem. This association is often made very early on in life that if we do something which is not liked or at which we have 'failed' then as the result of the rejection which will follow that 'we' as people are disliked and unlovable. This form of conditioning is continued into adulthood without us being aware of the fact. Therefore, rather than continuing with the same pattern you can choose to change your belief system so that you will realise that in fact what others are rejecting are your ideas and NOT yourself as a person. Indeed if you have different or more advanced views from the masses, it is very likely that others will reject it as it does not conform with the norm. All great inventors and those who have become highly successful in their lives have often suffered repeated and massive rejection before their ideas were accepted. JK Rowling the famous children's author is a prime example. Her stories about Harry Potter were initially rejected by over 40 publishers! But now as every one knows the books and films are the most successful international hits.

It is invariably the *meaning and the interpretation that we put on it* that we give to the rejection which is the crux of the matter, rather than the rejection itself. You can CHOOSE to become depressed and despondent about it and give up, or you can use the experience to make you even more determined to succeed. This is precisely what happened to me at the beginning of my medical education.

Despite studying at one of the top private schools in England called Mill field for my A levels, and being highly recommended by my tutors to the universities, I was turned down by at least fifteen medical schools throughout the United Kingdom for reasons best known to themselves. I personally suspect that the refusal to accept me had a great deal to do with my race as at that time the intake of most medical schools in the late 1950s and early 1960s consisted of middle/upper middle class white young men.

Rather than allowing myself to get down and give up, it made me even more determined to get into the best one at the next round of applications. I worked hard and in addition to my four A levels, I got two of them at the scholarship level. Following that I got accepted by 5 top medical schools out of which I chose Guy's Hospital Medical School which at the time was considered to be an extremely high level of achievement as I was amongst only three foreigners out of a total intake of 150 medical students. I utilised the 'gap' year which was so forced upon me very constructively by attending a course on interior design which I loved and which also helped me with my innate artistic abilities; something which I used extensively in the years that followed by painting portraits in charcoal and selling them to supplement my meagre student allowance.

It is important for you to look in detail at the patterns that you have set yourself for feeling rejected. Some of you would have set yourself up with such patterns and rules which will make it incredibly easy for you to feel rejected. Like for instance it may be as simple as if someone looks at you in a specific way you will feel rejected; or if your partner or another important person in your life does not say 'I love you' repeatedly throughout the day, then you will feel rejected or even if someone disagrees with you on any subject whatsoever, you will develop the same emotional stance. Do any of these sound familiar? If you have these sorts of belief systems or rules governing your life, will it not be surprising to find yourself feeling rejected constantly and consistently? Therefore the way that you can avoid the trap of being rejected is to change your ground rules and meanings associated with it, to such an extent that it would become virtually impossible for you to feel rejected. How about having a belief system that would state that you will only feel rejected if someone told you outright and with an angry voice to that effect? Would this not be a much better way of thinking in order to prevent feelings of rejection? In doing this it would also enable you not to allow others to undermine your confidence, self esteem and feelings of worthiness. This does not mean that you should not listen to others' views and opinions. But what it does mean is that you consider what others say carefully and judge them against your true and honest opinion of yourself and your own truths. If there are lessons to be learnt from the comments, learn them and help your feelings of self worth to be enhanced as a result rather than be undermined.

The feelings especially fear associated with rejection can be extra-ordinarily powerful which in certain situations and in some people can be almost paralysing to such an extent that would inhibit the individual doing anything positive or achieve anything substantial in their lives. They rather remain totally stuck in an unpleasant situation, no matter how distressing rather than move on to get out of it. It would be somewhat reminiscent of an animal being paralysed in the glare of a car headlight. As you are the only person who can choose to feel like that and allow your life to be ruined by the fear of rejection, *you*

also have the power to ditch this very uncomfortable and disempowering emotional state. Better still, you can condition yourself to use any perceived rejection as a driving force to drive you onwards even more powerfully towards your desired goals with all the joy and pleasure that that would entail. This you will learn to do in the exercises given later. You can also use the banishment exercise given in Chapter 4 in this section to try and get rid of the original memories which might have given rise to your feelings and associations with rejection.

As far as *rejection and failure* are concerned, they are usually so interlinked that it becomes the catch 22 situation. If you are rejected, you feel a failure and if you fail, then you also feel rejected. However, the word 'failure' is quite an emotive one. But the important thing is what it actually means to you and what patterns and ground rules have you set yourself that would make the attainment of this state so easy? Apart from the *meaning* that you have imparted to the word 'failure', it can also be associated with the definitions and values that others have given to it in the formative part of your life. Therefore, you should seriously question its meaning for yourself now and see whether it has any relevance to the current state of your life and what you are trying to achieve especially during the process of transformation which you have undertaken. If you develop a belief system that states that if you have tried your best and the outcome of whatever you have undertaken is unlike what you were anticipating or expecting, that in fact you have *succeeded* rather than failed. Surely this would be a much more empowering one especially since it is much closer to the truth. This sort of empowering definition is much more relevant to progress and life long happiness and success. If you developed the genuine belief system by making the rules for failure so difficult that it would become virtually impossible, then you would surely be able to go for so much more and achieve so much more and start realising your full potential which is totally limitless. I have come across a wonderful description of 'failure' which if adopted widely will make the word virtually extinct.

'Failure doesn't mean you have accomplished nothing:

it means you have learned something.

Failure doesn't mean that you have been a fool:

it means you have a lot of faith.

Failure doesn't mean you have been disgraced:

it means you were willing to try.

Failure doesn't mean you don't have it:

it means you have to do it in a different way.

Failure doesn't mean you are inferior:

it means you are not perfect yet.

Failure doesn't mean you have wasted your life:

it means you have a reason to start afresh.

Failure doesn't mean you should give up:

it means you must try harder.

Failure doesn't mean that you will never make it:

it means it will take a little longer.

Failure doesn't mean that God has abandoned you:

it means that God has a better way for you.

Therefore I now know that there is NO such thing as failure:

It is only an opportunity to learn more and grow taller still,
and become truly engaged with the perfect life that I have chosen to lead.

Anonymous'

A great many people have as many problems associated with *success* as they do with failure. This again is often rooted in our earliest experiences when we have learnt to associate success with unpleasant emotions including fear. For instance if a child is very successful at school and comes to the top of the class and as a result of that others in the class for their own reasons which is often associated with envy and jealousy start rejecting , shunning or worse still bullying and isolating him/her, then the child will automatically associate success with unpleasant experiences. This unhealthy and unhelpful experience, pattern and belief system would then be carried into adulthood , where it may be further re-enforced by coming across a successful person who may be a nasty and greedy one. As a consequence, the individual will only think of success as an unpleasant experience that needs to be avoided at all costs at an unconscious level. Therefore , although the individuals might desperately want to succeed , then as soon as they start on the road towards becoming successful, then at the unconscious level they will start *self-sabotaging* with the end result that they will ensure that they will not only not succeed , but will actually fail. They will then wonder why, and start blaming all and sundry except they themselves; their unconscious, the negative patterns and the rules that they have set out for themselves.

It is very important therefore, for you to examine your *behaviour patterns and motivation* frankly and honestly and delete immediately any negative emotional associations with success by doing the relevant offloading exercises given in chapter 3 in section one and or the banishment exercise in Chapter 4 in this section. Furthermore you must examine the criteria that you have set yourself particularly as far as the meaning of success is concerned and whether or not it has any relevance to your new desire for becoming totally successful in all levels and aspects of your life, so that you will be able to enjoy the good feeling that it will create inside you when you start achieving what you set out to do on your journey of attaining ultimate success in everything that you will undertake to do.

Kevin illustrates the extreme negative and fearful associations with success magnificently. He was a 41 year old man who had a tremendous charisma and enormous belief in his own abilities that he could be a success. He was definitely a much larger than life sort of figure. However, the enormous snag was that he had somehow linked in his mind the idea of success being associated with three massively disempowering belief systems. It goes without saying that they were ingrained in him in the earlier part of his life related to his immediate family history. Firstly, that if he became successful, he would die young. Secondly, that his wife, whom he adored, would leave him and finally, his beloved kids would get killed! With this form of belief system it is not surprising, therefore that he found himself self-sabotaging every time that he found himself on the brink of achieving enormous success in his business. He would have needed to have

worked extensively to try and banish this form of negative conditioning from his mind and replace it with a much more wholesome and empowering one which would support his inner belief that he could be a huge success which he eventually did.

It is really up to you to decide to embark on this exciting and highly rewarding onward journey towards making every moment of your life a truly successful and memorable one by adopting the easy rules and relevant definition which will make being a success absolutely certain and beyond any possibility of it not happening. The definition given by Tony Robbins could be a very good starting point. He states “*Success is a state of creating pleasure consistently in your life and thus causing yourself to grow constantly*”. The other excellent description of success which I have come across is that by Deepak Chopra who states “*Success can be defined as continued expansion of happiness and progressive realisation of worthy goals, and the ability to fulfil your desires with effortless ease*”.

The only person who can commit you to becoming a total success is YOU yourself. Now is the time to decide and ensure that this is your new reality and will be your future destiny.

Exercise 1: To identify the emotions and the reasons around failure

This exercise is in five parts all of which must be undertaken for maximal effect.

Part 1: To identify the issues

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about and ask the questions as to what makes you feel a failure? For example, what memories and reasons are associated with it?
- f. Do a healing rainbow meditation exercise (*Only* if you have not got in touch with strong negative emotions)
- g. Sit quietly for a few minutes and observe what has come up. Be frank and honest and notice everything whether it be big or small.
- h. Cancel.
- i. Do some of the off-loading exercises (Ch3, section 1) if you have got in touch with strong emotions.

Write in detail in your progress notebook whatever has come up. Continue observing whatever else which may come up during the ensuing days and add them to your list.

Part 2: Use the ‘banishment exercise’ (Ch 3 in this section) if any particularly strong memories related to failure might have come up, and chapter 3 in section 1 to release the emotions associated with it.

Part 3: To identify your patterns around failure

In order to be able to deal with all the emotions around failure, you must first be able to identify the automatic and unconscious patterns and connections which you have set up around the subject as well as the ground rules which are making it so easy for you to feel a 'failure'.

Do exercise 3 in chapter 5 in this section, using 'failure' as your subject, ensuring that you particularly identify the triggers for getting into that state.

Part 4: Using the list of underlying issues which have come up as a result of doing parts 1 and 3, then close your eyes once more and ask yourself the following questions? In order to make this easier, you can either have the book open on this page beside you or copy them on to a separate sheet of paper so that you can look at from time to time as you progressively go through the questions and answer them in order. You can of-course pre-record them on tape if you so wish.

- 1,How do I feel?
- 2,What sort of a person feels like that?
- 3,What does that say about my life?
- 4,What does that say about my expectations of myself?
- 5,Whose belief systems are they?
- 6,Are they life enhancing or do they stop me from moving on?
- 7,Are they relevant to life long success or not?
- 8,How hard or easy are the rules that I have set myself to feel a failure?
- 9,What are the triggers, especially the subtle ones which make me feel a failure?

Part 5: Having identified your habitual patterns, reasons and triggers for feeling a failure as a consequence of parts 1, 3 and 4 you should be in a very good and strong position by now to take action by interrupting the patterns (Exercise 3 in Ch 5 and Ch 4 in this section), the banishment exercise (Ch 3 in this section) or do one of the alternative visualisation exercises given at the end of this chapter to rid yourself of your patterns associated with failure and move on towards a highly successful life which you desire and truly deserve.

You can of course repeat this exercising using '**rejection**' as a subject matter, if that happens to be your main problem rather than failure.

Exercise 2: *To use rejection/failure as a driving force towards success*

For the success of this exercise you need to form a really strong, powerful and positive linkage with a specific unique action. Therefore you proceed as follows: (Also see chapter 4 in this section)

- a. You can do this either sitting or standing. But it is preferable to do it in a standing position with your feet shoulder-width apart.

- b. Route
- c. Scan
- d. Do the Breathing exercise
- e. Create a really strong positive linkage as described in chapter 4 in this section
- f. Test the positive linkage ensuring that it works in a powerful way
- g. Once you have done that, then think of a situation when you were rejected and feel it as strongly as you can
- h. While in this state hit the positive linkage
- i. Keep on repeating this action as fast as you can and as many times as you can. This may mean up to 30 or 40 very fast repetitions of the process
- j. You will find that after a while, you will create a new conditioned response, in which you will associate feelings of rejection with being positive and motivated. Therefore, you will be able to use the situations which normally would have made you feel negative and despondent to drive yourself forwards and onwards.

You can of course use this exercise for doing more than one incidence of rejection, as well as issues or memories around failure. But you **MUST** only do one issue at a time and linking it with the positive trigger linkage. This positive trigger linkage must be *completely different* for each issue. (Ch4 in this section)

Exercise 3: *To identify the fear or negative emotions around success*

This exercise is also in five parts all of which need to be done for maximal effect.

Part 1: To identify the issues

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about and ask the questions as to what negative memories, issues or fears are present around the subject of success?
- f. Do the healing rainbow light meditation exercise (Only if you have NOT got in touch with strong negative emotions. If you have, cancel at this point)
- g. Sit quietly for a few minutes and observe what has come up. Be frank and honest with yourself and notice everything whether it be big or small.
- h. Cancel

Write in detail in your progress notebook whatever has come up. Continue observing all that may come up during the ensuing days and add them to your list.

Part 2: If any particularly strong negative memories or emotions have come up around your inability to be successful, then do the relevant off-loading exercises in chapter 3 in section 1 and the banishment exercise in chapter 3 in this section.

Part 3: To identify your patterns and connections around the issues that have come up

In order to be able to do that, you must first be able to identify the automatic and unconscious patterns which you have set up around the subject as well as the ground rules which are making it so difficult for you to feel or be able to achieve success.

Do exercise 3 in chapter 5 in this section, using the issues around your inability to be successful as your subject, ensuring that you particularly identify the triggers for both getting into the state of success as well as what stops you from doing so.

Part 4: Using the list of underlying issues which have come up as a result of doing parts 1 and 3, then ask yourself the following questions:

- 1,How do I feel?
- 2,What sort of a person feels like that?
- 3,What does that say about my life?
- 4,What does that say about my expectation of myself?
- 5,Whose belief systems are they?
- 6,Are they life enhancing or do they stop me from moving on?
- 7,Are they relevant to life long success or not?
- 8,How hard or easy are the rules that I have set myself to feel or be unable to be successful?
- 9,What are the triggers, especially the subtle ones which make me feel unable to enjoy the state of success?

Part 5: Having identified your habitual patterns, reasons and triggers for being unable to feel or attain success as a consequence of parts 1, 3 and 4, you should be in a very strong position by now to take action by interrupting the patterns (Exercise 3, Ch 5 in this section), the banishment exercise (Ch 3 in this section) or if strong emotions have come up, using one of the relevant off-loading exercises in chapter 3 section 1. You can of-course do one of the alternative visualisation exercises given at the end of this chapter to rid yourself of your negative patterns associated with your blocking and sabotaging yourself from moving on towards a highly successful life which you desire and truly deserve.

Exercise 4: *To review issues that need releasing*

Most of these issues have already been covered and lists formulated in previous chapters (Ch3 & 7 in section 1 and Ch 1 in this section). Here I would like you to review the lists that you made in those exercises especially those around forgiveness as that is one of the most important topics that you need to deal with and you will do so in the last exercise in this chapter. As mentioned several times before, these are extremely important tasks which need to be undertaken in order for you to be able to release fully and move on. Therefore look back through your progress notebook and make a complete list of all of what you have already written. As forgiveness is one of the most important subjects, it may be worth while in your repeating exercise on forgiveness (exercise 1 Ch 7 in section

1) to see if any new material comes up following all the work that you have done between then and now.

Now prioritise each list as you will be using the top 5 or 6 in each to work on in exercise 5 which follows.

Exercise 5 : *To release using visualisation/imagery*

You have already learnt a variety of different ways of releasing your negative emotions, memories, issues, blocks or any problems which you may be having. The following exercise is yet another very powerful way of doing it. In my long years of experience, I have found that this visualisation will definitely work in situations and people in whom nothing else seems to have worked. This is certainly a very powerful and effective technique. Apart from its immediate benefits, some of its positive effects go on working over a prolonged period. I know of people who have attributed major changes in their lives directly to this exercise as long as 2-3 years later. One person noticed relevant changes ten years after having done this visualisation with me.

Probably one of the most important reasons why this exercise is so powerful, it is because you will actually get to deep within the nucleus of the cell and Dna for as you know this is not just responsible for all your genes and genetic diseases, but also any deep cellular memories and emotions which might have been suppressed into them, by thus releasing them, you completely cleanse and purify not only the cells, but your whole system.

However, the main snag with it is that you may not be able to remember all the steps or the words yourself, although often after having read it a few times the basic essence of it will stay with you and you will be able to utilise it, especially since the coloured steps are the same as what you learnt in chapter 1 in section 1. If you wish to follow the sequence as written with the specified text which has been chosen carefully after years of experience for optimum impact which makes it much more effective and powerful, you can either get a trusted person to take you through it or *preferably* for you to record the instructions and play it back to yourself when you want to use it. When you use either of these methods, please do ensure that there are long enough pauses given (Where mentioned in the text) so that you have the time to really get into what you are meant to be doing or thinking.

I personally prefer you recording the instructions with your OWN VOICE as by doing that you will continue to empower and re-empower yourself with your own inner voice which is by far the strongest, most powerful healer, motivator, achiever and manifestos in the longer term. The total control and power will be with you personally and not in the hands of anyone else. This is the main reason why I personally make recordings of the visualisation despite numerous requests for doing so.

If you think that you cannot visualise, (See Exercise 2, Ch5 in section 1) then use your most 'prominent sensations' or the sense of 'knowing' to go through the exercise.

As you go through the exercise, you will find that a number of the phrases or sentences are regularly repeated. This is *done on purpose*. The repetitive nature of the sentences re-enforce the commands and the positive affirmations and fully embed them into your unconscious for maximal benefit for the medium and the longer term. Therefore, DO NOT try and summarise or change them in any way.

In order to do this exercise, you first need to review and prioritise the lists that you made as discussed in exercise 4 earlier. Choose the most important and significant changes that you want to make and the issues and emotions that you need to release. You can choose up to fifteen-sixteen maximum. To incorporate in this exercise try and divide them into six or seven categories with issues that have similar themes running through them. This may not be easy or possible. It is purely for convenience. It is not essential or terribly important to be able to do it. If you look at the issues that are covered in the ‘numbered’ section of the visualisation, it will give you an idea of what I mean. You may of course find that the subjects are already covered in the general ones that I have mentioned. Choose 2-3 items to add to each numbered section in the specified area while going through the various numbered lagoons or steps, whichever alternative you prefer to choose.

If you have any fears or phobias about water, then it is advisable for you to choose the second alternative given later.

Now that you are ready to proceed, you need to AFFIRM to yourself and your unconscious that you are ready and willing to do so. You do this by changing your physiology which means that you stand up, shake about, clap your hands and make as much noise as you can whilst stating that you are willing and able to totally let go and move on. You do this before the following visualisation irrespective of the alternative which you might choose.

A different version of the affirmation to commit yourself to letting go, changing and achieving whatever you want in any sphere in which you want them, is also incorporated at two different points in the visualisation for maximal effect.

Alternative 1:

Water Lilly visualisation

- a. Get into a correct meditative position, ensuring that you do not fall asleep if you are going to do it entirely from memory. However, if someone else is going to take you through it or you are using the taped instructions of your own voice, then it does not matter if you fall asleep, as the release instructions and positive affirmations incorporated in it will go straight into your unconscious and will percolate through slowly over a period.
- b. Root
- c. Scan

d. Do a Breathing exercise

Now do the following visualisation/imagery. The 'pause' that is mentioned throughout is to allow you sufficient time to really concentrate and get into the feeling and atmosphere of the scene which is being described. Of course the alternative is to use the pause button on your recorder. But this is distracting, and detracts from your fully getting involved with what is going on.

Imagine as if you are walking along a palm fringed exotic beach on a warm sunny day. (Pause)

The warmth of the sun makes you feel really deeply relaxed (Pause)

As you are walking along, pay particular attention to the colours, sounds, smells, or anything of interest and note. (Pause)

You get progressively more relaxed with every step that you take. (Pause)

As you walk along the beach, you see a jetty with a beautiful boat moored at the end of it. Walk along the jetty towards it and with every step that you take you will become even more relaxed. (Pause)

As you look around, you see ahead of you a couple of tall posts like football goal on either side of the jetty. (Pause)

You notice that between the posts a beautiful golden netting is hanging which shines and shimmers in the rays of the sun. (Pause)

This has a magical quality in which once you go through it, it can allow you through but all the negative energies of past negative memories, emotions, disease or whatever you need to release gets stuck on it and is consequently taken out of you.

Walk through this veil slowly and feel everything that is negative in you and needs releasing including your disease getting stuck in the mesh (Pause)

Take a few steps forward and look back and see for yourself everything that was negative and that you wanted to release including your disease has been taken out of you and is stuck in the beautiful magical golden mesh (Pause)

All the release work, positive statements and affirmation made during the rest of this journey will be heard by all the levels of my being; body, mind, emotions, spirit (Pause), conscious, unconscious and super conscious or Higher Self (Pause). They will be accepted by all the levels of my being, (Pause), body, mind, emotions and spirit; conscious, unconscious and super conscious or Higher self and be acted upon speedily, effectively and continuously. (Pause)

Now take a few steps forward and

As you are looking around, you see the boat moored at the end of the jetty (Pause)

The beauty of the boat is that it is totally indestructible and is powered by the inner wisdom of your own being , and will therefore be able to take you to anywhere within you which seems appropriate.

Get into it and if it feels appropriate, invite a mentor (a wise person, saint, or whatever or whoever, whose views and ideas you trust and respect, but NOT any member of your family or friends) to

join you. (Pause)

Now allow the boat to glide along gently over the smooth surface of the water and take you to lagoon number 1. (**Pause**)

1. You now find that the whole surface of the lagoon is covered with the most beautiful red water lilies, through which the boat gently and smoothly glides along. (Pause)

Now allow all the wonderful healing energy of the colour red surround you, cleanse your aura and then to enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful red healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell which needs to release negative emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful red healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful red healing energy and going through the cleansing process, you think to yourself, I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, “I think to myself, that I have the strength, the power, courage and confidence to release and let go of my (2-3 specific issues of your own from the list in exercise 4). (Pause)

Also disease, distress and disability as well as my judgement and criticism of myself and others. (Pause) I am loving and gentle. (Pause) I forgive and am forgiven (Pause)” (Repeat the section between the quotes 2 or 3 times if appropriate).

2. Now feel the boat gently gliding into lagoon number 2 and find yourself surrounded with the most beautiful **orange** coloured water lilies. (Pause)

Now allow all the wonderful healing energy of the colour orange to surround you and cleanse your aura and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful orange healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful orange healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the soles of your feet and the bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful orange healing energy, you think to yourself, I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, “I think to myself, that I have the strength, the power, the courage and confidence to permit myself to release and let go of (2-3 issues of your own from the list in exercise 4). (Pause) and my arrogance, rigid attitudes and control over others. (Pause) I am accepting, gracious and understanding. (Pause) I am highly motivated and successful. (Pause)” (Repeat the section between the quotation marks 2 or 3 times if appropriate)

3. Now feel the boat gently gliding into lagoon number 3 and find yourself surrounded with the most beautiful **golden yellow** water lilies. (Pause)

Now allow all the wonderful healing energy of the colour golden yellow to surround you and cleanse your aura and enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful golden yellow healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the disease, negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful golden yellow healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease, rejection, failure, fear of success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the soles of your feet and bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful golden yellow healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, “I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause)

Also all my unwarranted and unwanted desires, pain and confusion. (Pause) I forgive, am forgiven and am totally free to move on. (Pause)” (Repeat the section between the quotes 2 or 3 times if appropriate)

4. Now feel the boat gently gliding into lagoon number 4 and find yourself surrounded with the most beautiful **green water** lilies. (Pause)

Now allow all the wonderful healing energy of the colour green to surround you and cleanse your aura and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful green healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the disease, negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful green healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease, rejection, failure, fear of success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the soles of your feet and the bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful green healing energy, you think to yourself, I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, "I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause)

Also all my unwarranted and unwanted greed and hold on material needs. (Pause) I am loveable, worthy, wealthy, successful and yet humble. (Pause) I forgive, am forgiven and totally free to move on. (Pause)" (Repeat the section between the quotes 2 or 3 times if appropriate)

5. Now feel the boat gently gliding into lagoon number 5 and find yourself surrounded with the most beautiful **blue water** lilies. (Pause)

Now allow all the wonderful healing energy of the colour blue to surround you and cleanse your aura and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful blue healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the disease, negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful blue healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease, rejection, failure and fear of success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the soles of your feet and bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful blue healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, "I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause)

Also all my fears, anxieties, doubts and negativity. (Pause) I am strong and confident. (Pause) I am totally successful, wealthy and prosperous. (Pause)"

(Repeat the section between the quotes 2 or 3 times if appropriate)

6. Now feel the boat gently gliding into lagoon number 6 and find yourself surrounded with the most beautiful **indigo** (Midnight blue) water lilies. (Pause)

Now allow all the wonderful healing energy of the colour indigo to surround you and cleanse your aura and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful indigo healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the disease, negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful indigo healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease, rejection, failure and issues around success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through the soles of your feet and the bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful indigo healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, “I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list from exercise 4). (Pause)

Also anger, depression, envy and jealousy. (Pause) I accept, trust and forgive. (Pause) I am totally and completely successful, wealthy and prosperous. (Pause)”

(Repeat the section between the quotes 2 or 3 times if appropriate)

7. Now feel the boat gently gliding into lagoon number 7 and find yourself surrounded with the most beautiful **purple/violet** water lilies (Pause)

Now allow all the wonderful healing energy of the colour purple/violet to surround you and cleanse your aura totally and completely and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful purple/violet healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; to every organ, tissue and cell removing all the disease, negative and unwanted emotions and memories. (Pause)

Now allow this very powerful healing energy to go deep within the cell, its nucleus and the DNA molecules deep therein (Pause)

Allow this powerful purple/violet healing light to cleanse each strand of the DNA within the cell nucleus of any genetic disease or memories or negative energies (Pause)

Imagine as if all the negative energy of disease, rejection, failure and fear of success or whatever else which may be present and need releasing to dissolve into this beautiful

and powerful healing light and be taken out of you through the soles of your feet and the bottom of the boat and into the still waters below to be washed away. (Pause)

While you are absorbing this wonderful and powerful purple/violet healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. As I do, “I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list from exercise 4). (Pause)

And let go of my possessive hold on the people I love, my past, all the negative patterns of behaviour and cellular memories that hold me back from change and transformation into a totally healthy, healed, radiant, loved, loving and successful being. (Pause) I am unconditionally loved and loving. (Pause) I am now totally free, relaxed and confident about entering a new phase in my life. (Pause) I am now ready for my onward journey of change, transformation, growth and maturity into the Universal and Divine love, light, peace and joy, health and total success and prosperity. (Pause) I trust completely and absolutely that only good and positive things will come into my life from now on. (Pause) There is absolutely no doubt in my mind that from now on I can manifest everything that is good and I desire including as much wealth, abundance, prosperity and success that I wish. (Pause)”

(Repeat the section in quotes 2 or 3 times if appropriate).

Your boat has now reached a second jetty and you and your mentor (if present) disembark and as you walk along the jetty, you notice a beautiful sanctuary ahead of you. (Pause)

Walk towards it.

Open the door of the sanctuary, walk in and close it behind you (Pause)

As you look around, you see a magnificent rainbow of colours being reflected off the walls (Pause)

You notice a table or an altar at one end

Walk towards it and you find a most beautiful cape made of precious gems, stones and crystals ready and waiting for you (Pause)

Put it on and if appropriate put the bejewelled hood on as well, knowing full well that all the gems, stones and crystals will only magnify enormously all the healing and manifesting energies with which you are in contact (Pause)

Walk to the centre of the sanctuary which is a symbol of your own internal one, and find yourself covered with a most beautiful and powerful silver white healing and manifesting light, and allow it to surround you totally and become one with your cleansed aura (Pause) then allow it to permeate right the way through you and fill every space within you especially those left behind after all the clearing and release work which you have done so far. (Pause)

You have now entered your own inner healing sanctuary and become fully aware of the stillness, peace, light, love, joy, truth, trust, wisdom, confidence and feelings of abundant worthiness and the God that lies dormant deep within you.(Pause)

As this wonderful space exists deep within you permanently, you can always come back to it at any time that you may need solace, guidance, love, support and nurturing. (Pause)

Now permit and allow yourself to be completely and totally filled with this the ultimate healing, nurturing and confidence giving silver white light. You think to yourself 'I am now fully aware that I am totally, completely and unconditionally loved, loving and healed, and that my life will be fully enriched with all the peace, health, joy, wealth, abundance, prosperity and success that I desire and deserve (Pause)'.

At this point, ask your mentor if he/she has any words of wisdom to add which could enhance your life and its success even more?

All the release work, positive statements and affirmations made during this journey would have been heard by all the levels of my being; body, mind, emotions, spirit (Pause), conscious, unconscious and super conscious or Higher Self (Pause). They would have been accepted by all the levels of my being, (Pause), body, mind, emotions and spirit; conscious, unconscious and super conscious or Higher self

And will continue to be acted upon speedily and effectively. (Pause)

Now imagine any one or number of people, animals, plants and the planet whom you wish to be healed with you to appear in this healing and success creating sanctuary of yours and be healed with the ultimate silver white healing light. (Pause for two or three minutes or as long as seems appropriate)

Now gently allow anyone or anything which you had called up for healing to disappear as they have benefited as much as you have from this intense healing experience. After they have gone, you may find that a gift will be left for you. If that happens commit it to your memory as you may discover its significance later. (Pause)

You are now going to return from this healing journey, knowing that the clearance and release work and healing that has started as a result of this journey will continue automatically just like the inner workings of your body such as your heartbeat and breathing even when you come to the end of this journey. (Pause)

Walk back to the table or altar and take your cape off and thank it for all the healing which it has imparted to you and place it back on the altar

Walk back to the door and thank all the lights and colours and the divine energy source which have honoured you with the grace and gift of so much healing. (Pause)

Open the door, walk out and close it firmly behind you.

Walk back along the path and the jetty with your mentor (If appropriate)

Get back into the boat and find the boat gently gliding back through all the lagoons, counting as it goes, 7,6,5,4,3,2,1

Now you have reached the first jetty, get out of the boat and say farewell and thanks to your mentor (If one accompanied you on your journey)

Walk back along the jetty and to the beach where you started this journey

Cancel. You may find that you will need to cancel several times if you have had a particularly deep experience.

Have a glass of water and sit quietly for a while, observing whatever may have come up. Write it all in detail in your progress notebook. As this is a particularly powerful exercise, you will find that changes related to it will continue happening for a long time which may extend into years. Do ensure to write everything which will come up over the medium to the longer term as well, as it will make a fascinating recording of your progress and transformation.

Alternative 2 :

Garden meadow visualisation

- A. Get into a meditative position with your eyes closed
- B. Root
- C. Scan
- D. Do the Breathing exercise and introduce the following visualisation/imagery when you feel calm and centred.

Imagine yourself in a beautiful garden, park or meadow where you feel totally safe and secure on a warm sunny day (Pause)

The warmth of the sun makes you feel totally relaxed and Feel yourself really sinking down into the depths of relaxation (Pause)

Have a good look around and take in all the colours, sounds, and fragrances. (Pause)As you do that and with every step that you take, you get progressively more relaxed (Pause)

As you look around, you see ahead of you a couple of posts like football goal but much taller in between of which a beautiful golden netting is hanging which shines and shimmers in the rays of the sun (Pause)

This has a magical quality in which once you go through it, it can allow you through but all the negative energies of emotions, disease or whatever you need to release gets stuck on it and is consequently taken out of you.

Walk through this veil slowly and feel everything that is negative in you and needs releasing including your disease getting stuck in the mesh (Pause)

Take a few steps forward and look back and see for yourself everything that was negative and that you wanted to release including your disease stuck in the mesh (Pause)

Now take a few steps forward and

As you are looking around, you see a gate at one end. Walk through it and close it firmly behind you (Pause)

As you walk out of the gate, you find yourself on a downward going path. Walk along it (Pause)

With every step that you take, you get progressively more relaxed (Pause) you find that it takes you to a small stream with gently flowing water (Pause)

The water is crystal clear and reflects the beauty and majesty of the sunshine from its surface (Pause) You are now fully relaxed, joyful , content and confident (Pause)

As you walk along the path and get even more relaxed looking at all the lovely nature about you, you notice a bridge across the stream, leading to the other bank. Walk over the bridge and when you get to the other side, you enter a completely new world and dimension which is the beauty of your inner world and unconscious (Pause) You find yourself on a path running alongside the stream (Pause)

As you walk along the path taking in all the luxurious and unusual plants, trees and shrubs, you notice a magnificent and beautiful sanctuary ahead of you with a magnificent and magical crystal dome reflecting back the sun's rays into a rainbow of colours (Pause)

Walk towards it and as you get closer, you notice seven steps leading up to the front door. There are a pair of magnificent pillars made up of beautiful crystals, precious gems and stones, forming an arch above the steps. (Pause)The sun's rays coming through these magical pillars and arches breaks up into a rainbow of all the colours of its constituent which will then cover you fully (Pause) Move on to the first step. (Pause)

All the release work, positive statements and affirmation made during the rest of this journey will be heard by all the levels of my being; body, mind, emotions, spirit (Pause), conscious, unconscious and super conscious or Higher Self (Pause). They will be accepted by all the levels of my being, (Pause), body, mind, emotions and spirit (Pause), conscious, unconscious and super conscious or Higher Self (Pause) and will be swiftly and effectively acted upon. (Pause)

1. As you move on to step 1, find yourself covered with a most beautiful and powerful red light. **Allow all the wonderful healing energy of the colour red to surround you and cleanse your aura or energy field (Pause) and then permeate throughout the whole of your being including your body, mind, emotions and spirit (Pause)**

While you are absorbing the beautiful red healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue and cell , its nucleus and to the tiniest strand of DNA which needs to release negative emotions and memories including that of the disease. (Pause) Imagine the strands of basic structures of life, the DNA to be totally cleansed and restored to a perfectly healthy state. (Pause)

Imagine as if all the negative energy of disease or whatever else which may be present and needs releasing to dissolve into this beautiful and powerful red healing light and be taken out of you through your feet and roots to mother earth to be dealt with in her own loving and healing way. (Pause)

While I am absorbing this wonderful and powerful red healing energy, I think to myself, (Pause) “I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit.(Pause) As I do, “I think to myself, that I have the strength, the power, the courage and the confidence (Pause) to release and let go of my (2-3 of your own issues from the list in exercise 4).

Also disease, distress and disability (Pause) as well as my judgement and criticism of myself and others. (Pause) I am loving and gentle. (Pause) I forgive, am forgiven and totally free of any distress, disease or disability. ” (Pause) (Repeat the section between the quotes 2 or 3 times time allowing and if appropriate)

2. Now move on to step number 2 and find yourself covered with a most beautiful orange healing light. (Pause)

Now allow all the wonderful healing energy of the colour orange to surround you and cleanse your aura (Pause) then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful orange healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue ,cell, its nucleus and the strands of DNA which are the building block of life, (Pause) cleansing and healing them totally and removing all the disease, negative and unwanted emotions and memories. (Pause)

Imagine as if all the negative energy of disease, blocks or whatever else which may be present and needs releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots into mother earth. (Pause)

While you are absorbing this wonderful and powerful orange healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do, “I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause) and my arrogance, rigid attitudes and control issues (Pause) I am accepting,

gracious and understanding. (Pause) I am highly motivated and successful. (Pause)” (Repeat the section between the quotation marks 2 or 3 times if time allows and feels appropriate)

3. Now move on to step number 3 and find yourself covered with the most beautiful golden yellow light. (Pause)

Now allow all the wonderful healing energy of the colour yellow to surround you and cleanse your aura completely, (Pause) and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful yellow healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue ,cell , its nucleus and the strands of the DNA therein removing all the disease, negative and unwanted emotions, blocks and memories of disease, distress or disability. (Pause)

Imagine as if all the negative energy of disease, rejection, failure, fear of success or whatever else which may be present and needs releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots. (Pause)

While you are absorbing this wonderful and powerful yellow healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do, “I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise4). (Pause)

Also all my unwarranted and unwanted desires, pain and confusion. (Pause) I forgive, am forgiven and am totally free to move on with this new aspect of my life. (Pause)” (Repeat the section between the quotes 2 or 3 times if appropriate)

4. Now move on to step number 4 and find yourself covered with the most beautiful and powerful green light (Pause)

Now allow all the wonderful healing energy of the colour green to cover you completely and cleanse your aura (Pause) and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful green healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue, cell, its

nucleus and to every strand of DNA within it removing all the disease, negative and unwanted emotions, blocks and memories. (Pause)

Imagine the strands of DNA to be totally and completely healthy (Pause)

Imagine as if all the negative energy of disease, rejection, failure, fear of success or whatever else which may be present and needs releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots and be taken into mother earth to be dealt with in her usual loving and healing way. (Pause)

While you are absorbing this wonderful and powerful green healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do, "I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause)

Also all my unwarranted and unwanted greed and hold on material needs. (Pause) I am loveable, worthy, wealthy, successful and yet humble. (Pause) I forgive, am forgiven and totally free to move on into a life of perfect health, joy and contentment. (Pause)" (Repeat the section between the quotes 2 or 3 times if appropriate)

5. Now move on to step number 5 and find yourself covered with the most beautiful and powerful blue healing light (Pause)

Now allow all the wonderful healing energy of the colour blue to surround you and totally cleanse your aura (Pause) and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful blue healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue, cell, its nucleus and each strand of DNA within it and cleansing them of every form of possible disease, distress or disability (Pause), and also removing all the negative and unwanted emotions, blocks and memories. (Pause)

Imagine as if all the negative energy of disease, rejection, failure and fear of success or whatever else which may be present and needs releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots into mother earth to be cleared totally. (Pause)

While you are absorbing this wonderful and powerful blue healing energy, you think to yourself I permit myself and feel it removing all the disease, negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do,” I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause) Also all my fears, anxieties, doubts and negativity. (Pause) I am strong and confident. (Pause) I am totally successful and healthy. (Pause) I am totally grateful for everything which has already been manifested in my life. (Pause)”

(Repeat the section between the quotes 2 or 3 times if appropriate)

6. Now move on to step number 6 and find yourself covered with the most beautiful indigo (Midnight blue) light . (Pause)

Now allow all the wonderful healing energy of the colour indigo to cover you and cleanse your entire aura (Pause) and then enter you and permeate throughout the whole of your being including your body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful indigo healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which need healing most; (Pause) to every organ, tissue, cell , its nucleus and the strands of DNA within to be totally cleansed and made free of disease (Pause) and removing all the negative and unwanted emotions, blocks and memories which may be hindrance to total and absolute healing. (Pause)

Imagine as if all the negative energy of disease, disability, rejection, failure and issues around success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots. (Pause)

While you are absorbing this wonderful and powerful indigo healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do, ”I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of(2-3 of your own specific issues from the list in exercise 4). (Pause)

Also anger, depression, envy and jealousy. (Pause) I accept, trust and forgive. (Pause) I am totally and completely successful and healthy. (Pause)

(Repeat the section between the quotes 2 or 3 times if appropriate)

7. Now move on to step number 7 and find yourself covered with the most beautiful and powerful healing purple/violet light (Pause)
Now allow all the wonderful healing energy of the colour purple/violet to enter you and permeate throughout the whole of your being including your aura , body, mind, emotions and spirit. (Pause)

While you are absorbing the beautiful purple/violet healing energy, allow it to go particularly to those areas within your body, mind, emotions and spirit which needs healing most; (Pause) to every organ, tissue , cell, its nucleus and strand of DNA removing all the negative and unwanted emotions, blocks and memories , disease and disability. (Pause)

Imagine as if all the negative energy of disease, rejection, failure and fear of success or whatever else which may be present and need releasing to dissolve into this beautiful and powerful healing light and be taken out of you through your feet and roots into mother earth to be dealt with in the usual way. (Pause)

While you are absorbing this wonderful and powerful purple/violet healing energy, you think to yourself I permit myself and feel it removing all the negative energies whether it be from the body, mind, emotions or spirit. (Pause) As I do, "I think to myself, that I have the strength, the power, the courage and the confidence to permit myself to release and let go of (2-3 of Your own specific issues from the list in exercise 4). (Pause)

And let go of my possessive hold on the people I love, negative aspects of my past, all the negative patterns of behaviour and cellular memories that hold me back from change and transformation into a totally healthy, healed, radiant, loved, loving and successful being. (Pause) I am unconditionally loved and loving. (Pause) I am now totally free, relaxed and confident about entering a new phase in my life. (Pause) I am now ready for my onward journey of change, transformation, growth and maturity into the Universal and Divine love, light, peace and joy , health, wealth and total success. (Pause) I trust completely and absolutely that only good and positive things will come into my life from now on. (Pause) I am totally convinced in my mind that from now on I can manifest everything that is good and I desire including as much health, wealth and success that I wish. (Pause)

You are now at the door of the sanctuary. Invite a mentor which may be sage, saint or anyone else whose opinion you respect (But not a friend of member of family) to join you for the rest of the journey. (Pause)

Open the door , walk in with your mentor and close it behind you (Pause)

As you look around, you see a magnificent rainbow of colours being reflected off the walls

You notice a table or an altar at one end (Pause)

Walk towards it and you find a most beautiful and magical cape made of precious gems, stones and crystals ready and waiting for you (Pause)

Put it on and if appropriate put the bejewelled hood on as well, knowing full well that all the jewels and crystals will only magnify enormously all the healing energies with which you are in contact (Pause)

Walk to the centre of the sanctuary and find yourself covered with a most beautiful and powerful silver white healing light, and allow it to permeate right the way through you and fill every space within you especially those left behind after all the clearing and release work which you have done so far. (Pause)

You have now entered your own inner healing sanctuary and become fully aware of the stillness, peace, light, love, joy, truth, trust, wisdom, strength the intense inner healing power and the God that lies dormant deep within you. (Pause) As this wonderful space of magnificence ; (Pause) the untarnished diamond exists deep within you, you can always come back at any time that you may need solace, guidance, love and support. (Pause)

Now permit and allow yourself to be completely and totally filled with this the ultimate healing, nurturing and confidence giving silver white light.

(Pause) You think to yourself that ‘I am now fully aware that I am totally, completely and unconditionally loved, loving and healed, (Pause) and that my life will be fully enriched with all the abundance in everything, wealth and success that I desire and deserve. (Pause)’

Ask your mentor at this point if he/she has any further words of wisdom and advice for you in order to enrich your life even more?

All the positive statements made throughout this journey have been heard by all the levels of my being, (Pause) body, mind, emotions and spirit , (Pause) conscious, unconscious, and super-conscious or Higher Self. (Pause) and they have been accepted by all these levels of my being, (Pause) and will be swiftly and effectively acted upon. (Pause)

Now allow the white light to form a circle of light in front of you. (Pause)

Now imagine any one or number of people, animals, plants and the planet whom you wish to be healed with you to appear in this healing sanctuary of yours and be healed with the ultimate silver white healing light. (Pause for two or three minutes or as long as you feel is right)

Now gently allow anyone or anything which you had called up for healing to disappear as they have benefited as much as you have from this intense healing experience. (Pause)

After they have gone, you may find a gift left behind for you. (Pause) If there is, commit it to your mind as you may call upon it later. (Pause)

You are now going to return from this healing journey, knowing that the release and healing that has started as a result of this journey will continue automatically just like the inner workings of your body such as your heartbeat and breathing even when you come to the end of this journey (Pause)

Walk back to the table or alter and take your cape off and thank it for all the healing which it has imparted to you and place it back on the alter (Pause)

Walk back to the door with your mentor and thank the Divine white light for all that it has given to you, (Pause) , open the door , walk out and close it firmly behind you.

Bid farewell to your mentor and thank him/her for their wise presence knowing full well that you can always call upon them when you need further support, advice or nurturing.

Walk down the steps counting , 7, 6,4,5,4,3,2,1

Walk back along the path and go back over the bridge to the first side.

Walk back along the path and through the gate and close it firmly behind you.

You now find yourself in the original garden/meadow where you started the journey

Cancel properly. As this process can take you very deep within yourself and into an altered state of consciousness, you may need to cancel several times before you get into a state of full alertness.

Have a glass of water and sit quietly for a few minutes, observing all that has come up. Write your experience in detail in your progress notebook and return to it from time to time especially to review and confirm all the changes which have started happening in your life as a result of this intensely powerful visualisation. As the changes, some very subtle can occur over the next few days, weeks, months or even years, look into your

progress notebook from time to time and enter any new changes which have occurred.

Try and do one of the aforementioned alternatives at least once a month to re-enforce the release work as well as augmentation all the positive that is happening in your life.

Homework:

1. Continue with your regular daily Essential Relaxation exercises
2. Do the off-loading exercises as and when appropriate
3. Do as many of the exercises mentioned earlier which are appropriate to you.
4. Do one of the aforementioned visualisations at least once a month.



Chapter 3

Banish your old memories and negative patterns

The extreme importance of the relationship between negative emotional states, behaviour patterns and memories and the onset of disease and blockage to achieving ultimate success, and the extreme importance in their release has already been powerfully stressed. Throughout this book I have given examples of how you can release and let go of your negative emotions, behaviour patterns and memories (Ch3 in Section 1 and Ch 2 in this section) to name just two). However, in some instances the memories and the emotions related to them are too deeply embedded or encoded into the cell memory structure to be able to be released with these techniques. This can of course lead to the performance of a variety of repetitive patterns of behaviour and ritual which in its extreme form can lead to a number of different obsessive compulsive behavioural patterns as well as staying resolutely in the diseased state.

Sylvia was a classic example. She was a 57 year old happily married woman who had just returned from a wonderfully happy holiday in the Gambia with her husband. On their return her husband Harry was taken ill with a temperature which did not seem to be settling down. As a consequence he was admitted into the local hospital for tests. Prior to this time he had been perfectly fit and had never had a day's illness in his life.

After about ten days of investigations the hospital came up with the diagnosis of malaria. They were both quite happy at the fact that at long last a firm diagnosis was made and that he would start treatment.

In the middle of the following night, Sylvia was urgently summoned to the hospital as her husband had taken a turn for the worse. She had not been ready for the shocking image that greeted her. Harry had apparently had a cardiac arrest earlier, he was unconscious with a tube of some sort coming out of every conceivable orifice and vein. This included a tube out of his throat which was connected to the ventilator or breathing machine. Soon after arrival at the hospital her husband died which totally devastated Sylvia.

Almost two years after his death, Sylvia was still in a very deep state of grief despite the prolonged bereavement counselling that she had had prior to seeing me. She had found that she was almost obsessed with the final image of her husband in the hospital bed so ill and that image was haunting her day and night. None of the off-loading or emotional releasing exercises that I taught her worked as the image had too powerful an intense an emotional content. However, The only thing that really worked and helped her to get rid of that haunting image and the devastating related emotions was the 'banishment' exercise that will be described later in this chapter.

The whole idea of the exercise which will follow is to try and scratch the relevant file on the hard disc of your memory bank to such an extent that it will never be able to play the same pattern again. It is to render that particular file unusable. Not only will it get rid of the old bad memory and emotions, but can replace them with positive ones.

The exercise will deal with one memory at a time. Therefore, if you have more than one unpleasant memory associated with strong negative emotional connections which need banishing from your cellular memory bank, then you will need to do the following exercise repeatedly until all the files have been distorted and consequently banished from your mind.

Exercise 1: *To banish bad memories and negative emotions from your mind*

This exercise is designed to try and remove any bad memories especially associated with heightened emotional states such as anger, fear or sadness from your memory bank.

It may be advisable to record the instructions for this exercise or get some trusted friend or member of family to take you through it. Although having read it a few times you may remember sufficient amount of it to take yourself through it. This might be the best way as sometimes when you are ready to work on a particular memory that trusted person may not be available. You do not have to follow the sequence of instructions given below slavishly and exactly. So long as you do the best that you can and achieve the end result of banishing the unpleasant memory or emotion to the dustbin of history which is all that matters. However, the *crucial* part of the exercise is to *do the sequences as fast as you possibly can*.

Part 1: *Identifying the issues, memories or emotions which need banishment*

- a. Sit in a meditative position
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Think of ALL the strong memories which you want to erase or banish from your memory
- f. Cancel

Write down in detail in your progress notebook everything that has come up and turn them into a list

Prioritise your list in order of importance and then proceed with the following part:

Part 2: *The actual exercise*

- a. Stand up with your feet shoulder width apart and your eyes closed
- b. Root
- c. Do a quick upward scan
- d. Do a quick motor loosening exercise (Ch3 in section 1) if any part of you feels particularly tense
- e. Do a quick Breathing exercise
- f. While standing up think of a time when you were totally master of yourself and the Universe and in total control; be really enthusiastic and positive.

- g. Take a few deep breaths in and out. Breathe as you would if you were totally proud, in control and unstoppable.
- h. Put a really big grin on your face.
- i. When you are at the peak of your positive emotional state , create a positive linkage. Do something unique and keep on repeating it until it becomes established (Ch 4 in this section)
- j. Think of your list and pick the first item on it. Now think of your unpleasant memory in detail related to it and the emotion which you want to banish from your mind
- k. Get back into the intensely positive state for which you created a trigger and then go through the negative memory that you picked from the list at the beginning of the exercise in detail, almost as if you were watching a video of it which has just happened until you come to the end of the scene.
- l. Start at the end of the scene and run it backwards really fast
- m. Add your favourite colours to the scene and make weird noises (like running the video backwards or baby gurgling sounds) or any other sound which wants to come out of you)
- n. Start from the beginning again to the end at speed imagining all sorts of odd things happening to people in it; for instance growing massive ears and noses or the way they would look in the funny fair ground mirrors
- o. Be outrageous and have real fun doing this. Release all your inhibitions and let your imagination run riot!
- p. Run it fast backward to the beginning and imagine the funny looking people by now to shrink to tiny insignificant people
- q. Now make the scene as bizarre as possible using various colours, shapes and sounds running it fast to the end
- r. Go backwards to the beginning of the memory as fast as you can associating your favourite music with it
- s. Run it forwards as fast as you can. Back and forth as fast as you can for at least six more times, each time changing something in it and making the picture progressively more outrageous and disempowered. See and feel something shift every time you run the scene.
- t. While making it more weird and bizarre, as you run it back and forth, now make it black and white
- u. Make the whole thing rainbow colours while going to the end and finally running it to the beginning again with a big grin on your face.
- v. Cancel
- w. Now open your eyes and try and observe how you feel about the memory right now.

Normally if you have done a good session, then the memory will appear as a jumble of irrelevant and ridiculous events with no real negative feelings associated with it. At worst the feelings associated with it will be neutral. However, if it still has strong negative emotions associated with it, then you need to do an off-loading exercise and then repeating the above exercise, making the images and sounds even more weird and bizarre; or amusing, funny or entertaining.

Exercise 2: *Using visualisation to banish a behaviour pattern*

Apart from doing the above exercise you can also use the following to banish a particular pattern of behaviour or habitual negative ritual that you may have. For example, repeatedly picking your nose, biting your nails, obsessively tidying up or doing any other form of obsessive compulsive behaviour.

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Create an image of yourself the way that you would like to be in all aspects of totality dressed etc and feel it and feel inspired by it. It must be a model of happiness, joy, success, power and wealth; the sort of ideal person whom you would ultimately like to be
- f. Now make this positive image as small as possible and place it as far away as possible in front of you
- g. Think about the pattern or ritual that you want to break
- h. Make a picture of the negative behaviour pattern or ritual in your mind including the body states that you get into while doing it. Start with the beginning or early part of the pattern **THAT YOU WANT TO GET RID OF**
- i. Make the negative picture as big as you can in front of your eye and in front of the reduced sized positive image
- j. Pull the positive image right back in front of you and like a catapult release it so that it **GOES BACK WITH FORCE AND** smashes through the negative picture which is now behind it, and then gets massively enlarged in front of the smashed negative picture
- k. Keep on repeating this procedure
- l. Do it as often and as quickly as you can, perhaps repeating it 20-30 times.
- m. Cancel.

Then think of the old image which you wanted to get rid of and see what happens. If there are still any negative associations or you keep on repeating the pattern or the ritual then repeat this exercise on a daily basis until the pattern is broken.

Homework:

1. Do these exercises as often and with as many memories and emotions as appropriate.
2. Do your regular daily Essential Relaxation exercises
3. Continue with the frequent Breathing exercises to top up your relaxation throughout the day
4. Continue with the offloading exercises as appropriate

Chapter 4

Be happy instantly!

A great many therapies and therapists spend a massive amount of time in getting you as the client to get in touch with your dark or shadow side, illuminate it and release all the negative emotions and behaviour patterns associated with them. As I am sure you have already noticed, a great deal of this book so far is also devoted to that process. The main reason for all this hard work and spring cleaning of your mind is to create a space to be filled with light and other wonderful and life enhancing qualities, attributes and positive emotions and behaviour patterns. However, one aspect of all this release work undertaken by people is often missed out and that is to replace the negative with the positive. Therefore, what do you think it will take you to feel happy, positive, enthusiastic, excited, passionate or a number of other positive emotional states? It can literally take an instant or the space of a blink of an eyelid to do so, although some of you reading this book will strongly dispute this fact, especially if your pre-disposition happens to have chosen to be miserable, depressed, angry or myriad of other negative emotional states. Even if these negative states used to be your old patterns before you started reading this book, hopefully by now you would have worked through all those negative patterns with the very many exercises given in the various chapters, so that you are now raring to go and become totally positive, empowered and happy.

In order to be able to achieve the positive states that you desire at will or preferably for them to be triggered automatically by the environment in which you live and work, you need to link and connect them with specific actions or gestures or situations in the environment. Remember, that you are already making these linkages and connections although, you may not be aware of them as they are probably being made automatically and at an unconscious level. For example, by playing specific types of music you can create specific moods. Some will make you happy; some sad and yet others make you feel romantic, passionate or excited. Apart from these auditory linkages, linked associations can also occur as a result of visual, taste, touch and smell stimuli, so that you learn to associate specific emotional states with these different sensations with bad or good emotional states depending on what has happened at an unconscious level of association in the past. These are probably due to the unconscious linkages or associations that you have with various specific memories which will trigger off relevant emotional states. Therefore you are already making unconscious connections between your peak emotional states, memories or environmental settings. What you are trying to learn here is to link the positive emotional states that you want to feel consistently and having them literally at the tip of your finger, associated with actions that you know and can use. Like everything else you need to learn to do this at a conscious level initially like when you start driving, swimming, riding a bicycle or any other activity. Once you have done it repeatedly and have become good at it, then you do most of the actions at an unconscious and automatic level. Just the same way, when you started learning your Essential relaxation exercises, you would have probably needed to concentrate on them at a conscious level before you would start relaxing. However, hopefully by now, you can do them more or less automatically and without thinking much about the detailed steps

and because of that, you actually start relaxing as soon as you think about or start doing the Breathing or the Healing light rainbow meditation or even thinking about relevant positive affirmations will help you to relax. Your mind would have by now automatically associated and linked these events with the act of relaxation and as such would use them as 'triggers'.

By the same token you will learn to be able to do the same with every other positive emotional state that you want to feel consistently linked to specific actions described in the exercise later. The more repeatedly you do them the more powerful they will become and the more quickly and automatically they will be triggered off, so that you do not even have to think about the course of action that you need to take in order to achieve the highly positive, joyful or motivated states. This also applies of course, if you want to connect the peak emotional states that you want to achieve with environmental or sensory triggers. This is part of the whole process of conditioning your brain to act in specific positive ways and new patterns which are consistent with feelings of well being, creativity, joy and success.

The most important pre-requisite for all this is for you to genuinely WANT to feel good and the positive emotional states rather than the tired old negative ones. The second very important factor is the fact that for a linkage or connection to occur between an emotion and an action, you must be at the height of that particular emotional state. For example if every time that you are laughing hysterically as a result of a joke or whatever you slap your thigh, you will find that after a while even if you just slap your thigh, you will start laughing as the two have been linked in your unconscious. Therefore in order to be able to start learning to do the linkage on a conscious level, you need to be able to repeat the whole thing as rapidly and as frequently as possible until the link is established.

With the amount of energy that I use during the individual healing sessions, but especially in my large group workshops, sometimes involving hundreds of people, I have to energise myself particularly if I happen to be tired or lacking in energy. One of the ways that I do that is to clap my hands and shout out 'yes', while changing my body posture to what I know to be the motivated and energised one. This action immediately restores my energy levels and motivation and puts me in the proper peak state to be able to give my all to try and inspire and empower those who have come to see me. I have linked at a deep level the state of being fully energised and motivated with the action of clapping, making the yes sound, and changing my body posture. Initially I had to work at it and do it consciously. But once I mastered it, the whole thing happens very quickly and almost instantaneously now without my having to think about it.

The effectiveness and duration for which a linkage lasts is totally dependent on the intensity of the emotional state which was used to set up the association. If the linkage is weak and wears off after a short period, all that that means is that you did not get into an intense enough emotional state or the trigger that you were using was not distinct enough. To re-enforce it, just repeat the exercise given later making the emotional state as strong and intense as you possibly can as well as making the physical aspect of it more distinct; perhaps adding a sound (if appropriate to the situation in which you will be using it) or even increasing the number or repetitions until it becomes well established.

Exercise: *To create a linked connection with a positive emotional state*

You can do this exercise either in a sitting or standing position. You need to choose the position in which you do the exercise to be appropriate to the emotional state that you are trying to emulate as well as the triggers that you are intending to use.

- a. Choose a particular positive emotional state which you want to be able to use on command. Initially you can only work with one specific positive emotional state.
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Try and feel the emotion which you have chosen as strongly as possible. Even if you can not think of feeling like that now, think of a time when you felt that emotion in the past.
- f. Perform a distinct movement, such as snapping a finger, clapping your hands or squeezing a particular part of a finger reasonably tightly. Be totally creative, bearing in mind the situation in which you are intending to use it. Also add a specific sound if appropriate.
- g. After having performed the action go back into the strong emotional state, making it even stronger than the time before.
- h. Perform the related action.
- i. Keep on repeating the whole process repeatedly and as fast as you can
- j. Try and do it between 20 and 30 times.

Test the linkage by repeating the action and observing whether it creates the required emotion. If it does, fine. But if it does not or if the desired emotional state is not strong enough, then repeat the above exercise until you get the desired response. Once it is established, then you can use it anywhere or any time that you need to be in that specific positive emotional state. You can further re-enforce and maintain it on a regular basis by incorporating the positive state in your routine Essential relaxation exercises as additional affirmations.

Once you have mastered the technique, then you can link different emotions to different parts so that you can trigger off whatever you wish any time you want. For instance, you can link a different emotional state to each finger, like happiness to the index finger, enthusiasm to the middle, laughter to the ring finger, creativity to the little finger and motivation to the thumb of one hand and so on. If you decide to do this the actions performed on each finger must be different so that they will create different pathways in to the brain and the messages do not get confused. It is somewhat like creating new files in your computer system; each title or keyboard command must be different, otherwise the computer will not be able to do its job properly.

You can of course combine this exercise with what you will learn in chapter 6 in this section in order to strengthen and re-enforce both.

Homework:

1. Do the above exercise from now on as frequently as you can when appropriate
2. Continue with the frequent Breathing exercises to keep topped up with relaxation throughout the day
3. Continue with your daily Essential relaxation exercises
4. Continue with the offloading exercises as appropriate



Chapter 5

Let your body be a beacon of change

As mentioned earlier (ch 6 & 17 in section 1) your body is affected by your thoughts and emotions and it is virtually a print out of what they were like sometime ago. So if you want it to be different in the future, you need to change your thoughts and emotions now. By the same token, the body can also affect and alter your mind, emotions, perceptions and consequently by learning how to modify and alter your body states, you can affect how you think and feel. In this chapter you are going to find a number of different ways that you can approach this topic.

In AryuVedic medicine which is the ancient art and science of Indian medicine, the physical body is roughly divided into three types with each one having its own specific characteristics. Although this classification applies broadly to most people, it is important to realise that some of you will fall into a category which may include some of characteristics of each group in combination. Therefore, you have to work out as to which particular aspect predominates and which characteristics define you the most accurately, so that you can utilise the advice of how to manage your body type more effectively. As each and every one of you reading this book is a unique individual with his/her own characteristics which not only affect your moods, emotions, perceptions, likes and dislikes, attraction to others and even interaction with others, recognising the basic general and commonality of your uniqueness can often help your understanding of what you can do to improve your life towards it being harmonious and fulfilling. Furthermore, you can allow the same thing to apply to your immediate relationships and that with the universal and cosmic energy systems which control your bio-rhythms.

Once you know your mind-body type, it may help you to be able to be more sensitive to your own personality, needs and what makes you tick, so that you will be able to respond much more effectively through understanding rather than instinctive conditioned reflex which may be totally inappropriate. Often the ways that you will know whether you are in a state of balance and harmony is through feelings of comfort or discomfort within your body. Therefore, do not just ignore any physical discomforts including pain that you may be feeling. The only way that your body can talk back to you and indicate areas of imbalance is through the sensations of comfort, discomfort or pain. That is the time to pay particular attention to these symbolic messages and try and discover what aspects or areas of your life need working on in order to get re-balanced. The main characteristics of each type is given later:

A.

Aesthenic or ectomorphic or thin body type is often characterised by thin angular features with quick movements. They also often have the following features:

1. Digestion and hunger seems to be irregular
2. They easily go out of balance if they eat too many salads, other cold foods and iced drinks

- They Seem to be able to eat anything and not put on weight
3. They tend to have light interrupted sleep and if they oversleep or get inadequate amount of it, they rapidly go out of balance
 4. They tend to be extremely enthusiastic
 5. They are also imaginative
 6. They tend to be excitable with rapidly changing moods
 7. They tend to be Quick in grasping new information and also quick to forget
 8. Tend to worry a lot, get anxious, fearful and get constipated when under stress
 10. Tire easily as they tend to over exert as that easily puts them out of balance
 11. Mental and physical energy comes in bursts.
 12. Walk quickly.
 13. Tend to be more easily affected by such things as coffee, cigarettes and alcohol
 14. They get easily jet lagged, especially if they go on frequent trips
 15. They are easily affected by seasonal changes and more liable to frequent colds and other minor health problems

The signs and symptoms of this type of personality being out of balance may include:

- a. *Mental indications:* worry, anxiety, overactive mind, impatience, loss of mental focus, short attention span, and sometimes depression.
- b. *Behaviour indications:* insomnia, fatigue, inability to relax, restlessness, low appetite, impulsiveness
- c. *Physical indications:* constipation, dry or rough skin, low stamina, loss of energy, intestinal gas, high blood pressure, back pain, pms, menstrual cramps, IBS, chapped skin, intolerance to cold and wind, arthritic joints, weight loss, acute pain and muscle spasm.

B.

The second body–mind type is known as mesomorphic or medium built. The main characteristics of this group includes:

1. They tend to be medium build
2. They have more strength than endurance
3. They tend to be enterprising people
4. They have sharp intellect
5. They like challenges, but get stressed by frequent deadlines
6. They tend to have sharp hunger and thirst and Can't wait when hungry
7. They get ravenously hungry when food is a bit late and consequently Gets stressed and irritable
Because of that
8. Their system gets upset and goes out of balance if they eat oily, salty hot spicy foods or the ones that are fermented such as cheese, sour cream, wine or other fermented alcoholic

- beverages
9. They have a tendency towards anger and irritability
 10. They seem to have a Tendency for freckles mainly in white skinned people
 11. They have an Aversion to hot and humid weather, and react badly to sunburn
 12. They usually have precise articulate speech and Tend to be orators
 13. They resent having their time wasted
 14. They tend to take command of situations especially if difficult ones have arisen
 15. They can wake up in the night hot and thirsty
 16. They learn from experience
 17. Others can find them too demanding, Sarcastic or critical
 18. Determined stride.
 19. They can get stressed and aggravated when they put too much demand on themselves and respond by anger and frustration
 20. They can get annoyed and stressed if they become tired and fatigued

The following indicate that this type of person is out of balance and harmony and require more love, care, compassion and support:

- a. *Mental indications*: anger, frustration, self criticism, irritability, impatience, resentment.
- b. *Behaviour indications*: outbursts of temper, argumentative, tyrannical behaviour, criticism of others and intolerance of delays.
- c. *Physical indications*: skin inflammation, boils, acne, excessive hunger or thirst, bad breath, hot flushes, heartburn, acid stomach ulcer, bad body odours, rectal burning and piles.

C.

The third type is plethoric or endomorphic; usually the sorts of people who just look at food and then gain weight! Their main general characteristics are:

1. They gain weight easily
2. They can have hard time losing weight
3. Their digestion tends to be slow
4. They have a tendency to obesity
5. Their hunger levels tend to be mild
6. They seek emotional comfort from eating
7. They tend to be both strong with endurance
8. They tend to be even tempered and steady
9. They are slow and graceful in action
10. They tend to be quite tranquil and relaxed
11. They usually have a relaxed personality
12. They tend to be slow to anger
13. They do not seem to display worry and anger like the other two types
14. They just hold onto things such as fluid, fat and

relationships

15. They have good retentive memories
16. They usually have heavy prolonged sleep
17. They tend to be tolerant forgiving people. When stressed they tend to become possessive
18. They tend to mull over things a long time before making a decision
19. They tend to wake up slowly and lie about and needing coffee to really wake up. They tend to be happy with things as they are
20. They do not like change
21. They respect others' feelings and feels genuine empathy more readily than the other two types
22. Diabetes and allergies may run in their families
23. They can get depressed due to excessive gain in weight
24. Rich foods aggravate this tendency. They react to stress by withdrawing and feeling rejected or unwanted
25. They tend to be dependent and overprotective in relationships
26. If they sleeping late more than a few days aggravates their negative personality traits
27. Cold and damp also upsets them.

The indications that this type of personality is out of balance are :

- a. *Mental indications*: dullness, inertia, laziness, stupor, depression and over attachment.
- b. *Behaviour indications*: procrastination, unable to accept change, greedy, oversleep and get heavy with slower movements.
- c. *Physical indications*: intolerance of cold and damp weather, sinus congestion, fluid retention, bloating, chest congestion, pale skin, loose aching joints, high cholesterol, heaviness in limbs, frequent colds, allergy, asthma and cough.

Exercise 1 at the end of this chapter enables you to identify your body-mind type and learn ways to maximally improve your health and well-being.

Getting to know your body-mind type is part of what you really want to know to assist you in reaching the ultimate aim of feeling good, secure and happy, better still be in a constant state of blissful joy in your lives. What you can do is absolutely incredible if you give your potential a chance. But the only way that you can do that is by managing your emotional states and the way that you perceive your objectives. Therefore to create the level of passion, excitement, enthusiasm and success in your lives that you really crave for, is to be able to do that effectively. The inability to do that on the other hand can hinder you badly in achieving all that you want, worse still the ability to manifest your full potential. *Remember, that you are the only person who is in charge and responsible for your emotional states and moods and you can choose to go down the route of being negative or positive.* External situations and circumstances will help to support the state that you have chosen to be in. But they will NOT create your initial moods and emotional states. This would be further complicated if you allow yourself to become dependant on external and environmental factors for the way that you feel. By far the best

way of trying to remain at a constant level of stillness, peace and contentment is to create those emotional states within yourself irrespective of what is happening outside. (Ch4 & 6 in this chapter) This realisation will enable you to be in total control of your emotional states and ultimately your whole life. **YOU NEED TO TAKE FULL RESPONSIBILITY FOR YOUR LIFE AND EVERYTHING THAT HAPPENS TO YOU.** As soon as you have done that, then you will find that you no longer will be at the mercy of others' whims and fancies or external environment and circumstances.

In order to clarify the above, I will cite the example of a patient of mine. Lizzy was always complaining about things that were making her unhappy. As far as she was concerned, the glass was definitely half empty all the time! Once I asked her as to what had made her happy during the previous six months? She told me that the only times that she was happy was when her grown up kids visited her which was on an occasional basis; when friends would call in for a cup of coffee. But the thing that had made her really happy was seeing Joseph and the Technicolor dream coat at the theatre. This exemplifies perfectly the fact that her emotional state especially as far as the happiness is concerned is totally dependent on external events and of-course when those infrequent events do not happen, then she feels miserable in between times especially when she also seemed to be obsessed with watching the bad news on TV an awful lot of the time! But if she learnt to dissociate and detach from the bad news and negative external emotional states and self create internal feelings of joy and contentment, then she would be happy the majority of the time rather than those very few occasions when the external circumstances are to her liking. She did eventually manage to change her negative pattern by doing the exercises in chapter 4 & 6 in this section.

Some of the powerful ways to deal with the negative emotional states have already been described in chapter 3 in section 1 and hopefully you are using them freely. Unlike the previous exercises in which dealing with your emotional baggage will make you feel well and create physical improvements, here you are going to learn how to use your body to alter your emotional states for the better. For as already described, your emotional states and moods have a profound impact on the way that your body will function; whether it is healthy or unhealthy. However what is not generally appreciated is that the reverse is also true. What you do to your body and how you use it on a regular basis can also have very powerful influence on your emotional moods and state of mind. If for instance you think of someone who is depressed or angry, you will probably automatically associate certain ways that they look, carry themselves, move, or talk. These physical postures are pretty uniform and you need to find out for yourself how you behave yourself physically when you are in specific emotional states. By altering the physical states associated with negative moods to the ones which are linked to positive emotional states, you will be able to change your moods almost instantly. You will learn to do this by doing exercise 2 later in this chapter (also chapters 4 and 6 in this section). Lots of people rather than achieving the change in their physical and emotional states naturally, resort to drugs, cigarettes or alcohol. It is much easier and healthier to do it purely by changing the states through knowledge, awareness and understanding.

One of the most important ways that you can alter your emotional state is by the way that you move. Normally for most people, the faster and the more determined way that they move, walk and gesture, the more positive, intense and enthusiastic they will feel. On the contrary, the more slowly and languidly that they walk, the more tired, lethargic and depressed they will feel. The other way that you can change your state is by the way that you breathe which has already been discussed fully in chapter 1 in section 1.

Alteration in facial expressions which involves movement of the numerous underlying muscles will also lead to the alteration of your moods. If you are prone to any regular moods, whether it be happy or sad, you will find that you will easily get into a habit of keeping your facial expression fixed in an expression appropriate to that particular mood most of the time. Furthermore, altering your attitude and what you focus on can also alter your internal physiology quite markedly. You may have got trapped into the habit of only looking at the negative aspects of your life and everything that happens in it which is affecting it detrimentally. By changing your *focus* and *concentrating* on the good things instead, can transform you and your emotional states quite rapidly and dramatically.

If a particular emotional state or mood predominates on a regular basis, whether it be negative or positive, it will become a habit after a while. That means that you will habitually go into that mood as a result of a most trivial trigger without you even being aware of it. Once the habit is well established, then it will occur automatically unconsciously. However it is extremely important to realise that every habit including the emotional states have a number of different steps including physical that you will go through at a level of unawareness. Therefore to become aware of these steps and bringing them to the conscious will assist you in dealing with the negative emotional states and behavioural patterns, releasing them and replacing them with positive ones at a conscious level if you so wish.

How to do this is demonstrated in Exercise 3 later which enables you to identify the patterns and steps to your negative and/or positive, emotional and behaviour patterns so that you will be able to do something about them.

You can also make profound physiological changes within you by becoming more aware of and using more effectively all your sensory perceptions including your intuitive and psychic and telepathic abilities (chapter 9 in section 1).

Sight: The eyes which are responsible for the act of seeing or external vision basically work like a camera. The external images are projected onto the sensitive layer at the back of the eyes known as retina, through the clear lens in front of the eyes. The messages are then carried through the long optic nerves to the back of the brain where they are interpreted into the images which make sense to the conscious mind. The internal, psychic or intuitive images on the other hand are perceived through the third eye in the centre of the forehead (ch 5 & 9 in section 1). Here I will confine myself to talking about the effects of external sight on the internal physiology.

Seeing creates profound physiological changes within the body and mind. It has been shown that the chemistry within the body changes within one hundredth of a second of

you witnessing an event which also changes the brain wave patterns. The brain wave patterns and the chemicals that are released within the body are dependent on the images to which you are subjected. Therefore, if you are watching pleasant natural scenes or even comedy, then the hormones and chemicals that are released as a result of the corresponding stimulation of the brain, are conducive to improvement of immunity and enhancement of health and a sense of well being. However on the contrary if you are subjected to unpleasant scenes, urban sprawl, constant traffic jams and their ensuing pollution, violence, murder and mayhem, then the brain wave patterns that are produced cause the release of chemicals which are detrimental to your state of balance and harmony and lead to immune reduction and increased susceptibility to distress and disease. Therefore it is extremely important to be aware of the constant bombardment of our vision with negative images if we want to remain healthy. This of-course is particularly true of children whose systems are much more delicately balanced and therefore more susceptible to being affected by negative images including those constantly watched on television, videos and violent computer games. As apart from the psychological and emotional distress that this may cause them, they will also affect their physical health adversely.

Exercise 4 later relates to using your vision for improving some aspects of your physical and emotional states.

Sound: The body consists of a series of vibrations which in a state of perfect health are in total harmony. These vibrations are constantly occurring in the molecular field that makes up the body. They must also match the vibrations of the universe, which would then lead to total harmony and balance. The universal rhythms and vibrations include the rhythms of the seasons, tides, day-and-night and others which also affect your internal physiology which includes regular rhythms such as sleeping and waking and periods in women just to name but two. Therefore, the sound vibrations perceived through our ears can profoundly affect the whole of your being including your body, mind, emotions and spirit. Consequently sound and music do not only affect all the rhythms of the body and brain, but also the hormones and chemicals such as endorphins secreted when you listen to the music that you enjoy. Endorphins are of-course powerful naturally occurring morphine like substances which are extremely powerful pain killers and mind altering substances. This is probably why any powerfully pleasurable experiences achieved through any of the senses can create very pleasurable altered states of emotions and mind. Other healing chemicals called Neuro-peptides are also produced copiously as a result of enjoyable and pleasurable sound or music stimulation. These protein like chemicals are not just perceived or produced by the brain but also by many other tissues and organs in the body including the cells of the immune system which are of course responsible for keeping us healthy and vibrant.

Different kinds of music will have different kinds of effects on the inner workings of your body and your moods and emotional states. For example, high pitched sounds and music will create a playful and happy mood. It will also speed up metabolism. It is therefore appropriate to people in group C mentioned earlier with slow speed and low metabolic rate. Low pitched music slows down the bodies metabolism. Therefore it is useful particularly in type A personality with a rapid rhythm and speedy metabolism.

Appropriate sound and music is very useful in the post-operative period as it will reduce the need for pain killers and speed up recovery. It can also be effectively used in a number of other conditions such as depression, heart attacks and many others. Music can also be a very powerful tool in holistic education and an adjunct to learning, especially in those individuals with learning difficulties such as dyslexia, autism and Down's syndrome. Quiet, gentle and relaxing music can also reduce the background stress of situations and places such as airports and factories.

Another situation in which pleasant sounds and music can be of intense value is in pregnancy. It is now well established that the mother's emotional state is directly and exactly passed on to the baby through the circulating hormones and chemicals which easily pass through the placenta or afterbirth. However what is less appreciated is that the baby within the womb can also easily detect external vibration of sound and music which can continue to affect him/her even after being born. The following is a perfect example:

My friend Mary was having a great deal of marital problems with her husband which invariably used to lead to powerful arguments and rows. Once she got pregnant she discussed her marital problems with me and following our discussion, she and her husband decided to cool things off for the sake of the unborn child. Therefore every time Mary felt that the discussion with her husband was beginning to get out of hand, she would disappear to the bedroom and do an Relaxation exercise while playing a gentle relaxing background music. As she was keen on classical music, that was the type of music that she would play while keeping a list of the titles at my request.

During the delivery process she did regular Essential Relaxation exercises to keep herself calm and pain free while playing the favourite pieces that she had listened to during her pregnancy.

She had an easy and uneventful delivery, and the baby continued to be a wonderfully relaxed and passive little boy. However, on the odd occasions that he would get emotionally upset for no apparent reason, as most kids do, all that Mary had to do to pacify him and put him straight back to sleep was to play one of the pieces of music that she had been listening to during her pregnancy! One of the great additional side-effects of the pregnancy and her regular relaxation exercises was the way that her relationship with her husband had changed towards being a much more relaxed and harmonious one and their rows and arguments had virtually totally disappeared. (Also see ch 16 in section 1).

Another very important aspect of sound is on the emotional and psychological level. In this context it is a question of whether we feel that we are being heard or listened to at a much deeper level or just being heard. If we feel that we are not actually listened to and the statements that we are making are not acknowledged, then it can lead to the blockage of the throat chakra (Ch 5 in section 1), with the inevitable end result of suppression of the deep emotions, frustration, anger and the inevitable failure to communicate properly, freely and sensitively.

Therefore if we introduce a vibrational sound into our bodies that helps to vibrate all cells, not only will it help to harmonise the vibration of the cells, tissues and organs within the body and that of the Universe, but will also help to shake the cells and make it easier for them to release the negative emotions and memories that they may be holding. The exercises for using sound vibrations related to the various parts of the body and the relevant energy centres or the chakras are given in Ch 5 in section 3. Additional exercises using sound to help improve the physiology of the body is given in exercise 5 later.

Taste: The tongue is a muscular and mobile organ in the mouth which plays a very important part in the processes of eating and speaking. Its surface is covered with a thin layer which contains the taste sensitive sensory receptors. Six different tastes are normally perceived by the tongue, the stimulation of all of which in combination leads to the maximal enjoyment of food and the prevention of the occurrence of any food cravings and addictions. These are *sweet, sour, salt, bitter, pungent and astringent*. The front of the tongue perceives sweetness; back, bitterness; sides, the sour taste and the top saltiness. There are only a few receptors for pungent and astringent scattered about the various parts of the tongue.

Sweet includes sugar of course and any foods containing it. But also any carbohydrates, including rice, potatoes, pasta, corn and bread.

Sour includes the obvious things such as vinegar and lemon, but also things like yoghurt, cheese and any other fermented dairy product.

The taste of *salt* does not need any introduction of-course.

Apart from the usual and expected things that taste *bitter*, this taste is also found in things like spinach, broccoli, endives, chicory, lettuce and some other leafy vegetables.

Pungent is the taste of spices such as horseradish, mustard, red and black pepper and other spices.

Astringent is that rather special taste that is found in beans, lentils, chick peas and other pulses.

It is a well known fact that those people who really enjoy their food and pay full attention to its enjoyment rarely have weight problems. The ways to maximise the enjoyment of food and thus minimise the possibility of having food or weight problems is given in exercise 6 later.

When the taste buds are sensitive and you are acutely aware of the food that you are eating and all the wonderful flavours that it incorporates, then you tend to eat a lot less food as the point of satisfaction of the appetite centre in the brain is reached a lot more readily. Chewing your food properly and eating slowly also helps with this process. It has been said that for full digestion you need to chew each mouthful at least 16 times. Even if you don't or can't do that, then make sure that you chew your food thoroughly whilst enjoying all the tastes and flavours that it thus releases.

Those of you who do not pay any attention to your food and the way that you eat, like gobbling it as you hurry around and eat or drink on the hoof, are much more likely to overeat, as the brain does not get a chance to get the eating message through properly and adequately and consequently the threshold level needed for satisfaction and suppression of the appetite centre will be a lot higher. Therefore you will need more intense and prolonged stimulation from the food that you eat which means eating more and developing weight problems. Consequently you need to retrain yourself to pay more attention to the inner messages with regards to eating so that your system can once more get into balance and only eat what you require. The other important point to remember is that it will take at least five to ten minutes from the time that you have finished eating for the messages to get to your appetite centre in the brain. Therefore always wait for that length of time before deciding to take a second helping. As often the feeling immediately after having finished your food is false hunger as the brain has not yet received the communication from your digestive system that in fact you have already eaten adequately. If you still feel hungry after ten to fifteen minutes, by all means have more food as the hunger is obviously real.

Being constantly subjected to sweet, sour and salty tastes, you start developing cravings for foods which are often particularly fattening such as sweets, chocolates, biscuits and junk foods. Then you have more and more of those substances, and that progressively aggravates the cravings and addiction to them. It is therefore not very surprising to find that food manufacturers are so keen to incorporate massive amounts of the basic tastes of sweet, sour and salt which are the most likely ones to lead to cravings and food addictions. What is good for them and their profits is definitely not good for you from the health, well being and emotional stand point. In order to counteract food cravings and addictions, you need to INCORPORATE ALL THE SIX TASTES IN AT LEAST ONE MEAL A DAY, remembering that the addition of pungent such as ground pepper increases the metabolic rate by up to 25%.

Smell: The smell is perceived by a thin and highly sensitive layer on the septum (the dividing wall) of the inside of the nose. Unlike the other senses, the smell sensitive nerves go directly inside the brain and that is probably why responses and reactions to smells is almost instantaneous. The area in the brain that interprets and differentiates the various smells that the nostrils are bombarded with, evolutionarily, is the oldest and the most primitive. This probably partially explains why other mammals in the lower level of evolution such as cats, dogs and other predators have such a very highly developed sense of smell.

Often we respond to levels of smell that are well below that of conscious awareness. Therefore it modifies and alters our behaviour, actions and emotions even without us being aware of it.

The perception of 80% of the flavour of food is because of smell. Bonding and attraction are also influenced through the sense of smell which is mediated through the secretion of special chemicals called pheromones which are specific human smells. Apart from these specific chemicals, the sense of smell can pick up others which may be

related to the stress hormones and others. This is probably why we can pick up a bad atmosphere or disharmony in a group if there had previously been a fight or argument between some of the members. As we improve our sense of smell together with other senses we become more intuitive. Animals are generally very sensitive to smells, like detecting storms and earthquakes well before they happen. Wild animals use the sense of smell to find and stalk their prey. Domestic dogs and cats use it to find their food, mates, and way home. Fish go back to their spawning place by the memory of smell.

Smells can also be used as tools for healing such as their use in aromatherapy. The specific smells and fragrances related to different mind-body types is given in exercise 1 later.

Touch: Skin which is responsible for touch is the largest organ in the body. It weighs approximately 16% of the body weight; about 6-10 pounds. It is a very active organ. It breathes; gets rid of toxins and waste products through the sweating action; is involved with the body's water and temperature regulation and is rich with hormones and immune cells. It has numerous and powerful nervous connection with all parts of the brain, especially those areas which are responsible for the production of chemicals and hormones responsible for the proper functioning of the emotions, glandular and immune systems. Consequently when the skin is touched pleurably a massive shower of these chemicals are released into the blood stream with the resultant profound changes in the physiology of the individual which can lead towards normalisation and healing. One of the most important ones is the growth hormone which helps with the formation of collateral and alternative circulation in the heart in people who have had a coronary attack and myocardial infarction (heart attack). Touch is ten times stronger than verbal or emotional contact in the way of communicating. Touch is a very effective communicator and can create powerful emotions. Minimum daily contacts can produce very powerful effects on the psyche, emotions and in altering the physiology within the body as mentioned earlier. There has been a great deal of research showing that touch is an extremely important aspect of a child's wholesome development. This included premature babies who were being reared in incubators. It was found that those babies who were regularly touched even for short periods, thrived much more than those who were not. Consequently touch and hugs become an important aspect of the adult's nurturing. It has been said that we need four hugs daily for maintenance and at least eight for a sense of well-being. How many hugs or significant nurturing touches have you had during the last week, let alone during the day? It is also important to remember that by hugging with an open heart we can help with the healing of the person we are hugging through their heart chakra. In fact I use this heart-to-heart healing a great deal in my workshops and individual healing. We do not necessarily have to be in direct physical contact for this healing to occur. It can be done with a loving intention and an open heart (ch 12 in Section 3).

However it is *extremely important to ask the permission* of the person whom you are anticipating to touch or hug for if you do not do that your attempt at healing through touch may be misconstrued as a violation of their space particularly if they have still got any unresolved issues around abuse whether it is sexual or physical.

The other extremely important factor to bear in mind is the fact the hug or touch must come from the space of true unconditional love, and there MUST NOT be any sensual or sexual thought associated with it. For if there is, the recipient will detect it and that will destroy any healing content of the action.

An exercise for enhancing the beneficial effects of touch is given in Exercise 7 in this chapter.

It is important to remember that some people have great difficulty with the acts of touching or being touched. This could be through sociological conditionings as in some countries and cultures particularly in the West the act of touching is frowned upon as it is often associated with sexual overtones rather than the sensitive, loving and nurturing sensations that it can impart to the participants in the process.

One of my middle aged clients was once bemoaning the fact that his three sons, who by then were in their early twenties, were very distant, remote and seemed not particularly loving towards him. When I asked him what he had been like with them when they were younger or even now as far as nurturing touch or hugs were concerned, he snapped back at me saying that did I think that he was queer or something to be touching his boys? This typified the peculiar and bizarre view that some people have towards touch. After he took up my advice of being much more nurturing and tactile towards his sons, their relationship changed totally. It transpired eventually that in fact the close nurturing touch was what his sons had always craved for.

The other category of people who may have strong reservations about touch and even find it repulsive are those individuals who have been physically or more specifically sexually abused as children. Having been sexually abused myself as a child by my female nanny, I had found touch of any sort especially by a big buxom woman who represented her, totally repulsive until my late thirties at which time I was able to work through the emotional trouble and cellular encoding of the emotional trauma following which I was once more able to enjoy the nurturing aspects of being touched or touching. As mentioned earlier I cannot get enough of hugs now and in fact I use it as yet another tool for healing in appropriate situations.

Exercise 1 : *Identifying your mind-body types*

- a. Having had a good look at the characteristics of the types mentioned earlier, decide which is the one that describes you best. Remember that you will not necessarily have all the characteristics of just one group. You may actually fall into more than one category. Therefore choose the one with which you have the most similarities.
- a. Having become aware of your type, you can then take the obvious steps to improve your balance and harmony. Additionally you can do the following to improve the situation:

If you are type A:

1. Ensure that you have plenty of sweet, sour and salt in your diet as well as the other 3 tastes of-course.
2. Pay particular attention to adequate fluid intake.
3. Take plenty of exercise.
4. Ensure that you have a reasonable routine with adequate periods of rest, sleep and relaxation.
5. Keep warm and have regular routines.
6. Eat regularly.
7. Have regular baths with aromatic oils and massage if possible
8. The smells and fragrances which help are basil, orange, rose, geranium, and clove.
9. Reduce your stress levels by doing regular Essential Relaxation exercises particularly incorporating calming affirmations

You can incorporate the smells into your life in a number of different ways. You can use the oils in your massage oil or burn them in an aromatherapy burner. You can also burn incense sticks or include the edible ones such as clove in food and rose petals in salads.

If you decide that you are type B:

1. Ensure that your living and working environment is relatively cool.
2. Avoid hot, spicy and stimulating foods.
3. Make sure that you eat regularly and at regular times without skipping meals or snacks.
4. Have relatively more bitter, sweet and astringent foods
5. Try and avoid unpleasant and urban settings as much as possible.
6. Ensure that you enjoy plenty of natural beauty.
7. Exercise regularly in the open air and beautiful settings if possible.
8. Balance your periods of rest and activity and especially the deadlines that you set yourself.
9. Ensure to do your Essential relaxation and off-loading exercises regularly as they would help you to stay in balance.

The smells and fragrances that help this type of personality are mint, sandalwood, cinnamon and jasmine which affect those parts of the brain which control the autonomic nervous system. They can therefore, affect sleep, sexual urges and activities, appetite and temperature regulation.

If you decide that you are type C you will need to do the following to help to stay in balance:

1. Regular and powerful stimulation of all senses and through a variety of experiences is important.
2. Regular and relatively vigorous exercises, but ensuring that you do not over do things.
3. Paying attention to weight control is essential.
4. Keep a close eye on your fluid intake as you are liable to fluid Retention.
5. Ensure that you are in a warm and dry atmosphere.
6. Make sure that you always have a variety of different foods, including the tastes of bitter, pungent and astringent but avoiding sweets. Addition of a little bit of mustard, horse radish or ground pepper can increase the metabolic rate by 25% and thus help with losing weight.
7. Do your regular Essential relaxation exercises incorporating invigorating and energising affirmations.

The smells and fragrances that also help by increasing the metabolic rate are juniper, camphor, eucalyptus and marjoram.

Exercise 2: *Using your body to change your emotional states and moods*

As mentioned earlier, your emotions create a certain reaction in your body. On the other hand, changing the stance of your body will also help to change your emotional states and moods. However, you are so conditioned into getting into specific moods that the whole thing becomes a reflex unconscious action and consequently you will be totally unaware of the ways that your body is acting. In this exercise you will be trying to bring the whole thing into the conscious level so that you will be able to do something about it and change it. But before you can do that, you must first become aware of the sorts of moods and emotions which predominate on a regular basis during the week. To be able to do that you do the following exercise which is in 4 parts:

Part 1: *Identifying your negative moods*

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Think about all the negative emotional states and moods which you feel at least twice during the week.
- f. Do a short Relaxation exercise
- g. Observe if any new insights come into your mind after having done the rainbow light colour meditation
- h. Cancel

Write down in your progress notebook everything that has come up.

Prioritise the list in order of importance and significance of the moods or emotional states.

Now proceed with the following parts:

Part 2: *Identifying the characteristics of the negative mood or emotional state*

- a. Choose a subject in which you are particularly interested or know something about. Such as a hobby.
- b. Stand in front of a mirror and try and speak out loud about it firstly when you are in one of your regular problem moods or negative emotional states, paying particular attention to and observing the following characteristics while you are talking.
- c. The speed, tonality, pitch, loudness and expression of your speech.
- d. Your facial expressions.
- e. Your general posture
- f. The way you move
- g. The kind of gesturing that you make
- h. The way that you breathe
- i. Write down your observations

You repeat this part of the exercise by going through the top 3 negative moods that you have written down recording in detail all the characteristics of the mood or emotional state.

Part 3: *Identifying the positive moods or emotional states that predominate*

- A. Repeat part 1 but this time thinking about the positive states and moods that you get into at least once a week.
- B. Now repeat the steps *in part 2* when you feel really good, positive, enthusiastic, confident, motivated, happy and passionate.

Write down the physical appearances that you have noticed when you are in your positive state.

Now that you have become aware of the state of your body in both the positive and negative moods, you can do something about breaking the negative pattern. You can do this by finding ways of interrupting the negative pattern as soon as you become aware that your body has got into that position. There are a number of ways that you can do this which are mentioned in part 4 below.

Part 4: *Identifying ways of interrupting the negative patterns*

Write down five different ways that you could interrupt the old negative pattern of behaviour or physical state. One or two could be phrases from the positive affirmation which you use in your regular essential relaxation exercises. Others must involve either movement of some part of the body, making a noise such as snapping a finger or clapping

your hands and changing the facial expression such as smiling while saying out loud “yes”. You must of course find the type of noise/movement interrupters that is appropriate to your personality and situations in which you are going to use them.

One of the quickest ways of interrupting the pattern is by changing your breathing and doing a quick Breathing exercise. The other very important way of interrupting the negative patterns of course is to change your body to one of the positive patterns now that you know what they are like.

Other ways of interrupting the negative patterns and enhancing and reinforcing the positive states are further covered in chapters 4 and 6 in this section.

Exercise 3 : *Identifying the steps for the performance of your habits/rituals*

Remember that YOU alone are the creator of your own moods and states. They are NOT random happenings.

Part 1: *Identifying the steps for your habits or rituals*

- A. Write down 5 negative or limiting emotions or states that you feel 2-3 times a week on a regular basis during the week. These may be the same as you identified in the previous exercise. If you want to identify more states, you can always repeat part 1 of the previous exercise.
- B. These negative states of moods could include, anger, frustration, resentment, depression, disappointment, uselessness, tiredness, envy, jealousy, hopelessness, worthlessness, failure, fear, despair, discouragement, procrastination, habits or rituals especially those performed by those suffering from any form of obsessive compulsive disorder or any others that you specifically feel yourself.
- C. Choose the top three negative states and work through them in order by doing what follows. Describe in detail the steps that are involved in creating each specified state i.e. as if you were writing the detailed instructions for getting someone else into exactly the same state. The steps to think about for each negative state should include:
 - a. What do I say to myself?
 - b. What do I do with my body?
 - c. What gestures do I make?
 - d. What are my facial expressions like?(Feel free to look in the mirror for this)
 - e. What pictures do I form in my head?
 - f. How do I breathe?
 - g. How do I move?

- C. Try and see if there are any common patterns or themes running through all the negative and limiting states. Pay particular attention to any specific TRIGGERS especially environmental ones.
- E. What have you learnt about yourself and the negative and limiting moods and states that you CHOOSE to have in your life on a regular basis? Having identified them, it is now up to you to avoid those steps which lead you towards being negative and instead use the steps described in the next part in creating highly motivating and positive moods and emotional states.

Part 2: *Identifying the steps needed for positive characteristics*

A. Write down five POSITIVE and empowering states or moods that you feel or would like to feel at least once a week using the method already described in Part 1 of the exercise. Repeat steps a-g changing the word negative to POSITIVE. These may include, love, tenderness, gentleness, passion, enthusiasm, energy, laughter, generosity, contribution, contentment, relaxation, peacefulness, powerfulness, effectiveness, confidence, success, happiness, joy, sympathy, connectedness, encouragement, motivation, gratitude, humour or anything else that may be specific to you.

B. Ensure that you choose the positive states on a regular basis now that you have learnt how to do it. You can re-enforce the positive in your daily Essential relaxation exercises by turning them into positive affirmations. You can also use one of the exercises given in chapters 4 & 6.

Exercise 4 : *Enhancing health through sight*

Part 1

A. To enhance health

- a. List as fully as possible all the negative images especially those associated with strong negative emotions that you have seen during the previous day, ensuring to record all that you have also seen on television.
- b. Remembering that each and every negative image has a detrimental effect on your physiology and health, consciously try and reduce the negative input. Instead increase all the positive and life enhancing images that you see during the day.
- c. Clear the negative images and emotions by doing more off-loading exercises and some of the other releasing exercises that are mentioned throughout the book including chapters 2 & 3 in this section.
- d. Continue with your Essential Relaxation exercises incorporating loving, nurturing and life-enhancing positive affirmations.

Part 2:

To improve visual acuity and quality of images that you see

You can dramatically improve your sight by doing the following exercises regularly ensuring that you are NOT wearing your glasses or corrective lenses.

A. To improve quality and colour perception

- a. **NEVER look at the sun or any source of light with your eyes open while doing this exercise.** Look at the sun or preferably full spectrum daylight bulb with eyes CLOSED for 15-20 Seconds.
- b. Turn your head away from the light source keeping the eyes closed. Massage the eyeballs gently with the forefingers.
- c. While the eyes remain closed, turn to the light source for another 20 seconds and then away.
- d. Repeat turning towards and away from the light source another two times.
- e. Turn away from the source and while keeping your eyes closed watch and observe if you become aware of any internal lights. This is part of the spectrum of your natural inner light. This may be a single coloured light or many different ones.
- f. Hold your attention in such a way so that you maintain the experience of those colours for at least a minute or two or as long as possible. Allow the colours to change if they want to.
- g. Open your eyes and observe the intensity of the colours of the objects and settings around you. You will find that in time all the colours and lights in your surroundings will become much more acutely, intensely and brightly perceived. This will necessarily improve and enhance your true powers of observing the intensity of the beautiful colours that are around you.
- h. You can of course use the colour/s with which you might have connected in your rainbow visualisation in chapter 1 in section 1 as part of this exercise.

Part 3:

Lens maintenance

This part of the exercise will improve flexibility, pliability and elasticity of the lens which prevents accumulation of fluid and salts and thus cataract formation. These exercises will also improve the visual acuity quite dramatically. As you continue doing them regularly and your vision starts improving, you will find that you will have to update your corrective lenses on a regular basis until you will be able to see without them altogether.

A. FOCUSING

- a. Look and concentrate on an object close to you (six inches or 15 centimetres) for a few seconds and then an object as far away as possible for a few seconds.
- b. Repeat the process fifteen or twenty times.

B. DISTANT READING

- a. Put some written material or text on the wall
- b. Move away to a distance from which you can read it comfortably ensuring that you have not got your corrective lenses on.
- c. Move slightly further back every day from the original position while reading the same text. If you do it slowly and gently enough you will find that over a period you will even be able to read it from the end of the room.

C. CLOSE READING

- a. Using the same text read it at a comfortable distance.
- b. Read it at closer and closer distances daily until you can read it from the end of your nose.

Doing these exercises will improve your range of vision dramatically and therefore the quality of vision. Do at least once a day as each one normally takes about 15-30 seconds. Then the whole thing should not take longer than five minutes. Therefore there is no reason why you should not do these exercises if you are after sight improvement.

D. IMPROVING INTUITIVE SKILLS AND MEMORY

Exercises for improving intuitive, psychic and telepathic skills as well as improving learning ability, attention span, memory and concentration and accessing information from different parts of the brain has already been given in chapter 9 in section 1.

Exercise 5: *To use sound of your voice to institute change*

Although this exercise is given in two parts, they are not interlinked and can easily be done independently of each other. Therefore you decide as to which one appeals to you most and start with that one first.

Part 1: *Humming Exercise*

Details of this fun and effective exercise are given in chapter 3 in section 1 which you can obviously continue doing. However, if you have stopped doing it or never tried it, now is an excellent time to re-acquaint yourself with it again.

Part 2: *Chanting Exercise*

The importance of expressing various sounds as part of releasing emotions has already been expressed in the early part of this chapter. However it is important to realise that the whole of the universe is a state of energy in constant vibrational motion, the end result of which is the creation of sound. Therefore the whole universe is a form of sound which

is now being recorded by some ultra-sensitive and specialised instruments, especially since each planet seems to have its own specific vibrational frequency and sound.

Singing and chanting can help to synchronise our vibrational rhythms with that of the universe of which we are a part and extension. More importantly, they can enable us to get to the depths of our psyche and the source of our wounds and distress and thus enable us to release them. At times the act of chanting can be by far the most important way of accessing those areas where no other technique can achieve quite as effectively. Therefore the vibration of the sound created by chanting can get into the depths of the hurts and wounds embedded deep within the nucleus of the cells and thus help the individual to release and let go of them powerfully and thence allow the space so left behind to get truly healed and to be filled with love, peace and tranquillity. It can therefore lead to the alteration of the mood from being a depressed and negative one to a highly positive and energised one. This aspect is particularly powerful if performed in groups.

Chanting is the art of singing the same word or phrase repeatedly and altering the pitch and tonality of the voice while doing it. You can start doing it yourself by making any repetitive sounds that come up for you including the word “ohm”. (Exercise 1 in ch 5 in section 1) You can also use the vowel sounds of the chakras as indicated and fully described in exercise 1 in chapter 5 in section 1.

You perform chanting in the following way

- a. You can either do it in a sitting down or standing up position whichever you find more comfortable. You can also do it with your eyes open or closed but you will find that the process will become a lot more powerful if you keep your eyes closed
- b. Take a few deep breaths in and out
- c. Root
- d. Scan
- e. Sing or make the sound of the words or phrases that you have chosen. Probably one of the easiest ones to start with is just repeating the word ‘ohm’. As you do this, try and alter both the pitch, tonality and loudness to try and judge the different effects that they create within you. There are of-course numerous mantras and phrases described in various books which you can use.
- f. Continue for as long as you wish or feels comfortable.
- g. Cancel.

You may need to cancel repeatedly as you can go into a deep state of altered consciousness by doing a prolonged session of chanting.

Sit quietly for a few minutes taking note of the enjoyable experience that you will have had. Write it all down in detail in your progress notebook. If by any chance you had got in touch with any deep emotions or memories, hopefully you would have released and let go of them during the chanting. But if you still feel or think that there is some residual

emotion or memory knocking about, use the off-loading exercises freely. (ch3 in section 1 and ch2 in this section)

Some people who have never done any form of chanting, may prefer to attend a group meeting to learn how to do it. This particularly applies to those who want to follow a specific type of discipline such as Buddhist chanting. Apart from these specialised form of chanting, the whole process is really very simple and what I have described in exercise 1 in chapter 5 in section 1 and the earlier part of this exercise should get you going quite easily as the majority of people prefer to chant on their own if for nothing else, the pure convenience of being able to do it whenever they feel like it.

Exercise 6 : *To maximise the enjoyment of food and reduce weight problems*

If people enjoy their food, they don't normally get weight problems. If you follow the following techniques it will be unlikely that you will have food cravings, addictions or weight problems. It is also an excellent idea for you to bless your food before you start eating it so that its effective energy levels would be enhanced (Ch 13 IN Section 1).

To maximise enjoyment of food:

1. Whenever you eat or drink anything ensure that you sit down.
2. Make sure that you chew each mouthful thoroughly and NEVER gulp your food down.
3. Enjoy the experience to get the most out of it including dwelling on all the various TASTES AND flavours.
4. Don't do anything else including listening to music or the radio or especially watching the bad news on television.
5. Eat when stomach is empty, i.e. no remnant of previous meal is present. It normally takes between 2-4 hours for the partly digested food to leave the stomach. It can be faster in type A and slower in type C. Feel your stomach and you will know. The level of your true hunger is also a good indication of when you should have your next meal.
6. Do not put anything in the mouth until the previous bite has gone into the stomach. You should not speak while food is in the mouth.

These will improve your enjoyment of the food that you are eating and reduce the threshold level at which the appetite centre in the brain will be satisfied. Consequently you will need a lot less food before you feel full. Ensure that you wait between 5-10 minutes before you try another helping because it normally takes that long for the brain to receive the message from the gut that you have already eaten adequately.

Exercise 7 : *Enhancing your health through touch*

As mentioned earlier in this chapter touch can be a powerful health promoting sensation. Therefore massage whether given by a qualified therapist or yourself on a regular basis can be of tremendous value to your state of health and sense of well being.

Massage yourself with oils to which you can add the essential essences appropriate to your body type. You can use rape seed, olive or sesame oil. The latter is particularly beneficial as it is easily absorbed through the skin and with its powerful antibacterial and antifungal properties it can help clear infections if they are present or prevent them occurring. Regular use of sesame oil in between the groin prevents “athletes crutch” and between the toes “athletes foot”. The only snag with sesame oil is that it tend to have rather a strong smell especially when used all over the body. In that situation it can be overpowering and some people do not like it.

How do I massage myself?

1. Using your chosen oil you start massaging yourself gently from head to foot before you have a shower. You can either give yourself a full massage which is rather time consuming. However, if you decide to do this, it would probably be best to start from your feet and work upwards. But if you decide to do the shortened version by just massaging the areas over your chakras, it is best to start by doing from the second chakra just below your belly button and working upwards to your third eye. Some people do not like doing the crown as that can mess up their hair arrangement. That is perfectly alright if you do not do it. But either way, finish off by doing a quick massage over the second chakra once more. Massaging specific areas can have additional beneficial effects and they are described below.
2. Massaging the chakra points (chapter 5 in section 1) will help with their stimulation and cleansing.
3. Massaging the third eye will help with its opening and improvement of intuition, psychic and telepathic abilities. This action will also help with producing a state of relaxation.
4. Massaging over the heart area is particularly important for those who have had a heart attack, as it will help with the opening of additional collateral circulation to bypass the damaged areas. It will also help to produce a state of calmness.
5. Massaging over the solar plexus will help to reduce appetite and food cravings.

You can of-course have aromatherapy massage from a qualified practitioner especially if you have underlying illness. Further reference to the effectiveness of massage are made in chapter 14 in section 1 and will therefore not be repeated here again.

Homework :

1. Do the above exercises as often as is appropriate to your particular situation and needs.
2. Continue doing your daily Essential Relaxation exercises incorporating the positive nurturing and loving states as affirmations.

3. Continue with the Breathing exercises frequently to top up your relaxation and positive moods throughout the day
4. Continue with your off-loading exercises as appropriate



Chapter 6

Empower your day

“The quality of life is the quality of the emotional states and moods in which we live”. Kai Kermani

I wonder what sorts of thoughts grace your mind when you first get up in the morning? Are they the same as most people such as ‘Why do I have to go to work?’; ‘How can I cope with all my household chores?’; ‘How can I juggle my housework, family and job?’; ‘How awful/hot or cold the weather is?’ and a myriad of other negative ones ad infinitum? As I am sure you are aware these are totally non-productive and negative thought and emotional patterns and questions which will guide your day and your emotional states towards negativity, unproductivity and bad moods. The quality of life is the quality of the emotional states and moods in which we live. therefore, in order to empower your days and make yourself feel really good, positive, enthusiastic, motivated and passionate, you need to change the thought patterns and the questions that you will ask yourself.

The way that you feel determines how you behave. Consequently you can change how you feel by altering what your *mind focuses* on. If you focus on the bad and the negative, then that is the way that you will feel, behave and what you will attract back towards you from the Universe. On the contrary, if you only focus on the good and the positive, then that is the way that you will feel, behave and what the Universe will provide for you in great abundance. **The choice is entirely yours!** Therefore, you can either concentrate on the negative ways of life to make yourself unhappy and miserable, or on its positive aspects to make yourself feel happy and content. These may be stating the obvious but unfortunately so many of us lose track of them in the hurly burly of daily living.

This does not necessarily mean that you must ignore the contents of the dreams that you may have had during the night before or any thoughts or emotions that may be related to them. On the contrary, you must pay full attention to them and record the salient points related to them in your progress notebook for using them as basis for your homework later on in the day or the earliest opportunity that you may get in order to deal with and release them. What I am referring to here are the sorts of thoughts that are related to the forthcoming day rather than what may have come up as a past experience. Of course at times it may be difficult to differentiate between the two. Even in these situations you should be able to break the debilitating negative patterns by doing the exercise that will follow later as well as doing your regular Essential relaxation exercises and some of the other techniques which have already been well described and enumerated throughout this book.

I am sure that you fully realise by now that the old, rigid and negative patterns are responsible for the negative or pessimistic view of life that you may carry with you throughout the day. By learning to break the cycle and changing your thought patterns you should be able to change the outcome of the sort of day that you may be having.

Darren was a young man who always used to wake with foreboding thoughts of what could possibly go wrong throughout the day! With that sort of mental attitude, it was hardly surprising that invariably things did go very badly wrong for him. As mentioned before, the more negative thoughts, energy and vibrations you put out, the more of the same you will get back in return.

After working with me for a few weeks and going through a great many of the exercises which I have already discussed in this book, he found the exercise given at the end of this chapter the most effective in enabling him to remain positive, optimistic, enthusiastic and empowered most of the time. Instead of getting up to the thoughts of dreading the forthcoming day, he would really look forward to it with eager anticipation; a mental and emotional attitude which started attracting good things into his life in total contrast to what had been happening before.

Do remember that by choosing your thoughts, emotional states and moods, you automatically choose not only the sort of day that you may have, but the whole of your future.

Exercise: *To empower your day*

Remember that YOU can CHOOSE to start each day feeling totally positive and empowered.

In order for you to feel at your optimum at all levels, you have to first identify what emotional states, moods or thoughts you would like to imbue your entire day with. In order to do that, you do the following:

Part 1: *Identifying the positive emotions which you want to predominate your day*

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do the Breathing exercise
- e. Ask the question as to what positive moods or emotional states you wish to predominate your day and by implication your life? They **must be positive, life enhancing and empowering**, and associated with strong positive emotions even if you do not feel them immediately. They should not be like one of the questions that one of my clients asked: 'How can I stop being a failure?' Firstly this is a totally negative question and secondly the only possible emotion associated with it would be a negative one. Some examples of positive and

- empowering questions and statements are given at the end. They can of course include some of your own positive affirmations.
- f. Do a short healing light rainbow meditation exercise.
 - g. Cancel.
 - h. Observe what questions, thoughts or emotional states may have come up and jot them down in your progress notebook.

Having done this exercise, you can then go onto the next part.

Part 2 :

Having chosen at least three to five positive, empowering and life enhancing emotional states, now proceed as follows:

Try and answer the following two questions under the heading of each of the positive states which you have chosen.

1. What aspect of the state that you have chosen makes you really happy, grateful, proud etc?
2. How does thinking about the chosen state make you feel?
3. Having asked the questions in 1 & 2, now try and feel the chosen emotion as strongly as possible. Even if you find that that particular state is not an easy one to emulate, because of your current circumstances, Try and imagine a time when you really felt like that.

This is one example of what I mean by 1,2 and 3. For instance, if one of the moods which you have chosen to feel consistently through the day is 'happiness', you should ask the following questions:

- a. What does it really take for me to be truly happy?
- b. What aspects of my life help to make me really happy?
- c. Having answered the above two questions, then try and feel what it is really like to be happy or was like at one time when you were truly happy.

You then repeat the above three points for every other state that you have chosen , entering your replies in your progress notebook.

Part 3:

Once you have chosen your five positive and empowering states, think of them first thing in the morning when you wake up or while you are getting on with your morning chores such as showering, shaving, putting on make up and so on. While you are thinking about them, ask the two questions given in part two and try and give two quick different answers while trying to feel the positive emotion associated with each of the states or moods as deeply and as strongly as possible.

NB You may find that as you think about the positive statements and ask the questions daily, others which seem even more important in maintaining your state of well-being may come up. Feel free to exchange them for some of the original ones, as *flexibility* is an essential part of change, transformation and empowerment. (Ch6 in section 1 and Ch 2 in this section)

The following are a few examples of what people have chosen. But it is very important for you to choose the positive thoughts, emotional states or moods which are specifically relevant to you in order to make you feel phenomenally good, positive and empowered throughout your day and consequently your life.

- What makes me feel really happy in my life?
- What makes me really excited in my life right now or has done in the past?
- What am I really grateful for in my life right now?
- What am I really proud of in my life?
- Who do I love most in my life?
- How do I know that I am really loved?
- What makes me feel really passionate right now in my life or has done in the past?
- What makes me feel really enthusiastic in my life?
- What makes me feel really successful in my life right now or has done in the past?
- What makes me feel really energetic and vital in my life?
- What makes me laugh?
- What makes me feel really optimistic in my life?

Hopefully by doing this exercise on a daily basis, and especially incorporating the positive statements as affirmations in your daily Essential Relaxation exercises, you will find that you will no longer dwell on the negative and non-productive emotional states or moods and you will continue to think of the positive ones only and as a result totally change and empower not only your day, but also your life.

Homework :

1. Do the above exercise daily.
2. Incorporate the positive statements as affirmations into your daily Essential Relaxation exercises so that not only do you use them first thing in the morning, but also every time you do your relaxation exercises.
3. Continue with your frequent Breathing exercise in order to keep relaxed and positive throughout the day.
4. **Continue with the off-loading exercises as appropriate.**

Chapter 7

Define your destiny

In order to be healthy and happy you must be able to cope with change which is the essence of everything, everyone, life and the Universe with equanimity and be clear about what you really value and by how much. Kai Kermani

Have you ever undertaken a trip without having the faintest idea about your final destination? Why do you then do that with the greatest journey and adventure which is your life? If you have no definite plans or signposts as to where you want to end up, all that you will do is drift around aimlessly and wonder why you are not achieving anything of significance or getting anywhere fast! Is that really not surprising under the circumstances in which you find yourself? The mechanics of how you get there will be discussed later in chapters 9 and 10. Here you will be concentrating on defining your destiny and putting down the building blocks for you to be able to build on later.

Although I strongly believe that we need to have a direction and destination in our lives, it is very important that the final destination should not be our only aim. For life is a process and truly a relatively short journey when considered in the context of the expanse of the universal time. Irrespective of its duration, it still needs to be fully enjoyed all the way. It should also be a continuous learning curve so that hopefully by the end of it you would have learnt at least some of the lessons which would have been part of your life purpose for which your soul took the trouble to incarnate in the first place. It is obvious that the more lessons you learn in each incarnated lifetime, the less you will need to learn in the future ones and thus hopefully cut down on the number of incarnations with the ultimate joy of your soul joining the Godhead (Chapter 11 in Section 1) sooner rather than later. If you merely concentrate in a blinkered way on the final goal and not look at the beautiful and enriching scenery and settings en route, or consider all the steps along the way which should be part of the fun and the way that the final outcome is gloriously achieved, then you will surely be setting yourself up for utter disappointment. For as mentioned before, everything including your perceived destination in life is impermanent and in a state of total flux and change. Therefore if you have not paid attention to the route of your journey and got all that you needed to have got out of it, then when you get to your pre-determined destination, you will probably ask yourself the question 'Is this all that I strived for all my life?' However, if you develop the correct and proper mental attitude of enjoying the journey and that any goal or destination that you have set yourself at any particular time in your life, are only stepping stones towards better, more enlightening and wonderful aspects of your life, which are constantly changing, you will then never be disappointed. On the contrary, you will probably remain in a constant state of excitement, exhilaration and expectation as the route for this amazing journey continue to unfold and riches way beyond your wildest expectations start manifesting for you.

I feel very strongly that in defining your life, you should first consider and evaluate your highest values. For unless we know what our highest principles and values are, then the goals and destinations that we may set ourselves may be incongruent and in a state of conflict. Furthermore, if that happens to be the case, then you will be unable to connect with your greatest potential. This particularly occurs if you have not identified or even become aware of the negative values and belief systems (Chapter 10 in Section 1) that you have inbuilt through the years of sociological, parental, educational or peer conditioning. If that happens to be the case, then no matter how lofty or brilliant your goals may be and however hard you might try, you will never be able to achieve them with that sense of joyous fulfilment and deep gratifying satisfaction. If you manage to identify and vanquish your negative values and belief system, then you will be able to move forwards easily, powerfully and successfully as you will start concentrating and focussing on your highest positive values which will help to shape your destiny towards the ideal that you wish it to be. If you change your values you are bound to change your personality, perception of life and your destiny. However, it is important to realise that the values that you decide to choose to govern your life are closely interlinked with your belief systems (Chapter 10 in Section 1). If you believe deep down that you are an unworthy individual and basically no good for whatever reason, then the values that you will set yourself are bound to be of little value and fall short and be well below the level of your full potential. On the other hand, if you think highly of yourself, then you are much more likely to set yourself much higher and more worthy values and goals. Therefore, it is very important that you work through your negative belief systems about yourself and your abilities through the exercises already given in this book and especially in chapter 10 in Section 1.

You must guard yourself against developing a rigid attitude towards your values and setting them in permanent tablets of stone. They should be considered as impermanent and changeable as the rest of your life. They are bound to change for the better over a period of time as you progressively gain more knowledge, experience and wisdom and you must constantly be on the look out for that.

In order to be healthy and happy you must be able to cope with change which is the essence of everything, everyone, life and the Universe with equanimity and be clear about what you really value and by how much. Unless you do that you will never find fulfilment, joy and inner contentment, peace and stillness especially in the face of the hurricane of adversity.

In order to be able to design a fulfilling, magical and truly deserving and unique destiny, you must firstly find what you value and only thereafter what you want and how much you want it, ensuring that the two are congruent and in total harmony with regards to what life has got to offer you.

Despite changing values, the behaviour patterns can remain fixed and rigid and as a consequence you can easily lose the sight of your major values and allow the lesser ones to replace them as they seem to suit your old behaviour patterns more easily. Therefore instead of moving on towards your highest values and thus gain the fulfilment and the joy

inherent in it, you may settle for the lesser ones with the ensuing dissatisfaction and loss of direction. The alteration and change in value can sometimes be slow and at other times remarkably fast depending on the circumstances. However, if you regularly ask why you value someone or something, that will automatically enhance its value. Furthermore, if you regularly examine and re-examine your values, it will give you additional tools for you to be able to get an idea of your purpose in this life.

Setting, identifying and evaluating values is a highly individualistic process and you will be guided later in an exercise to do that for yourself. However, I believe that the highest values and ideals should include universal and global values of good, altruistic characteristics, and paying particular attention to the environment, other human beings on the planet as well as all other living things including plants and animals.

Even if you become fully aware of the high values that you wish to pursue in life, the route towards achieving them can be fraught with problems depending on your feelings and beliefs that you hold on the subjects of rejection, failure and success. These aspects are already covered in detail in Chapter 2 in this section and hopefully by having done the relevant exercises, you have managed to release them by now.

Having decided what your current highest values and ideals might be, you may still have problems getting there especially if you choose a difficult and circuitous route or set yourself up for failure. In order to achieve them just like transforming your life into becoming a total success, you have to choose easy steps towards your eventual aim so that you can achieve them easily and then moving on to even greater ones. Some people say that if I make the route easy, then that is cheating as they believe in the old and totally discredited and to be discarded motto of ‘no pain, no gain’. For instance, if you believe that in order to achieve and get in touch with your highest values and ideals, you must suffer years of deprivation and suffering before you get there, or that your highest ideals will be achieved only if you make a fortune in financial terms, then you are putting such difficult obstacles in your way that will ensure that you will either not achieve it or even if you do be disappointed with the end result. However, if on the other hand you decide that you will reach your highest values by doing daily Essential Relaxation exercises and being at peace with yourself, then those are relatively easy steps to take towards achieving what you desire.

Exercise : *to identify your highest values and ideals*

- a. Get into a meditative position
- b. Route
- c. Scan
- d. Do a quick Breathing exercise
- e. Think about your highest values and ask the question as to what they should be? They should include personal, physical, mental, emotional, spiritual, financial, social, environmental issues and those around relationships, job, career, vocation or anything else specific to you.
- f. Do the Healing light colour meditation exercise

- g. Consider and observe whatever may have come up in reply to your question
- h. Cancel

Sit quietly for a few more minutes and see if any other issues or insights will come up. Write them all down in your progress note book as they will be used later in Chapter 9.

It is important to have an open mind and be vigilant about any further insights that may come up during the ensuing days or even weeks while doing your Essential Relaxation exercises, at odd times during the day or even in your dreams. For once you have thought about the issues and put the question to the Universe in the above exercise, you may find that all sorts of other ideas may percolate through over time. Do jot any new thoughts down in your notebook so that you will have a full list by the time you get to chapter 9 in this section.

Homework:

1. Do the exercise given earlier at least once or as many times as seems appropriate.
2. Continue with the 'empower your day' exercise
3. Continue with your regular daily Essential Relaxation exercises
4. Continue with the frequent Breathing exercises to keep to topped up with relaxation throughout the day
5. Continue with the offloading exercises as appropriate



Chapter 8

Dissatisfaction to glory

What do you normally do when you come across a particular aspect of your life with which you are dissatisfied? I venture to say that you probably moan about it, get disheartened and allow yourself to become despondent and depressed. This will automatically lead to a defeatist attitude and add to the reservoir of feelings of worthlessness and low self-image -esteem. This would probably also lead you to ask totally negative and dis-empowering questions, which may include ‘ Why do I always attract bad things towards me?’ or ‘Why does everything always go wrong in my life?’; or ‘Why is it that good things never happen in my life?’

If you ask these sorts of questions and have the negative mental attitude that makes you feel dragged down even by the smallest event with which you are dissatisfied, then it is not surprising that you only attract the negative or unsatisfactory situations into your life. The old adage the ‘we reap what we sow’ is definitely very true here.

Unlike the two poles of a magnet in which the opposites attract, in personal, sociological, environmental and energy field in general, you will attract what you put out energetically. Therefore if you put out positive vibes into the space around you which in any event is an extension of the universal space, then that is precisely what you will attract back towards you and your life will become wonderfully enriched. By the same token if you feel negative and fill your aura(ch5 in section 1) with negative baggage, then you will definitely attract negativity in all its manifestations into your life and it will take a downward slope and become unpleasant and even unbearable to live.

It is ,therefore, very important to develop the mental attitude that uses any areas of dissatisfaction in your life to motivate you and use it as fuel for the rocket to propel your life into much higher and better orbits which will match your highest values and potential. Thus you will be able to lead the sort of exciting, satisfying and joyful life that you genuinely want to live. Therefore in order to get in touch with that enormous reservoir of fuel which could propel you into the highest possible orbit of blissful fulfilment, contentment and satisfaction, you will need to identify all those areas in your life with which you are dissatisfied. This includes physical, emotional, mental, intellectual, spiritual, social, personal, sexual, environmental , relationships, jobs and career or any other issues which may be specific to you and your situation. Once you have done that, then you can acknowledged and honour them knowing that they could help to act as powerful starting point for making that important shift to transform life by setting amazing goals which you will instinctively KNOW that you will be able to achieve by totally transforming your life to be of absolute success at all levels; something which will be discussed in greater detail in the next chapter. For now you can concentrate on identifying the areas in which you feel dissatisfied by doing the following exercise:

Exercise : *Identifying the areas of dissatisfaction in your life*

- a. Sit quietly in a comfortable chair or in a meditative position
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Ask the question as to what aspects of your life you are dissatisfied with including every aspect which has already been mentioned earlier in this chapter
- f. Do the Healing light rainbow meditation exercise concentrating on the question/s which you have asked
- G. Observe closely the answers which will come up. Be totally open and honest with yourself
- h. Cancel, open your eyes and write down in your progress notebook whatever may have come up irrespective of how small, silly or big and significant they may seem
- I. Over the next few days keep an eye on additional things that may come up either during further Essential Relaxation exercises, your daily routine or dreams. Be totally open and observant about all that may be coming up
- j. Add them all to your original list
- k. Read them carefully and then go on to doing the exercise in the next chapter (9)

Homework:

1. Do the above exercise and Keep good notes
2. Continue doing regular Essential Relaxation exercises
3. Continue doing the frequent Breathing exercises to keep yourself topped up throughout the day
4. Do any of the exercises in previous chapters which may be relevant to your life situation at the moment
5. Continue with off-loading exercises as appropriate

Exercise : Identifying the areas of dissatisfaction in your life
Chapter 9

Set your goals for a perfect life

“The future belongs to those who believe in the beauty of their dreams”. E.Roosevelt

I wonder if up to now you have been one of those many people who have allowed yourself to just drift aimlessly on the turbulent ocean of life? Unfortunately it is far too common a pattern for people to allow things to happen to them and just drift downstream by the tide of the river, and be blown about by the storm of circumstances, rather than taking responsibility and becoming the captain of the vessel of their lives and navigate it through the rocks and obstacles towards the promised land of a beautiful, exciting, exhilarating, harmonious, joyful, successful and blissfully contented one?

It is a well known fact that at times the circumstances and situations that we have chosen to experience in this life time can be truly awesome and apparently out of our control, just like my home burning down in 1999 as well as having been blinded a few years previously.

I had been away on holiday with the blind club in a lovely resort on the east coast of Essex in England. Two evenings before returning home, I had a very disturbing dream in which my mother who is in the spirit world was ransacking my study despite my strongest protestations. A telephone call to my sister the next day confirmed that there had been a ‘small’ fire in my study and that everything was under control!

I had not expected such devastation when I returned. The fire which had started in my study had gutted most of the house and destroyed all the mementos of my past including letters, photos , my precious collection of books consisting of first or early editions of all the major authors in leather-bound and gold embossed copies, but most importantly all my work, years of research and everything that was on the computer. Staggeringly the original manuscript of my poetry book had actually survived in the centre of the inferno! Fascinatingly, the only room which had also survived intact with only very minor soot damage was my healing room!

Apparently the fire had started as a result of lightening striking the computer plug despite my installing anti-surge plugs. My cleaner had apparently just finished work and was just doing a final check upstairs to ensure that no cats were trapped in the rooms. When she opened the study door, she found it ablaze. If it had started a few minutes later , then even the structure and skeleton of the house would have also been destroyed and according to the firemen, there would not have been a house left in which to extinguish the fire. I was really grateful that no one, including my cats, had been injured. Obviously the dream or more appropriately my nightmare on the night of the fire was my unconscious or intuitive sense telling me that there was something seriously amiss in my home.

Despite the shock of the devastation that greeted me on my return from holiday, I managed to keep and remain in my centre of peace and equanimity while trying to deal with its aftermath. I was left with all that I had taken away in a small suitcase on holiday. My very loving sister and her family put me up and supported me graciously during the months that it took for the house to be rebuilt. As she put it wryly once, I would have never spent over sixty grand plus to redecorate my house!

Instead of worrying and grieving over all the material things that I had lost, I looked at it as a cleansing process. I had worked for years on my internal processes and cleared my unconscious of a great deal of its clutter. However, I had failed to do the same with my home and the living environment. The fire had done that for me and cleansed my space, following which the whole energy of my house and working environment changed completely to a much lighter and higher one. The whole process also provided me with a clear canvas for me to start setting completely newer and loftier goals. This story perfectly demonstrates the importance of the *meaning and significance* which we give to any circumstances or suffering which befalls us during our lives. I could have easily fallen into the trap of mourning my losses and get very negative and despondent about life. But instead I rose above it and used it as a spring board to achieve even more without allowing it to disrupt my inner peace, tranquillity and equanimity.

It is true that we have chosen at a soul level the lessons that we like to learn during this lifetime. But it is also very important to realise that we have also been given the *wonderful gift of being able to make choices*, learn our lessons rapidly, move on and experience successful, gratifying and joyful aspects of those lessons and experiences. We certainly have NOT contracted to exercise our choices and remain in the doldrums of stagnation and negativity for long periods. Therefore it is essential that we exercise our options of moving through the negative patches as rapidly and smoothly as possible, so that we can then move on to the next phase of our lives. The lesson from any particular situation or circumstance is the same irrespective of how long we spend learning it. You certainly will not get any extra Brownie points or gold stars the longer you spend staying in the process of learning the lessons. The only thing that you will definitely accrue is longer periods of unnecessary pain and suffering. Therefore, *the choice is yours*. You can either take responsibility for your actions and the situation in which you find yourself and move on quickly and speedily, or you can continue indulging yourself in the sadness, misery and the negative situation in which you find yourself. **The choice is plainly and absolutely YOURS.**

Once you have decided that you have had enough of where you are and would like to move on to a better space and a really successful life rich in all its aspects, then you will need to form a plan to be able to achieve it. If you do not have a set of clearly defined goals to put to the Universe, it would be like going into a restaurant, looking at the menu and expecting the waiter to provide you with a delicious meal without actually telling him/her what you actually want. Is that a realistic expectation?

For unless you have a definite structure or plan, then your unconscious in conjunction and connection with the immense Universal energy force will not be able to do anything

about it. Without the specific goals, it will be a bit like swimming in quicksand for your unconscious. Putting it differently, unless your unconscious can see a light at the end of the tunnel, it will not be able to guide you towards it, and you will continue to drift or grope around in the dark aimlessly.

You can start on the process of transformation towards achieving whatever you want at any level or aspect of your life by setting goals for your future. How you can actually manifest these goals, ambitions and aspirations will be discussed in the next chapter. (Ch 10) In this one, I am primarily interested in your identifying what your needs, hopes and aspirations are and then learning to set achievable and inspirational goals.

The most important thing to realise is that if your goals are specific and clear enough, then the Universe will support you in manifesting them. Therefore, **clarity** of purpose is an essential ingredient. Furthermore, it is also extremely important for your goals to be congruent and in total harmony with your highest values as detailed in chapter 7 in this section. Taking action via **small steps** is also an imperative and inherent part of the process of achieving the goals that you have set. For if you try and take one or two giant steps rather than many small ones your mind may find the whole process too daunting and overwhelming and will consequently sabotage your attempts. Finally, in order for you to be able to achieve your goals rapidly, smoothly and successfully, you must have so much **faith and belief** in them that you will be able to sense and feel as deeply as possible emotionally as to what it would be like when you have actually achieved them. In fact you must **feel them so strongly** that you will feel as if they have already happened and you have achieved them.

When setting goals, one of the most important areas in which people have difficulty is the question of wealth and making money. This particularly applies to healers and many other people involved in the caring professions who consider their jobs as vocations rather than a mere profession from which they earn a living. In my experience however, I have found that the spiritual healers are by far the worst culprits in this respect. An enormous numbers of them who do remarkably good jobs, have a tremendous inbuilt reticence towards acceptance of money. This does not mean just charging for their skills, love, care and compassion that they are offered a reasonable recompense, but they often seem to be content with just a meagre token offering and anything more than that seems to throw them well beyond the level of their comfort zone. Many actually consider money a dirty object and that its acceptance will somehow detract from the value of the spiritual healing that they offer. Many also feel, quite wrongly I believe, that an exchange of a reasonable sum of money for their gifts will detract from the value of the divine energy which they are channelling.

The reason behind these attitudes are numerous and very complex and obviously are dependent on each individual. However, my impression over the years has been that the common thread running through most of them has to do with their deep feelings about themselves; their lack of self-worth, low self-image and inability to validate themselves properly. After all, the vast majority of people who go into any of the caring professions including medicine and healing in its broadest sense and even teaching are those people

who genuinely want to help others compassionately and through the medium of care, love and teaching. This intense desire to help others often stems from the basic need to 'rescue' others because of their own old wounds, hurts and needs which may have placed them in the 'victim triangle'. (Ch 1 in this section). Therefore, the help offered is often from the point of view of weakness and neediness rather than strength and the inherent unconditional love.

When I myself got involved in the healing work many years ago, I was just as guilty of it as anyone else. Initially when I started working with those with HIV and AIDS in the early eighties, I did not use to charge for my services, as I felt that I was really being altruistic and that I should not charge for my god given gift of healing. However, I realised after a while that by not charging I was not validating and valuing myself and my own gifts and as a result a great many of the people coming to me did not really appreciate what was happening either, although they got enormous benefits from their sessions. They took the whole thing for granted and often abused the set up by such things as not turning up for appointments without prior notice of cancellations, despite knowing about my long waiting list and that others were desperate for those empty slots.

It was only after I had worked on myself extensively and healed my own past wounds and hurts and as a consequence acknowledged my own worthiness that I was able to see what I was doing and the real reason behind my inability to be able to accept money for my services. Interestingly, since I started charging a fair and reasonable price, not only the level of appreciation of those attending altered, but also the actual quality of work and the energy coming through me also improved dramatically. I still charge far below the going rate especially with the special concessionary rates to those who cannot afford payment. But the difference now is that I am aware of my own true motives and am doing it from the stand point of strength and genuine unconditional love rather than the weakness and neediness. After all, *money is only a different form of energy* and its exchange is essential for the proper interaction between the people exchanging it. If I offer my skills and Divine energy to someone who is going to benefit greatly from it, why should they not exchange that with a fair amount of energy of money or other gifts in return? You certainly would not expect a plumber or electrician or any other form of trader to offer you their skills for NO Recompense, would you? So why should receive healing energy from a skilled practitioner who could save your life be any different?

The other important issue which often colours people's perception of *wealth* is the *definition that they have attached to it*. If you associate money and wealth with greed and selfishness, then it is not unreasonable that as a fair minded person you would not wish to be associated with it. On the other hand if you think of having money and wealth as a wonderful means of helping and making others and yourself ecstatically happy, then you are much more likely to want it. Furthermore, unless you have financial security, then you will probably be constantly worrying and being stressed with the possible precarious state of your financial affairs. If that is the case, then you are unlikely to be able to give your full attention to giving all of your unconditional attention to your clients. You will also be unable to offer free service to those who really need it or be in a fortunate position of giving abundantly to those who might be in desperate need through

charity work. I have found the description of wealth given by Tony Robbins truly gratifying and I am sure that many of you will also find it a very useful working definition which should help you enormously, especially if you have problems with money and accumulating wealth. He says that “**Wealth is living every day in an attitude of gratitude**”.

I am assuming that you have been doing the various exercises in the many sections of this book to banish the negative emotions, behavioural patterns and cellular memory encodings to the dustbin of history. Furthermore, that you are able to get to that deep well of stillness, peace and tranquillity within yourself at will, just like you will be able to empower yourself to get into powerful states and positive emotions instantly. For although it is possible to set goals when you are not in a particularly good mood, being in a state of exuberant excitement and a positive and passionately enthusiastic state will certainly help for you to set better and much more enriching and wealth and success oriented ones.

Goals must be clear, specific, positive and empowering and in harmony with your highest values and ideals. These are extremely important as the goals have immense value in defining your destiny. Many highly successful people regularly set goals for themselves as they are aware of its immense powers. The goals do not necessarily have to be materialistic, they can also include non-materialistic ones which are dependant on your feelings of worthiness, well-being and spirituality. The extra-ordinary power of goal setting lies in the fact that by thinking about them, your thought processes actually become the creator of your destiny especially since after writing them in detail they are concretised both in your unconscious and conscious as well as the Universe. It puts out the message that you are not totally satisfied with your life as it is and therefore you are determined to move on to better things in all aspects and levels. Therefore it is imperative that you do NOT treat this process light heartedly, honour it and give it the ultimate respect that it deserves. By so doing and taking the process with utmost seriousness and in line with your innate integrity, then that would also help to enhance your faith and belief in the subject and make it even more imperative to manifest for you whatever you wish.

When you set your goals, they must not be just the end result words or objectives such as ‘success’, ‘wealth’ or ‘happiness’, but *what they would feel like and that in what ways they would empower you and change you for the better and help you grow into the wholesome wonderful being that you wish to be or become.* Also how they would enable you to help and enrich the lives of others, environment and the state of the planet. By regularly examining and re-examining and changing your goals as appropriate, you will keep on enhancing them and thus will ensure that they will definitely manifest for you. It is best to re-set your goals every four to six months and review them at least monthly so that they are constantly feeling fresh and exciting. As far as your major goals are concerned, it is best to review them at the end of each day during your evening contemplation in order to see whether you are getting closer or further away from them by the steps that you have taken during the day. This will also help with your *flexibility* in setting and approaching your goals which is also an important aspect of the whole

process. It is important to realise that in order to achieve your goals you normally need to take *small steps towards them on a daily basis*, as it is generally the accumulation of the small steps that will eventually lead to the attainment of the major goals that you wish to achieve. Trying to take a shortcut by taking one or two large steps is often inappropriate and unworkable. Therefore it is always best to stick to the small steps on a regular basis.

When setting your goals, apart from including *all that you want or need* to achieve, it is also important for you to include all the related things that you *do NOT wish to receive*.

One of my young clients Simon was suffering from very low self esteem and total lack of self worth and self confidence when he first came to see me. One of the things that was really stressing him out was the miserable job that he had which was well below the standard of his education. Once we had worked together for a while and he had built up his self-confidence, he decided to go for a much better job with a much higher salary. So he did a detailed goal setting exercise and included everything that he wanted. Within a space of two months he got a job whose salary was over twice the size of what he had been earning previously and everything else was also perfect and just what he wanted. The only fly in the ointment was the fact that the place where he was working was in rather an unattractive industrial complex. He had forgotten to mention in his goal setting the sort of working environment that he did not want!

When I saw him for his final session after he had started his new job, he commented on his omission when setting his goals and said with a smile that when he decides to move on again, he will ensure that he covers all aspects of his goals so that his new job would be perfect even from the settings and environmental point of view.

You can achieve absolutely everything that you wish especially if you give yourself really *good reasons* why you must achieve your goals and objectives. But you will find that unless you are very careful and wary, 'the dirty tricks department' (Ch 2 in section 1) will try its hardest to try and stop you acting and moving on towards your goals. This will necessarily force you to stay in a state of confusion, indecision and inaction with the end result of rather than achieving your goals, for you to continue drifting aimlessly like a rudderless vessel in the middle of a stormy sea. In order to get out of this very uncomfortable yet familiar position, you need to commit yourself totally to moving towards your stated goals, as not doing it will leave you in an unpleasant and untenable position.

Exercise : *To set your goals for an ideal and perfect life*

This exercise will be divided into two different parts, although they are interlinked. The first part gets you to concentrate on your personal goals and the second part on the financial and career aspects. However, there are some general rules to observe in order to make the process of goal setting as effective as possible. These are :

1. You must think of how the goals will change you for the better and make you feel once they are achieved, rather than the objectives themselves.

2. Try and feel the feelings and emotions as intensely as possible while you are thinking about them and writing them down.
3. Make the goals so strong and clear in your mind that you feel as if they have actually already happened.
4. Think of as many very strong and good reasons why those particular goals must absolutely manifest for you by the allocated deadline.
5. Review them regularly, ensuring that you are flexible enough to change them as newer ones become more appropriate.
6. Make sure that you use the materials from the changes exercise (ch1 in this section) and dissatisfaction exercise (Ch 8 in this section) in order to motivate you to think of even better goals than you might have done otherwise.
7. Have a clear definition of what it would be like to achieve your goal, so that you will know once you have achieved it.
8. Having achieved your goal/s, ALWAYS show gratitude and humility and celebrate it in the best way that you can. Also share it with like and positive minded people as that would help to re-enforce it especially while you are trying to achieve even better ones.
9. Most importantly of all, **you must ACT** and **follow through** on trying to achieve and attain your goals either using the techniques given in the next chapter or any other ways that you know yourself. But whatever you do, **ACT ON them.**

This part consists of 3 interlinked parts, (A,B and C) all of which need to be undertaken for maximal effect.

Part 1: *Identifying the personal goals*

A.

- a. Get into a meditative position
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Think about your personal goals under the headings of physical, sexual, mental, intellectual, emotional, spiritual, social, environmental (including home , its setting and neighbourhood), and relationships
- f. Do the Healing light rainbow meditation exercise
- g. Observe all that may have come up
- h. Cancel

Write down all that may have come up with regards your personal goals in your progress notebook as well as anything else that may come up in the ensuing days, either in further Essential Relaxation exercises, during the daily routine of your life or dreams. Once you have your full list, then prioritise them in the order of importance and significance. Pick the top five goals, give a time scale by which the goal should be accomplished. The period should range from three months to ten years. The timings that you choose must be realistic, firm and achievable, but not so long that they will obviously come under the category of procrastination which will make them unachievable.

B.

Now compare the list of your goals with that of your values (the exercise in chapter 7 in this section), ensuring that there are no areas of conflict. If there are, then you need to re-assess those goals by repeating part A of this exercise.

C.

Choose your top three to five goals in each category and write in as much detail and feeling as possible giving as many reasons as possible why it is absolutely imperative that you must have them in your life within the specified time scale. No matter how impossible the goal may appear at the beginning, you are bound to find ways of attaining them if you give yourself good and strong enough reasons. Once you put your goals with the important reasons why you must absolutely have them to the Universe by writing them down, then the Universe will find ways of manifesting them for you. You do not have to do anything or worry about how you are going to get there. Just *be totally relaxed about it* and *trust* that it will all happen if they are for your Highest Good and that of others.

You will need to use this list in the next chapter (Ch10) in order to use them for the manifestation process.

Part 2: *Identifying your financial, career and other goals*

You now repeat Part A of the exercise in part 1, but instead of using the personal issues, you now concentrate on financial, economical issues, job, career, vocation, any items that you may consider a luxury at this moment in time and any others which may be specific to your life.

While thinking about these issues allow your mind to truly expand and really go for it. For instance if you want a pay rise, don't just go for a few hundred pounds. Go for thousands or even millions. The more you think, the more you will be valuing yourself, and the more likely is it for the universe to provide it for you. If you have really enjoyed a holiday on an island, why not think about owning the whole place, and better still, even having a big yacht to enable you to sail all the way around it? Let your imagination go wild. If you are going to manifest things for yourself, why not go for the best and the greatest that you can imagine?

Having made this list as well, once more keep it for use in the next and final chapter of this book. But do remember to add or subtract from it depending on what may come up during the ensuing few days and weeks. *Flexibility* is the name of the game.

Homework:

1. Do the above exercise at least once every four to six months, reviewing it on a regular monthly basis.

2. Continue with the exercise to 'empower your day'
3. Continue with the frequent Breathing exercises to keep topped up with relaxation and energy throughout the day.
4. Continue with your regular daily Essential Relaxation exercises.
5. Continue with the offloading exercises as appropriate.



Chapter 10

Visualise and manifest your ideal life into being

After all the courage that you have shown and the hard work that you have put in working through all your negative emotional and behavioural patterns with the help of this book, you have now reached the very exciting climax of the whole process. You will be learning through specific exercises given later to manifest or bring into being whatever you wish in your life at all levels and in all aspects including as much health, wealth and success that you desire, and as I am sure that by now you agree, you truly deserve.

However, before proceeding with the exercises, there are certain general principles that you need to observe as they will help you to create what you want much more easily and speedily.

The first and foremost of these is **gratitude**. For unless you are grateful and thankful for what you already have, the Universe will NOT provide you any more goodies. This may seem harsh. But it is the truth and the reality. In order to attain abundance and achieve success in whatever you wish, you need to show appreciation and humility in being able to freely and fully enjoy the fruits of your labour. Furthermore, the intensity of the joy and contentment that the state of your attainment and achievement will bring is greatly enhanced by your sharing your good fortune freely with others in whatever ways that seem appropriate. The old motto that the ‘the more you give, the more you will receive’ is certainly true when applied to the manifestation of whatever that you want in all aspects of your life, whether it be material or non-material. After all, wealth and success are totally meaningless if only associated with greed and selfishness and only help to create bad karma and debts to be repaid in future life times. However, if the positive, elated and wonderful emotional states associated with your greatest attainments and achievements will be magnified and multiplied manifold and hugely enhanced if shared with others. Surely, would it not be highly gratifying to see the smile of gratitude on the face of a starving child when provided with a sumptuous meal; a lonely sick person cared for and lovingly comforted or a lonely elderly person lovingly nurtured and supported and numerous other instances like it, would it not make your achievements seem even more invaluable?

Although it may sound difficult, certainly at the beginning of your journey, but it is also extremely important to show gratitude for those apparent negative aspects of your life including disease and suffering. At first glance they may appear totally unpleasant and unnecessary suffering, but they are in fact your greatest teachers, and it is from them that you will invariably learn the most important lessons. Be grateful for them and show appreciation for the lessons that you have learnt, for by doing that, the same negative patterns will NOT repeat themselves in the future.

You should not be like my client Philip whom I had treated relatively recently. He was 54 and had been a highly successful business man most of his working life. However, a

little while prior to coming to see me, things started going wrong and he started hitting 'hard times' which came as a shock to him. He was convinced that it was the 'spirit of his dead father' who had put a 'curse' on him for some of his misbehaviour towards him while his father was still alive.

During some of our consultations it came through very strongly that although he had had good fortune most of his life, he had been selfish, greedy, ungrateful and unappreciative of what he had had and had achieved. He had certainly been very greedy and selfish as he had always only wanted to use his wealth and success for himself and his own gratification, rather than anyone else. It is not really surprising, therefore, that his wife had divorced him some years previously and his only son did not want to have much to do with him.

In one of our sessions, when I broached the subject of 'gratitude and appreciation', he got absolutely furious and nearly walked out, insisting that there 'was absolutely nothing in his life for which he needed to be grateful'. This was despite the fact that physically he was perfectly healthy, had a beautiful home and was driving around in a Ferrari despite his current state of professed 'poverty and hard time's. It was true that his business was going through a bad patch and he was earning a fraction of what he was used to and had to seriously look into expenses and state of his credit cards and cut down on his very lavish entertaining and dining out in exquisitely expensive restaurants.

It took at least three sessions before he was able to 'see' that despite his current relatively difficult times financially, how lucky he was to have as much as he did and had had in the past. Most importantly he came to the understanding, though grudgingly at the beginning, that in fact how much he had in his life for which he should be grateful and appreciative.

After much shouting, heated argument and strong objections, he eventually got into a state of mind to do a full 'gratitude' exercise (Exercise 5, chapter 7 in section 1), followed by going through the process of manifesting his goals given later.

Literary within three weeks of doing the gratitude and manifestation exercises and pink light visualisation (Exercise 1, Ch 12 in section 1), his business picked up dramatically. But much more importantly, his son contacted him and they started establishing a caring and loving relationship for the first time. Philip was over the moon with that and as a token of his great appreciation started getting involved with a great deal of charitable work; something which he had never done before and found extra-ordinarily rewarding and enriched his life enormously for the first time. His only regret was that he had not shown appreciation and gratitude earlier on in his life and got as much enjoyment out of his acts of generosity that he was doing now.

The total opposite to greed and selfishness, the other issue which has already been covered in the previous chapter and chapter 1 in this section is the feelings of unworthiness, low self esteem and low self image; that horrible feeling that despite wanting something really badly, you don't really deserve it! Exercise 1 later shows you

one way of identifying the level of what you think you are worth and guide you through some ways of dispelling those views of yourself, so that you will feel worthy and deserving of receiving everything that is good in life including the abundance of love, nurturing, happiness, security, wealth and success.

The other very important issue which is essential for manifestation and has already been alluded to in previous chapters is your *intention*. It must be pure in the sense that not only would it encompass what you want for the betterment and enrichment of your own life, but also in what way your wishes will improve the lives of others. Inherent in this is the full acceptance of your situation and reality as it is now. For it is by truly accepting where and who you are that you will get rooted in the present and thus your energies of manifestation will not be dissipated by your being stuck in the past or by being lost in the unknowability of the future. Once you get yourself fully grounded in the present, then the full power and energy of your intentions can be used to manifest whatever you desire in the easiest possible way (See chakra 6, chapter 5 in section 1). This is the reason why the text of the visualisation in Exercise 4 given later includes a phrase in which you accept your current situation or circumstances fully and with serenity, before you go on to move away from that and with the intention of manifesting better things for yourself.

Having set your goals as advised in the previous chapter through an open heart and the intervention of your soul's deepest desires and wishes, you then offer it to the Universe to manifest it for you, using one of the techniques described later to help it along. If your deepest wish, your life's purpose and your highest values are truly aligned, its manifestation should feel easy and smooth. However, if it feels hard and you seem to be swimming upstream, then it would be worthwhile to re-examine and re-evaluate your goals as described in the previous chapter as it may indicate that there may be some conflict or incongruence between the various aspects. Be totally *flexible* about changing them as new thoughts and insights come into your mind. You may need to do this process of re-evaluation several times, until you get on to the right track and the goals that surface are truly in line with your highest values and purpose. Once that happens, then everything will run very smoothly and without any struggle.

Trusting totally that the statements or prayers that you have put to the universe with the right intention and in line with your highest values and having written your goals down in great detail and doing the exercises given later for manifestation, you then *detach yourself from the outcome*. Doing this will stop your conscious and pre-conceived ideas interfering with the process of manifestation and will allow the Universal intelligence and wisdom to find the best ways of getting you what you really want. Often the answers to your questions or prayers may be given in totally unexpected ways and through unusual and unexpected sources. So be flexible, vigilant and totally open about what may be happening and the ways that your goals may be manifesting. The answers to your questions may appear in bits and pieces like small parts of a jig saw puzzle. Only after having gathered all the parts will you get the answer or the shape of a new goal. Miss an important part of it, and you may fail to get the message. The answers which will be coming during your Essential Relaxation exercises will be like quiet whispers or vague pictures. Other parts of the puzzle may appear in your dreams or even while working or

getting on with the daily routine of your life. Therefore it is very important to jot down everything that is coming up in detail in your progress notebook, even if you can not make sense of it at the time. The full picture will eventually be revealed to you through the mediation of the smaller parts. Just *observe carefully and trust totally* and absolutely that the Universe will provide you with the best thing that you need at the time, although it may not be what you are expecting. Be glad of it and flow freely with what is happening. You will not regret it. For after all, the Universe in conjunction with your soul 'knows' the grand design and the true purpose and reason for your incarnation and what is really and genuinely needed to attain and achieve for you to fulfil fully and complete your mission for this incarnation.

Sue was a 43 year old Irish lady who attended one of my international short two hour workshops.

Her two main goals were to overcome the painful condition of her eyes which had been present for almost ten years as a result of chronic inflammation, and find a job which provided her with a car as she was badly in need of one and could not afford it on her existing salary.

The pain in her eyes disappeared by the end of the workshop. She e-mailed me less than a month later, informing me that her eyes had continued to remain totally asymptomatic and that although she had not had any intentions of changing her job before having come to the workshop, she applied for a new one. She continued to visualise what she wanted out of the new job until the day before her interview.

Her interview went very smoothly and seemed remarkably easy; a fact that she directly attributed to the use of the pink light visualisation (Exercise 1, Ch 12 in section 1). She got the job which offered twice her previous salary which included the latest model of a car in just the desirable area which she wanted. As she exclaimed in her e-mail, 'she had not appreciated the enormous power of positive thought and visualisation until her most recent experience!' She acknowledged her appreciation for the manifestation of all that she desired by letting everyone who might have been interested and supportive know about her success and celebrated the occasion with a wonderful meal out with members of her family and close friends.

If you have more than one major goal, you need to work on each one separately in identifying the *intermediary smaller steps* that need to be taken in order for you to achieve your goal as described in Exercise 2 given later. It is always advisable for you to determine what steps you need to take which would guide you closer towards your goal, so that you can act on them. Although the wisdom of the Universe will eventually manifest what you want, you need to play your own part making the right choices, showing absolute and utter determination and taking the actions and steps that are required in order to be able to attain and achieve whatever you wish. Therefore, following through with specific and determined actions is essential for the process of manifestation of your goals. The number of steps can vary from a few to a dozen or more. The numbers to some extent will be dependant on the size of the goal and the time limit that you have

set yourself in achieving it. The number is really quite immaterial. What is by far the most important thing is for them to be *clear and specific* in guiding you towards the goal.

Finally , it is imperative that you do not take for granted whatever has been manifested for you. *Acknowledge it and celebrate it* preferably with positive and like minded people. For once you acknowledge and celebrate your appreciation for what the Universe has manifested for you, she will take on board this fact and you will find that it will become progressively easier for good and positive things to appear in your life and all your deepest wishes and desires to be fulfilled. This will further enable you to have progressively more positive, enriching and fulfilling life with the end result of that inner peace, stillness, contentment and blissful joy which comes from vibrant health , abundant finances, wealth and total success in all aspects of your life.

Exercise 1 : *To identify the level of your comfort zone and worthiness*

One of the most important aspects of breaking through your blocks and starting to believe that you deserve to get everything that is good and positive in your life, is the importance of identifying why you *feel that you do not deserve* to have anything good in the first place and work through those associated negative memories and emotional states. You can do this by doing the following exercise. However, do remember that the scenario which I have described is an example of how you can identify the blocks and the level of your comfort zone and feelings of worthiness around money issues. You can use the same exercise and your imagination to design other scenarios which might be more relevant to your life and which could more easily identify the level of the comfort zone and blocks in any other aspects of your life which are specific to you.

This exercise is in 3 parts all of which must be undertaken for maximal effects. However, you can leave a gap between doing the second and third parts especially if you would like to spend more time on studying what has come up as a result of doing parts 1 & 2.

Part 1 :

- a. Get into a meditative position with your eyes closed
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Now think of the following scenario: You have paid all your bills and you have some money to spare and you go out to shop for yourself; something that you really want such as clothes , a luxury item or whatever. Mentally go through the amount that you would be happy to spend on yourself; starting from the lowest level of a few pounds to the level of spending which is at the top level with which you are comfortable (Your comfort zone). Now think about the amount with which you would feel uncomfortable to spend on yourself. Double or triple that amount.
- f. Do a Healing light rainbow meditation exercise if it feels appropriate and concentrating on the issues, memories and emotions that have been triggered off by your discomfort about over spending on yourself

g. Cancel

Sit quietly for a few minutes observing everything which might have come up, including the emotions and memories.

Write them all down in detail in your progress notebook and then go on to part 2 of this exercise.

Part 2: Ask yourself the following questions. You can either record the questions and play it back to yourself or look at them in the book and write down the answer to each one in your progress notebook:

1. How do I feel after having overspent greatly on myself? Try and magnify the feeling and make it as strong as you possibly can.
2. What sort of a person feels like that?
3. Are there any specific memories associated with the way that I am feeling now?
4. Where do I think these emotions are coming from?
5. What does that say about me and my life?
6. What does it say about my view of myself and what I think I am worth?
7. What does that say about my expectations of myself?
8. Whose belief systems are they?
9. Are they life enhancing or do they stop me from moving on and achieving or attaining what I really want?
10. Do these belief systems serve me well and allow me to move on towards achieving my full potential?
11. Are they relevant to life long success or not?
12. How hard or easy are the rules that I have set myself to make me feel unworthy?
13. What are the triggers, especially the subtle ones which make me feel unworthy?

Write down the answers in as much detail as you can as you go along in your progress notebook as you will be using them to work with in part 3 of this exercise which will follow.

Part 3:

Having identified your habitual patterns, reasons and triggers for feeling unworthy as a consequence of the earlier parts of this exercise, you should be in a very strong position by now to take action by interrupting the patterns (Exercise 3, Ch 4 in this section), the banishment exercise for any specific negative memories which might have come up (Ch 3 in this section), off-load any negative emotions (Ch3 in section 1) or do the visualisation exercise (Exercise 6, Ch 2 in this section) and the visualisation given in exercise 4 at the end of this chapter to rid yourself of your patterns associated with feelings of unworthiness, low self image and self esteem and undeserving of receiving

and manifesting good things for yourself. Now you will be able to move on towards a highly successful life which you desire and truly deserve.

Exercise 2 : *To identify the steps leading to your goal*

You need to do this exercise *separately for every major goal* that you have set yourself. Remember that the number of steps is bound to vary depending on the goal and its size and the duration which you have set yourself for achieving it.

This exercise is in two interlinked parts.

Part 1:

- a. Get into a meditative position with your eyes closed
- b. Root
- c. Scan
- d. Do a quick Breathing exercise
- e. Think about the most important goal on your list and the steps that you need to take to achieve it as quickly as possible
- f. Do the short healing light rainbow meditation exercise
- g. Cancel

Observe all the steps that have come up

Write them all down in detail in your progress notebook. As mentioned previously, you may need to go through this exercise several times before seeing intervening steps clearly for ALL your major goals.

Part 2:

Having identified the steps that will lead to the achievement of your goal, continue with the following visualisation:

- a. Get into a meditative position with your eyes closed
- b. Root
- c. Scan
- d. Do a short healing light rainbow meditation exercise and then go on with the following visualisation/imagery:

Imagine all the steps that will lead to your goal ahead of you like stepping stones leading up to your major goal ahead of you in a large and highly colourful picture or scene. The steps can be in whatever form, shape or image that comes into your mind.

Now imagine your final goal in as large a picture as you can at the end of the steps. See, hear, smell, taste and feel intensely as to what it would be like once you have achieved it. Spend as long as you need on this part of the exercise in order to make the final goal as well as the associated positive emotions with it as **real** as possible.

Now imagine as if a large and strong beam of pink light (or golden light) (Exercise 1, Ch 12 in section 1) coming out of your heart region and if appropriate also from your third eye (brow or forehead) and illuminate and fills every step with it.

Finally, imagine the pink light filling every part of your goal completely. Also try and feel the wonderfully positive emotions which are created by the goal - image being filled with the pink light as strongly as possible as it indicates and symbolises its total manifestation in your life.

Having done that, then cancel properly. You may need to repeat the cancellation several times to ensure that you come out properly from the altered state in which you had gone.

Wait quietly for a few minutes observing what it felt like and if anything else came up relating to the steps or the final goal. Write them all down in detail in your progress notebook and leave it to the Universe to manifest it for you while you *act* on the steps which you have visualised.

Exercise 3 : *To identify everything for which you are grateful*

It is advisable to do this full exercise regularly and at least once every one or two months, ensuring that you show your appreciation and gratitude every time something good or positive manifests for you. This is in addition to your showing gratitude on a daily basis as discussed in exercise 5, chapter 7 in section 1. Do not forget to show gratitude for the apparent negative experiences in your life as well, as they will probably be the biggest lessons and issues from which you will learn the most as part of the process of development, growth and transformation.

This exercise is fully described earlier in section 1 and therefore, will not be repeated here. However, as gratitude is such an important aspect of manifestation, I thought that I would just mention it here again and strongly recommend that you refresh your memory by re-reading exercise 5 ,chapter 7 in section 1, assuming that you are not still doing it on a regular basis.

Exercise 4 : *To visualise and manifest everything that you desire in your life*

For this, you need to review and concentrate in detail on all the major goals that you set yourself in the previous chapter, and list of which you recorded in your progress notebook. Apart from thinking about the issues, you need to feel them so strongly that they appear as if they are *truly real and have already happened* as you go through the following visualisation.

Once again like some of the other visualisations/imagery mentioned in this book, you will probably need to ask a trusted person to take you through it, but preferably record the instructions yourself and play it back when you want to go through the process. The words have been very carefully chosen after years of experience in order to have the maximal impact and power in trying to manifest whatever you wish. The text tends to

cover most of the eventualities for the majority of people. However, if you feel that there are issues that are specific to you and are not already covered, do feel free to include them in the visualisation, in the specified section. For after all **you are the master of your own destiny** by now and should feel empowered enough to do what feels right for you personally to gain the most out of this exercise.

- a. Get into a meditative position with your eyes closed
- b. Take a few deep breaths in and out
- c. Root
- d. Scan
- e. Do a short healing light rainbow meditation exercise and then go straight into the following visualisation/imagery:

The pauses mentioned are to allow you to leave enough time for you to really get into the situation and feel it with every fibre of your being.

1. Imagine yourself in the Ideal and perfect home in an ideal and perfect setting (Which may be your current home if you are totally happy with it) (Pause)
2. Imagine yourself enjoying perfect health in your ideal home (Pause)
3. Imagine yourself in an ideal and perfect relationship with whosoever in your ideal home and setting. Allow the people with whom you wish to have the perfect relationship appearing and sharing your wonderful home with you (Pause)
4. Imagine yourself enjoying the ideal and perfect job, vocation, career or business (Pause)
5. Imagine yourself enjoying absolute, total and perfect success in whatever you are doing or intending to do (Pause)
6. Now imagine yourself as having absolute and perfect financial security and total prosperity (Pause)
7. Now imagine yourself having and enjoying as much money and wealth as you could possibly want which together with everything else that you have imagined so far will provide you with the ideal, perfect and joyous life (Pause)

Now do the following affirmation , repeating it at least two or three times before you go on further:

“This is my true reality. The perfect life that I envisage for myself and I deserve. This is the true reality. As I see it, so it will be and so it will manifest for me”.
Click a finger to confirm and affirm this statement in your mind.

Now imagine yourself being surrounded and filling with a beautiful and powerful golden light which emanates out of your heart chakra. (Pause)
As it does, it forms a bridge of light leading to the edge of an island in space. (Pause)
Imagine yourself walking on this bridge of light towards the island in space and as you do you might hear all sorts of angelic sounds and music (Pause)

As you look ahead, you see a most beautiful pyramidal shaped sanctuary situated on this island in space. (Pause)

The sanctuary is made up of the most beautiful and magical crystals and gems which reflect the sun shining on it as a most magnificent rainbow of light. (Pause)

When you get to the edge of the island and start walking on the path leading to the temple, you see that there are seven magical steps made of precious jewels and crystals leading up to the entrance. Walk towards the steps and with every step that you take, you feel progressively even more relaxed. (Pause)

Move on to step 1 and find yourself covered totally with a most beautiful and powerful **red healing and manifesting light**. (Pause)

As you feel yourself filling up with this intensely powerful red healing and manifesting energy, you think to yourself “ I am totally at peace, relaxed and confident about myself and my future. (Pause) I am loving and loveable. (Pause) I am fully deserving of everything that is good (Pause)

(Incorporate your own additional attributes and positive affirmations)(Pause)” (Repeat the section between the quotes 2-3 times)

Step 2. Now find yourself covered with a most beautiful and powerful **healing and manifesting orange light**. As you feel yourself filling up with this magnificent and intensely powerful orange healing and manifesting energy, you think to yourself “I am calmly and serenely at peace with my current home and its setting. But I know and am fully confident that as I feel myself filling up with the orange healing and manifesting energy, it will bring and manifest for me a perfect home in a perfect setting. The home that I desire and deserve. (Pause) I am happy, worthy and kind. (Pause)

(Incorporate your own additional attributes and positive affirmations) (Pause)” (Repeat the section between the quotes 2-3 times)

Step 3. As you move on to this step, find yourself covered totally and completely with this beautiful and intensely **powerful, healing and manifesting golden yellow light**. (Pause) As you feel yourself filling up with this intensely healing and manifesting golden yellow light, you think to yourself “ I am calmly and serenely at peace with my current state of health. But I know and I am confident that as I feel myself filling up with this golden yellow healing and manifesting energy , it will bring me and manifest for me a perfect state of health that I desire and deserve. (Pause)

I am strong, vibrant and healthy (Pause)

(Incorporate your own additional attributes and positive affirmations)(Pause)” (Repeat the section between the quotes 2-3 times)

Step 4. Now move on to the fourth step and find yourself covered with a most beautiful and powerful **green healing and manifesting light**. As you feel yourself filling up with this intensely powerful healing and manifesting green light, you think to yourself “ I am calmly and serenely at peace with my relationships as they are currently. But I know and am fully confident that as I feel myself filling up with this green healing and manifesting energy, it will bring me and manifest for me a perfect relationship with those I desire. (Pause)

I am calm, patient and understanding (Pause)

(Incorporate your own additional attributes and positive affirmations) (Pause)” (Repeat the section between the quotes 2-3 times)

Step 5. Move on to the fifth step and find yourself covered with a most beautiful and powerful **blue healing and manifesting light**. As you feel yourself filling up with this intensely powerful blue healing and manifesting light, you think to yourself “I am calmly and serenely at peace with my current job (Career, business or vocation). But I know and am fully confident that as I feel myself filling up with this blue healing and manifesting energy, it will bring me and manifest for me a perfect job (Career, business or vocation) that I desire and deserve. (Pause) I am confident, highly motivated and successful. (Pause)

(Incorporate your own additional attributes and positive affirmations) (Pause)” (Repeat the section between the quotes 2-3 times)

Step 6. Now move on to step six and find yourself covered with the most beautiful and intensely powerful healing and manifesting **indigo/midnight blue light**. As you feel yourself filling up with this intensely powerful indigo healing and manifesting energy, you think to yourself “I am calmly and serenely at peace with my current state of success, wealth and prosperity. But I know and am fully confident that as I feel myself filling up with this beautiful and powerful indigo healing and manifesting energy, it will bring me and manifest for me perfect success, as much wealth as I want and total prosperity that I desire and deserve. (Pause) I am humble, content and happy (Pause)

(Incorporate your own additional attributes and positive affirmations)” (Repeat the section between the quotes 2-3 times)

Step 7. Move on to step seven and find yourself covered with a most beautiful and intensely powerful **purple/ violet healing and manifesting light**. As you feel yourself filling up with this intensely powerful purple/violet healing and manifesting energy, you think to yourself “I am calmly and serenely at peace with my current state of wealth and life. But I know and am fully confident that as I feel myself filling up with this beautiful purple healing and manifesting energy, it will bring me and manifest for me all the wealth that I want and the perfect and ideal life that I have envisaged for myself and I know I deserve. (Pause) I am highly enthusiastic and truly excited about the prospect of all that will manifest for me in the fullness of time. (Pause) I am ready and give myself permission to change and transform and enter a completely new phase in my life and embark on the pathway towards the realisation of my full potential and the ideal dream of the perfect life that I desire and deserve. (Pause) I feel totally, completely and utterly worthy and deserving of a perfect life and all that’s good to manifest for me. (Pause) I trust totally and absolutely that the Universe will manifest the ideal and perfect life that I have envisaged so far for me (Pause) I also trust totally that only good things will come into my life from now on (Pause)”

(Repeat the section between the quotes 2-3 times)

You are now at the door of the sanctuary. Open it, walk in and close it behind you. (Pause)

As you look around, you see a magnificent rainbow of colours being reflected off the crystal walls. (Pause)

Walk to the centre of the pyramid and feel its intensely powerful and ancient silver-white energy (Pause)

Now allow yourself to be covered with this most beautiful and intensely powerful **silver white healing and manifesting light**, and allow it to permeate right the way through you and fill every space within your body, mind, emotions and spirit. (Pause)

You have now entered your own inner healing sanctuary and become fully aware of the stillness, peace, light, love, joy, worthiness, absolute confidence, truth, trust, wisdom, and the God that lies dormant deep within you; the source and the power which will manifest for you whatever you desire and deserve. (Pause) As this wonderful space exists deep inside you all the time, you can always come back to it at any time that you may need solace, guidance, love, support and the additional confidence, feelings of worthiness and power to manifest newer and better things for yourself. (Pause)

Now permit and allow yourself to enjoy fully this ultimate healing, nurturing, confidence giving, motivating and ultimate manifesting silver white light. While basking in its glorious power and grace, you think to yourself that “I am now fully aware that I am totally, completely and unconditionally loved, loving and healed, and that my life will be fully enriched with all the wealth and success that I desire and deserve. (Pause)”

Now imagine any one or number of people, animals, plants and the planet whom you wish to be healed with you, to appear in this healing and manifesting sanctuary of yours and be healed with the ultimate silver white healing light. You can also imagine that whatever needs to manifest for them also does so (Pause for two or three minutes or as long as appropriate)

Now gently allow anyone or anything which you had called up for healing and manifestation to disappear as they have benefited as much as you have from this intense healing and manifesting experience. (Pause)

After they have gone, you will find that a number of angels dressed in different colours will appear, bearing a number of gifts for you. (Pause)

The first angel will present you with the gift of perfect health. Breathe that in as deeply as you can. (Pause)

The second angel will present you with the gifts of joy and happiness. Breathe them in as deeply as you can. (Pause)

The next angel will present you with the gift of total peace and contentment. Breathe that in as deeply as you can. (Pause)

The fourth angel will present you with the gift of perfect and harmonious relationships. Breathe those in as deeply as you can. (Pause)

The next angel will present you with the gifts of motivation, enthusiasm and total success. Breathe those in as deeply as you can. (Pause)

The next angel will present you with the gift of abundant confidence, feelings of worthiness and wealth. Breathe these in as deeply as you can. (Pause)

Yet the next angel will present you with the gift of absolute trust in yourself and the Universe. Breathe that in as deeply as you can. (Pause)

The eighth angel will bring you the gift of knowledge and wisdom. Breathe those in as deeply as you possibly can. (Pause)

The final angel will present you with the gift of total and absolute unconditional love. Breathe that in as deeply as you possibly can. (Pause)

Now affirm to yourself the acceptance of all the gifts by thinking the following statement and repeating it two or three times: **“I fully affirm and confirm that all the positive affirmations and gifts offered throughout this visualisation have been heard and accepted by all the levels of my being and will be acted upon smoothly and speedily and without any delay”**. Click your fingers a couple of times to affirm and confirm this statement.

You can now start thinking about returning from this extremely powerful and productive journey into the sort of life that will manifest for you.

Thank all the angels for all their gifts, love, nurturing and support which will continue even after you come to the end of this journey. Let them gently disappear, for you can always call upon them by thinking about them or doing your Essential Relaxation or visualisation exercises.

You are now going to return from this healing journey of manifestation, knowing that the healing and the process of manifestation which has started as a result of this journey will continue automatically just like the inner workings of your body such as your heartbeat and breathing even when you come to the end of this journey.

Walk back to the door, thanking all the energy of healing and manifestation which you have experienced, open the door, walk out and close it firmly behind you. (Pause)

Walk down the steps counting aloud, 7, 6,4,5,4,2,3,2, 1.

Walk back along the path to the edge of the island in space.

Walk back along the bridge of light to your heart chakra where you started this journey. (Pause)

Now gently allow all the light from around you and the heart chakra to disappear gently. (Pause)

Become aware of your presence in the room from whence you started the journey. (Pause)

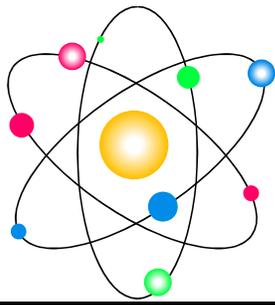
Feel the hardness of the floor and the chair on which you are sitting. Cancel properly. As this exercise can take you very deep within yourself and into an altered state of consciousness, you may need to cancel several times before you get into a state of full alertness.

Have a glass of water and sit quietly for a few minutes, observing all that has come up. Write your experience in detail in your progress notebook and return to it from time to time especially to review and confirm all the changes and manifestations which have started happening in your life as a result of this intensely powerful visualisation.

You now have every reason to fully congratulate yourself for all the courage you have shown and the hard work that you have put in over the weeks to transform yourself and your life through the intervention, guidance and facilitation of this book. Share your experiences with all those positive and like minded people who will be able to reinforce the changes and support you on the rest of your journey as you will continue to change, transform and go much further still in having, attaining and achieving whatever you wish in your life as it continues to unfold ahead of you. Give thanks and celebrate your achievements in whatever way that feels appropriate.

However, if you have only scanned the book just to find out what it is all about as a matter of curiosity, it is now time for you to go back to the beginning of section 1 and start studying it in depth and detail and by doing the exercises given throughout all the sections, so that you will gain the maximal amount of benefits from the insights and wisdom included in it. For by choosing this book, your inner wisdom has known that there are aspects of your personality, emotions, memories and life in general that need changing so that you can make the most of the multifaceted jewel of gift of life that you have been given. For after all, the ultimate desire of your soul is to learn your lessons as speedily as you can with equanimity and truly enjoy the balance, harmony, peace, love, contentment and the blissful joy that that would entail. You have now had the opportunity and will continue to have the choice to do just that. Do continue using this book as and when appropriate as you proceed onwards through your journey of life as what is included in it will be able to continuously help, support, nurture and guide you on all the steps that you need to take in the future.

Celebrate and bathe in the knowledge that you will always have a wise guide, and the Divine universal healing and manifesting energy as companions to accompany you through it on whose wisdom and ability you can call if at any time you feel that you need further help, love, support and advice. We have travelled a long way together and I think the following beautiful and moving poem by Irgen Dwan summarises well what we have achieved together.



Star of Heaven

Heaven is high
and stars are far,
but - sometimes there is a special someone
who'll pick a star of heaven for me.

When I am discouraged
there is someone
who'll support me;

When I failed once more
there is someone
who'll encourage me;

When my head is full of sadness
there is someone
who'll console me;

When my eyes are full of tears
there is someone
who'll wipe them dry;

When my heart is full of anger and pain
there is someone
who'll smile and smooth them away

When I am old
there is someone
who'll be patient with me;

When I hate
there is someone
who'll show me kindness;

When I am deformed
there is someone
who'll not look away;

When I am standing in a storm
there is someone
who'll offer me shelter;

When I hurt someone
there is someone
who'll forgive me;

When I have worries
there is someone
who'll listen and understand;

When I am intolerant
there is someone

who'll love me all the same;

Every time that special someone appears
and says: "I'll pick a star of heaven for you"
yet another piece of heaven appears on earth,
Every time.

So let us continue picking stars of heaven for each other daily so that the consciousness of mankind will truly rise to embrace love, peace and harmony on a continuous and consistent basis.

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Further Reading

The following is a list of a few useful books, cassette tapes and CDs.

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