



ALL
DISEASE
COMES
FROM
THE
HEART

DR. PAULA KOGER
OMD

All Disease Comes from the Heart

Dr. Paula Koger, OMD

Copyright 2019 Dr. Paula Koger
All rights reserved
This book or any part hereof may not be reproduced
without the written consent of the author.

ISBN: 976-359-31376-1

Love heals us all.

The challenges we
shall face in this
book is finding, free-
ing and mobilizing
this power.

All Disease Comes from the Heart

So, Open Your Heart to a New Dance

Breath in the love and light of God into your heart and begin. Remember he breathed the breath of life into us. It is our job to keep letting it come in with each breath and move with the flow of his love within us.

Paula Koger



David and Paula Koger

Everything is either an expression of love or a need for it.

God ask me to let you know all suffering comes from our focusing on things as wrong rather than seeing and feeling his light in everything.

It is a discipline. Feel, see, and think light and love. It does heal all in God's time. This depends on how much time and attention we give it and how much has accumulated to be healed.

All Disease Comes from the Heart

This is for those of you who want to connect with and become the vehicle for your higher power to express through you and heal you. For those of you who are worried about it – for me the higher power is God. For many there is a fear of people using power to heal that are not from God. He is the only one I seek and know. I allow myself to know his presence in me working through me.

Disease is the Voice of the Soul revealing our next lesson.

Love heals all and love flows through the heart. When love or the power and presence of our creator is not flowing, we develop blocks that become disease.

This book is for understanding, identifying and clearing those blocks to the flow of this life force in us. When the flow is established, we are one with peace, harmony, joy and the creator of the universe.

According to Boston Scientific, one person dies of a heart attack every forty seconds.

They are preventable – read on.

Most importantly when you are healing your heart you are healing your blocks to expressing knowing and sharing your love and God's love.

All Diseases Come from the Heart

They are our attempt to resolve our conflicts with and for those of we love or don't love and have yet to learn to trust-most often ourselves.

It is related to a need to increase humility. Humility is low self-regard and sense of unworthiness. It is resolved, and we become humble as we let God in.

We can say quit simply love is the cure.

Change and healing comes when we find our ability to let go of everything that keeps us out of touch with the divine flow of energy of love or God within us. The blocks can be small or large. It can be something you are holding against yourself like, "I should not have left that person the way I did". The biggest thing we must resolve is the responsibility of resolving the broken places in our heart and

All Disease Comes from the Heart

the heart of our family – the world. The true nature of a Doctors' job, ideally, is to facilitate the processes that will allow the patient to become their true self a being of love and light within every cell. I am not saying it is an easy quick job. It is the one that is most essential. Even though it may take a lifetime to heal and all your will, it does the most to free you of the baggage of being human. Baggage is heavy to carry a long way and slows us down - right? I have clients who have been working for over 20 years. They become more illuminate each session and their light is stunning. You might say, so what, what kind of car do they drive. Their car and truck are also stunning because they got several unexpected money gifts.

Diseases are accumulation of our "stuff". They are unique with each person yet there are many commonalities. They are all resolvable. We identify them and heal them with Homeopathy, nutrients, release techniques, energy devices and our connection with our truth of who we are. Most of the time, people are eating to cover up the pains of unresolved issues stored in the tissues.

When we eat enough of what we are unable to digest it becomes a block in our tissues and can kill us. Sugar is the main reason blocking occurs because it weakens the spleen and pancreas. These two organs which produce energy for the heart can no longer produce the necessary energy to eliminate the blockers. The liver can no longer detoxify the body and the Gallbladder is jammed up trying to compensate for the situation by producing more bile. It becomes blocked and is removed to solve the problems. Ox bile or gallbladder cleanse might solve it along with reducing carbs, increasing good fats and taking digestive enzymes. Of course, the patterns of worry, anger, and resentment must be resolved. We cannot give a universal perception as each person is different.

Fats are blamed for the whole mess to justify the use of statins. I am telling you this right up front in case you don't read on. Reduce the indigestible fats or "bad" fats. Get good fats and stop sugar. Yes, I mean you. You may argue, through the book away and tell all your friends not to read it. Go ahead it is just your avoidance and the rebellion of your organisms who are feeding off your present diet. I am speaking the true as it was revealed to me. You find yours. Everyone is different as to what they can tolerate so learning to tune in is essential. Without tuning into the love first you will be misled.

Foods like avocado and watercress can help remove the calcium deposits. They are not calcium blockers they are calcium removers. There are many herbs to help with this too. If you are having a chest pain put an ice pack over your left ear to mediate the situation. The pain in the chest is the block breaking up or possibly a healing response. The ice impacts the situation in a positive way reducing the pain and helping allow the block to release. I learned this from a Doctor from India. It has not been researched. My experience is most things that work have not been accurately research. The only accurate research is does it work for you. It has no side effects. It

All Disease Comes from the Heart

is just cold.

Yes, food is the biggest killer of people and a big healer. The wrong food and the wrong amount, eaten in the wrong way. It started with Adam and Eve. They ate the wrong fruit. We all like to rebel and do what is forbidden. We do it to bury our unresolved feelings and satisfy our colonies of bacteria, virus, fungus, and whatever other pathogens are feasting there.

You see how much I care about you. I want to give you the tools and skills to save your life right up front. When you are ready and willing to find what works and stay with it till God has come in you, you will as you keep the faith and the focus, achieve all you seek. Think how long Abraham and Sarah waited for Isaac. Had they not waited we would not have received the light of the world. Had they not obeyed God's will we would not have the great opportunity that comes from the expression of God's light. Eating buries our light energy or amplifies it like many other things, like our thoughts.

I know we are living in a world where no one wants to be told what to do. So, I leave it to you. That is where it has to be. We are not so selective about those things we have been programmed to believe. Much of the programming was subliminal and still is.

There are many technologies and technics to address these programs that may be harmful to you, should you choose to.

The discovery of the many things I am sharing has been a slow growing and sometimes blasting awareness of the truth about us. It has been and is the paths that chose me. Desire and calling to help and heal others began as a child. I recognize fully the path of seeking to understand the nature of disease and the healing of it came from the sicknesses I witnessed. I took it upon myself the past 50 years, since I entered the health care field as a nurse, I have been attempting to understand and offer a guide that could lead to the truth about the cause, meaning and healing of all diseases. I started about 50 years ago knowing it was my job and knowing I was here to write a manual for healing.

HERE IT IS! Here we are, you and I connecting with the intent and vibration to restore ourselves to the full knowledge of who we are – God – good - light – love. We have all the power and responsibility that goes with being his creation in his image.

What keeps love light or health and happiness out?

The patterns of energy in our fields that holds our limitations fears, feelings of unworthiness, lack, loss, traumas, toxins and lower frequencies.

As Einstein said, we are Energy Fields everything is an energy field. The cause of all disease can be identified in the field. Fortu-

All Disease Comes from the Heart

nately we have advanced technology able to read the information in the field by using computers.

When I read a few pages of Bio genealogy Decoding the Psychic Roots of Illness by Patrick Obisser, where he described his view of what a Bioenergetics Decoder is, I knew myself in each word. As he described himself. I too have always read illness and wellness in others.

Every illness is an adaptation to something that has not been resolved, seen, acknowledged, grieved, felt, absorbed.

From Dr. Bert Hellinger PHD, who was nominated for the Nobel Peace Prize in 2011 and is a priest/psychologist who developed Constellation Therapy, I learned the complex process of resolving these issues. It is therapy for healing the past generations by tuning in to the issues and restoring order by bringing the secrets to light with acceptance, and love. We all do have these issues to heal whether or not we know it. The art of bringing our body field and family constellation to order is the art of true healing.

How do distorted or blocked energy patterns called disease develop?

I recently had a call from a dearest friend and client I had not seen for 20 years.

She had been awakened in the night by a dream telling her to come for a session with me. She found me on the internet and called while visiting her family nearby where I am living now. She had been a faithful client 20 years ago before her marriage to her true love and dream man. I had lost connection and was sure she was just living in bliss land wine country in California.

During the session she told me she had nearly died from a rare severe auto immune disease. It was an inflammatory condition of the veins and arteries. As we explored the events of her life and tested using computer programs and Kinesiology, the picture of her husband becoming and addict after the birth of their son emerged. The cause of her autoimmune dysfunction became clear to us.

She is also a wine drinker and it has sugar or carbohydrates. Understand each person has different levels of tolerance for whatever carbs and sugar e take in. We are each different and greatly affected by the amount of worry we do, traumas we hold, focus of our life and all activities we do and all we consume.

She had created this condition because she could not let him go. He was her first love and it hurt too much to face the pain. As a sick person, she could justify having him in her life and let him take care of her even though she had divorced him. During the session as we came to the understanding of the cause of her disease, she voice mapped, felt the unacknowledged pain, and began to let it go. She gave him a place in her heart as her first love and agreed to move on. She had lost connection with the truth and beauty of who she is.

All Disease Comes from the Heart

During the session I said to her you know the one thing I have found is "All diseases begin in the heart."

She said, "That is it". That is the title for your book. She is also a brilliant writer and triple Scorpio and I knew she was right and that was the title the moment she said it.

She is progressing in her healing and we are having phone consultations to clear the generational ancestral patterns and roots of her illness. They are the web woven as her present condition. She is now back into writing brilliantly herself. She has been able to let go of her dependency on him.

Finding your internal physician

It is not what we do for people but what they learn to do for themselves that matters most. It is our ability to connect with the perfection of ourselves or the God part of us that ultimately allows the body/mind/spirit to heal itself.

As Dr. Albert Schweitzer said, "Every patient carries their own Doctor inside," My job is to help you find and connect to yours. What we have to establish is the healing frequencies of perfect health and order in each body or activation of the Blueprint of each person. You know that part of you that is just plain you filled with the blissful energy of your spirit.

I will explain how I discovered myself.

I remember in nursing practice, in the many different jobs I had, I was always attempting to discover the place where I felt I could see a difference in the patients based on what I and the system did for them. I saw very few positive outcomes. I know that everything that happens to us is just our path of learning. I learned from this was to see there must be other options. At the time I did not know what they were or even that there were options. I do remember the nagging dissatisfaction that drove me to find something that worked. My grandmother had been my first mentor of seeking alternatives. On the farm in Kentucky, miles from a medical doctor, she did very well us what nature, Vicks vapor rub and zinc oxide cream provided.

After 25 years of nursing and attempting to find the panacea I gave up and settled for home health care marketing. It was basically delivering gifts to doctor's offices and asking them for referrals. It got referrals. I am sure I would have died of boredom were it not for the mighty hand of God having another plan for me.

Not long after I gave up on finding solutions in nursing, this mighty hand of divine right order moved in and took charge. I was soon enrolled in acupuncture school after being recognized for who I really was by a dear Godly hand of Dr. Pran Puma. After meeting me, he would not leave me alone until I enrolled in Acupuncture School at age 45. WOW! Here I am age 74.

All Disease Comes from the Heart

I entered a very accelerated learning process and continued my studies with all the great healers I was guided to during a self-directed PHD program. The learning and gifts I was born with mix and creates opportunities and stimuli to facilitate the one involved in seeking healing to gain the insights and move the mixtures within the distressed person out of the dis-ease and into a higher-level vibration and ease with each transformational experience. The result is amplification, liberation, learning and moving forward in consciousness.

They are now connecting with their natural forces. This is the original design.

It is my joy to do this work and see people emerge when all the pieces are in place.

Disease begins in the unknown parts of us. Healing involves accessing and releasing the unknown. It involves the patient and doctor learning to listen to and respond to their guidance systems to access and heal the deepest parts of the mysterious web of generational patterns, beliefs and toxins that led to that point. It is a journey of self-recovery. I am the guide, facilitator, educator, spiritual activator. A part of me has known this for a very long time.

It took me some time to find what I had suppressed in me - it all.

These were the parts of me I had hidden inside to protect these magical knowing of my blueprint. After all, who could handle them? Many people throughout history have been killed for such things as really being instruments of miracles.

Christmas Eve a mother brought her 16 year old daughter for a session. They had done many things for her and the depression was still weighing heavily. After doing the kinesiological assessment, Zyto, NES, and Heart Quest. I became obvious it was her heart that had stored hurts, her liver stored anger, her gallbladder was blocked by resentment and her kidneys by fear. Her throat chakra was blocked due to a pattern of victimization and she was frustrated from wanting things to be better.

When I ask her what she thought had caused this shutdown of her joy and love, she said it was from being bullied by the other "Cheerleaders" on her team. She was a beautiful girl and the bullying was very successful in shutting her down. What worked for us was to determine the reason she had the attractor field or pattern that drew that to her. You see what shows up in our lives is there to teach us what is in us. We did Constellation Therapy and she released it. It illustrates how something in the family can be taken on by the children when we do not resolve it ourselves and let it go. When we let go of what we are holding we heal everyone involved past and future.

Wonderful illuminating results. Her face changed from beaten and depressed to warm and friendly.

All Disease Comes from the Heart

Understand the Attractor Field, as explained in the book by David Hawkins, is made up of the frequencies

In us from our stored data. Has we clear the data our frequencies go up the scale of consciousness.

Another wonderful transformation is Sarah, who has chosen to benefit from the work offered, is off 8 prescription drugs. She is healthy, and happily and experiencing constantly improving health at 78 She is now able to ride her bike, go to yoga class, continue to clear and clean the issues in the tissues to further open to the divine supply of bliss. She was on antibiotics most of her life for chronic urinary tract infections related to first, second and sixth Chakra issues. She was in a psychiatric ward stoned on drugs to suppress the pain that caused her depression, distress and psychosis. She gave me this quote, after significantly reducing her own battle with using her illness to get love and her body to suppress the pain that caused her illnesses. She realized fully the truth about being well.

from Eric Butterworth's' book
Discover the Power Within

"Health must be preceded by a will to be well, a will to live, and a will to overcome.

So Jesus is saying to this man,

"Do you want to be healed badly enough to give up your feelings of self-pity, to reject the long-standing habit of dwelling in despair and despondency, to be satisfied to live without the attention and assistance and sympathy of others? Are you willing to take command of the forces within you and issue an executive order?"

Now let me clarify and elaborate. This woman, who has been in a Psychiatric hospital stoned on drugs to suppress all she has been holding back, is letting it come out and be released. She understands the healing herself is the only way she can help her dysfunctional children. She is my "hero" for doing this.

She is now stoned on her own light and love.

As my first job, I was a psychiatric nurse. Yes I thought I could help the worst of the worst. These people were brought in off the streets in New Orleans. They had completely "lost it". Some had syphilis so bad their scalps were soft to touch. I loved them a lot and saw the divine light in them that had been distorted by life. They were my family and when I came in and found them chained to the bench and getting such horrible treatments as electro convulsive therapy which left them in near coma and other such horrible things. I reacted by "taking on the system"

What was I thinking? When the battle with the system was over,

All Disease Comes from the Heart

the nun who had allowed these things to be implemented was moved to another location in the hospital and the patients were treated slightly more humanly. I also requested being moved to another location as the pressure from the staff that was loyal to the old ways was too great. What I put myself through in order to help change the world was much too hard on me. I decided to write the manual and use the power of the pin. You see everything works out for the best.

Blaze of Glory

The blaze of glory idea comes from the drive to fulfill my mission here on earth. The mission is this manual for healing and living a healthy path and traveling around the country doing sermons, workshops and sessions.

Three passionate wonderful women, who felt they did not bring their dreams to the point they wanted to, have inspired me to stop at nothing to fulfill my mission here on earth. I know they will "get a kick out of it". They are my Grandmother for whom I was named Bess, my mother Iva and my friend Carol.

I meet a lot of people who want to change the world in their own way. My mother wanted to change the way reading was taught. She believed in phonics and wanted to go to the State Board of Education and tell them the great success she had with it teaching any child how to read. She taught even the most difficult children to read. I remember telling her to just do it and go to the board of education. After over thirty years of teaching first grade, she was worn out. She died without doing what she had wanted to do. I am paying it forward for my ancestors who did not feel they completed what they were given to do. I know they did everything they could and their very best, as do I.

My grandmothers' lack of fulfillment was simply something I felt as she helped raise me. She raised 6 children on a farm one became a minister, two school teachers and the rest great in their ways. I remember the pride she showed when she became an Easter Star member shortly before her death.

My dear friend Carol who is 85 wants to change the dance world and teach 6th graders to do ballroom dancing. Every attempt to start programs was thwarted and she has taken other roads of expressing her love for the world around her which includes her whole neighborhood. I am one of the blessed she has influenced. I told her I was going to push through my resistance to completing my mission here no matter how much resistance I face. What a great thing it is to inspire others to find and fulfill their blueprint.

Thank you Carol and thank you Mother and Nannie Bess I do it for me and for you.

My husband David and I are "seniors" now. I learn much from my dear husband, partner, teacher and Prince David.

We met in our late forties and have written a book about the fact that we consciously manifested our relationship. Our life has con-

All Disease Comes from the Heart

tinued that path of glorious manifestation and we have blazed a remarkable trail. The book is "*Manifesting Love and your Soulmate – The Quest for Love*".

We have 25 years of alternative medical practice. Although I am the licensed practice, he has been beside me all the way and shares the bliss, the bumps and the grinds with me of the journey together. He has become a Qi Gong Master and mastered Aura Photography.

We are blessed with what comes from a life of clearing the accumulated patterns and learning from what comes as we give super care for thousands. We have learning about ourselves and manifest the best results in the world with those who are totally ready willing and able to be open to creating miracles using the best in the world. I do mean miracles.

Now my husbands' job as a road building supervisor and engineer has come to an end so we are off to blaze a new trail and go out in a "blaze of glory".

We bought one more piece of biofeedback healing artillery and that brings our assessment and treatment tools to over ten.

The latest one is Heart Quest Scanning and it is showing unexpected support for the practice of empowering people to be their Doctor. It tells the level of stress in the body and since stress causes 90% of disease. It also tells why there is stress showing the organs that are being affected. The Quest for health must begin and never end with the examination of the issues of the heart. The heart is grand central information station of the body as it pumps out more than just blood.

There is a very large amount of information and research about this. The Institute of Heart Math has done and applied research to support the connection to the intuitive energetic heart. They call the information in the heart "intuitive Gold". So the goal of life it seems to me is to be in tune with life and God through the heart, since God is love. Love is necessary for our connection to God in us and in all. Our goal then is to be in heart coherence with our heart, the hearts of others, and the heart of the earth and universe. This book is about finding that way.

Purpose

A connection to our sense of purposefulness and being in the flow of spirit that guides us is a fundamental part of health and healing our soul issues. I know now purpose comes out of peace and connection to our spirit truth self.

My journey of helping others, like your journey, has been wrought with trials and learning opportunities. I will share what I have learned and am learning. I did believe that putting myself out to the world would make me vulnerable and exposure might feel threatening. I now know it will be an opportunity to heal and I accept what comes as what needs to be healed. I now except and apply the tools that have been given me and will share those with you.

All Disease Comes from the Heart

We are living in a world that has many problems to solve. As we respond to them it helps us identify what is in us to heal. We learn that the problems resolve themselves as we make way for the heart to love. It is all a mirror or a guidepost to our own divinity.

As we accept it and integrate it we move forward through those parts of us that are showing up. They are showing us the path to those unidentified strengths and truths in us that will set us free. It is in clearing the blocks that have accumulated lifetimes and generations, we find the truth of our perfection and bliss – our love – our God self.

I was treating a woman who was suffering with back pain. She had progressed from a level 10 pain down to a level 3 in 5 sessions. Suddenly she stopped and had back surgery. She told me the Doctor was very “young and good looking”. She is still in a nursing home much worse than before. I call it “what we do for love”. Her husband had died and she could not fill the void at age 77.

THE ONLY WAY TO FILL THE VOID IS FEEL THE VOID AND HEAL THE VOID. IT IS RUNNING THAT INSURES THE CHASE WILL CONTINUE. I do understand that she was avoiding feeling a pain that was worse than the pain of surgery. This is another disease that began in the heart and is now protecting the heart from pain. She now gets to see this doctor and get his attention because he is forever tied to her. She is still in a nursing home.

Bioenergetic Decoding

Recently it has been occurring to me as I effort to find my fulfillment of my mission on earth that I need only to melt into my blueprint as it is already there in me and I simply shall become it be it and it will direct me. I have been conscious clearing what is in the way for 30 years.

I have never known if I was the person who is to change myself and the world will be positively affected by that or I am to change the world by doing something like writing a book. I just keep feeling and following the directives of my heart and taking homeopathy to clear the patterns of self-denial.

I have noticed AS I have dealt with the stored traumas and pains of my life and those of thousands of people a remarkable increase in my health and that of my patients.

I hesitate to call them patients because to heal they must become their own Doctor so I call them my healing partners.

Change your Vibe and Change the World

My Plan for Reducing Suffering and Cost of HealthCare
Overhaul Health Care Starting with Your Care

Disease begins 20 years before a symptom

All Disease Comes from the Heart

Respond now and turn the suffering into benefit.

I recognize everything that happens as perfect for the evolution of my soul and what happens to you is perfect for the evolution of your soul. Now we can turn it into a gift to learn very valuable lessons.

Although I enjoy spectacular good health swimming, dancing, working and playing, I developed an elevation of my blood pressure up to 190/80. Although I consider that high normal, I know that it means there is a reason for increased stress in the body. I began to examine myself with the help of NES Health and Zyto biofeedback information analyzers; I discovered my tension was about feeling so sensitive to others that I could easily let them bother me. I released that using voice printing, NLP, herbs, and homeopathy. The BP is now 120 /70. My heart was constricting to protect itself from the pain of others and interacting with others.

We already know how to resolve most every disease. We simply have not chosen to understand and accept how to get out of our beliefs, patterns and traumas that perpetuate the "dis-ease". We are a culturally disease perpetuating society. We feed this by how we respond or don't respond to symptoms and healthcare needs as they appear. We easily become very addictive and do not like change. It makes it challenging to alter behaviors, attitudes, responses. Patterns are ingrained very deeply.

My path of self-discovery and thus healing everything including cancers, Lyme and colitis has paralleled my helping thousands along their way. My desire to help thousands more inspires the sharing of my story and a path to healing.

This book is written from the viewpoint of a person who has seen and felt much suffering in the world. Because I always asked what I am to learn from each thing that shows up, I am propelled to the light and love within and my perfect health.

Pain transformed into opportunity to integrate into growth.

I have also witnessed many of the solutions to misery. I am going to share what works in the learning how to learn from and resolve our suffering. Pain has been accumulating in massive quantities for centuries without few resolutions. I am passionate about contributing to the how to benefit from it. Enough is enough. I also realize there is an order to nature – even the nature of man. I realize we are attached to suffering as it has been here many generations. It is now a habit and expectation. We don't know the way out.

I surrender to the divine order and allow it to resolve everything without my interference. I now contribute to the vibrations that can lift us all to the heaven within.

I have come to realize the Doctor's part is to help the patient align with their healing source and change their ability to receive source energy and release the blocks to the achievement of perfect alignment with the laws within us. There is very limited awareness of the true laws that govern us. I will bring your awareness to the use of

All Disease Comes from the Heart

the spiritual powers and the healing of the chakra issues to bring order. Homeopathy is no doubt the medicine that establish divine right order in the cells. It is vibrational medicine enhancing and removing blocks in the energy field.

How things accumulate. They accumulate over decades, generations, and lifetimes. Great, great grandfather had an affair and never told anyone. His daughter marries someone who is unfaithful and it all continues. It is the hiding of it that prevents its resolution, integration, forgiveness or healing. Now the granddaughter has a tumor of the uterus directly stemming from that buried conflict and the attempt to hide it so the family is protected from shame.

Recently I treated a woman who was suddenly getting very ill. The only thing different in her life was her spending hours on face-book hating the way things were being done politically. When we talked about how this was affecting her energy field from which all disease develops she agreed, "Oh Yes, I have been making myself sick." Hating the way it is was killing her. She let go of the family pattern of fighting for justice. Her father was killed in a submarine during the war. She was a small child and the only child. She has been fighting ever since to right the injustice of his death from war.

If we do what we have always done we will get what we have always gotten.

I am going to suggest some therapies that have been a Godsend to me and thousands. I hold the belief that I you or anyone can do, heal, be, anything we want to be. There simply need to be some factors in place inside us and to get so things out of us. Take what fits for you and leave it all to God or learn to allow the God in you to be activated or freed up. Raise you vibe or connect with the truth of love and light that is you. God.

My Save the World Addiction

Part of what has driven me to find myself, is my codependent qualities. I call them qualities because the darkest traumas become our greatest opportunities. It has driven me forward to the discovery of my true calling – give the world tools to save themselves.

I was the child of a father who leaned towards alcohol and escapism rather than responsibility. My Mothers' leaving him when I was 2 and never allowing me to speak of him molded me into a person who spent my life searching for him in everyone I met and trying to fix/save them – the co dependent jewel. I do not now blame my Mother. I now can thank her she led me to resolve my inherited patters. We are descendants of the Tudor Roses and my grandfather 8 generations ago had a whole country depending on his knowing what to do for everyone.

I was further driven down this path of fixing others and trying to make everything better and being a "controller" by my expert mother who felt she was in charge of the world and

All Disease Comes from the Heart

knew best for everyone. As an Aquarian, she often did know. I learned the role of having all the answers very well. I now get to give that up as I simultaneously share my experience connecting to and freeing your inner truth.

I have always felt and been told that my ideas were "far out". It is a kind of personal, social and family rejection I have always felt. I felt like I was in a different pattern than most of the world. I had more sensitivity to what was going on than most people could handle. My mother and sister enjoyed laughing at me and criticizing me profusely and finding sticks to beat me into the acceptance of myself as wrong.

I held out from letting them know how horrible that felt because they would use it against me and criticize my feelings. Of course I now know completely how perfect they are for me and accept the lessons I am to learn and have learned from it all. I do want to accomplish my souls' mission or take care of my soul above all else. If I don't I will have missed the very point of this journey on earth.

Of course I know life is perfect so with this in mind I have my next client. She is of course late and I know from seeing her before she is resisting and hiding. The first appointment she drove around for an hour before she got here. Fortunately, I had a 2-hour block. She admitted how difficult it was for her to come and was very happy she got here and did the work. She said several times how much better she felt. She is so hidden she has 40 extra pounds and she has had both breast removed so she will not have cancer. After that she is having multiple reconstructive surgeries. This means scars of a very deep nature all over her body including a scar all around her back and across the chest under the arms and all along her abdomen and hips not to mention the cut and paste breast she now has. She did all this to take muscle and fat to make her breast. The scars are deformed so there is no energy flowing through them and the lymph under her arm is swollen because they cannot drain. Her Ph is 5.5 and she does not want to change her diet. The bottom line, as she described her early life, she has to be tortured for the sake of balancing the family constellation. She has accepted it is her job rather than heal it. I use Family Constellation Therapy to access the original issue and heal that part of her that is showing up as hers' to resolve or carry. Her choice unconsciously, of course is to carry it.

Yet she is convinced she will not get cancer because she has no breast. Every part of me is cringing as I hear her story yet I managed not to give her doubts about her choices because she is going down the road to correct the damages by having more surgery to correct the damages that were done by the first three surgeries. As I study Dr. Jerry Tennant's work on the body being an electrical field that depends on the flow of energy going through the muscles to perform all its functions. He says the muscles are batteries. Scars become a very big block to healing.

All Disease Comes from the Heart

Now I see her lymph flow cannot move throw her chest and under her arms which means her body cannot drain the toxins. On her second visit I could see she was only there to get a homeopathic remedy for her cat. She allowed al little work to be done to restore the flow and release the lymph blockage. The she said, "I am going to have more surgery so don't do any more."

I feel deeply saddened by a world that does this to other humans and is so afraid of cancer that they will remove breast to keep from getting breast cancer. I feel sad about a world having little information about how to uncover our emotional pain and heal it I also feel saddened by a world that believes a way to prevent cancer is to cut off the parts where it could grow. It also hit me personally at the place where I recalled my mothers' breast surgery where they removed her breast, lymph and pectorals major muscle because she had a small non- metastasized lump. She spent the rest of her life stooped over and bravely working against the handicap this surgery caused her. She never doubted her choice.

I grieve for her to this day and the path of blockage that led to other problems later in life. None of this would ever be connected to the surgery scars and the resulting physical deformity. My pain for this is so deep I can only write about it as I still feel there is something, I will do to bring awareness of the solution for all diseases that lies in clearing the emotional conflicts, removing the toxins and restoring the flow of energy and nutrients. I also know there was suffering she could have benefited from which is hers' to address.

Of course I recognize the feeling that I have to do something is driven by the underlying pathology that I have to save the world, be right, and it is my responsibility to take care of the world. I am working my way out of that and setting myself free from that burden by writing about it and being vulnerable enough to share my pain. This is what my heart says I am to do.

From here I will go the very valuable teachers I have attracted based on this extreme desire to help and heal others, be the best and do it right. Yes, my desire to be right.

I want to share about them as they are the greatest in the world as I know it. This leads me to discuss the work of the teachers I have encountered who have contributed their research and expertise to my body of knowledge that brings me to the point of offering treatments for correcting the imbalances in the body and bringing the body to the point of healing itself.

It also led me to ask myself,"what can I do about this in our world" If I speak out about this I may be killed." Now I can let that go and realize it is death not to speak the truth and live the truth. It is death of the spirit. I also recalled a woman who came to me because she had a lump found in her mammogram. One lymph drainage treatment and emotional clear of three traumatic events and she no longer had the lump. Negative mammogram.

It drove me to look at German New Medicine principles again.

These principles according to the teachings The GNM is a "New Natural Science" that helps us to understand the origin of a disease from the emotional reaction to an unanticipated event that affects a specific part of the brain and simultaneously the connected organ. Illness is the result of biological program's that have developed over millions of years from the dawn of creation to now, in order for us to be able to survive under these "unanticipated" circumstances.

Our GNM presentations outline this natural science from the basic principles to the more complex biological programs that we are programmed with. That there is a connection between the psyche and disease is neither a new discovery, nor is it Dr. Hamer's discovery. To quote Dr. Hamer:

"Through the millennia, humanity has more or less consciously known that all diseases ultimately have a psychic origin and it became a "scientific" asset firmly anchored in the inheritance of universal knowledge; it is only modern medicine that has turned our animated beings into a bag full of chemical formulas."

Welcome to Dr. Hamer's page on The German New Medicine.

If this is your first visit, the following will serve as a short introduction:

Twenty years ago, Dr. Ryke Geerd Hamer, a German doctor with his own practice in Rome, Italy, received a call in the middle of the night. His 17-year old son had been shot while on holiday in the Mediterranean. Three months later, Dirk died and shortly after, Dr. Hamer, who had been healthy all his life, but who was utterly devastated by this catastrophe, found he had testicular cancer. Rather suspicious about this coincidence, he set about doing research on the personal histories of cancer patients to see whether they had suffered some shock, distress or trauma before their illness.

In time, after extensive research of thousands of patients, Dr. Hamer was finally able to conclude that disease is only brought about by a shock for which we are totally unprepared. This last point is very important. If we can in any way be prepared for the shocking event, we will not become ill. In fact, Dr. Hamer does not like to say 'cancer'. Rather, it is a special biological response to an unusual situation, and when the 'shock' situation is resolved, the body sets about returning to normality. This is a very simplified account, of course. The books explain in detail the complete process.

He presented his work to the university in Germany with which he was affiliated. Without testing or proving his hypothesis, they asked him to deny his findings. Since he could not possibly contemplate denying what he had scientifically proven beyond the shadow of a doubt, he refused. As a result, his license to practice medicine was withdrawn and the situation remains unchanged to this day. Even though the University of Tübingen was ordered by a court of law to hold tests to prove the theories, they have never done so.

All Disease Comes from the Heart

Dr. Hamer's life has been a turmoil of events ever since, culminating in an eighteen-month prison sentence in Germany, served in cells with common criminals. Much of the opposition he has had to face has come from the fact that the person who accidentally killed Dirk was the Prince of Savoy, the last King of Italy's son. A complicated, difficult and delicate situation, as anyone can imagine.

Dr. Hamer believes very strongly that the present methods of dealing with cancer are barbarous, cruel and completely unnecessary. This opinion does not make him many friends.

Since the discovery of the German New Medicine in 1981, Dr. Hamer has written several books on his medicine and his extraordinary findings. Some of the books have already been translated into several languages, and the work continues. Many physicians in Europe covertly practice his medicine, recognizing its exceptional diagnostic capability.

The lack of official recognition by "official" or "conventional" medicine is frustrating for both Dr. Hamer and for the public. We can only hope that the movement to change the status quo will come from the people who start to understand the way their bodies work and from insisting that their physicians, health care workers and institutions take notice. This information is copied from his Seminar advertisement sent to my email address.

I have put together the understanding of Dr. Hamer, the theory of Dr. Bruce Lipton that 95% of what runs us is in the unconscious, the clearing techniques of numerous disciplines of trauma release including Attractor field Therapy, EFT and other tapping techniques,, Esogetic color therapy

I am an Oriental Medicine Doctor. I have been a Professor of Nursing, Counselor, and worked in most aspects of the health care delivery system. That is not who I am. I am a spirit seeking and being all that I am.

Even when I was in the system of Western Medicine and being trained by it, I had a nagging suspicion there was more to be done for people to achieve optimal health and heal the "dis-ease" the people had that was keeping them from responding to the treatment. I saw that most of the treatments made them worse. I was nearly killed by a penicillin shot. I had an allergic reaction and was hospitalized with massive swelling. My adopted father died from the side effects of exploratory surgery which showed nothing was wrong. I had taken his pulse before surgery and I said, "Daddy I don't think you need this surgery." He said, "There is nothing I can do". He died of heart weakness - I had felt it in his pulse. There are many more things I have witnesses after 25 years of nursing and 20 years of Doctoring. It has all been perfect to guide me to this process of learning what I bring to you now.

By the time I had spent 45 years being treated by the Western medicine treatments and working in it, my health was a wreck. I

All Disease Comes from the Heart

did not really even notice it. I accepted the slow decline in health as "normal". I found my joints getting progressively stiffer and had increasing difficulty getting up because of pain and stiffness. Shortly after marrying the love of my life at age 50, he was helping me get out of the chair. My brain had begun to have decreased function and I had digestive and sleep challenges. I had Lyme Disease.

I don't have it now and my husband and I are serious ballroom dancers. I did not take antibiotics for it I treated it with herbs, homeopathy and many therapies I will describe here.

At several points in my life the seeking of solutions and the drive to find answers led me to the discovery of solutions that worked. Perhaps I knew it all along, I simply had to find my way back to my truth – I am the healing loving light of God and I am guided to all solutions. My only challenge is to get the "stuff" out of the way and let my knowing in.

I was led through a rather bumpy process. I think it could have been easier had I known how to listen and follow – not the voice of others although I have something to learn from everyone, but the voice within. NO REGRETS I LET THEM GO – I HAVE ALWAYS DONE THE BEST I COULD HAVE DONE AT THE TIME. You have too.

Although I have been led to learn many types of healing, I knew when I was a child the source of all healing and used prayer to Jesus Christ to help my grandfather about age 5 fully recovery from a stroke. There are many healing arts, massage of many kinds, touch therapies of all kinds, Acupuncture, herbs, homeopathy, computer software, herbs, and vast numbers of release techniques designed to activate the a person's ability to take charge of their disease causing factors and correct or release the root causes. I have studied all great ones in the world. My conclusion is that the greatest of these is still the loving power of our source. I have found when I open up to being guided to solutions for anything and apply the laws of healing, I am healed. This is also been true for those people who have been guided to seek my services.

My Driving Force

As Hippocrates the Father of Modern Medicine said, "We must treat the disease that has the patient and not the disease the patient has." I set out full force to heal myself and in the process helped thousands. You know, "Physician heal thyself." Shakespeare.

Fully recovered

This is my driving inspiration and with this approach I have facilitated the recovery of many people who had been everywhere and done everything. I recently had a woman who is a nurse who been working with other alternative practitioners for 17 years to health a heart condition that kept her bedridden. She said she had

All Disease Comes from the Heart

been "dying" six years and crying all day in bed. After two weeks of working with her to release the issues, feelings, fears, grieves, angers, disapprovals, expectations and other pathological mind patterns, she returned home and felt strong enough to allow her son to return to school rather than keep him home to care for her. She was responded well to treatments and homeopathy to release her unworthiness of not being enough. She followed a protocol for Detox and Lyme infestation.

I have an unwavering respect for the importance of finding and releasing the cause of the patients' non-involvement and enrolling them in 100% participation in their recovery. This may often mean getting their beliefs about themselves or their illness out of the way. This is part of their pattern of dis-ease. I was voted one of the top five Doctors in the Tampa Bay area in 2007 based on a patient survey of people who had gotten results from their Doctor. This achievement of results is only possible because the people who get well are willing to find and release the causes of their dis-ease. They are willing to find their true self. To them goes all the credit. What can the doctor do without the will of the patient? The patient chooses life and health or not. I have many people call me to say,

"My friend _____ says you are a miraculous Doctor." I say, "It takes two". Really it takes three you, me and our source.

No one can cure someone else. They can facilitate the process that allows the healing energy of their body to curing them. The patient must be open to the facilitation, ready for the results, and able to heal. I am a scientist and the laboratory is me. If it works it is proof it works for me or for you not for everyone. Everyone is different. I judge the success of things by how they succeed. The people who come to me are invited to assess carefully what is happening to them as they are also their own laboratory and physician. I am a guide, educator and facilitator. No one should attempt to take the role of healing ourselves away from us. We are here to learn to listen to and follow our guidance in all areas of our lives.

A friend of mine told me he was in a double blind study testing a diabetic drug cure. I watched as he noticeably increased his tremors of his hands and decreased his physical and mental ability. I called him to tell him my observations. I usually don't give unsolicited advice but he told me his story to I did not withhold my viewpoint as I saw it. He did stop the drug and the tremors went away. If you don't want my opinion don't tell me your story.

The biofeedback energetic technology and techniques we have now can and do identify the energetic presence parasites and other infections and successfully, this allows us to intervene when the situation is still able to respond to natural intervention. This can and does save lives without doing harm to the body and the terrain. The disease is identified before it becomes is rampant and weakens the body beyond repair.

All Disease Comes from the Heart

Healing of the Soul

The most valuable thing I have done is help people identify the conflicts and feelings that are at the root of the Disease. When you are able to release the cause, there is progress towards long term health and happiness with an increase in prosperity. This is the work that allows the soul to progress. The body/mind/spirit is one they are hand in hand.

I see disease as the guidebook for the Souls' needs. When we discover those and heal the issue we make spiritual as well as physical progress. We are not just a physical being we are a spiritual being have a physical experience. Since we never die, all the progress we make in this lifetime will be ours to take with us. Leaving our burdens freeing ourselves of the denseness of energetic patterns that restrain the flow of our energy is the road to spiritual and physical liberation. In fact it is the only thing we take with us. What happens as we heal the issues of the soul is we raise our vibration pattern. . That is worth everything to us and is the only real value we can get out of a life well lived and learned from.

It is the Mind's energies that eventually distort the body's energy system leading to illness. Knowing how to stop the processes involved is the best preventative medicine possible: if it isn't in the mind it cannot get into the body.

Here are some of the things I have found and will teach: The Mind is not the brain and the Mind is not in the brain; the brain responds to the Mind. The Mind has no purpose or intention. Purpose and Intention are the functions of the Ego. The Mind is an energetic phenomenon that has the function of creating reality. The "Ego" is an energy complex within the Mind with the purpose and function of perpetuating Karmically inherited patterns. The "Ego" is the unseen man in the movie theater who is in charge of deciding which films to show. The functioning of the Mind and Ego are automatic and cannot be changed. Consciousness itself depends on the processes involved. What we can change are the emotions and life perspectives we align with and therefore create; we can change the selection of movies played by the Mind. We can also reduce and release data that causes the movies to replay.

The energy field within which any illnesses, pain, or suffering arises almost always moves from the Mind to the Body in a specific event. Using the memory of this event it is possible to disconnect them from the Body's energy field allowing the physical healing formulas to work more effectively. We can use tools like biofeedback, tapping, affirmations, and prayerful meditative practices.

When we are born and develop we carry certain family and generationally inherited patterns. We develop and compound them because of the tendencies inherent in the foundational familial and aromatically developed patterns.

All Disease Comes from the Heart

They are now ours to be driven by them to repeat, compound, and suffer from the patterns or we can locate and diffuse the energetic distortions they create to divert us from the ability to tune into our higher vibrational channels.

The things that keep us in this lower pattern will be addressed in this book. There are many issues such as those identified as:

1. Shame
2. Guilt
3. Envy
4. Apathy
5. Grief
6. Fear
7. Desire
8. Anger
9. Pride
10. weakness
11. Stubbornness
12. Hate
13. Anxiety
14. Unworthiness

Channels to develop a connection to:

1. Loving with all your heart.
2. Bliss
3. Prosperity of having all that is
4. Divine right order
5. .Universal support
6. Oneness and connection to all there is.

A big part of the work of raising vibrations is helping people release these blocks and connecting to their purpose or what they have come here to share or give.

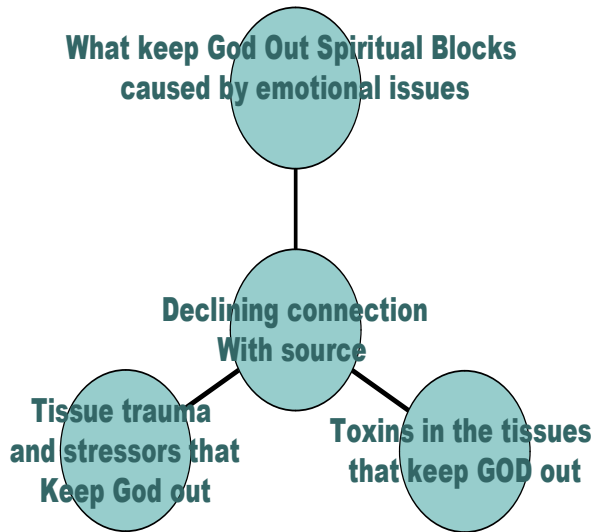
It is my desire and I believe my path to provide guidance to as many people as possible to release disease and allow health, wealth, and happiness.

Thanks

There are countless people to acknowledge and thank who have contributed to this courses of action suggested in this book. I will list name many of them in the pages that follow. They are my teachers and there are many more. Life is my teacher and I deeply thank your life for all that you led me to so wisely and that part of me that was willing to listen.

The person to ultimately thank is the people who have done the work and faced the blocks that were obstructing their knowing that they are perfect complete whole, healthy and radiant expressions of light, love and goodness.

The Cause and Cure for all Disease



The Cause of all Disease is Whatever Blocks the Flow of Energy

Almost 99% of the mass of the human body is made up of the six elements oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. Only about 0.85% is composed of another five elements: potassium, sulfur, sodium, chlorine, and magnesium.

Carbon is about 18% by atomic % and it is the only solid. The rest is gas and water. The gas is spinning atoms or energy.

What makes the energy low AND how to fix or restore IT is the real question of health care and all care that works. It is the question of

All Disease Comes from the Heart

life. What increases life force what decreases life force.

Real health care is about identifying the excesses, deficiencies, ISSUES, TRAUMAS, and imbalances that led to disease or interfere with the spinning of the electrons. Our challenge is to reestablish balance by facilitating the release of the blocks. We must eliminate toxins, provide correct information, good nutrition, and restored alignment. The body will heal itself as the spirit or energy field soars.

The challenge becomes identifying the blocks as they are not present in our conscious awareness. We select the frequencies or movement of energy that is needed for each particular person in each particular spot. We must also train ourselves how to let that happen and how to let in the source of all healing and energy.

To understand this it is good to understand first of all we are energy approximately 95% only 5% matter or carbon. Everything you do either creates toxins that block the cells and interfere with the energy or release and activate the energy flow.

The problem I see is that when energy is released it frees the repressed toxins and past traumatic don't feel good beliefs. That is why we return to attempting to sedate ourselves with food, drugs, distractions and other suppressive or avoidant measures.

I want to write to serve the highest and best of myself, others the planet and the galaxies. I want to have this serve my path by lifting me into the highest vibration possible. I will write it from the place of service.

I know people have been there and still are here/there for me as I travel down the road of perfecting myself. I want to be here for you. My challenge is to deal with the rejection of healing most people express and run from. It is challenging for it not to take it personally. The greatest challenge I have had is to fully value myself as a Doctor even though I have facilitated 1000's of miraculous "complete recoveries".

Recently a woman came to me with post stroke seizures and weakness of her right hand. She had difficulty speaking. She was determined open receptive and compliant and in three sessions was completely recovered. No seizures after first session. Speech is totally perfect now. She still has the complaint that her writing is not "as good as it used to be". When she started our work together she could not write.

I realize we are only ready when we are ready and I will simply put this out for those who are ready to hear it from me in my style. I want to empower you to find your connection to your infinite wisdom, light, and joy. – your style. What do you say? Are you in? We all need your help. As you ascend and become lighter brighter by making friends with the darkness in each of which is there to teach us the underling factors from which our disease and limitations are born unless we don't learn what they have to teach us.

Really what are they don't you want to know?

On the blessings side of what I received from my mother was her

All Disease Comes from the Heart

ability to educate. She was a first grade teacher who could teach most any child to read using phonics. She had a dream to have phonics in every classroom, but she ran out of steam. She was a hard worker and loyal to doing what she could to improve quality of life on this planet. HER PATH was the education of children and the people of her church about the power of prayer. She did everything for me and loved me, "with her bones' Yes there are tears in my eyes as I did not always know that. The dark side of that from which I learned was she would not teach me to read or let me be in her classroom even though I was starving for my mothers' attention and affection secondary to being a fatherless child of a working mom. It is resolved and lessons learned. They last words she said were to me – "I love you".

**Move into the Blueprint of who you are.
Affirm see and know – I am my blueprint.
I am expressing what I came here to be.
Could you?**

**Would you?
When?**

BALANCE

Finding our health is a wonderful opportunity to find ourselves and our perfect balance of happiness and connection to our source and our divine plan.

The name God Bringer was given to me BY A CLIENT. As I focused all my attention on bringing God in me and open that door for the patients to bring God to them or rather the awareness of their Goodness and perfection, a dear client called me and said, "I finally figured out what you are. I now know you. You are a God Bringer.

Balance or awareness of perfection is achieved one choice at a time – one thought at a time – one feeling at a time- one image at a time.

Healing is best assisted by individualized

Personalize Homeopathy. which is potentized by the practitioner. I say this after 45 years of experience using everything.

Hippocrates, the father of modern medicine, said, "It's far more important to know what person disease has than what disease the person has."

I contend what more is there for a person to know and restore their perfection as a divine creation. That means assessing and finding the frequencies that are needed to restore the energy field to full complete vibration.. That pretty well takes care of all that ails him. One thing I want to emphasize is my history of being an A, B,

All Disease Comes from the Heart

C student until I got into my field of interest which includes Medicine, Psychology, Physics, and Metaphysics. The real field of expertise for me in Medicine is how to read, listen and test for what is being held in the body as toxins of a chemical, metal, mental, psychological, and spiritual issue

One morning shortly after my discovery that I had to fully saturate myself with the spirit of God to be fully activated, I was laying on my bio-mat meditating and allowing myself to be filled with the joy of our creator's energy. Suddenly my mind jumped to the idea of dancing for our church during the Christmas luncheon. I felt joy in every cell of my body. I had been seeking joy with some challenge present because my husband was out of town hunting his one deer for the first time in over 30 years.

He has the heart of a warrior and it could no longer be denied. I encouraged him to follow his guidance even though I had concerns for him and the deer. I resolved the conflict by giving it to God and seeing the deer as going to another life happy and ready to be free as my dear husband had suggested. (He did not kill a deer. He simply enjoyed the woods and being in nature.) It is what happens when we give it to God.

Suddenly I was seized with awareness as I struggled with my discovering my mission on earth and making sure I did my part to contribute to the bringing of light into the world. As I felt the surge of joy tied to dancing, I realized my joy was a very high expression of God's love and I remembered as a child the first thing I wanted to do was dance. When I shared this with my mother she shamed me saying I could not dance it was "sinful" she said I could play the piano.

I did play at playing the piano and became a good piano player. - not great because my heart was elsewhere. Dancing, which I later developed fully, as a ballroom dancer has and still remains the passion of my cells. Last Sunday the president of our board at church ask my husband and I to give ballroom dance lessons at the church. For me a dance dream come full circle. Being told it was sinful because of the church we were in as a child and now being told by the Unity church it could be an expression of joy and life. Yea!

I began to think about this as a very important way the spirit or the soul speaks to us as a very deep message of what brings us the feeling of feeling good. It does not have to be difficult and painful to be divine and the will of the God in us.

I recognize almost fully that 69 years of seriously helping others deserves a shift into the joy of life. OK.

Consider that listening to the will of God for us could be focusing on or doing what makes us happy inside. What causes us to feel bad whether thoughts actions or choices are what create Disease? I have created some disease. Now I will free myself. In giving freedom we gain it. I am giving all men the freedom to be who they are without judgment. I am giving myself permission to be who I am without judgments.

All Disease Comes from the Heart

I have certainly interrupted the flow of my life force with judgments that probably diluted my connection to my life force rather than enhanced it. It is just part of the learning. Don't judge me you have too. I won't judge you either. Especially since divine order is handling that for all of us. If we participate in judging then it is "rained on us". The way we judge we are judged. OK, we can just put that out of the way. Not easy. It has been part of how we survived (we thought). Really it is how we have created with our judgmental thoughts more and more entanglement and attracted more of what we were judging. I am done. No more. You too? YOU DON'T HAVE TO YOU CAN CREATE MORE CONSEQUENCES FOR YOURSELF IF YOU WANT TO I WON'T JUDGE YOU.

I think Hippocrates was simply telling us we have been molded by the stresses of our lives and gotten into a pattern of living as those patterns and stresses. We have to find the patterns that have us and resolve them. My pattern was I had developed seriousness about saving the world that was a burden I joyfully release.

Today I worked with a woman who had these patterns of sickness keeping her out of touch with her true light. She is 76 and coming from a lifetime of prescription drugs including antipsychotic drugs antidepressants and sleeping pills, asthma medication blood pressure medication and antibiotics. She also had extreme chronic carbohydrate abuse and alcoholism. She is off all of it in a year. She has also ended a lifetime of persistent bladder infections and antibiotics continuously.

I can tell you this lifetime has evolved miraculously with the degree of participation in covering up the lessons and lesions of the soul. Here are some of the strategies she had developed to avoid expressing the love and light of her essence.

She got off antibiotics using diet changes and sanum remedies which are natural antibiotic live cultures. She also did work on a childhood abuse using Voice Printing. Real progress started with a homeopathic Detox made for her in our clinic following model for assessing and making the remedies.

I saw a giant leap for her when I made a list for of the ways she was abusing herself and others and keeping herself in a state of imbalance, anxiety and illness.

She loved to blame what was happening on something or someone else. Her favorite thing was to blame everything on her father not being acceptable as a man (too unrefined). She also like to blame everything on a photographer who had molested her at age 11 months. This information she got from a psychic. Her father had stepped out for a moment during the session apparently. This allowed her to blame father and hold grudges against everyone for not protecting and nurturing her.

Dependency: on others for answers then blaming them when it did not work out. she had gone to multiple therapists over her life.

Demanding and Mean: Demanding of herself to be perfect and

All Disease Comes from the Heart

never feeling she did anything perfect enough. Demanding of others.

Whine vs. Ask for what you want so she never really got what she wanted

Stamp Feet vs. Ask for Love

Retreat vs. Share self with I am, I feel, or I want messages

Addiction vs. Healthy conscious choices and Self discipline

Aggressive vs. Loving Complimentary

Bully vs. Approving Self / Positive Supporter

When I handed her list she thanked me and agreed. Once it was spelled out for her the other options she could choose and how to communicate her desires in a way people would love to give them to her she was dramatically better and started to sleep well when she let her awareness of her self as God – love light is filling up the space where these other adaptive responses had been. It is work to change and she has done the work relentlessly. She is a woman who has been in a Psychiatric Hospital.

My first job was being a nurse in the ward at a Hospital in New Orleans. I took the actions of the head of the unit to the administration of the hospital and she was moved to another unit. She was mistreating my patients and I loved them.

Her receptivity to this was the part of her that was ready and willing to get out of misery and accept the truth that would set her free. It is the fulfillment of a dream that started with the care of those patients in the ward in New Orleans. She is working hard at clearing herself. You see it is time to lay it on the line and take full responsibility for yourself with no more pretenses. Do you agree? Would you rather play around and talk to your therapist for 5 more years. She has come off 8 prescription drugs by clearing her toxins, changing her diet and clearing her issues.

This is big news folks because we don't have to look for the cure for disease. We simply have to correct the pattern of blockage and imbalance that keeps us out of nature's flow and connect with our perfection the sure within.

When she returned to her summer home in the north and began to have hip pain her doctor eagerly did hip replacement therapy. You see she had scar blockage and structural blockage from previous surgeries and unresolved generational patterns still to be dealt with. Those are stored in the hips. Most women carry a big load of family patterns in their midriffs and hips. Many men as well.

Hippocrates said it this way.

"Natural forces within us are the true healers of disease."

In every moment we are either making choices that hinder or render the flow of these forces. The process of being the flow which I shall call the Blueprint is the process of learning to live as who we really are.

All Disease Comes from the Heart

Blueprint of the Soul.

This is the pattern beneath all the patterns that have been imposed upon us by generations of traumas, diseases, limitations, and disconnections from our source plan for us. Even these limitations and traumas are, however, ours to learn from they are a gift. They are part of the process and opportunity for chiseling to reveal the perfection of our blueprint. *"The sculptor's task is simply to chip away at the stone so as to reveal the ideal form."* Like Michelangelo showed us.



In the revealing of the Blueprint it is a process of chiseling and expanding. It is a process of connecting to the flow, allowing it to expand and as it is restored allowing it to establish such strength that the disease seemly is not. The connection with our source being unobstructed, open and flowing allows us to heal and maintain our vibrant restorative energy.

It is the sustained connection to our old patterns of disrupted flow that causes our DISEASE. These patterns are numerous and the central theme of all of them is our non-acceptance of our divine nature and perfection.

Holistic Therapies in general are aimed at opening the flow. Most of them like acupuncture, massage, and chiropractics involve continues treatment for the symptoms that are produced by the causes of disease. I am most interested in finding and addressing the cause. The system I am going to share with you is the

Total Body Assessment and rectification I developed using a combination of tools and skills presented in this book.

I borrowed from and learned from many great teachers. I fully credit all the people who have contributed to my knowledge and the unfolding of my Blueprint. Every step has been and is a journey and everyone good bad, famous, unknown, rich, and poor plays an equal part as I accept them fully. The un-famous tend to demand less credit so I have listed the famous once who put together and sold the knowledge they borrowed or channeled.

All Disease Comes from the Heart

I particularly thank the power and strength of my Blueprint for guiding me to this and allowing me to open and receive each gift as it comes.

The Key- Acceptance The Product is elimination of alienation.

Remember it is only the resistance that causes the disease. So I will accept this with an open heart – with love for me and for them without doubting and blaming either of us.

Alienation is a subtle force. We alienate ourselves from those parts of us that are in us

I realize the single most important and powerful thing we do is Accept what is in front of us. The reason is our resistance becomes a block so we cannot learn and benefit from what has been gifted us by each precious moment.

We have been culturally trained to hide everything for our protection and survival.

I am working with a woman as she restores her health. Her main issue as it turns out is her fears and repressed anger that cause her great anxiety. She spends all her time going to different Doctors alternative and mainstream putting together all the information she gathers. The information is many times quit contradictory and causes her to stress and think more. She almost never relaxes. Since stress causes 90% of diseases she does not get fully well. She does however, manage to stay off most prescription drugs.

The studies of people who have spontaneous remissions from disease show they most give up and get away from their stress. They even go live in Blue zones where there is just a relaxed cultural attitude.

As we accept each gift with an open heart, rather than close down to it, we open to the spirit that flows through our heart. It is our guiding source - home base.

I am the I am.

A woman just came to the door to pick up her supplement order. She reminded me what Constellation Therapy which is essentially addressing the Secrets of the Family and standing in a position of recognition and acceptance can do. She said my family was all estranged and now they are joyfully together. We did a therapy where we went back several generations and found the cause of the disconnect that had been buried. It was the betrayal of a family member which had been hidden. The family that had been estranged is now buying a home in Florida a few doors down from her. All her children are moving next door. As a widow, she is very grateful..

When something is clear here is how it feels.

All Disease Comes from the Heart

I will tell you how this works in healing. I notice there are some things that make me smile no matter what is going on. One of them is my husband – he is my third husband and we have been together 24 years. He is the one that is right for connecting with my love and joy. The first two taught me many things that now make that possible. The ability to smile about him came from very hard work on the trauma I had from the abandonment of my father and the accumulation of my karma. It is worth the work.

Another thing that makes me smile is the boat that comes down the beautiful river we live on. It is carrying tourist. It is so cute with the guide saying wonderful things about the river. All of them are true. This makes me smile because of very happy memories from childhood of riding in glass bottom boats at Silver Springs Fl. It was such special times because my mother was relaxed and enjoying the fact that she could get away from her strenuous life and do something wonderful for us. We were happy together. It brings tears of joy now. You see the opportunities to heal never end even if they are gone to another form, plane or heaven however you wish to see it. She would say heaven.

The work that reveals our joy is what I do so we can arrive at the place where joy is triggered constantly. I think it could be called heaven or enlightenment. You could say being a doctor is only a job for the care of the physical body. If you say that you have to believe the mind/body/spirit to be separate. I certainly know that each one is entitled to pursue their path of spiritual connection in whatever way they choose. I find the body to be a great messenger to guide the needs of the soul, mind, and emotional healing.

The tricky thing about disease is it feels familiar and normal and changing it results from and brings out a lot of resistance, fears, patterns and microbes fighting back to hold on and survive.

Becoming ill is an adaptation to what we sense can only be accomplished by getting sick.

A young woman came to me for multiple health issues induced by excessive marijuana use. After two weeks on homeopathy for detoxifying her body and emotions and two weeks with no “pot” she felt great and decided to go on a vacation to Costa Rico and smoke exotic marijuana and mushrooms since they had planned it for a long time. You see the toxins did want their way they wanted to survive. She was feeling great and very happy but there were still enough toxins in her to pull her back into the pattern that would insure their survival.

I find it less startling to think of all the reasons our microbes and subconscious perpetuate to keep us the same and in their control. It does not ruffle me as it used to. I can easily move on now. This is better for me and for them. Oh well, I’ll just move on myself and find bliss without it. You can too when you are ready.

While In Nursing School at FSU we studied the Hippocratic Oath which includes. “Do know harm” I take this oath very seriously. This

All Disease Comes from the Heart

Hippocratic Oath has been the foundation of my present practice as a Doctor of Oriental Medicine. Sometimes I do not believe myself I am a doctor yet I know I am a new version of doctor the part that has been omitted a long me. I don't think to replace doctors with what I do yet I know it could relieve much suffering and expense and make the world and the people much happier to include what I do in mainstream medicine. The problem with many mainstream treatments is the added toxins and traumas they induce.

It is interesting to me to note the changes that have been made to the original version of the Hippocratic Oath which is taken by each Doctor when they enter medical practice.

HIPPOCRATIC OATH: CLASSICAL VERSION

I swear by Apollo Physician and Asclepius and Hygieia and Panacea and all the gods and goddesses, making them my witnesses, that I will fulfill according to my ability and judgment this oath and this covenant:

To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard his offspring as equal to my brothers in male lineage and to teach them this art—if they desire to learn it—without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, but no one else.

I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.

I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.

I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.

Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.

What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep to myself, holding such things shameful to be spoken about.

If I fulfill this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

All Disease Comes from the Heart

—Translation from the Greek by Ludwig Edelstein. From *The Hippocratic Oath: Text, Translation, and Interpretation*, by Ludwig Edelstein. Baltimore: Johns Hopkins Press, 1943.

HIPPOCRATIC OATH: MODERN VERSION

I swear to fulfill, to the best of my ability and judgment, this covenant:

I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.

I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of over treatment and therapeutic nihilism.

I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug.

I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.

I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty. Above all, I must not play at God.

I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.

I will prevent disease whenever I can, for prevention is preferable to cure.

I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.

If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help.

—Written in 1964 by Louis Lasagna, Academic Dean of the School of Medicine at Tufts University, and used in many medical schools today.

From my vantage point as a member of society, friend, family member, former nurse and now health care provider trained in Acupuncture and multiple modalities used without doing harm. I have suffered from the impact of these changes and witnessed suffering of thousands from the impact of this change in the Hippocratic Oath and our health care system.

All Disease Comes from the Heart

My purpose in writing this book is to contribute revitalization of our ability to heal ourselves and support all doctors who can only do what the patient can allow. I want to be a part of the solution for this massive threat to our survival as a species on this planet.

Warrior for Health

For the past 45 years I have been going up against the patterns people display as a Mask for their Disease.

The very nature of this mask is the intense need it has to protect the wearer from the truth. It is the protection against their truth. Only a few of them seem to realize the truth will set them free from the disease which is what they pray for and claim to want to achieve.

They also do not know (by know I mean Know) the truth about themselves is they are perfect loving light filled beings on a path of recovering that awareness.

The reason for this massive cover up is the need to protect and defend. This need has run deeply in mankind since early times. We have now grown accustomed to defending and protecting our secrets. This includes the need to protect ourselves from the truth of our divine nature. We fear the exposure of our divine perfection. What will happen to us if we are everything we are here to be- who we really are? The hardest and best thing I have learned to do is be myself. If you have that fear showing up write it down and clear it as we go.

Would you be willing to let that go? If so just do it now until it is no more.

Most of our problems are subconscious about 95%. Because we are moralistic and conditioned to believe there are good and bad things we or our relatives have done. We may develop the disease pattern to protect and defend our morale transgression. Most of the time we do this because we have not forgiven ourselves or our ancestors did not face and release what they were holding and hiding against themselves. We are tormented by our own choices and those of our families past or present. In a society founded on religious dogma and enforced by brutal punishment, we often have difficulty getting to the point of liberation from our "wrongs".

Even if there is no religious experience the motivation of our society is achieved by criticism, negative evaluation and putdown. These we end up carrying in our energy field, organs, tissues and subconscious. We have become very good at carrying the burden.

It is no wonder we retreat. I was sitting with a group of women at a table at church where I had brought my lunch to prevent having to eat the sugar and starch that was present on the buffet. As the ladies were looking at my food and asking questions they were frowning

All Disease Comes from the Heart

critically. It is a small example of what most people face every day. I am sorry for that. As a child raised in a very critical punishing environment I can see I have not cleared the energetic pattern of that completely. When I have it will not show up in the form of other people criticizing me. Oh yes that is the way it works. There is no one out there. It is all us projected in every moment – the beautiful and the ugly. Like the ugly frowns of those old ladies. I realized from that I am still ultra sensitive and started taking the Bach flower Cerato as I find they help with these patterns. I also say the Ho' oponopono Mantra I am Sorry- Please forgive me – I love you- I thank you every time it or anything else hits, me. I use a number of clearing processes and insist on letting go everything less than love light and positive creative thoughts.

Understand that what has been creating disease in our body mind is not our conscious controlled wrong thing you did. It was part of the subconscious pattern you came into this life to resolve. The subconscious is 95% of us. These are patterns of your ancestors and your other lifetimes. Whatever it is just begin to feel them not to define them or label them start to learn to be with them. Attend to them with allowing whatever is there to be there move into your heart and allow love to heal it.. It is feeling that is healing, if your focuses on letting it go. Lowering the head helps it go and releases the resistance.

I see disease as created by an addictive pattern developed into a mask. It evolves from an ancient need to protect and defend our perceived flaws in order to survive. The hardest part of my job of healing is leading people along the road of letting go of the mask. The results of wearing it are we become identified with the mask. We become the mask.

When the mask starts to come off we kick and scream. We fight for familiarity even if it is killing us. In many ways patients become like children who are defending their playing ground. I never really wanted to be a parent and deal with the many ways children wiggle and squirm in their fight for and against life. I realize now after 50 years of helping people through their cover-up of their truth to find their light I have many children. It is a hard job to sit with it and help people let it go. Part of my doing it comes from a sense of obligation to heal the world. I am healing that and letting it go. Right.

My need to save the world came from my co-dependent desire to find and heal my alcoholic father. Out of my sickness a very good thing has been born. This book is about it. It is about what I have learned as I healed myself in an attempt to heal the world.

The other part of removing the mask is the successful removal is tied to my success. I am ambitious. I want to get it right – be right. That means I have a hard time with patients who don't learn to let the mask go because it limits their results and my success. My job becomes letting go of getting the results and being right .while

All Disease Comes from the Heart

at the same time creating opportunities for helping people move through their maze of unconscious patterns, stress producing beliefs and blocks to the flow of the energy of love and light in them.

Why do I want this job? I am an Alchemist I have to make that gold and reach that goal. Sometimes I don't. I ask my husband how many times I have said, "I want to quit. He said in his dear soft compassionate way, "lots". Yet I go on and always return with great zeal and new understanding. Quitting is good for me it usually last a few days.

The way I see it we spend our life building a wall of protection and adaptation to this planet. The healing is letting the wall or mask go and going back to the original version of ourselves as innocent. The knowing that love is the only safe place drives me to give up the fear (the opposite of love).

Here are some components of the mask or wall of protection that holds in disease.

- Meanness
- Resistance to change
- Arguing
- Blaming
- Hiding
- Threatening
- Avoiding
- Complaining
- Holding back
- People pleasing
- Aggressive behavior

Resistance to Change

The first thing that rears its head and whole body is resistance to change. The unknown because CHANGE IS moving to the unknown – the most frightening thing in the world. Oh my God! I remember when we left Kentucky when I was going into third grade. I had to leave my best friends Nora Sue Noland, Body Joe Gwen and Helen Tussy, and Tommy Ponder. I love them still. I still feel grief about the leaving them and not being able to locate them. My husband said when I told him they had not returned my calls, "Remember you left them." That is a comfort some how often he know the best thing to say. If not, I let him know most of the time.

The challenge is how to get to the point of being able to get our stuff out of the way and allow the natural forces to heal us.

*Knowing this we now have the golden opportunity of finding ourselves as we navigate through the **guidepost** called **symptoms** that our body shows us as our 'dis-ease' or patterns of imbalance and blockage.*

Hippocrates also said, "Let food be thy medicine and medicine be thy food."

It sounds simple enough yet the unconscious patterns do not let us make the simple good choices that bring health, We most often cannot make the necessary changes because our unhealed patterns and unconscious mind which is blocking our good sense. Because these patterns are unconscious we do not know about them so we do not change them. They unconscious part of the mind is 95% of what runs us is according to many experts such as Dr. Bruce Lipton MD.

One pattern that plagues us all is the desire for the forbidden fruit. Eating what was forbidden started the distressful "fall" of man from the energy of God. There are so many ways to interpret this and one of them is that it was a sweet indulgence. I know that is a stretch... it was a forbidden fruit.... Maybe high in sugar. If I have been sent by God to give you the no sugar message it is because I have witnessed 50 years and more what it can do.

It is the emotional blocks that hold the toxins and prevent us from being able to change our choices and address our disease that has us. Toxins and disease patterns are very friendly and co-dependent and these guidepost called symptoms keep us locked in our disease. People are always asking me, "Do you treat _____?" I can tell by their tone they are locked into that condition with all they have. They have been convinced it is there to stay and they are just fishing for possibilities. They usually follow that with all they people they have been to that have failed to cure them even after they spent all their money. Where does that leave us?

What I am noticing is when someone connects with me as the person who can guide them to their success it happens.

As I sit with and observe clients behaviors and test them extensively using kinesiology, biofeedback computer programs, and the gifts of educated intuitive observations and alchemy to determine what is causing their disease and what it will take to reverse that disease, I always ask myself what disease has the patient.. I also ask them. I work hard not to focus on the disease but on the pattern behind disease. It is a balance and exercise of faith to look at the symptoms and keep looking towards the resolution rather than get stuck in believing the disease is irresolvable.

The solutions depend on the patient's receptivity – entirely. It also depends on willingness to endure the unpleasantness of changing things like giving up sugar and too many carbs...YES.

My Story of Healing

'Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime'.

Chinese Proverb

All Disease Comes from the Heart

I am a Doctor licensed in the state of Florida as a primary health care provider. As a Doctor of Oriental Medicine, all of the services used create positive results.

Math 4; 19 Jesus said, "Come follow me and I will make you fishers of men."

As a child in Sunday school that verse always played in my head. I loved the fisherman connection with Jesus and the disciples in the boat. I think I felt the call of Jesus to me at a very early age. The call was to that part of me that wanted to "save" mankind from misery (and of course myself). It has been a persistence theme in my life always finding ways to help either openly or in private praying for people or doing things to help us/them. I have been a professional in the Medicinal field for over 50 years. I am not done yet. I have always wanted to help everyone find whatever they wanted. I have always wanted to find what I wanted. I want the homeless to find themselves and their ability to manifest their homes, food, money, jobs. So I have decided to do what I can to offer information and training to you and everyone to learn to fish for what can bring a life of bliss.

Moving from suffering to bliss is the first healing secret.

Taking that feeling of misery and lack and simply shifting it into a new place of joy and happiness and holding it there. You say I can't I say, "Yes you can – just do it." It is one of the best ways out of it. As you practice moving into bliss to some degree the blocks to bliss are removed.

I think bliss is one equivalent of health. As Deepak Chopra said in a lecture I attended, "Any minute you think your body is free of disease it is." I had a woman who came in to solve her underlying health issues. She was on 8 prescription drugs and getting worse. She had diabetes and hypertension. The Health Profile revealed she had taken the role of victim in her family and was suffering for everyone else. She was constantly worrying about what they were doing and thinking the worse. Worry is one of the things that weakens the Spleen/Pancreas and perpetuates Diabetes (Acupuncture and Chinese Medicine Training). By the end of the session with the help of the Diamonds and Carnelians Electronic Gem Therapy she was letting it go and trusting her God. That is what I mean by teaching man to fish. Everyone has something different to learn and a pattern to release before they can allow themselves to have the sense of deserving that brings the good things of life.

You can also focus on the worries and say I am sorry- Please forgive me- I love you- I thank you with the intent to let them go and let your knowledge of your perfection in. You must also get the toxins out they pull you into your patterns. Field Control Therapy is the only safe way to do that. I learned it after over 40 years of experiencing and utilizing every method in the world. It is "the one" it

All Disease Comes from the Heart

works to release what is in the way of the light energy or life energy getting into the cell.

Out of the Cage into the "I Am"

One of the basic things that has held back the health and evolution of man is the reluctance to own our personal power and responsibility. Jesus said in John 14:12 *"Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father."*

The other verse that has always stuck in my mind is:

Corinthians 6:19

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

For me this means God lives in us and has given us power to manifest. My role in life is to help those are willing to believe in themselves and their power to effect the changes they want.

Part of my path that began as a Nazarene in Kentucky has been too broaden and deepen my acceptance, understanding and application of spiritual concepts and apply them to all aspects of life and success. I had to apply them in a way that could work for me. As a child I was always kneeling at the alter in church with the little old ladies of the church praying for me. It is a sweet memory.

I could not live and grow with the fear of God – the fear of sin – and the guilt that was given me. I had to seek a kinder version of understanding of God and his role in my life.

I will say, having come from a fundamentalist Christian background, I have had to over come the guilt and resistance to going beyond the traditional Christian views and opening to the broader understanding of God that I got from Unity Church and opening to the idea that God lives in and is channeled through and is us. We are the Temple of God so God is in us - the temple. We have been raised and trained in a culture of separateness and isolation. Isolating and separating ourselves with ideology. We have free will and we have the power in us to bring about the opening to our health, abundance, joy, connection to others and freedom from the restraints and dogmas that have governed us. If what you are doing isn't working it is insanity to continue. Let's get sane together and face what isn't working.

I realized much of the world is tied up in rejecting others because of the differences in our religious orientation. Can you imagine how that must be to the God Force to see us all fighting about and judging what we call the universal divine force of Good? I could call this book, Finding the Buddha Within I have learned to know and love the Buddha's they are my special friends. I think we can have many friends of such quality. Judgement is mine saith the Lord when we judge we step out of our God pattern.

All Disease Comes from the Heart

I want to accept all of you whatever your orientation and assist you to open to what you need to receive all of you... your love light and wholeness with the knowing of your powerfulness. Here it is -- everything. You don't have to fill out an application for this or waiting in line or risk rejection you can have it by just giving it to yourself. This book is about the unleashing of what blocks you from becoming healthy - the resistance to yourself as God or being at cause rather than being at affect. Meaning - you get to decide what you create and open to the divine flow of your spirit to feed the energy to support the manifestation of your intent. The fact is you cannot say I am God and avoid being the cause of your reality. It is not ego it is ownership of power and acceptance of your role as the architect of your reality.

The good news is your God self is not far away. It is urging you, nudging you and blasting you with encouragement to let him, you, your true self in...love and light.

Note for Readers

By law I am not allowed to say that I, or any system, can cure anything. No one, no drug, no procedure can cure you. They can support your process of curing yourself.

Show me how many people have been cured by someone else. You are the only one who can choose to use methods that allow your body/mind/ spirit to heal. Only you can take charge of unblocking your unconscious programs and fulfilling the unmet needs that interfere with your healing. You then allow what heals you.

What does cured mean? One definition, according to Webster, is "*The Care of the Soul.*" Another definition is "*To Make Whole.*" What can make us whole and how can we clearly connect and care for our Soul/Mind/Body? The answers to this the connecting force is your own internal quiet bliss. I invite you to come with me on a marvelous journey of discovery. We will explore tools to discover the unaddressed undiscovered parts we call the subconscious. The subconscious is where the information is stored and part of what is causing the blocks that led to most suffering and disease. It keeps us off course. When we address it, we can create and allow the flow of our power to achieve our highest and best I will share with you healing tools and insights that helped me transform me and others from a life of illness and pain to one of happiness and wellness. Along the way, you will hear stories of others who will inspire you with their life changes. The necessary ingredient is YOU. Are you ready to be joyful, energetic, and full of life? Are you ready to get what you want? Are you ready to empower yourself to achieve your dreams? Read on. Decide.

Are you in yet? If yes declare it with all your heart.

The interesting part of this is you may think you are ready yet be blocked by the subconscious the unconscious mind is a reservoir of feelings, thoughts, urges, and memories that 96% outside of our conscious awareness.

My deepest concern for mankind

I am so concerned by the damage we do to our cells and our consciousness by using substances to heal ourselves that take us further away from the awareness of who we really are. My other concern was mentioned in the book written by Dr. Richard Gerber MD, *Vibrational Medicine*. He pointed to the crystallization of the matrix, cells and consciousness that occurs with the use of drugs. The crystallization can block the tissues and energy fields and prevent the movement of energy and consciousness. The substances used to treat symptoms may simply block our ability to connect with our internal energy or God self.

My goal is to help us learn how to help ourselves. When we open to our guidance system we can be guided to what can truly benefit our souls. We can do this by taking responsibility for the parts that only we can fix or prevent with help and understanding. Our involvement must be addressed for the sake of ourselves, our families and culture. If we continue like this we could have everyone sitting around d waiting for answers from others that do not come in the direction that is in our best interest. We could live in our y Doctors' offices everyday trying to find out what is wrong and whether or not they are going to die. It can, of course, be very devastating to our culture. It could also break us as a country.

Patient involvement will reduce law suits because people will move from blame to responsibility for our choices. Most importantly the power will be with the people who are seeking to feel safe and healthy. The "mainstream doctors and medicine" plays such an indispensable role in our society. Yet, we all need to work together. There is much to be gained from the inclusion of the information about health that is present in the knowledge of Traditional Chinese Medicine, Bioenergetics Medicine and other traditions old and new that show their value by the results they get and have been effective for hundreds of years. The integration of the disciplines can reduce the suffering of all of us because of our interrelatedness we can say, "Inasmuch as you have done it unto one of the least of these my brethren you have done it unto me". Math 25:40

My other desire for all health care professionals is that we all accept the responsibility we have for following Hippocrates oath taken by for Doctor's to, "Do yea know harm." One way I have found is developing Kinesiology Testing skills so we can make sure we are giving medication to people that are right and safe for them. I SPENT FIVE YEARS STUDYING WITH Dr. Gordon Johnson a professor of music at the University of South Florida. He cleared me everyday of the issues that were showing up on my path at that time. I listened to his selections of Bach and other greats as a clearing technique literally, for hours each day.

Kinesiology is a solid well-founded tool for assessment and is now taught in Universities throughout the world. It requires much skill

All Disease Comes from the Heart

and practice but could be a lifesaving tools for the millions of Americans who are dying from the side effects of drugs unknowingly. The heart of this is that the Doctor must be most concerned with honestly benefiting the patient even though it may be outside their training experience. One of my soul challenges is the challenge of being able to know when to tell people what to do and when to support them in making their independent choices. Even though I know what they need to do I have to weigh their own need to learn from their experiences? I choose to follow the path of opening each person to following their path with strong suggestions when it seems essential. It is a balance to know how to allow people to learn their lessons and when to be very strongly directive. There are also the people who want to be told what to do that is why they come to a health practitioner such as me. Still the challenge is to learn to help people find their inner guidance system so they can grow in empowerment – yet help them enough to get the sabotaging practices of the subconscious cleared.

When I was a military school nurse working for USESEA in Germany, I was chosen to write a curriculum that taught children about caring for themselves through appropriate expression of feelings and other behaviors like flossing their teeth. There is a serious lack of education and information about how to handle emotions, mental activity and deal with physical issues safely and effectively. That is what I want for us our country and our people. Children need models for expressing and addressing their needs.

What would you say if I told you there is already information that could correct problems that will and do allow disease to develop? You have within you the tools to access the healing power of love, life force, God. When we correct the faulty information in the body/ mind/ emotions that leads to most every disease producing imbalances, we can heal. We also can provide interventions that teach the body how to correct most any imbalance and led to the restoration of the body's ability to heal it. We can probably live to a ripe old age and die healthy. The key is that each person must be involved in making choices that led to health and seeking treatments that support the body and mind healing. Even though people may know what choices would be good for them, their ability to make good choice is very driven by their subconscious mind. It is not only diet, exercise and taking your pills that led to health. It is also our correcting out thoughts, addressing issues and making healthy choices. What we need to understand is that the thoughts and choices we make are usually not driven by out conscious mind but by our unconscious mind which according to the research of experts such as Dr. Bruce Lipton is that unknown 95% of our mind. Do you want to neglect your most controlling influential part of you?

How to find it? You can start by sitting and listening to what the internal part of you says.

Mr. President

I also want to support part of what most politicians says they wants to do. - Give everyone good healthcare. I just want to say that health care that is health care is being extremely overlooked and neglected. The part that isn't being included is the part that works. Without the part that helps everyone discover and correct their blocks to good health, no amount of intervention can restore health. Congressman Ron Paul who is an MD said during the presidential debates, "Everyone should have Alternative Medicine as a choice." It is a system that allows and promotes responsibility and the importance of our choices. We cannot afford as a nation to let people destroy themselves then foot the bill for fixing them up. We actually have to help them discover why they are doing what they are doing. We also have to set up a system that rewards self care rather than self neglect. What it takes to do that is what this book is about. One thing I share with is concern for the relatives I lost because of diseases that were not resolved. I have heard him refer many times to his dear relative who died because she could not get health care. The difference is that my relatives had health care as it exist now and died from the side effects of the interventions they were given.

I know it was probably also the path they needed to go. They choose it. They followed the fears and programs they were given. They had no real choice. They thought my beliefs about natural, non toxic herbs and homeopathies were not effective. My motivation for writing this book is a deep compassion that is like your deep compassion Mr. President. The desire is to help those I love be able to have choices that can help them live a longer more quality life and die in bliss. My desire is to offer new information to let them know they do not have to suffer and die, as my mother did, from the side affects of medications that destroyed her liver, digestive track, and all their nerve endings (neuropathy) just to keep her cholesterol down which was only 170. That is about 40 points below and acceptable healthy range. The elevation of Cholesterol is caused by the poor metabolism of carbohydrates and too little good oils like phosphatidyl which strengthens the arteries and can reduce Alzheimer's, Parkinson's, heart attacks and strokes.

My desire for this world is each person find the healing power of the force of nature that lives in each of us and the knowledge of the power of natural substances to heal themselves.

My Mother

My mother died from the battle against her elevated cholesterol. Her digestive track was too sensitive and the medications she took to reduce 170 cholesterol levels irritated her stomach so much she could no longer absorb her food. In France and other countries cholesterol of 210 is acceptable because of the bodies need for fat. There are many things to help break down the cholesterol that do

All Disease Comes from the Heart

not kill other cells. As usual the rest of the family could not understand my objections to her treatment and they were the ruling majority.

The nerves of her legs were so toxic from the build up of the medication and the mercury that she had in her teeth which leaked into her body. It also leaked into my body during my time in her womb and I was born with mercury toxins, as are most babies, especially the first born. This was never addressed in her and I have spent many years look for ways to solve the problems it caused in me.

I offered her help but it could not combat the devastating affects of the medications she insisted on continuing to take. She was programmed and locked into "doing what the doctor said" even if it was not working for her whole body – even if it was killing her. I believe it contributed to an early death and a very difficult painful one. The surprising thing is we are legally allowed to die from treatments if we have followed the doctor's orders. The Doctor did not care what he was doing to my mother's dear legs and her dear heart. I care deeply. I care too that I did not stand up to her and the system stronger in order to avert this tragedy. Now I will. I will as my husband describes me be "bold beyond belief".

I saw over the 25 years of my nursing career the continuous repeat of this scenario. If you are open to reexamining the cholesterol issue look at Dr. Robert Erichson, M.D's article under The Preventive Medicine Center of Gainesville.

I also understand the more important parts of what needed to be addressed in my mother. I know too she would have died eventually. Yet my understanding is we don't have to die from and with disease. We can go to the light with love and joy. As a nurse, I stood beside many people and guided them to the light.

Whether or not Mothers know it they are the inspiration and or the devastation of our lives. It is sometimes both. The fact is it is up to us to take what we are given in this relationship as in all relationships and find the gold by sifting through and discarding or learning from the silt. This book is, in part, inspired by my lifelong desires to stop the suffering of my mother which I had been aware of and burdened by as a child and even now feel the affects of her battle with life. One breast and all the muscles on her left side were removed because of a non-malignant lump found in the 1960's. I watched her brave the loss for over 40 years. I found out later the loss of the left breast is do to a relationship loss. I wondered if it was my father or her lover, the father of my sister.

I have dedicated myself to finding the gold in all relationships especially my mother. My mother was a great woman and I always knew that at the deepest level she always did the best she could and handled life with tremendous tenaciousness. She was a transformational force in the lives of many who loved her. She loved me and gave me everything she had – the good and the other stuff. It has been up to me to make it all good and be grateful. Everything

All Disease Comes from the Heart

life gives us is a gift the key is ACCEPTANCE. Admittedly that is the hardest part -even harder than the events itself is the acceptance of the event. I will tell you I did not really accept the things I wanted to accept until I used some of the treatments I will describe in this book. It is our soul and thus our bodies' opportunity to heal. We either face it or die with it.

I sat with a male patient whose wife was threatening to leave and emotionally had already done so. He was having heart problems because he was closing his heart in an attempt to protect himself. He was relieved of the pain when he realized acceptance of what is going to led him through this reality and free him to create. His pain and the conflict were born out of his unmet demands. Her pain and conflict grew out of her unmet demands. They both suffered from the parental environmental patterns they were raised. The key is merging and accepting what is.

When I was one and a half my mother had to deal with the fact that she did not love my father and found someone else to love. She became pregnant and left my father. I was the child in the seat beside my mother leaving him in the middle of the night and not being allowed to cry or speak of him again. Oh yes I remember the pain because even though she did not love my father, I did. I was named for him. You see children know what is going on. Mothers not loving the father is one of the causes of diabetes in woman. The child cannot love the father in them. As we are all male and female or yin/yang.

Diabetes is a lack of self- love. I have been able to help many children because I know this about them and when they sense that I know this about them they trust me and relax the rest is healing the parents and the family pain. The children will take on the family pain.

I had a mother call me to ask for help for her young daughter whom she said was too sick to go to school. When I told the mother she would have to come in for a session, first she became very resistant saying there was nothing wrong with her. Reluctantly she agreed to treatment. When I talked to her I found a very weak sick person who has been very abused by her mother. I suggested we work on this issue because the little girl felt her weakness and wanted to protect her. I suggested she would benefit by healing the relationship with her mother. By disrupting the energy between her mother and herself she could gain her strength. The hate and blockage was consuming her energy. She refused to do the work on that treatment and agreed to come back. Meanwhile I examined the little girl and found nothing wrong. I asked her would she be willing to go back to school. I told her she would not need to stay home and take care of her mommy. The little girl seemed relieved and returned to school. The mother refused to come back and do the work of forgiving her mother she said, "I have a therapist." Parents who are unwilling to handle their issues will have to handle them in their children.

All Disease Comes from the Heart

My father's name was Paul. I never saw him again and was never allowed to speak of him. I was able to speak to him once on the phone when my grandmother by passed my mothers' wishes knowing my great need for him. Yes children need to know their parents and have a positive connection unless the parents have murdered someone. I was also named for my Grandmother Bess – My name Paula Bess.

My mothers' way of loving involved harsh critical, frustrated, hand slapping, switching and harshness combined with overly kissy face affection. We all slept together at my grandparent's house during a certain period of my life. This all led to conflicting traumas. She loved me and she beat me. What does that say to a child? It makes the child angry and guilty for being angry and causes conflict. The church we went to taught us to be guilty about everything yet it taught us to forgive, be forgiven and have faith – more conflict to sort out.

Yet I cannot tell you how glad I am for the faith part and the forgiveness. Although I spent my life learning how to forgive and release the traumas, it does not always come out easily – does it? Truemeel is a very effective homeopathic remedy for this trauma pattern removal. Knowing you should let go and wanting to do not always do it. Many of the things we need to let go of are buried in the 95% of information in us which is subconscious. My grandparents also beat me - it was the way of it. The stern Kentucky back hills Tudor Rose inheritance. I was born into the generational patterns brought forward in me from being born with many royal kings and queens in my inheritance pattern. They used this stern demanding, critical technique because they did not know how to deal with their frustrations about the unresolved issues of the past and the frustrations of the present. They were deeply trained by being beaten themselves. They had anger about what life was not bringing them. It was a survival issue with much fear taken out on the children –especially ME AS THE OLDEST and the child of the unloved husband. They too had been raised by the need to control and beat it into us. I remember feeling like they wanted to kill me.

They did not kill my spirit though. I learned to make it work for me and still do. I became defiant and nervous which caused me many digestive disturbances. Belief me it was not an overnight project it has been the healing of my life and my body. It happened because it was supposed to and so I could come to know who I really am and bring my gifts to you. The good news is I have, I am, and I will continue.

By the time I was I my late 40's my body was showing and feeling the impact of the stored, "stuff". I entered acupuncture training and began to dig in to resolve the stored pain that was causing my suffering. My mother helped me go back to school to receive my fourth degree even though she thought my being a nurse was the ultimate. She was a school teacher and always supported my educational en-

All Disease Comes from the Heart

deavors. In fact she was my best friend in life. She always listened to me when I had things happen. She was a very compassionate woman. However because of the critical element, I have had to dig deep into myself to remember the many kindnesses she did for me as a way of letting the nurturing come in. I recalled the times she ironed my diapers, scraped for money to feed me, worked her, "fingers to the bone" and left me almost half of all she worked to accumulate so I would not starve in my old age. I have had to change, release and recreate the programs that would attract friends and people that are not critical and punishing and who have the self esteem to be able to allow me to be all that I am as I honor that in them. Thank you my dear Mother for what you taught me and what I was driven to teach myself. I made room for the growth of my nurturing loving best friend in me. My best friend, of course, is the light and loves of the God self within me who attracts my perfect family and friends.

Later in life, when I told my mother much later about the pain of not really feeling like she loved me, she was shocked and said, "I have loved you with my bones." By that time she was skin and bones and it was the most pathetic moment of our life together. Her last spoken words were to me, "I love you baby." You see how it really is. Everything is, as my dear husband always says, "an expression of love or a cry for it". There is no bad there is only what is happening to teach us and perfect us should we choose to embrace every moment in that spirit.

I had to realize that life is not always how it seems and much of it is due to what we are supposed to have happen so we can learn from it and go to the peak of our path. I have learned to know it is all about our perceptions and many of our perceptions are misperceptions. Of course, at the time we are misperceiving it seems most accurate.

I had to go through everything I did to learn to heal these deep unresolved unconscious conflicts that are created by our early childhood experience whether we know it or not.

I accept it all.

My mother was the source of my greatest pain in life as I watched her pain and endured what she inflicted on me. Ultimately she has been my greatest inspiration and driving force to learn how to heal this rather than succumb to it. I got my strength and persistence from her. Isn't it interesting how a great desire to help can arise out of such misery? It is the way of the world – the old Yin/Yang, light/dark polarities of the universe- The Greater the front the bigger the back. YOU are the driving force for me to want new ways of responding to sickness to be available to the world. In order for that to happen you need more information about it. You need to know about your power to transform whatever is happening into golden light of perfect divine right order. So here it is going out into the world.

All Disease Comes from the Heart

Outside the Box

Even though I was born into a very traditional Christian family and spent most of my life on my knees in prayer. I was born outside the box. I have spent many years trying to fit in without being in the box but I don't fit in. I have finally decided I am not supposed to. I feel free of that. It is the hope of mankind to have people who resist the pressure of going in the box. I choose to look at life from all sides and stay open. I do like most of you prefer love and recognition for me, my sensitivities, and my gifts. I also accept that I can give that to myself and I must not look to others for it.

I recently made a new discovery while talking to someone whom I was paying to give me direction and help me gain insight. That insight was as this; I took the role of being an Alternative Doctor I stepped into a box. Of course, I will now step out of that box and fully assume myself. Here I am. I promise if you are sick you are in a box.

The ways we are put into the box are done very much without our conscious awareness of it. I called for a Dentist appointment and there is a new office policy the ADA has introduced that a cancer screen has to be performed within each year at a cost of \$50. These things are slipped in on us because they sound like a good thing we let them go.

I think it should be included in an exam that the doctor looks in your mouth to see if you have suspicious sore or changes in tissue or we could do it ourselves. What is happening in the world?

I have been led to a number of experiences that guided me down a path of life and responsible healing as a path. The one God or universal mind or consciousness within me guided me where I was supposed to go. What can I say? I have a mind, soul, spirit of my own. I also was willing to listen to my guidance system and it has never failed me. I may have failed to follow it but it was always working for me. You do too, although you may not have found it yet. You can and yes you will, if you decide to.

I wanted to heal my family and when they would not recognize my gifts and accept the directly I took a back door and let them feel better by treating me bad. I have stopped that. Like all patterns and illnesses they go slowly and require utmost care.

Growing up in a family of victim/perpetrator models, I accepted the assigned role of being wrong, weird, and always being accused of "getting what I wanted". I was criticized, demeaned, put last, beaten, and that was what they called "love". Confusing? Yes and damaging. Also it was just what I needed to become the diamond I am. I took it all and still got what I wanted. I got my freedom to gain my soul, health, wealth, love and peace. Had I not accepted it I could easily be dead from it.

I have determined after many years of examination and healing thousands of people what the cause of disease really is. It is resistance to what is and our attempt to stop, manipulate or control what

All Disease Comes from the Heart

we are resisting. The resisting produces the symptoms.

There are many things to help overcome the resistance to what is. Let us begin to learn acceptance is the key.

God's Medicine

Or the medicine that heals lies within the heart of each of us.

The conscious thoughts beliefs and expectations stand in our way and keep our heart from opening fully to our miraculous healing nature or the spirit within. The resistance to love or opening the heart fully is powered by the Subconscious mind. The blocks are perpetuated by the programmed or stored memories that run our mainframe. I fully understand the role of God in healing us and our ability to know the God within is very poorly understood and very underutilized. I know it can do anything we can allow it to do. The block to it being able to heal us fully is in the subconscious mind. The power to clear the blocks is also in our conscious mind and is ours to utilize.

When these blocks are released, we quietly allow the healing presence of God to fill us fully, heal us and guide us to those who can help.

All this is not taught, and because it is unknown it is more challenging to accept. You can do it though.

How to heal your Subconscious Mind (The 95% that runs the show)

Dr Bruce Lipton explains that there are two separate minds that create what he calls the body's controlling voice. There is a conscious mind that can think freely and create new ideas 'out of the box'. Then there is the subconscious mind, which is basically a super computer loaded with a database of programmed behaviors, most of which we acquired before we reached the age of six.

The subconscious mind cannot move outside its fixed programs – it automatically reacts to situations with its previously stored behavior responses. AND (here's the rub), it works without the knowledge or control of the conscious mind. This is why we are generally unaware of our behavior, in fact most of the time we are not even aware that we are acting unconsciously.

Studies from as far back as the seventies show that our brains begin to prepare for action just over a third of a second before we consciously decide to act. In other words, even when we 'think' we are conscious, it is our unconscious mind which is actually making our decisions for us.

And it seems the unconscious mind is running us on its automatic pilot mode, 95%!

You see blocks to allowing ourselves to receive what is happening

All Disease Comes from the Heart

and open to our greatest good are stored limited by or expanded by the mind. The unconscious and the conscious thoughts are what we have to learn how to heal. We can allow and facilitate the release of the scars or traumas that keep us in a state of having to resist, defend and protect ourselves. We are going to quietly release these unconscious blocks to the full potential of manifesting the optimal place of light, love and openness the full presence of our perfect nature of love and light.

Healing is releasing of patterns that hold blockages or resistance to what is happening in our lives. Healing is simply the allowing of the presence of spirit of balance and perfection to enter us. The limiting resistance to what has happened and is happening prevents the flow of light, love, sound or electro energy through the body. A woman came to me to discover and uncover the blocks to her attracting her soul mate. She had been married 3 times with several violent encounters with these mates including one attempted murder. She attracted a potential partner and he killed himself. We discovered, by using the computerized biofeedback technology and kinesiological testing that she had danger in her hologram brain pattern. In other words she had been programmed to feel there is danger. This program or blockage was ultimately driving her to attract these mates had were attracted by this danger program. Her mother had wanted to kill her. The father had taught her to stay away from and fear men.

She had been resisting knowing and accepting this all her life running from the misery of facing this feeling and releasing it. This happens to most of us because we normally do not know these things are important and we are taught to ignore them even if we know them. It had to be resolved by conscious acceptance of it in order for it to be released. I will explain this technique has we go along. She was eager, ready and highly motivated by her desire for her true love. She faced fully and is taking responsibility for releasing the cause of her sense of danger. This dear, strong, determined, beautiful woman will succeed in fully loving herself and so attract the loving partner she is willing to bring into her heart by consciously healing the wounds of the subconscious mind. The result of releasing this pattern brought her to recognition of her true love for a millionaire prince who had been in her life for many years.

I have been following my path. I have always been looking for what it takes to free us from our traumas and stored information fields that perpetuate misery which I define as not being able to manifest your conscious choices. The many techniques I have been guided to in this process were also my path of healing my multiple traumas. The ways and methods of healing have worked for me and thousands of others. The path of discover has bought me full circle to the knowing that it is my guidance system combined with my unwavering intent that has and will take me through all of it to the full experience of my bliss. They have and still work for me and I want

All Disease Comes from the Heart

to share them with you. If there are others that show up and seem to speak to me, I will look, listen, and feel what they have to offer. I want to share with you what has shown up and, most importantly, how to see and follow what is there to heal you.

As my Guru Music Teacher and light energy healer/re-searcher of five years, Dr. Gordon Johnson said, "The process is the product."

For some reason what has always pleased interested and drawn I was things that related to opening and healing the mind/body/spirit connection. That has always been my calling. Writing about it now is my calling. I could have ignored that and been a "good little nurse" the way my mother wanted me to be, but I would be dead. It would have killed me. My spirit was born for this. Enjoy the journey with me as far as you want to go and for you I want you to safely find your wings to fly and express your own version of the wonderful spirit that is in you.

People go through their life being miserable, barely able to get through life and saving for a "rainy day". As a nurse I saw miserable people sitting in their many doctor's offices looking for solutions and coming out with a temporary "fix" that created more problems. The issue is we are looking outside ourselves for a solution that is only achieved by looking inside and learning how to release what is blocking us from know and taking responsibility for healing ourselves. We must look at and address what is in us that are not working. We must correct what is going in and coming out and what we are doing that interferes with us working. I feel like it is ridiculous to have to say this yet I will. People are eating, drinking, thinking and choosing everyday to do and not do what brings them health and happiness. The part I object to is that we as a nation are enabling it by paying for them to do other interventions that add to their avoidance of their responsibility for themselves. How many years, lifetimes, and millenniums are we going to support by allowing the barbaric system to continue.

New Vision and Definitions for Health and Aging

I want to share with you what I have observed during my journey and if any of it can work for it is yours. I know you will either fight it, or not, accept it, or you will allow it and benefit. That is the way it is. When I was in my thirties a young man spent a great deal of time attempting to convince me to do the EST Training by Werner Erhard. He traveled many miles on a motor bike to reach me several times a month. For a long time I thought he was trying to have a relationship with me or some other hidden motive. Finally he had the wisdom to say to me, "I don't get a toaster oven if you do this training." That was the right thing to say. I did the training that began the change

All Disease Comes from the Heart

in my life that got me out of my miserable unconsciousness which seemed good at the time and it is only by contrast that I see how bad it was for me. Here it is for you - it is my equivalent of riding a motor cycle several miles to reach you.

I recently completed work with a woman in her eighties. She followed up on our work by having an extensive physical by a doctor who evaluates nutrient levels, looks at the cells of the blood under an microscope (dark field analysis) she had several thousand dollars worth of testing. The MD concluded she was perfectly healthy and attributed it to Alternative. Have you ever heard of such a thing? I think the challenge is we have come to accept deterioration and disease as the norm. We have forgotten that earlier man used to live thousands years of according to some reports. No these reports have not been double blind studied. If you wait for and adhere only to the results of double blind studies you will surely die. If you are a rat you may benefit greatly.

Definitions of what works is not about normal blood work while you take drugs to manipulate those numbers:

Healthy meaning the organs are working perfectly on their own with the correct information and the tissues are well oxygenated and have cells that filter toxins, pathogens and nuttiness in an organized effective way. You are happy to be alive, awake and asleep enjoy and accept others and are full of vibrant energy. You live to a ripe old age and die alert and happy. Healthy means you love with abandonment and accept without restraint what you can't change which is just about everything outside yourself.

Happy means regardless of what comes your way you either accept or release it into your blissful state. Eliminate having to figure it out. Letting it be as it is with the attitude of an observer and freedom from judging.

Loving Your heart is open to receive and give the spirit of love and energy that naturally flows through an open heart. Accepting all that is as an opportunity for you to learn and grow by releasing your resistance to accepting what is in front of you. It comes out of knowing the powerful loving force of God fills you and is you.

Energetic meaning all the energy that was intended to be ours and supply our organs and tissues is flowing to us, and through us with the correct information to perfect and maintain optimal functioning. There is no blocked energy due to unresolved hurt which is the case of heart "attacks" A heart attack is a message from the heart that it is unhappy and has been hurt. Discover and release the hurt there is more openness to the blood and every flowing and no constriction of the blood vessels leading to the build up of plaque and infection causing occlusion and a heart attack.

All Disease Comes from the Heart

Positive means interpreting and accepting what is going on as a part of the working divine order. Knowing everything is our friend and the things that hit us the hardest are our best friends. It is not what happens, it's what we make of it or it makes of us.

Wealthy When we are healthy we know that all our needs and desires can be met. We are in the space of manifesting, knowing our power to bring things to us. True wealth knows the wealth of our own power to bring things into our life and learn from what is or is not coming in where our blocks and blessings are.

Moving in the direction of being as radiant, vibrant, energetic and positive as you can be or become with all parts working well. It means not just sitting in an office looking for someone who can tell us what is wrong, but choosing interventions that teach us what to do about what isn't working and how to make new choices. It also means learning to remove the subconscious blocks to moving. There is a man who was a very good dancer until he got "Parkinson's disease". He now sits and watches the dancing because he feels he cannot do it well. There is much research to show the healing affects of dancing on the brain.

Health is Wealth

Most people go through life with plenty of money and possession yet still saving for a "rainy day" feeling a void inside that feels like the "rainy day". The thing we all have to do is take the opportunity now for using our energy and resources to find the light, energy, freedom, and love inside us and others.

Will we find it in a pill or drug?

A man told me he was going take a drug for his cholesterol because the doctor had told him he was going to die if he did not take it. I said, "Is the doctor going to tell you won't die if you do take It.?" Will the doctor also tell him that he must release the deep resentment he has that is causing his Gallbladder/Liver to be blocked and not metabolize fat? I will and I will work with him on that as he is willing and ready to hear and deal with it. Meanwhile his cholesterol is going dangerously low 128. My mother died of the complications of a cholesterol lowering drug that caused her to develop neuropathy.

We are at an important crossroads. Drugs save lives of those who have gotten to the point of having to have a drastic intervention. Many times other interventions that had no damaging affects would be a better choice .What shall we do? The damaging choices are paid for. Helping yourself cost you money.

There is no book of instructions on how to do this "stepping out of the box and learning to listen to your own wisdom". Well here it is an earnest attempt to communicate—

All Disease Comes from the Heart

How to heal your Subconscious, allowing your body and mind to heal, achieve true happiness and become who you are meant to be. I have known for over 30 years I was supposed to write this and I have been working on it that long.

I worked as a nurse for 25 years including teaching nursing. I saw first hand the nursing home and other elderly clients where the path of neglect of issues and the use of drugs can lead. They can mask the healing needs of the body. The saddest part is the diminished quality of the life force love or spirit of the people. Many were lying in bed mumbling and wetting them.

I have devoted the past 25 years to finding new options for myself and others. These options can lead to the achievement of health and wealth. My health has dramatically improved in the past 25 years. I am healthier at 74 than I was then. I had to overcome, deal with and release what had accumulated in my "mainframe "or matrix of the body which perpetually stores information.

This is my story of great triumph over all of this that is still going on. I would like to invite you to make your story of triumph and find your heaven on earth – the love, light, sound, and electro medicine of thought in your heart and in every cell in your body.

We have to understand that everything we do, encounter, and think has frequencies and the potential to heal us as we move through life with the positive intent to be healed.

What amps or heals must be done in moderation and the exact amount at the right things for the body at this time. Food eaten to fast or the wrong food at the wrong time can kill the body. Chemo-therapy can kill cancer – yet very often because the other conditions of the body are not balanced and the issues that caused the cancer have not been resolved it can kill the person. That is why I have developed the skill of Kinesiology- I want to test everything for myself and others until they can do it themselves and learn to tune into their inner knowing. We must know what is good for us for how long. What this means for you is learning to tune in to yourself and move through life with a fine tuned sense of what heals and hurts. Also maintain a fine attunement to letting it go to the wisdom of your higher knowing.

Once we have learned to listen to ourselves and follow what is best for us the higher form of Kinesiology that emerges is the guidance system within us emerges as we invite it, listen to it and follow the guidance of our own inner wisdom, knowing, love, and light.

Things that heal only in the right amount for the right length of time. The body responds to positive vibrations by eliminating negative or toxins. It becomes a balancing act to manage consumption and elevation. It is our challenge to know what to do, when to do it, how long to do it, and how much to do it. It is the same challenge a Doctor has when he orders a medication or supplement. A life is in his hands and how does he make the decision this body can handle this much of this substance at this time. I nearly died from these de-

All Disease Comes from the Heart

cisions being made by a Doctor treating me. I have also seen many others die from these choices. I now tell the doctors what I will and will not do and they respect me for it.

One of the main things we need to understand is that dosing including amount, time and frequency of any activity, drug, supplement, homeopathy, person, or place is important to address by having a way of tuning into the individuality our needs. So in general I have to say everything has the potential to heal or kill.

Sun does not kill our cells it heals our cells in the right amount at the right time. Drugs can heal us if we have the right amount for the right condition at the right time. Too many or too much of a drugs or the wrong drugs can kill us and can create blockages in our consciousness that freeze the subconscious issues into the patterns that hold us back from healing. Thoughts can heal or thoughts can kill. Supplements that are absorbable by our body at the time we take them can help us or hurt us.

Things that Work

We can no longer say this or that is the answer for everyone. From my viewpoint there are things that work without trauma and side effects. They work for me and thousands I have helped find solutions in themselves. If they work for you it will require some of the following attitudes as does anything they work when given at the right time with the right amount with the right attitude of faith, acceptance and intent to heal.

Determination

At one point I was so miserable I started singing everyday upbeat songs to lift me out of the physical, mental and spiritual misery I had achieved. I sang "Every little cell in my body is happy; every little cell in my body is well. I am so happy I am so loved. Every little cell in my body is well." I sang it to the tune of Mammy's little baby loves shortening bread. Somewhere along the way I went beyond needing that vibration. It no longer worked for me

I was led to other things. The part I want to share is when you say, "Try" it or "try to do it" that is a response that says, "I will see if it works even though I don't believe it will." That means it will not and cannot work unless you shift your view to believing and knowing it will; you have to be determined to let it work.

Faith

I started out in life being blessed enough to have been born into a family of faith and intention. For me that was the foundation for an incredible life experience. I have had many. We had no money to speak of just enough. I did not experience the lack of money. I experienced and abundance of richness of the sky, green grass and other delights of living on the farmland of Kentucky. I was beaten

All Disease Comes from the Heart

on a regular basis for small misdeeds and incurred many scars. One day my grandfather beat me so much I had to have salve all over my body, but no one stood up to him and said no more. My little sister did say we could run away together she was about 6 years old. Somehow in their mind, LIKE MANY FAMILIES, beating was a normal acceptable way of discipline.

I remember most the times of prayer and the moments when I saw the power of my grandmothers' intention to heal something. The other painful things got buried and have been part of the work of letting go. We were living in the country on Renfro Ridge in the foothills outside of Richmond Kentucky and the road to town was very narrow and curvy. One car could go down or up at a time and if you met each other one had to pull off on the dangerous shoulders. So we had to handle what happened medically ourselves most of the time. In fact – all the time, that I can recall. Nothing destroyed my faith and that is remarkable. I think it is the greatest of all things to have and makes all the other bad things about being in this family totally OK. It is the one thing I would need to get me through. It has still been the rock on which my life has been built. I find the most challenging part of helping people heal is to get the faith in place where there is none. Faith is a foundation necessary for healing. I would never say people can't be healed without it. I do say my experience is when healing occurs it is because some element of faith in something is present.

Works

My grandmother treated a man who had pneumonia with Vicks and hot towels even though he complained of the heat saying, "Bess you's a burning me". He was an old man in the hills of Kentucky and would have died without her help. He did get blisters on his chest so the story goes but he was "cured" of pneumonia. My grandmother never gave up on people and as her namesake she passed that on to me. I watched her wide eyed with wonder as a little blonde towhead and I learned.

My favorite dog Snowball came to my window crying one night he had a gapping hole in his side where a groundhog had gotten him bad. It is a wonder he made it back from the holler where he liked to explore life. I thought he would die but my grandmother took white salve and torn sheets and wrapped them around his body. I put my hands on him and prayed. He whimpered and cried several days but he was good as new before too long.

My grandfather had a different approach. He cured everything with his saliva. He was a tobacco chewer and specialized in burns. They did get well and stopped burning right away. We believed in him and his technique. I have come to understand that what you believe in is what works. I have come to believe in what works and have grown to understand it is difficult to tell what is working because the symp-

All Disease Comes from the Heart

toms of true healing often mimic disease. I think what worked about it was the loving touch he gave us when we went to him. It was the time he let his love shine through.

Detox is definitely needed. What is in the body causing disease has to come out. If we don't get it out it is stored as cancer, tumor, or cyst. All diseases are caused by toxins the only difference is the person and how and where they hold them and how they will eliminate them. That is never the same. The art of Detox is guiding the person to letting go of the emotional and physical toxins safely. We as a culture have not been educated about that process so we don't really understand healing. I would like to give you both sides of the coin so you have a choice based on clear understanding.

Prayer

My mother prayed. My fondest memory of her was seeing her on her knees in prayer. I think she worked everything out with God and got us through some very trying times after she left my father she went back to her parents with two children. She went back to college, got a degree in teaching and taught school in a one room school house until we migrated to Florida where my aunt had told her, "Things are better." It's hard to say they were better. What can be better than roses growing wild on a fence and hay waving in the wind? The pigs had been good for a daily visit and Oh the Cows – I loved the cows. It is easy for me to see why in India they worship them as they are the essence of peace.

We loved tumbling in the corn bin and running through the tobacco fields. I still miss my childhood classmates I left in second grade. Nora Sue Noland, Tommie C Ponder, Bobby Joe Gwen. Some things are wonderfully unforgettable aren't they thank God? Others I rather not remember. Yet, when it is important to remember them in order to heal the scars in the memory fields or body fields that affect present perceptions, happiness and health I will happily go there. When we visit and release enough there is no more pain.

Of course Florida was God's great plan for me and I am still here. – 60 years later. I have been around the world and lived in Europe 5 years as a school Nurse for the military. Oh I am getting ahead of myself. I will come back to that. It was a big deal for a Kentucky farm girl to have the wonder experiences I have. Of course, that was the groundwork for my being nourished and loved by a beautiful part of mother earth. Thank you God self for providing so well for me.

Somewhere along the way while still in Kentucky my grandfather became ill with the impact of a massive stroke. I was about 5 years old I think. My mother told me to go in and pray for him and ask Jesus to heal him. I felt as though I had been recognized for the first time in my life for who I was. I told him we needed him and loved him and ask Jesus to, "make grandfather well". Grandfather fully recovered and lived to run the farm a few more years before

All Disease Comes from the Heart

he followed us to Florida. It is sad for me how easily children love and forgive those who abuse them. He was all I Had and all so many children have. I have great sadness and compassion for the abused children of the world. Forgiveness does not always take the scars and pain out of the mainframe of the computer. The have inspired my life's work which is healing these scars in myself and others.

I was a school Nurse for five years working in Europe for the US-DESA Military school system and was able to help many children by writing a health curriculum to address some of their many needs. I conducted feelings classes while the dear overworked teachers had their much needed break.

I know whatever I want passionately, believe whole heartedly and pray for without ceasing will come. I pray for our children and have and will helped many with natural therapies that did not destroy their immunity and give their little bodies information that could damage them.

I am practicing daily and go into the feeling of what it is like to have what I want rather than focusing on what I do not have. I allow myself to see a world where children are loved as they are and can express themselves fully being the little God selves they are. The hard part is staying focused on the desired outcome or living in the reality of the vision having already come true. I will do it though and keep coming back to doing it even when I get sidetracked. Even though I do not listen to the news people are always telling me news and some of it I need to hear. Most of the time, I just dedicate myself to seeing positive outcomes. I think that is my part of helping the world. I know you will too – we all have a part to play in raising the vibrations of the planet by raising out own and doing our jobs.

I also have know very early in my life that I must clear any subconscious blocks that might block me from bringing my intent to help the people and planet of earth into reality. I also know I must go through the necessary actions to bring this to reality – the actions I am guided to take. I shall also clear the blocks to allowing it to happen. That part {the part of clearing the blocks} has not been fully understood by the seekers of wisdom and truth. This is the part that is not understood is how to identify and clear the subconscious blocks that are in fact blocking our manifestation. This is what I am to share with you and the world it is the absolute necessity for being free to express fully the joyfulness that we are.

I think many people come and go and do not clear the mainframe of their computer of these energetic patterns that cause distorted functions that later develop into disease. We are a computer you know complete with silicon dioxide memory chips just like the computer chips that store memory. If these blocks or peaces of misinformation remain in our memory storage system they become blocks to our happiness, health, longevity or our accomplishing what we are each called to be.

Support

The process of healing involves opening ourselves to the support that is right for us and screening out the rest. I recently walked out of dentist office because the dental hygienist was giving me the extreme sales pitch of fear before she had even looked in my mouth. It was not so much the message that frightened me but her overbearing tone and aggression. It is very challenging process to find allow the right people to help. I treat many people who come in telling me they have spent all their money looking for the right help and nothing has helped.

In defense of this, it is most likely our programming that is preventing the right people from coming in. It is usually a subconscious block to healing. When that is gone we can attract the right person to support or healing.

I will say I have been a seeker of wisdom truth and God for all my life. My favorite saying was from Einstein, "I want to know the mind of God." I will tell you I am happy to discover God lives in me and always has. Knowing and letting you experience the support of the all knowing is the one support that never fails us. It is also the support that leads us to the right people for help us we don't have to look so far.

When I went into the room with my grandfather lying in bed, I knew his grief and I knew mine. I felt passionately that I wanted him to get well. I had already lost my father. My mother left him and refused to let me see or talk to him – even mention his name ever again. I wanted my grandfather because he had become the father I needed desperately. I think the sight of a curly haired blonde child crying and praying for him must have ignited his passion to live as well. I told him we needed him to take care of us and run the farm. There was his visual. He knew how much I loved him too. That was what allowed him to receive the support and prayers of a 5 year old. He lived to his late nineties. He walked with a cane but stayed active until his nineties.

Intent to Heal

I always had a passion for helping people too, and decided early to be a nurse. Women were never encouraged to be doctors in my world. I feared the disapproval of being "too good". Never-the-less, I was guided along on a path that has led me to develop many healing skills over the last 50 years. I was trained in Nursing massage therapy, Reiki master, Jin Shin Jyutsu, Esoteric Color therapy, Counseling M.A. PHD studies in Alternative Medicine, Homeopathy, biofeedback, Electronic Gem Therapy and Acupuncture training. In my self-directed PHD program I was able to choose my teachers and design my own curriculum. I will mention them in this book as they are all world famous. This laid a foundation and I am always propelled to learn more. I was always drawn to wanting to know why a person did what they did and why the body got sick and what could

All Disease Comes from the Heart

heal us.

My explorations and path led me to an early understanding of the subconscious processes that store the information in our computer like brain that runs the show even though we don't know it. I have always been led to books that evolved my skills at believing and manifesting. I have developed the skills of a modern day alchemist as I have learned to refine and meld the gold in human beings into their finest expression of who they really are.

My life journey has been one of working with God to achieve miracles and create health and happiness with and for myself and many thousands who have crossed my path and asked for my help.

Driven by wanting to heal Father

For me personally, I recognized early on the thing I wanted most was to find my father and heal him as my mother had said he "drank too much". A beautiful do-dependent profile – that's me.

This was the driving force in my life and although I found him only when he was dead he was the perfect father for me because he was the motivating force for the process of learning to heal. Much of it was learning to heal the loss of him.

At around age 45, I decided what I wanted most was a new career away from nursing so I was guided- called- beckoned- and summoned to enter acupuncture training. I also wanted with all my heart to have a man with whom I could be deeply in love, committed to and grow spiritually together. I have both and am very grateful. I also know life is a process and my consciousness is still unfolding accepting what the infinite wisdom of the loving universe brings me to mold and shape my soul.

I am a therapist who does the work on me first and will continue to do so. I think we have to understand that for the most part there is always clearing to do when we are born into this earth plane.

The blocks to our having the intent to heal are numerous. Here are a few:

- Fear of what we might have to do if we are well.

- Fear of giving up what we get out of sickness.

- Fear of doing what it takes to be well.

- Lack of faith and knowing we can be well.

- Fear programs that keep us running with the herd even if it kills us.

The clearer we are the more our energy can support our healing and that of others. I always tell parent especially mothers; we have to heal you first. The child's illness is a response to yours'. I worked with a mother whose boy would not defend himself on the playground. It was her issue he had learn from watching him. She would not stand up to her sick husband who was having a very expensive affair with a prostitute.

I am so grateful for the many people who have accepted my help in this journey I want to dedicate this book to them and all they taught me with their great work of transforming painful limiting sub-

All Disease Comes from the Heart

conscious traumas and toxins to emerge triumphantly and make a life that worked.

Persistence and God's time

People are always saying to me how long does it take to heal these scars. That is a good question and one which cannot be answered. Yet I can say I think we have to accept it is an individual matter. And it takes as long as it takes. The main goal I have come to know is to clear everything that keeps us from having a constant attention and intention on the flow of love coming into us and flowing through us to others. That is what I call God's Medicine. God's medicine is his love. The process is to find what is in the way of his love and spirit flowing into all the cells of our body. I don't know if praying without ceasing will heal all of these information faults that reduce the perfection of the bodies' ability to heal it. As Unity Minister Rev, Laurie Flemings said when I ask her this question after her brilliant sermon of the subconscious and conscious blocks, "I think it needs much more research on how to pray." I agree.

The process of being able to let that love/spirit energy in is a process I have been called to share with you as my ministry. I have concluded it is not only ministers who are "called by God" we are all ministers for Love or God if we choose to hear our calling.

I am humbled deeply by the joy of sharing this with you as it has been my hearts desire to tell everyone the good news about the power of love, prayer and intent to heal and the technology I have found most useful to identify the needs and imbalance of the body. By identifying these and correcting them we can and restore the bodies' ability to heal it and maintain function. I already know for sure we can get healthier with age. That is really good news. It does require active participation and I do not mean the participation of sitting in Doctor's offices day after day waiting for the results of test and accepting the sentences or (Die – ignosis) we are given. I remember once a dentist told me he could not give me a good prognosis for a tooth he had just repaired. I said to him, "I don't accept your poor prognosis. I am going to give my self the prognosis that this tooth is a great tooth and it will serve me well for the rest of my life. Thank you for the great job you did."

One concern I have for us as people is that we are so, "at the affect" of modern medicine. It is more difficult to muster our belief in our wellness when we are constantly being told otherwise. I say if you want to find out what is wrong great then you can heal it. Find what works for you. More about that later.

One of the reasons I have become so strongly interested in sharing this is the experiences I have had with loosing those I love because they did not address their issues and needs in a way that could let their body heal.

My grandmother was having Transient Ischemic Attacks as a girl of 12, I knew this and no one would listen to me when I told them she

All Disease Comes from the Heart

needed to go to the doctor. She died of a massive stroke. I knew the cause was her grief over a life that she felt was not fulfilling.

She was my greatest loss until my mother. Mother was over-medicated for elevated cholesterol and the side effects of the drug caused her to have severe neuropathy changes and pain. The treatment of that destroyed her stomach and digestive track and she could not eat and absorb food well so she wasted away.

My step father was operated to see if he had cancer of the bowel he died of surgical complications because his heart was not well enough for that trauma. I told him many times to ask the doctor to check his heart. He said they had. The fact is even though his EKG was normal enough his heart was weak and diseased. My simple Chinese medicine pulse exam showed me clearly that was true. My father had no cancer in his bowels. He was simply killed by surgery.

I began to see that the normal testing processes we rely on to tell us what is developing in our bodies did not show the full picture. Most of the conditions that are deepening in the body cannot be seen on x-rays, or measured by lab test of any kind currently in use. The reason is that most conditions begin with information that is locked into the memory system of the body and is misdirecting what is happening. By the time it shows up, if it does, it is very late in the process most of the time.

Why we choose what we choose

As I offer these options to you, I recognize there is an unconscious part of you that will either allow you to accept or force you to reject. Some times this block is simply something we have heard over and over again or even just one time that was strong enough to have not been screened by our conscious mind and made its way into the portholes of the unconscious mind. I am a porthole repairer. I want you to have conscious choices about what runs you. It is absolutely astounding to look at what allows people to accept one form of healing over another and what keeps others from accepting. I got into acupuncture only because another acupuncturist insisted I do it. He was enough of a healer to recognize another healer - Dr. Pran Puma. After my first session of Acupuncture, I enrolled in school for becoming a Doctor of Oriental Medicine. I made my choice the way I always make my choice. I felt it and it felt right. I was more relaxed than I had ever been, and things made more sense immediately after the first treatment.

To understand why we allow ourselves to receive benefit from something, we must look at the placebo effect.

Research has shown it works to believe something is working.

I think part of it is that our brain has to be convinced to accept what is being offered. I was looking for something good and I did not believe in Acupuncture but it worked anyway. Not everyone gets it. I am an experiential learner.

That leads to the need to understand why the brain accepts some

All Disease Comes from the Heart

things and not others. Here are some ideas about why the brain accepts some things and not others.

1. Programming - Programming is accomplished by direct affect such parents, teachers, media messages, and others telling us, "don't do this, do this, this is not good for you and this is." Now we have a program that either promotes out heal or holds us back in some large or small way.
2. Indirect programming – this is what we deduce from our exposure to life and its stimulation. It has been shown that the brain is most vulnerable during surgery when there is no conscious screening mechanism to protect the unconscious. I was in the operating room assisting with a c-section. The doctor could not find the uterus because of excessive fat and bleeding. He said, "I quit". And started to walk away. I said firmly, as I continued to hold back the contents of the abdomen to expose the lost uterus, "No you don't Doctor. You come back and finish this job". I have always wondered what the subconscious impact this had on her and what she had in her subconscious to attract that happening. There is a tendency to want to always blame others yet we miss the opportunity to heal what is in us causing that event to find us and try to teach us again what we need to learn. One thing that could have been her issue is that abandonment issue that she may have been carrying unresolved and unforgiving. Only she could know for sure yet there are now we are using computer programs with biofeedback that allows us to be guided in this self discovery.
3. Subliminal programming – the intent of advertising to convince us something is good by placing information in the ads that goes into our other than conscious or subconscious mind. This is technology that is being used to heal us and to lead us to choices that can heal us. The whole thing is – what is the intent. I worked in a doctor's office for a while as an acupuncturist. I was guided by the billing department on what to bill. It became such a rat race I realized I could not survive that system and maintain my intent to heal. There was too much emphasis on the money and the documentations and I found myself going down the wrong path. Thank god who pulled me off that path by creating a jealous Doctor's wife to object to my presence? I think it would have been hard to walk away from the many needs of the patients and the good I was doing. But the alternative Doctor was happy to re-

All Disease Comes from the Heart

lease the person who was doing the most good in the office to keep the insurance companies and his wife happy.

Praying that works

Praying has many forms. The base of prayer that works is the intention to have something work out, holding how it is as it has worked out. Believing in that outcome and living as though it has happened. The last step is successfully releasing it to our higher power or allowing the God force or life force that lives and flows in everything and everyone to have it and work it out. The circumstances seem to be somewhat variable and there are some attitudes and blocks in the mainframe of our computer that block us from allowing the desired outcome -the healing. I know with believe and persistence everything comes with time.

As I have prayed in this manner, I have been guided to explore and utilize many interventions as options. I will share those with you too. Remember the first experience I had with helping someone to heal was prayer alone and love. I do know it is the leading of the holy spirit of love and light that guides us to what we are supposed to do. I also know that even though I have chosen to use many interesting tools for healing, I am the tool for healing and there is nothing I cannot bring about in the healing of myself and those who are receptive. This is the story of my journey. If there is anything in



All Disease Comes from the Heart

it for you please take it.

Mediation - I was led to The Tibetan Book of Living and Dying to help me overcome my fear of dying. I was riding through the Grand Canyon with my husband driving. I wanted to feel save with no fear of dying that might have attracted that to us so I bought and read the Tibetan Book of Living and Dying. In that book it tells the story of a woman who said Om Mani Pad Me Hum for 15 years and died with no effort when it was her time. The Tibetans are very attentive to the dying process and helping people cross. For me I said it for several months and found it did calm me and helped me release patterns that were contributing to anger, fear and grief. Please understand in my mind the Buddha's do not compete with God or conflict with God they are all one great guiding healing force available to all who ask, allow and believe. I think another box we can confine ourselves to is the box of religion. So we each become separated like cattle by our differences in what to call God and how to talk to him. I will not write this book to pretend there is any need for this. We are all one and there is one force in the universe – it is all good.

Another kind of mediation is just stillness the quiet within is our God force and being attentive to it amplifies and allows it to magnify. When we do that, it does the work. When we release it to the higher God forces we allow that consciousness to take over and shape it. It speaks to us where to go what to do and provides us with power to do it. Of course we have to train ourselves to listen and respond. Many times that means we have to remove the blocks to listening and responding – such as control and doubt.

Healing being movement of blocked energy accomplishes this action through several forms of energy movement methods

- Thoughts
- Movement
- Feelings
- Seeing
- Hearing
- Touching
- Gemstones
- Computers
- Sounds
- Frequencies
- Light
- Homeopathy
- Herbs
- Needles

- Sources for healing
 - Nature
 - People
 - Flowers

All Disease Comes from the Heart

Plants
Sun
Water
Light
Music
Sounds
Computers.
Ultra sound technologies
Frequency generators
Infra red devices
Gem Stones
Laser –rubies
Needles
Ideas
Beliefs
Attitudes
Intention

Understand it is all energy either frequencies or the life energy or “force”

Life Force is generated by:

People, plants, animals, gems, colors, flower essences, herbs, food, thoughts and intention. Living things have life force some more than others.

They are less beneficial and sometimes harmful when they have been over processed or altered chemical or structurally.

Frequencies are generated by:

Lasers, computers programs, machines, rife generators, sounds, gemstones, crystals, light, voices, people, foods, water, and everything generates frequencies. Everything has a frequency and everything can affect us positively or negatively..

What is far out?

I recently had a man call me for an appointment. He seemed very excited about coming and I did not go through my usual phone interview with him to see if he understood what I do. He came in very crippled and stooped over. He had been a giant of a man and it was clear his energy was diminished greatly. I explained to him I would be working to restore his energy and address the blocks to his healing so his body could take over and do its’ job. I went through the computer scans that address the energetic aspects of the bodies’ deficiencies and excesses and select the imprinted mineral water that gives the body the information it needs to release the toxins and let go of the conflicts. I worked to give him more energy by using the Electronic Gem Therapy to restore his energy. I identified through energetic kinesiological assessment that he had a need to address

All Disease Comes from the Heart

the energetic presence of a spirochete (Lyme). He agreed with that and said he had long known about it and could not convince anyone to treat it. He left seeming to be happy about the treatment. He emailed in a few days to say he would not be following my protocol as it was, "too far out".

You see whether it is working or not people will keep doing the same things they are used to over and over again even when they have new information they agree with. It is called insanity or programming. The subconscious brain will only allow us to make certain changes within the scope of its programs. The disease always has a louder voice. If we listen to it, it wins.

When people do the same treatments that don't work they keep going back without question because it is the "acceptable thing to do."

So I asked you, what is too far out? I guess what is too far out is what we cannot accept. The reason being it is not consistent with what we believe or know to be within our acquired information. It is outside the box of our normal programming. I remember seeing a movie called Tron with Jeff Bridges. Somehow it made me aware of how the mind, which is also a computer, registers and stores information beyond our ability to sensor it. The reason the brain can do store information so easily is it has the same silicon dioxide in the memory chips which allow computers to store information. We are very vulnerable to programming during certain times such as early life, surgeries and commercials when our conscious mind is not censoring. It makes us a "sitting duck" for those who want to sell their product. Consequently the "box" that has its own commercial interest at heart is presenting a strong case for doing it the way everyone else does it.

My interest is for selling you on what works to develop your capacity for caring for yourself and healing the internal conflicts. I want to guide you to the products and companies that can support you. If you choose to enroll in the systems I recommend and under me, I will benefit in a small way. My salary is below \$1500 a month and I use everything I make to invest in ways that I can receive and offer new training and bring in new technology without increasing the cost of the office visit. I would like to see each of you who choose to do so establish in your home or office similar lifesaving non-medical devices and access to the products and protocols that will allow you to grow spiritually, and emotionally as you achieve great health. If you are interested at any level go to my website at www.wealthofhealth-center.com and fill out the form indicating what level of contact you would like and I will honor your request.

Our only chance for knowing a direction that will work for us to clear that information and tune into our higher self, inner guidance, God or whatever you choose to call your particular source and voice.

One of the most important things that I wanted to do was help my mother heal. She could accept only a few parts of what I could do to

All Disease Comes from the Heart

help her and I could not bear to watch how she died. She understood that and told me to leave. She was a very protective nurturing strong woman in that way. Mother had a full time woman with her as she died. She was a saint and the perfect person to be with my mother as she made her transition to "heaven" which she had always loved.

I dedicate this to my mother, all my ancestors who have suffered and to all of you who suffer. My desire is to make a contribution to the information about what it takes to end this plague on earth and let the light fill each of us with its bliss and guidance.

Scientific Proof

I have put it all together and taken it all apart and learned from it. Early on I learned from watching people I loved suffer and die or suffer and learned that suffering is caused by unresolved conflict. I have never placed a lot of value on most of the scientific evidence that is created to prove a point. I find it difficult to respect the studies done on rats and other animals to prove value to humans. On the other hand, I found scientific proof offered by Dr. Hamer irrefutable by my standards as he demonstrated that suffering was caused by unresolved conflict. I studied these findings of Dr. Ryke Hamer, founder of German New Medicine. After the sudden death of his son, the Dr. Hamer developed testicular cancer. He decided to find more about it and studied the results of his CT scan and those of patients with cancer. He found he could identify any kind of cancer and its location by reading the CT scan. He demonstrated this by having Doctors bring the CT scans of their cancer patients to his conference. Every time without looking at the patient or knowing the history, he correctly identified the cancer site by looking at the CT Scan. He found that if you identified addressed the blockage created by the conflict using the CT scan of the brain, you could easily cure the cancer. I was glad to find an ally in Dr Ryke Hamer founder of German New Medicine. When I read about his findings, they confirmed what I had known about the cause of sickness most of my life.

I recently treated a woman who has breast cancer. She is on chemotherapy that is not working. The evidence that the chemo is not working is the cancer is advancing and labs are not improving. When I did the biofeedback bioenergetics assessment offered by the computer program, it showed a trauma stored in her body secondary to a block in her ability to give and receive nourishment. Dr. Hamers' research is also consistent with evidence that breast cancer is a conflict related to lack of or a conflict related to being nurtured. When I showed her the scan, she was astonished and said, "OH yes that is true. I have never been nourished and my daughter and husband will not give me what I need and want even now. I do everything for them and get nothing back." She is working to heal the blocks related to not being nurtured and heal this issue. Then the cancer treatment will then be able to work. Imagine how it could be for every oncologist, who has patients who are not responding to chemo,

All Disease Comes from the Heart

to be able to receive this kind of support from technology and Doctors such as myself.

There is much more research that is credible and widely accepted by those who are ready to accept and understand the part the mind and subconscious play in our lives.

I want to share with you the great journey of this discovery. If you had told me the nurse part, and the Kentucky farm girl part, I would end up here knowing what I know now and finding the results I see now, I would not have been able to believe you I would have said and I did say, "That is crazy."

Understand that the medical mindset I had as a nurse could not have accepted what I see working for many thousands of people now. Yet there was always a part of me that knew there was more. I think I was born, "out of the box" and destined to led and open new doors for others. I have always felt like I did not belong. I am healing that now by opening myself to those of you who are also out of the box or willing to be and ready to take more steps to healing yourself. Remember it will not look like any thing you have ever done – it is out of the box. It is interventions that are harmless, non-invasive, safe, and healing to much more than just the body.

Prologue: The Story of My Health

As a child growing up in the mountains of Kentucky, I came into the house many times to have my mother pull ticks off me. She used various techniques none of which were the present safe suggested techniques available now. Unknown to anyone I was a Lyme carrier and fighting the disease for all those years. About 18 years ago, when I entered the field of alternative health, I was not sleeping, had difficulty getting out of the chair, pain and stiffness in my joints, continuous digestive upset, and was really on a track of behaving unloving towards myself. Today, although many of my good friends are dead from the treatments they received for various diseases, I am dancing as a ballroom dancer who performs in nursing home with a team of well wishers. My loving husband and I do theater arts involving lifts and physical maneuvers that I previously achieved only in my dreams. I sleep well and am almost completely free of pain from rheumatoid arthritis and Lyme disease. I took charge of my wellness, and so can you. The only lab test that found my Lyme was a dark field microscopic exam performed by an M.D. in Palm Harbor Florida. She came to me as a client and told me the treatments she received at my office had eliminated the presence of Lyme in her Dark field analysis of her blood. After several years of sending clients to her for testing, I found that I could accurately detect the energetic presence of the Lymes spirochete using kinesiology and return people to good health using the energetic treatments.

My journey to healing is what this book is about. It is a process which you can learn much about from this book. This is the second book I have written and one of many. The first was Manifesting Love

All Disease Comes from the Heart

and Your Soul Mate – the Quest Love.

My dear friends I lost have also inspired me to share what I know. Especially my dear friend Janelle who died of breast cancer inspires me.. Janelle who came to me one day before I entered Acupuncture training and said, "What can you do for breast cancer." She had just been diagnosed. I knew nothing but I started research. At that time what I found is that the Macrobiotic institute was claiming success with address the balance of the body using Macrobiotic cooking. We went to the training together as it is based on the support of a buddy, Along with the chemo she achieved remission of the cancer and returned to a "normal" life.

She dived into chocolates one day and as they had warned her could not recover. She died a year later. I always knew as did she that there were some emotional things she had not resolved. Even one related to nurturing. She did not want her mother to hold her when she was a baby I found out from her mother after her death. I shared my sense of the emotional parts she needed to deal with before she died and she went to a program facilitated by counselors. They did not touch deeply enough to release the blocks. Janelle was one of my best friends and finding the way to identify and insure release of these disease producing blocks has been my pursuit for the 20 years or so since her death. I love you Jill. Here it is I know you are smiling on this work. I wish I had known then what I know now. The truth she always shared with me though is that she wanted to, return to the light." She did. I love you Jill.

Since I started practice, I have had several patients who came in with a positive mammogram and were recommended to have a biopsy. With lymph drainage therapy, diet changes, addressing the energetic blocks, and resolving pathogens and toxins, they returned with a normal mammogram.

From childhood, healing fascinated me. I worked as a counselor and massage therapist, and spent 25 years in nursing, eventually becoming a Professor of Nursing. I also worked for the U.S. government overseas as a health educator and school nurse in the military school system. I follow the way of Hippocrates, the founder of Modern Medicine, who supports the view of a doctor as an educator. I also advocate and following the path of seeking wisdom and truth. I have spent the last 18 years as an Acupuncturist and Doctor of Oriental Medicine. At this point in my life, I have resolved to take the road that is ultimately best for me, and you. I am going to teach you what I have learned. I am going to empower you to navigate through the ever growing maze of options for helping yourself.

This is my contribution to the world. It is what I was born to do. I doubted it for a long time but it just keeps coming back. Now I have the confidence to follow through I promise myself and you.

The quality of my life now and my feelings of happiness are so far beyond where I was that I can't even remember where I was. I only remember it was not a good place yet I thought it was. I was

All Disease Comes from the Heart

plagued by inadequacy that kept popping in and taking me out of certainty about myself and what I was doing. Now I have the tools to remain, for the most part, in a state of joy, peace, wellness, and abundance. I do continue to Detox and heal myself. That continues to produce the Detox responses which are wonderfully releasing of more and more limiting patterns.

I have to say I was always attracted to information about how to be a better person, think for myself and be well. I have had many significant teachers. A very early one was Louisa L Hay and her empowering understanding about the messages the body gives us. She suggested that each part of the body that hurt or had a symptom was telling us something that needed to be addressed. Symptoms are a manifestation of the unconscious needs and direction of the body /mind/spirit or the gateway of the soul. Chinese medicine and acupuncture training added more dimensions to that. You too will attract the help and information you are ready for as you open your mind to what will work for you.

Abraham, written by Gerry and Ester Hicks, was transforming related to the Law of Allowing good things to come in and conscious manifestation. I studied with Dr. Bert Hellinger the founder of Family Constellation Therapy and Dr. Stephen Vasquez founder of Emotional Transformation Therapy. I studied with Dr. Peter Mendel founder of Esoteric Color Therapy. In fact the PHD work I did was a self directed study program where I choose my own teachers – the greatest healers I could find in the world. There have been many.

For five years I studied with a professor of music Dr. Gordon Johnson. During that time he fine tuned me and taught me advance kinesiological testing techniques to tap into the 'other than conscious mind' in order to heal the misinformation. Gordon founded research work he called Life Energy. I thank him deeply for his dedication to my healing.

When I did not take the necessary action to change my life, God sent me or I created wonderful people to spur, inspire and drag me along the path of transformation. I was dragged to the EST training by a "God Send" man who saw my needs I could not see. He drove his motor bike from Gainesville just to get me in the EST training that turned my life in a new direction of self responsibility. I was pushed into acupuncture by Dr. Pran Puma a wonderful talented acupuncturist in Dade City Florida.

I also have to thank everyone I have met for what they taught me as I become better able to know myself as a part of all that is. How can you thank one more than another when we are all one.

What It Took and still takes.

IT REQUIRED RELEASING THE BLOCKS IN THE BODY/ MIND/ SPIRIT THAT INTERFERED WITH MY KNOWING WHO I AM. I AM A PERSON OF GREAT LIGHT JOY, COMPASSION, WELLNESS AND PROSPERITY. Begin by knowing YOU ARE FREE TO BE WHOLE AND

All Disease Comes from the Heart

ALL THAT YOU ARE affirm that and say I am well. Knowing that fully and being in touch with the love and light IS BEING IN TOUCH WITH YOUR HEALING FORCE.

Manifesting great health requires living in the reality that you are already healthy long enough to allow the new pattern to clear the blocks led you to what or how to establish the results. Remember the games you played of pretend as a child. It is amazing how boys who play war learn to fight big battles and girls who play dolls learn to take care of families.

It does not happen over night but over time. Improved health and well being will also require elimination of the blocks to knowing your inner joy, peace, and prosperity. I started serious releasing 20 years ago and I am now very clear and still clear. I always well. It will require addressing your emotional, physical, and spiritual issues. It will require releasing the traumas and negative energies that interfere with knowing who you really are. Finally, it will require learning to communicate your truth. Sound overwhelming? We will go one step at a time

I just had a man call me today who had read my article on the testing for Lymes energetically. He said he wanted the test and described himself as a person on disability and Medicaid. I explained Medicare and Medicaid do not pay for you to get well using these techniques. The things that have been declared beneficial may not be working yet they are what are paid for. He is motivated to get well, so I told him to take charge and create the money and resources to do so. I was surprised when he took the challenge and said, "I am writing a book, maybe I will finish that sell it and see you later". It is a start away from being imprisoned by a disability check and the prison of disease.

I talked to another young man who refused to get on disability. He said, "I am afraid I will never get off." That is what I saw as a nurse – people who never took any steps to get off. For many it is necessary for others it is a, "sweet deal". You can get around the system and justify not taking responsibility for making a contribution. Perhaps it would be better for the people if they had to, "do what they could" to help. Yes I realize God is in charge and not me. I will apply my healing skills to heal that part of me that gets hit as I see this happening again and again. I do think it is an injustice to people.

I write this book for everyone to Teach Everyone to Fish for themselves.

Our journey together involves your learning to use the power of your mind and spirit, supported by the frequencies of light, sound, and energetic activators. If you don't have the energetic activators yet you have the light and love of your source, I don't care what you call yours. Many people call theirs God. We will combine that with a conscious focus on loving yourself and life as it is, while creating the life you want. Begin by taking time to let the light in. Maybe you aren't ready for that. OK. In order for that to happen, you have to

All Disease Comes from the Heart

get quiet and still your mind. You might as well start now – it is always the best thing to do. Our chaotic thoughts keep God and good out and keep us from healing.

I have searched the world over to find the solutions that worked deepest and effectively. I will explain my discoveries to you so you can make your choices. The things I will talk about work. If you will work and let them work for you, you will reach your goal. It is interesting how one person can feel what is happening as they are guided through a treatment while another one can see or feel no results – yet they still change when they stay with it and continue to have faith. I decided to become an acupuncturist when I felt the results of my first treatment. I asked the doctor who treated me how I could go to school. He was the teacher at the school in Orlando – I sold my house at age 45 went back to school for my 4th degree.

It is reasonable for you to want to know how to experience unlimited well being and be able to achieve it. I think now we are getting very close to that with the tools of alternative medicine at our disposal. You do have to be responsible in your expectations and realize that the more genuine involvement you have, the more likely you are to shorten the process. Also remember disease shows up 20 years after it starts.

When you walk in the forest for 20 years it takes 20 years to walk out. I have spent my life researching how to make that shorter as I know we are the quick fix mentality. I have done well at finding the best in the world.

I have found faith and love to be the single most important healing factors. This we call the placebo affect and it has been well researched. It boils down to 'belief heals'. Even though it is not necessary to believe in anything other than knowing that you are well, it most often helps to have the support of a system to help you find your way. I also know spirit leads us as we are able and willing to listen and follow. Sometimes there is a block that keeps us from being able to want to be able to heal and know our truth that we are well.

Healing is not something that is done to you. It is something done with you. You must be involved in your healing in a conscious, sincere way; this is what makes it work.

If possible, find a therapist/educator/physician/facilitator that uses the tools such as those described in this book and work with that person on your journey to wholeness. If this is not possible, then make a commitment to yourself to see the process through. And do so!

Chapter 1

Let's Get Started!

Make a Commitment

Many times people don't make a commitment because they think it is useless. They may be afraid of failure. I am going to ask you to simply believe know and say all day, "I am well". The bible says where two are more are gathered in my name there am I also. I am going to gather with you, the reader; in knowing your belief in you wellness is going to attract to you the healing you desire. Let's go...It is done. Let the light and love lead you. The difficult part is sticking with it and learning to hear the guidance that comes with that.

The best patients I have had were the absolutely certain ones the ones who new they were," guided" here. They came with great faith and conviction and they got the results.

You make a commitment to yourself for your improved health and well being, and you stay with it through all the ups and downs to make it work. We are speaking of health in all aspects, including physical, mental, emotional, financial, and all other areas of your life. Will you make that commitment?

Commitment then becomes our first problem to solve, unless it is one you've already solved. The primary way you know whether commitment is an issue for you is by looking at your history. Historically, have you been a person who does what they agree to do? If so, then you can probably count on yourself to do this, if you decide to do it. The choice is yours! Choice brings with it certain responsibilities that we may or may not be ready to handle. You may not know now the responsibility of health or what it would mean for you. It is important for you to look at your life and see if you can tell what having peak health or even improved health might mean. Then see if you even want that level of health. I think you will love it. It will all work out. Ask yourself, "If I were healthier, what would I have to do that I'm not doing now?"

For example, perhaps it would mean more work or play and you're not ready for that. If so, ask yourself, "Will I be willing to do this thing that I'm not doing now? Why or Why not? What specifically will I have to do?' It might mean giving up the way you control others or get attention and love with your sickness. What ever it is it is

All Disease Comes from the Heart

a great opportunity to find something to replace it.

I just had a client who smokes cigarettes, makes dreadful choice, has Lyme disease and has great potential. The block is she is addicted to and familiar with suffering and did not want to or believe she could be anything other than a miserable victim of life.

Today in my office I explained her game of self denial, self destruction and lack of nurturing to her. I told her she would have to step out of it get out of it. I invited her to step into a new awareness of herself and move over to the side of the room where I WAS STANDING. Representing loving self and enjoying life. I said, "How do you like this?" She said, "It looks silly". I said, "That is because you are stuck and used to and familiar only with feeling bad and being treated badly". I said "You know what. You came to me for help and I am going to give it to you." I walked across the room and took her hand, I said. "I am not going to let you sit there in self destruction. I am going to bring you over here in joy and love of yourself. Are you willing to come?" She reluctantly said, "Yes but I don't believe it will work. I said, "Then it won't." I told her a few of my faith building stories and within a few minutes of practicing she was in the space of self awareness of her power and beauty. When she started to recall something someone had done to hurt her she regressed. I simply said, "there is no one out there to blame it is all you. Take responsibility and you will move on." She did and she will continue. You see she is now in the Mona Lisa club. That is my name for the people I work with who are ready and willing to develop their awareness of their Divine feminine nurturing self. And move into their power.

This is the next big question; What am I hiding with my illness?

This is the one. This is the most important question to ask you. For me it was my anger at myself. Ultimately I was hiding my genius.

I will give you my reasons. As a child, when I expressed who I really was my mother and sister made sure I was told how ridiculous I was. I interpreted that to mean there self esteem could only be maintained if I did not let my rise. So I held myself back. Of course when I was down they were not putting me down. Yet I attracted that in this lifetime because I had some reason for needing to learn from it. I did and I still do.

This book is written for you to use at your own pace. You need to take whatever time is right for you to get done. The only decision I

All Disease Comes from the Heart

want you to make right now is whether you will stay with it. If you are ready, make a commitment now and re-read it daily until you have accomplished all you want to accomplish.

If you can't put it into words, read this daily: "I am now doing what I need to do to prepare myself for having better health and living joyfully." Now take a moment, close your eyes, and see yourself healthy and happy. Say the words out loud as you look ten feet in front of you, envisioning a healthier, happier you. Move into that mindset or space. Hold that thought as you stand in the healthier space. Practice this daily.

Good. You've now accomplished a major step. If you did this part, you can do the rest. Reward yourself now in whatever way suits you best. The reward is important. It tells your unconscious that you are going to take good care of it, and your unconscious will cooperate more with your changes.

Now that you have made a commitment, let's proceed to explore what you want in life and take steps to get you where you want to be.

Love all that is and ever was in you and in others. For those of you who want to know the ultimate goal here and the secret to healing all that is in you and the world. Love all that is and was in you and around you. I had this profound insight while swimming in the river in front of our house. There are always a group of people there especially young aggressive boys throwing mud and other such things. It is not easy to see them doing that to the beautiful river and hear them cussing when I just want to enjoy the quiet beauty of the river. I decided today. I will send them love and light. It is the only way I can heal myself. I did feel great and realized there is nothing we can't heal handle with love in our hearts. Sometimes the challenge is getting it there. The new technology of the computer software actually helps us move that information into our hearts and release our blocks to love.

The other things you can do are pray or meditate without ceasing.

Make Your Dreams Come True

Why isn't everyone happy, healthy, and abundant? Doesn't everyone want optimum health, wealth, and happiness? If these are possible under universal laws, then why doesn't everyone have them?

The answer is that many people live in a state of vague yearning without implementing the steps necessary to manifest their desires. Other people persist in remaining loyal to negative behavior patterns that sabotage forward progress.

All Disease Comes from the Heart

To make your dreams come true, here are the steps you must take:

1. Decide what you want.
2. Desire it with all your heart.
3. Focus your intention.
4. Clear the obstacles.
5. Allow it in.
6. Be grateful!

Step 1: Decide What You Want

What do you want? Many people do not take the time to consider and actually decide what they want. This is an important step for you to take. We are talking about goals, and goals have other names as well—such as dreams, aims, ambitions, intents, wants, and desires.

Really think about the things you want in life. Do you want excellent health and to feel good all the time? Do you have a specific ailment you want to eliminate? Where do you want to live? What career do you want? What do you want to achieve? Do you want to make a lot more money? How much is a lot? Do you want a passionate love relationship with a significant other? What kind of family life do you want?

Do you have short term and long term goals? Think about these questions and any others that come to mind. Brainstorm with yourself. Write down the answers. To make it easy, this book can be used as a workbook. Or, doodle your answers with colored pens on a big piece of clean paper. Be as specific as possible. Don't say, "I want enough money to pay my bills." Be more generous with yourself than that. Otherwise you will end up with enough money to pay your bills, but you will still want more money for extras. Say, "I want to make \$100,000 a year," or whatever figure seems right to you. Dream big.

These are big decisions. What do you want?

Consider this little poem:

I want what is the very best and really nothing less.
For me the knowing I can have is my supreme test.
I am here to create my amazing bliss and it goes just like this.

The important part of wanting is to want it in with no guilt and responsibility for others approval. That is tricky to understand with the heavy burdens of guilt we are invited to operate under.

We need to apply this desiring particularly to the area of health. One of the reasons is that people seem to step outside their own sense of power to achieve health. Today a high powered businessman came in to get his treatments for progressive rigidity and tremors with headaches. He has been making steady regular progress. Today he said, "They are coming back". I said, "What is the predominance of your thinking at this time?" He said I am worried and tense.

I said, "Then that is what your body will be."

All Disease Comes from the Heart

I asked, "What if you were not feeling tense about all these responsibilities but enjoyed them?" Within a few minutes he was able to reduce his headache just by taking responsibility for his tension and replacing it with positive feelings.

Health cannot however be separated from the rest of us. We are in fact whole complete people with a body-mind- spirit. Health is the ultimate reflection of having what we want.

If you are having trouble deciding what you want, and that is not uncommon at all, focus on the section below entitled "What If My Goals are a Muddle?"

What If My Goals Are a Muddle?

When people don't have the motivation, or the understanding and clarity that creates motivation, they cannot stick it out to reach their goals.

Often, however, they don't even know where to start or what goals to create in the first place. Everything may seem dim and hopeless, or too complex to sort out. A person may be stuck in survival mode with no apparent way to escape.

If you have the obstacle of not knowing what you want, it is because you have not exercised your "wanting." It is like a muscle that has not been exercised and has now atrophied. Most often there is an identifiable subconscious block that keeps us from even considering wanting. It may relate to not feeling deserving in some way. Were you discouraged from wanting as a child? When you wanted something, were you told by a frustrated parent, "You want everything!"

When I was growing up, I was accused of this. We were very poor (which is a relative term), but I found that reality did not resonate with what I wanted, so I did everything I could to get what I wanted. I remember one time my mother gave me a nickel for ice cream. Ashamed, I looked up at her and said, "Can we afford this, Mommy?" Because I felt badly, I shut down my wanting for awhile. I had my share of guilt to overcome to register that being accused of wanting everything, and always getting what I want, is the greatest compliment I could ever receive. Luckily, my wanting was powerful and would not be shut down for long. Results have been astounding. I will tell you this: I have been tenacious in my wanting and allowing my good to come. It is something you can do too. I was greatly inspired by the book *Think and Grow Rich* by Napoleon Hill. It is in your local library.

Certain elements of wanting make it fulfilling: wanting, with consideration for the good of the whole, wanting with attention to inner guidance, wanting with intention to be loving and joyful, and wanting with intention to be free of negative outcomes for yourself and others. What's interesting about wanting is that wanting, when it's for our good, is usually also for the good of the whole.

We tend to be more lost in our over-attentiveness to fixing or

All Disease Comes from the Heart

changing others, rather than meeting our own needs and desires.

As creators, co-creating with the Creator, we have the joy and responsibility of manifesting on this Earth. The first step in manifesting is wanting. It is the base, the desire, the energy, the inspiration. And it is the beginning of our act of shaping our reality. It is our job for being here. An artist paints a picture as an act of creation. First the artist gets his idea, and then sees in his mind what will be on the canvas. Then he maintains his focus to bring it onto the canvas. You see, without a desire for a painting, there would be no painting. Without desire, there would not be goals. Without goals there would not be accomplishments. Without accomplishments, life would be shapeless and formless. Of course that, too, is an accomplishment. So even by default we are always creating. What is your choice? What would you like? List your goals and desires:

Everything begins with wanting something and being willing to have it. What makes us willing to have something we want? We have to be free of the “hang-ups” that are blocking us from having it. Other words for hang-ups are blocks, stored programs, traumas, beliefs, family or generational issues. I will explain this further later on.

For now, what do you want that you don’t have?

Are you willing to do what it takes to have it? Do you know what that is?

You need to start exercising your wanting. You need to be tenacious about it. No matter how bad things seem, or how muddled your life is at the moment, wanting can move you forward. In fact, it is the only thing that can move you forward.

So take time now, decide what you want, and go for it with all your mind and heart.

Step 2: Desire It with All Your Heart

Go about this process in a spirit of play but not superficially. Consult more than just your mind. Think about it deeply, but use more

All Disease Comes from the Heart

than your mind. Go into your heart. What is your heart's desire? Be sure your heart's desire is reflected in your thinking and in any decisions about your goals.

What you want must be positive and must be stated in a positive fashion I repeat: go about it in a spirit of play. Write down your thoughts as you go along. Brainstorm with yourself. Make lists, and cull the lists until they represent what you really want in life. You may have a list of goals for work, another for money, one for family, another for physical health, one for spiritual or personal growth, and so on. Make them into one list with different category headings.

Make one of your goals a desire for excellent health and to feel good all the time.

Step 3: Focus Your Intention

After thinking about what you want and brainstorming with yourself, you are ready to "set" your goals. You are ready to state them in a manner that the universe and your subconscious will understand. Don't worry; this doesn't set them in stone. Your goals can be changed or tweaked at any time.

Do this now. Write down your goals exactly as you want them to turn out. Write them as if they are already happening. For example, if your arm does not work, and you want it to work, write, "My arm is now working perfectly." With the monetary goal mentioned above, write, "I now make \$100,000 a year." If you are depressed say, "I now feel happy, cheerful and relaxed," or something similar. Just be specific.

Goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Spend 30 minutes a day on just wanting.

Keep your list handy and read your goals aloud every day. Read them with intention and feeling. As time passes, check off items that you achieve and edit items that you realize are not as important to you as you once thought. Also, feel free to add new heartfelt passions. The list is a living tool. Keep it uppermost in your mind and heart. Keep it vital and keep it handy.

When you read your list aloud, you are telling the Universe what you want. You are also telling your unconscious mind what you want. The reading or repeating must be done with attention, intention, and intensity.

In this process you are engaging all aspects of your being, including your conscious mind, unconscious mind, your physical self, emotional self, and spiritual self.

All Disease Comes from the Heart

Think of ways to further engage these aspects of yourself in the process. One method is by altering your daily routine to include actions that coincide with your goals. For example, if you want to weigh 135 pounds, you might add a twenty minute exercise routine three times a week or decide on an acceptable list of foods to eat or avoid. In doing this you are changing your behavior to match your goals, engaging your physical self. You are placing your goals foremost in your conscious mind. You are involving your spiritual self by coming from a place of generosity and respect. You are clueing your unconscious and other parts of you that you mean business. You are telling all your selves to get on board with the plan.

Step 4: Clear the Obstacles

Much of this book is about eliminating barriers. Primarily, these are barriers within you that prevent you from getting what you want. Eliminating them is similar to picking lint off a velvet cloth. When you find a piece of lint, or barrier, you remove it and toss it away. Not only that, but you search vigilantly for the barriers. You purposefully search and remove them until all the barriers are gone. Removing barriers is also sometimes visualized as skimming the scum off a pond.

The secret of life is to find the tools that work for you and use them diligently with intent and focus. You will succeed if you believe you will.

Step 5: Allow It In

How brave are you? The truly courageous will persevere. It is also useful to be greedy at first. This is why I place so much emphasis on wanting. Many people just do not want enough.

In becoming empowered, you risk having to give up your disguises. It can be like having the rug pulled out from under you. But, so what, when you will gain the world? You can let go of the disguises gradually with time as you adjust to the freedom of being real. It is your birthright to be who you were born to be.

You risk losing those habits that harm you and the people who harm you. Those people will either change or fall away from you as you begin to radiate the real you.

You risk having to get a life that is meaningful to you and fill it with all the things you never thought were possible. Maybe even the things you never imagined you could have.

You only have to allow yourself. It comes, not overnight, but it comes if you stick with it. How would it feel to have the life you always dreamed about?

All Disease Comes from the Heart

Step 6: Be Grateful

Your expanding desires will engender deeper and more positive feelings, growing generosity, and a flourishing spiritual awareness. When you focus on the core of what you want, as a child focuses -- with open heart -- you naturally begin to mirror the active generosity of the universe.

It is time to think about your talents and gifts. What you are willing give the world in exchange for achieving your goals? For example, "I give the world encouragement and healing," or, "I give people delicious food," or, "I give the world gorgeous hand-made jewelry." What are your special gifts? What do you want to share with the world? To share creation is to multiply our gifts.

A goal or affirmation to practice several times daily could be something such as "I am a joyful, loving being, whose only purpose is to be happy and share my compassion and happiness with those around me." Understand you can't give what you don't have. If you don't give it to yourself, no one will have it. This is a profound truth and your responsibility.

What will you give back to the world?

Here is mine: "What I will give back is the best service in the world for guiding people to take charge of and transform their lives." Most of all I want to inspire the wanting of transformation, the wanting of truth that sets you free, and the willingness to go through what it takes to get that.

Chapter 2

My Healing Story

I learned healing from my family. My grandfather had a remarkable degree of faith in healing. He used tobacco juice on everything and had a certain sentence he said, which he would never let me hear. He believed if he told another person in the family he would lose his power, so he guarded it carefully. My grandmother, for whom I was named Bess, did her best to take care of everyone, and I watched everything she did very closely. She had her little jar of "white salve." I think it was largely zinc oxide but it, and her intent, healed everything. She was my mentor; I wanted to be like her.

As a young child, I knew I was to be a doctor. My mother recognized it, too, and refused to let me be a ballerina. That would have taken me way off course, because dancing has always been such a passion. My mother recognized my healing gift. She told me to go to my grandfather, who was in bed sick from a stroke, and tell him we needed him and to ask Jesus to heal him.

Maybe it was the will to heal that was ignited as my grandfather saw the child kneeling there. I know it worked. When I say he was healed, I mean he got up walked and took care of the farm and us. Was he emotionally healed? No, but then I did not pray for that. I accepted him as he was, even though he beat me until I was raw. I did not know that meanness and desperation were healable. I do now. I realize that such actions and emotions are a result of hurt, avoidance of pain, and projection.

Anyway, after our session he lived many more years and ran the farm that kept us going. He was my first patient. Fifty-five years later I am still helping people reach their potential and continuing to develop mine.

All my life I have been driven to find solutions. Part of it was to save my family. Being the older of two girls and a natural empathic healer, I took on the role of being responsible for and fixing everyone. I felt like they needed my help to be alright and I could not survive unless they were alright. The other part was to save myself. My mother was a single mom for many years, and things were tense. I grew up with a panic about our situation that got buried and stored. One reason is that I knew from my birth what was really going on. Many children do. I could feel the pains of my family, and I learned to make myself feel responsible and guilty about them. I developed very good coping mechanisms because there were no options presented to me to heal the panic.

One important factor in my early life was the loss of my father. When I was about eighteen months old my mother took me away

All Disease Comes from the Heart

from my father at night. She left him. She would never speak of him or let me speak of him until many years later, when I sat down and explained the impact it had on me to never be able to see or speak of him. The loss of my father set a mold for my life. The event mushroomed into a pattern that was a continuous replication of what followed. I felt victimized, abandoned, and rejected.

Sixty-three years after working on this issue with a top therapist and many therapy processes, I resolved this and was able to sleep through the night. I recognize now what it takes and how to apply the most effective of the therapies. I know the ones that get results.

As an adult I had to learn to take care of myself after having several very frightening reactions to prescription drugs and surgeries that left tremendous scars. I decided I would have to heal myself because there was no one I could trust with the job. I am still doing that. I certainly could not take drugs or alcohol without killing myself. I knew it would destroy the most valuable part of me, my spirit.

I was forced to seek alternatives to heal the deep sense of fear, guilt, grief, and anger that arose out of the situation I was born into. I spent many thousands of dollars to study with the "best in the world." I had to find what I needed to heal myself. This path led me to the discoveries I am sharing with you.

I took the energy of my grief, regret, and blame and turned it into determination to find treatments that would solve problems and extend the quality of life. I understand there is much to learn from each situation, and sometimes the worst situations are our greatest teachers and motivators. I have had many.

One of the things that attracted me to a deeper understanding of the ways medicine could help people was the incredible amount of harm I saw done to people during my 30 years as a nurse. My insides did not agree with what I saw happening to people. I turned to a colleague one day and said, "No one seems to notice these people are just getting worse." I escaped somewhat by working for a home Health Care Agency, where I had little contact with the system and could just visit with people in their homes and check on their wounds.

One strong memory is of my adopted father, who was experiencing burping, belching, and gas. He was sent to surgery for an exploratory lap (an incision into the abdomen, opening of the abdominal cavity and looking at the bowels to see if there is a problem). Many times when sitting beside him, before the surgery, I took his pulse. It was irregular, and I urged him to ask the doctor to do an EKG and check for irregularities in his heart. He said they found none. However, by Chinese medical standards he clearly had heart blockage. Shortly after the surgery, he died in intensive care of undetermined causes.

Alternative medicine saved my life. I was 47 years old when I started on my third degree. I had one acupuncture treatment at the absolute insistence of a friend whom I will never stop thanking. I felt better after 20 minutes of 6 needles being inserted into my meridian system than I ever remembered feeling. I felt compelled to

All Disease Comes from the Heart

learn how to do it. I sold my house and started school again at age 48. Everyone told me that I would never make it and, fortunately, I did not believe them. Eighteen years later we are still doing a wonderful business and helping many people.

This very marvelous learning experience has opened many doors to me and allowed me to find a rather high level of happiness and satisfaction with life. I have been able to help many people take their lives from barely functioning and very serious diseases to great levels of improvement and wellness. I have had many teachers and will have many more. The process is a way of life. I love learning truth and sharing it.

Chapter 3

Moving Toward Well Being

Staying Committed

I realize that one of the injustices of the world is that the people who are doing the things that work well and help people the most are not doing much research to prove their work. Also, they are not doing the kind of advertisement that will let people know about it. Most importantly, they are not teaching people what is involved and what to expect with the healing process. Because people don't know what to expect in "alternative" therapy, they may not want to get into it. When they do give it a "try" and unexpected things occur, such as their body starts to go through releases of emotions and toxins, they may get afraid and quit in order to avoid what they find frightening.

I have long recognized that it is my job to bridge this gap and provide educational guidance to help you become actively involved in your healing process. The only real proof I have needed ultimately was 'does it produce the results'. I cannot rely on manipulated testing results totally. I have to see it work and work without doing harm.

As I see it, each one of us is walking along a path with generational imprints that have become ours. These imprints result in beliefs, beliefs result in thoughts and expectations, and finally the behavior of others mirrors back to us what is already in us.

The opportunity in life is to take the images that are showing up, such as someone slamming on their brakes in front of you, and find out what's inside you that attracts such behavior in others. It is your very own life puzzle. Everyone is a mirror to us should we choose to see the reflection. I have been taught a mirror reflection technique that allows me to let people see the truth about them if they want to. We need to remove the energy of the situations hidden inside that prevent you from finding your power and truth. The fountain of youth to be unleashed is your very own flow of truth and joy.

We must engage in proactive self-examination. In going through life judging others as the problem, we miss the golden opportunities of finding out something about ourselves in the incidences that appear before us.

Of course, one of the difficulties is we don't know what to make of it. It's difficult to understand "why me?" "What did I do to deserve this?" A better question would be, "What is in me that is attracting this?" or "What is not in me that would allow this to happen?" Another good question is, "What do I have to gain by responding to this

All Disease Comes from the Heart

with love and acceptance regardless of what it is?"

Responding in this elevated way is part of the process and, when we don't do it easily, we have to look at what is keeping us from doing so. We may then practice or dig until we do it, if we want to change the pattern and benefit from the change. That is our job here.

One of the reasons people don't want to step out and look inside themselves is that it seems to be an admission they are not "normal." The fact is you are normal when you don't take responsibility. When you take responsibility for what is under your hood, you can become exceptional. This means you become who you really are.

Don't fear not being normal. Whatever is going on with you is a normal, protective response to what happened to you in life. Fear of being abnormal is the main worry that keeps people from pursuing a process of healing and improving their lives.

The reason for pursuing a process of healing is to help yourself be able to identify what is in your way and get through it sooner, if that is your goal. This is good news because it means your goals are achievable. All you have to do is get the fears out of you that are in the way.

Sometimes it is quite easy for you to fool yourself and the person you are working with. You can be very successful at assuring him/her that you are "normal." After all, isn't that the game life has set up -- that we each appear to be the perfect model so that whatever tribe we ascribe to will accept us? Bingo nailed you. Now if you don't want to be nailed, and you want to continue to run your game, go someplace else. I won't do you that disservice.

You can see for the healer/counselor/ doctor, it is a catch 22. If you don't get beyond the issues, you don't get the results. If we push too hard, you shut down and wonder why things are the same.

On the other hand, because of the level of trauma of your early life, many of you have the need to go slow and build trust so that the pain won't come out too fast or hurt too much. Also, you need time to build your trust of a therapist. This is especially true, since life has not built trust for human interactions.

Yes, it is complicated and delicate, but you can do it. You deserve to know the truth and have excellent tools at your disposal. Such information need not be reserved for a therapist.

Understand that the goal for you is healing, and the end result will be connection, love, and prosperity, and all those things you want. It is up to you and is your job to find and do what works for you. Never, never, never give up.

Acceptance

Acceptance is the key. Acceptance of your life to this point. Acceptance of all that is.

I thank those who have helped me and those who came into my

All Disease Comes from the Heart

life and did me harm. It was all learning. A big part of healing is the art of leaning to accept and see ourselves in others, and to understand that what we see in them, or through the interrelation with them, is an opportunity to heal something in us.

Healing is merging into and accepting our oneness. We feel disconnected from our source, from our creator, from love. We do not recognize and appreciate ourselves fully for who we are. We live in a world of separation. We focus on this color of people and that color of people, behavior, this language and that language. There are haves and have nots. There are people starving by eating too little and people dying from eating too much. There are people who think they have everything, but actually have nothing, and people who seemingly have nothing, but actually have everything. Much of our life is devoted to comparing ourselves with others, and liking or disliking what we see.

I live in an area where the people on one side of town do not come into the town they live in. How sad that much of the energy of life is focused on non-acceptance of what we see outside of ourselves. It's difficult to see that what's outside of us is, in fact, in us. Part of your journey is to look inside and accept all parts of yourself.

Through healing our block against accepting all the things that are within us, all our shadows, we become healthy, happy, and whole.

Feelings

When you have practiced the steps of wanting and allowing for awhile, it is time to consider what you are willing to feel. For example, "I now feel happy, passionate, and loving," or whatever feelings are important to you. If negative feelings surface, and they will, feel them and then release them, rather than ignoring or forcing them deep inside. A healthy person welcomes feelings, experiences them, and then lets them go.

One of the most remarkable aspects of healing is tuning into, and following the interests, actions, thoughts, and feelings that make us feel good. There is a tendency in our culture to over-drive, over-strive, over-work and ignore or forget those simple things that bring us joy. It's important to understand that the best thing we can do for ourselves in our journey back to health is to return to the pure bliss we were designed for. We must continue picking the lint, skimming the pond. Healing is a journey of removing whatever interferes with or interrupts our state of joy, love, and well-being.

Feelings I want:

- 1.
- 2.
- 3.
- 4.
- 5.

All Disease Comes from the Heart

Many people suppress their feelings, barely tolerating life, remaining in a perpetual state of vague yearning and dim forbearance.

The thing to do with this is to just keep expressing what comes up. If writing it doesn't work for you, then you can find someone you trust to tell. The way you find the person is to ask, "Would you be willing to just listen to what I have to say? I need to get something off my chest and I need someone to just listen and not be bothered by it. I don't need you to try to solve it; I just need an 'ear.' Would you and could you do that?" Only be willing to move forward if the person can give an unqualified "yes." For those of you who have things to express and don't like writing your feelings or talking to someone about them, here is another thing you can do. Look into a mirror and say to yourself what you really truly feel and think. Now talk back to yourself and tell yourself the encouraging, wonderful things you need to hear. Be a REAL friend to yourself.

To save you money and time, I am going to offer you only the most potent, effective of all the arts I have found. This will make it much easier and shorter for you than it was for me. Yet, I don't want you to think you don't have to be fully involved.

My experience with this is that the longer we protect ourselves, the better we hide, and the longer it takes to get to the feelings. Only when we get to the feelings can we get to the healing. The main goal of healing is to access and release the feelings, toxins, or beliefs associated with trauma or altering events.

Relationships

Seeing what comes up in relationships with anyone is the single most valuable way of seeing yourself and healing those parts you cannot accept. Everyone out there is a part of us. If we judge them or don't like them, they are a part of us that has not been healed. If we don't accept them as that part of us they represent, we don't accept that part of us. When we accept whatever is there in front of us we heal and have that part of us. This is a journey to loving all parts of us and others that I was talking about earlier. It does not mean you have to talk to them as you are simply holding them and that part of you in love then healing occurs.

Some people always say what if I meet a murdered. I will tell you this story.

I had a client who was confronted with a murder. She did show him love and he could not and did not hurt her. There are also many destructive parts to each of us -we are human.

When you begin a new relationship, what are the patterns that emerge? Do you get afraid and back off? Are you reluctant to make commitments? Do you always have to have your way? Do you withhold? Do you give everything and get nothing? What is your pattern?

All Disease Comes from the Heart

Ask yourself where this came from, and let the belief behind the attitude emerge. For example, you may believe that "people aren't safe", "love isn't safe," "men can hurt me," or "women are difficult." List your relationship beliefs:

Take these beliefs, one at a time, close your eyes, and go back into your earliest memory of where this belief came from. Recall the details of the memory, any smells, any sensations, any sounds. Who was there? And what were they saying? How did you feel? What did you want? As you feel emotion about this event, feel it intensely, and then breathe deeply and let it go. You may be afraid of the feelings. If you are you can get someone to help you professionally. Of course, in most cases the feelings are nothing to fear. The only thing we have to fear is fear itself. As you release it, you will be free of the energetic hold it has on you. There will be room for a positive, productive energy flow. Go over this event until it has no emotion or charge. Look at the chakra color chart on my website and find the color that helps.

Now take the original phrase, such as "love hurts" and decide what you would like to believe about relationships. Write your thoughts here:

What if you believed this? What would your life be like? How would your relationships be different? What do you have to lose? What do you have to gain?

With practice and commitment to the new belief, the tendency to have the original attitude will gradually fade away.

What do you want to happen between you and the people in your life? I have found that the quality of life depends on the quality of what is happening between you and those you encounter and love.

All Disease Comes from the Heart

So spell it out. What would you like it to be like? For example, one of my goals in this area is, "I speak up with people and they can hear me." At age 12 I had the insight of "seeing" my grandmother having a stroke. She could not hear me when I said it. My family told me to "shut up." Now, after working on my own health and well being for so many years, I am no longer shutting up. You can overcome whatever is blocking you from having the experience you want. I am now feeling heard by others as I speak up freely. So go for it! Continue the process of practicing wanting.

Remind yourself: What do you want?

- 1.
- 2.
- 3.
- 4.
- 5.

How would you like to feel?

- 1.
- 2.
- 3.
- 4.
- 5.

What would you like to do?

- 1.
- 2.
- 3.
- 4.
- 5.

What would you like to have?

- 1.
- 2.
- 3.
- 4.
- 5.

What will you give back for all this?

Unleashing Your Sexuality: the Man and Woman Within

My first interest in writing about the man and woman within and developing the man and woman within started during acupuncture school when I learned about the Yin and Yang. My Professor, Doctor Chau stood up and said, "There is a male and female aspect to each of us." I had also been introduced to this concept when studying healing therapies such as therapeutic touch, Reiki, and yoga. In those therapies it is taught that the right and left sides of the body

All Disease Comes from the Heart

represent male/female aspects.

Having learned this fact, my curious, investigative, introspective, triple Scorpio nature began to examine my own male and female parts. At that time I was particularly focused on the male part, as I had a distressing history in the areas of relationships with males. In my two marriages, both men taught me what I needed to know and I loved them, yet they were not fulfilling life-partner choices.

When I returned to school to become a Doctor of Oriental Medicine in my late forties, I was single and aware that if I was to attract my life-partner and soul-mate, I had to look at the existing picture, beliefs, and impressions of past relationships. I had to look at the male that was in me; when I looked, I drew from my experiences.

One was a father whom I had never known, which left me feeling abandoned. The only thing I did know about him was that he didn't take care of us because of his relationship to alcohol. The second male figure was that of a grandfather who was somewhat depressed and sad. He had been left out of his father's will and it grieved him. He was also very mean. I remember him beating me till I had red marks all over my body. He was my main role model for men. I loved him and sat at his feet and did his nails, while helping him get through a stroke. He did not seem to connect with my grandmother. There was an obvious distance and lack of intimacy, although we knew they were very devoted to each other. It was more like co-dependent devotion. They worried well together.

At age twelve I was traumatized when my mother married an insensitive, uncaring, ruthless German man. I was further traumatized by the insistence that we be adopted by him. I now understand that this trauma was caused by never having been allowed to talk about my real father. This absent father was the man I considered my REAL father in my mind, as is always the case with children who are not allowed to discuss the missing parent. The men who father children will always be their father. The same goes for mothers, no matter what the real situation. To take on the responsibility of a child is a loving wonderful act of ultimate kindness, yet the child still has the original parents. Although I understood that it had good intention and a part of me was grateful, it set me in a rebellious mode. I learned to love him, yet the misery of living with him scarred my soul. I think that could have been easily eliminated if I had not had to live with the pretense that I didn't have a father. To be able to acknowledge my real father, at least, would have helped. My step father took on a disciplinary role that was overly brutal. Step-parents cannot discipline children. The children can't receive it unless it's kind and gentle. The step-parent just doesn't have the authority with the child.

I decided to go to therapy to rid myself of these images and conditional patterns. I told the therapist how awful I thought men were. She said, "I've never had that experience." That was really all I needed to hear because I knew that if someone felt differently and

All Disease Comes from the Heart

someone else knew there was a positive male figure in the world, I would find out for myself. I left her office and immediately I began to program myself to feel a new relationship between the man and woman within me. I drew up on my most positive role models. One of them was Jesus; I had always loved Jesus as a child and felt comforted by stories about him. At night when I was scared and alone, I held his picture close to me. Remember the picture of Jesus kneeling and praying at the rock? There was such kindness in his face; I am grateful to that picture. My other role model was my minister, Dan Gill. Dan was a spirit filled, gentle, caring, unassuming man of God. Even late in my life, during the time I made this realization, after being away from him for many years, he called to see how I was doing. I think he was aware of his impact and very valuable role in my life, I told him about the year before he died.

Consequently, I began to fill myself with the feeling of having a man with the spirit of Jesus and the warmth of Dan Gill. I drew from the communication skills of my second husband, the fun of my first husband, the loyalty of my grandfather and something about my real father that I could sense-- that I was wanted. I had little to draw on except the knowledge that came when I found him, even though he was dead. My step-sister told me that he had tried to find me many times and sent gifts that were returned. Just knowing I was wanted by him gave me great strength. I also recognized that unlike the women I had seen as my models who rejected men, tolerated them, or criticized them, I would have to learn how to accept them and trust them. It was a very frightening process. It was like stepping into the unknown because certainly the more familiar thing, in fact, the more comfortable thing was to harbor the doubts and resentments.

Isn't it funny how we resist change no matter how great the unsuccessful nature of our present circumstances? It was the unknown and the unfamiliar that frightened me most. I decided I would slowly acclimate myself to an understanding and acceptance of the joy of being a positive, loving woman who accepted and embraced a positive loving man. I would like to share insight into the process that guided me to my ideal, perfect, loving soul-mate.

The first step, begin to dream and imagine what the ideal partner would be like. What does he look like? What does he smell like? What does he feel like? What does he say? How does he think? How does he respond to you? And list these

The experience, for me, was that I began to push myself through my outer shell of how I had seen men. As I focused on doing this, I began to see men coming into my life who had the qualities I en-

All Disease Comes from the Heart

visioned. I allowed myself to integrate these images and amplify them. I felt the positive images growing inside of me. I remember that it was easy to think that these new emerging, positive men might be "the one" because they felt so much better than the previous experiences. I had to recognize that I was changing and so my attraction of more positive energies was in evidence as I built within myself a stronger, loving focus.

Looking back at age 47 from where I am now, I see that my relationship with my first husband was a positive fun-filled experience. He was very loving, very nurturing and I had that positive experience to draw on. What I saw on the reverse side was his disloyalty.

My second husband was a psychology professor who taught me about communication, and in that relationship I could see the extreme cruelty of my grandfather. Coming into the reality of what I had in me as a male part, I also looked at how the female parts had dealt with the male parts. The females were strong, domineering, independent, and controlling. They make it clear that the men were wrong and the cause of the problems.

People are always looking outside themselves for the perfect mate, maybe Jennifer or Brad might fill the bill. When that isn't realized, we wonder why our perfect image of love and romance and men and women is never quite right. We are always looking someplace else for perfection. For some of us it's Mother Teresa and for others it's BAM Argera. Then we realize that we ourselves are full of things that don't quite measure up. So let's look, for a moment, at how that comes to be. That we are not ever good enough; as good as we want to be. It's a painful thing to come to grips with. That way down deep inside we have a very painful part that we've been taught to hide. This part was trained by what we saw when we were growing up and what we were taught to cover up. It's a response to the bitterness that was there, that we were never allowed to work out and make different choices. So now, we'll simply do this. We'll look deep inside and find those little hidden things that fill us with self-loathing.

I was an abused child. I was abused by a father who didn't support us. I was abused by a mother who had too much on her plate. I was beaten by a grandfather who left welts on my body. When I was little mommy said "Be careful, you will fall." I grew into a habit of not wanting to walk at all.

There are many people in the world who experience anger at their mate. They go through life thinking about the things that are wrong with this person. It has always been of great interest to me, to look at the fact that people who find things wrong with their mate are often quite ill. So I began to look at what is behind the inability to love and accept men.

The first part of this was from personal experience. I grew up in a family where my Dad was so wrong we could never talk about him; he was never mentioned. Now, that's wrong folks, that's about as

All Disease Comes from the Heart

wrong as you can get. We won't talk about him, take calls from him, and accept presents from him. I don't know, did he murder someone? Did he steal money? At about age 45 I dared ask my mother these questions.

She said "No, he drank beer."

"Well, Mom how many beers did he drink? One or two?"

"Well, yeah."

"IS that it?"

"No, he didn't take care of us; he spent his money on other things." That was clearly the end of the discussion. The vault door was again closed and cemented. My entire life I have grown from that experience. And I'm proud to say I've grown to love men, in spite of the family that loves no man, that has viewed them as bad guys or just wrong.

This experience has led me to observe how this connects in the healing process that I work with. I'm particularly interested in a young woman we will call Ally, who presented with depression, lymph blockage and congestion around the thyroid area, which is the father-center. She had a history of abuse from her step-father. As she told her story, it seemed the most important part for her was the step-father's abuse. The results of her anger about this, which she had spent several years of therapy to work out, was that she hated her husband and kept herself separate from him, including sexual abstinence. As we worked together it became apparent that there was another important issue, and that was the absence of her original father. Her parents separated before she was born. Most often, the missing parent has the greatest impact. As we worked on this issue, it became clear that it was the fear of her husband leaving her that caused the anger. She knew he would never physically leave her, but he was becoming increasingly ill and impotent.

The picture she had inside of her was a male image of one father who abandoned her and did bad things so mother had to leave him, and another father who overstepped his bounds of intimacy. Understandably, the male within her was in trouble. The result was decreased thyroid function and increased congestion in the lymph nodes surrounding the thyroid. Of course she was depressed, unfulfilled and unhappy; energy was low and fatigue was present.

Now let's look at the mother within. The mother within was stubborn and locked in to the rejection of the father during her whole life. She basically "would never speak of it." Isn't it interesting that the thyroid or the 5th chakra is the energy center for communication and so the child had a shut-down in her communication and her thyroid function and was locked in to the position of being a victim?

Her illness was the result of undisclosed, unresolved blame, distrust and failure of the parents to process their anger at each other and their grief in such a way that the child could emerge free of the burden of their entanglement. Her physical structure is more masculine than feminine and her main reason for remaining overweight

All Disease Comes from the Heart

is due to the unexpressed sadness over the loss of her father.

Following this train of thought, we get back to the important teachings of the Bible, the ones that I take as foundations for life. The one that I apply here is "Honor thy father and mother, that thy days may be long upon the Earth."

In Chinese medicine we call it the balancing of the Yin and the Yang, the male and female of things. Of course, we have to balance the body by regulating the flow of energy, or chi, and removing the obstacles to good organ function such as pathogens and toxins. We have to release the blocks in the tissues that have resulted from lifetimes of fear and suffering. In essence we have to learn to love the male and female within us as they are and as they are represented by our relationship with our mother and father.

When we love the mother and father that we were born to, we are also learning to love ourselves. The right and left side, the yin and the yang, the mother and the father, the light and the dark. When we love, the energy flows and we are open to the spirit and healing can occur. So you say, "How can you love a father you never saw or a father that abused you or a mother who never spoke of your father, who withheld him from you?" I have to tell you it isn't easy, and many people say it's impossible. However, it is possible, though it isn't a job for the faint of heart. The accomplishment of this brings the greatest strength and reward.

This is a problem that our culture is facing today, in ever increasing numbers. Children are born to bitter mothers without knowledge of their fathers, without any contact with their fathers, without any information about how they can overcome the sense of abandonment, loneliness and fear that comes from this situation. Is it any wonder they turn to drugs, food, and irrational behavior as they act out or repress the suffering and pain? It is our problem; they are our future. We will be able to help by teaching them what to do to heal this dilemma. Honoring your inner male and female can help you along your path toward loving yourself, finding your joy, and returning to your innocence.

Why do I say returning to your innocence? Interestingly enough, children blame themselves for everything. Isn't that the truth? Children recognize very early what is going on in the family system and they take the role they need to take to keep the family afloat. You find children who are working at an early age in families where the father is gone. Maybe their work is dealing drugs, but they are trying to keep the family together, many times. Even if children don't take an active working role in the family, you find many families who are taking care of the other children and cooking meals and absorbing a great deal of the responsibility and the burden of the absence of the father and the stress and strains of the mother.

In the process of writing this book I had a session with a young woman who has been dealing with the man within her. Her pattern that she is emerging through is an abusive Italian Mafia-type father

All Disease Comes from the Heart

and a definitely abusive husband. When we started working together, the absolute love of her life was a man who is the epitome of a Mafia-type, big boss, bestowing lavish gifts and unwilling to commit. His emotional codependency and extremely appealing and glamorous lifestyle matched his pathological side in her history. When she started working on this issue, she was enormously attracted to and obsessed with this man.

The process of moving out of this pattern of attraction involved taking ownership of the parts of her that were implanted by her early experience, i.e., to own that there is a part of us that is attracted to abuse once we have had a profound, extended relationship with an abuser who is our only source of love. Her mother was an alcoholic who was abusive to herself and so she further learned the lesson of self-abuse.

This young woman has delved to the core of her pain and healed profoundly. At this point in her therapy, the victimization she has experienced has come as the next core issue to be healed. Besides her continued attraction of other victims in her life, other symptoms were loss of hair, thinning hair, verbal abuse from others and self deception in believing that the suffering people she was attracting were the ones who had the problem. In one session she had the eye-opening experience of taking ownership of the victim within her. We supplemented this treatment with homeopathic remedies from Psychosomatic Energetics with a homeopathy that releases core chakra blockages and gave her thyroidea injection therapy in her chakras to balance her ability to communicate, create, speak the truth, know her choices, and reduce paranoia and confusion. The results were powerful feelings of joy and liberation. She decided that it was clearly time to discontinue a relationship with a man who had the exact duplicate victim mentality. He was still the victim of his ex-wife; she is still the victim of her ex-husband. As she accepts this, takes the remedies and begins to say her affirmation "I allow my inner voice to speak up and I listen" she will move to a place within herself that is no longer a magnet for being and attracting suffering.

In the process of creating our ideal self and thus our ideal partner, it is essential to identify the characteristics we are attracted to and feel good about. It's also essential that we identify the things we see in these people that we are reacting to. Our reactions are simply signals of the work we need to do within ourselves. As we resolve them within ourselves, we will know whether or not they are permanent roadblocks to relationships, learning opportunities and/or perfect in every way for our growth and development.

The process of taking ownership involves turning around what you are seeing "out there" and owning it as your own issue. As this woman said "I see my victim in you" everything in her changed and she joyfully acknowledged she could feel this was the truth. Having it be our stuff instead of their stuff means we can do something

All Disease Comes from the Heart

about it. If it's simply their stuff we could spend our lifetime attempting to unsuccessfully change them. Coming out of projection, which is seeing our problems in other people and thinking they are theirs, or coming out of denial that we have problems, allows us to take charge of the problems and release them. They don't have to continue to be true.

I have found that in this process it is particularly useful and deepening in the experience to add homeopathic injection and oral support. These remedies get into the matrix of the cell in an area that houses the consciousness. We then allow ourselves to let go. You know how difficult it is to let go of things? You know you should, but you just can't. The homeopathy triggers and activates the release mechanisms within ourselves.

With this in mind it would be useful for you to list those qualities in your current partner that you find difficult to tolerate (If not your current partner, then the last partner you had. If not a male, then a female whose characteristics you find annoying)

Now, one by one, own these characteristics as yours. Take as long as you like and resist as long as you want to. The real power will be in the ownership.

Have you owned it yet? If not, ask yourself "what will I give up by owning this?"

List that, contemplate it, and ask yourself what your life would be like if you did own it? And what's it like because you don't own it?

Choose which outcome you want. Now once you've chosen, start to imagine your life with this choice. Tap down your spine, cross your arms and hold the backs of your arms, tap like a butterfly and let it go.

Being able and willing to break through old patterns requires some persistence, enthusiasm and dedication, as well as knowing that the outcome is your freedom. I think these skills have not been practiced in our culture because they are considered difficult. Well, everything is what you make it; let's make it fun. Let's make it an adventure. It is an adventure; an adventure into your past genealogy and the patterns of your family. These patterns of how it's always been done by your family sometimes go back many generations and so pulling out of them is like pushing against a strong rubber band that keeps pulling you back. My experience is it's best to combine homeopathy to weaken the bands of the "rubber" that holds you back. As you start to break loose, you'll notice two things. One is

All Disease Comes from the Heart

the backward pull and the other one is the sparks of support for your new opening, perhaps like a phone call from a nice person out of the blue or a particularly strong positive encounter at the checkout at the store. Or even an old friend calling for no particular reason. Take the support and run.

Now let's talk a little about the pay off of projection. One of the things you may be experiencing now is giving up the idea that what you are seeing in others is a projection of what's in you. Oddly enough ,it's one of those laws of personal growth. The only reason I've come to believe in it is from personal experience, and of course, the professional experience of 35 years of seeing it operate in others. It seems the more indignant we are about the attributes of others, the more likely it is an attribute in ourselves that we find intolerable and "don't want to deal with."

I can give you some major assurance that rather than it being a disempowering event to deal with these projections, it is enormously empowering. You realize fully that there is nothing outside of you and so it means that there is nothing you can't handle, yeah! I think one of the most difficult things we have going on in this life is the belief that there are things we can't handle. And the knowledge that if we deal with it ourselves that we deal with it completely is the most reassuring to me. It simply does not keep showing up in the same form. Now I will tell you other layers do keep showing up. That's okay; you'll simply handle those too, because you are going to be an expert at solving problems rather than stuffing them. The most impossible things represent the most incredible opportunities. When you run into these impossible things, embrace the challenge and know it will be your greatest victory.

Now, are you ready to return with conviction to owning those parts of you that you see in your partner? Ask yourself, what is the thought I have about the first characteristic? What judgment do I have about it? Write these thoughts down:

Ask yourself what would happen in this situation if I didn't have that thought about it? What thought could you have about it that would make you feel good? What judgment do you need to drop? And what will take its place? How does it feel to replace that judgment with a happy thought? You could continue to stand in the swamp and hold on to the tree. Or you can let go and move out, and you'll be carried along by the gentle current of water.

Do the same thing with each item on your list and let yourself experience as much of the shift as you can at one time. See how much good feeling you will allow yourself to feel and notice the challenge of getting used to good feelings. It's just the rubber band; it will

All Disease Comes from the Heart

gradually stretch out as you enter closer and closer to the heavenly state you desire. Notice I said you desire it. I want to clarify that a part of you desires it; the other part wants to remain the same, only because you are used to it. It's like deciding to move a piece of furniture, even though you never really liked where it was, you sort of got used to it being there. Besides you don't know if you will really like it in the new spot and, of course, if you don't like it you can move it again and again until you find the perfect spot. And don't you just love it when you do? But don't get attached, as it may need to be moved again. Change is a friend that is waiting for you with open arms, ready to welcome and embrace you with its warmth and courage. Let it in.

Let us suppose you do not have a partner to do this exercise on. You can pick the person who is having the most negative impact on you. It could be someone at work, a neighbor or friend, the one that you have the biggest case with or against at this time. You know the interesting thing is we may be putting an end to gossiping about other people with this new way of dialoging to your friends that will help you get it off your chest and accomplish something productive.

The most important part of our development of our man/woman is the element of judgment. Judgment is an essential part of navigation, deciding what is and isn't right for us. There is a fine line between making choices based on what is right for us and the intensity of responses to those things that we see in others and in situations that aren't right for us. The deeper the judgment/response the more emotion there is attached to it.

In our early training we see in our family setting, what flies back and forth between the members as they encounter issues in the other that are contrary to their desires. These are our lessons on how to deal with issues in our own lives now. The basis of judgment then becomes not getting what we want from another. It is somewhat in conflict with the understanding that we aren't responsible for giving people what they want.

Each person is ultimately responsible for giving themselves what they want. Because we are all parts of a great whole, there is some desire for and benefit from mutual exchange of interaction, play, and work. So when we break this down we may have a strong desire to interact, play or work with someone. In order to do that effectively, we must trust in ourselves.

Our judgments come in when we run into obstacles to meeting our goal. It doesn't negate the value of wanting or lessen the motivation to get it if we simply drop the judgment we have about their choosing or not choosing to not give it to us in the way that we want it. We do have an option to learn to ask for what we want in a way that they find irresistible. Or find someone who will give us what we want in the way we want without being irresistible, or, just give it to ourselves.

Let's talk about how to ask for what we want in a way that people

All Disease Comes from the Heart

will find irresistible. Perhaps you can recall times when you successfully reached out to someone with an invitation that was stated in an irresistible way. Here are the elements that I find most irresistible. The first one is asking in a way that has no attachment: "I want to do this," "I am excited about this," "Would you do this with me?" or "Would you be willing to do this for me?" Should they refuse we have an opportunity to practice being more irresistible. We practice until we simply master the art of being irresistible. Typically when we don't get what we want, rather than being more irresistible, we become more doubtful of ourselves and our deserving qualities.

It is quite a stretch to go to a person who has shut us out and approach them with immense vulnerability and excitement. Maybe it seems too hard. So let's look at why we don't want to do that. I think the bottom line is that we are afraid, perhaps petrified, of being killed by them or destroyed by them or annihilated. So instead of facing that possibility we pull up one of our other coping "skills" such as retreat, fleet, or eat.

You might say, "Well, I don't want to do this, they're/it's not worth it." The fact is if we don't deal with that person right in front of us, showing up in a way that makes us want to retreat, fleet or eat, we will just have to keep eating or stuffing our own sense of ourselves that is showing up as an opportunity to be solved; because nothing shows up in front of us if it isn't the perfect thing to advance us in our pursuit of joy, love and heaven on earth. Why would we want to miss it?

Probably because it is hard. It's risky. It's stressful. I suppose if we measured the actual stress impact of facing things versus not facing things, the ultimate spiritual and physical ramifications of not facing something are far greater than the discomfort of dealing with it. Certainly the reward will be there.

Now you may have difficulty believing that. If you have difficulty believing it, you will have difficulty conceiving it because every single thing starts with our belief. It is the engine that pulls and pushes the train. The thoughts turn the wheels. So the way out or in is to begin to know that you know exactly what to say, do, or be to resolve and communicate in your best manner so that you get what you want. That is why I place so much emphasis on the first step of asking yourself, "What do I want?"

Interestingly enough, you'll realize that what you have is usually what you want. You may think you want it to be different but the first step is to see that you really want it to be the way it is. Sometimes we value separation more than the price we perceive intimacy will present. Most often we don't want the intimacy because we fear it will not be our way. We are all waiting for that miraculous prince who plants the kiss, puts the shoe of the right foot, and takes us to the castle in the pumpkin carriage with all the trimmings. Probably the greatest thing we can do for ourselves is expect nothing. Want everything but expect nothing. Ask for everything but expect noth-

All Disease Comes from the Heart

ing; all the time owning where we are.

What does this have to do with intimacy and sexuality? Everything! Trust is the path "in" to the base chakra. Without the trust that we can satisfy ourselves, without the trust that we can navigate without clinging to our unmet expectations, we cannot be orgasmic. The level of freedom we achieve, the level of skill and comfort we have with our willingness to stay connected to our desires without imposing the accomplishment of those desires on others, the more connected we are with the fluidity of our energy. After all, sexual satisfaction is movement of energy through the seven chakras.

Therefore, the first chakra development relates to our sense of esteem and talents, our ability to be grounded in life, and our ability to have a sense of control of ourselves, which is the basis for our security.

How we navigate in the first chakra is usually learned from how we see our parents navigate. Our sexuality begins to emerge as we see and feel the inferiority of our parents. And children do see this and feel this. As children incorporate their parents' attitudes, doctors see the beginning of urinary tract infections, shyness, and an inability to control their impulses, sometimes call ADHD (Attention Deficit-Hyperactivity Disorder.)

The first step I

Getting Healthy

Now is the time to get healthy. Everyone would like to be in a healthful state. Can you imagine what it would be like to have powerful and constant energy flowing through you so that you are always acting from a place of your inner power?

You have come to the place in life where you are thinking about or opening yourself to understand what you can do to change your life for the better. Alternative medicine can help you immensely. Methods such as acupuncture or other ways of altering, impacting improving, energizing and correcting what is going on in your body, are safe, proven ways to achieve improved well being. The complete picture of what it takes is what I will gradually increase your awareness of.

It is called alternative, and I will say it is the alternative to suffering and dying without getting as much of the healing as you can get out of the experience. I also refer to it as bioenergetic medicine.

I suppose the most surprising thing about waking up to the benefits of simple, natural treatments, that have helped thousands of people and relieved pain and brought immeasurable joy, is that it is so difficult for so many to comprehend and value.

Right now, the majority of people are programmed to see and believe what they have always known. Opening to a new view, like any other change, may be painful. Who do you trust? You must learn to know and trust your own internal guidance system and allow it to direct you to what is best for you. Our own guidance system is our most precious, natural resource. However, it is the one that has been

All Disease Comes from the Heart

the least well preserved.

One of the reasons people end up needing medicine and surgery to save their lives is that their real needs are not met. The messages in the memory banks, matrix, neurotransmitters and all parts of the energy systems of our body are imprinted and programmed with toxins, beliefs and issues. These are blocking the flow of life supporting functioning of the body. We all have many morsels in each of us that need to be addressed and released for us to operate full out and know our value. The good news is if we are imprint-able with undesirable blocks we can also be imprinted and programmed with desirable life supporting factors and fractals. Most people are unclear about how to minimize serious problems and achieve their goals. Conformity is forced on us. "Don't cry, don't get angry, go to church, do math, sit still, be seen and not heard". The list is endless. This emphasis on conformity leads to a shut down of our ability to hear out true nature. Our original prototype or plan for ourselves is superimposed with, and restricted by, the expectations of others. Disease comes from our response to that shut down to our truth of who we are. We are Love. We are created in the likeness of our father/creator who is love and light.

Disempowerment, unconsciousness, and lack of love for self lead to disease. When you ignore your needs, abuse your body, hide your real pain, and then go to a doctor, it is unrealistic and unfair to expect the doctor to help you through all that with a pill.

Can you image a world where people really understood that it is important for their children and themselves that they be fully happy and free of blocks that cause them to develop diseases and be less than full filled by life. Can you image training programs for children and parents that assessed what was in their body energy fields to see if the potential for disease was there then eliminate it? They could then accomplish easily what parents strive to help their children do and cannot. Dare to dream – I do.

For most people the biggest challenge is attaining and maintaining a high level of joy and happiness and love. If we focus on what we need to do to achieve these, the rest will follow. This is because health, wealth and happiness go hand in hand with the primary skill of learning how to feel, think, and see the truth. We must focus on our thoughts and responses to life's moments, maintaining as much consistent, positive vibration as possible. Perhaps you say "I've known people who were very happy, very loving, and they were very sick." The interesting thing about this statement is that we are well trained in not knowing what our subconscious programs that cause sickness are. Perhaps we don't let ourselves know what they are because we really don't know what to do with what we might feel. Social mores patterns and expectations place any value on self discovery and uncovering the subconscious problems. However, we're allowed to gossip about, project onto and blame others. We're allowed to feel strong emotions for the good of the whole (patriotism)

All Disease Comes from the Heart

but never for the individual. It's widely accepted to gossip, criticize and demean others. Yet, it isn't promoted to release the cause of our anger at ourselves and others, or at the condition of our lives.

I remember a client who was healing quite well and making a lot of progress. She called me to say she wasn't going to release emotion because she had an unexpected release while shopping. We always feel we have to "be in control." I said, "What is your concern about what complete strangers think?" Sometimes I think that even if we care what complete strangers think, they benefit greatly by our raw uncensored honesty about how we feel. We get to be a part of stepping out of the expectations that are placed on us. If you are willing to be vulnerable, people get a glimpse of their own vulnerability. The key also is that we can learn how to appropriately communicate our feelings to others who are stepping on our boundaries.

My ex husband Robert Levine and my friend Ernie Williams wrote a great book on that.

Another story that happened in my clinic involves the power of language and thoughts to affect our level of health and vitality. My client started out the session with these words: "I have to move back up North to take care of my ailing mother." How do you think a person who speaks like that feels? Actually she felt miserable and depressed.

I asked her, "Is there anything in you that's telling you that this isn't the right thing for you to do, the best thing for you to do? Is there any part of you that disagrees with this choice?"

The answer was "No."

I continued, "So is it safe to say that your inner guidance is leading you in this direction?"

"She lit up with a "Yes."

I leaned closer. "The only thing between you and happiness is owning that this is your choice?"

She thought for a moment. "Well, now that you put it that way, yes."

My eyes held hers. "So what would happen if you chose your choice?"

She shrugged. "Well, I'd be happy!"

I smiled. "You mean to tell me you could actually be happy going back up to the cold north and taking care of your ill mother in a small town with no super stores?"

Eventually, after sorting through her mental objections and realizing they were self-imposed, she understood and agreed she would be better off without them. She arrived at a place of joy.

++++++

I do recognize that sometimes people are guided toward certain actions, such as dying in surgery, because it is the right thing for them. Because of this, I would like to address the issue of right and wrong or judgment that separates, guides, and motivates us. I'd like to put it in the broader context of life experience. If we truly

All Disease Comes from the Heart

understand that life is eternal, then we can put into perspective that the current moment is part of a learning experience that goes on to infinity. Not everyone is going to be learning the same lessons at the same time. In fact, we will all learn from each other and through each other's experiences.

As alternative health emerges as the "new" old kid on the block, it is important that it takes its place as a part of the whole. Everything that exists has a reason and a place. Isn't it time for you to experience good health?

Chapter 4

Energy Basics

What is it?

Whatever circumstances you are currently in, you certainly want more. You want alleviation of the pain or improvement of the situation. Maybe you just want to be stronger, more peaceful, more in control of your life, more prosperous, or more aware of your opportunities. There are no limits to what you can achieve, other than the limits you accept for yourself. Sometimes it seems we can not have influence over something and change it. The secret I have found is that we can have influence and change it, as long as we have enough energy and are able to move the energy. We can then influence and change our life in any direction we choose. With faith and persistence, we will be successful.

It has taken me a lifetime of experience and study to really understand how this works, yet deep inside I have always known that it does work. The fact that it works has to do with the laws of the universe, including the law of cause and affect. Several other laws of physics also come into play, such as how to alter molecules of energy. We have to learn, how to alter us, since we are composed of molecules of energy.

It is in our best interest, should we wish to have the highest level of energy, joy and wellness, to use interventions that support and enhance the movement of energy and the removal of the toxins or interferences to being and feeling our best.

What is energy? Energy is the subtle fuel that runs through different channels in our bodies. Flowing through our blood vessels, nerves, and cells are the energy channels. The Japanese injected the channels with radio dye to show them visually. In alternative medicine, the channels are called meridians. There are also other networks that work like fiber optic cables to carry the many energy systems of the body.

The impact of stress, traumas, chemicals and toxins generally reduces the flow of our natural energy. There are many exceptions and each situation is individual. Thus, we have the emergence of, and necessity for, the invention of a wide range of assessment equipment and techniques that will allow us to determine individually what foods, drugs, herbs, and homeopathy enhances or blocks a person's energy.

Navigating through the world of ever-increasing choices is another challenge of modern civilization. We no longer walk outside our hut and catch a fish or eat the berries from a tree. We are literally bombarded with a feast of over-whelming options.

All Disease Comes from the Heart

The wrong choices result in famine to the energy system. Without proper energy flow, as you know, the car doesn't start, the iron doesn't work, and the body can't move freely or heal itself.

The sun gives us energy that supports the photosynthesis of plants. Although it may sound strange to you, we are plants. The sun provides and sustains our energy system. Our energy continues even when we are not in the sun. Therefore, we have to say that the sun's life force, its god spirit, flows through us. It can also be termed the force, or whatever your belief system calls the life-sustaining, life-enhancing field. Is this measurable? You read above that the Japanese made the meridian system visible and measurable. We have also been able to visual energy fields around the body with the use of Kirlian photography. In addition, we are able to assess energy amperage with electro thermal screening devices that measure the voltage in the acupuncture points on the tips of the fingers and toes.

The knowledge and energy enhancing strategies I share are tools I have found to be advantageous and effective for me in achieving my own goals, as well as beneficial in helping thousands of others to achieve theirs. If you came to my office for an appointment, we would begin to explore effective treatments, but there would not enough time to tell you the whole truth. I want you to have the best chance possible to get the results you are seeking for the smallest possible investment. I want you to understand what can be achieved by taking personal responsibility, as well as the wonderful results that occur with alternative therapies. When people come to my office, or the office of any practitioner, I want them to get what they want. I would also like to be able to stay with them until they get that.

Energy Channels

The focus in the ancient medical practice called natural or holistic or alternative medicine is to utilize what nature has provided us in a natural form to cleans, nourish, rejuvenate, and activate the life force within the body.

Along with this, a person must pursue treatment of the blocks that can interfere with the natural healing. Modalities can be utilized to kindle health and joy within us.

The cause of all illness begins in the head or in the attitude. This means it can also be realized by the same. By healing and treating the conscious and unconscious emotional responses, we can be freed of them so they no longer hold back the flow of energy.

The Chinese have a time honored system of medicine and have understood many aspects of our energy system for over 1500 years. It's interesting to see how well their civilization has survived with this knowledge. We are a relatively young civilization. I think it's of great value to learn and incorporate the wisdom of the ancients with our own brilliance. Much of the modern alternative medicine that is emerging has gained strength by integrating Eastern and Western.

All Disease Comes from the Heart

This blend has increased our understanding of the energy systems of the body.

The Chinese have long understood the meridians of the body, which are the channels through which the energy flows to nourish and regenerate the organs and systems of the body. The basis of this understanding is that if you treat the flow of energy to the body, utilizing the points that impact the flow, to increase or decrease energy depending on the needs, the balance of the body can be restored. It's like plugging in a television and regulating the amperage, adjusting the antennas to get good reception. In doing this, we are able to achieve restoration of vitality and function in many cases.

Back when I was a nurse, I did not understand nor believe this could work. Luckily, someone eventually convinced me to try acupuncture. Thank heavens. It saved my life.

Let's delve deeper into what energy is. First of all, visualize energy as a sound wave or frequency. Sound and light have measurable frequencies that we are accustomed to. What we are less familiar with is what Einstein taught us, that everything has a frequency. In fact, the addition of computer technology to our culture has further demonstrated that every frequency is programmable. The computer chip in your hard-drive is made of quartz crystal, which allows it to store frequencies. The same crystals are found in the human brain. They allow the brain to store information in the form of frequencies.

The fact that everything has energy and a measurable frequency makes the understanding and inclusion of energy an essential part of living on Earth. We can utilize this information to create our optimal function.

Energy is what makes every part of your body and every cell "run." There is chemistry that supports the body's function, and energy that flows to the organs and tissues and allows the chemistry to be mobilized. Because every organism, toxin, disease, and health condition has frequencies, we are able to utilize this information to test and treat conditions that interfere with balance and optimal achievement.

We are very familiar with what it feels like to have low energy or run out of energy. We are just beginning to understand the depths of energy utilization. From all reports, the lost continent of Atlantis was powered solely by crystal energy. The ancients used it to construct and achieve great miracles and, in the end, they used it to destroy themselves.

Because we are the masters of our fate and the captains of our soul, it's up to us to take ourselves wherever we will go. We have been given free will. To begin our journey it's important to understand that in the beginning there was the word and the word was made whole. Everything in our achievements will begin with our word, which is our thought. As we think, so we are. What we think is how we are. Beneath what we are thinking, that determines how we are, is what we were programmed to believe. These are uncon-

All Disease Comes from the Heart

scious imprints that lodged in the quartz crystal of the brain during vulnerable times. In order to move forward in our thoughts, it is important to release the clogging of the crystals.

Medical resonance imagery (MRI) is a measurement of the electro-magnetic flow of the energy in the body and can recognize the presence of blocks in the energy field by seeing color changes and density patterns. Probably one of the most profound senses of energy we have is our own energy sensitivity; this sensitivity to energy varies from person to person. It's very well illustrated in the book *The Celestine Prophecy* by James Redfield.

Westerners have borrowed our awareness of energy from many other cultures. The East Indians provided us with information/awareness of the autonomic regulation centers they call chakras. This is an energy system that is separate from the meridian system and the aura system that surrounds the body.

By understanding the energy systems and treating the energy systems of the body, we are able to profoundly impact a person's physical, emotional, mental, and spiritual health. The best medicine combines awareness, physical/bio-chemical needs, and sensitivity to the impact our choices have on the energy system.

As we move closer to the merger of systems, we offer the best of the best to everyone. The American Hospital Association is now interviewing acupuncturists in many hospitals in this country and adding them to the staffs of hospitals. They are actually holding job fairs to recruit acupuncturists.

Together we are going to explore some of the best options in the world for reaching your goals and feeling empowered to steer your own ship. Let us continue now on the journey to achieve your dreams.

Energy Blocks

You must begin to take responsibility to fix the issues that interfere with the capacity to respond to the stimuli, stresses and traumas of early life. These have to be defragged or cleared out of the system to restore and create positive responses and outcomes. The correct information can also be given the body through imprinted minerals and homeopathy.

Today there are wonderful energy altering tools that allow us to release the stored traumas, beliefs, programs, and limitations that cause our body to retain viruses, bacteria, spirochetes, parasites, metals, chemicals and other blockages or toxins that interfere with the movement of the energy. Without energy movement, there cannot be a flow or electricity to the organs and tissues; they cannot be fully nurtured. And the emotional and mental responses will be influenced by their presence. ***This influence is often expressed as a limitation, a doubt, a fear, a feeling that causes us to retreat or take a direction that isn't in line with our desired outcome.*** Therefore, the goal of healing is to release the disem-

All Disease Comes from the Heart

powering, limiting, reducing blocks and charge the energy system with life-activating, positive support for optimal functioning.

I realize there is very little understanding of this in our culture. If you don't understand it, you cannot choose how to deal with it. The way it is commonly dealt with now is by repressing it. That is what chemicals, drugs, addictions and avoidant behaviors are doing to us. These attachments to people and substances protect us from finding our light and love. They mask the traumas, emotions, and memories. When this happens, disease develops slowly over time. Twenty years after a trauma, the disease may show up.

We have the advantage and the disadvantage of not knowing what is in our unconscious mind. The advantage is we are not overwhelmed by it. The disadvantage is that it has an impact that is beneath our conscious awareness. There is not even a common awareness that the unconscious mind exists. We tend to believe that only the mentally ill have one. However, the unconscious is real. This part of our mind stores beliefs that affect our cellular memory and functions, restricting the flow of our energy.

We all know we have to take responsibility for our thoughts, and yet they seem to come automatically beyond our control. It is easy to think about the same things over and over, particularly anxieties and worries. Thought patterns form energy loops that replay over and over, blocking our vital energy.

Energy is blocked or freed by many tools. The ultimate tools for blocking and freeing are within the mind. Because of the depth of our responses to beliefs and traumas, the events and energy may get stored deeper than we can easily go. Many people do not want to be healed for reasons they know nothing about. These people, although they usually think they do want to be healed, still resonate with the energy or tones of the blockage or pattern.

When I perceive there is a limitation or that I am blocked, then I am. The block that starts in the conscious or unconscious mind results in a blockage in the corresponding system or systems, such as our immune system, our lymphatic system, or our nervous system, to name a few.

Developing our capacity to create positive outcomes involves understanding the depth to which we block positive outcomes. If we weren't in some unconscious, unaware way blocking ourselves, we would have the bounty we seek. It is our birthright. Healing means identifying where we are blocked and what is supporting the blockage. Blockage supports may include vaccine toxins, heavy metal toxins, and chemical pollutants. These factors interrupt the flow of the electro-magnetic energy and lock in synaptic blocks in the neurotransmitters.

Many times the release of a vaccine will restore optimism and the ability to maintain healthy thought patterns. I recently saw a client who had post-traumatic stress syndrome related to the trauma of being held at gun point by a bank robber. The belief she held was

All Disease Comes from the Heart

that she should be dead.

In working with her, she recalled that as a child, when she started to express her feelings, her father would say, "Don't do that. Be a rock. Be like a stone." Therefore, when she had this new, overwhelming stress introduced, it attached to the old program of "Be a stone." She shut down her feelings and took antidepressants to further shut down her emotional expression. In essence, she became a stone. It was the survival tactic her father had taught her. She was relieved when we spoke of developing new survival tactics and explored learning how to feel.

I find it deeply disturbing that we live in a culture that does not teach us how to feel in an appropriate way. The results of this lack of training are that we have explosive, deadly, emotional reactions. Or we have stuffed, stifled, internalized, disease producing, weight enhancing, deadly responses. One kills outwardly, and the other inwardly. A part of every healing program is the need to develop awareness of what needs to be communicated and the ability to communicate it in a way that satisfies and pleases.

This client's first response when I asked her how she felt was, "Nothing." When I offered her some choices such as, "Do you feel fear, anger, or grief?" She said, "I feel grief," and tears began to well in her eyes. She was rather excited about this, because it was the closest she's ever come to crying. It gave her hope. Expressing her sadness in tears caused the sadness to disappear, and the feeling that replaced it was, as she described it, elation. So within one hour the person went from hopeless and miserable to elated.

You need to allow your mind to open to new ways that can bring you what you want on this earth. Sometimes I think people follow along with what has always been done because they want to die to get out of the maze that is causing them pain. This is their secret wish. If they knew there were other options and understood the value they could achieve from them, they would be able to make other choices. Can you relate to wanting to get out of the mess anyway you can?

A barrier that often stops people is a diagnosis. People attach to their diagnoses and let themselves die without searching within themselves for the resolution that will free them and allow the joy, peace, and abundance of wellness.

Others stop on the verge of having what they want simply because they lack the mental and spiritual tools and information to press past the blocks. After getting beyond the blocks, a person can begin to truly believe deep down that their heart's desire is within each.

Perhaps the root of all evil is in our own head, starting from when we were children. Children do not suffer from too much praise. The probable truth is that they suffer from too much criticism. They also suffer from being taught to hate others and themselves. A lack of love is the state of disease.

Have you ever felt intense hate? Maybe you never allowed your-

All Disease Comes from the Heart

self to feel it. It can become repressed and translate into a disease such as cancer. Inside each of us are all parts of the human patterns. Healing means taking charge of these deepest feelings, these shadows, expressing them, and releasing their destructiveness. This release is also facilitated by the imprinters and the imprinted formulas. This means they have energy and energy has the force to move energy. So, if you identify the energy that has to be moved using computers or kinesiology you can then apply the balancing force to move that energy. That could be Vitamin c, a positive affirmation, some eye rolling or tapping techniques, Electronic Gem Therapy, computer imprints or energetically imprinted medicines.

One of the reasons we don't express these darker sides is the fear of what it will do to others and how others will feel about us. Part of releasing these feelings responsibly is to make our loved ones aware it is our "stuff" and has nothing to do with them.

Judgment is a factor as well. We tend to judge what is happening to us, declaring it good or bad. If something is good, then by comparison, something else has to be bad. It is helpful not to judge and to remain in a state of "It just is." This decreases our tendency to go up and down with the tides of life

Emotional unhappiness morphs into illness. You can see why wanting, removing blocks, and allowing free flowing energy sets the stage for health and well being.

When we heal the pain and anger from unmet needs, we can at least be more certain of what we will attract to us. The issues we don't handle have a magnetic attraction for more of the same. When we handle them and replace them with happiness, joy, love, fulfillment, and peace, we attract more of that.

If you aren't attracting what you want, it means you haven't cleared all that needs to be cleared of your past traumas. What you're experiencing in your life is simply a reflection of what is inside you. Remember we talked about picking the lint and skimming the pond? As you clear the cobwebs, you attract no spiders. Usually you reach a turnaround point where things are obviously improving. Each person is different because each one has a different degree of suffering to deal with.

Most of us try to think positive and allow the flow of life to bring our greater good. Yet when those programs and blocks are stored in our psyche systems, it is like pipes that are gummed up, and life energy cannot get in. When there are blocks, disease can develop. The good doesn't come in until the cleansing takes place. Consequently it seems there is a need for both sides of healing. 1) The cleansing healing: actively releasing your physical, emotional and spiritual blocks; and 2) Allowing the inflow valve to open and the natural healing energy of the universe, called spirit or life force or chi, to come in and fill the cleaned receptacles.

What motivates people to take this step? Sometimes they have seen improvement when they took some steps, and then gain con-

All Disease Comes from the Heart

fidence to do more.

I just talked to a woman who is HIV positive, has two husbands who died of HIV, and a daughter who is HIV positive. She listened to what I had to say, but she could not make the decision to go forward and take steps to heal herself. I have found over the years that people who cannot move forward have a deep issue that is in the way of their moving out of a devastating pattern. She is devastating herself and also her family.

I am working with a man who is taking herbs for lung congestion. In Chinese medicine the lungs are related to grief. The man is estranged from his father. He has the protection from his feelings in place and can not allow himself to contact his father, nor can he grieve about the situation in a way that allows the grief to release. The lungs, therefore, are dealing with it in the response of pneumonia.

What if I offered you whatever you want in life? If we can get you to identify it, feel what it is like to have that, and allow it to come by releasing the blocks to it, you will have it.

How will you know the blocks are gone? You will have it. That is the way you can know your work is done. You will be able to have what you want.

Releasing Blocks

The single most important element in healing is releasing. We could categorize it as releasing blocks to the flow of the energy. Blocks can exist in many different dimensions. They can exist at the cellular level and develop cancers. They can exist at the meridian level and produce organ and energy changes. They can exist at the autonomic regulation centers, as well as in the auras. Blocks are created by limiting beliefs, stored traumas, and injuries. The goal of medicine is to release, safely and non-traumatically, the blocks to the flow of energy so the body can restore its own optimal function.

The challenge we all face if we heal and allow ourselves to evolve beyond a maintainer approach to living and the perpetuation of our avoidance. The ability to identify and release the subconscious blocks like everything else can be accomplished with focus and intent. When we decide to do what we want to do, put our intent on it, persist and listen to our guidance system the answer will come if we follow it. Freud had people lying on a couch and free associating letting the subconscious become conscious. I have noticed over and over the people who have a strong desire to release and grow beyond their unconscious limitations do.

Some releasing techniques to choose from having set your intent and focus to eliminate all interference to a cleared health subconscious that supports your conscious desires:

1. Holding the focus of release. Live with your mind attending to the feeling of being free of subconscious blocks.

All Disease Comes from the Heart

Don't make it difficult just hold the awareness of having no limitations. Some people do this by holding the reality that God is taking these energetic blocks beliefs, unconscious contracts and traumas out of our unconscious and setting us free to be the light, love and purposefully prosperous souls we are meant to be. You can feel when you reach that state of relaxed awareness that there is an inner autopilot that is working in you. So in essence God becomes the pilot.

2. Sometimes we need to practice meditation or sitting quietly to allow the mind to learn how to rest and stop going over and over the same feelings and happening that keep our misery perpetuated. There are thousands of good techniques. The Catholics say Our Father who art in Heaven and Hail Mary full of grace several times a day. That can also be a way that works if the intent behind it is to be released of unconscious burdens. A block we may have is that we are doing because we were told to by someone else and we have to do it. What makes it work for us and our individual need is, like anything, acceptance and intention. We have to hold our intent and stay focused in faith on the desired outcome.
3. There are times when we need someone to talk with to activate the awareness and release of blockages. The focus that works is the focus of releasing and reframing the experience by deciding with the help of the therapist or support person what you need to do the feel good about this thing you have been blocked by or to discover what the block is. We have done ourselves a great disfavor by thinking only insane people need to talk through blocks. In fact most of the time insane people are too disorganized to benefit from talking it out. I was a psychiatric nurse and psychiatric nursing instructor. Most of the care of insanity is done with drugs and confinement. I do know there are many other techniques such as Family Constellation Therapy originated by Bert Hellinger that works wonders. He found in insanity there was a murder in the family that had not be resolved, disclosed, revealed and healed. I have seen insanity parts start to correct after this therapy was done. More about this Therapy later.
4. Tapping out past traumas. There are many credible tapping techniques EFT and others that are effective they also involve having the intent to heal and activating the energy of the body to cooperate in the effort to eliminate the blocks by tapping on body parts and points. Again we have to know the base of success is our intent and belief.
5. Electron Gem Therapy I have found a very powerful technique for releasing subconscious limitations is to align the

All Disease Comes from the Heart

Assemblage point using Diamonds and Carnelians with While Light Energetic Technology.

6. Computer Technology is very sophisticated and brilliant to help us identify what the attitudes beliefs and holographic patterns are causing out blocks. They are also affective at releasing them. I have and do use many of them they are certified as biofeedback devices.
7. Kinesiology is another highly useful and effective way of determining what is blocking our healing. There are numerous methods of testing and each practitioner makes their adaptations with experience. We can all develop this skill with practice. It has taken me about 20 years to perfect myself to the point where my answers are reliable. Kinesiology is founded on the brilliant idea of asking the body/mind/ spirit of the patient what is best for the body and assessing the muscles response to the question. Any question may be poised to the body. What is good will result in strong muscle response and what is unfavorable to the healing or strengthening of the body will produce weakness. The body's needs change rapidly so we must learn how to assess the needs and keep pace with the changes. Degrees are being offered in this in Europe and in our Universities. We are being offered an opportunity to know what is best for us. We now have the option not to take a drug for ten years that is not working. We c a find what will work.
8. I like the Hawaii HO HO OPONO. It involves owning that what you are feeling from others is in you and focus on accepting it by saying as you feel it, "I am sorry please forgive me I love you I thank you." You are accepting what got activated in you by seeing it in them.

The Mind

The mind is where everything begins and ends when we turn away from the light. Consequently, our thoughts, beliefs, and attitudes profoundly impact everything. Oftentimes, we find ourselves in a situation where we are unable to change how we feel or what we think, even though we understand that a positive thought is of value. A big part of healing is recognizing that there are unconscious programs that have attached to the sensitive, quartz-crystal, silicone fibers in the brain. Even though we would never consciously believe these programs, they manage to become implanted during a vulnerable time, such as during surgery, infancy, unresolved generational or emotional stress, when our sensors are not fully protecting us from incoming negative suggestions.

I remember working as a nurse in surgery and assisting a doctor in a delivery of a baby from a very obese woman. The baby was still in the room in the incubator. The woman was bleeding profusely

All Disease Comes from the Heart

from the uterus. The doctor asked me to hold back the intestines as he looked for the uterus. He was frustrated that he couldn't find it, due to the large amount of tissues, bowels, and fat. He threw up his hands and said, "I quit, I'm not going to do this." I said, "Oh yes you are, Doctor. You get back in there and find that uterus. It's your job." With my understanding of the delicacy of the human consciousness when it is sedated with anesthesia and its openness to suggestions, I've often wondered what the impact of that event was for that mother and child.

Imprints

As stated above, the brain has quartz crystals that store data. Data enters our brain and attaches to the crystals from the time we are conceived. In the uterus an infant assimilates information and from the time it's able to hear. It hears and perceives thoughts of those around him, especially those of the mother. In the case of mother being threatened or having difficulty surviving, the child may get an imprint with a phrase such as "We may not make it" and "There is a lot to fear." Of course it's difficult to trace the actual existence of these phrases that the brain has stored, but biofeedback equipment has now been developed that allows us to measure frequencies. Frequencies from viruses, bacteria, toxins, and attitudes all have programmable frequencies. Therefore, the presence of mathematic equations is indication that certain patterns are present. This equipment can be utilized as a guide to ascertain what problematic imprints are restraining the operation of an optimally functioning organism, or in other words, us.

Many times in the course of therapy, I use kinesiology to test for unconscious or subconscious imprints. Since the imprints are beneath the conscious awareness, you probably don't know when you have them. If you knew you had them, it's likely you wouldn't want them and would have changed them if you could. However, if you want to achieve optimal freedom, to be healthy, wealthy, and happy, it's necessary to release these limiting structures. Otherwise, their presence blocks and traps energy as illustrated by Dr. Hammer's hertz studies. In place of self-limiting, fear-filled thoughts, we want to learn how to create limitless, positive, life perpetuating, and optimally energizing thought forms.

Are you with me? If you are, let's develop a process for you to examine and allow the emergence of the unconscious beliefs that may be present. Let's look at your life patterns for clues.

Here is a simple way to think of life patterns. First, look at yourself as a computer with a quartz crystal memory storage unit. Then realize that every moment of your life gets stored in this unit. Your emotions and beliefs also get stored. These form tracks or patterns in the unconscious that become the computer programs that rule your life. You live your life based on a matrix of unconscious programs.

The patterns develop out of an energetic inheritance passed on

All Disease Comes from the Heart

from ancestors to parent to child, and perhaps lifetime to lifetime. Can you measure them and see them? Their indications can be seen in Kirlian photography, thermography, CT scans, x-rays, bioenergetics scans. Dr. Hamer with German New Medicine has come closest to studying and categorizing the patterns by showing their existence in CT scans. These scans show him what the trauma is, what the disease is, and how to heal it.

It is the responsibility of each of us to explore and unwind our patterns and discover the meaning that each of these individual "fingerprints of the soul" have on our lives.

I work with many patients with Lymes. The ones who have a positive healing response to this disease are the ones who are willing to enter the matrix of patterns that block the energy flow of the light and the truth within them, and release the patterns or blocks. How is this done?

When someone consults me with a problem and we sit facing each other, I have a sense of what the person is dealing with. I have had that ability since childhood. I remember as a child the difficulty of watching my parents, grandparents, and siblings go through what they were going through, being able to see and feel their suffering, but not intervene. I am thankful today that I have people who seek my intervention. Many people have this gift of knowing what is in front of them and sensing what other people are feeling. Children, in particular, experience it, before it is suppressed by a culture that does not easily accept the gifts of children.

I treated a little boy for egg allergies. I fed him a few bites of eggs in the office a week after the treatment and he tolerated them well. I instructed him to eat only a couple of bites of egg the next day, fried. He ate the whole egg, and his mother called to notify me that he vomited 45 minutes later. He didn't wind up in the emergency room and he didn't have to take epinephrine as in prior experiences. So I said to the mother, "Let's look for an opportunity here. There's something in the family that needs to be uncovered." I asked her, "Did you have an abortion?" She said, "Yes, a long time ago." I asked her, "Did you deal with it?" She said "no." "This is the opportunity," I said.

When a child is having difficulty assimilating an egg and his mother has had an abortion he is experiencing the incompleteness of that egg's development. This little boy was sleeping with his mother and refused to stay in his own bed; as though protecting her from her pain of losing him, too. She was overprotective and overly concerned about him. As we worked using a family constellation and she gave the unborn child a place of honor in her heart, she relaxed deeply. She noticed a definite release of her deep tension which had been creating some illness in her. We then proceeded to repeat the egg treatment.

The chances of this succeeding are now enhanced. Had the mother not taken care of her business with recognizing that a child died

All Disease Comes from the Heart

for her, then the young boy would have continued to take it as his responsibility to bring balance into the family by suffering himself or some other act of realignment. These deeds go on for many generations. In recognizing the traumas, deaths, deceptions and defeats that are defining how and who we are now, we change to who we want to be.

As a person sits in front of me, I may remark that perhaps "such and such" is an issue. I also have lists of possibilities for which I can muscle test. Usually there is an "aha" moment when we arrive at the truth. It is a shared sense of, "Yes! That is true." Once we have identified the issue, it leaves the subconscious and begins to be released. Some people release it just by identifying that it is there. More often we have to use color therapy, whereby the person looks at the color chart and finds the color that will help them release. A tapping technique such as EFT 9Emotional Freedom Technique0, will assist in release. In some cases I apply electronic gem therapy: sapphires to the brain, emeralds to the liver, or whatever gem and body part is indicated.

The goal is to go find the unconscious patterns and break them. What it takes to break the patterns is individualized, It depends on how deep the issues go and how many scars have been piled on top. The depth can include generations and lifetimes. One of the strongest determining keys is the will and the strength of the person to confront the inner self and to commit to healing herself in this life. It takes determination, persistence, effort, and attention. It's why the Bible says pray without ceasing.

The Bible illustrates the importance of these issues to our ancestors by the importance attributed to who begat whom. Over and over the Bible lists generational linkages, long lines of fathers and sons. This person passed the patterns on to that child, and that child passed the patterns on to the next generation, and so on. Dr. Bert Hellinger, the founder of Constellation Therapy, says that many of the problems in our culture go back to Cain and Abel in the killing of the brother. The Bible clearly states that the sins of our ancestors lay upon subsequent generations.

We are all incredibly individual. Winning the battle takes dedication to innovatively understand and detect the individual differences and respond to them effectively. There is no universal prescription. However, it is vital to focus intent and allow in the light. This step moves us forward in our effort to heal the patterns.

Although many people understand and agree with me when I say it, it is difficult for them to take the step to want to correct the imprints that are unconsciously running them. This is because they also have a program that tells them to avoid change, that change is dangerous. Don't open up to change or something bad might happen. A thousand reasons exist why people don't take the healing step. Maybe a million reasons. The thought I hold is to just keep planting seeds and eventually they will grow.

All Disease Comes from the Heart

I see the same pattern in my own life. All of a sudden I find myself doing something that I've known for months would be a good thing for me but that I couldn't do. I may feel perplexed at what took me so long, but I am thankful for the realization and the impetus to move forward. We each have to change at our own pace.

Life is such an interesting journey, isn't it? You only realize there is a door after you pass through the door. I don't remember how I drew the conclusions I've drawn. They've been so subtle in coming. I remember the major points in my life where I opened myself to a new concept, but for the most part, it has all been subtle, continuous, and profound. I attribute my continued openness to new things in life to my triple Scorpio nature that manifests as a relentless desire to perfect the healing arts and do my job on earth, whatever that is.

Chapter 5

Going Deeper

Change

We must delve deeply because the symptoms most people suffer are caused by deeply buried issues. These have to come out. I now have the most efficient methods on the planet for accomplishing it without pain or surgery.

This is ideal for those who do not want to have surgery. Some still believe in surgery, as I did when I was a young woman, convinced it would solve the problem. I now realize that surgery can sometimes cause more problems than the original issue.

Alternative medicine has been placed on the line to deliver the results. Our success as alternative doctors depends on it. Alternative doctors cannot deliver without you, because your free will controls everything that happens. For good results, you must be in agreement with what is being done to you.

When it comes down to it, there are many people in the world who have decided to take life as it is and die where they are in their corner of their world without doing anything to change it. This is the dim forbearance we spoke of before. To some people such a low energy life is preferable to taking the plunge to pursue opportunities outside the system they have known all their life. They resist, block, and, in fact, stop all things that could otherwise benefit them.

Others are motivated but find it difficult to plow through the multitude of options that are available. In what areas of life are you are you ready for change and real solutions?

If there are areas of life you feel stuck in, do you have some ideas

All Disease Comes from the Heart

about why you haven't moved forward or don't want to move forward? If you do, list them. This is the first step to freeing yourself of the limitations. _____

To go deeper, you must look for indications that you are having an exaggerated response to a past physical or emotional trauma that shocked your psyche or unconscious. Some indications would be cold hands and feet, insomnia, drug addiction, fibromyalgia, arthritis, gastritis or any physical symptoms which began after the trauma. Take a moment and begin to identify the physical symptoms that are showing up in your body.

Symptoms:

- 1.
- 2.
- 3.
- 4.
- 5.

Some people come to alternative doctors when they have a serious physical situation and not before. They are motivated to do something only when things get very bad. That is rather risky, because you could be too late to be able to gather the resources to overcome what has been developing in your body and showing up as symptoms. The mind and body get set in how things are, and because of fear and uncertainty, don't want to change. Fear of change or fear of the unknown is what stops most people. Yet, when you think about it, we live in a world of the unknown. What bad things might happen if you change?

What good things might happen if you change?

Is there a good reason for you not to change? What is it?

All Disease Comes from the Heart

Sometimes people know what to do to help themselves but are still not doing it most of the time. In that case "the reason they are not doing it" is the cause of the disease. Consider and explore this idea. Do you know what you need to do for yourself? Why aren't you doing it?

Sometimes we run into our refusal to move beyond a current challenging unhappy feeling. This is the old familiar resistance to change. As we move ahead in our evolution of accepting and loving, the challenges for change can get bigger, and the resistance can get stronger. Probably the most difficult challenge we face is our resistance to change. This is because we usually don't know it's there. Not knowing it's there, we simply continue along our merry way, or in this case, not so merry way. We go along, not realizing we aren't merry, thinking that we are doing pretty well.

I would like to help you learn how to identify and deal with resistance to change. In the office we use kinesiology to test whether or not there is resistance to change. If resistance is present, we can simply tap down the spine, roll the eyes and release it. For those of you who know kinesiology, you can test yourself. We will be offering a chapter on how to do this later. It is a challenge to master kinesiology, and I've seen many doctors walk out of seminars because they could not. I think you can expect a few years of practice, and then the accuracy is based on your own inner balance. I am going to give you some techniques, some things to check for to see if you have resistance to change. The most obvious is:

Are you having difficulty letting go of a strong feeling about something?

Are you having difficulty accepting someone as they are?

First of all, to deal with change we have to be willing to go into our internal "room" and face what is there. I think the general perception is that it is too hard and too scary to look at ourselves truthfully. Actually I think it can be fun and at worst no worse than sitting through some of your horror movies. I won't deny that it is intense. It just is and so what? Until someone tells us the truth about that and helps us through it, we may be forever lingering on the fringes of it, suffering more from not opening the door and going in the room than actually going in.

I recently worked with a man who wanted to stop smoking and was afraid of what would happen if he didn't. He was constantly asking, "What if I don't?" Then he would freak himself out thinking he would get sick.

I asked him to go on in his internal "room" and think of what would

All Disease Comes from the Heart

happen if he got sick.

He said, "I would not be able to do all the things I want to do."

I urged him to go deeper. "What if you can't do all the things you want to do?"

He smiled and relaxed.

I asked him to try saying he didn't want to do all the things he kept pressuring himself to do?

With this he laughed. His worst nightmare when he faced it was only a small flower. It opened the doorway to freedom from having to pressure himself to succeed.

We are strangely afraid of the unknown and of change. Combine that with our fear of feelings and we have a generation of proto zombie states from the numbing effects of antidepressants. I have assisted many people to work with their doctor and get off depressants. Firstly, the one issue I have always had to confront them with is the need to learn to feel. What happens is they go to their psychiatrist and say, "I feel this." They are given drugs that are supposed to stop the feeling.

One girl called me after getting off her medication and said, "I can't stop crying."

I told her, "Okay, go ahead and cry all you want. Call me when you are done." She called an hour later very relieved that she could cry as long as she wanted and not get stuck in crying.

I have found in all my years of assisting people to find themselves that the fear of feeling is a common fear. Undoubtedly, it is because our culture has not learned to handle feelings.

Secondly, in dealing with change, we must be concerned with a factor that keeps us from exploring: the fear of disclosing and being disloyal. Most families place great importance on secrecy and loyalty to the family's secrets. There is an inbred, often unspoken, lock on our internal "room." It keeps us from being able to face what is in there. The brain, after feeling and thinking and worrying a certain way, becomes accustomed to the pattern. The fear is worse than what we will find inside.

One of the biggest things we have to deal with as human beings, without exception (I will say I have yet to find the exception and I am ready to find it) is that we find unconscious resistance to change or obstacles to progress. Many of these obstacles relate to fear of failure, fear of success, fear of change, fear of anything new, lack of trust in yourself and your ability to move forward.

What I find is that all disease is simply some form of resistance. Therefore, part of your path in healing, which will allow you even greater levels of success-- beyond changing your food, beyond detoxifying-- is to release your resistance to whatever you are resisting. In my practice, we utilize your observations, your history, and kinesiology to determine areas of resistance. Oftentimes, we use simple tapping and eye rotations to release them. Sometimes they require deeper work or homeopathy or flower essences. It is very

All Disease Comes from the Heart

individual. I have seen people make dramatic improvement simply by letting go of the resistance to change.

I have seen people on the verge of getting well only to get in their own way. Sometimes they discontinue treatment just before recovery and begin the process all over again with another health practitioner. Often this is a manifestation of resistance and avoidance of reaching their goal. Reaching our goals requires deciding to make what we are doing work for us and trusting your choice of a practitioner. Many things that can trigger resistance to treatment, including:

- The threat of giving up our illness
- Our resistance to loving ourselves
- A pattern of sacrifice
- A pattern of undervaluing our health
- An expectation that all healthcare should be covered by insurance
- A pattern of expecting not to have to invest as much in ourselves as we do in our other electronics and machinery
- A lack of understanding of the necessity for investment in our personal maintenance and tune-ups
- Resistance to letting go of running our lives the way other people tell us or expect us to
- A commitment to poverty, misery or something else coming from another lifetime.
- Difficulty in letting go of programmed fear-tactics that keep us locked in to low expectations in the area of health and healthcare; i.e. a diagnosis that limits us
- Lack of faith in our own recuperative abilities
- Lack of trust in our own mental processes and inner guidance to give us the tools we need to keep moving forward.

Believing something totally new means change, and there is a great natural resistance to change at every level of our being. In physics, it's called the Newton's First Law of Motions: The law of Inertia: "An object at rest or traveling in uniform motion will remain at rest or traveling in uniform motion unless acted upon by a net force."

You will have to deal with the things that come up in an effort to force you to remain inert or inactive. For example, if you start to feel that you want to stay the same, or want to quit, you must exert greater effort to get moving. Remember that the feelings may become quite strong and may seem unrelated to your decision to change what you believe. You may experience anger or fear or sadness, love, happiness, hate, exhilaration, loneliness or even may want to give up and die. Be on guard; this just means you are overcoming old beliefs.

When people start to feel these emotions, which can be very unpleasant if you've avoided feeling them before, the desire to quit or

All Disease Comes from the Heart

even die may be hard to feel or forbidden for them. You must allow these feelings to pass through you.

Newton's Second Law of Motion states "The rate of change of change of momentum of a body is equal to the resultant force acting on the body and is in the same direction." This just means that the more you put into this change, the quicker it will happen and the better it will "stick." Basically, you get out of life what you put into it. If it's a big commitment, then you'll get a big change, etc.

What would be involved in facing and dealing with these things? The fact is most of us think we can't. We mostly think change is impossible or too costly, and we don't change out of fear. If you have gotten this far, the possibility is good that you have what it takes to go through changing and adapting.

First the viewpoint that "change can be easy and fun, essentially a win/win, is imperative. If you view it that way, then why not do it? If you insist on holding on to the viewpoint that it would be too difficult, then it most certainly will be. The first belief to change is to implement the thought that "change can be easy and fun and everyone wins when I win."

If you need to get down to basics, just begin by telling yourself you WANT to be willing to change. Then move up to I AM willing to change. And finally on to "Change is easy and fun." The power of positive thought is well documented and authors like Norman Vincent Peale (*The Power of Positive Thinking*) have offered great roadmaps for success. When you have mastered the power of changing your thoughts you are then ready to go on.

Happiness

Happiness is available to everyone. The realization of the importance of happiness vividly struck home with me in a situation with my mother and husband's mother. My husband and I were facing the seriously declining health of both of our mothers at the same time. The resulting inclination was to be affected by the misery our mothers were expressing. As a result, both of us began to get physical illnesses. The illnesses were directly linked to the level of unhappiness we were carrying because of our mothers' dilemma and the dilemma of other family members who were suffering with them.

On the fifth day of hearing that my mother had not been able to sleep, because of a visit to the emergency room where she was given enough nitroglycerin to keep her awake for five days, I offered her several alternative solutions. When my mother vehemently refused, I decided to change my focus. This was partly out of self-preservation and partly because my feeling her pain and suffering with her was only worsening the situation. Now we had two people in pain instead of one. So I began to change my focus. I started to think of all the good years of my mother's life. I focused on all our happy shared moments, and I began to see good health for her, resolution of pain. Now granted, the possibilities of that happening

All Disease Comes from the Heart

may well be remote. If it is to be any possibility at all, however, it will only happen if I, who am stronger and in the moment, focus my positive intent on the outcome I want and begin to resonate with joy and happiness. When I called my mother to see what the outcome was, she joyfully said, "I slept." My niece had also given her a positive suggestion, saying, "Granny, you will sleep." Out of our positive intent, other positive intents will unite and join forces.

In our society of suffering and woe, it is often not easy to justify being happy when others are unhappy, especially those we love. I worked with a woman who spent 70% of her time being miserable. She was either miserable because of what her husband did or did not do, or what he told her she was doing or not doing. Consequently, she has been stuck with extra weight, which is hate, for several years. Her hate began from the time she was an infant. She was taught how to hate by a hate-filled grandmother and hate-filled mother. The biggest target of their hate was always men. Mothers who hate men are able to very effectively train their children to hate men. This woman had done everything possible to lose weight, including radical gall-bladder cleanses, and colon cleanses injection therapy, diets, and emotional counseling. None of it had moved a pound, although her overall health improved dramatically. In our treatment process, we discovered that this woman was actually spending the majority of her time unhappy. She was, angry, in fact, hostile. Although much less hostile than when she first started all the therapy, she was still hostile.

I see many people who sit in front of me and say, "Oh, I'm happy." But when we test by kinesiology, we find there is no happiness. And when we measure weight and fat retention, there is excess. I think the old adage "fat and happy" has grown out of the fact that overweight people smile a lot, but they are covering up and not really connecting with their joyfulness. It is a trained pattern. Franklin Delano Roosevelt once said, "If we take our energy of fear and turn it into success, it will work for us." That inspired me to recognize that we could take any energy that was present and turn it into what we wanted it to be, if we could first recognize what the present energy was. It is a bit of work to get into the habit of turning energy that we have so long experienced in a certain way, into something else. As I practice doing this, I realize it is necessary to turn this energy of anger or hate or fear into joy and success and happiness. The result of doing this is good health as a side-bar, as a side benefit, because when the body is happy it changes the vibrational energy and allows it to flow and move. Happiness, because it is energy, supplies the chi that increases the metabolism, activates cellular cleansing, and allows nurturing and nutrition inside the cells. It is the ultimate cure.

So you say, "How could I be happy when _____ happens?" Everyone has something that tends to be the thing that makes them most unhappy. Take a moment to list what makes you most unhappy:

Now, can you picture yourself looking at these same things and being happy? Just take that energy that you have put into being unhappy and flip the switch into being happy. Take a minute, take two now. Do you think you did it? What you may notice is that when you do this, you feel a slight shift in your energy. Sometimes it's a dramatic shift, and sometimes you don't feel it happening. In either case we go to the next step, and that is trusting. You must trust that if you continue, repeatedly, to put the majority of your focus on being happy, without giving power or attention to those things around you that you are allowing to make you unhappy, you will raise your level of happiness. You will begin to create positive outcomes by seeing positive outcomes. It works very well in small day to day activities.

In any business, business goes up and down. This includes my business of alternative healthcare, where people pay for a service they don't fully understand. In our society, paying for healthcare is undervalued and underrated. People will sit for years, getting worse, because their insurance doesn't cover getting well. It is challenging to stay in business with the fluctuation in compliance and people keeping their agreement. My office manager and I were beginning to get a little too focused on the number of people who were canceling their appointments at the last minute. I realized that if I was to solve the problem, I must change the focus. I must start to focus on the number of people who kept their appointments, who came and received great benefits and understood that they were healing themselves. I changed my focus to people who show up, who are willing to invest in their own happiness and well being.

On the first day of practicing this new focus, we had a woman say, "I'd like to pay for twelve sessions in advance for my daughter and me." So already with only half a day gone, the power of positive intent radically manifested. One of the most important things about shifting to a positive viewpoint, and holding it, is noticing the positive outcomes. Look with patience and perseverance as you walk through the doorway of expanded awareness. Notice your ability to resonate with and attract happiness, and the resulting freedom from pain.

Many people find difficulty in releasing themselves from pain. Pain has become a remarkable virtue in modern culture. This is true for our suffering and victimized world. The magnetism of pain, the pull of pain, is strong, because there is so much pain around us. Someone asked me, "How's your life going?" The question came from a person who is filled with misery. I knew that person would not

All Disease Comes from the Heart

like hearing what I had to say, but I said it. "I have a good life; I'm happy."

It isn't easy being happy because I know there is a lot of misery in others. I spend my life making it okay for myself to feel happy. Sometimes I forget that I am in charge, and I fall into the entrapment of pain and suffering. When this happens, we must immediately notice it and recommit to being happy.

One thing that makes pain so attractive is our education. We saw our families suffer, we saw our friends suffer, and we saw suffering on television hour after hour. We then picked up the newspaper and read about it. The education and inclination to go along with making pain not only okay, but commendable, is overwhelming.

Given all that, we have to figure out what it will take for us to pull ourselves from desperation to delight. From agony to ecstasy. This is where energy medicine can be of great help. The energy of homeopathy, herbs, acupuncture, radiances, electromagnetic therapy, color therapy, sound therapy, light therapy, and homeopathic injection therapy-- all give us the sparks that activate our own positive potential and allow the negative blocks to be released.

Each person is different as to how much support they need to activate and maintain their positive flow of love and energy. I myself do not believe I could do it without all of these. One the little understood impacts of chemical drugs is that, rather than boosting the positive flow of energy, drugs tend to hamper and block its flow. For people who take sleeping pills, for example, there is a depression of energy, which then may incline them to use anti-depressants. Interestingly enough, there are herbs, amino acids, and homeopathy that can relieve these depressions and actually treat them in a manner that corrects the underlying problems.

Another aspect of happiness that needs to be addressed is learning to communicate with family and loved ones. At the bottom of unhappiness is usually an unmet wish, an uncommunicated desire. Ask yourself, in order to be happy, is there something I need to ask someone for? Write down your request:

What if you don't get it? Then you have some options. One option is to be happy anyway. Another option is to ask again and don't stop asking until you get what you want. Each time you ask, increase your level of charisma. So let's practice, fill in the blank. _____, would you please give me (or): _____ would you please do for me, _____. It would mean a lot to me and I would greatly appreciate it. There, now isn't that better? Now go ask the person. Write down the outcome.

Denial

Issues are nothing more than lies we tell ourselves. I often ask myself “why do I/we lie to ourselves so much?” Why is lying to ourselves the number one cause of our own problems? When we lie to ourselves, the life-force cannot flow because it’s hidden behind the lies; it’s blocked by the very thing we are not looking at. Some of the most obvious deniers are drug addicts, alcoholics, smokers, and substance abusers.

Many times healing does not occur because there is an interference that is not recognized by the person seeking help. Often this interference comes from an unknown, unrecognized secondary reason for not being able to commit to themselves and to a practitioner who will guide them through their obstacles to good health. It is my job as a professional to evaluate and understand not only your primary complaints, but the secondary causes for illness. I treat the whole person, not just their symptoms and obvious complaints. It is because of this that it is imperative we create a doctor/patient relationship that includes trust. You’ve come to me for help, and I will whole-heartedly commit to guiding you to wellness.

Now I would like to talk to you about the frightening numbers of other patterns where we see denial. Almost everyone is lying to themselves about what they are eating. There are actually few people that are eating foods that totally support their health. People mostly lie about why they are eating also. Eating, like other addictions, is a form of suppression of the truth. Almost every behavior can be an expression of our attempts to escape the truth about ourselves and escape taking responsibility for ourselves and our lives.

When you get right down to it, everything can be cured, healed or resolved by learning how to deal with reality. One of the assumptions about reality is that reality is difficult to deal with or painful to deal with or impossible to deal with. Culture teaches “why not escape to movie wonderland?” It seems easier to watch other people slaughter each other than to face the way we slaughter ourselves with our habits. We find it equally as difficult to face our self-denials as well as our truth-denials. The interesting thing about denials is that we are actually withholding something of value from ourselves. We are actually limiting ourselves and our outcomes.

Addictions

I was born the child of an alcoholic. It was easy for me to give up my addiction to alcohol, drugs, and blatantly harmful things. However, it was not easy to surrender the subtle patterns, thoughts, emotions, and choices that were potentially even more harmful. Al-

All Disease Comes from the Heart

coholism and drugs are an obvious addiction. I want to talk to you about deeper addictions: addictions to patterns. The addictions are to the patterns of distraction, destruction and delusion.

Even though it was easy enough for me to stop the obvious addiction of drinking alcohol, taking drugs, and smoking cigarettes, I have noticed there are many patterns of eating and other patterns, such as rushing, that do not serve me. Yesterday I was in the grocery store waiting in line. The people in front of me had bags of groceries and full carts. One woman said, "You can get in front of me." I was very grateful for her gesture, and when that line wasn't moving, she said, "Let's go to this line and you can get in front of me there, too." I commented on her patience and generosity as I noticed my own impatience with how slow the lines were moving. I grew up in a family where my mother was always rushing to get things done now or they wouldn't get done. I thanked the generous woman. She said, "My mother never rushed. She was always laid back."

I realize there is a divine order to the kinds of families we are born into and the lessons we have to learn. I'm sure this woman has other lessons to learn. I have learned to pay attention to my thoughts, to be patient and learn from them. I have learned much of it – the rest is coming.

We are aware of some of our addictive patterns and unaware of others. These patterns are the underlying cause of our imbalances, blockages, and diseases. There is a very fine line between what serves us and what hurts us. For example, impatience may affect organs, such as intestines, with gastrointestinal irritability. Each attitude that doesn't serve us adversely affects a body part.

I am working with a woman who came to me with a diagnosis of terminal Lyme disease. After six weeks of working three times a week on her addictive patterns of self-destruction, she is noticeably alive, vibrant, and thinking of going back to work. When it comes down to it, the main cause of her life threatening illness was the addiction to being helpless and being supported by others through being weak and sick. The pattern started when she was a premature baby born into a dysfunctional household. The household needed someone to care for and love. Her helplessness brought out the aspect of her family that could love only if the object of affection were sick, weak, and needy. Her illness relieved the stress of the family, which had been focused on fighting the unhappiness and disloyalty of the father and mother. In order to balance the system, she took on the suffering of the mother. The mother had been a man hater, a professional cover up artist who hid her own issues, and a much unfulfilled woman.

As my client works through the emotions that held her in these patterns, she is emerging with great health.

When we have an attitude of anger, irritation, and resentment, the liver responds by becoming overheated and overactive. It reacts in an excessive way. A liver Detox and calming herbs will help. The

All Disease Comes from the Heart

most valuable action, however, is to address the pattern of responding in a resentful, irritated way.

To move into a new pattern, first begin to observe yourself and the current pattern without judgment. Breathe into it. Notice the feeling and let it go. Choose patience and calm.

Second, look at the color chart and find the color that relaxes the feeling. As a feeling of irritation relaxes and impatience subsides, choose the new feeling. It is possible to feel bliss standing in line behind three full grocery carts, while the lady at the front of the line is having her social event of the day chatting with and making demands of the clerk. I know; I've done it.

Remember, as you practice patience, patience begins to become a pattern within your psyche. The more we accept what is, the greater our sense of peace with it. The greater our sense of peace, the greater our health, love, and positive soul evolution.

One of the biggest interferences to healing is our unawareness of our patterns. Even though we may think we are aware of them, it is the unconscious aspects of the patterns that allow them to be sustained. It is as though they themselves have a consciousness and want to survive.

Sometimes we don't acknowledge our patterns until they smack us in the face. Physical symptoms or external situations worsen before we are willing to examine ourselves and make needed changes. We are all somewhat like children. We, and the patterns, have a strong attraction toward remaining the same. It's as if the patterns have a mind of their own. Disease definitely has a mind of its own. It supports and sustains itself with patterns that allow it to thrive, to remain unchanged and destructive.

New positive feelings and happiness require energy. They also require giving up "old friends" that are addictive patterns and not really our truths.

I work with a woman who wants to find her soul mate. She met me at my Finding Your Soul Mate workshop and bought my book, *Manifesting Love and Your Soul Mate*.

Once a week she travels about two hours here and two hours back home to resolve the addictions that keep her out of a fulfilling relationship. These addictions include the addiction to not having sex with her partner, being used as an object of sexual admiration, being punished for loving men, and remaining unfulfilled in relationships with men. These addictions were pumped into her by a father who had no sexual fulfillment himself and who used his daughter as an object of fulfillment. The addictions caused this beautiful girl to marry men who could not sustain a sexual relationship, who put her on a pedestal and adored her as an object from afar, and who tried to kill her.

Our addictions and destructive patterns are due to early traumas, sickness in the family, and karmic issues. They are the smoke screens we live behind. It's time to let the smoke clear. Do you

All Disease Comes from the Heart

agree? If you're ready to begin breaking the patterns, let's begin. I will continue clearing my smoke too.

List some of your addictive patterns that you know of right now.

The addictive patterns are the reasons our issues don't get resolved. The addictive patterns sustain the issues. We defend our addictions. Sometimes I ask people what they do that allows illness to continue. They say, "I eat perfectly, I exercise, and I take good care of myself. This thing just happened out of the blue." *Au contraire!* There is always something at the bottom feeding the disease, something very hidden, unconscious, and self sustaining. You see, everything wants to survive, even the "stuff" that supports our not surviving. Even the "stuff" that will kill us.

Although any diet is 100% correct and perfect by the standards of diets I have to ask myself this: is it in fact 100% supportive of what my body needs for the condition it's in, for my lifestyle, and for my body's nutritional needs? If you're ill, if you're not eating right for what you need, if you're not thinking right for what you need to think, if you're not feeling right for what you need to feel, you have issues. Let's begin to let them come out. Let's accept them, heal them, and choose again to override their powerful pull on us- shall we?

I just worked with a man using Skype. The man is stationed in Afghanistan. He was conned into going over there by his wife. He had been conning her for several years, having multiple affairs. He was addicted to the thrill of having extramarital affairs and deceiving his wife, as was his father. He called me because he thought she was wrong for sending him to Afghanistan to make lots of money so that she could become a healing practitioner. When he got there, she told him she did not want to hear from him for an entire year and she wanted a divorce with steep alimony.

You see, he deceived her for many years and she paid him back. He worked on his feelings about this for a few sessions and made progress, but he still had trouble understanding the way she deceived him.

He was addicted to covering up, hiding, and being deceptive. He did not own up to it. In a recent session I told him, "You're deceptive. It's your deception that is showing up. She's doing you a favor by holding a mirror in your face for you to look at yourself. She is giving you a chance to pay back what you've done to deceive her. Once you've been over there and spent four years healing, this slate will be clean. All you have then is a lifetime of alimony."

He finally saw that her actions mimicked his own. This showed him his own deception. Once he realized that he could heal his decep-

All Disease Comes from the Heart

tion and spend the rest of his life being free of it, he was exalted. He looked happier than I've ever seen. His face was glowing on Skype, and he was smiling ear to ear. You see, there's nothing we can't heal and be free of. It's all these delusions and entrapments of our patterns that cause us to suffer, feel distress, and become sick.

Unconscious Patterns

Detecting the unconscious stresses has long been a challenge to modern man. The question is how to detect the underlying undisclosed truth about the needs or the unknown aspects of the person.

There are those who want to know the truth about what is best for their body and that of others. I am one of those people. It has been a long search requiring much dedication to expanding my awareness and fine-tuning processes.

I was hospitalized as a child for a penicillin reaction that nearly killed me. No one seemed too surprised at this, but I was horrified that every drug I was given caused me to feel very badly or hallucinate. You could say I served as the canary in the mine, meaning that I was sensitive enough to recognize I was being poisoned. For that I am grateful.

As a nurse I also saw other people suffer and die from the side effects of drugs. I have worked for decades to learn to detect what is and what is not compatible with each person's delicate chemistry.

Sickness is caused by sticking to old behavior patterns. These patterns usually run very deep. Sometimes it's a pattern from a person's grandparents and great grandparents. The pattern can go back for many generations. Sometimes the pattern has to be solved way back where it started.

A client of mine endured three open-heart surgeries. He was a Vietnam Green Beret, a warrior, whose father abandoned him early on. The pattern he developed was to put himself through hell for everyone else. During a cardiac arrest on the operating table, he died and went to hell. He has actually been riding on the fringes of hell most of his life, with a strong Catholic upbringing and excessive guilt and blame. His core belief involved atonement through suffering.

During a session, he expressed a heavy hearted depression, secondary to a family crisis where he put himself in the middle and took the pain. His sister had embezzled a large sum of money from his mother, for whom she served as caregiver. He jumped in to protect his mother from the truth and protect his sister from exposure, a role he had assigned himself throughout his entire life: the warrior, protector, and sufferer.

Now he was depressed and becoming very ill. Basically, what stood between him and joy was his tendency to make himself responsible for others. The process also prevented the recipients from life's consequences and opportunities for growth. In the process of looking at this, he was directed to examine himself by saying, "I choose to suffer and put myself through hell to protect other people from

All Disease Comes from the Heart

the truth.” As he said this, a few times, he recognized that even though he was going to do what he had formerly done, he did not have to suffer in doing it. He could simply take the steps he deemed as necessary steps, without continuing to be miserable. With this decision, he may have even averted a fourth operation resulting from broken-heartedness. You see, he was the only one breaking his heart through his own choice to suffer.

In our culture we have made suffering look very appealing, almost indispensable. I suppose we learn from suffering. Mostly, I think it becomes a pattern, and we are loyal to the pattern. At some point, it may be beneficial to help this man by examining the many generations who suffered before him. Perhaps he can allow past generations to keep the suffering, rather than carrying it forward for everyone. The choice will be up to him. In the end, all healing is entirely up to the person and their willingness to be healed.

My job is simply to let people know the scope, depths, and opportunities to relief ourselves and learn from our experiences. We are not taught in life, in school, or at home how to interpret our journey. The lack of interpretation leaves it open for our mind to formulate unhealthy interpretations that we hold on to and that become a strong foundation for disease. Where there is a perfectly healthy mind, there is no disease. The body will always be in the process of going in and out of perfect balance and health. The mind is simply the rudder that steers a course through the journey that will ultimately end in its complete demise. The only part that will survive is the spirit and the lessons learned.

I have another client who is very beautiful. She had a rough childhood with parents who were never home and siblings who were mean to each other. She became very angry inside with the resentment of that experience. She never really dealt with the anger because she had a good mother and father whom she knew loved her very much.

Her step daughter was an angry child who constantly pushed her buttons. Children will push us, enabling us to see what is inside us. My client refused to see that the angry child in front of her was the angry child she had not faced.

When my client stopped working, she began to focus full time on what her stepdaughter wasn't doing right. My client developed a baseball sized pain in her side. The pain was in the area of the liver under the right rib cage. In Chinese medicine this organ relates to anger.

As she worked on this, she began to see that she was storing her anger at this girl in her own body and making herself miserable. She couldn't enjoy any of her life because of her fixation on this feeling. She was also developing illness because her liver could not detoxify. She had repeated infections and allergies.

Her basic unhappiness was due to meddling in another person's business and not dealing with her own childhood mess. She was

All Disease Comes from the Heart

actually giving her whole life to something that was not within her scope to change. We can't change others. We can only deal with our feelings about what they are doing. In the process of healing ourselves, other can also heal.

Another client, a young single mother, came in with a sore throat. She wanted to be free of a former abusive partner and move on. He called her crying and begging her to come back. The wanting was to be free of the abusive person. The conflict was the guilt and doubt she got into when he called offering her marriage, since she had always loved and wanted marriage.

She sought to mold herself into someone who did not love abuse, although her unconscious was well trained to love it and hold on. The desire for abuse had been shaped by a father who showed love by sexually abusing her. Fortunately, she is a strong, determined, beautiful person who most of all wants what is best for her and her child. We worked so that she could let go of the desire for abuse. In the end her wanting to be free of it will be granted.

Another client, Jill, is a young, ambitious, driven woman with one child. She came in because she wanted to get pregnant, after having one ovary removed and several attempts at artificial insemination. She had a fear and belief that she couldn't get pregnant. The beautiful thing about it is, as we worked together, it became clear to me that she didn't really want to be pregnant at this time. She wanted to build a company on her own, and she did. Pretty much, effortlessly. I confronted her with, "Do you really want to be pregnant?" She told me that one of her family members constantly brought it to her attention that she couldn't get pregnant. I replied, "You can do anything you want to! Do you want to be pregnant now?" She cried and said, "No, I don't."

Her illness was created by an imbalance between what she thought she should want and an unacknowledgement of what she actually wanted. When she acknowledged that she didn't want to be pregnant, she realized that she wanted to be thin and beautiful. Since the two don't go hand in hand, her desire to be thin and beautiful always won. Now the healing began.

The thing you must realize is that you have is in some way what you want. To own it is a point of power. Until we own it, we have no power to heal.

Attachment Patterns

What we are dealing with, and what you will face, is that we all have protective patterns. We developed these patterns in response to the type of parenting or lack of parenting we were exposed to. These patterns are set up to protect us, so that we can avoid feeling or expressing feeling, because we are afraid of being inappropriate, too vulnerable, or because there is too much pain and fear of exposure.

How do we hide? Perhaps you would like to look at the way you

All Disease Comes from the Heart

avoid feelings. You can do this by considering the different types of attachment patterns and classifying yourself. The attachment patterns are walls and mazes we build around our issues to protect us from the pain of reliving them. If you relive the feeling in the right way, it will be gone and you will be free. So take some time to identify your attachment disorder or way of protecting yourself from knowing the truth about what is going on inside you.

1. _____ Secure attachment -- You who had cooperative, warm, accessible, sensitive, nurturing parents. You are open. You process emotional responses and recover well.
2. _____ Avoidant attachment -- You had parents that were angry, demanding, and rigid, yet suppressed their anger. Your parents were rejecting of you as a child. This contributes to non-disclosing or to being highly verbal and articulate, yet still avoiding emotional expressions about things that really matter. Another type of avoidant offers a false picture and presents a perfect front; they are unable to access their own distresses. Another type may only emerge in extreme circumstances or crisis. None of these wants to feel.
3. _____ Resistant or ambivalent attachment -- You had absent parents. As a child you were greatly distressed and may have become demanding. You express emotions excessively and lose contact with others.
4. _____ Disorganized attachment -- You experience excessive movement into different moods, times, and places. You are chaotic.
5. _____ No signs of attachment -- You are a hermit, unable to bond. You may present a good "front" but are egocentric and cannot be authentic. Nurturing and role modeling of authenticity are needed.
6. _____ Undifferentiated attachment -- You attach to everyone and exhibit social promiscuity. You appear to be a peacemaker but are actually destructive and vulnerable to being exploited
7. _____ Exaggerated attachment -- Your mother suffered an extreme loss or fear. She attached to her children for emotional support. You are loyal, attached, and dependent.
8. _____ Inhibited attachment -- You had abusive, demanding parents. You are excessively inhibited and compliant.
9. _____ Aggressive attachment -- You grew up in a violent household. You blame others and lack control over anger.
10. _____ Attachment with role reversal -- Your parents were victimized or disturbed. They needed children to

All Disease Comes from the Heart

parent them. You may experience sacrificial care giving.

11. _____ Faux attachment -- You have psychosomatic symptoms instead of emotional responses. You have little or no emotional expression.

I recently worked on a relationship I was very afraid to work on. I had spent my whole life hating this person because of how I perceived the person felt about me, as evidenced by how the person treated me. I had an attachment to holding onto how I felt, in part to protect myself from letting this person in again. When I cleared the situation emotionally, using light therapy, the pain went away. Our whole relationship shifted so radically that I was not only glad to have this new relationship, but felt very free of the old one. This was a critical step for me to get on with my life.

Family Tone

Combine the events in your life with the subconscious programs you assimilated and what you have is a strong magnetic pull in one direction or another. You need to understand the magnetic pulls, release the programs, and be able to move on and create a new pattern. There is much to gain from recognizing your own pattern in your family. The following exercise in diagramming your family constellation will allow you to discover what happened that set your present situation in motion. I suggest that you get ten different colored mats or large colored paper squares. Place the mats on the floor to symbolize the members of your family in the positions that you sense represent their degree of closeness, their communication, their rapport and your legacy. Place yourself and your siblings where you stood in that plan. Now stand on each mat and experience the feelings of each of the members, ending with your own. Record what the predominant theme of your family was. Let's give you a few choices:

1. Survival
2. Anger
3. Critical
4. Judgmental
5. Sad
6. Isolated
7. Loving
8. Ambitious
9. Lost
10. Fractured
11. Fragmented
12. Denial
13. Serving
14. Compassionate
15. Callous
16. Cold

All Disease Comes from the Heart

17. Driven
18. Demanding
19. Delusional
20. Or all of the above

What was the predominant pattern of your mother and father's interaction?

1. Was it "he's wrong, she's wrong?"
2. She's right so he has to be wrong?
3. He's right so she plays the wrong one?
4. He's gone so she suffers?
5. she's gone so he suffers?
6. They're both gone and we suffer?
7. He's there and punishes her in order to stay; she knows it so she takes it to balance the system?
8. She punishes him and he takes it to balance the system?"

You may find another version of the family constellation in your family, but this will give you some ideas at how to look at the dynamics. One of the common themes is sacrifice. I have to believe that sacrifice is the number one cause of all dysfunction in a family and all personal deterioration. It is so subtle and people have been doing it so long that they have no idea that they are even doing it. It has been greatly popularized by history and by Sunday school and by our war heroes, martyrs, and saints. We have every reason to value sacrifice and suffering. The challenge is to learn from this and allow ourselves to move to new ground: to a happy, productive, joyful existence. Keep in mind that this is where we are going.

One recent example of family constellation, that I can recall, is a man who was having difficulty feeling confident and good about himself in life. He seemed to lack strength and confidence about who he was and had developed a critical, demanding, fault-finding approach with his wife and his family. In order to enhance his own esteem, he sought to have extra-marital affairs, yet he desperately wanted his family and his wife. In exploring this, using constellation therapy, as he laid out the mats for his mother and father, he separated them. In fact, he wanted to place his mother in another room. He placed himself in-between the two of them with one sister close to his dad on the other side, more like clinging. and the other two siblings, clinging to and protecting mom. As we looked closer at the feelings of each family member by allowing them to speak to us, and tune in to their feelings and experience, it became clear that Dad was very attached to mother and mother was very attached and attracted to something or someone outside the relationship. The patient was not ready to face what she was attracted to, although he admitted that she gambled heavily. He could not entertain that it was a sexual relationship because he said, "She verbalized hating sex."

All Disease Comes from the Heart

What he was able to gain from the experience was the level of pain that he was carrying in an attempt to bring the family together. It was obvious that he had personally taken it as his responsibility to heal the wounds of this relationship and he even remembered that on his mother's deathbed she offered to have sex with his father. The depth of the despair that was revealed was strong, and it was a good beginning for him to start to make other choices outside of his persistent failures.

Trying to mend mother and daddy and trying to resolve sexual dysfunction within a family only leads us to misery and sexual dysfunction. Almost always when there is infidelity in a partner, there was infidelity in their family, and in that family before that family, and perhaps many families before that.

What we do is begin to place one thing at a time in a healthy place within us.

The family constellation exercise will help you tap into some recognition of the patterns you may be creating in your family, which I call your generational genealogy. This is not necessarily in your DNA and RNA, but it's affecting it and affecting every aspect of your energy field. Your energy field affects your organs. It is in fact the energy that supplies all your functioning.

The family constellation exercise gives you an opportunity to begin to see how your position, outlook, and orientation in life developed. From that you can begin to make choices based on understanding. We will examine those choices and how to develop understanding from this as we continue. Right now let's take a moment to work with what you have. You have decided that you have this family pattern _____. Your role in this was _____. The behaviors you adapted in this role are _____. The beliefs you have about this role are _____. The feelings you have about being in this role are _____. Now ask yourself "what would my life be like if I didn't have each of these?"

What would I achieve, how would I feel, and how would this impact my relationships?

You may need some time to examine each of these questions. Allow the awareness to flow through you like waves upon the shore,

All Disease Comes from the Heart

at times causing you to sink into the depths of your gut level despair, tense with your anger, or resonate with your sadness and grief. Whatever's there to be experienced is of great value. You've earned it. Don't let it hold you captive. Learn about it and release it.

Ask yourself the question, "what belief about myself would I have to change in order to step out of this role?"

How do you feel when you change that belief? Do you feel some regret? Some loss? Some guilt? Guilt is simply the glue that holds us to the shackles of the past. Go ahead, push through it, give it up and practice moving in to the freedom of a new belief about yourself. What will this be?

This could be something like "I am a joyful, loving being, whose only purpose is to be happy and share my compassion and happiness with those around me." Understand, you can't give what you don't have so if you don't give it to yourself, no one will have it. That is a profound truth that is your only responsibility. Now that you have decided what your goal will be, what your role will be, decide how you will feel. Now, declare your intention to feel and maintain the new role and the new feeling. You may need to realign with this several times a day in what Abraham call, segmental intending. Take a moment before each new task to decide what you are feeling and what your role will be. Take a moment to put your divine love and compassion and safety in place and move forward on your great life adventure.

Family Patterns

Perhaps the reason for not being willing or able to choose happiness in each situation that presents itself, where you notice yourself not able to cross the bridge, requires some additional exploration. Here are some questions that can help you unravel why you are unwilling to move ahead:

1. What is the secondary gain from holding your unhappiness?

Oftentimes the secondary gain is simply a sense of being successful at honoring the family pattern of misery or some lesser degree of misery. Perhaps just honoring

All Disease Comes from the Heart

being unhappy. It's strange how we are impacted by the emotional tones of our family and have inbred reluctance to leave them. We are attached to them and feel a sense of disloyalty when we feel better or are more successful than our family.

2. Acknowledge the underlying emotional tone of your family. Also acknowledge the tone of your mother and father towards each other and you, and the emotional tone of your siblings towards each other. I worked with a woman who was treated lovingly by her parents, but the siblings were left alone together while the parents worked. She had developed internal bitterness towards them that was unresolved and led to bitterness towards her stepchild. The result was a gall bladder removal. We usually pay a price for things that we don't resolve and bring to a higher place. Part of turning negative into positive is simply recognizing the energy of the negative feeling and purposefully deciding to turn it into a positive. We must consciously move the feeling into productive action. An interesting thing then happens. Once we decide to be happy about something, and master it, we will be presented with the next thing! Life is a training ground, a school for learning to love everything, and find happiness in everything.

Our training in being who we are grips us because of the negative programs we are exposed to from childhood. Regardless of how destructive to our well being, our family patterns hold strong energy. Because of this, we sometimes feel a loss as we start to raise the bar on our joy and happiness. The loss is a loss of what is familiar. The familiar or the old way of being has an appeal and a pull on our psyche.

I worked with a young woman who ate sugar in excess. Her tongue was pale, with two prints along the edge, which is characteristic of spleen weakness. Sugar weakens the spleen/pancreas, and she was having chronic fatigue, no surprise there. Because sugar burns a lot of minerals, it left her depleted. One might believe that sugar was the problem and try to get her off sugar. Probably if we scared her enough, that might work. However, to solve this problem for her, we needed to look deeper. We needed to look into the time she spent in her mother's womb. During pregnancy, her mother felt frantic and overwhelmed. The predominant thought was, "What am I going to do with another baby?" Although her mother wanted a girl, she did not know whether the unborn baby was a girl. In those days the sex of the unborn child remained unknown until birth. Mother was very happy when she got her girl and continued to raise her with frantic concern and great love.

What had stuck in the daughters's memory systems, however, was

All Disease Comes from the Heart

the uncertainty and worry that her mother felt during pregnancy. Consequently, the daughter had been trained from the very beginning to suppress herself, to accommodate her mother's doubts about her. She was being a good child and holding herself back. This was much like her mother held herself back from fully accepting the presence of the child in her body. As we worked, it became apparent to my patient that one way she held herself back was to stay in a mundane job that did not allow her to express her true creative passion. She did enjoy belly dancing a couple of nights a week, but she held herself in her trained pattern of suppression in the other areas of her life. The boredom and resulting unhappiness were big factors in driving her to seek relief, by means of sugar, from her unmet desires.

Let's look at what your familiar level of discomfort is. On a scale of 1 to 10 select your level of happiness and fulfillment

Now ask yourself, "What is it that makes me feel that I have to stay at that place?" I know there's a part of you that will say, "I don't want to stay at that place." But if we are going to move you out of that place, you have to first acknowledge what it is that makes you find that place so attractive. Very likely, you will find that it has something to do with the expectations you developed for yourself based on what you saw your parents being willing to give. As you watched their struggle through life, you decided that you would respond to their struggle with one of the following:

1. Loyalty to their pain and suffering.
2. Rebellion against their pain and suffering.
3. Anger at their pain and suffering.
4. Recognition and awareness of the difference between their pain and suffering and your life.

I treated a woman with a family history. This is a case of a mother who was bi-polar and in and out of several institutes and a father that did not stick with the family. When she came to me she was on three psychotropic drugs and emotionally at a level 10 in the Psychosomatic Energetic evaluation mentioned above. She gradually came off her psychotropic meds and began to feel what was there. She quit her job, which she was extremely displeased about. She was in the complaints department and in no emotional condition to handle complaints. Her company did not accept this limitation and refused to give her another assignment. She gradually improved, and her resourcefulness allowed her to have enough money to be out of work and get her life together.

Truly dramatic results began when we started homeopathic injection therapy. I want to present one particularly powerful discovery; she came in complaining of unresolved pain in her left rib around

All Disease Comes from the Heart

the 6th intercostals space. The Psychosomatic Energetic evaluation showed an emotional situation of hopelessness. This was particularly interesting because everything that was going on in her life pointed that way. She couldn't decide what she wanted to do. She couldn't decide whether or not to sell her house. She couldn't get a response from job interviews. She couldn't get a potential school to call her back. In this case it was easy to look outside her and blame life.

When she found that this was a chakra blockage and realized that she had no hope, she could not have had hope, that the hope in her was blocked, what a relief it was for her. She had been struggling all week to have hope. The thing that she was putting "out there" as the reason for not having hope was because her company was pursuing legal measures to hold her accountable for some things that happened while on the job. During treatment, however, she recognized that she could not have had hope even if the company wasn't coming after her. The legal proceeding against her was just part of life's opportunities that were presented to her to learn what she needed to learn.

She needed to learn to move forward without vengeful thoughts and actions against people who blocked her access to what she wanted. In actuality, she could actually thank her company for holding her accountable for her actions because, as she owned her actions, she went deeper into the blessed being that she is.

When I asked her what the predominant internal feeling was, she said it was anger. Knowing that we carry anger deep within our tissues, I gave her an injection of Colocynths, a remedy that helps relieve anger and the associated symptoms such as muscle cramping, abdominal pain, and constipation. She had experienced all of those symptoms. It was after this injection that she was able to laugh. Her eyes danced and sparkled. She laughed uncontrollably without the usual "lost in the fog" look. One of the things she said to me was "I have been trying to get this out of me all my life. It is such a relief."

I honestly don't know if there are families that don't express some dysfunctional aspects that leave their children with lessons to overcome in creating a level of success and happiness. I haven't seen one, although I'm open to it. I understand that what we see outside of us comes, in part, from our own experiences, and I'm open to having a new experience of seeing a wonderfully balanced, loving family that from the get-go produces children ready to succeed. I do know that some families achieve this through work and exploration, and I am amazed and impressed by what they overcome. As I worked with the above young woman relating to her suppression of her talents, she began to inhale deeply and let go of her past limitations on herself. She said, "Oh, I'm feeling light headed."

I said, "It's just new energy moving into your head; you've held it back."

All Disease Comes from the Heart

She breathed deeply and, before my eyes, transformed herself. After several minutes she said, "I'm ready."

I asked, "Well, what will your job be here? What's your passion?"

She replied, "I don't know. I've never asked that question of myself or God."

So I said, "Are you ready, now, to ask with all your heart, what you are to be that will fulfill your plan here and bring you the greatest level of satisfaction, prosperity, and love?"

She said, "Yes, yes I am. I am excited."

I told her the story of the success that came for me when I got on my knees and asked God to tell me what he wanted me to be. And I said "Now tell me what your greatest fear is if you are given your passion."

She said, "That I won't like it. That it won't pay enough."

I reminded her of the lilies of the field that "toil not, neither do they spend yet your heavenly father was not arrayed like one of these."

One of the things I find helpful in this process is to identify and strengthen the chakra energy and the endocrine energy that is deficient. For this young woman her thyroid or creative self-expression center or victim center was weak. So I gave her the chakra drops for victim in the fifth chakra and gave her a homeopathic injection of thyroidia to strengthen her thyroid and spleen/pancreas or self-love. I wish you could have seen her face change from that of a little girl to a woman with a purpose. She immediately said, "When I am teaching I feel best, and I think I have a very good instructional process."

I agreed. It sounded right, and it came from a new place within her. Here's how she will know: if she continues to follow that pattern and it continues to be a "yes", then that's the opening. If a "no" moves in from inside or outside, then it isn't a "yes" and the path isn't the one for her. Then she would go back to opening again to receive the answer.

Answers are there for us.

Core Issues

My journey to look at deeply as possible brought me to psychosomatic energetics. I was drawn to this because its focus was on understanding the place of core-issues in our life.

Although our position in the family affects our development of a core issue, it is not the only place we are influenced in the development of core issues. I will tell you that I was led to core issues. What fascinated me was that I sensed I had core-issues, and I think it's interesting to notice that most people who are looking at themselves from a position of responsibility know a great deal about what their needs are. The more you look the more in touch with your needs you become.

My core issue was that I had a heart chakra blockage, which resulted in chest pain and skepticism about loving. Now understand, I was in a very loving relationship and functioning at a high level of

All Disease Comes from the Heart

love and compassion. There was more to come. My earlier heart-break of losing my father when I was a baby had left a scar in my chakra energy system. The chakra system is actually an autonomic regulation center with seven sub-centers in the body. It is actually responsible for controlling function in that area. What I experienced with heart chakra blockage was occasional heart palpitations and mild pain on occasion; more like a discomfort in my chest. After taking the psychosomatic remedies to relieve the blockage, the pain went away as did the palpitations. Things began to flow and relationships were enhanced.

What I am finding with each person is their symptoms relate to the chakra that is blocked. This is a brilliant system that was designed by Dr. Ulrike Blanis. I was drawn to study with him because of his explanation of the impact of core-issues and because of my positive experiences with the European doctors who had impressed me when I lived in Europe. The system is an amazing foundation for healing the body and has combined exquisitely with the constellation therapy. In order to help you identify what may be your chakra blockage, we are going to list the characteristics of each of the chakras and you can begin to see which energy center may be involved with your issues. The evaluation is best done by an expert kinesiology's, definitely not yourself. Getting this evaluation and getting on your remedies could be one of the best things you ever did. There is a web-site: www.wealthofhealthcenter.com for that.

The most important thing about this is to recognize that the disease developing in your body is being greatly influenced by the degree of blockage in your concept of yourself. This concept of you has caused a tissue-level response.

Example of chakra block: Many people who have weight issues have a 5th chakra blockage; it's the thyroid chakra and their thyroid tests all come back normal. Upon kinesiology assessment of the energetic function of the thyroid, it is evident that there is not enough energy being produced by the thyroid and the impact of that, on the body, is that it blows up in size, gets fat. Many of these people do not overeat; in fact, they under eat, they do everything, including starve themselves. But here's the real issue, most of the time they have been victimized in some form and they are frozen in shock or they are not listening to their own voice and don't speak up. They are as sweet as they can be, they are pretty little wall-flowers, they smile a lot and they suffer well. They even hide their suffering, but if there is suffering to be done, they will do it. Oftentimes, within a few months the resolution of this pattern causes the loss of several pounds.

With this pattern has come years of stuffing feelings, because part of suffering is not complaining about it. The result is deep tissue retention of years of traumatic self-denial and punishment. However, we can release it and change our pattern. I think it's very difficult without the genius of homeopathy and I think it's greatly amplified

All Disease Comes from the Heart

by the added genius of homeopathic injection therapy. It takes the remedy into the matrix of the cells where the consciousness can be fully released of traumas and energetic blocks and projected into new heights of awareness and functioning.

As man has evolved there has been a deeper and deeper suppression and, actually, restriction on what "acceptable" emotions are and where and with whom we can express them. According to the Wikipedia web site, emotion is a neural impulse that moves an organism to action prompting automatic reactive behavior THAT HAS BEEN ADAPTED THROUGH EVOLUTION as a survival mechanism. The socialization of man has enabled him to survive because of interdependence. But this interdependence exacts a heavy price in that he must subjugate his AUTOMATIC RESPONSE to the concern of how his actions will affect his network of interdependence. If he jeopardizes this network, his very survival in society is at risk. NOTHING becomes more important than remaining in the network. Thus creating a tension between the normal physiological response that is reactive and the feeling response this is our consciousness.

Sarah came in about 50 lbs. overweight, gradually increasing over the past year. At the bottom of the stress and strain that was causing the weight gain, extra protection in the form of body fat, was very demanding recently widowed mother-in-law. Who called in the middle of the night to get the light-bulb replaced? Sarah's fear was that she would not remain in the 'tribe' if she did not over-indulge the mother the way her husband's family had always done. Whatever mother wanted the family ran to comply. In this case mother controlled with excessive emotion. This was an acceptable thing for her cultural heritage. In this cultural heritage, it was not okay for the daughter in law to have a life. So, if the daughter in law had not had a victim mentality, which made her afraid of speaking up for herself, she could have risked the rejection of the tribe by being herself. The low esteem she had for herself would not allow it. She needed to take her homeopathy and practice her affirmation, "I listen to my inner guide and speak up." Powerful words.

Children

Most people, including children, perhaps even more so the children. are keenly aware of the bending and breaking point of a family. It seems they are not aware of and not concerned, but they are internally making big adaptations in response to the family patterns.

When I was a young child, my mother was working and going to school, and I was being cared for by grandparents who were busy adoring my new little sister. In my mind there was no way I could get them to notice me. If I misbehaved, they punished me severely. I didn't have the skills to get the affection I was seeking, because the skills for positive attention weren't being modeled for me. What got attention was being little and cute. But the littlest one always got the most attention. So once you've passed being the littlest one,

All Disease Comes from the Heart

you are out of luck. The other thing that got attention was being sick or in a crisis. That was well modeled for me. The minute I started to complain about my side hurting, my mother was right there with me, in her most loving way. AHHH, success! She took me to the best surgeon in Richmond, KY, another huge demonstration of love. And he obligingly removed my appendix! He said it was just in the nick of time and as a child I looked at him and thought, "You are a good liar; there was nothing wrong with my tummy!" However, I did get a chenille bathrobe from my uncle and flowers from my family. They stood around and looked at me with love, indicating they were happy I was still around.

It was a huge price, but sometimes it's worth it to meet the greater emotional need. When you have no other coping mechanisms, you will go to great lengths to emulate the dysfunctional patterns modeled by your family. This event has become one of the big inspirations for developing alternatives to the knife!

There is a needy little child in all of us who is still growing in its ability to appreciate who we are. We could also call it our inner guide, because it actually knows best for us when it is fully operational.

WE have been wonderfully trained to please others- obey others- die for others- live for others.

What's missing for me is that we seem to be very deficient in our ability to please – love adore honor ourselves. My experience is that if we can bridge this gap we will heal our sicknesses. It seems to me all sickness begins in the mind, that is good news because it can also be ended in the mind.

One of the last things people want to hear is that an illness is psychosomatic. We tend to want to believe that we have no responsibility for what happens in our bodies.

I asked a woman once why are you dying of cancer? She said because the doctor told me I was.

There was a time I did not want that responsibility of understanding it was all up to me. It thinks I did not want it, because I did not know there was anything I could do about what was happening. Now knowing that it is ultimately all in my head makes me very happy, because if I put it there I can take it out. We all need to go through that unraveling. It helps to understand that how we have become in our thinking is the result of our training, our genetic energy, and our interpretation of it. Ultimately, we have to understand that the bottom line is our interpretation. If we choose to see it differently, it will be different.

Faith

Prayer can work for those who have great faith and understand how to pray. I have applied that principle to making all the details of my work a prayer. There are many specific pathways that need to be brought to God in prayer, and there is much information and research

All Disease Comes from the Heart

to be applied to guide the skillful heart of the healer to know where to focus the prayers. Beyond that there are tools that can also be applied to the areas that are stressed, weary, and worn-out to help rejuvenate them.

The most important thing I got from my early years of living in the church and seeing us get through impossible things is that I developed amazing faith. I have my family to thank for that. When I start to lose faith and sink into another feeling of disbelief, I find another way to activate the knowing that there is nothing that me and God can't handle.

When another person enters into the picture to be helped, they have to be fully there with their faith. It is true that faith makes all the difference. One of the things I always wanted to have was a way of determining who has the faith and belief and the understanding to see them through the healing process. People will look at you and pretend because that is what they are used to doing.

Clearly the best advice is not to do what you don't believe in. I told you about my adopted father who died after unnecessary surgery. When he talked to me on the phone the night before his surgery, he told me he did not want to do it and did not believe he needed it. I said, "Don't do it Daddy. I love you and I know you know best." That was the last time I spoke to him on this earth. He did not have cancer, He had an intolerance for being put to sleep and cut open. It was against his will.

I say don't do anything without the faith in it.

As you read this you have your individual responses. One of them might be how can I ever get through all that needs to be accomplished. I have probably spent \$350,00 or more on learning to heal deeply and developing the program and technology I have available in my small clinic. I know it is the best in the world. My quest is to get it to you easily and in a way that you will see its value and be able to have the benefit at the most reasonable possible cost.

I have a woman in Florida I have been working with for 14 years, probably once a week. She is a rare exception because she was one of the most damaged people I have ever met. Her father was killed on a submarine during the war. Mother went crazy and the new step-father molested and manipulated the girl for fourteen years.

She is in her 60's and has overcome many things, including cancer, gallbladder disease, pancreatic inflammation, and stricture of her esophagus, to name a few. Most importantly, she has avoided surgery and drugs and is reaching the ecstatically happy phase of life.

She has the money and the intention to have happiness in spite of the first 55 years being miserable. Some people stop short and say they are done, and that is okay. There is one thing I would have done if I had been inclined that way. I would have put my money in the bank, and I might have had enough to pay for the nursing home care I needed at one point. If I had done so, I probably would be dead like two of my best friends. Spending my money on search-

All Disease Comes from the Heart

ing the world for the best alternative treatments to help myself and others was definitely the best use of my money. I definitely got my money's worth. The interesting thing is that I got what I could not have gotten any other way. So when they say "money can't buy happiness", I have to disagree. Of course the work has to go with it. It is fun though, and I have learned to love it. I can't wait to find the next thing I can heal, because life just keeps getting easier and lighter.

I talked to a friend today that I had mistakenly tried to help. It almost cost me the relationship, but we survived it. I could see that she was headed in a disastrous direction and wanted to help her learn what she needed to learn to go another way.

She is now learning from the disaster and I am learning how to just be a friend.

God is love. We just have to learn how to fully let that energy that love, that spirit into our hearts. This love will bring our inner power and guidance into us and lead us to choices that will allow us to heal and deal with what we came here to deal with.

God's Plan

The whole point we are missing, and I would not have known this if it were not for my personal experience, is that what God wants us to do what is right for our inner being. Such a path is "toil-less", and we are arrayed with blessings when we follow it. When God told me to dance, I said, "But God, I'm too old, it costs too much, and doesn't make any money." Seven years later as my husband and I perform for a local dance chapter with great elegance and perfection, My doubts were totally unjustified.

I think that's exactly the way it is when we enter into our perfect plan. We have our challenges and our roadblocks. We may have to work and play at it. The outcome, though, will be everything we never knew we wanted. I can promise you one thing from many years of experience in this: there is inside of you a plan that you already know exists. There is something that you know you want to do, and for whatever reason you have not let yourself fully accept it. So if you are ready, let's look inside you and find your plan.

Before you look, tell me, are there any reasons why you don't want to look? List them:

Now list the reasons you don't want to know your plan:

All Disease Comes from the Heart

Now list the reasons you don't believe you can do your plan:

Now go through these one at a time until you can let them go and trust that whatever is given to you as your plan is doable, profitable, in your best interest, in the best interest of those around you, and will bring you ultimate satisfaction and achievement. Then ask, "What is my plan, God? What am I to do?"

If you have difficulty asking God, then ask your inner self. The name you call this spiritual presence or higher power is not important. Let's not allow ourselves to have more separation through terminology. Remember, whatever we call the stamen, it's still the source. Now I suggest, unless you have no ability to get on your knees or a total bias against getting on your knees, that you do get on your knees and decide to ask with the cell phone off, the tv off, and no one at home to interrupt you. Ask with complete openness to what is right for you.

An important part of asking with all your heart is to open up your receptivity, your feeling receptivity, your hearing receptivity, your mental receptivity, your visual receptivity, and your imagination receptivity. God speaks through all the senses and his answer may come in any one of these senses. Now listen and look and feel and wait and taste and look for the answer. Simply stay open to it coming for as long as it takes. Remember all in due time, His time, or the timing that is best for you because his only interest is your best interest. So now trust that it will come. Keep trusting and keep letting go of the arguments. List them here as they come:

Love

I have always loved Einstein. Looking at his pictures and reading his words move me. It is his consciousness. It is his energy. I love his statement "I want to know the mind of God." That is my dream to be me the God force flowing and expressing in and through me and through this book. For me my understanding of God is – God is Love.

Meditation

Understanding our job here on Earth or being fully connected with our complete intended purpose is a very big challenge. I met Michael Singer, the author of *The Untethered Soul*, and I asked him what his secret was for creating such a magnificent book. He answered,"

All Disease Comes from the Heart

I meditated four years.” I think that’s one of my favorite answers because it pretty well sums up that, in order to find the best parts of us, we have to be willing to go inside and develop who we really are bring our magnificence to the fullest expression. Thanks, Michael, for your contribution to my life.

We must recognize that the world is a friendly place. For most of my life I believed that the world was not a friendly place. I’ve been very afraid of the world. However, I recognize now that every single moment of life is a clue to what we need to do to polish our souls, optimize our journey, and ensure our destination – not that there is a destination; the destination is process. Quite honestly, it simply feels better to be on the journey to seek the truth of my inner light and love. There is no substitute for meditation. It enables you to finding the peace and quiet and become the God consciousness that you want to be.

Our World

As we look at the world right now there are some very obvious problems. Many people spend many hours trying to figure out how to save the earth. There is justifiable concern for global warming, sustainability, and avoiding pollution of the air, sea and land of this great planet. We are approaching these problems with some appropriate and much needed efforts. There is much more to be done and it continues to deserve our due diligence to give back to and preserve our great mother earth. May there be ever increasing and sincere detail to this.

In the area of social concerns of the people which are mounting we have crimes, poverty, violence, autism, divorce, broken homes, children without families, overloaded prisons, sick people, and people dying from our medical care system, about 50% return rate to prisons—all of these factors are on the rise with staggering numbers.

What is the real problem? It is said that, if you keep doing what you do, you will get the same results. I have realized the truth of this for some time. Many people have recognized this and so they concentrate on doing something different. Yet, there is a very basic real problem that has been overlooked, neglected, and not dealt with. I think it could be dealt with, and I know we have the technology to deal with it. Much of the technology was developed by NASA.

I developed awareness of the basic problem through my training as nurse, counselor, and acupuncturist. I applied it to the life experiences of over 35 years as a health care provider. Mostly I learned from my experience. The problem is we are being run by what is in our psyche or subconscious mind. We are not in charge of what we choose. We feel compelled to choose what we choose, even knowing that it isn’t working and knowing the risk.

We have been programmed to respond to life the way we do. Our only hope is to take charge of our programming and create a data base that we want to operate from. If you keep what is buried inside,

All Disease Comes from the Heart

you will keep feeling how you feel and getting the results you get. If you heal what is inside, you can feel your joy, peace, and abundance. If you heal what is inside your "Mainframe," you will minimize the likelihood of being old, crippled, sitting in a wheel chair, and having incurable crippling diseases.

Look at what people are doing now. In health care shocking statistical evidence is cited by Gary Null PhD, Carolyn Dean MD ND, Martin Feldman MD, Debora Rasio MD, and Dorothy Smith PHD in their recent paper *DEATH By Medicine*, October 2003, released by the Nutrition Institute of America. A definitive review and close reading of medical peer-review journals, and government health statistics shows that American western medicine frequently causes more harm than good. The number of people in the hospital having adverse drug reactions to prescribed medicine is 2.2 million. Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. The number of unnecessary medical and surgical procedures performed annually is 7.5 million. The number of people exposed to unnecessary hospitalization annually is 8.9 million. The total number of deaths was 783,936, despite the compassion and desire to serve by most practitioners.

It is evident that the American medical system is the leading cause of death in the United States. In spite of this, one of the biggest strategies is to implant fear of natural or alternative therapies. One of the fears of acupuncture is the needle fear when, in fact, the World Health Organization issued a report in 2002 called *Reducing Risk, Promoting Healthy Life*. This work describes the 26 leading risk factors in the world. Unsafe needle technique ranked 18th, accounting for more mortality than illnesses caused by illicit drug use, lead exposure, climate change, lack of contraception, occupational injuries, carcinogens from the workplace, and exposure to airborne particles in the workplace. Understand these deaths are not caused by acupuncture needles. I can find no deaths reported from acupuncture needles.

Look at the way we go about solving other problems. We give more to charity. We get grants to build separate buildings. We build people new houses. We foreclose on their house if they don't pay for it, unless it was blown away by a storm, in which case we put all our energy into building them a new one. We let people out of prison so they won't become criminalized by the system.

All these efforts show the deep compassion and caring of the people of the world. The intent is the best of all intent. The thing that grieves me most is that it is all done from a view point of not understanding what caused these problems in the first place.

I feel so small and helpless when I tell you this. I feel like one small voice that has little chance of being heard. But I will say it anyway!

The problem for all of us is that we are all driven, propelled, controlled, and ruled by something far deeper than we know about. We

All Disease Comes from the Heart

are ruled by the part of us that has been called by many names. It is a part of us that we know very little about. It is a part of us that has been sealed from our conscious awareness because we did not understand it. Some call it the unconscious. That is probably the best name for it because we don't know much about it. If we could look into our unconscious, we would be overwhelmed by the amount of trauma, suffering, unresolved pain, and irrational beliefs running the operation of all the other parts of ourselves.

And, it is not only our traumas, but it is our family traumas and our familial patterns of feeling, our unhealed patterns.

These unhealed traumas are particularly running the operation of the things that we attract to us. Maybe you are familiar with the law of attraction but don't know what to do about what you keep attracting over and over. That is a powerless position to be in, and the journey of life for many people is to get out. An example is that of the suicide bomber. Why do they do it? Because for centuries their ancestors have been dying and sacrificing themselves.

This brings up several questions for me. Why are people so afraid of other interventions? Why is acupuncture so frightening? Are people afraid they won't die? Are they afraid to get well? I think there are very few isolated cases of people being damaged and killed by taking natural therapies. I have not found any. Please send me the proof if you know of any, and I will publish that too. Or is it that people are afraid of change, even for the better, or afraid of the "evils" of the unknown. I am going to go with the understanding that they may not know too much about it.

We tend to run in packs or tribes and follow tribal behavior. It is rewarded, encouraged, and promoted. Punishment for stepping outside the pack is rampant.

I remember the first time I was told by Prawn, an acupuncture student and massage therapist, that I should be an acupuncturist. I really wanted him to go away. I did not want him to talk to me about this stuff. He persisted and was what you might call persistent and obnoxious. Thank you, Prawn. You saved my life.

Modern medicine has approached treatment as though we are primarily chemical and structural. We have energy in us, which is the juice that keeps things running. This energy is affected by our emotions, attitude, and the chemicals that we ingest from food, drugs, and other toxins. When the energy is not good, the body cannot defend itself and becomes vulnerable to substances and other influences. A toxin is anything your body finds as interference to the movement of this great life force that flows through each of us. For example, surgery may cut across an energy pathway and block the flow of energy. For this reason it is best to take steps early to avert the necessity for this. Quick fix pain solutions may also intoxicate the delicate channels of the body, suffocating the energy flow. The presence of energy in the body can be easily seen with Thermography, EKGs EEGs. Japan has studied the meridians by injecting dye

All Disease Comes from the Heart

into them and visualizing their presence.

We are a culture that has increasing numbers of indigestible, un-inhale-able, un-absorbable pollutants. Yet the production of these is ever increasing. The consumption of those is ever-increasing, and the release of them comes only when the body has had "enough." You may see it on the sidewalk. Have you noticed the quality of vomit? You see, green vomit and yellow vomit is an indication of the amount of ingested substances that the body can't tolerate. Vomiting is an interesting and valuable mechanism for cleansing. It is the body's healthy response to over-burden. Yet we also have drugs to suppress this. Well good, you didn't have to vomit, you didn't have to have any consequence for the feast, and you didn't get the benefit of getting rid of it. Now you can have a day off, groggy and in bed.

It's an interesting thing to stand in the grocery line and look in the shopping carts at what "modern civilization" considers food. It's utterly amazing that we have lost track of what is food. So we have to ask ourselves, is what we are putting in our body feast or famine? Is how we treat disease, feast or famine? We are a culture that can afford anything; we have the means to do whatever we want. I think it's time to ask ourselves "what are we doing?" Our tendency is to go blindly along with the popular notions of our time.

When you look at the layout of a grocery store, at least 8/10th of it is substances that are of minimal nutritional value and major toxic consequences. The people who are the "lucky" people are those who don't respond well to the suppression of the symptoms, I have a man in my office right now for 10 medications and with the addition of every medication, his pain has gotten worse. I take it as a positive sign that his body wants to be healed and not suppressed. He is now motivated to see what can be done to activate his body's natural healing responses.

Tools

Knowing when to do what and how much to do is extremely important. Many times I have witnessed people die in traditional medicine when their scale of *when*, *what*, and *how much* was tipped too far by the introduction of a substance by a well intended health-care provider who had no accurate tools, other than calculations of body weight and age, to determine how much, how often, and what to give. I spent many fearful moments reviving patients who had been overdosed. I became compulsive about not wanting to harm anyone. Some people look at alternative healing methods and say, "They are not scientific." I say is it more scientific to guess what a person needs, based on what the drug representative has told the doctor and what the double blind studies show on the rats who did not die from it.

The LSA has been compared by research in China done by an M.D. The Zyto Company bought the hospital so they could do the research. The research show the evaluation done by the LSAS tech-

All Disease Comes from the Heart

nology was comparable to \$3,000 worth of tests that the hospital used to diagnose the issues. The LSA, in addition, begins the balancing and rectification of the blocks it finds.

Early in my career I realized everyone is different. The first thing I do is assess people with kinesiology, tongue and pulse evaluation, and a computerized scan.

How can all this work to help? I will tell you. You have to understand that an inflamed gall bladder, for example, is inflamed because it is blocked. It is blocked because it has tension. It has tension for one of several reasons that have to be determined. The usual reason is the emotion of bitterness. The diet further blocks the gall bladder because it is not producing enough bile to handle fat to any degree. The ultimate solution is to handle the bitterness by discovering what you are bitter about.

I had a client in Florida who began to have acid reflux. The cause for her was a lack of HCL and a lifetime of bitterness she was holding onto. Her father died when she was three, the mother became mentally ill, and the little girl had to take care of her. The mother married a child molester, and you can guess the rest. All the gall bladder symptoms went away, as she released the pain and anger using the color therapy of ETT. Remote testing with computer programs and muscle testing were also used. Distance therapy is very effective.

There are certain treatments that are more likely to produce a certain good results, but there is always that person who cannot and does not respond to that, or is even harmed by that good thing. We are a culture that likes to say, "Take this for that," and "Cure this with that."

I have never observed that to be true, and I began to study different types of testing, particularly kinesiology testing. This type of testing had its roots in Europe and was introduced by Dr. Goodhart to the Olympic team. Many chiropractors in this country have been using it for years to find nutritional needs and subluxations. Dr. Goodhart used it to maintain a tip-top Olympic team. I think its most valuable application is reducing allergic reactions and improving efficacy of treatment. One of the ways that antibiotics are selected in medical care is through cultures. This is not a practical way of testing, because a person can die before the culture results show the most effective antibiotic. By learning the skill of kinesiology or using one of the new muscle testing devices such as the REBA, our measurement of energetic imbalances and effective treatments can be greatly enhanced. Remember, we are not correcting chemical imbalances, except through nutrition and herbs; we are restoring function by utilizing these testing modalities to improve the outcomes and reduce reactions.

Muscle Response Testing is as accurate as the intent of the person testing.

There are many different types of muscle testing. Just about any muscle you can tune into and sense its response to a question, a

All Disease Comes from the Heart

product, or an action can be utilized. The Reba Machine uses a wrist band attached to a machine that introduces different waveforms of energy, and the length of the arm changes in response. The LSA uses a Biofeedback loop that introduces frequencies of stress, measures the body's response to them, finds the imbalance, and introduces the frequencies of supplements to balance the imbalance. The other machine attaches straps and goes through a similar process of evaluation.

This equipment is widely used and is very common in England where there are stations which treat people. They are like broadcasting stations.

Of course it is not an exact science. I have bought several machines that are more exact in testing what is compatible and useful at whatever stage of healing a person is in, including REBA Testing Device that comes from Europe, LSA, and EPFX Body Scan Introspect (from Russia).

I find the hands on evaluation and testing of the muscle response, widely used by chiropractors and other health care professionals throughout the world, to be essential.

I have taught clients who were cleared of their issues, to some degree, to test themselves and their family. Sometimes lack of knowledge has caused them to make choices that were less than the best, but no harm has ever been done.

Traditional and Alternative Medicine

I recently drove an hour and a half to a holistic dentist who insisted on taking eighteen x-rays. Let me tell you this is not a holistic approach, because this dentist is not considering the impact of radiation on the body.

I paid for the x-rays and left his office. My choice is to never have to go to a dentist or doctor again. I do not feel at this point I want to entrust myself to any one else. In this dentist's office, even though I objected to the treatment and asked for what I had discussed with the dentist at a medical conference, the rules were set. Staff was going to do the same thing they had always done. There was no room to consider the special needs and desires of the patient. We have been trained in this culture to see our doctor and do what he says. I feel that within each of us is a doctor who knows what is best for, when we tune into that part of ourselves.

This reinforced my determination to make my practice about empowerment of the patient.

After 25 years as a nurse I am very aware of the great job doctors do with the tools they have. I suggest they need new tools. I know that many of the present tools save many lives. I also know that many times unknowingly they do much lasting harm because the long term impact of their actions is not considered. The rat did not die from it. They have 45,000 live rats to prove it.

I have never felt like I fit into all this deception and I have found it

All Disease Comes from the Heart

very painful and traumatizing. As a young nurse the doctor told me I would need hemorrhoid surgery. Believe me in retrospect there was no big problem that could not have been tolerated or healed another way. He said, "I guarantee this for life."

I still have difficulty setting for any length of time and other complications I have spent many years healing. He died a few years after the surgery. What could the guarantee have gotten me except more trauma?

As a wife, my husband came in holding his bloody nose on asking me what I did for a broken nose. I said, "I get you to an emergency room now". It was a small town ER so we got right in. Of course I had to fill out all the paper work which took 15 minutes and answering questions. When I arrived at the treatment room, and thank God they let me in, my husband was lying flat with a clip on his nose connected to a monitor, alone in the room with a blood pressure, color and quality of pulse that indicated shock. Knowing hospitals I knew if I started "raising cane" they would throw me out quickly. I went over to my husband and put my hands on him and began to pray, doing therapeutic touch learned at NewYork University. It does not matter what you call it. He began to respond by his BP, pulse and color returning to normal. While all this was happening there were about five staff people behind the nurse's station. I watched as the skilled doctors as she sowed his nose skillfully. It seemed that was the time to set it back in line but she did not know that procedure so he had to have surgery few weeks later. This broken nose cost us about \$30,000. It points out well the desirability of including other healing modalities that are life and money saving. Why teach a nose setting manipulation procedure that takes five minutes and cost \$200 when the system can get \$30,000 out of the deal.

The need to empower the patient is something I have learned as a physician. Everyone I work with takes me deeper into my own issues and challenges. I heal myself, and the patient is healed.

Your business is my business only as it relates to "my stuff" that has nothing to do with you, except that you are giving me a chance to see myself when you present your problems. I think that is why most doctors don't get into this level of healing. It takes a lot of commitment to your own self exploration.

We have to look at health differently. It is not just a blood workup that has no figures that are considered too far out of range. We know that people sometimes have normal blood tests and then have a heart attack. We also know people who have very serious infections but showed no sign of infection in their entire test. We know that people can have all their test results be normal and still barely be able to think or function.

We have to look at studies of physiology not just to analyze what is wrong but to determine what is needed by the body physiology and function to achieve and maintain good health. We have to examine the terrain. Most of the chemical drugs are not designed to provide

All Disease Comes from the Heart

essential nutrients. Rather, they are meant to compensate for the lack of them in a synthetic way.

Hair analysis, urine metabolic assessments, and the other more standard blood values are no longer recognized as indicators of disease. I find diabetes not based on blood sugar alone, but on analysis of Hemoglobin A1C. This old reliable test has been deleted from our current medical testing,

There are many reliable ways of finding the truth. I recently had a client go in for emergency treatment of a urinary tract infection on Christmas day when we were closed. Because there was no way of testing for compatibility of the medication, she had a very serious allergic reaction to all the treatments they attempted. They were happy to send her back here for testing of compatibility.

As a Doctor of Oriental Medicine I have come to see the value of looking at the vessel. We have to look at the aspect of health that ancient medicine has taught us. Do you see a reason to ignore medicine that has been here 3000 or more years? Do you think the flow of energy is important to the operation of our physical machinery? Would you try to run a car without the battery? Yet we treat all illnesses without sufficient attention to the energy flow of the body.

In oriental medicine assessment of the flow of the meridians or the energy channels that supply the organs and tissues is the bases of the examination. The tongue is assessed for evidence of how the body is working. The originators understand that each organ is related to a different emotion. There are also many practitioners in the USA who have very advanced ways of detecting what is important in the mind-body connection on an individual basis, rather than making assumptions.

I have always been one to notice what was not working about systems. Like you I love the USA and our systems. I am very loyal to them. I think it is time to wake up to what is not working about our system of caring for ourselves mentally / physically /and spiritually. One of the big problems is that the Mental and physical health care systems are being delivered by people who are not healed themselves and do not understand what healing is about.

I remember a little girl having my first known reaction to medical "care" I was lying in hospital bed after a penicillin reaction were my lips had swollen fighting large. A woman came in nurse and said' Have you ever had rheumatic fever. Of course at that age I thought I was going to die.

This adult was putting her fears on a child and damaging me with her inaptitude. You cannot guide people through what you have not been through. I am still healing myself from the choices I was guided to by those people in "health care" who thought they knew what was best for me.

The emphasis in the schools has been to teach to the mind. I say we have to teach by giving people the experience. We learn by experiencing for ourselves and seeing what is happening to others. I

All Disease Comes from the Heart

was able to see over the many years of nursing how much harm was being done to people. Interestingly enough no one seemed to notice. I was assisting in a C-section delivery when the woman started bleeding profusely, and the doctor said "I quit" and walked away. Everyone just stood there. I said "No you don't Doctor! You get back in there, find the uterus and stop the bleeding." He did. I still feel horror at the damage that must have been done to the vulnerable baby and mother.

We are a part of a system that teaches us how to relate by the way it is. When that system teaches us to have disharmony it becomes a deeply imbedded pattern. I worked with a young woman who was frustrated by the fact that she felt her husband did not support her working outside the home extensively until late at night. She thought he was very selfish.

In the process of resolving this, she got to see that she thought he was selfish for wanting her to be home more. She also saw she deeply disliked her selfishness for wanting to work long and hard to "do her things." At the bottom she was really afraid to let herself have what she wanted. She placed all the blame for her thoughts and perceptions on her husband and called him "self centered." She even thought she wanted to leave him. Her wanting to leave was simply a way of getting to feel freedom. By the end of the sessions she was aware that it was ok for her to be selfish (want to do what she was doing) and it was ok for him to be selfish and want what he wanted (her at home).

She had a conflict of wants that were leading to her complete sexual and metabolic decline, resulting in frigidity and weight gain. It could have destroyed a family for the little boy they both loved. When we looked at where this illness began, she realized that the same things occurred within her family of origin. Her mother and father did not talk about it, but they lived it before her eyes everyday. Mother was dissatisfied of being at home. My client learned well how to be distant and dissatisfied in a relationship by watching her mother.

The fact is **as within so without**. She was seeing her own family pattern until she faced and cleared the one she had been taught. Therefore, she decided to do that. We started with a complete work-up to get her energy and body in tune. She had a lot of energy to move deeply out of her cells. The attitudes and beliefs we are exposed to actually become part of our cellular memory. Removing these requires good intracellular nutrition which is usually not available in food, even the best organic, because of the decline in the soil nutrients.

Illness begins by us being out of tune with our sense of power to achieve what we choose to achieve. Fortunately this woman felt enough misery to want to change. Sometimes people get sick because they cannot make other people do what they want. This is often seen when mothers want their children to be perfect or some-

All Disease Comes from the Heart

thing they are not or fathers want their sons to be better than they were as a way of feeling better about themselves.

Illness often begins at birth when the mother or father passes on their toxic substances from heavy metals or vaccines, when they pass on their toxic ideas and beliefs, or when they don't want their children. When I listen to the news about the overwhelming numbers of abused and neglected children and I know it is pointing to the abuse and neglect of their mothers and fathers for several generations back, I realize the work of establishing healing in ourselves also involves establishing health in our communities and systems.

You could also say that disease can be fed by our failure to take responsibility for each thing that is making us unhappy or keeping us from getting those important things we want to be satisfied with ourselves.

Chapter 6

Transmute Disease into Wellness

It is important to remember that disease in the body means there is a need for healing the mind, feelings, and spirit. Keep these definitions in mind:

Health: (Webster) A state of being whole or sound in body, mind or soul; esp. (freedom from physical disease or pain.)

Healing: To restore to original purity or integrity. To restore to a sound or healthy condition (a disease or wound ;) to remedy or amend (any evil, as grief.)

With love as our only reality, health and wholeness can be viewed as inner peace, and healing can be seen as letting go of fear. Love then, is letting go of fear (pg. 18) Gerald G. Jampolsky M.D., Love is Letting Go Of Fear, Bantam Books, N.Y.

"Everyone participates in his or health or illness at all times."

We must work towards:

1. Restoring wholeness
2. Establishing perfect conditions for healing
3. Amending any negative states
4. Removing obstacles to love, which will then allow healing

Our goal is empowered living, allowing the natural state of being, which in itself is positive healing power.

Remember your daily practice of wanting? Our health reflects whether or not we have what we want. Weight excess is the blocking of something that we want. Anorexia is the blocking of something that we want that we perceive we cannot have. In fact, all disease is blocked manifestation.

Beliefs about Illness

It is very easy to believe you are ill. Most of us are deeply attached to the diagnosis we get and it is difficult to believe we can heal ourselves. Look at how you think about illness. Maybe you stopped yourself from progressing through healing your illness by the fact that you do not believe fully you can change it, and can make your health better by anything you do. If so, perhaps you need to look at the information about beliefs a little closer.

All Disease Comes from the Heart

Biofeedback researchers have shown us that we can learn to control voluntary heart rate, muscle tension, sweat gland activity, skin temperature and a wide range of internal physical states normally considered to be under involuntary control by the autonomic nervous system. As your belief about this strengthens through being able to see the results on the meter, it becomes easier to see how much you control what happens in your body. If at this point you are convinced that you can affect your body in this way, then proceed. If not, you can do this exercise or visit a biofeedback clinic and practitioner who can support your belief in your powers to discover for yourself what you can do. The exercise to do is to sit quietly, calmly and undisturbed, close your eyes and breath slowly until you become very relaxed. Now focus your attention on warming your right hand. See how long it takes to get the energy to flow into that part of your body. It is a good thing to practice and improve when you can do that you can do anything. Important always to notice even small improvement it increases your power.

Most of us believe that disease attacks us or that we inherit it. If we believe this then we can not believe that we can prevent it. What do you believe about it?

If you take a moment to release your limiting beliefs and let your faith be restored there is nothing you cannot do.

Here is a release technique based on an ancient Qi Gong practice: Hold the small finger and tap the space in between the small finger and your ring finger.

1. As you are holding and tapping say, "Identify all the data that has contributed to this block in my ability to believe in my ability to heal myself. This can also be used to treat whatever you identify that needs to be released because it is interfering with your progress in some way as you move forward down the trail of like.). Take your fingers apart.
2. Come back to the position again and say, "release this data".
3. Take your finger away again and come back to holding it as you say clear all that data.

Where on your list of priorities is the care and practice of habits that support good health? Would you spend money on your house or your health, given a choice?

All Disease Comes from the Heart

Looking at the fact that stress contributes to disease and that we can have stress in any area of life, identify the areas of your life where there is stress:

Ask yourself:

What do I need to heal?

Is it in your job, family, friends, intimate relationship, nutrition, health practices or just in the way you care for yourself? Maybe it is some small detail like eating less. That was mine. Even though I ate great food I ate too much then felt slowed down and slightly less energetic and happy because most of the time I weighed myself down energetically by eating too much.

Understand that what we put in has to come out. It takes energy to break down, digest and remove food. How much food do you need? Most likely much less that you are eating?

I had a woman who was constantly telling me she was fatigued, depressed and had vaginal irritation. After some days I ask her what she was eating. As it turned out she was eating too many carbohydrates and too much fruit. It is usually our pathogens that want the food when we don't feed them they can't continue to exist but they nag at us when we don't feed them.

The first step after recognizing these things is not to feel guilty about them or anything else, just forgive yourself and embrace the truth of your situation. One way to really forgive yourself is to repeat "I forgive myself for not taking care of myself" 15 each day and write it 5 times each day. Whatever you do, eliminate guilt entirely from your life. Live in the moment and embrace each CHOICE.

This little poem can help you remember:

There is an inner guide who lives inside of you.

He's very near and dear to YOU and will always see you through.

He tells us where to go each day and points us on our way.

The signals of the inner guide are unique to each individual. They too are our very own. We have a choice; we get to choose. People so often feel they are without options. You must acknowledge the range of choices that you have.

Be Your Best Friend

Love thy neighbor as yourself; but first love yourself

All Disease Comes from the Heart

Look and see how much you are willing to be your own best friend. Notice how well the people around you do when you take care of yourself first. At first they may rebel against it and get angry but that's their problem. Remember you have no responsibility for the way others feel. You must stop blaming yourself for others' feelings.

The "Morrow" friend is always there and doesn't have to let you down. It's all up to you. Being a friend to yourself means making choices that really serve you. Saying things like, "What do I really want right now, to do, or to say?" Then make room for all sorts of possibilities to emerge, like you may want to take a long hot bath or go for a walk or call a friend or do some work. What keeps you from doing these things you know you need to do in order to maintain good feelings about yourself?

Do you believe that you actually have to deny yourself and put others first? Well, there certainly is a lot of agreement that this is the way it has to be, but how can we love our neighbor if we don't love ourselves first? If I take care of my needs, I then have overflow to give you. Otherwise I'm trying to give to you from an empty pot.

Countless studies have confirmed the results of positive expectancy on treatment.

Dr. Henry K. Beecham and Dr. Louis Lasagna of Harvard University conducted a study of post operative pain. Some patients were given morphine, others placebos. Fifty-two percent of the people who took the morphine reported relief from pain; forty percent who took the placebos reported relief. In other words, the placebo was more than three-quarters as effective as actual morphine. In fact, Drs. Beecham and Lasagna discovered that the more severe the pain, the more effective the placebo.

So the real consistency was the belief that the pain would be relieved. If this works against pain, then why not use positive beliefs to mobilize other things in your life?

You have to ask yourself, "Does believing this is true support you in changing the outcome of this disease?" For example, if you keep on believing that cancer kills, are you likely to be able to reverse that process? What would be the chances of changing that belief to a healthier belief about your problem? What we know about belief is that whatever we believe is true, or "as a man thinketh in his heart, so is he."

Behavior Changes in Overcoming Illness

Identify the behavior that you need to change in order to overcome your disease or the illness that is developing in your body. What is it that keeps you from making this change? What fears?

All Disease Comes from the Heart

Are you willing to go past these limitations?

What do you need to tell yourself, what new affirmation do you need to take on to get past this limitation?

Feelings are our road map. It is vital to recognize your feelings and allow yourself to express them. The thing to do is to just keep expressing what comes up. If my recommended method of writing it out doesn't work for you, then you can find someone you trust to tell. Ensure the someone you talk to understands that their role is to just listen and SAY NOTHING. The way you find them is to ask them, "Would you be willing to just listen to what I have to say? I need to get something off my chest and I need someone to just listen and not be bothered by it? I don't need you to be bothered by it or try to solve it; I just need an ear. Would you and could you do that?" Only be willing to move forward if they can give an unqualified "yes."

If there is no one you can talk to, here is another thing you can do. Look into a mirror and say to yourself what you really truly feel and think. Now talk back to yourself and tell yourself the encouraging, wonderful things you need to hear. Be a REAL friend to yourself.

Thyroid Disease

I can't begin to tell you the number of people that I have treated for thyroid dysfunction who had normal lab values. They had normal levels of T3 and T4; the fact is that the optimal functioning of the thyroid depends on energy, not just hormone levels. The thyroid gland is the gland that is very impacted by environmental toxins. As all the endocrine glands, the receptor site of the thyroid recognizes food additives as hormones and they uptake this, which blocks their recognition of regular hormones, because now the receptor site is filled. (more here? food additives) Another interesting observation about the thyroid is that the people who survived the Chernobyl radioactive fallout survived it because they were immediately treated with an infrared sauna that detoxified the radiation. Another way of saving the thyroid from damage by radioactive fallout is to take potassium iodide. What that tells me is that the thyroid gland is like a little suction cup, absorbing what the body can't handle. Because of this it becomes overburdened and clogged in a way that causes a

All Disease Comes from the Heart

reduction in the energy level.

There is another important aspect of thyroid function in that it relates to our perception of our abilities to make choices and communicate. I think the most important thing this does is to block our abilities to communicate and create. The thyroid has also been associated with confusion and paranoia.

The root of the thyroid can best be understood by realizing that it is located in the area of the Adam's apple. The Adam's apple is representative of the male aspects of life. As you have probably heard, we have Yin and Yang within us, male and female. The thyroid area is also an area that relates to the father aspect. Over the years as I've studied with experts on healing such as Dr. Peter Mandel, the creator of Esoteric Color Therapy, I have come to recognize and appreciate the impact of the relationship with our father on the functioning of the thyroid gland. What I have seen is the absence of a father or the presence of an abusive father or just a general bad relationship with father causes subtle energetic decline in the functioning of the thyroid. There are ways that these imbalances in the thyroid can be assessed and addressed.

I worked with a woman who complained of swelling in the area of the throat and extending down into the area of the breast. Her history was that she had been fondled by her step-father after having been abandoned by her biological father. She was currently in a relationship with a husband who loved her dearly but they had declined in intimacy to no sexual contact at all. Their relationship was one of hostile intolerance and coexistence. Her entry point for seeking help was the swelling and her fear that she might be developing cancer. The work involved releasing her anger and fear at men and her self-blame for the traumas that she received as a child. Isn't that interesting how the children always take responsibility for others' actions? As children we try to take responsibility, and as adults we try to avoid responsibilities.

We also utilized color therapy and injection therapy of homeopathy to release the traumas from her intracellular and extra-cellular systems. The results were a dramatic decrease in swelling, loss of weight, increased rapport with husband and marked increase in the level of joy.

Testing the Thyroid

Using the REBA autonomic response testing device, a vial representing the thyroid is inserted and the body's response to it is measured. When there is an imbalance we then look for what is necessary to restore balance. One common first step is to measure iodine levels. We utilized organic iodine and paint it on the forearm to determine iodine levels of the body. A low iodine level is present if the iodine is absorbed before 18 hours. If the iodine level is low, then supplementation with organic iodine is ordered. Further assessment of the thyroid can be done by utilizing auxiliary tem-

All Disease Comes from the Heart

perature indications. The auxiliary temp is measured for 7 consecutive days (before rising) and recorded. An auxiliary temp of more than one degree above or below 98.6 is confirmation of some imbalance. What I found over the years is that some people respond well to raw thyroid supplements and their thyroid function improves as evidenced by their energy level, their weight loss and elimination of fluid from the body.

For many people however, this does not have total significant impact. It is required that we address the other issues. One of them is the relationship with the father. Color therapy utilizing quartz crystal, color aqua, applied in a counter-clock-wise rotation, then a clock-wise rotation with specific attention to points outlined by Dr. Mendal's work allows a release of the blocks in the flowing of the father energy of the body. For some people this allows a 100% restoration of thyroid function, the length of time necessary for this is an individual matter depending on the degree of imbalance and the depths of the traumas.

Sometimes it's necessary to release specific traumas and specific beliefs and to give homeopathy to assist in the removal of these delicate issues from the deeper fibers of our being. Of course it is not something that we have been taught, and it's difficult to understand that our bodies can hold memories of past events and traumas and beliefs and pains. Much research has been done by Dr. Hammer hertz (XXXX) who proved that cancers were caused/triggered by unresolved angers, pains and grief etc. If we are to treat the untreatable we have to be open to reaching deeper in our understanding and release of stored issues.

Excess Weight

I have recently become interested in the most phenomenal aspect of what is currently called "weight Management." I noticed that a person who is overweight in their mind has a picture of themselves as that overweight person that they hold out to the public.

While I was talking to a woman about her weight, she said something very profound, "In my mind I am a fat person first." When I asked her about this she said she felt this was one of the deepest realizations to get to and did not come easily. It is a pivotal point of healing to come to the point of owning our perceptions as our creations. At the bottom of her perception was the awareness, "I made myself fat so I could be big and not be run over." Once she reached this point, she lost 4 pounds that day.

I asked the woman:

1. "How do you see yourself?" She said, "I am overweight," She remained stuck in her efforts to lose weight because the image was still present even though the desire was to be different.

All Disease Comes from the Heart

2. "What if you didn't see you're self as overweight; what might happen?" She answered, "Believe me I have tried." I said, "I don't want you to try any more. I simply want you to ask yourself the question: What would my life be like if I saw myself as thin?" "I would feel a lot better," was the reply." I continued, "Ask yourself what might happen if you felt better."

When she went into an issue that was holding her back, this enabled her to lost the four pounds that very day.

We are all very powerful creators. Owning that we can put on the weight owns that we can take it off. Many times people will get a coach to build them up, but when the coach is gone they cannot build themselves up. There is much power within to be accessed. That way it is always ours, and we don't go from one addiction to another.

Realizing the power of imagination is a pivotal point. A person can alter the pounds by working hard at it and altering the food. Yet the image of being overweight is powerful and will always draw them back to their reality that exists in their mind, unless they realize that they created the image and can change it.

The images we have in our mind show up in the physical body. If we are to heal the body, we have to set the patterns of images and beliefs so the body can maintain the direction of our intention.

You have been creating your life all along. Now it is time to create it the way you want it.

Cancer

My experiences with cancer are very personal. The first one was my mother getting her breast removed rather unexpectedly with a radical mastectomy in the days when a small lump with no lymph node involvement was radically removed even the chest muscle all the way down to the bone. I remember and still feel some of the horror I felt as I saw here brave little frail body lying on the bed with tubes coming out of her.

She gave an appearance of being unaffected by it. Her brave face, because medical torture was accepted and expected.

I then watched thousands of people suffer through cancer treatments that left many of them very disfigured and weak and many other dead.

Self Healing Inventory

1. What is the symptom and where is it located?
2. What expression of yourself or your desire that has been blocked?
3. What do you want that you perceive you want that you cannot have or perceive you wanted and perceived you

All Disease Comes from the Heart

cannot have it?

4. Is it absolutely true that you want that?
5. What if you loved that you do not have that?
6. What would your life be like if you loved not having that?
7. What if you loved everyone involved in you not having that?
8. What does it feel like to know there is an inner being inside you that absolutely adores you?
9. What does it want for you that are better than anything you can conceive?
10. See yourself having the power within you manifest whatever it is you perceive you do want –raise the bar on wanting and let it permeate every cell in your body and know that it is your creation and nothing can stand in the way of it.

My Vision

I have a pattern in life to take every situation, especially the most hopeless, and see hope. I am intertwined with my over concern for my family that I took on as a child. This over concern for them has now taken the expression of over concern for my broader family of life on this planet. At the same time I recognize as my husband always says, "Everything is in divine order." I know it is not up to me to save this world, yet I will do my part. I feel this is it.

I see social programs that address the reasons why people don't work or don't have homes and show them the way to discovering their abilities. I would call this approach Lead As You Feed.

I see children with options in education that allow them to become what they are meant to be. I see education that is directed towards understanding of basic ways to live life with healthy thoughts and emotions that are not buried and harmful. I see ways of teaching people how to heal the wounds that are stored in the many generations of unsolved pains and losses. I see education that is practical and has emotional – mental and spiritual rather than religious with emphasis on finding and knowing your true self and your truth. I see programs to teach health and prosperity as well as educational skills.

As I write this our country is at war. We are at war with other countries in an attempt to defend against aggressors, and the country is in the process of setting up aggressive health care legislation that seems to be against the will of the democratic country. At this time, I can think of no better response than to take back our lives by making choices that minimize our need for any system to dominate our lives.

I do know the ultimate healing of myself and the planet can come when we all see the perfection in and accept/love/embrace all aspects of all of us. This ability to see what is not working has also been a great asset as a Doctor who helps people identify the imbalance and dysfunction and bring it in harmony with their gifts and

All Disease Comes from the Heart

qualities. I can now let myself see the perfections, too. I love watching them emerge as healing occurs.

As I say accept all, there seems to be an element of feeling unsafe about this. We have a tendency to think if we accept what is happening in others we are condoning it. This skepticism about accepting the very "bad" with the very "good" draws a line around us and our experiences that actually prevents our growth. I will say there is a place for loving with boundaries. As I recognize this, I want to hold the broader vision of what President Ford said in Korea as he toasted then President Park Chung Hee, Mr. President, "I am here on a mission of peace. It is my deepest hope that the entire world will lift its gaze and broaden its vision. I have said before, but I repeat here tonight, I would rather walk a thousand miles for peace than take a single step for war."

The power of love has no limits. We will find resolution of interference to peace and joy. What I want is to give full recognition and appreciation to is the power of love to heal all... to move mountains.

I was having lunch with a dear friend. As we were leaving the restaurant, a man blocked our exit as he stood with his back to us talking to a group of people. It was noisy and I did not want to ask him to let us through. I said to Nancy, "Let's see what love can do to open the way for us." I stood there just surrounding him with love. As I did he simply stepped aside graciously, bowed and we moved through with smiles of gratitude. She said, "Wow!" He sensed and felt the vibration of love that has no bounds.

A father sat in front of me desperate about what he could do for his addicted son; he had tried everything. I told him to heal his own addictions and send love to his son.

I recognize we are living in a time when many people feel lonely and depressed. This drives them to commit painful acts against themselves and others. We do not now focus on solutions for this. Rather, we focus on finding them and somehow keeping all the hurting or wounded people from wounding and hurting others. Still the number of wounded people is growing and the emotional and spiritual needs being unmet leads to more and more violence against others as a back sided way of meeting one's own needs.

You can be sure of one thing: Everything is a cry for love or an expression of love.

The question is how do you show love to others in a way that allows them to release their sense of unlovableness, restores their self-esteem, and allows them to experience love for themselves and others?

Now that you have read this book, perhaps you will understand we must use other measures as well. We must focus on healing the wounds and loving all the parts of ourselves and others. We must become less exclusive and more inclusive.

Thanks

There are so many people to thank. As I think about thanking everyone and getting my heart around the concept that I am apart of everyone, there is no one to thank more as everyone is doing the best they can at this time and deserves acknowledgement for this. This is the broader perspective around which I know the foundation for healing must rest.

There are those who have made themselves available to me that stand out. My husband David, my mother, my sister, my grandmother Bess, Gailie, cousin Barbara, Rev Dan Gill, Aunt Gleala.

I thank the people who opened my mind to the vastness of the potential to heal. Dr. Richard Gerber author of *Vibrational Healing*, Thank you for writing the brilliant book for me. I took it to heart. I acknowledge with respect Dr Bert Hellinger and Drindy who opened my mind to the scars and needs we have because of what our ancestors and relatives have not faced and resolved and the power of Constellation Therapy to heal them. I want to thank Dr. Peter Mendal for bringing forth the principles of color therapy in Esogetic Color Therapy and Stephen Vazquez for adding to the power of color to heal by developing Emotional Transformation Therapy. I have to thank the developers of Acupuncture and my Chinese medicine training as well the Nurse training and experience and all they have contributed to me.

I deeply thank the developers of far out, far reaching impact healing therapies such as Neuromodulation, Therapy Dr. Feinstein, NAET allergy Therapy Dr. Devi Nambudripad,

I thank the great writers who influenced me especially Michael Singer, author of *The Untethered Soul*. His book moved me like no other book has ever moved me. The important thing is it moved me to a place inside of deep appreciation for who I really am.

Taking Back Our Power

I realized after my mother's death that she had been like God to me. Whatever happened she took care of it. She always knew what to do. I went through a period of being angry at her that she had thought she was God. Now I realize she was God and that we are each God. We have an opportunity and a responsibility to know that. It is time to realize we are responsible for the world. We can heal the world with our hearts, our spirits, our love, our intent, our positive input, and our belief that anything is possible.

One thing my husband and I stopped doing is watching television. The reason we did that is because the overwhelming input of negativity was more than we could process. It was difficult to get out of the sorrow of seeing so much suffering in the world and the anger of seeing the injustice. It is a drama that we wanted to pull out of and, instead, implement a prayerful meditation to see a positive outcome for our planet and our people. There are still people who insist on telling us the bad news. They dwell on their fear that the end of

All Disease Comes from the Heart

world is coming according to the prophecy.

I'm going to tell you one person's opinion. My opinion. My sense is that the world as we know it is going to end-- the world of lack of responsibility, anger, resentment, hate, and blame. We will have a new opportunity to live in a world of bliss and harmony. I realize at this point that many skeptics and disbelievers would disparage this and call it hogwash. My response is that you don't have to participate. I am looking for believers or people who are willing to hold this vision, because the fact is we have the power within us to create the reality that we want to see. If enough people believe, then it will happen. That is what I know. That is what I've experienced in life. A joining together of believers will ignite a passion for a world that works in a harmonious, loving, and compatible way.

We must learn to visualize what it would be like to see the world in harmony. I recently went to a town hall meeting where people were objecting to photo red light monitoring. I thought it was a fair objection, and I thought the missing aspect was the loving "let's solve the problem" input of everyone. I would like to see town hall meetings where people simply make suggestions and officials say, "Thank you for the suggestion; we are going to do whatever we can to make sure your suggestion becomes part of how we benefit this entire city."

My husband asked me after the meeting if I would like to run for mayor. The truth is that I would. I would like to be a model of patient understanding kindness applied to government. I told him I would also like to see him run for mayor. Perhaps we could be a husband-and-wife mayor showing the kind of compassion for the family of our city that the citizens deserve. Can you see a city where people speeding pull over and pay a small fine and go on their way saying, "Thank you for the reminder. I'm happy to be corrected for my mistakes that might harm others because I have no desire to harm others." One small glitch in the system is that no one has ever been recorded as having been harmed at the stoplights that were chosen for the monitoring. That leads to the uneasiness that it has been installed to manipulate people into making mistakes that will profit the city.

Imagine a city where everyone understood and agreed on what was needed and contributed their part to making the city work. People with ideas for improvement would express them and the ideas would be weighed against the means and budget of the entire community. Only those improvements that truly serve the interests of the community vision would be enacted.

The point is we have to actively begin to see good outcomes in our life personally and globally. We don't have to see every hurricane, tornado, and earthquake as the end of the world. We can see these as an opportunity to pray and create more positive outcomes.

In my first book *Manifesting Your Soul Mate – the Quest for Love*, I described how I consciously thought about, dreamed about, pre-

All Disease Comes from the Heart

tended to have, felt and imaged having my soul mate. In the end he was far better than I imagined.

We have been given endowed with all the gifts that God gave us, including the power to do "greater things than him." I cannot imagine that he did not plan for us to put forth our creative energies, which are now being spent on disbelieving, objecting, and having conflict, into positive creative outcomes. God created the world in seven days. How many days have we been putting our destructive thoughts into it? How long would it take us to reverse it? I'm going to begin and I invite you to join me.

I think it has to begin by saying, thank you, my God, my source, the powers that be, whatever you personally call it. Thank you for a world that is free of suffering, conflict, anger, envy, pride. Thank you for a world where people are in harmony and sit down together with love and positive intention and resolve the differences, come together with the meeting of their minds, have great love for each other and appreciate and acknowledge each other's power and gifts. Imagine if we acknowledge the gifts of everyone, how much their gifts would grow. It seems we are reluctant to let our friends, neighbors, politicians, and family know how gifted they are. By withholding from them, we withhold from ourselves and from the potential of this great world.

If we can change the world with our positive intent, we can certainly heal ourselves. The Answer Is You.

I have good news and I have bad news:
The bad news is that we have lost the key to the door
Behind which the secret of life is hidden.
The good news is that it was never locked.
— Swami Beyondananda

When human beings appeared on the planet, a group of gods got together and decided to play a game. "Let's hide the secret of life!" one suggested.

"Great idea! " another agreed. "Where shall we hide it? "

"Let's plant it at the top of the highest mountain," one proposed.

"No," responded another, "people will even climb to Mount Everest."

"How about at the bottom of the ocean?" asked another.

"No, they will invent submarines."

On and on the gods pondered, trying to find a suitable hiding place. Finally, one god had a bright idea: "I know!" he exclaimed. "Let's hide the secret of life inside each person. They'll never think to look there."

We remain in darkness when we seek external solutions for internal needs. We believe our problems exist due to causes outside our-

All Disease Comes from the Heart

selves, and then seek to rearrange the outer world. Even when we succeed, we feel empty because the external situation was not the cause of our pain. To truly be healed we must deal with our experience at its source, our own beliefs, attitudes, and actions.

We each must take 100 % responsibility for everything that happens to us, in our relationships, with our health, and our world. You have the opportunity to empower yourself by identifying yourself not as a victim of circumstances, but as the source of your experience. The whole game changes when you realize the answer is within you.

I think this is common knowledge and not common application of that knowledge, particularly in our health care. That is one place we readily give up our power and let others be responsible. I invite you to completely take back your power in this vital area of your life. It is in this area that the most valuable signals for health, happiness, and longevity exist.

Daily prayer:

Give me the strength to release anyone else as the source
Of my experience and to own my responsibility for
Creating the life I choose.
I am the answer.