

Climb Aboard the
Healing Train...

Electrifying Medicine - What turns you on



Dr Paula Koger
Wealth of Health Center
Climb Aboard the Healing Train

Electrifying Medicine

Medicine that Turns You On

by
Dr. Paula Koger,
BS Nursing
MA Counseling
Doctor of Oriental Medicine

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Foreword

I will no longer fight wars and judge others who call God what they want to call him. Nor will I condemn how they pray or meditate. Can you imagine a world where all is love, like the source of all creation is love. This source will serve us as we feel and recognize his presence in us and others. It is just life force and love. Fight it and fight life. Judge it and you are judged. Love and you are loved. Love and you are healed.

Recently someone lovingly accused me of being “new age”. For the first time I could say, “You are right I am here to bring a new age of understanding and acceptance of all that God has created”. I want to increase the understanding of utilization of the power and presence within us to increase the unfolding of the miracles he intended for us. At first, it was a shock for someone who was raised in Nazarene, Methodist and in Unity Churches or traditional Christianity. Now I love it - it fits as I have always been “different”.

You see we have always been told God can do anything for us. We have just had limited information about the limitless possibilities. Our health care and self-healing have for the most part been taken out of our hands and out of God's hands.

Somehow God has always taught me about his limited possibilities from the beginning of my life. We were poor yet miraculously rich.

Start with what you know now the rest will come in Gods' time. The hips are usually the hardest to access and heal because they contain the Generational patterns. That is why we see so many hip replacements, walkers, and stiff walking.

You are becoming your Blueprint, or perfected plan of God, and I am becoming my Blueprint. As we open to the power and the presence of God we are cleared and cleaned of everything that is not his perfect blueprint for us. His perfection has been buried in us. Underneath it all is our health. It is underneath the patterns, problems, and toxins that obstruct the movement of the energy of the spirit of God through the energy pathways in the human body. It is the sun shining in us as the clouds are rolled away.

The other part of this I want to address, is how we use his power. We can grumble, complain, and be miserable or we can let the power and presence of God heal us. The challenge is letting that power in us, rather than the many other things, habits, beliefs, and people who run us.

I am talking about our source and the source of all creation. It is all good all healing and all of what we make of it. It is like a big generator of all things you simply choose to tune into and allow the healing in as you choose. In the process God brings our awareness to what beliefs, grievances, and attitudes are in the way of our reaching full running power.his grace. As you set a positive

goal, and feel the results as being achieved, you can move out of the blocks to your good outcome you are seeking. As we move forward, we feel what is in the way. We accept it learn from it, and when the lesson is learned we move on.

Since there are standard frequencies or energy measurements for the perfect functioning of the body, Medicine is going in the direction of viewing the blocks, and levels of the energy that flows or does not flow using computerized technology. When we are fully “on” or energized with no blocks, we are moving back toward our perfection. Computerized assessment of energy blocks, and electronic activation of the energy that can remove blocks with our assistance and full cooperation. They can assess physical, mental and unconscious blocks.

This is our job to find the Divine design of perfection in us given us by our creator. Recently it occurred to me that to fulfill my mission on earth, I need only to melt into my blueprint because it is all already in me as God's perfection. I shall simply be it and allow it to direct me as I listen, feel and attend to it.

I have never known if I was to change to the world or just myself. I now know it is the same. Change yourself and because we are one with everything, everything changes. What we see in others and in the world, changes as we accept it as part of the oneness we are.

As I have listened to and participated in the healing process of thousands over the last fifty years, I have healed myself.

That is the way it works. Sometimes people call me with great skepticism and many questions, I do not take them as patients now. We, you, no one can succeed without faith. It is solid belief that lets anything work. If we believe in our “die-ignosis”, we die. Read this, find enthusiastic identity with it, we will move forward together.

I have people call every day to ask if I do this or that or use this or that equipment. If you look at my website www.wealthofhealthcenter.com, you will see there is not much I don't use. The thing that makes anything work is simply getting past the blocks and toxins and letting in the life force that heals and restores when we allow it. There are thousands of things that can block us up. We are a complex individual network of data and electrical engineering. The more we clear the traumas, beliefs, and toxins, the more the energy of our source can flow.

I have a man who is very spiritually attuned. As I am talking about the blocks I have identified using my various testing tools, he simply feels them and lets them go. No resistance is evident. His life is climbing dramatically up hill of higher vibrations or enlightenment.

Change your vibe and change yourself and the world.

All aboard.

Disease or blockage begins 20 years before a symptom. Now is the time to find and release the causes before they cause it.

Since you can heal everything. What is your start list?

Now what is in the way?

Just know you must get on board to activate your power to let God fill you with his Electrifying Healing Energy. Your will is his command.

I have had many people spend their entire complaining about the price of the session or expressing their desire to have me “FIX” them. That is the expectation our culture ‘Modern Medicine’ has created. It is the lie we prefer to believe. We have the privilege of learning from our health challenges. They are very important indicators of our spiritual needs hidden by our emotional, mental, and toxic entanglements. We are here to find heaven on earth in us.

As the train pulls out, we simply set a vision and a feeling of where we are going and understand that everything that shows up is there to teach us what there is to let go of to reach our bliss – even if it is a total breakdown.

Letting go means first acceptance that what we see out there is what is in us. If what is happening does not disturb us, it is most likely not our issue. When we can watch or feel with love, it usually means we are cleared on that point. The exception is that we have buried our feelings and are numb to what is happening. Weight, eating, food and drugs are our biggest helpers in avoiding dealing with our pain that is hidden in us. Hidden suffering patterns drive addictions – yes, even the addiction to being mean to ourselves and others.

Acknowledgements

Einstein, my favorite said, "Everything is energy and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not Philosophy. This is physics."

This is a work of love – learning to find the love in everything and share it with you, because love heals all. It is the restoration of the frequency or energy requirements of each part, system, activity of the body, that brings it to optimal health and happiness.

I have been writing this book for fifty years and God told me today "Never give up on life and life will not give up of you.". I told my husband David I would leave it to be published when I die. He loving said, "An author has to market their book. His father Dr. Marvin Koger Veterinarian, researcher and Professor at University of Florida wrote and published and marketed his to the Universities and The Cattleman's Association.

I have written another marvelous book for those who want to find your soulmate. It is call," Manifesting you Soulmate – the Quest for Love". I have had many tell me it is a great book. Others told me it had misspelled words. I did let it discourage me about writing and not wanting criticisms. I am back again so bring it. I know it is just an avoidance of having things work for you to find their faults... the people who found the misspelled words or faults did not find their soulmate. They missed the message by killing the messenger. I have arisen!

I want to acknowledge those of you who are willing to put your critical, fearful, judgmental skeptic aside and ignore the grammar errors and the things you disagree with. I have had this book edited, and paid heavily to do so, three times. It is what it is. Please do not let anything keep you from getting the message.... You can heal anything you ask God for and give him enough time intent and obedience to his prescriptions. Just let it work for you and you work with it.

I have always had a desire to save the world. This desire was deeply rooted in my DNA, ancestral patterns. I worked as a child to save my family and took in patterns learned from being with them and sensing their deep desires to facilitate healing in themselves and others. After about 50 years as a health care practitioner, I recognize the futility of trying to save others unless they are fully on board. I can show them how to save themselves if they are ready willing and able to take the ride. I also recognize my job of saving the world begins with me. Fully 100% of my clients have suffered from trying to save others and in the process losing touch with themselves... the one who heals us only when we are at home in us.

My ancestral patterns include lineage comes from the Kings and Queens of England and Scotland and 5 signers of the magna carta. Their patterns I inher-

ited including their desires to make this a better world, has fueled my work with people and propels me to do my work. With this I want to move their dreams and all my ancestor's dreams of truth and freedom forward.

I am moving through and healing the patterns that also came with the inheritance. This includes moving out of guilt, sadness, anger and all the things that come from the frustrations of saving others. I am moving myself towards finding in me what is true and real. I tell you this to let you know life is a work in process. As people work with me and begin to discover their generational patterns, many people say, in a critical demanding way, "How long is this going to take to clear my stuff." I call being on earth the University of Life. I say we take the good stuff and run with it and leave the rest in the depository. Leave as much as you want to leave and allow as much of the vibrations of light as you choose.

This book is written from a place of deep compassion for what is happening here on earth and a desire to inspire collaboration that will lead to solutions for all of us. Every day I feel like a new person with a deeper understanding of life, so I always want to start over. I think the book I have been writing for over 50 years. Now it will be done. I am clear and ready, willing and able. I have healed all that kept me from doing it. It keeps writing itself. I am sure it will let me know when and if it is done.

I am very grateful to all the people in my life. I accept all that people gave me to move me along my path of self-recovery. My job has been to learn how to make it good for me. I thank you mother, for giving me everything you had as a single hardworking, spiritual woman. I thank you my grandmother Bess who was an unrecognized Medicine Woman who mentored me by being who was and giving me my middle name of Bess. My Grandfather for working so hard for us. My Dad Paul who gave me life and left me to learn from his absence. I recognize my adoptive father Gus for saving my Mom, sister and me. My children Eric, Jennifer, David and Catherine who give me the gift of making their lives wonderful. To all the people who hurt and helped me greatly and to the love of my life David – I am grateful to you all. What I have done with all of it has made it possible for me to find me.

You may continue to write new chapters as mankind learns to leave the patterns and programs blocking out expansion into the bliss. The processes of identifying the ones we haven't integrated accepted and resolved is the course of the practice of healing presented in this work or play whichever you like. I prefer keeping it light and bringing it to light. The process of finding what is there in you and I is our process of becoming the Doctor within. This involves inner light and Love that directs you solidly, unobstructed to your highest and best – your power within.

I also dedicate this to the patients who do the work relentlessly and become all they are to be.

This book is for all those who showed up and refused to accept the "DIE – ignosis" they had been given. This is for all those who refused to give up on themselves and their families. I dedicate this to very patient who took charge of every detail in their life that was in the way of perfect health, wealth and happiness. These are the true heroes the

ones who win the battle within. I love you all. You are winners and you are my family.

Finally, I dedicate this to the potential I see in you.

It can be a group effort change your frequency and change the world.

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The Doctor in You

All fifty years of my career and the first 24 of my life experiencing healing gifts and education, I have represented, understood, and communicated various versions of the viewpoint expressed here. Many times these viewpoints have saved lives and set people on their “high road.” Because it is so personal, unfamiliar, and life changing, my counsel has been met with some resistance. For those brave, willing people who have been open to healing, their lives have become more fulfilling with each release and data change. My specialty is finding the soul lessons and patterns for each individual. These patterns are the deepest cause of all distress, duress, and disease; I use numerous methods, instruments, and modalities to assist the person willing and ready to let them go.

If you don’t agree, it is your call. I want to give you a second option and opinion— something naturally effective s for me and for thousands of others. One of the reasons this approach is not the number one form of medicine is it is all about you and what is yours to do. I know most people do not know and understand they can take the steps, claiming their full responsibility for self. It is all perfect, and when you are on your own right path, there is no wrong way. There are opportunities in every choice. This book will show some of the ways to amplify the results and your frequencies that heal.

I sent this who is book to a publisher and paid the fee. A few days later I recalled it. I was afraid of all that comes when you tell a truth that is not popular. Then I heard a song by Black Hawk called “It’s Just About Right.” In the song he sings so well are the words, “You do what you do.” It is the story of an old man who went up into the mountains to paint. His work did not turn out the way he expected, but he learned a truth: “You do what you do.” So, I decided to “do what I do.”

The name for what I do came from a client who had retained a pattern from her mother, a single mom, pregnant at 18, who had raised the daughter alone. After a session of clearing a pattern of fear and excessive worry about every detail of every moment, , the client looks at me glowingly. She said, “I feel electrified, cleared and energized.” I realized she had chosen the perfect word for this type of medicine—Electrifying Medicine. The client is now turned on and keeps turning on. She does this by tuning out the past traumas and beliefs about herself and others. Years of suppression have blocked many spots in the body. She is healing the cause of her diabetes (a shutdown of the energy flow to the pancreas). It is the hereditary type and has been present her whole life. She is making remarkable progress with greatly decreased doses from the insulin pump and a strikingly happier life. This book will help you see what you

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are doing to generate or diminish the flow of the energy that runs the body and what you can do to jump start it yourself.

Discover your power within and figure out how you can become the generator that runs you. You can utilize the power of your source to fuel your journey and clear the path to your return to your perfection. I have come to this concept by the flow of the spirit within me.

I have always been intrigued by Hippocrates, the father of modern medicine, who said, "Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness." He also said, "Disease begins in the gut."

I have written this book to facilitate the emerging of your doctor within. My goal in writing this book is to attract those people who are ready to put their power to work for them and utilize these dynamic, brilliant, principles of self-recovery.

There is no universal right or wrong approach to health. There is what is right for you. Everything we have made to help can be utilized in the right amounts at the right time. Our job as physicians to others, and your job in becoming your own physician, is to learn to make the best choices.

As Einstein said, everything is energy. Everything affects our energy and thus our health. We are either amplifying our energy or reducing it, balancing or unbalancing, suppressing or harmonizing.

The things that make us the sickest are the hardest to give up. The things that enhance us are the hardest to adapt; it is change. It is painful at first, but it leads to bliss.

This book is for sharing what I have discovered so far to achieve optimal energetic frequency enhancement. The longer we neglect and deny this and ignore what makes us our strongest, most energetic self, the greater our needs.

I have spent the last fifty years clearing the traumas and blocks from my generational memory bank. These things interfered with my expressing myself, my truth, and my gifts. These things' being cleared were worth the effort. Now no matter what happens, I have gained a clearer, freer me just by overcoming, clearing, and staying open to the guidance and wisdom in me to lead me to the divine right words, messages, and publishing experience. I have always stayed out of the box as much as possible. I had to clear many things that showed up from my childhood traumas of others forcing me into "the box":

1. Fear of being me who is a singer, dancer, entertainer at heart
2. Fear of punishment for expressing me
3. Pain of punishment for telling the truth
4. Fear of making a mistake in grammar, having been raised by a phonics teacher
5. Fear of not being loved because I did what I came here to do

Most of the fears come from being abused and abandoned as a child. Please, no pity. I learned and learn from all of it. It is why I am here, to learn about all the stuff I have been carrying in my memory, subconscious, and generational pool. It is what I want to share with you and assist you with ... but only if you are eager.

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I have always been drawn to the energetic enhancement of life. My first memory of hearing about energy as medicine directly was in a Ppsychology class at Florida State University. The textbook said a man had healed himself by holding two ends of electrical wires and running electricity through his body. I do not recommend this, and yet the statement opened my mind more to energy as medicine. Of course it has to be the right energy in the right frequency for the right duration—tricky.

I also recognize the source of all good is the ultimate medicine. We can learn to get out of the way and connect with this limitless abundance of the universal creator of all and the light and love that heals all. My awareness of and utilization of energy treatments with acupuncture, voice printing, New Decision Therapy, biofeedback, Electronic Gem Therapy, Qi Gong, laser, NLP homeopathy, nutripuncture, herbs, the enemas I gave patients as a registered nurse 30 years ago. There are many energy release and enhancement techniques listed at the website www.wealthofhealthcenter.com. All are greatly amplified for the understanding, application, and all also recognize the source of all good is the ultimate ancing of the energy we are. With your belief and participation, these therapies will also assist in releasing what is in the way of the flow of life force and your coming in and healing yourself further. These modalities are here to assist in recovery of your perfect expression of who you really are in your perfect source-given design. Energy is affected by anything that might obstruct or amplify its flow.

1. thoughts
2. beliefs
3. generational and DNA patterns
 1. stored toxins
 2. foods
 3. intake of air and water
 4. balance of nutrients
 5. stress levels
 6. movements
 7. choices. Of interventions
 8. feelings
 9. intention
 10. traumas
 11. programs
 12. environment

Unconditional Love Heals All

Before I tell you details of the therapy of love, light, and joy, I want to share a most valuable experience arising from my willingness to love unconditionally and listen to God's voice speak to me. After all, that voice is our highest and best.

One day during my morning meditation, I recommitted to unconditional love and then went to my favorite park. As I was walking in, I thought, *How can I hold this feeling of unconditional love when I run into difficulties or things I could allow to take me out of the space of love?* Understand, I accept that

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whatever takes me out of the space of love is an opportunity to learn from whatever it is, because there is something in me getting activated. Nevertheless on this day I wanted stay in light and love consciously, so I thought of beautiful yellow butterflies. I feel love when I see them. I thought, *Yes I will hold that picture*. As Einstein said, "Imagination is everything." Imagining activates and sustains the feeling. It sets our attractor field pattern in the direction of our feelings and imaging.



When I was getting ready to jump into the ice-cold springs, a young man called to me, "Jump in and don't use the ladder!"

I jumped in, as I always do. I asked, "How did I do?" He gave me thumbs up and looked stunned. I said, "You are kind."

He said, "Yes, I am." The startling thing about this is very few people jump into the water. They think easing down the ladder will be easier. It isn't for me.



I finished swimming and stood on the deck. While standing there, a young man with braces and crutches came bobbling down the dock ramp. He looked at me and said, "I did it." I said, "Yes, and you will do much more."

Now before I tell you the rest, I want to explain that on this morning I had asked God to show me the ideal time to go to the park. I felt an irresistible urge to go to the park and immediately obeyed my urge. I think it was a God nudge. I get them often, especially when I want to and tune in. Suddenly without think-

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ing about it I walked over to the boy on the crutches, who was now standing on the other end of the dock. I said, "Hello." He seemed very receptive to my company. He quickly told me he was studying to be a minister. He explained his grandfather was a minister, and he, himself, was attending Beacon College in Leesburg, which happens to be about half an hour from where I grew up, in Groveland.

I said, "I am a minister and a doctor. Do you want me to show you what you can do to let God heal you?"

He said, "Yes." His eyes lit up remarkably

I immediately began to show him how to breathe and move using some medical Qi Gong movements. Somewhere in this interaction he said, "This is God's will."

I said, "Yes. I asked God when I should come to the park today, and this is what is happening. I come here most every day at different times, and today was clearly chosen by God for you."

The flow of chi, spirit, life force became very strong, and he could feel sensations coming in his legs, which had heavy braces on them. His friend tried to distract him, and he said to his friend, "Leave me alone. I am busy doing something important." This was a pivotal moment, because peers often dissuade each other.

As we were working together, I told him the miracle story of the lady with cancer who had been given three months to live. She heard me speak at a church in Sarasota. I spoke on the healing power of faith in God. She came up to me after the service with her husband, and she said, "Do you think I could live?"

I said, "I do. Do you?"

After one visit and trauma clearing from the cancerous left breast caused by her perceptions of failure with her daughter, she got well. Cancers are initiated by the body's attempt to resolve a conflict. When I told the young man at the pool this story, he said with a sincere recognition, gratitude, and acceptance, "So miracles do happen."

I said, "Yes they do, and it is up to you."

I left as the release became effectively intense. He was glowing.

As I was leaving, he said, "Thank you Dr. Koger."

Now are you ready? I do not fully believe this part yet. I will. I went back to the springs in the afternoon as God instructed. To my surprise, the young man was coming back to the springs. He set his walker aside and took off his braces. He looked at me with satisfaction and confidence, as he stood up without his walker or braces, walked over to the springs, jumped in the springs and swam a short distance. On his way out, he looked at me and said, "I know you were sent by God to tell me more and see this."

I said, "Yes." I told him more about breathing and moving. He agreed to follow through, and I know he will. During his getting into the water, his friends were yelling at him to watch out.

Do you know why this worked so well for this young man? He had faith to move mountains, and he was ready willing and able. He was completely ready and willing to see God working and allow God's movement in and through him. It happened because he was ready; it was his time. Thank you, God for being

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with us. The young man had the blessing of an upbringing strong in faith and the power of God, yet, like so many, he had never applied it to himself.

The power of God is our greatest underutilized resource. Of course, it is always there.

Are you ready to let the source of your power in with conscious will? If you are, you will. Allowing our perfect harmony in, I have found, is a learning process involving: "Being still and knowing I am the I am."

Affirm now:

I am the I am.

I am the loving power and presence of the I am.

I am the light and perfection of my divine design.

Do this with hands folded together to balance Yin/Yang and meridians.

Breathe deeply and let it in. It is you becoming you as you allow it.

Look around at nature and feel what pleases you.

Shortly after the day at the park with the young man, I noticed a patient I was with representing the opposite end of the pole. Nothing had or was getting through her "mind-fields" to convince her she could let herself heal. She had been to every doctor, all of whom successfully identified the resulting blocks to her healing. She had a bag full of every homeopathic remedy, supplement, nutritional powder, and pill to address these successfully identified results of her not being connected to her truth. She was still unable to let go of the blocks to being her God-filled self. My testing revealed she was loaded with fungus. Because fungus is such a strong block to energy flow, it impedes our energy and smothers us, just as it smothers roses. The woman refused to give up the necessary amount of carbohydrates for the length of time necessary to let her heal. Sometimes when there is a lot of pain, we bury it because it is a lot of pain. The fact of self-healing was not getting through; she did not accept that she was the part of her healing. Acceptance was missing. She was seeking outside more than inside. That is why we don't easily get the results. We have to accept the fact that there is a balance sometimes—one or two pills of the right thing is the key. She will get it because she will keep seeking. You see I am just going to believe in her. "Seek and ye shall find." Find, recognize, release obstructive patterns; then allow it to work.

I took one tryptophan because I felt down. I sensed the down stuff going out. I took one more pill, and then I was liberated. There was no need to continue. Sometimes less is more and more is less.

What heals us is what we choose to heal us. As we throw all doubts and resistance over the fence, our source will heal us if we are cleared enough to allow it and bring it in. As we open to the still small voice in every moment with our will in place, the spirit leads us to what is next in line to release and allow our Godself and perfect health to emerge. It is the fine art of orchestrating your symphony within and harmonizing yourself. Life had prepared the young man at the dock to be ready for God to heal him. He had a grandfather who was a minister. It was part of his positive generational inheritance pattern.

There was a deep sense of appreciation and connection with this story of the young man on the walker. I said to myself. I must finish the book and start it with this story. When I left, and he said, "Thank you Dr. Koger." I realized I am

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a doctor whose medicine is God. I can no longer repress this truth. My training has taken me many places that could help people, and now God is bringing me back to him. He is ultimate energy and healing—the divine intelligence in each of us..

I told this young man he could benefit greatly to address his pathogens, toxins, and traumas. I said, “No more sugar. It feeds the pathogens.” He nodded in agreement. I have found in the case of skeletal muscular conditions such as his, there may be over population of certain toxins and pathogens that proliferate in the blocked spaces. That is why movement and breath are so effective. Release the block, increase the flow, minimize accumulation of waste.

Disease: The Coverup of You

We are in the information age, yet the information you need in *you* is being denied *you* by *you* and is buried by the information in *you* that is not truly *you*. The sickness has become who you think you are. All disease develops because the untouched, buried data are blocking the flow of energy and nutrition to the cells. We have been programmed to see disease as permanent, needing treatment the rest of our lives, needing to be removed, and unlikely to heal, in many cases. The truth, as it has been shown to me from the 60 years in education and work in healthcare combined, is this: disease is a backup of our inherited and assumed patterns, traumas, toxins. Disease is also a series of poor choices. Our job is to find and release the blocks in the flow and let go. If we do this, then breathe deeply, drink good water, and make choices that are healthy for us, we will restore the life force, shin or Qi. This is the energy that keeps us functioning when it is unimpeded. Many believe this, yet the subconscious has a block preventing its activation and application. We suffer greatly from the backup of what we are holding and are unaware of.

Subconscious

This is the part you don't know about. Most people deny avidly they have a subconscious or unknown part. This is 95% of what runs us, as identified by many great researches including Dr. Bruce Lipton. This is stored data in our unprotected mainframe memory bank and neurotransmitters. We are unprotected from the unscreened things we are told about ourselves and the data we bring into this life experience. It can be stored throughout the energy field.

There are unconscious blocks in the subconscious, and by their very nature of being unconscious we do not know they are there. Many times, no one could convince us there is a block to our self-realization. Most people are not aware there are more of them to access. Somehow I have always been aware there were blocks in me to find and heal. For the most part I have asked God to let me hear the gentle taps and hold off on the sledge hammer to wake me up. It is challenging to step out of what we have always known ourselves to be and allow ourselves to find and release dysfunctional material. Dysfunctional or less than optimal functioning becomes like a home and so familiar we don't want to leave it. Much of it comes from loyalty to Mother or Father, and our desire to be loved by being loyal to their patterns

Most people do not know there is more to them—untapped treasures of energy and wisdom. Honestly, we don't know our power to open to all the good

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there is for us in God's storage bin with our name on it. I remember this story: A person arrived at the pearly gates and St. Peter was showing them around.

As they came to a large gate, the person said to St. Peter, "What is behind that gate?"

St Peter said, "This is all God had for you that you did not let Him give you."

What would it be for you? What is there for you to let God give you by disposing of the stuff you are keeping in the way.

I was standing in line, and a man said he was doing everything to prevent identity theft. I said, laughing, "I know you. I just heard your name."

He said, "I used to catch fish, now I don't catch so many. God keeps me busy. I spend one hour and a half meditating, and then God directs me but I don't catch so many fish.

I said, "He has made you a fisher of men." He seemed delighted. The point is, I think it is connection, not pity, most need, especially since we are all one.

Our health, wealth, wisdom, love, and joy depend on learning to focus on and allow perfection/love/spirit in us. Blocks to letting in this energy flow develop for many unique and individual reasons. Each person is responsible for their load and for choosing the method that works for them to find and let go of unaddressed issues. There are specific releases of traumas with herbs, homeopathic remedies, Electronic Gem Therapy, biofeedback, and other energy releasing devices that may be useful and assist the process. The secret is having a technique to find the correct support. I will talk about that at great length. The truth is, everyone has the power to activate the force within them that can heal them wonderfully. We have to listen and be directed to what is right for us. Many times the messages are subtle. Sometimes the answer feels right but is not. Things change, so stay in tune.

We are afraid to know our power to be all that we are. It is not easily recognized and accepted. Normally people do not walk by us and say things like, "You are beautiful/handsome or wonderful." We pretend to be less than who we can be to avoid threatening others. *How dare I be all I am?* People keeping saying to each other, "How are you?" They say it with a doubtful look to make sure we don't feel too well. I am practicing holding my own and saying, "How do I look like I am doing?" They then give me a, "You look fabulous." A man asked my friend what was wrong with me because I was always smiling and happy. I think he is just investigating the response he would get if he showed or allowed his happiness. I can see it; it is his light. The man's name is Paul, the name of the father I was named after and was never allowed to see. I told him my father was named Paul and I never saw him again when mother left him when I was 2. He now jokes around with me.

I saw an old lady getting out of her car and looking down. I said, "Is it just me, or is this a great day?"

She smiled and said, "It is a great day."

Connection allows uplift.

Well here it is: me, all that I am and all I am becoming. I am going forward as far as I can go without the need to suffer for others. My plan is to get to a high enough vibration, so I can take the suffering to God at once—give it all to the Creator. I choose to help people by helping myself first and becoming in tune

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with the highest possible vibration. When we are at a high vibration, it does not go in us; we are made in His image of light and love. We must choose it and allow the vibration to activate his image.

It is easy for us to decide to die rather than face what life must show us. As I approach being old, I can see how people might find it easy to not face what life has for them, because they don't know how to release the accumulation of losses, griefs, hurts, frustrations, limitations, angers, and fears. Let's get educated about an extremely important part of life: all you don't know about yourself.

One of the ways I'll show you how to do this is to share the story of my journey to allowing, being, and expressing me. Many people could not like this truth, yet there are those who will connect. Whatever your response, it is my job to accept it and be grateful; that is unconditional. You know, "judge not that ye be not judged." The next part of that verse is, "For as you judge, so shall you be judged." It comes back just the way we put it out.

Adaptability

Life presents us opportunities from which to learn and grow, and this requires accepting the lessons. As life changes—and it does—we face things we don't want to face. We can face loss of what we have—friends, family, residences, business—and loss of things we can do—ability to move, flexibility, enjoy good health. The approach I am suggesting here is the approach to these losses and changes that allow you to accept, identify, and grieve or feel. Then you can move on to use these to reestablish new goals, new directions and let go of what has been. As we go through this facing and releasing process, we just keep feeling the pain of what is there and let it go until it is gone. When we deny it or hold it, it becomes the sickness. As we adapt we bring the grace of our creator in to release the suffering because his light heals all. By releasing we make room for our greatness.

Honestly, it boils down to the fact that we are very loyal to holding onto our suffering and think it is our job to pay the price and keep it.

When we go out or in that suffering place and start the process of launching the new phase of our life, we find there are extreme threats looming in us because we are not suffering enough:

1. The threat of being better than others.
2. The threat of not fitting in.
3. The threat of not being right.
4. The threat of not feeling worthy or enough.
5. The threat of not being acknowledged.
6. The threat of being blamed.
7. The threat of being alone and miserable

There are others you can probably name.

You are getting the gift of seeing what is still looming in you. It is the truth for you to uncover. If you feel these, then heal them. It is the best thing you can do for you and everyone around you; they will all benefit.

The threat that imperials us the most is the one we have the most to learn from. I have found the more a situation disturbs us, the more it is showing us what we need to let go of or learn from. What hits and hurts is what is stored

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in us, previously unknown by us; now because of the “hit” or activation, we have been shown the gift of knowing it is there in us. It is in us. Everything is a mirror of us—the beautiful parts and the parts that hurt, frighten, or enrage us.

What we identify and release is our greatest gift to ourselves, because it allows the buried treasures in us to emerge. We release it by simply staying with it until it is gone. We can focus on and say, “Please forgive me for believing this was true about me and hiding the truth of my magnificence. I love me, .”

As I allow myself to accept my magnificence without the fears of rejection and not fitting in, things are happening that did not happen before. A woman stopped me and said, “You are stunning.” I had to clear my fear of being a threat to tell you this story. This is simply a payoff for accepting myself. The biggest payoff is feeling it for myself. You can and may already have it too—love coming back because you are loving you.

I have spent my life helping people. It is not what I do that matters most, but what you will do and allow to work for you. You are the source of everything God can do through you with your intention and your action.

He will guide you every step of the way. When I give people an herb and they immediately say, “Yes this it,” it works wonders. When people are so out of touch with themselves and cannot accept healing, they often spend several minutes, hours, days questioning and doubting. Those who do not reach acceptance of whatever the remedy may be cannot be helped by it. We are the cause of allowing nature’s wonders to support us. Many times the patient’s nonbelief has led them to choose other healing options that overwhelm and interfere with the body’s delicate recovery system. The challenge is learning to surrender to the light, love, peace, and joy as you walk in his guidance, seeking and allowing solutions. If I don’t believe in it, I don’t take it.

Some people believe too easily and ignore their reaction. A man had a finger swell up. He was eating too many carbs and had gout. He could not believe in the herbs, so at 88 he went to his MD who put him on IV antibiotics. The man passed out and lay on the floor for days. A friend discovered him and called 911. At the hospital they continued the IV antibiotics, and he is now unable to move. What shall we do? I tell my doctor what seems right for me. He respects me for it.

Love—All There Is

What we are inside is love, because love is all there is. The trick is getting that love and allowing it to be our reality. Love can turn us on. We can turn our love on and direct it, because we have free will. Yes, everything is love or a request for it. The thing is to make sure we give it, to or allow it to open or flow. The foundation of this is the acceptance of ourselves as co-creators with free will to choose our reality.

I just enhanced this connection to love by taking a walk in the beautiful state park near my house. While walking and affirming, “I am loved and wanted,” I felt the light and met a woman who was also walking in the light. She told me she had been meeting many people like me with light energy. She explained how she started feeling sick, and God told her to go outside and walk. She said she is now over the sickness. The next time I met her she was angry and

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shut down, frowning and complaining. We open and close when we hit our unfinished business.

Everything we hide is hidden because of fear. She was shutting down love because she was displeased with her husband. It was just a sign of the healing that needed to be done to free that blocked spot.

Truthfully the way out of disease is guided brilliantly by the universe. Whatever we need is shown us. Our next step is right in front of us. What we feel about others is a guide to what is in us that is ready to be accepted and integrated with the basic premise that we are one with everyone and everything. It is the things we dislike most that challenge us the most and from which we have the most to gain by accepting it. When we love all parts of us that show up in our world, we are cleared of the blocks to acceptance, the foundation of love and healing.

I have been afraid to tell my truth all my life. It has often been discounted, ignored, diminished. Lying/hiding/burying has become the norm in our civilization. This is the number one cause of disease—lying to ourselves and others because we have covered up the process of finding and living the truth. We have been successfully shut down, and even though we have fought many things, we have not fought and won the battle with self against self.

I am ready now to accept these things about myself:

1. I am successful.
2. I have made it.
3. Everything I have done is perfect.
4. I do not have to save everyone.
5. Everything everyone has ever done is the best they could have done at the time.
6. I am love.
7. I am the world's greatest doctor, who can help you find your doctor within.

Supportive, cooperative endeavors provide masking, protective, burying, hiding, procedures and chemicals to continue the burying. We ultimately bury ourselves painfully. As the buried data grow, they block more, like a tumor.

The biggest cover up is our guilt and blame of self for not saving others or being what we think others wanted us to be. Our focus is outside rather than inside. I am stepping into the arena of life to accept myself and the light that flows through me as my greatest gift to the world. Thank you for getting it. Only you can get it; it will mean overlooking the judgments and accepting the essence of this work and you.

I found a friend at The Springs (the park near my home) who was happily singing with me each day. Her sister got cancer, took chemo, and lost her bladder. The singing friend disappeared into the misery of her sister's suffering. We continue to suffer and die for others. I understand Jesus did that, so we would not have to. We must trust in the ultimate sense everyone has to learn from and proceed through what is created by their choices and unresolved karma.

Now when friends and family start to tell me their woes I say, "Let's let God have it." The response is surprisingly delightful ... de-light-filled.

The hardest part of being me is the loss of clients/patients who give up, could not and would not be open to finding and being their truth. They are willing to continue peddling in their pain and playing games like dodgeball with the truth that is limiting and killing their potential. So I am giving that up. I am ready to manifest people who are ready to “run the gauntlet” of self-discovery. With it comes self-recovery. Disease is giving us messages of what we are or are not doing or getting rid of.

However, I shall trust them and their source to find their way. Everyone has lessons to learn and their own path. A man at The Springs who has had surgery on his throat for cancer was getting out of the pool one day. He said to me, “I swam without my vest today.” He was coming up the ladder. He also said, “Next time I will come up the plank, because this ladder exit nearly killed me to come up the stairs.”

I said, “You look great.”

He said, “I will come up the plank because each person knows what is best for him.”

I said, “That is very true and profound. I will quote you in my book.” So, my part would be assisting those who want to overcome their present limitation unless it is best they keep it. Right now, it seems right for him. Humans seem to limit themselves with their fears.

From my viewpoint as a doctor, he looked great, yet the patient’s job is to know what is best. Most of the time they don’t know how to find in themselves what is best. They avoid the truth, fear the truth, and don’t like the responsibility that comes with knowing their own truth. His color was great, no rapid breathing, no evidence of anything but self-doubt. Still he must go at his level of willingness and readiness. We each must.

Mankind’s’ greatest fears are knowing one’s truth and not having love, but only we can give either of these to ourselves. In fact, we already have both truth and love; we have just buried them. Also loving ourselves comes from knowing the truth of our magnificence. How many people are ready to really get their true magnificence? You are.

The good news is, healing myself heals others, too. What others do is nice, yet what we do within us to remove the obstacles to love is what allows us to become love, and love in us heals all. Everything is love, so it is already there for us to move into. We can’t perceive it until we perceive our love in ourselves. When we do this for ourselves, we are doing it for the world. We are “saving the world.” We are one with everything. Remember people were healed by touching the hem of Jesus’s garment. That reference was probably regarding his aura or energy field of pure love and bliss.

Healing the Subconscious

There are several ways to heal one’s unconscious or subconscious parts. One way is to feel immediately what is happening when we are in an interaction that does not agree with us. Anything less than love and acceptance is pointing to something in me/you that is locked inside, blocking us out of the love frequency of 536 htz. Then practice accepting and loving it.

Another strategy is to find what is causing a feeling like fear or anger about such things as being left out. Rather than avoid, we could go into the left-out

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pattern, feel it, and ask the self to let it go. We could make it a gift we give ourselves. We could say, "Thank you for this/your rejection. I now know I am stillrejecting myself. I will let it go. I love and accept myself." It is just an energy pattern being activated so we can recognize it, take charge of it, and move it out. It leaves space for something we choose to feel. It requires breathing deeply, taking as long as it takes, and letting in God, spirit, chi, love.

I am healing a wound on my leg that developed from a childhood of being told how wrong I was and being beaten with a switch for being wrong. The wound appeared three years ago from a physical trauma. When others tell me I am wrong, if I feel it. I heal it again. The unhealed spot on my leg is a friend guiding me to full self-acceptance. We usually try hardest to stop symptoms and get rid of signs of imbalance. I say, "Learn from the signs." When I have healed all the disappointment I have yet to release after 20 years of releasing, my leg will be well. I hold the image of the wound's being healed and breathe, move, eat Moringa and nourishing food and consume low carbs and no sugar; all these actions give my gut what it needs to be healthy and balanced. When healing ointments and trauma remedies are added, my leg will have a closed, beautiful ex-wound.

A patient who has a throat chakra block and a block resulting from taking the victim role in life was advised to take a homeopathic remedy from Psychosomatic Remedies; she was told to feel and say:

"I forgive myself for holding in my subconscious data preventing me from feeling loved and included, and I express my gratitude and love for all it has taught me," adding "I listen to my inner voice and speak what is true for me in each situation." She ws to breathe into it and let go.

When you take such advice, you next allow love and appreciation for you to emerge from your depth. Love is who I am and who you are. The process of burying our love is something we took on innocently and unknowingly. We do this because of the storage capacity of our neurotransmitters and memory system and the affinity of our subconscious for the data we were not able to screen. When my father did not show himself to be a responsible father, I thought it was because I was not enough. It took me years to find that feeling of not being enough stemming from his failures as a loving nurturing father. I know now it was not because of me, and he was responding to deep patterns in himself.

The homeopathies amplify the healing in most people—those who accept, believe in and take the remedy regularly. Sometimes people cannot do any of these.

Do this feeling and releasing as many times as needed to fully let go and let love. One way to amplify letting love in comes by crossing hands left over right on heart and putting attention on heart and the flow of love. This flow is the universal healing force. Breathing deep into the abdomen is essential to activate the internal storage tank of strength. Now bring the breath into the chest and activate your love. I learned this at the Honesdale Institute in Pennsylvania. By the end of this book you could be breathing consciously and releasing. Breath is the breath of life; it supports life, because life here requires oxygen.

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To balance yourself inside, fold your hands together and, if possible, touch bottoms of feet together. All the meridians or energy channels run through hands and feet.

Most storage tanks of love have never been accessed, opened, utilized, and filled. Oxygen restores life; life is love; love heals all. Be patient and, of course, never give up. It is our life's work.

Breathe all the way down to the pelvis each time. It reduces stress.

My Plan

Overhaul your healthcare activity, starting with your caring for you; find out what you are doing so you will be loved, and find out what you are not doing to love yourself.

What we do for love is often what makes us sick and does not get the love.

My great friend has beginning Alzheimer's. I gave a couple of strong nudges toward things that change the body and heal the brain. She did not move toward even the smallest idea. So now I will just call to chat about good things and give her to God

Disease begins 20 years before a symptom.

Respond now and save yourself from suffering! Or you can suffer; it is very fashionable.

We are so deeply steeped in our need for suppressing our misery, we dare not risk moving out of denial into the pain of what we are denying and on into the bliss of what is underneath; we want to avoid the pain in between. We can get around it even if we have it cut out; the information is still in us. I had a client last week who gives us the picture of what is going on. She said she had been diagnosed with Lupus and was taking drugs for it. Her tongue was coated with a thick, white coating, indicating poor drainage and digestion—especially, in her case, too many carbs. I know some of you will not want to read on. The truth is right up front: too many carbs are the number one addiction and cover up for what causes disease. Everyone is different. and we must find what is right for us. Are you ready to go under the coverup and find you?

In this woman's case she had a C-section. This started her disease because it blocked her body's drainage system. Her face swelled up and turned red, with a break out of Strep. Her abdominal scar was numb. Her disease, like most, was created by too much in—not enough good in and not enough bad out. Her underwire bra, which she would not give up, was creating more blockage in her chest area. The lymph system drains all the way down the body and through the chest. When the flow of toxins out of the body does not occur, the body gets inflamed; to resolve the back up, the body attacks itself (Lupus). When we believe Lupus is something we have, it becomes part of our identity. We settle into the “die-ignosis.” We believe it has us and avoid dealing with what we have.

In essence, the energy flow of the Lupis patient is dammed up. She left without the homeopathic scar remedy and lymph blockage release remedies. What I had recommended has always released the scar blockages in people. She also did not take the homeopathic strep remedy. This was yet another incident making me realize it was time to write a book about treating the emo-

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tional part of us that prevents compliance. I realize how wrong I feel for doing what is right for people. Of course, it can only be right if people accept it and allow it to be right. She and her husband were nurses, and acted as though they understood during the two hours I spent explaining.

They probably did understand, but they were unable to change. The problem is the organisms that are being supported by carbs start to rebel when we consider changes that will threaten the continuation of the present colonies of organisms. Also, the training about how to respond to disease goes very deep. For me it was being raised by a grandmother on a farm deep in the Kentucky hills, who stressed we were to find solutions for ourselves; that philosophy was what she was all about. It became me. I want to help people understand their options. With understanding can come compliance, taking charge and avoiding doing what is going to make it worse. I am also an educator; it runs in my blood, with school teachers and ministers as ancestors.

Here is the case of the woman with Lupis from the viewpoint of a Holistic Doctor:

1. Scars from a C- section that can be easily treated with homeopathy because the scars block the flow of energy through the delicate pathways, or meridians, that run throughout the body.
2. Stress causes 90% of diseases, and it was probably so in her case.
3. Diet and carb intake
4. Restrictive undergarments.
5. Lack of exercise to balance the flow of energy.
6. Secondary infection set in to clean up.
7. Work and childcare overload
8. Elevated cortisol
9. Low esteem
10. Strep infection

Meridians, or channels through which energy flows, were identified more than 2,000 years ago. In most medical settings this system is not included or identified. . Scars are not seen as a possible hindrance to the flow of energy, because the presence of energy is not understood and addressed. Scars are a major obstruction of energy flow. Because they stop the flow, tumors can grow and organs can become weak from lack of energy.



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As a nurse I was trained to see her presentation of symptoms differently. The usual approach would be noting:

1. Her immunity needs to be suppressed.
2. She needs antibiotics.
3. She needs sedation.

Nothing else was addressed. The biggest and probably the most effective therapy would be to simply stop most carbs for a while and reduce them overall with an increase in greens like chlorophyll.

As I travel in the road of healing and wholeness, most of all I have learned to find myself fully by knowing this and owning it:

I can do all things through God who strengthens me. I have his strength to do anything and stay the course of finding and expressing his love in me.

The guidance usually comes very quickly. You will just know as you allow yourself to know. It will feel right. I have one rule: if it is not a yes, it is a no. Many people cannot find their own opinion or answers, and even fewer can trust them. Someone with more authority tells us we are going to die ... unless. We believe it and suffer more, while the system spends thousands of dollars to reverse what they cannot. But ... you can.

Treatments

When we talk about treatments, it is essential to understand fully that you ultimately allow or disallow the treatment. The treatments require full acceptance and receptivity of the patient. We are in control, and what works will only work if we put the control on go-open-allow-move. then it will happen.

What takes most of the time of a doctor like me is finding and enlisting the patient's block to willingness. Most of the time there is a fear of failure. Also, there is a fear of not having everything in place to do or accomplish what we set out to do. This means we do not know and trust the flow and do not know how to activate the flow to bring what we seek. Also, we do not understand we achieve by focusing and feeling the destination we are seeking as though we have already reached it. A big part is not understanding how it can work to really heal something. We have been trained not to believe in great outcomes in healthcare. The most prevalent constraint is continuing believe we must treat, not beat.

The reality is that love heals all. We must figure out what will work for you to let love in yourself or let you find the love that is already there. The woman with Lupis, like many, prefer to complain rather than stop, see, and allow the solution.

The real cause of disease is a deficiency of love, 528 Hz. of energy in the body field. Most people are resonating at 200 Hz., which is the misery level, (complaining in an attempt to resolve the misery. Instead complaining keeps misery alive. Complaining is a learned behavior and an unconscious attempt to avoid recognizing what we are holding and letting it go. According to the research of Dr. David Hawkins, who is one of the originators of the attractor field concept, what is in us is what we attract. We spend our lives trying to get around what is in us. Our real job is to alter what is in us and implant new data. When disease occurs, it is because our love is blocked by one of the

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love-blocking issues. For example, if we have had an abusive father we may become abusive and keep leaving an abuser to resolve the pattern, when in reality it is in us. We can resolve the pattern; such attraction can change if we allow it.

A 60-year-old woman who was eighth in a family of nine children kept having accidents and falls hurting her dominant hand. Injury was a way she unconsciously used to get love and attention. Like many people, she did not feel worthy of just having love without a reason like a sickness or an injury. Her son showed the same technique for getting attention. The loyalty to holding the unworthiness has prevailed. Children do what we do and not what we say do.

There are many things with which we block love. Often it is blaming others because they did not do something the way we wanted them to. We are also blocked by things like not feeling wanted or accepted. Perhaps the biggest block is not feeling as though we are acknowledged or worthy. The list of ways with which we block love is long.

Eating helps us stay out of connecting with the pain of not feeling loved. It also keeps us from feeling love. The more we limit and select our foods to high vibrations love foods and chewing consciously as a way of raising the frequency of our food, the more we can support our flow of healing energy; love our food, and it loves us back.

As often as I can, I say to children, young and old people, "I see how wonderful you are." The sentence varies. You notice how infrequently people appreciate each other. Most of the time people are putting others down to make themselves feel up.

A client notified me she was upset because of a rock being thrown through the window of her new car. The task, after reporting it to the police and getting it fixed, is acceptance and learning from it. What is there to learn? It is always different. If we don't accept and release it, we keep getting rocks thrown at us. It keeps hurting us and blocking out love; this perpetuates our fear or keeps us angry. She had reacted to a neighborhood teenager by "flipping him" when he got in her path with his bike. He threw the rock, and she had to deal with the fact that we get back what we put out. She had to deal with fear of being a threat because she had "the best." At a deeper level she also cleared the warrior pattern of her father. Her father had died on a submarine that went down. As the only child, she took up the battle. She also had to deal with learning to feel worthy of perfect, wonderful things reflecting her perfection. Others easily become the enemy when we run into the unfinished injustices in our families. In fact, she had to deal with the part of her that is hard on herself. You may think, That is a lot to learn from one incident. The harder the hit, the more it gives us to be grateful for. She was devastated by the attack on her car,, which symbolized her achievements.

Of course, whatever the parents have not resolved will be passed on in some way to the children.

Treatments that work must include:

reatments that work involve the patient's full participation, understanding, and allowing. I have noticed unless people are willing to go all out with their

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part, healing can be blocked. It is the patient's job to be responsible for following the entire program including diet, exercise, breathing, drinking alkaline water, and willingness to let in The Source of the God-spirit in all of us. People like to skirt their part and blame the doctor for getting it wrong. You are the doctor, and it is your frame of mind and attention to the subtle details of your life that will allow your success. No wonder drugs and suppression are so popular; it is a lot of work to get you to change. The change can involve many things like patterns of driving yourself too hard or not choosing to drive at all. Mostly the lack of motivation is buried in the subconscious or unknown parts. Most people let their lifestyle get in the way of their health.

Before a treatment can work, we must address the issues stored in the tissues. This takes as long as it takes and can best be addressed with a combination of the modalities you we find are best for where you are: prayer, meditation, homeopathy, nutripuncture, Qi Gong, laser, food, breathing, letting go of self-sabotaging belief systems and work patterns, acupuncture, voice printing, yoga, and numerous other bioenergetic interventions as we put our attention and intent on them and focus on the issues. Most important is taking 100% responsibility for ourselves; this usually includes utilizing the guiding physician fully, and well as trusting the physician in you. Early on, in becoming your physician within, you will find you cannot get answers to your own needs because they are too buried beneath the cover-up of pleasing others rather than knowing what is best for you.

One day a treatment can be needed by the body and then because of thousands of variables it is no longer right. It is the patient's job to address in those variables the sense that the treatment is no longer right at this moment. We are accustomed to getting a pill or prescription and taking it regardless, even if it kills us. That is not what I am suggesting. I am suggesting your full participation in the evaluation process.

The body has thousands of pathways through which energy flows. The optimal system of life care would necessitate having a process for addressing the energy pathways that become blocked from conception, forward, and from the beginnings of our connections to our past lives and ancestors.

Machines have been made to address the blocks, and one of them was designed to address all blocks. The inventor was imprisoned. I will say no more about that.

Release techniques and biofeedback are numerous and may contribute to the releasing process. I like to use the French system of nutripuncture, or Psychosomatic Energetics, because it effects a broad spectrum release. With time and the patient's intent and focus, there is nothing one can't do. Sometimes the belief in self is too low to activate the flow, and we must have some guidance and therapy to get ourselves tuned up to our ability and willingness to connect to source. Still I do not want to take anything away from you because you have it all. Just find it.

I notice a fine line between believing and receiving. Stop for a moment and allow the subtle energy of your source to flow in. Open to the spirit now. Breathe deeply and take it to all the parts you are ready to heal.

Allowing this energy flow it is an ongoing process; being done with it is not a logical expectation. We are here to keep moving up the scale of consciousness

until we heal all seven Chakras and then beyond. Improvement will be noticed, yet sometimes people do not notice their improvement because the improvement they are used to is the disappearance of the symptom. In healing, the symptom may be exaggerated for a while. That happens too, and the effect may be either subtle or dramatic. You will move into the bliss more and more as you practice. Another important thing is that responses cannot be controlled or predicted. Healing is like any other creation—all in God's time. Persistence keeps opening to change, and if we open enough, healing happens.

A woman who is on a detox called me to say she had started on antibiotics to stop the drainage from her nose. That is what people do when they are healing; they sabotage their efforts because of fear and misunderstanding of the healing process. I have had to dig deep to find the truths about healing and one of them is: drainage is essential when we are cleaning out. If we stop drainage with drugs, we stop the healing process.

Drainage comes in no predictable way or amount. It can come from all orifices. The challenge is to manage it and back off a bit to prevent excess elimination as it accelerates. People will take time off to be sick but do not take time to heal. It is okay; you just did not know, because this truth is not presented as a necessary part of life, that you must drain toxins before you jump into killing the pathogens that come in to clean up the toxins.

How to Find What is Right for You

The key is to have a practitioner trained in testing kinesiological responses. This insures safe choices for the individual. We must also identify and release toxins, traumas, scars, pathogens, patterns and EMF Stress.

Most important is adjustment so that what you take in is right for you. There is no right diet for everyone. The organ function must be improved before you can “eat anything.” Then it should be monitored. Even if you are not willing to do any of this, ask yourself to be ready; keep practicing intending until you manifest the healing willingness and energy for it.

I had a patient who refused to eat “right” for her healing but has shown improvement in many ways, especially mental and emotional. The block is she is a vegan who does not cook. It limits her progress of healing severe joint disease, because the best healer is bone soup. She will also not take a supplement with gelatin because it has one animal part. She inspired me to resign from being responsible for the physical complaints directly, when she commented that she is going to get x-rays to see if what “we” are doing is working. When people want to hold me responsible for what happens when they won't do what it takes, I'm out of there.

I have had many people cancel joint replacement surgery due in large part their preferring to clear the issues. They have increased their energy flow in part by eating bone soup pressure cooked with Instant Pot® pressure cookers. (No, Instant Pot® didn't pay me to say this.

The more you heal, the stronger will be the force in you—your energy, stamina, healing power, and capacity to attract your good, or the joy of living. www.wealthofhealthcenter.com

Establishing a Healthy Balance in the Organisms of the Body—Our Microbiome

Movement must be appropriate for keeping the body electric. I say increase movement until you sit still as little as possible. Move everything every way you can think of, and watch Qi Gong classes on U tube. Lee Holden is my favorite.

Thoughts and meditation practice are necessary to maintain connection and direction, with movement in the spirit of our truth and light. Letting God's or The Source's healing energy in is the way healing can be accomplished—all in God's time.

For me everything, whether symptom or disturbing event, points its way for something to be healed. It is a gift or opportunity to heal. Our cultural pattern is stuffing it or blaming someone else for it. Our favorite thing is looking for someone to fix it for us, many times a missed opportunity for finding out how powerful you are to activate the power and presence in you.

We shall investigate the most important aspect of healthcare ... or any care. What is right for you to let out and let in as the best for you. We must follow special guidance about what is best for us by first learning how to listen to our guidance and hear and know what is best for us.

Einstein said, "Everything is energy." You are your own generator. What do you want to generate? When you've answered that question, tune in to the instructions.

Our job is to tune in to the higher energy of our source, and It will guide us as we listen and tune in to the highest wisdom in our gut, our heart, and all. A female patient called me while taking a protocol of homeopathy to release the pattern of abandonment that has been in her all her life. She was experiencing what many people experience with true healing. She was feeling the "ill" effects of letting go. She has lost one person after another and worked harder to retain and fix the next one after each loss thinking it was her inadequacy to help them that caused them to go. She never left the house without a "super opera" looking dress. At the insistence of one of my longstanding clients, she was beginning to work on the patterns between herself and finding true love. Of course, true love begins with finding our true love inside us. It is the journey.

In fact, it was the pattern of abandonment in her field that was attracting the reality of abandonment. The abandonment started in childhood. Now when she called she was complaining about the symptoms of the release which were new to her. In fact, letting go of what has been suppressed all one's life is a great challenge. The longer the suppression the more intense the release. It feels new and strange because it is not what we are used to. We think we want the change, yet we must get used to it and feel good about it for it to work.

If we eat what does not agree with our releasing process, we amplify the trauma of it. She even wanted the reassurance of my telling her what the next release would be like. Like everything else, she wanted to control her "letting go." I can relate. I recommend we be attuned to releasing and manage it by sitting still with hands and feet together, meditating.

I have five different meditation I do. One of them is to say "Om." another is to pray "The Lord's prayer." I will tell others later.

Of course, we have been trained to eat to suppress our emotions and take drugs to control and suppress hurts, disappointments, angers, fears, and

griefs. Such a deal. When the healing moment occurs, it is an involuntary response. Welcome and allow it. What you felt was a herxheimer reaction, or healing shift, letting in higher frequencies. Because the woman who called was eating so much and holding so much weight in her tissues, the release was more intense. When we are new to healing we just go slowly as we change everything, a bit or bite at a time. Carbs in excess of what you can handle will make you feel worse and less happy.

As she spoke to me, I realized how little we understand the process of releasing and how well informed we are on suppression and controlling things. We are very used to the process of masking, burying, covering up, and stopping release with drugs, chemicals, foods, and behaviors. We talk about these things, but we really don't let them go, and consequently our "friends" and family take them on and suffer for us. Those who don't dump on others simply suffer silently. For radically suppressed people, the outcome of the release is more intense release.

I want to commend this brave soul for what she is participating in and taking charge of her life; she is on the path to giving herself the love that will insure love can never abandon her.

Finding the Best Frequencies

Now we open to the frequencies that are best for us. See or imagine, believe, allow and communicate your wishes. Einstein also said, "Imagination is everything." We see and feel the life bliss and path we choose for ourselves. I would add receiving your good wish and vision as you clear the obstruction is part of the process. I also will give you the download of data I have received as I tuned into God's truth. Your healing can and will come as you simply stay tuned in to the good feelings, such as joy.

For good or bad, we are in charge. We are either a disease machine or a vibrant health and bliss machine. With every breath and thought we are moving toward ease or disease.

We are in charge. I was in Sam's' Club, and a kind and gentle man who was handing out food said, "How are you."

I said, "Fabulous."

He said, "That is exactly what I thought when I saw you. That woman is fabulous."

Clear the field, and the light, joy, and fabulous come through. I said, "You see it in me because it is in you. Others who don't have the joy activated may be very disapproving when they see me."

He said, "Yes, jealous."

It is one of the things we live with when we stand out. We walk with increasing purity until they will be healed by "touching our garments."

We are accustomed to working outside ourselves—judging others, advising others, or being judged and advised by others. Can you imagine finding answers in yourself? Can you imagine being plugged into a source of all that is good, and resonating with the good feeling of self-assurance, bliss, love, and joy? When we seek love and approval by obeying others, we have difficulty finding our love, guidance and truth. The truth is they don't find solutions for themselves either.

Medicine that Turns You On

In my studies, I have been drawn to the source of all good, God. God is love, light, and divine right order in all. Some people have issues with the name God. Please feel free to call your source of all good what is right for you and stay open. The Source is not shutting you out because you do not call it a certain name. When it gets down to it, we allow our differences of beliefs, or things we have made up, to separate us. I am working toward allowing acceptance of the differences by seeing the light of God in everyone. The God in me guides me to the God in all others, too.

Connecting to it is our challenge. We have a lot to get past.

Since the beginning of my life I have known what faith could do through me. I prayed for my stroke-stricken grandfather at my mother's request at a very young age. He recovered fully.

Thousands of patients have recovered from their "die-ignosis."

The system of discovering what we need and what is right for us becomes the challenge of life. I believe in miracles—believing and allowing and event is the path of discovery of yourself and your abilities. The part to learn is how to find and release what is in the way.

Besides intuition and how things feel, kinesiology is another tool I use to discern, sense, and determine what is right, wrong, and compatible. It is a way of sensing what is right for us and not right. I was trained for five years by Dr. Gordon Johnson, a Doctor of Music, or frequencies, from the University of South Florida.

For treatments, I use:

- Eye activated light therapies like Emotional Transformation Therapy
- Sound Therapies like Attractor Field Therapy
- Skin activated color therapy like Esogetic Color Therapy
- Frequency Therapies delivered through the skin like lasers, scalars, and micro currents
- Nutripuncture
- Biofeedback using computer programs
- Touch therapies
- NLP
- Psyche K
- Qi Gong
- Acupuncture
- Acupressure
- Jin Shin Jyutsu
- Homeopathy and vibrational combatable herbs or supplement
- Voice analysis and feedback
- Nutritional consultation
- Lifestyle
- Movement and breath therapy
- Emotional release work
- Food
- Medical Qi Gong
- Love
- The power of The Creator in me and through me.

Electrifying Medicine

Your will to heal and activate your healing powers. I give you harmony supporting therapies and energy to recharge, and and you take it from there till next time.

One of the things we face is how to develop receptivity to being a recipient of the spirit of love and light—The Source within.

The information on how to resolve all our diseases is possible and is ours to discover. Each person is unique and has inimitable patterns to discover and uncover with distinctive needs to fill. As this occurs the spirit of love and light can enter at our invitation and restore all function. We people simply do not understand how to apply the process in our life. We don't know how to get out of our beliefs, patterns and traumas that perpetuate the "dis-ease."

Culturally we are a disease-perpetuating society. We feed disease by the way we respond to healthcare needs. A man who had just swum a mile was smiling because he was going to see his doctor. He said, "I have to find out how I am doing."

Turns out his doctor is a young, beautiful woman. The only time I feel bad is when I go to a doctor who threatens me with what is going to happen if I don't get a tube up my butt, a tube down my throat and everything else poked, probed and irradiated. And x-rayed. My doctor is Indian in origin, and he understands me. I told him the worst thing that can happen if I don't do these things is die, and the worst thing that can happen if I do, is I'll be scared to death.

My path of self-discovery and thus healing everything in myself—including cancers, Lyme and colitis—has paralleled my helping thousands along the way heal themselves by getting out of the way and getting the right support in. My desire to help thousands more inspires the sharing of my story and a path to healing you.

2

Suffering: The Alternative to Healing

This book is written from the viewpoint of a person who has seen and felt much suffering in the world—too much. In many cases I took it on to fix it not knowing the power of God to do it perfectly. My job now is to give you what you need to fix it. Perhaps it could be threatening to know we must give it up to have it, such as how we could handle having the power to get it fixed by giving it to God. This involves giving up control to give it up to Him and let Him have the credit. The credit for us is we have enough sense to give it to Him and allow the healing—giving up control we get everything. I am still learning this, because it is my soul lesson not to have to be right or in control. You could argue the writing of this book is taking ultimate control. Still I know you are the only one who can do what your life is saying you need to do in order to make it work as you intend it to. Of course right now it is working just as you are intending. Your own limitations are the only things limiting you.

The dilemma is this: how could we give it up? We want control. We do not know the ultimate control is giving it to The Source—the energy and divine presence in us that is perfect when we give it to our highest self; it is us.

We are afraid and unfamiliar with the power. I am enjoying getting to know it better every day, as I let it guide me moment to moment. Could you let go and let God? He is handling us anyway. What happens when we don't choose to allow it is He has to keep presenting the challenges that may be harder than giving in to Him. He does not give up on us; He persists until we get it—our highest and best.

I want to confess the things I give to him are turning out best ... better than my "efforting" so hard.

I also know everything in my past has made me who I am because I chose to learn from my suffering and heal myself. I am medication sensitive and drugs intolerant. Vaccines nearly killed me. I am even herb and supplement sensitive. Therefore I learned to make my own homeopathy alcohol free. Also, food is my medicine, and my medicine is my food. Sometimes my medicine is just no food—just water, movement, and prayer. Hippocrates said, "Let food be thy medicine and medicine be thy food." He also said, "When you eat and are sick, you feed the sickness." He is the founder of modern medicine. Doctors take his oath—The Hippocratic Oath. It has been modified from the original. Most people go to the doctor to stop a symptom. The approach I have found to work long range is discovering the underlying cause at the deepest possible level. When the message of the condition is fully discovered and resolved, the symptom is easy to treat and often goes away. We are each different and need

Electrifying Medicine

different time, treatments, and support for each correction. I know I have said this before, but have you gotten it yet?

Movement and energy activation are also my medicine. I swim three times a day in the crystal-clear springs or the ocean, jump on my trampoline, and meditate in between walks.

Because sickness serves a purpose, we can begin to heal by discovering what it is doing to us, telling us, gifting us. Usually it is a cry for love. It could be how we get it. We work under the notion of helping us think we are helping ourselves fit in or be loved by being sick like others were or are. Certainly, this is in no way conscious mind; it is buried deep in us, and the pattern has many generational issues behind it. It is not your fault; it is simply the limitation of our social systems.

Many times we fear we will lose benefits if we allow ourselves to heal. This may just be the benefit of others caring for us or showing they care because we are sick. Losing the benefit may be monetary or a role that allows us to remain safe, to hide something, or to be right. The list is endless. Sometimes I am tempted to be sick because people will give me attention or love. I am resisting so far. I am increasing my gifting to myself—love.

I realize we are the only ones who can really give it to ourselves; when we love ourselves, it comes freely from others.

I don't know if you can understand the subconscious does not contain data we are consciously aware of. The awareness hidden in our unconscious can come to our conscious mind when we focus on the unconscious with meditation, intent, and focus or the use of software to identify the subconscious frequencies involved in our struggles.

We can ask God to show us what is deep inside that is really blocking us. I test using the information of Psychosomatic Energetics, a study of the Chakra issues storied in the body. (The Seven Chakras are discussed fully in Chapter 5.) I sit down with people as a partner. By analyzing chakra issues that cause disease by blocking the flow of energy, healing is greatly accelerated. It is a process of self-discovery. I help people find their patterns that are mostly subconscious or unknown. This is my healing gift.

It can become yours with guidance and practice.

Overcoming my greatest fear: You

As a person who has been sitting down face-to-face and heart-to-heart with people for fifty years and asking them to face and find the truth, I have found the hardest part of life is the fear of criticism and hate of others.

I was criticized and beaten as a child, and it boiled down to not feeling loved. This is mine to let go of. I do, I did, and I will. It comes out in layers like everything. I will take care of it with God and all that is supporting me. It is harder and harder to find it the fear of criticism and much less threatening. My vulnerability is my gift to you because we must give up hiding.

I recently had an experience to help prepare me for this and clear out these fear data. I am very grateful for it. After meditating on it for a while and swimming in the spring-fed river, it became clear. I have the most threatening job in the world.

Medicine that Turns You On

When you ask people to look at the truth about themselves, all their defenses go up. It is the survival nature of man “kind.”

I had a message from a client who wanted to, “Sit down with me and clear the air.” Now I know this person. and I know her favorite stress reliever is to blame herself, which she relieves by putting it on others.

I also knew her case of blaming others was not something she wanted to let go of. She wanted to let out some gas on me and keep the blame pattern. So I refused the invitation to get together and get “connected.” The only way we can disconnect from the patterns others are wanting to load us with is to find them in us and heal ourselves. We can accept them, love them, and get power from, and then learn from everything that shows up.

As I dealt with the fear that came to my conscious mind, I realized man has massive amounts of data and very little of the accumulated data; the result is that our egos agree with the egos of others. Even though most of the data—95%—is unconscious, according to the research of Doctor Bruce Lipton, we are slinging our data around at each other, with all of us wanting our viewpoint to be “the one.” We sling data with our thoughts, verbalizations, analyses, opinions, actions, and our approvals and disapprovals. We sling whatever is in our field. Therefore we see it in others and don’t see it in ourselves. How many times do we get or give approval? When we feel and give all love and approval, we well.

The problem with listening to other people’s negative opinions of us is our neuroreceptors can easily take it in and store it. The problem with listening to others say negative things of any kind is those things can go into our brain and get stuck on neurotransmitters. Now the people who have made the negative remarks have made their problem ours. We have always believed we must do it for love and to be gracious. If you want to criticize me, it is because you feel you are wrong, and if I want to criticize you, I have some self-blame to clear from me. We are mirrors, and we are reflections.

Honestly, I find it hard enough to overcome the data I have been imprinted with throughout my entire evolutions. I choose not to risk having more to let go of. Maybe I can get strong enough to keep it out while others are putting it out of themselves. I have been listening to other peoples’ build-up my entire life.

As much as possible, I am done with cleaning up poop by being the target. I was a nurse for 20 years and cleaned up lots. Cleaning the literal stuff was a lot easier to “wash off.” That is why I went to voice printing as a biofeedback solution. VoicpPrinting was invented by Calvin Young, a top aerospace engineer NASA researcher. This technology uses an analysis of the voice frequencies to change the energy and helped really resolve the problems. With clients in sessions I ask them to focus on the feelings of the issue. They need to honestly own it and let it go. This is a therapy I love to do.

We don’t have to get punched to be loved. We must love us. When we do, others can, too.

I am afraid of your slinging and dumping your negative data on me to relieve your constipation. However, I love facilitating and honest dumping of your stuff, which involves your/my owning and releasing.

The Whole Picture

I have been led by The Source in me to explore, study, and get certified in every healing modality known to this earth. Looking at my website www.wealthofhealthcenter.com, you will see some of them. I have learned they all have potential application, and the careful testing of what is best for each person using kinesiology is my method of tuning into my inner guidance and that of the client.

All of modalities activate and cultivate healing and health. With the right modality, amount, duration, and frequency for each person, we will amplify and balance the flow of energy in the body. The programs I use to scan the energy may also identify where the amplification is needed. There are many pathways, meridians, auras, chakras, organs, muscles, lymph systems, bones, endocrine glands, beliefs, scars, traumas, toxins, and patterns to address.

In addition to the techniques I listed in Chapter 1, I have been certified or trained in:

- Laser therapy
- Massage
- Nursing
- Counseling
- Homeopathy
- Electronic gem therapy
- Constellation therapy
- Psychosomatic energetics
- Attractor Field Therapy
- Hypnosis
- Nutripuncture
- Kinesiology
- Biofeedback therapy
- Injection therapy
- ZYTO and NES to assess the blockages.

These are all highly effective, useful energy enhancing, moving, releasing techniques.

You as the Healing Technique

I want to give you a technique to begin, regardless of the condition you are seeking to correct, resolve or heal. Do this with no expectations. Just believe and allow as you breathe into your lower abdomen and then your upper chest; find the place of perfection and love in you that is you. Feel it, breathe into it, and let it expand. The secret is to stay with it, trust it, and give up everything that comes up to block your connection to you. Accept the perfection of The Creator in you. I had a skin rash responding to nothing, and to this technique it responded completely. There are no limits to what your divine inner intelligence and perfection will do.

The use of The Creator teaches the person to bring in their healing power and/or listen to The Creator's directives. These modalities help you let your God pattern emerge. Since God is love, the heart is healed with the data. It was there in me from the beginning; I came full circle back to it.

Medicine that Turns You On

The first thing my husband taught me is this: Everything is an expression of Gods' love or a cry for it.

Michael Ryce

Disease is the accumulation of data that keeps your perfect, God-given design from being fully active. Disease is the pain and patterns that keep love out.

Being You

A young male cashier was checking my husband and me out of a Health Food Market. I saw his name tag and it said Xzavier. He was happy when I pronounced his name correctly. He told me most people just looked at it strangely or butchered it. I ask him how he got that name. He was pleased with the question and said, "My parents gave it to me because they knew I would be different."

I love the idea of their giving him permission to be who he is in that way.

I thought how much money people make from playing others in movies and playing a role in life. I notice often the mask we wear to protect what is there.

What if we were rewarded for being who we are fully? I am going for it. Do you want to?

Take a moment or an hour and find everything good about you—the real you that you want to express. In our desire to be ourselves there are many people, things, and circumstances calling us to be what they want us to be. Many of the things that cause us not to be ourselves are blocks in our generational patterns. The identification and release of these generational DNA patterns are essential for really being ourselves. Releasing them is an essential part of full recovery of all we are designed to be by divine design. Some of the techniques that help with this release are homeopathy, the Rife machine, nutripuncture, attractor field therapy, and even acupuncture with electronic cem therapy; they can work as we focus on the blocks.

Energy Medicine

I find it extremely satisfying and feel great gratitude to have been led to the understanding of the body as an electromagnetic field of energy. It offers so much hope and so many possibilities for treatment of disease. I do not have to stand there as a helpless nurse as I once did, watching people suffer and having no options that work other than the enemas I gave them, and the IVs the doctors gave to hydrate them after the patients had neglected their fluid intake. Both the enemas and the IVs helped them feel better than anything else that was tried. The drugs were used because there was so much shutdown of the healthy body functions, and they were the only tools available. Healing optimally involves selecting the best tools available to activate the "force." In many cases whatever tool comes to hand must be given to prevent the body from shutting down when people have been destroying themselves.

Early childhood and education guided me to this path. Everyone has a path. We are mostly intolerant of others' paths. I watched my grandmother, whose namesake I was, growing and using homemade remedies. This path was my original divine design.

Electrifying Medicine

You know how your path guides you where you are supposed to go. Wwhen I read Dr. Richard Gerber's *Vibrational Medicine*, my favorite book, I understood why I had not totally rejected the concept of healing using energy- activating modalities, as conceived by the man who treated his illness by running electricity through his body. By Gerber's description, I am an energy personality. My orientation is to use what is most in harmony with nature and compatible with the nature of the person. I do accept the necessity for chemical intervention when it is indicated. I prefer staying proactive, so we can avoid the need to be rescued. I am thankful for modern medicine as complimentary medicine when we are in need of it.

We add to energy with our thoughts, our music, our intent, and our images. Everything is energy; even thoughts create, generate, and send energy. Plants and nature offer energy just by being, and they don't have to speak. They speak the language of silent vibrations.

After months of drought, my husband, David, and neighbor Barbara and I got together and danced a rain dance, with David drumming. Rain was gushing two days later. With focus, intent, and vibrational sounds from Indian rain dance music, our will and intense focus added to the positive outcome of rain. We did this as my husband's Indian ancestors did. The river has risen about twelve inches. It may be time for another dance requesting a specific level. You see, man is so powerful we must take full charge of all details and invite loving responses from the universe.

When you look at all the great things man has created on Earth, it is exciting to imagine all the possibilities of what we can do for ourselves.

We just need will, faith, focus, and love to get going.

Dr. Gerber explained how some people are drawn to energy as a modality for healing. He explains very well that there are two categories: the energy acceptors and believers, and those who lean toward chemical solutions. He says, in fac, the chemicals may suppress the energy and consciousness, and thus may interfere with consciousness. I am knowing from my experience that anything we are not compatible with can interfere with our consciousness and our ability to stay in balance. We can be unfavorable in our response to supplements or certain brands. What alters a symptom may not facilitate healing. However, altering a symptom may be necessary because of the conditions and choices leading to the present state.

It is easy for many things to upset our connection with the ultimate. It is our challenge to stay connected to our vortex, energy grid, or individual source.

Ideally, we combine energy or holistic medicine with the useful aspects of chemical or modern medicine, balancing and assessing the combined needs.

It is interesting to find most people who are energy people love listening to me. The rest do not. Which one do you think you are?

If you have read this far you are probably an energy person.

After reading Gerber's book I discovered in physics class, much to my surprise, that everything is energy. If everything is energy, the most important thing in treating illnesses and staying well is learning the energetic effect of every pill, herb, food, drink, drug, supplement, homeopathic remedy, procedure, modality, intervention, thought, and belief. Does that make sense? If what you are doing stops the flow of energy, you will not have the energy you need to

Medicine that Turns You On

heal. There are few people who have been willing to do what it takes to stay extraordinarily healthy and uncover the stones burying the life-suppressing issues causing all distress, disease, and failure to achieve. Those people are true pioneers, and they have been coming for evaluation with me for more than 20 years. I honor their achievements.

There are many avoidance practices in healthcare, but it is all right. People do what they do. Much of the stuff that happens comes from not understanding the tendencies governing healing activation. Here are some philosophical statements to help you heal:

1. It takes as long as it takes.
2. You can leave without taking care of it, but it will still be in your field.
3. When you walk into a forest for 20 years, it will take 20 years to walk out.
4. Everything going into your body must come out.
5. If it does not come out or be assimilated, you have a block; accumulated effects of blocks are diseases like tumors, cancers and everything else labeled disease.
6. Healing or letting go has a varying amount of discomfort as the misery is felt and released.
7. You are in partnership with the doctor, but you are really in charge of letting it work.
8. For anything to work you must believe in what you are doing.
9. Continuing to look for the magic bullet disempowers what you are doing. The bullet you have is the magic bullet if you let it be, by believing in it and accepting it.
10. Deciding to ignore aspects of the program sabotages the program.
11. You will cut your healing short by wanting to save all your money and leave it to your children. When you feel your best, you will will heal them. It's more important than money.
12. When you upturn the stones and feel change coming, most of the time you don't want to look under the stone.
13. Your thoughts and beliefs will either advance or set you back in the healing process.
14. You have the power to do it all.
15. You get to choose which stones to leave unturned.

Some people resist vigorously, and many just quit. I love stones and love turning them in myself and others. They are treasures, and treasures are buried in you. If you have carried physical stones, you know how heavy they can be. I saw a young boy removing a very heavy rock from The Springs. I told him it was not allowed to take from nature what it needed for balance. He seemed to understand, but he did not like letting it go.

Even though it seems like a big job to write this and communicate the power and full potential for you to heal yourself and the world, I am encouraged by this story to do my part.

Electrifying Medicine

The Hundredth Monkey Effect is a study in which a new behavior or idea is claimed to spread rapidly by unexplained means from one group to all related groups. This happens once a critical number of members of one group exhibit the new behavior or acknowledge the new idea. I am hoping one of us is the hundredth monkey.

The 100th Monkey

A Story about Social Change

By Ken Keyes Jr.

The Japanese monkey, *Machaca Fuscata*, had been observed in the wild for a period of over 30 years.

In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the dirt unpleasant.

An 18-month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers too.

This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes—the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

Then it happened!

By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice: A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea ... Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakyama began washing their sweet potatoes.

Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind.

Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which if only one more person tunes-in to a new awareness, a field is strengthened so that this awareness is picked up by almost everyone!

From the book *The Hundredth Monkey*, by Ken Keyes, Jr.

Medicine that Turns You On

My practice is and has been about finding what is interfering with the energy flow and educating and promoting the patient's full participation and responsibility for creating all aspects of life included amplifying energy, health, and happiness. To accept the job, you would benefit from knowing how. Then there is no stopping you or me.

Defusing Human Minefields: Empowerment Medicine

I appreciate and acknowledge every effort that has been and is being made to help people. I know there are great doctors, nurses, aides, and physical therapists. There are also great drugs, herbs, homeopathies, and treatments. The distressing news—and the good news—is this: The patient must take charge and make the changes to heal himself. He must also have the right help at the right time, in the right amount. Now is that asking so much? It is right up there with the world's most difficult jobs for you and me.

A friend of ours is a retired pharmacist who suffered great loss recently. He had a very bad upper respiratory condition. My husband and I made a chicken soup, and after he ate it he admitted to radical improvement. The most we can do as healthcare providers is meet the patient where he can tolerate it.

An MD had tested salt levels on one of our patients. It was low, dangerously, and he was drinking salt water. When I tested him using NAET, I found he was not absorbing salt. I did the salt absorption treatment and he responded immediately; he walked out with his head up, rather than bent over as it had been when he walked in. When I was a nurse, I would never have believed we could improve our absorption by holding a vial of the substance we are treating and run a spinal thumper down the spine. But it is true, believe or not. You can ask Devi Nambudripad, the founder of NAET (Nambudripad allergy elimination treatments).

The challenge of healing is to get people to participate and allow a life of perfect health. We just aren't accustomed to our perfection.

Dr. Albert Schweitzer said, "There is a doctor inside each of us."

Hippocrates the father of modern medicine said, "Everyone has a doctor within, we just have to help it in its work."

Once we have found the doctor or perfection of self, we can learn to use our powers and universal wisdom, and know who we are to the fullest.

The biggest roadblocks for the patient are the minefields or data stored as frequencies, or information. These are the data/fields of energy we have accumulated from traumas, toxins, generational and cultural patterns, and information blocking access to the data of our full potential and inner perfection. They are in the subconscious and, often, in the conscious. A block gets hit or activated when one of our minefields is still loaded with unresolved ammo.

A situation activates it. It is always good to search out minefields for disarming or deactivating. We can defuse our potentially injurious self-destructive arsenal. That way they don't go off unexpectedly in the form of cancer or a big emotional explosion like killing someone physically or emotionally. It is a difficult job because almost everyone thinks they are aware of everything about them.

I want to make sure you understand the importance of locating these mind fields/minefields and what they are. Minefields develop from very intricate interactive survival patterns like the one I inherited when my mother left my fa-

ther and my father was not allowed to contact me. He was never talked about, and I was not allowed to cry about it. My mother married another man, who adopted me and my sister. It turned out to be a very good thing, and I loved Gus. The trauma was that it was forced on us, and we had no choice. I asked my mother once why she left my father. She said he drank an occasional beer. Okay, well that makes a *lot of sense!* After much work I know it was for my best. Thank you, Mother and Dad, for *all* you did.

Everyone responds differently, depending on other trauma patterns. This accumulated experience, combined with the birth of my sister a few months after the separation, living in a house with grandparents, being beaten regularly, and getting decreased attention, created patterns in me that were survival response patterns. They were responses that were natural to the situation and data I had to work with. Just like you, I did the best I could. *Just like you.* Now we just keep doing the best we can and undoing what we can. My plan is to make the most of it and turn it all into gold. I am taking the skill of mining for coal common to my home state of Kentucky and mine for my gold.

These patterns I have spent my life healing, and I still am. It is the way into bliss, underlying their presence. Valuable opportunities are stored in our deepest hurts, and they have the potential to show us the best aspects of ourselves.

The significant object is to recognize their value. Everything that happens is a gift for us to open, understand, and resolve. It is an unravelling what I/we have to heal from the accumulations of family patterns for all the generations. The reason for entering the family I chose was to perfect my gifts, develop them, and show me generational issues to heal.

I hear some people say to me, "I wish I had not chosen that family."

The way I see it is that we all made the perfect choice for us, but healing the lesson behind the choice is not always easy. In fact, it may be very hard. This is due to resistance and lack of understanding of how to recognize, release, and transform it to your choice of data. Most of all, it is change.

In writing this book, I can sense the great need I have always had to facilitate the establishment of a University of Life, where "the stuff" could be searched out and transformed in every student, leaving all of them with their ultimate vibrational pattern. It may not be what I will do, yet dreams of a positive nature add to positive outcomes.

In fact, we could spend our life acting within the same patterns of distress we have been in for many lifetimes. As I see the levels of anger and fear in people, I see the depths of the despair; I choose to see the vibrations of everyone raised to their highest and best. As I see it now, it is time to see the resolutions and the solutions and live in the reality of our perfection.

Understanding that everything is energy or life in motion, we can find new ways of transforming dysfunctional patterns by releasing their energy. These hurtful patterns are less than loving to us and others.

I have only one answer for the world's problems: solving my own. That's why I am sharing with you how I do it; you can take what works for you. I have also helped it work for thousands of others.

Healthcare is complex at best.. I like the idea of knowing more, so we can do more ourselves and benefit patients to know their part.

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The hard part now is for me to be able to stay connected to my Godself when I go out into the world and feel the hits of my unhealed part. Right now, I am just coming back into myself and discovering what the hit was showing me.

Hits are those things and moments we feel something other than love and acceptance for ourselves or others. Find what is behind it and we can know this: The truth is pointing the way, and when I attend to it, it is setting me free.

A practitioner came to me for a session, and after the session he stood strongly in the center of the room and said, "I have been all over the country, to all the best practitioners, and I want you to know you are the best." I believe that, and I have perfected the art of self-discovery to share with all practitioners and non-licensed seekers of healing.

On an Easter Sunday I got a text from the same practitioner. It said:

If I had not met you I would not feel resurrected today and every day since my appointment. Thank you so much. I will always appreciate you for what you've done for me. I feel happier than I've ever been, and it's only the first appointment. Consider this a review (testimonial).

Alesia Marsha Menard
Owner Colon Therapy Clinic

I Practice "letting go and letting in medicine."

My father was a "free spirit" and not too reliable. My pregnant mother took off to the home of her parents when I was one year and a few months old. The facts are foggy because everything was secret—hidden from the children because that is what most people do to protect their children, hide the truth.

When I studied constellation therapy with Dr. Bert Hellinger, priest/psychotherapist, he described secrets as one of the most significant causes of disturbances in children and families. He learned this in Africa when he was sent there to be a missionary. The Africans sat around the campfire telling stories of lions killing relatives and other horrible things. Dr. Hellinger observed the children integrating these things and adjusting to what they were sensing about the happenings (or already knew from their inner knowing). The practice observed the power and importance of not keeping secrets from our family. I have witnessed many people in my practice healed by "facing facts." Even autism.

My mother would never talk about my father or allow me to cry about him, so I suffered inside, hidden. It is still coming out.

I have cleared and healed and continue to clear and heal.

I gave up unloading on my friends and allowing others to unload on me when they are friends. I tell them I charge for unloading, but I will sing, dance, or pray all day.

Being happy and healthy is the greatest challenge we have, and only we can do it. The good news is we can do it. I offered a job to a young man after he told me he was unemployed. He did not take it. We/you/me oversee what we allow ourselves to have and who we are; our choices rule. The young man seemed to be proud of being unemployed and hanging out with his mother as she worked in a Laundromat. She seemed also to want him there. You see everything has a reason; he is a good boy who wants to be around and take

care of his mother. It could be put like this: he is employed by his loyalty to his mother and looking out for her welfare.

Born to Heal and Be Healed

As I have said many times, I was born to heal. I always knew it, but I thought I had to hide it. I did not always know I knew it. I lived it. I mean I did not consciously think it was my job. The first person I was asked to heal while kneeling at his bedside after his stroke was my grandfather. My mother asked me to do it. When she asked me, I had no doubt about it, and it totally happened. It was a pivotal point in my life because I loved my grandfather so dearly. I knelt beside his bed, because kneeling was what we did in the Nazarene Church in Richmond, Kentucky. I asked Jesus to heal my grandfather, and He did. Grandfather lived, farmed, and helped support us for many more years. When he died he left my sister and me everything he had accumulated.

Being able to facilitate healing as a medium for love and light is really assisting others to learn about and set their own boundaries of what is best for them. At first, I put patients in their flow, and then I teach them how to find and come back again and again as life throws them their unfinished opportunities.

I am a person who, for the most part, has learned to think, listen, and know for myself what is right for me. My preferred boundaries are always being challenged by the expectations and demands of our system and others, as well as my still-to-be-healed parts. Some years ago I went to a doctor's office for an annual visit. After waiting an hour, I challenged the waiting time with a "how much longer" request. The response I received were vibes and language of that meant "How dare you challenge this doctor? He is an important person.", Even if the doctor had three offices and hospital visits to make it was my job to wait as long as the system required without questioning. I left. I would have stayed if the treatment the doctor was giving me had been working. It was my only treatment by a doctor in 30 years.

We have many choices to make about what is right for us. We are given multiple programs, beliefs, and expectations by the systems that dominate this earth. My challenge is to guide people to self-understanding that is strong enough to deliver the truth about interventions for their own best interest. I invite people to work proactively to help eliminate the causes of disturbances that led them to constantly seek outside interventions that were traumatic and repressive. The worst part of our healthcare system is that it implants fears with a diagnosis and imparts hopelessness if one does not accept multiple traumatic interventions.

In contrast, I work the issues of health in a totally proactive way. How do you instill into a person the will to heal and responsibility for one's own health in a culture set up to reward sickness and disability?

A friend who had lost a limb to diabetes was faced with the threat of losing a finger. His dear endocrinologist said to the patient, "What do you like to do?"

He replied, "I have two boats I enjoy."

She said, "If you don't stop eating sugar you may as well sign them over to me."

Good for her. He stopped sugar, and he lost 11 pounds in 11 days. We all have to step out of the boxes of self-destruction. They are too familiar and

comfortably uncomfortable. He went back to sugar because the issues were not addressed. He now has had part of his spine removed and is looking forward to heart surgery. Pretty nurses and lots of attention. He is taking care of his 90-year-old mother, so healthcare is love. Thank you, healthcare.

Ninety percent of what causes disease is stress, and 95% of what causes stress is the unconscious programs. This is what we are up against, folks. This is us—like it or not. These are the issues to resolve for our ultimate achievement of connecting with the truth in us, which is health and fulfillment in all areas.

A man called me from California to say he is working for a holistic doctor and he cannot leave the office because he must help the doctor. He acknowledged my website and all the treatments I describe there. He said he has atrial fibrillation and wanted to know if I could help. Further, he asked how many people had I helped, along with similar questions. He was putting a lot of pressure on me to explain what my success rate is. I told him my success rate is 100%. On the other hand, the success rate is not so good for patients who do not want to do their part. It is the patient's job to work with the doctor to find and release the hurts, blocks, and toxins and to change the dietary and thought patterns causing the disease. People who are asking what the doctor can do can receive more benefit to ask what they can do. My objective is to bridge the gap in your understanding of what you can do with the power and presence of your Source and full potential.

Much of the time I spend drawing the light in and connecting with my light—clearing the way for light as situations arise that point me to an area of stress. I use several healing devices I will explain. I can now close my eyes, look inside, and see light and jewels – a recent development for me. Feelings continue to come in me to be released; modification for wellness are necessary as life changes.

I think it is best if we just keep releasing without expectation of the ego satisfaction of “*being there*.” It becomes easier as I detoxify the metals, chemicals, patterns, traumas, and beliefs, and I find higher and more joyful places. The common expectation is to believe healing is a destination. Healing is a *process*. As Dr. Gordon Johnson my music professor and mentor for studying Life Energy said, “The process is the product.” The journey to heal is the journey of life. We are constantly running into old patterns, habits, and other “stuff.” We can face them, embrace and erase them. Our dark side, or unaddressed side, will always be presenting challenges. That is why people sit and meditate for 20 years. They are letting the human miseries up and out. This journey is challenging us to release and let go. It is no wonder, so many bail out or don't enter the game of responsibility. We must follow Churchill's advice and “Never, ever, ever, ever, ever give up.”

“An unexamined life is not worth living.”

—Socrates

Kinesiology: Assessing the Energy Field

While working as a nursing professor, I studied after work and days off with a Dr. Johnson, whom I quoted above. He taught me how to test the energetic impact of everything using kinesiology. Since this training, kinesiology has been

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the core basis of my life and practice. Using this assessment tool, I apply the principles of homeopathic, energy medicine, biofeedback, scalar and multiple therapeutic electric energy balancing and enhancing modalities.

Every thought, food, breath, movement, substance, person, rock, weather condition, sound, chemical, metal, element affects our energy field.

The art of medicine is the art of understanding and facilitating the movement of energy that will bring the desired outcome.

Studying CRA with the great chiropractor Dr. Versendaal reinforced this principle of using kinesiology to evaluate the misalignments and the energetic response of our interventions, supplements, oils, and homeopathy.

There are many things we can do to activate the movement of energy in us. One way is toning, or making sounds, that heal us with our frequencies of singing and listening to frequencies we are ready to receive.

Prayer, meditation and deep breathing allow The Creator's light and love to come in as we release the patterns that obstruct His frequencies. Running, walking, swimming, yoga, dancing around, and other movement clear the way for our electrical field to run the energy through. Trampoline and Medical Qigong are my new favorites.

I love the trampoline, hitting the legs and hips as I move them side to side to activate the energy. Having a trampoline one with a cross bar handle makes it safer.

Eating the food that is right for us and drinking good water will allow the body to remain clear enough to allow the energy or electricity to flow through our field. Not eating occasionally is great to reset the body. Attend to the blood sugar by taking a bite if needed.

In the clinic, I use electrical energy enhancing devices.

I use crystals and gems administered into the body using electronic gem therapies (EGT) and computerized technology. For me, personally, it is all I do for my healthcare, and according to Heart Quest, I am 37 years old, biologically.

Frequencies from the sophisticated software developed originally by NASA have now been developed into biofeedback software. These programs communicate through frequency transfer between the computer chips made with silicon dioxide and a person's silicon dioxide.. The technology is similar to EKG with broader data assessment. This computer biofeedback has the potential for correction of imbalance. We are—and everything is—always communicating. Have you ever looked at someone and felt their misery in you? That is a data transfer. Let us utilize this fully. Remember it is not often an overnight cure. When you change one thing, another must be balanced to complement the changes.

We also can learn by developing our attunement to the source of all and listen to our guidance, wisdom, and truth.

God—the energy of God—lives in our heart, and the heart pumps to every cell the information that brings us the light of love. All organs affect the heart, and the heart affects every organ. When we are not open to allowing love, this source of all energy, the energy is blocked and does not work fully for us. Let's learn to let God in fully by listening to and attuning to the subtle energy and directing of the spirit.

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We will also identify the possible blocks and methods of letting them go. We are, in fact, energy terminals with the power of our will, vision, imagination, love, compassion, zeal, and wisdom—ours to command and focus.

It is The Source within that heals. Our job is to allow it. Only we can open to it, will it, and heal it. All diseases begin in the heart when you keep God out, but where He is, all is well.

Be, see, and feel the change you want to be. Ironically, the thing we are most afraid of is our bliss-filled, joyful self. Disease is a cover-up for the real you. When we have conditions for loving, the conditions keep love out.

One condition I have is my husband's doing what he says he will. This stems from having a father who was not reliable. The pain of it is almost gone now, as I take responsibility for communicating my pain to my husband. I am healing the abandonment pattern of my father's neglecting his job. I am lovingly (most of the time) finding a way to say with love what I want.

Data of Disease

Energy medicine activates light and promotes the flow of our love. Everything is energy, so everything affects our balance. In my practice and with this book I am merging all branches of medicine. They all have potential for healing and balancing the fields. The practitioner's job is to find ways of assessing Hippocrates' dictum to "do no harm."

It is important to learn to listen to our needs and make choices that contribute to the overall harmony. Read your own side effects and healing affects, and get involved. The data of disease, the programs that lead us to our self-destruction through passive acceptance of what has offended us, can be deleted by us.

I find many people over the years have been more willing to accept their prescriptions even if they were getting worse. I just received a message from a wife whose husband is healing himself with my support. He is off four prescription drugs to control BP. It was 169/90 on the drugs. With two herbs a day he is 130/140. He worked with his Medical Doctor and he is off two of the four medications. His wife said his mind is back, and he no longer looks like he is going to die.

Many times when people seem to get worse on herbs, the response is usually due to detox. In some cases, then, the patient stops right away. When it comes to natural medicine, folks may be more suspicious. I say take charge and be sure of all you are doing. Clearing the symptoms that kill may be activated as we heal, release the block, and detox. It is a run-out response, and it can be due to a detox response. Stay in touch with your practitioner.

I did not set out to find this path of alternative medicine as a separate way of life. It found me as a way of enhancing what I had learned as a nurse and a counselor. People dragged me into alternative medicine, telling me it was right for me. Thank God, I listened. As I have used this approach, it has worked for me and thousands I have seen. I no longer end up in the hospital with anaphylactic shock, as I did from a penicillin shot I received as a child.

Studying Chinese Medicine has broadened my scope of understanding the interrelatedness of the organs to each other and thus to our overall flow of

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energy and health., I have learned to support integration of energy systems to increase our potential for healing. Integration of the psychological and spiritual, combined with the physical and energetic, have guided me to the development of ideal healthcare; I have collected the tools necessary to remove blocks to awakening to all the potential we will allow. The only real challenge in this system of health care is enrolling patients who are willing to participate in their own care.

A good example of what happens to one organ affecting the other is this: I have found people who ingest too much sugar or carbs for their body to handle get a weak spleen/pancreas. This does not show up as diabetes. The spleen and pancreas have roles in overall body function; they provide energy to the body, and when they are weakened, the lack is significant enough to weaken the heart and cause it to store materials which can block the arteries. When the heart is pushing out these blocks, it hurts and becomes obstructive. We call that a heart attack. Often the pain can be relieved with an ice pack over the left ear. Does this make sense? Decreased breakdown of carbs weakens the overall energy and ability to eliminate, so things build up in the heart and arteries.

Will you let me be the person who gets in your face and inspires you to take charge of yourself and be all you are?

I have found the other biggest block to being whole and healthy is the accumulation of data we do not know how to delete. These are usually things too painful, deep, and threatening to face. Many vets carry PTSD like brave warriors. I challenge you, brave warrior, to face the only enemy there is, the one inside. Many have released it with my facilitation and are meeting the challenge.

What we hide with and behind is the suffering of our families and many generations.

We must heal normal, everyday happenings, toxins, and traumas, including things people say to us. Foremost, they are brought on by the presence of our attractor field patterns, which we carry out of loyalty. They show up as a result of the bigger patterns of our families, which we carry for them, usually unknowingly. Most people do this.

It is unavoidable because we become what we are exposed to and most of what our families have accumulated. It is ours to let go of, and it also helps the other family members when we let it go; holding onto the patterns does not help.

These patterns and traumas are a large part of what causes disease. Commonly we do not deal with the causes of disease in any part of our life. We turn to, seek, and create systems set up to do it for us. The systems reduce the symptoms of what we ourselves have not dealt with. We don't know how.

We feel it is our obligation to keep our pain and suffering. We usually have no real expectation that treatments will cure us. The act of seeking solutions outside us is our addiction to avoid dealing with all the pain we carry. We only know how to bury or displace suffering. It becomes our obligation burden. Most people have not been able to accept or believe this ... until now.

A man came for a session to treat his deterioration and loss of energy. The process of the session showed his heart energy was weak. His pancreas, spleen, liver, and thyroid energy were weak. He had one kidney removed after

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having a kidney stone. He ate carbs, drank wine, did not exercise and did not drink more than one glass of water a day. He had been a caregiver to his wife dying with Alzheimer's disease. He said he was so hurt by it because he had no idea what could happen or how to deal with it.

Let us look at the path of his disease development:

1. Fear, poor digestion, and lack of water caused kidney blockage
2. Not knowing what to do with fear of failure caused excessive eating of carbs and drinking to suppress feelings.
3. Too many carbs weakened spleen, pancreas, stomach.
4. Weak spleen decreased liver and gallbladder function.
5. Plaque accumulated in arteries.
6. Bile flow was reduced.
7. Clots developed easily.
8. Blood pressure went up.
9. Heart had to pump harder and was blocked by undigested particles.
10. Drugs were given to reduce cholesterol caused by diet.
11. Drugs were given to thin blood.
12. BP medications were prescribed.
13. Heart medications were prescribed.
14. As a consequence he had low energy, so he was not walking and was going "downhill."
15. He hadgout—stored toxins and undigested foods because his body couldn't handle them.

He and people like him we are going along with what he is told and having no participation in his healthcare.

Now let's begin to get the patient on the field of his healthcare:

1. He released the pain of his wife's' passing. Pain is stored in the heart and creates blocks in the flow of energy. We clamp down on the pain to protect ourselves from it. Now it hardens and obstructs the exchange of data and the pumping action.
2. Increased water.
3. Reduced carbohydrates.
4. Got him moving. He lost 40 pounds
5. Gave him enzymes for digestion and breakdown of what is accumulating in the arteries.
6. Treated scar blockage by giving a scar homeopathic
7. Strengthened spleen with spleen formula.
8. Gave him thyroid support to increase energy in thyroid.
9. Gave him a brain assessment and neurofeedback treatment to restore his brain function.
10. Treated protozoa.

In 48 hours off carbs and on these supplements, he was noticeably looking younger and getting out of the chair with a new ease. He will work with his doctor to monitor his clotting time, cholesterol, and BP. His dosage has been reduced overall. but he is afraid to give up prescription drugs even though he

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was progressively more debilitated with them alone and his condition has noticeably, dramatically improved. His response is understandable and very common. We work with what is within the scope of the patient's will.

He has not stopped there. He is now addressing what is in the way of his enjoying a bliss-filled, continuous connection with The Source, God Energy, Bliss. He is discovering the patterns he developed as protection.

1. Isolation
2. Unworthiness
3. Fear
4. Anger
5. Attachment
6. Neediness

He has lost more than 40 pounds and has no recurrence of a leg ulcer and kidney failure. He is still upset because his new 80-year-old girlfriend will not marry him.

The reasons you need to oversee yourself or find your inner guidance to heal:

Things are always changing, so needs change. Combining different things creates different affects because the body is a chemical and emotional factory.

You are the one who also chooses your responses based on many factors.

How you respond depends on how you feel about something you are taking and doing.

You control every response based on believing, allowing, accepting, opening to.

Your mind blocks out being aligned with the healing spirit coming in.

When you are you, with the flow of God coming into you, everything changes and needs to change. Do these actions to address those changes:

1. Meditate.
2. Pray.
3. Walk.
4. Think a God-connecting, releasing thought.
5. Align with your divine perfection and connection.
6. Feel the presence and the power.
7. Eat what heals you.

Data Acquired at Birth and Before

We carry many painful beliefs because of our experiences and not knowing what to do. I witnessed this trauma occurring when I was an OB nurse. I was in horror at the things said in the delivery room with no awareness of the vulnerability of the baby or mother. Understand we are very vulnerable to taking in harmful programs, data, and frequencies, especially in an open, trusting place like this.

During a C section, the delivering doctor walked out of the room when a woman was bleeding. He was frustrated that he could not stop the bleeding. I was retracting the abdomen with both hands, and I said firmly, "Come back, doctor, and finish this." He did.

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The system I witnessed did not recognize or deal with the traumas this potentially communicated to the brain of mother, child, and doctor.

Very few people can deal with, prevent, or heal these traumas because the patterns in us are perpetually duplicated from many generations of pain. They are also perpetually unnoticed. A possible pattern is that there has been abandonment from many generations, inculcated at birth.

We are simply living the laws of attraction, such as, "like attracts like." It is easy to blame the doctor, but he was doing the best he could with his patterns coming into play. He came from a very brutal culture.

It is truly all a part of your ideal plan. I am sure of this, and I trust it now. We have the original pain or rejection, and it keeps duplicating itself. Would you like to step out of that and into the perfection you are?

Change Requirements

Change requires doing what is unfamiliar. We pretty much like "same old," except for occasional exploits.

When it gets right down to it, many—perhaps most—people are not ready, willing or able to change. If you think you are or want to be ready, please read on. The subconscious is a powerful force to reckon with and it is always 95% in charge, at least it is according to Dr. Bruce Lipton's research. The research and results are described in his books like *The Biology of Belief*. He is one of my partners in healing, even though he does not know me ... yet. We do not know what is in the unconscious because it is unconscious. I have found in working with this concept for more than 20 years that the subconscious is the storage of data, and because it runs the show, it must be relieved of destructive data and implanted with new, user-friendly data.

The other part we do not know about is how much our microbes lead us where they want us to go in order to survive. We have 39 trillion bacterial organisms and only 30 to 70 trillion cells depending on the study results used. The point is microbes are a necessary part of us we have to manage the environment so there is balance.

Healing involves healing, releasing, deleting, and replacing the diseased data and resulting addictions that are unknown to us. Then we can develop a healthy, happy, vibrant, loving perspective. The addictions keep the disease alive by suppressing the truth.

Civilization is addicted to avoiding the pains, hates, and griefs we have not healed. We do it with wars and attacks.

For example, alcohol is not the addiction. The addiction is a subconscious accumulation of patterns of feeling obligated to do things that don't really agree with our internal heart, soul needs, and desires. We cover the pain and bury it.

Our way out is to start identifying what is in our subconscious and release the issues one layer at a time. The first and last impulse for most people is to run away. We also have to balance the microbiome of the body with food, enzymes, thoughts and movement.

For those of you who are buriers (and who isn't?), what is the first thing you can access and let go of? Very few people get past the run away, blame, or bury it impulse. Most of the impulse is repressed by sugar, alcohol, drugs, prescriptions, or just plain too much eating. People are so brave about other

things like wars, childbirth, jobs, and families, but when it comes to feelings coming out, we are mostly cowards. It is understandable, because we just do not know how. Even with all my years of combined formal education, training, and experiences in health and healing, I was never taught the role of finding and releasing buried issues fully. Right now, I will give you the brief version.

Breathe into the Feeling

Keep breathing, even when it hurts. The hurts are usually blocking the tissues in your body; as you release, they open and cause the pain. Breathe slowly and deeply, as long as it takes. Think how long it took to get there. Stay focused on the feeling; this is the hard part because we just want to run away from it. Release it even though it has derailed us for many years, perhaps lifetimes and generations.

I think it is good to have someone supporting us who is confident of the release. If you have no one, just do it. The Universe will take care of you.

It is a friendly universe, and there are some laws to allowing the friendly in. Simply put, we become the friend to all.

1. Cross your hands over your heart, or fold them together.
2. Connect quietly with your love.
3. Breathe slowly and deeply.
4. Feel the pain and breathe into it say to it:1. "You are the pain I have stored."
5. "I forgive and let go of you."
6. "I allow my love and perfection to come in."
7. "I thank you for all you have taught me"

When you have done this, you may be hit by someone or something and feel down all day, but letting yourself feel the pain that is hidden deep is just something we are not trained to do. We usually take some carbs to help us feel better, but ultimately that adds to the negative feeling. The carbs are saved in an organ or tissue, holding on for the psychiatric session or our friends' dump session, which rarely lets it go. Knowing this is the major cause of all diseases, I am doing my part to let you know what I have found works.

We can deal with the painful issues once they are stored in our memory and in our body by learning to connect with them and let them go. The process of eliminating these buried issues is not common knowledge. Again, even in my college psychology, nursing courses and post-graduate studies, nothing was mentioned about them. Our cultural approach is to bury and deny. There is a steady emergence of awareness of the need for letting go of hate and other blocks to our love. Neuro-Linguistic Programming (NLP), New Decisions Therapy, Emotional Freedom Technique (EFT), and voice rinting are a few release processes from which you can get great success.

What we see in the world today is the result of buried pain that has morphed into total misery. The morphing is supported by our choices of drugs, beverages, and thoughts, as well as friends and family who are like us. These patterns attract pathogens and support the continuation of the patterns. The pathogens are winning, so we increase the drugs and further deteriorate. What

the world needs now is a complete change of organisms to health-supportive fields inside and out. We simply give up control until we let God in to take over.

Breathe in an internal figure eight process. First connect and clear with deep breaths into the abdomen, then into the chest, and then let your breath travel to the lower abdomen with the other half of the eight. I used to instruct mothers to do this to help the babies deliver easier when I was an OB nurse. As you relax deeply, come out of it with a reset thought or feeling. Now every time you begin to stress about this, choose a new picture or the reset thought that feels good. Practice this enough, and you will develop a new pattern. Yay!

A reset thought could be *I am safe and loved at all times*.

Personalizing care

I have studied with some of the world's greatest doctors, practitioners, and writers to find answers to how to identify and delete/eliminate our miseries and blocks and restore our perfect self. I have put all the techniques together. Now I have come to understand these strategies must be individualized to fix each presenting pattern. You are unique in what are and need what you need.

The God in you knows what you need, so both physician and patient attune to source and follow the course that is shown you as you seek and find. What works for one is what works for that one. You deserve to have it right for you. I have been guided to heal myself and you. Each person's needs, pace, willingness and ability to let go is different. You can accept and release all that is in the way of blocking the perfection within you. You can become the full expression of your divine plan.

Many fear being perfect because they may not be loved if they are too good. That has not been my experience. The more I love myself and surrender to the perfect plan I was created to be, the better life is, the more love I feel, and the more inclusion I experience. The more I love you, the more you love me. Love heals all. All is love. All is already perfect; we just have to get it for us.

I am discovering all diseases come from the presence of energy in the energy field that is incompatible with the original blueprint, which was created from the original divine design—love in every cell. I know I am being redundant, but this redundancy will lead to your abundance. We were created in the perfect image of our maker, and in the process of entering this plane of existence we latched onto our cultural and parental generational issues and patterns and brought the incomplete data from our past lives. These patterns are built on by our life experiences, which turn out to be a carbon copy of our attractor field. Many people tell me how much alike all their married partners whom they divorced were. Those who are looking at what is inside their partner and do not like it are reluctant to find it in themselves, so they get another person. The same thing is usually there, unless there has been work. Woman and men who have been abused attract abuse because they carry abuse, or they would not have been abused.

As I learned in constellation therapy with Dr. Bert Hellinger, a German psychotherapist associated with Family Constellation and Systemic Constellation, we are trying to achieve balance and work it out for the family. Constellation therapy is a process for identifying what was hidden in the family and what we are attempting to work out for our family. This is the main cause of disease.

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We are loyal to worrying and suffering for and about others. Worrying makes the spleen weak.

I worked with a beautiful woman who had married her husband out of fear of never finding love. They had two children before she divorced him. She had adopted the pattern of her father, who could not love himself. When she came to me with multiple issues affecting her heart, she realized she had numbed herself to love, and her diseases were the result.

She released it during the session using voice mapping and electronic gem therapy. She went home on a homeopathic remedy from Psychosomatic Energetics for heart hurts. She notified me immediately from her home about how much she was improved. I do like to hear the reports. You see I am completing my family pattern of not feeling completion.

Our addiction is to how it has always been—the way it is, has become home or the familiar feeling. We don't like to change it, and our pathogens do not want us to change anything. They are getting what they need to survive (misery, lack, sugar, suffering). Each organism survives well on whatever it needs; thoughts, feelings, foods issues, toxins. When we change they get unhappy, and we think it is us getting worse. They scream like kids who don't get their way. I realize how deep this is, and I am on it.

The relationships with our family, our environment, and our internal mode of operating presents us with our learning opportunity. I wish a blissful outcome for everyone, regardless of how rough the road of being in a relationship with yourself first and others second. No matter what is presenting through your relationship with anyone else, it is just mirroring what you need to heal. It is a collision of molecules in your electrical field; welcome it and learn from it. It is yours to do. Our pattern is to marry, see our imperfections in the other, avoid healing them, divorce, and marry the same unsolved patterns or avoid them by never marrying again. These are our golden opportunities in life. If you want to change your mate, heal those parts in you that are showing what is in you. Resolving everything is the road to your true, authentic, perfect, healed, original design.

The Perfection Within You

You were originally created by the master creator in his image. It is what happens to us, his creation, in coming to Earth. We then take on the earth stuff—the vibrational patterns we have been accumulating here.

Now it is ours to let go of, the patterns interfering with our bliss, so we can allow his perfection to be reestablished in us

The main job I have in life is letting go of the patterns in myself. As I think of putting myself out to the world, I am faced with the knowledge that many times people are discredited and invalidated when they put themselves out in the world. I also know that I must clear my own pattern of discrediting myself or judging myself for what I have and have not done. Forgiveness for me comes from recognizing I had generational patterns, DNA, data, limitations, weaknesses, and traumas, that led me to every choice and perception I have had. I have spent years and utilized every technique known to man to heal these. My goal is not to hold my past against myself.

The good thing to take from this is that it is possible to let go at the DNA level, the generational level, and all levels. I use computer software now to facilitate the releases of emotions. I also use homeopathy and intent for DNA/RNA rectification. I learned this from studying FCT with Dr. Yukovsky. The normal original healthy function can be restored.

Just know it happens when you exercise the free will and are ready to receive your full true self. In one session a beautiful woman dealt with the buried patterns in her abdomen. She had had a "tummy tuck." Even though she ate only one or two small meals a day, her stomach was enlarging again. Although she had greatly improved her happiness and health by releasing many things, she refused to look at and release what her lower abdomen was holding.

Ultimately the avoidance cost her everything she was trying to avoid losing.

She admitted fearing what she would find. She was afraid she might have to change her life. She had healed and changed many things. She had a fear of working. She did not deal with the fear, and her husband told her they had run out of money. She had to quit therapy.

I honor her pace and her fear. I also stay open. Without our fears we are cared for by love, and love or God works it all out. With fear, God can't get in. Fear is the opposite of love.

Love versus Suffering

We suffer as a way of helping others because we think carrying the suffering will somehow relieve their suffering and make them love us for being a valued, indispensable sufferer. When we take the load, we think it lightens theirs. On the contrary, it increases ours and interferes with their resolving theirs. Suffering is a habit, and we think the payoff is that we are more valuable and loved by being the indispensable sufferer. It, in fact, keeps the others from dealing with it in some way. Of course we get to feel valued. Our challenge is to give it to The Source. When we give it to the god spirit and accept the gift, we gain source, soul, and heart energy. If we hold the suffering, it is a block to us and creates a new disease pattern in us.

I have a new response to those who want to share their pain and suffering with me. I say, "I will listen if you will agree to take responsibility for this and heal it. You know only you can heal it, and I know you can. If you like I will tell you how. It will be a professional consultation with a fee."

A client of many years has a very complex need to be loved by listening to and taking on the pain of the people in the gym where she works out. She is in a frequency of 500-600 Htz, and because she gets involved in trying to bring them out of their 200 Htz misery frequency, she stays in stress and brings her frequencies down, in order to be included and loved. She is still learning how to be satisfied with her love for herself long enough to attract equal love from others.

When she suffers for others, she then unloads on her husband, who has had open heart surgery. We hurt others when we take on the hurt. In a recent session, as she recognized again her need to take on the burdens of others, she decided to make a card that said, "Counseling session \$50. Play and friendship free."

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Understand this dear woman was two when her military father went down in his submarine. The mother lost it, and the little girl felt she had to take all of it on. Yes, children do that. She is now getting serious about finding herself and her value without the pattern of taking on others' pain to help the family survive and be loved.

Obstacles to Healing: Identify yours

Sometimes I try to offer help to people who are going from "pillar to post" seeking and not finding, suffering, and going with methods that are not helping release and relieve. As I begin, I notice and feel there is a wall against new ideas. Some people would rather die in the familiar than change and risk success. Is this you? Recently I let a patient go because she would not accept her part. She could not let go of finding someone or something to blame for her illness. Many times, people blame the treatment. It is a balance. The patient has to make it right, and it has to be right.

Our present medical and social structure allows us to blame our disease on the disease. We have a fear that it is cancer that attacks us. We believe we played no part in it, and there is no way out other than suffering through treatments that may kill us. When we have those viewpoints, we easily have those outcomes. Isn't that the point—avoiding responsibility for disease or anything else as though it is outside us?

When we do this, hiding and denying our power, we are ill and dying. Is this you?

To heal, we must recognize we are the driver. Although someone can chauffeur us in a car, we are the driver of our soul. I honestly do not think most of us know we can accept the role of responsibility for our capacity to choose and allow positive outcomes; we can give up being passively driven. We possibly plan our vacations better than we plan our own positive outcomes. It is our choice. There are many who willingly take over for us—for profit or for meeting their own needs—by enabling us not to meet our own needs. It can be very profitable for others when we are powerless.

I will go with you, and you'll be the driver; I will help you stay tuned up and gassed for being the creator of your reality. We get to be responsible for ourselves. We even get to be responsible for the diseases we create. It also means we can get out of whatever we got into. Is that liberating? Faith, belief, will, zeal, imagination, order, love, understanding, power, strength, life force, and letting go all together, in you, will allow for your success. I learned these from the writings of Charles Fillmore.

Do you accept that? These are all powers you can develop in yourself.

A wonderful, intelligent, beautiful woman came for treatment. She was about 50 lbs. overweight and had a very swollen left leg. I tested her, and we agreed on the treatment for yellow fever. Homeopathy was started. She was also given homeopathy for heart break. She did not follow the most important instructions. One of them was to bounce on a trampoline to move toxins out. Another instruction was to eat bone soup. She kept "junking" up, breathing shallowly and being underactive. To her credit she started to drink water. All of it is to her credit, for it was the best she could do. She was unable to secrete the toxins

that were coming out as she detoxed, so she went to her MD and got prednisone and an antibiotic. Regardless of her approximately one-third compliance, she lost 18 pounds and feels and looks much better.

Here is what was happening. She had lost her mother at an early age and buried the grief in her lungs. She had suffered a lifetime of lung infections and coughing because she did not know what to do with the intense sadness and self-blame she felt.

She voice-printed it by talking into the computer program that analyzed her voice frequencies and sent balancing frequencies to her through a handset. She immediately said, "I can breathe now. I feel so much better."

I know the challenge of getting this message to you is putting it in a way you can let it in. Some will; some may not. I accept that fate and leave the choice to you. There is no way to please everyone. I can please myself; you can please only yourself.

Creative Approaches

When I was a home health nurse I had a patient who had diabetes. He was overweight and eating carbs. He had a nice, old, pickup truck, and I like trucks. I asked him if we could go out and see the truck. He happily agreed. As he opened the hood, I ask him if he would put some sand in his crank case. He was not pleased with that idea.

I said that is equivalent to what you are doing to your body by putting sugar and carbs in excess.

Did he change? Well, addiction patterns run deep, and back then my tools for supporting others to change were limited. I had only a stethoscope, blood pressure cuff, and a thermometer. Not much therapeutic-changing value. On the other hand there were and are tools that have been distorted to addict people for life to a drug that creates the need for more drugs.

According to my understanding of what my favorite MD, Doctor Richard Gerber, says, there is a danger of prescription drugs dulling the consciousness. I think they are holding back the data that could help the patient most. Here a few among many therapies used when something else would do better:

1. B.P. medicine instead of learning stress management.
2. Diabetic medicine without addressing the issues related to self-worth and food.
3. Antidepressants without addressing the cause of the depression. Cause can be toxins, traumas, infections, or patterns.
4. Kidney removal to address poor digestion of protein and other foods, rather than removing toxins and promoting balanced intake.
5. Heart stints instead of releasing toxins, hurts, losses and shocks, and restoring a healthy lifestyle including eating the food that is right for the person.

I propose a combination of skills and talents both sides have developed. Imagine a merger.

What I Saw as a Nurse

I used to stand and listen and watch what was being done to people in hospitals and other places in healthcare. I rarely saw people get what they really needed to be healed. What passed for healthcare treated one symptom and created damage in another place. I also saw lives saved.

We are not trained to seek solutions; we are trained to seek more treatments that are covered by insurance. Most of the treatments are assurance we will need more. For many it has become the way they are receiving attention and love. I understand.

I saw many of the treatments ultimately did more harm and little good. Often, they did stop the symptom. That is not healing, necessarily. Healing can occur with finding and addressing the cause. Sometimes it is simple and sometimes deep and takes time. In other words, healing can occur in an instant or it can take a while.

What I have noticed is healing requires some processes to restore energy, reduce toxins, balance the terrain, release the traumas, scars, and contaminants. Can you believe that yet?

I merely want to be a voice and bring to your attention how it allows and enables people to avoid responsibility for them.

You never know. You just throw a pebble in the water and let the ripples go where they go. "You do what you do." —Black Hawk

Carbs block change by feeding the terrain of organisms their favorite sugars. They also hold us in depression and misery when we overeat them or underdigest them. The organisms keep the toxins and patterns that prevent healing in place. The organisms are wanting to establish a balance that keeps them alive. Remember everyone and every organism is different.

Every issue has a frequency, and the lower organisms feed on the lower frequency foods like processed sugars, too much carbs. They are also supported by too much undigested food.

They also proliferate during high stress. Not enough chewing destroys the value we could get. When I studied macrobiotic cooking at the Macrobiotic Institute, I saw people sitting at a table where they chewed 100 chews each bite. I usually do 50. My friend who had breast cancer was my reason for going to the institute. It was before I trained to be an acupuncturist and learned what can be done. I went to support her. She had been having chemo. On the diet she began to improve and was getting well. She fell into eating chocolate, then burgers, and then she died. I now know she had unresolved traumas drawing her to self-destruct. She was my dearest friend and so beautiful. I love her still.

The truth I have seen about cancer is it will not grow in a PH of 7.5. Get the test strips and keep your PH above 7 in the alkaline zone. Also eat six Apricot seeds a day they have in small amounts; they also have B17 which is a chemotherapeutic agent. The molecule contains one part dietary cyanide believed to be essential for our total well-being. Most of all, find the trauma

you have to let go of—better yet. all the traumas., Everyone is different, but Dr. Hammer's research showed predictable sites for different traumas, such as lungs, grief; breast, relationship; kidney,fear. He found a very specific trauma for each area of the body. He offers in his courses a wonderful guide to finding the hidden issues and patterns. He has been imprisoned for his work of saving "terminally" ill cancer patients by treating the root trauma, making the cancer easy to treat.

When I was a nurse I was rather unpopular for talking with patients about their issues. Even when I worked in the psychiatric ward at a charity hospital, we were expected to chain the patients to the bed or bench and sedate them heavily.

Change is new, and it is not the cultural norm.

A young man came to me after deciding to find true love. He was the owner of a very successful construction industry; he had two children but never had a committed relationship. Now he wanted to find a true, committed love and heal all the parts of him that had stood in the way of it. He is a truly brave warrior, tackling the battle within.

Rather than blaming others, he was willing to go into the pain by owning it, feeling it, and releasing it, using several release protocols and healing technologies. Freeing the space in his "mainframe" where the pain had been made room for new data. Keeping the pain and the patterns of our family is done out of loyalty to them and to the patterns of familiarity. We do it to be loved and included.

In his journey inward, he found he was doing exactly what his mother, father and ancestors have done to keep love out and be loved. I know it sounds crazy. It is just what we do: fear change. Is that you? Most likely it is true of all of us. Most people will say, "No, that is not me." We have perfected the cover-up of us unless others do what we need to feel safe (give presents, take us out to dinner, hug or no hug). The list is endless as an attempt not to change. Change is usually seen as rebellion or nonconformity. It is seen as threatening and could be painful. It is. Yet after the pain comes the gain. If we keep doing what we have always done, we will keep getting what we have always gotten (Einstein).

Mentors of Energy and Healing

I have always looked up to Hippocrates, Einstein, Nannie Bess, Jesus, Dr. Gordon Johnson, Rev. Dan Gill and everyone I have ever known who listened to a different drummer. They all have been the essence of an understanding of life that I want to communicate to you in this book. They each guided me to a deep understanding of the light the energetic, life force side of nature and mankind, because I was willing to get the message they offered. I spoke with a colleague in this field about the value of the light energy training we had taken together from Dr. Johnson. She told me to be quiet about it.

I can't be quiet. It is the part of life always worth mentioning. How much longer do we have to hide our light "under a bushel of fat, retreat, or whatever"?

Hippocrates, with his statements directing doctors to the doctors' role as the educator, influenced me to want to teach about being well.. I remember even

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as a child my teachers would pick me to teach things I did not know much about, and I could do it. Many people feel documentation and double-blind studies are essential to accept protocols. I go with the concept that life is a laboratory, and we are the rats who test every moment what works for us. We are guided by our supreme connection to the consciousness of our ultimate power. What heals one kills another.

It is all about balance. For me that makes kinesiology essential and lifesaving.

Because of my Christian background, I have come to understand the light within to be Jesus and the awakening or realization of the Christ—perfection. This has been my guide for healing. When I am working with a patient, the energy of truth or all knowledge speaks to me. As I open myself to know the wisdom of the light expressed so well in Walter Russell's book *The Devine Iliad*, I feel a definite knowing of what is right for me and those I serve.

When I knelt and prayed and asked my grandfather to let Jesus heal him, he did. My family never again spoke of this, although my grandfather made a full recovery and lived into his nineties. The lessons of life did not come easily, yet as I persist regarding light, it works everything out. The only challenge is letting it ... letting the light have it.

As I've said, Grandmother Nannie Bess was my mentor. I heard a story about a neighbor man with pneumonia. My Grandmother was applying hot packs to his chest. He was yelling, "Bess you is aburnin me!" He was healed of pneumonia by the experience.

Several years after my grandfather's illness and recovery, I was still a young girl when I told my family my grandmother was having strokes. They could not hear this from a twelve-year-old. The result of this unaddressed hypertension and vascular occlusion was her death in her late sixties. She died too soon for me. I had watched her and felt her nature as a person who took charge and did what had to be done with complete faith. Recently I discover unresolved grief in our family. Grief is the usual underlying cause of strokes. When she died more than 40 years ago, the approach of finding and releasing causes was not available to mainstream—or even sidestream, for that matter. It still isn't. It is not considered normal to heal things of an emotional nature. It is considered only for the "crazy." When I worked on the psychiatric ward at Charity Hospital, patients were chained to beds and benches. I went to the administration, the head of Tulane Medical School Psychiatric Department and complained, and the nun who insisted on chaining people to benches and beds was transferred out of the supervisor position to another department.

As a psychiatric nursing professor in the early '70s, I was not encouraged to talk to the patients, either. It was an uncommon modality.

We are in a world where gifts and talents (our true gifts and talents) are less supportive than is optimal to our development and to the expression of our full potential. The results are suppression of light and joy, which causes diseases that cost us billions of dollars and much suffering. We are missing out by repressing the gifts of our children without experiencing them. The repression causes them to "act out" and rebel, as I did as a child.

Medicine that Turns You On

In the midst of writing about suppressed gifts, as often happens, I had a call from a man who had been everywhere and done everything to heal himself. The issue drawing him to be healed was his skin cancer. It was guiding him to resolve the misery of his life and his ancestors.

As he heroically faced his past and opened to the healing of it in his unprecedented manner of openness, we discovered the issues with his skin had started four generations earlier with the brutal murder of his great-great-grandfather. This pattern from the ancestors of his father had been amplified in the womb because his father could not demonstrate wanting him.

His father had too much unresolved burden to take on the burden of children. So this child, out of love and compassion for his father and family, was carrying this burden on his back from the grief and hurt of his family in the form of skin cancer. He did not complete letting it all go.

Oh yes, children sense everything, even the unspoken. Children carry the patterns the parents do not resolve. As a school health educator for United States Dependent Schools, European Area (USDSEA) in Germany during the '70s, I taught children to deal with emotions forthrightly. My boss was a psychologist hired by the military. I thought it was brilliant to hire him for the supervision of healthcare for children. Mentally healthy communications are rarely communicated. The children seemed to enjoy being set free to say how they felt in a kind way.

I just want to open the door to the world and to you to know what you can do for yourself.

My goal here is to impart and expectation in you of miracles being possible

In summary of that point God has guided me every step of the way to exactly what was right for me to know.

Energy Medicine versus Chemical Medicine

Western medicine saves lives. Oriental Medicine saves lives and enhances life. They are both useful to different people at different times. Let's get together. There is enough for all. Almost every day we wake up with an indication of the need for health supportive interventions. It is good to help people learn to intervene before it is worse. Also, it is good for people to learn what to do to stay in connection with the source of all healing within themselves and utilize natural harmonizing interventions.

According to my understanding of Dr. Richard Gerber's brilliant book *Vibrational Medicine*, there is a line dividing medicine into two parts. One side is the Einsteinian side. This view sees the energy of the body as being a central, essential, variable that must be activated, harmonized, nurtured, and considered in each person as the variable, fluctuating source factor it is.

The other side of medicine, explains Dr. Gerber, is the Newtonian side of medical interventions. This side of the division sees the body as a physiological field of chemical interactions to be manipulated by altering chemical interactions and addressing the decreasing function or deviations from function by correcting the deviation chemically.

More and more electrical interventions are developing in "Western medicine," as everyone catches onto some aspects of what energy medicine can

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do and does. Transcutaneous electrical nerve stimulation (TENS) Units, for example, can be purchased easily online. The key that has been long neglected is the emotional, spiritual, nutritional aspects of healing by letting the ultimate power source run through our channels and heal us. Sometimes it happens in an instant, or it can take awhile. So many factors influence how long awhile is. Everyone has a list.

Usually what blocks us is expectations. If it does not happen in “our” time, we cannot tolerate God’s time.

The necessity with chemicals and interventions, even natural ones, is our need to have a way to assess their impact on the energy of the body and select the best one for the person and the condition. Which one, how much, and how long have to be repeatedly assessed. Also, we must treat the blocks that may be triggered. The same is true of homeopathy. We must assess what is needed to assist the body’s adaptations as healing is activated.

Regardless of your preference of one or both, you will be more likely healed if you find the causes of your dis-eases and let them go. This is not talked about much; most people prefer to hide, mask, cover-up, and avoid. Oh, I know, I said that already.

The gradual reduction and removal of cover-up lets you come through in all your wellness and glory. It makes the energy you are blocking become available to you. If you address the traumatic, precipitating event behind any illness—as suggested by Dr. Ryke Hamer, who successfully treated thousands of “terminally ill” cancer patients—you have everything to gain, including the ability to take your part in healing yourself. Dr. Hamer says, and I say from my clinical application of his teaching, the cancer is caused by an emotional trauma blocking the energy flow.

Sometimes the block involves a misalignment, a scar, or a trauma being stored in the body from a physical or mental blow.

Optimally Einstein and Newton advocates will join teams. Each has a part to play, and the basic consideration is everything requires power to work. The source of our power is what we have chosen to call by many different names; the most common name for our source is God.

Because belief has been forced on us and our choices denied, there is much rebellion and misunderstanding that God is the creator in you to be utilized by you. Everyone has equal access and opportunity. Yes, He is an equal access employer, and we work for Him, as He works for us.

The most neglected information is that we are filled with God, like a bird, tree, flower, or alligator. Even though we are all one, most are filled with hate or blocked love, and the blockage is the cause of separation and, thus, suffering. The separation and suffering are in us and project outward; seeing it in others is our response. We have been trained to look out rather than into ourselves. If we are only love, we will see only love, and only love will come our way. We must learn to understand the messages of love; they are not always hugs and smiles. That is the work: learning to interpret love.

I experienced a test of that one day as five young men came walking down the sidewalk in a line, taking all the sidewalk, left to right. As my husband and I approached, they made no gesture of what we have called, “gentlemanly sharing.” The five of them took up the whole sidewalk as we faced them. I held

my ground, and the one on the inside hit me with his shoulder. As the world changes, people feel they must push harder and talk louder to feel their value.

I said, "Do you guys have enough space yet?" I did not tell my husband the young man hit my shoulder until the next day.

He said, "It's a good thing I did not know." My interpretation of that loving message is "stand your ground and know you are safe."

Love Heals All

All diseases come from not knowing and releasing our hurts and blocks that keep love out. We hide them from ourselves in the heart. We may know what they are and not give them up because we think it is our job to keep them. A woman made significant progress in letting go of the lifetime pain of feeling she had to save her mother and father. She had no idea it was there until one day when she was with me. Her heartbeat irregularity ended, and it returned to normal.

One day after church I had lunch with some church members. One man could not look at anyone. He seemed hidden behind some pain and admitted to being miserable. He had a plate of cookies. Honestly, they help bury the pain deeper and make it worse. Like most people he knew no other options he could use. We tend to think releasing pain is for the mentally ill. At the end of the time at lunch together he left without a word of goodbye. He was pale and sad. I see so many sick people every day. Are you nursing hurts to avoid more? Once the heart has a lot of them, there is a fear of more; I understand. What we do is close it down and play our head games to stay out of the heart.

We are always making choices for others rather than out of our own best interest. We do this for love. A young woman told me she has been trying to help everyone else. I asked why.

The final answer was, "So they will love me."

I said, "Is it working?"

She said, "No."

Most of the time the choices for others are made because of patterns we are holding that make us feel it is our job to suffer for others. so we will be loved. When we shift to loving ourselves, we can love them truly because we love ourselves, and love heals all. When we aren't in love within us, we are simply holding and communicating the vibration we are. When we have low esteem, everyone sees and feels it and responds to it. We call it contagious dis-ease.

We often unconsciously let protecting ourselves from hurt create a block in us to keep love from hurting us. The block keeps love out, so it won't hurt us. It is the block that ultimately hurts us. Love does not hurt. Love heals and attracts love. The block stops the flow and creates the conditions for "heart attacks." The heart is trying to expel the hurt. It wants to open and give love; that is its divine design. A heart attack is a healing attempt by the heart to release blocks. One intervention to do immediately is place an ice pack above the left ear.

When we start to heal we think we must heal a disease. We must heal ourselves of the roadmap of our dis-ease. We have to heal our disease of not knowing how lovable and fabulous we are. The disease is our way of holding

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ourselves back from being true to ourselves. We are afraid to be all we are because our past has not rewarded us for being all we are.

It is usually the dis-ease pattern of our family or ancestors that runs us and has unconscious control. Identifying these patterns can teach us the most.

It takes time to go into it, learn from it, and let it resolve itself and contribute to our wholeness. It takes willingness and attention most of all.

Some of the patterns developed from ancestral suffering:

1. Isolation and distrust
2. Fear of love
3. Anger and blame
4. Abuse
5. Grief
6. Hurts

Realizing and releasing these patterns are what we came here to do. It has been piling up for many generations because it takes a certain kind of knowledge and willingness to let it go. It is the unknown. It is much like going to war. The battle is inside. As we open to it, it becomes the known. The difference is that war and fighting outside is more accepted and rewarded than fighting the internal battle with our limitations. The inside war is the only one we can really win.

Once we have fought the inside war, we have a new family and connection. Letting go and letting new in is new; it takes getting used to. Are you getting used to the idea? Do you find this believable?

Very few warriors will get on this field. We are very brave about seeing and fighting the enemy outside, but the one inside is the one that is so remote. There are many external distractors leading us away from the inward battle.

A man came in one day with a lung infection. He had come to the area to visit his elderly mother, whose husband (the man's father) had died eight years earlier. The mother had recently connected with a man her age, and they were becoming very dear to each other. Seeing his mother with another man triggered in the son his unresolved sense of grief. It had been there most of his life because he was close to his father, for whom he was named. The mother's new relationship was activating the son's unresolved grief about his military hero father, and it could be the opportunity for him to recognize and release it.

Since the grief was unresolved and stuck in his lungs, he had had multiple pneumonias and back pain in the lung area. Multiple hospitalizations and courses of antibiotics had not healed the cause—grief—so it continued. We have a system that believes organisms are the cause of disease. Their presence is, in fact, a response to our need to protect ourselves from the pain, to take advantage of the pain or to heal the pain. The organisms are telling us humans there is a need, and they are trying to reestablish balance in their home: us. He needed to relieve, hide, his grief. He is a working man. Men are not commonly allowed to cry, so they suffer and die of heart attacks most often.

In Chinese medicine, the lungs are the organ of grief. When he came in and I did the scans of his body that showed grief and loss, he denied it and set to work to convince me the grief was not there.

In a few minutes, he was letting it go and crying as he voice printed, or talked, about his dad and the unresolved grief over his loss. He went away uplifted

and freer of the burden that had been causing him multiple hospitalizations. He no longer needed back surgery. His alignments could hold. It does take time and persistence, because everything cannot be released at once.

What are the sufferings he carried for his dad, who had multiple traumas and PTSD and was an honored warrior fighting world wars? The son, who sat before me, was also a warrior. He was fighting the tendency to take on the burden of his hero dad and help him out.

There is still inadequate attention to what it takes to get the interpersonal blocks that need to be released from our traumatized heroes. The whole family suffers because of it. They also learn from it, and we all can do so. Ultimately the son could choose new patterns, understanding how deep these patterns of family burdens run and resolving them.

Is being a warrior and being true to those we love by following their pattern and carrying their pain you?

The War Within

Most people have a war between the conscious way we perceive our lives and the unconscious patterns we are unknowingly carrying.

Most of what we do is an attempt to avoid the clash of these two parts. Unknowingly the subconscious has created a pattern we cannot avoid.

The patterns have accumulated from all our experiences. This clash, or attempt to control, causes the conflict that results in disease.

The attempt to control and suppress leads to addictive, suppressive behaviors. These include many things such as eating, drinking, doing drugs, and committing crimes.

The colonies of pathogens that develop carry the same frequencies of the pain causing our disease, so they outnumber our cells by thousands and keep us eating what they need to survive. They rule us until we find the strength to take charge of getting love, balance, and energy in a higher frequency than the pathogens and the pain are.

The best way to do this is to start with a day of fasting.

I have patients with cancelled hip replacements and cancelled shoulder replacements who achieved this with a day of fasting, then eating pressure cooked bone and vegetable soup. This is an anti-inflammatory way of killing the lectins that cause inflammation and providing bone marrow to heal the joints. Hard to get most people to accept because they are afraid of pressure cookers or of getting well easily. Being sick can pay off in many ways. Being well, we can tackle the challenges and create a new reality.

Rewards of Addressing Issues

The 81-year-old mother of the son described above did “the work” of taking full responsibility for every symptom and weakness in her and healing it by finding the cause and healing it. She had lost her lifetime husband, who had been her love since grade school. Her work was helpful in her son’s ability to resolve his grief as she moved forward. As for her, she is looking and feeling more like a woman in her early 60s.

The relationship with her husband had endured many traumas and disappointments. She had, like most everyone, saved more than she had let go of.

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We don't do this consciously. In fact, we will deny it emphatically if someone like me suggests we have any such thing in them. For that reason, I use kinesiography and biofeedback devices to validate my knowing of what people are holding. These tools measure where and what we are burying in us (and what ultimately buries us).

As she released these hurts and reached a point where she was ready to experience love in her life, she read my book *Manifesting Love and your Soul Mate: The Quest for Love*, and she asked God to send her a man. God did.

Having a new male friend with whom she could share love brought up other issues. She then had to deal with what comes up when you are letting love in when past experiences of letting love has unresolved pain. You see, when we don't heal the past or change the programs, they repeat themselves.

We have become addicted to protecting ourselves by keeping love out. Instead of letting herself be loved, she focused on giving others what they needed. It can be a great protector.

This wall against love that builds internally to protect us from pain is the cause of all diseases. Hers began showing up with weakness in her lungs and kidney. In Chinese understanding of emotions and their relationship to organs, the lungs are where we store grief, and the kidney is where we store fear. I use computer software to help me confirm the presence of the blocks. The biometric analysis can be corrected by using a small, handheld balancing device. I use NES, Zyto, Angiogram, and Heart Quest. It gives a very broad-spectrum analysis and I can use the accompanying electrical devices to restore and normalize frequencies.

As she entered "the threat of love," her anxiety went up. She was smart enough to be receptive to healing this rather than remaining closed and re-treating. She is a leader in humanity. She has courage and faith in what God will do, so she was able to heal what was in the way of His (Love/God) getting in. By doing the work and supplementing the restoration of the energy of her failing organs, she increased Zumba. She was depleted in kidney, thyroid and cardiovascular function. There were neurologic tremors present. These were all corrected. Is this your challenge?

How do blocked energy patterns develop?

What We Do for Love: all diseases come from the heart.

I recently had a call from a dearest friend, client, and brilliant writer. I had not seen her in 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 near where I am living now. She had been a faithful client 20 years previously, before her marriage to her true love and dream man. I had lost connection and was sure she was just living in "bliss land" in California.

During the session, she told me she had nearly died from a rare, severe, autoimmune disease. It was an inflammatory condition of the veins and arteries. She was on an immune suppressor drug and developing moon face. As we explored the events of her life and tested using computer programs and kinesiography, a picture of the cause of her disease emerged.

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She understood. She had stored her hurts from the rejection by her first love, her now ex-husband, and his unfaithfulness. The hurt patterns were in her heart and blood vessels. She had a resistance to letting go because he was paying substantially to support her. At the end of the session, when she began to release this cause of her illness, she said, "The title of your book should be, "All Diseases Come from the Heart." I knew it was right in every way, including theoretically it was right. Later new direction showed me the need to educate about the electrical nature of the body. Here it is God changes our directions when he does. Heart and cardiovascular diseases are still the number one cause of death. So we must get the hurts and shocks out of the heart.

I have grown to understand that the process of healing involves peeling the layers of the onion we have gathered in us. The layers protect us from something we feel too fearful of facing or too proud (protective) to own as ours. You see, we live in the world where we have set up the game of hiding the truth so we will be loved because we fit in. It is an elaborate web of patterns behind which our truth is hidden. The interesting thing about our truth hidden in us, is it is just love. It is well hidden, so no one will not know our truth. It is like some sacred treasure they might steal or condemn. So it is lost to us because we are afraid we will not be approved of or loved in some way. In doing this we deny ourselves the only approval that really counts—ours, God's, and then others. My friend was holding the pain to stay connected to her lost love and avoid taking responsibility for moving on through the pain.

Think of everything people in the world do to each other in the name of trying to dominate, rule, control, be right, be approved of or be loved by themselves and others.

I remember as a child telling my mother I wanted to be a ballerina. She said, "No daughter of mine." That was the beginning of not being acknowledged for who I was. I had to conform to the world of my family: Nazarene. They thought dancing was a sin. Later I saw what a great Charleston dancer my mother was and had been.

I will go back to the story of my friend with the scars from an unfaithful husband. After a few sessions and sending her some homeopathy to heal, she improved to the point of taking a trip abroad. She would not let go of the hurt completely; she ran from it because it kept him supporting her if she were helpless. Like all illnesses, it served a purpose. Holding our hurts is very easy and tempting because it is a connection, and we are not used to the full connection of loving ourselves unconditionally. Holding on limits our healing. Right? It was very costly to her emotionally as she watched him bring other women into his life.

As I see what damage holding on does, I am inspired, and I will now let the hurt of not being able to be a ballerina go. I do dance now (ballroom), and it is better than ballet. I could have damaged my feet and toes. My husband and I are showcase ballroom dancers.

I took the worst of it and made the best of it.

The Heart of the Matter

When it comes right down to it, all diseases come from closing out the entrance of our source energy, love (or God energy) into every cell. The heart is

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conventionally seen as the pump circulating oxygenated blood to the lungs. The circulation is also circulation of other data. The oxygenated blood re-enters the heart and is pumped to the organs and body parts through the arterial system cells. The biophysics studies of the heart have shown the bioenergetics of the heart to be its ability to transfer other information necessary for maintaining a healthy body, mind, and spirit.

When the heart also becomes involved in and affected by the toxins stored in the tissues, its functions and storage capacity for love data are reduced. It is a data board of information for us to access and direct. The heart is dramatically affected by other organs' weakness and overreactions.

Homeopathy is great to release the hurt patterns. I like Psychosomatic Energetics remedies. The first person I gave them to was a 16-year-old girl who had not been out of bed since her parents' divorce. Forty thousand dollars of testing had shown nothing. Out of desperation they came to me. She was Daddy's girl, and Daddy had gotten another girlfriend and left Momma. After a couple of months of therapy—including one session with dad—and taking remedies, she was in college and soon had a boyfriend. Her story got the attention of a writer for the Industry Magazine; the writer did an article about doctors in the Tampa Bay area who were getting results. I was listed as one of the top five doctors in the Tampa Bay area.

In acupuncture training my Chinese Professor, Dr. Chow, said the heart is the home of the shin/spirit.

The dynamic that follows when God/love/light/energy is being closed out is less commonly seen as the cause of our dysfunction. We may not recognize it is a result of the interruption of the perfect design of us created in us in the likeness of God, which sustains divinely intelligent operations. It is the core of what should be treated or restored and allowed to do its work.

A man of 88 came with multiple pains in his skeletal muscular system. He had shut down his heart after being voted out of a very successful family business he had established. He released the pain, and his heart opened 40% more. Further, he decided to change his diet, avoiding lectins (such as bananas and corn), potatoe, tomato, peanut, soubeans, wheat, beans, cereals, avocado, cereals, nightshades and to move and meditate more. That's easier than open heart surgery. There are many foods with lectins and a book by Nathan Sharon *The Lectin Properties and Functions*. The thing I do is pressure cook them with bones to heal the inflammation in the body and destroy the lectins.

He is a gentleman and a hero. He brilliantly figures things out for himself. No formal training, just God-given brilliance and attunement to himself. He carefully researched and found me to consult with. He has no other doctors. I am guiding him to be his own doctor. He has been headed that direction, and we will clear what is in the way.

The work is that of providing and deleting data that interfere with letting love in and toxins out. We can defrag our computers.

When we close off to energy in some or many parts of the body, the closing disrupts the natural, innate healing pattern and balance of the body system the closure affects. Something we need to learn is what facilitates the closing. Then we can facilitate the opening or restoration by healing the cause of the blockage or finding the toxin and/or the lesson. On this 88-year-old I did Rife

footbaths and NAET for food malabsorption and sensitivities. On his own he did detox baths with Epsom salts and aluminum free baking soda.

Seeking Salvation Outside Ourselves

A woman had been working on issues with blockages in her bladder, uterus, and first chakra (lower spine). When bladder function is altered, it relates to the dynamic of paralysis. She discovered in her session she was closing off her access to her own life force, which enters at the first chakra, because she thought she was not qualified to run her own life and was paralyzed by her own lacks. She had to blame others and hold others responsible because she had many traumas built up in her, contributing to a deep sense of paralysis.

Life rises from the first chakra. Her mother had told her repeatedly she had to be saved to be all right. This imprint had created great fear in her, and she had spent her life trying to find someone to save her. Because she could not trust herself or believe anyone else could, she was paralyzed by her lack of success at being "saved."

The focus of our work together was to follow Dr. Johnathan Livingston's advice when he said the doctor must guide the patient to the God within. You are the one driving your car, even if it is parked. My intention in writing this is to share tips for driving yourself to the wonder of who you are. The road to you requires whatever you need to facilitate your opening, and total willingness, to deal with everything that is in the way. Owning the blockages will show you along your route of life. These patterns run deep, and I have acquired technology and skill to help you as we heal the depth of it.

The woman healed the deep stuff, but she was not willing to change her diet enough. She ended up with hip replacement, blaming the therapy for not saving her. The blame pattern dies hard, and responsibility for self is the greatest accomplishment. So, you see, being a doctor and dealing with the patient's lack of full self-responsibility and lifetime of deterioration is a job for the most spirit-connected people; you cannot take on others' failures as your own, nor take credit for successes that are theirs. True healing always works, but it takes as long as it takes to clear all the lifetimes and ancestral patterns. When she called about the hip replacement she blamed the technology for failing her. Of course, she was the one who did not reach the necessary place within and do the behaviors to heal herself. You see the lectins can cause joint inflammation. Without the right foods healing can usually not happen. Hippocrates said, "Let food be thy medicine and medicine be thy food." There are some rules you cannot break.

Allowing prayer and meditation lets the saving grace in. Unfortunately many prayers include the asking part but not the believing and allowing part.

I am eager to let you know right up front this is the greatest health practice—allowing God in. I say it is best done in the spirit of connecting with, and letting yourself be filled with, the presence of your spirit of love and light.

Focus on letting in your Source. Some of you will have other names to call God. I was told by a minister God does not care what you call Him. If it suits you, simply focus on the loving, light, gentle, subtle energy flowing into you. Pray or meditate without ceasing; keep your love flowing, and keep an open mind. Focus all this on your visions and goals.

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Now breathe deeply and feel the places in your body where you feel tightness and pain. These are your spots to work. These are your blocks. Keep breathing into the blocked or painful spots and sending them energy by focusing on them and penetrating them with your breath and by moving and stretching. The breath is the breath of God; it is His way in to give us his gift of life. Also bring in the support and healing of the earth into your solar plexus. Bring that up through your feet and see the sun shining in your belly or solar plexus. This is grounding by connecting with the earth and illumination by letting in the heavenly Father...Mother and father or yin/yang working together.

Begin today. It is the foundation for you to let the source of all good in, so you will *have* all good and *be* all good, and connected to your divine perfect design.

It's what we don't know that kills us. These things are disconnections from Love- God and our truth – the kingdom within.

Disease is the voice of the soul revealing our next lesson. Say, "Thank you, God," and the healing will continue.

3

Disease: The Voice of the Soul

This is for those of you who want to connect with and become the vehicle for love and your higher power, electro medicine to express through you and heal you. When we become love we express love, we are healed by love and we attract love.

This is for those of you who want to heal your family. You will need to heal yourself to do it. Are you ready for a story that could convince you of this if you let it?

What it Takes to Heal or Get God in

Sit and be still as you attend to an awareness of the perfection of your internal plan or your God self. The essence of you can best be seen in the left eye or the soul eye of your true self. The part of you that is perfect, divine design. Once you connect with internal truth of who you are and be still with this, everything falls into place. Hold the image in your mind's eye at the center of your forehead; hold the image of your perfection, and follow his direction.

What you are seeking can be yours as you decrease the load of traumas and negative programs and replace them with positive. The activation of the 12 powers are the key to manifestation, or bringing the results to you. Your will is a command to God when you have the 12 powers in place.

1. Will or willingness. This is how to turn the key to start your engine in whatever direction you want to go. I always test patients' readiness, willingness, and sense of feeling able to heal.
2. Responsibility. You must be the one to will and allow whatever you want in your life. My job is to inspire your will. You are totally in charge, like it or not. This is located in the area of the hippocampus. Will activates emotional participation.
3. Zeal or determination. Most of the time it takes everything we have to set in motion new ways, healing, accepting new ideas. Zeal for what we are willing is like the intensity of forward motion. We benefit by cranking it up. This is the RPMs of our engine.
4. Strength. This power originates in the kidney area and is more like the sustainability of our forward upward motion. It requires healing what we are afraid of and bringing in our universal source of strength. Strength is the fuel line being open and free of the sludge of fear.
5. Imagination. We must have it to see a positive outcome. This is the power Einstein said is "everything." Without the imagination's acti-

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- vation, there is no ignition. This takes you where you decide to go.
6. Love. This powers the fuel.
 7. Understanding. We must have this to be able to get the truth. This is the GPS system.
 8. Faith or positive outlook. This power is the steering mechanism.
 9. Wisdom or ability to look inward for your truth. This is you, the GPS of you
 10. Communication of our truth. This power is our willingness to say what our truth is. This power is the horn of our vehicle. When we are not communicating our truth the power center 5th chakra or thyroid becomes dysfunctional.
 11. Ability to let go. This power lets us get rid of what does not serve us. It is the exhaust system.
 12. Order. We must be willing to allow order into our lives. This power is the gears.

With these powers put into affect we can be calm and 90% of disease is stress induced.

Some parts of this were taught by Charles and Myrtle Fillmore.

When we put these powers together, we have the God presence on strong ground that heals all.

How to Perpetuate Disease

We live in the stresses we have become addicted to and in the addictions that stress us. It is a marriage to the lie. Remember, "The truth shall set you/me free."

Well here is my truth, and the whole truth about me, regardless of what you say, or think. I am perfect in the eyes of God. Do any other eyes get a vote?

Addictions that make us sick and keep love out:

1. Suffering
2. Denial
3. Worry
4. Hate
5. Bitterness
6. Anger
7. Pride
8. Fear
9. Grief
10. Lack
11. Blame
12. Sickness
13. Withdrawal
14. Control
15. Holding on
16. Rescuing
17. Having to be right

We are all attempting to resolve our conflicts and those of our loved ones. Which one of the 17 things listed above are you facing and willing to let go?

Medicine that Turns You On

Some people attempt to heal others outwardly. Most try unconsciously to heal others internally. We are not aware of how to release the Karma we have accrued with our past. Even though we ask for forgiveness, we must find a way to give it to ourselves or clear out the energetic patterns that are stored in the memory systems of the body. We can learn to participate and give forgiveness to ourselves. We can find a source of energy that will help us do this.

Healing comes when we find our ability to let go of everything that keeps us out of touch with the divine flow of love, energy, or God within us. The biggest thing we have to resolve is the responsibility of solving the broken places within us that have disconnected us from knowing ourselves as love. The true nature of a doctor's job, ideally, is to facilitate the processes that will allow the patient to become their true self, a being of love, energy, and light. This allows our natural healing forces to be activated.

Ideally the Doctor guides and facilitates the patients' journey to their perfect balance of love and light in every cell as we/they/infinite intelligence heal ourselves.

The diseases are really our stored programs, beliefs, traumas, toxins and anything that interferes with the flow of the energy in our body. We want to tackle whatever has us turned off at any one of the thousands of terminals in the body.

These become patterns that steer us in a direction of disconnect from our source of natural, healing intelligence within us.

This discovery for me has been a slow growing one at times, and at other times a blasting awareness of the truth about life.. It has been and is the paths that I choose and that choose me. I recognize fully the path of seeking to understand the nature of disease and the healing of it came from my gifts and the sickness and strengths of my family I took on as a child. My sickness is/was I had to do it for everyone or we/ they/I would not be all right. I have gradually let that go, but it is still teaching me as I let go and channel and focus it into a place of choice to do my part.

healthcareHere we are, you and I, connecting with the intent and vibration to restore ourselves to the full knowledge of ourselves as perfected.

Since we are energy fields, the cause of all disease can be identified in the field.

When I read a few pages of Biogenealogy: *Decoding the Psychic Roots of Illness*, by Patrick Obisser, where he explains his interpretation of a bioenergetics decoder, I knew myself in each word.

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

I learned the complex process of resolving these issues from constellation therapy, developed by Dr. Bert Hellinger, whom I've mentioned on previous pages. Constellation therapy is for healing the past generations by tuning into the issues and restoring order by bringing the secrets to light with acceptance and love. I have been reading people since conception. We all do, whether or not we know it. The art of bringing the family constellation to order is the art of true healing. Learn from and release what gets hit. Find health within, or find that part of you that is perfectly whole, happy, and well.

The Promise of a Miracle

Miracles come when you let them in. "How do they get in?" you may ask, or you may know already. *Breathe* deeply. God breathed the breath of life into Adam. We are now on our own to bring it in. Oxygen is the life carrier.

Where there is a will, there is a way. Your *will*, in that you have free will, is the way. The highest and best will give you the highest and best, depending upon whether the highest and best can get in you. Whether it gets in is determined only by whether you have let go of what is in the way of it's getting in. We hold onto our way with great tenacity. We hold onto the past well. Getting the will to heal also involves staying the course with it. You will want to quit and do something else that promises effort on your part. Getting well requires much faith, and the zeal to do it.

The goal is to let in the power and love of God. It is the spirit part of you that you are not accustomed to having; it is the faith to move mountains. This power can help you move away the accumulated debris from chemicals, metals, pesticides, food preservatives, traumas, and stresses.

A man and wife came up to me after I spoke at the Sarasota Unity Church. They told me she had cancer and had been given three months to live. They were bright-eyed and eager as they said their hope had been restored when I spoke of faith healing everything. She came for one session, cleared the issue she was holding in her left breast related to blaming herself for her daughter's misfortune. She is alive and well seven years later.

My part is to help you develop the understanding of how to reach your highest loving self that heals all. I shall do it myself, too. If you let it in and make whatever works for you yours, and if you work through and beyond your judgmental self with this and everything, let go and let love and God have it all, your persistence will pay off in God's time.

18. Yes, you get to choose what you want, and then get out of the way and let higher and higher vibrations in. Of course, the likelihood of letting go is decreased when you suppress the symptoms and ignore the message. Degeneration and disease develop out of continuous suppression of symptoms with issues, chemicals, ideas, beliefs, foods, environments, toxins, and behaviors that suppress. The choices in that list of 17 addictions allow for avoidance, camouflage, and lost opportunity. Suffering

19. Denial
20. Worry
21. Hate
22. Bitterness
23. Anger
24. Pride
25. Fear
26. Grief
27. Lack
28. Blame
29. Sickness
30. Withdrawal

- 31. Control
- 32. Holding on
- 33. Rescuing
- 24. Having to be right

The problem with looking for a miracle cure is that to have it you must find it, choose it, allow it, believe in it, and keep believing as you give it time. Most of the expectations we hold of miracle cures are unrealistic only because they are tied to expectations. Remember it is all in God's time. Since we are the God that allows it, it is up to us to fulfill what is necessary for the healing change to occur. Usually there are simple behaviors to change to heal. Each change is unique to each person. No one can write a book about what everyone should change. For many people, the needed change is the pattern of frustration and not knowing how to meet their own needs. This blocks the third chakra and results in slow digestion and metabolism, thyroid dysfunction and weight gain.

Healing is accomplished according to the timing of what must be released to let the healing Qi flow into the tissues to restore them. It does not mean miracles may not occur quickly, it just means one must adjust to having no expectations. It means connecting with the movement of the spirit as it presents itself to us.

I have mentioned before that one of the most effective drugs is the placebo. A good book about this is Dr. Joe Dispenza's *You Are the Placebo*. You believe you are getting a wonder drug, and there is nothing blocking your body's fight for survival as an actual drug's contents could do. You believe and trust enough. This means it is really you letting the disease go. I am trying to show you how to develop yourself as totally believing in you and your power to release and bring the healing power of your source into you.

How many times have you been presented with a con or were duped by something presented as a miracle cure? I get them every day in the mail. Some people believe the dupe and benefit from it and even tell others (multilevel duping). The important thing is sometimes the dupe works very well. There is nothing wrong with putting your faith in whatever you can put your faith in. The one with the fewest side effects is going directly to God, asking and listening. My son-in-law is an emergency room doctor. When he started to question what he was doing, I told him, "With your lovingness and connection to God, your presence may be what saves someone's life. We need this crisis intervention in a critical situation." The point of this book is to contribute to a shift in consciousness that allows an increased level of self-awareness and responsible choices.

Breath and Breathing

God breathed the breath of life into us. Now we have free will and must keep bringing the greatest gift in. I worked with a client who has had several surgeries for breast cancer and now has developed new tumors. She has several scars that create blocks to the flow of energy. So we started with homeopathy for scars. The other big block I noticed was that her back was bending so far forward her chest was collapsing, causing her breaths to be very shallow. Because the lymph flow runs through the chest, and she never opens it with

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a deep breath, she holds the drainage, which accumulates in her breast. Her spleen is also weak from her pattern of worrying, and the spleen provides energy to the functions of the body such as lymph flow. She had her thyroid gland removed, and because of the massive scar tissue blockage, the energy cannot flow through the neck.

She was abused as a child and came from a generational pattern of abuse. This led to the 5th Chakra, or throat and thyroid, blockage. She also had nuclear radiation toxins from radiation poisoning. This destroys the thyroid. The destruction of the thyroid can be averted by correct doses of iodine if testing CRA indicates, and breast cancer can be caused by lack of iodine. Do you see where we have to go with this treatment? The first place is to breathe, expand the chest with every breath, let go and let in God, life, and H₂O, and begin.

Breathing deeply into the chest, then the abdomen, in alternating breaths is your first step too. I learned this at the Honesdale Institute in Pennsylvania. My psychologist boyfriend at the time, Dr. Pearson, gave it to me as a gift. It took me about 30 years to actually get it. Thanks, Roy.

Isn't it amazing how dense we are? Our inability to heal come from too much food too little oxygen, and not enough H₂O. This gives the toxins and pathogens control of us when we don't drink water, breathe and eat right for our unique needs.

Breathing facilitates digestion and improves the function of the gallbladder, liver, stomach, spleen, and pancreas. It reduces fear and anger and constipation. It is essential for improving lung function and letting go of grief and all parts that block our God self or ability to maintain an electrified field. It is another way of turning yourself on.

Early Morning Charging

This is what you do in every moment: decide, choose, and allow the flow of joy and positive intent to permeate or charge those parts of you that are recognized by you now as the places to charge. Movement like Qi Gong. If you don't know, how just move and jump on a trampoline.

We are the activator of our good, and the bringer of our perfect experience.

First thing in the morning, choose your direction. Light up your life. The universe will follow your choices and your commands are the activating factors that organize and direct what the universe sends to you.

Now go into those memories that constantly hold a place in you and reprogram them. Tell yourself what you would like to know; believe and breathe it in deeply. Repair the internal damages with your own healing messages.

Most commonly as you scan through your body, you will fill the spots that want to be freed from their prison of lack and hate to receive your love.

Don't wait for others to give it to you. You are the chosen one. Be the perfect expression you want to be, and it is done.

See every painful moment that hurts you as perfect, and see everyone who hurts you or is hurting themselves as perfect love and harmony.

The way of healing is following the leads within our Godself. This step is about choosing to put our God self/heart first and following *those* leads rather than pursuing the multiple choices we are drawn into.

Medicine that Turns You On

Looking and trusting within our heart leads us to our truth. As we put our intent on becoming fully loving or healed, we can feel and find solutions for the presence of data of hurt, traumas, and pains we carry to help our families—past or present. The carrying of this pain is an attempt to heal others and make ourselves feel as though we are loved. We mistakenly believe we will be loved because of our important role of helping others; we are really hurting ourselves. Putting others first is much more likely to do less for them, because we can only heal ourselves; when we heal, they benefit.

I stay attentive to my symptoms and ask God to show me the plan for me to identify and address my issues that perpetuate the problems. I learned to do this because it is the way I am guided.

As a nurse, I saw what happens when we don't learn from what is given us. I consider this earth experience the University of Life. I look for the cause, and then I look for the cause of the cause, and then the cause of the cause of the cause. It is a wonderful process of self-discovery—more fun than bridge or poker, and I like both of them. I also look for the process of restoring divine right order. The items or processes that heal us must be able to assist in restoring or revealing our blueprint or original perfection. We will benefit from accepting the fact that we have an original blueprint of perfection. We were made in the image of God, and the data and experiences we have accumulated on Earth have given us untruths about ourselves we have to heal.

Have you noticed most treatments are aimed at treating a symptom? What does that mean? It means if we stop the message of pain or blockage, and we can no longer hear, receive, or feel the thing that the pain is trying to tell us.

Avoidance foods and behaviors dull our consciousness. With numbness of our consciousness, we can conveniently continue to ignore what we are being directed to resolve. It is done this way because we have followed the way of avoiding the lessons of life. Well, not anymore. Here is what we have done in the past:

- Buried the suffering and held on
- Kept the cause of our suffering a secret out of loyalty to the family
- Did what everyone does in order to be included
- Followed the pack
- Avoided being too “airy fairy”
- Avoided change
- Held onto our case
- Became addicted to the pain

As I look at my life—and I do look at it a lot—I look inside at the indicators and outside at the indicators; and since we are and they are all one, we work together. Our inside shows us the way, and our outside shows us the way—our way or the way for our highest and best. I realize very possibly the world does not understand the process of letting go medicine because we are trained to “stuff it.” You can see the evidence of stuffing in the midriff of most people. You know, “sit down and shut up.” We aren't given other options.

As I look, I see life, or light, path as a way to our highest vibration. Did I hear you say, “Wait a minute what are you talking about, highest vibrations?” I mean happiness, health, joy. Just as a piano has to be tuned to play it perfect harmo-

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ny, we also have a preferred pitch at which our body performs optimally. When we are not in tune with our highest and best, we are in tune with something less than that. The misery is what causes the infections. Since everything is a frequency, pathogens like lower vibrations. Lower vibrations allow pathogens to move in.

This is explained in *Attractor Field*, by Dr. David Hawkins, and *Attractor Field Therapy*, by Dr. Kurt Ebert. Sometimes I use Dr. Ebert's sound therapy to heal. The sound moves the blockage as we focus on the block or trauma. The frequencies of the sound drive the lower frequencies out. Music is fun, too. You can turn yourself on with music.

Dr. Hawkins said most of the world are vibrating in misery. Misery is a frequency of 200 HZ. I see and feel that in most people. I do not want to believe it. I want to see everyone playful and happy, loved and vibrant, and I will. Becoming joyful, we add to the world around us, and that is us.

Usually when we run into what does not feel good in us, we give it some quick carb energy. In a few minutes, we feel worse, so we have some more. As we do this, we compensate as nature does;— we adapt like reptiles that grow a new tail. We make more demands or more money, or retreat from it all; we grow cancers and moles. Now we attempt to kill the misery that has developed with chemicals. Who dies?

When we do our part and make changes to alkalize, hydrate, oxygenate and unblock, who lives?

When we listen to the messages, such as disease, as they present themselves, we can use the messages to direct us to what is needed to clear, address and learn from. We listen to them until they have completely delivered their message. We release them until they are completely gone. It can take once, twice, or many years to get all the collected data. Every release brings us closer to wholeness.

When we don't clear it all, the body makes adaptations. These are an attempt to compensate, detox, or mutate. These may include all disease. My understanding of nature is that hybrids are not as strong at survival as the original grain, plant, or species. We must connect with our original divine design. Bach music helps me achieve quiet attunement to myself, as I say, "I am love and light. I am divine design."

As I look around, travel, shop around, and feel the hatred being expressed, I reset my judgement and clear the frequency within myself. Then when possible, I introduce a positive comment into the chaos.

Many people ask me about this process of resolving and restoring function. The most often asked question is, "How long does it take?" As a person who has been asked that question a million times, and I know this: Healing may occur in an instant. It can occur with a smile. Or it can take awhile.

My response now is, "Read this book."

On my website, www.wealthofhealthcenter.com, you will see many examples of the process of identifying what issues are behind symptoms and how they are resolved using the computer programs. This is the way I have found to be the most effective so far in my life of being exposed to and participating in all types of "healthcare." Our culture is now in the health dilemma of believing in what doesn't work, and in fact not really wanting things to work. Most

os what we are taught to believe will work and must be done is not we as an individual need. The desire to die is a strong part of the subconscious blocks in many people

If we aren't getting the messages from our distresses, the universal knowing sends us other signs. When we are getting the messages and dealing with the messages in a healing way, we get more gifts. It is all for our best interest—the interest of our heart, or soul.

When we get the messages and align with our source, the universe supports us by sending us simultaneous amplifiers for support.

Sometimes it helps greatly to discover the weakest organs and support them with nutrition or nutritional products that are testing as right for you. A key is having enough to produce glutathione and having phosphatidyl choline to keep cells strong and the brain working. Support the digestion with chewing well, and perhaps take enzymes or other things to support the digestive process. Everyone is different.

Sometimes--perhaps most of the time—dealing with the unconscious, ill part of us takes, us into down places. This is to show us the feeling we have not been identifying and had a chance to let out. Our higher self is our best friend. We just have to allow ourselves to know what that best interest is. You may besaying, “I have tried that.” Trying is lying, as I was told by the EST training by Werner Earhart. We don't just try, we do whatever it takes, because it is the most important part of life. We have not been sold products or programmed to find ourselves; we have been programmed to take drugs and other “things” as though they are our saviors. They may have to be.

That is the most challenging part of life, for we have been trained to listen to the fear messages and programs of the world, rather than to follow our inner knowing and to choose our programs.

When we go a long time being off course, the universe gives us a tap to get our attention. How we are off track is what is in us and keeping us disconnected from our own highest and best. I will not say off track is bad or wrong; it is just going to perpetuate our “off track whatever it is, and it is always what we make it. Of course, off track is perfect if we accept it and learn from it; then we can just get back on track. Can a plant grow well when it is not in the right place for receiving the support of nature that it needs?

Letting Go versus Letting In

I find one of the things in which we are less skilled is letting out bad and letting in Good.

I find it easy to keep looking and getting lost in the looking, rather than finding or allowing or having or enjoying or accepting. Many times we fail to let go of what is in the way of our letting in what is just one twist of the knob away. It just means deciding to find a solution and sticking to the decision, because like everything else, it takes as long as it takes.

I was in the middle of the New Mexico high country when a giant wind, thunder, lighting rain storm raged through. We were in a camper, and it was rocking. I felt my anxiety level climb fast. I felt it, breathed into it and asked God to take this reaction and give me peace and sleep. Thank you, God, I slept. Wonderful.

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A young man worked to clear away social impediments to letting his love and soulmate in. When he started the work with me he was an extremely autistic genius. Before long he was close to normal, super genius range. He adjusted the patterns of his beliefs and thoughts after clearing the majority of traumas and toxins. The internal patterns and responsibilities he had taken on as “the only son” of a big business family were typical of what loving, dutiful children take on to help their families.

One day the work was clearing his pattern of no love and the depression he had felt, seen, and taken on from his father. The father was passive and withdrawn, and he spoke very little. Of course, he did not have to speak to communicate this pattern; children duplicate them. The boy, as do all children, could feel and read everything, and he tried to fix it by being loyal to it or being “just like his father.”

Sometimes I get distracted from letting in good by seeing what needs to be fixed or seeing the “wrongs” of others, our society, the world. I even thought of escaping to New Zealand where everything is socially is more “perfected.” Then I met a woman who was spending \$6,000 on her ticket so she can lie down in first class. I gave up that idea quickly. Instead I decided to write this book, and over the year, the emergence of the truth has taken precedence.

My truth is I want to clear everything in me that is underneath and hindering the stability of my connection to my God self, the divine intelligence, love and perfection hidden beneath the programs, traumas and energy patterns that have developed over all my lives and those of all my ancestors on Earth.

On the most beautiful days, when we comment on the beauty of the day, some people say, “This can’t last.” We have a constant opportunity to get good at overcoming our negative observations and expectations of failure in us, others, and the world.

The goal of living is to connect with the lasting part of bliss within, unaffected by outside circumstances and “the news.” The key to this is to be grateful for everything and quickly give it to God to solve and show the way. I have seen over and over how God works it out better than we could expect when we give it to him. Our expectation is to be done with these lessons to learn. It does not work that way. We keep climbing pillars toward the light because of the “hits.” We learn from them, as we accept them.

I see many people who suffer with high stress levels from listening to the news. They are trying to solve the problems of the world by feeling bad. I notice for me it works not to watch it, and when I do, I maintain detached praying to hold a high vibration.

My goal is 1,000 HZ vibration. That does not mean you don’t experience what is hitting your unhealed places and have a need to let go; there is always a little more to do. It means you address it, let it go, and come back to nourish and allow the perfection in you to be the healed place in you, continuing to let go of the outside energy you are worried/bothered about. We ultimately reach the place of imperturbability.

I had a very anxious client worried about a hurricane coming through Florida. I said, “Send it way.” She did. I reminded her of what she could do when another storm approached. She did not keep the faith and left the state the next time a hurricane approached. It was a good trip, but the storm did not touch

her or her families' residences. It was a good excuse to leave and be with her North Carolina family, but she had been propelled by fear.

There is no prescription for disease. It is your unique path that resolves it. The prescription lies inside you and your guidance system. The cure is you connecting with your divine design and letting the magnificence of that energy fill every cell and energy pathway. See, feel, and be the outcome you want to, can, and will allow yourself to bring to you.

Sometimes our belief in what we are taking becomes a catalyst for our connection to divine self, because we believe in it—the placebo or God effect.

Sometimes we need the drugs and procedure to survive our self-neglect and abuse.

Field Medicine

I look at field medicine as the frequencies information we administer to address what we have accumulated in our energy field. This is the data that limit us in any way, keeping us from being wholly who we are created to be. This is the data we have accumulated from generations and lifetimes.

Have you noticed families doing, being, saying, being sick from and contributing to the world in response to their family patterns? One example of patterns I worked with as a seeker of health and truth to resolve:

1. Military father went down with his ship during the war.
2. Father had multiple affairs
3. Mother married a man who molested the client as a child until age 15.
4. Mother lost her mind and suffered all the time with headaches.
5. Client married a military man with addiction issues who sexually displeased her.
6. She spent her life being stressed out as she worked to rescue those around her from their suffering.

This dear woman came into a past life pattern of being imprisoned and abused. She has been blessed to do the work this lifetime and get out of these lives of punishment pattern. At 78 she healed this suffering and walks 29 miles each day the gym is open. She is treating herself well—the path out of an abused pattern.

I like to visualize this as a Fibonacci. Fibonacci was a mathematician born 1202. In the Fibonacci sequence of numbers, each number is the sum of the previous two numbers. We are a complex, evolving math equation. We are a field of information. It accounts for our greatness and our limitations. It is who we have become, and it is ours to accept as it is, or we can exercise our free will to connect with other equations and develop ourselves in other ways. No pressure; it is all perfect. We are either an evolving symphony, or we are a stuck record.

What is in our field and keeping us sick or well, depressed or bliss-filled, is what has accumulated over whatever period of time we have been accumulating. For most, it is many generations and lifetimes.

Every person is different in how they hold or store data.

Heart usually stores hurts This one of the main causes of heart attacks and strokes.

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Others may store feelings of anger in the liver, leading to To bulging midriff
thers have a large intestine or “letting go” block leading to bowel distur-
bances like constipation.

All three groups get to learn and clear out what is driving their response to life. Yes, they overlap. Most people have stored all the ranges of emotion, and yes, everything develops from fear. Usually the fear is fear of not being loved.

The central bank of data that affects us most is the heart. I have several heart computerized assessment tools including Heart Quest and Angio-Scan. Every bit of data that interferes with the heart function, such as the hurts and shocks, are ultimately very important for our health and for openness to our good. Picture it this way: the tissue thickens as the traumas and toxins accumulate. A big one for the heart is undigested protein that forms plaque on the arterial wall.

I learned in cupuncture training that the heart is the seat of the shin, or spirit. It has been shown that a person can live without a brain, but not without a heart. I am interested in the function of every organ in assessing the heart, because they all affect the heart's strength, clarity, and function. We most often have to assess and strengthen everything to help the heart. Since the heart pumps the blood, it carries and contains the most essential and important data in our field.

Kidney blockage or weakness causes fluid to back up, possibly causing a strain on the heart.

If the liver does not detoxify, the heart will be overloaded.

Weakness in the spleen/pancreas prevents the heart from having enough energy.

Stomach weakness overloads the heart with undigested materials.

The key is acceptance of all that is there, as it stares us in the face.

The most progress comes in accepting life and the lessons we have set up for ourselves. As we resolve the issues we are holding consciously or unconsciously, we can let go of toxins, limitations, and digestive issues that occur when there is an early, unresolved trauma; then we can open to new life. The patterns or conflicts also have a life of their own; they keep pulling us into them. How long does it take to change the pattern? How long does it take to walk out of a forest when you have been walking in for 20 years? A disease begins 20 years before a symptom.

The length of time it takes also depends on our intent, our willingness, and our physical, mental, and emotional strength ... and God's time. I have many people who have been clearing for 20 years. It is not because they have to take this long; it is because they see their life get better with each release and alteration of patterns. Some take long because of their deep pain and resistance to love, good, God. Others take longer because they will not comply with what is best for them.

Many times, people say, “I have been working on that for years, and there could not be anything left.” These patterns and conflicts have many layers of patterns.

There are various ways to visualize these layers, and I've mentioned some that come to my mind: the Fibonacci images, or the effects of accumulated data; mathematical equations; frequencies; patterns in our field; chakras, me-

ridians; organs, muscles, endocrine systems; and every cell, emotional, and spiritual part of us. Imagine running an air conditioner for 79 years without a filter replacement, a cleaning, or restoring the whole unit.

The data obscure our pattern of connection to the authentic self in us that is perfect health, joy, and lightness. We become the patterns, rather than becoming the self. We function as our ego, or *defended* self, as a protection against what we don't know—ourselves.

The defense is the disease; we are the cure.

I was working with a woman who had been told she had to have open heart surgery because she had a defective valve. The woman was a bread, wine, beer, sugar “alcoholic.” No one in the 12 office visits and 14 trips to the ER asked her anything about her food, drink, lifestyle or hurts.

No one investigated the emotional cause of the heart condition. She had been freaking out all day with this news and going to the ER each day. Since stress is 90% of disease, she could have been close to a death by Die-ignosis. The idea of surgery and her fear were putting her “over the edge.”

As I looked at the indicators on her scans measuring stress and issues, it was evident that an important part of her living long and well was to clean up her life and do an arterial and emotional cleanse, heal her adrenals and reduce her stress. I told her she needed to do this. Her valve problem was not there at that time. We have a tendency not to associate physical problems with anything we are doing.

The greatest amount of her stress came from the fact that she was not accepting herself. She lived with a man 20 year younger than she, and she let him believe she was much closer to his age than she was. She worried all the time he would catch on.

It is not what we do that matters most. It is what we think/feel about what we are doing.

A finding in NES computerized emotional session was that she was not letting love in (a point on the back of the neck). Kinesiological assessment showed the emotional cause of her heart disease was related to fear of being all she was and fear of threatening her mother by being better than she. My patient released these in a session using voice printing and was noticeably calmer. One of things she had been told repeatedly was, “Holistic cannot take care of this heart condition. You will die.” So, I ask you, is it a crime to limit what connecting with your source, can do? Why place limits on what can happen when you put your will, faith, love, imagination, intent, wisdom, zeal, and knowledge in place so you can let go of everything that is in the way of your true, natural healing forces, allowing them to heal you? I know the system is set up on a fear mentality, and the naysayers were just trying to save her life the only way they knew how. We are grateful for this system and know some people cannot or will not do what has to be done for themselves.

The woman had created this block with food, alcohol, pain and repression of herself. Is it important that she address these things and see what she can do to change her life? Her O2 levels and circulation indicators were normal by all assessments. All indications were she was stressed from high cortisol, secondary to carbs and alcohol. The results were occluded arteries and valves.

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She was not breaking down her foods, and the undigested proteins were attaching to the arterial wall.

Two weeks after the session she was happily on her way, with 50% improvement by doing the emotional work, changing her diet and stopping alcohol. She was going ahead with the introduction of a camera into her aorta because the world of this country does not believe you can heal such blockage. Of course, it is always important the patient does what they are able to believe in and handle. The purpose of this book is to open the doors of possibility. She learned to take care of herself and solved the situation with no surgery.

As I go over my notes, I realize how much has been accomplished through this practice, but I recognize how little recognition there is of the success. There are, however, moments and people who are willing to give credit to the process. Here is one of them:

Email from Client

Hi Dr. Koger,

I just want you to know that the brain therapy and session were very successful!!!!!! I no longer have the fear of cancer and the doubts that I can heal. In fact, I seem to have a "knowing" that God and I are healing the lumps in my breast and any other lingering cancer or ailment that might be afflicting my body, mind, or spirit. I also have the underlying feeling of ease and bliss. Plus, I have been free of physical pain in my breast, arm and back for over two days. This was severe pain that had been plaguing me for over two weeks and it is now gone.

So please share the good news with David and to both of you I say, thank you, thank you, Thank you!!!!!!

Love and Blessings,

My dear husband fell on his hand and broke it. He was told he had to have surgery. Fortunately, the doctor also said sometimes surgery makes it worse. I gave him acupuncture and used several electromagnetic energies restoring devices, and his hand is 100% even though he could not move it after the injury for a couple of weeks.

You see he trusted this process. Many people have difficulty believing in our own measures to heal ourselves.

I am suggesting the MD, OD, PA, AP, and DOM—all who care for the patient—are part of a team; they utilize all their skills for the welfare of the patient. Is that so much to ask? No. We will do it for you and the good of mankind.

We must give up having to be right and let the patient make the choices that are right for him. We have developed the skill of educating people to tune in whenever possible to their own wisdom. It means all egos are cast aside. We learn from each other.

The great doctors of the world have all told us the doctor's job is to help the patient find the internal doctor. When we let the patient take it over, we help everyone.

The challenge is knowing how to recognize the doctor within when there are all the other voices that keep us off the track of our truth. Some of the voices arising from our programming:

Medicine that Turns You On

1. Programs of self-destruction
2. Programs of suffering for others
3. Fears of not getting it right or of getting it wrong
4. Feeling unworthy of good
5. Sense of lack.
6. Distrust for anything other than the immediate known
7. Addiction to covering up or hiding the pain and anger inside
8. Judging nothing measures up to our standards—even ourselves
9. Expecting something to be a certain way, and it never is an exact match
10. Vulnerability keeping us hiding ourselves. As we change what is in us, about ourselves, we attract the new picture and feelings we have about ourselves. In other words, life is truly the reflection of us.

I was knowing this and working to program myself, so you would receive the message. The program I was giving myself related to my believing in myself. I took my boat out and went for a swim on the river.

A man yelled at me, “You are doing a good job!”

I simply said, “Thank you for noticing.” I celebrated for a moment, thinking, “I must be improving in my self-concept when an absolute stranger is willing to give me recognition and keep moving right on down the river.

We have lost our perspective; we all—patient and doctors—need to work together for the good of the patient. Each branch of medicine has much to learn from each other, as well as from the patient. I have seen both sides. The patient’s best interest is what matters.

Can you envision a world in which a doctor said, “What did your holistic doctor say about that?” The holistic practitioner, of course, says, “What does your doctor say?” Even better would be if they shared notes. Would you like that?

The patient who had heart surgery recommended and then cancelled because of her work is an “intuitive.” She has a healer in her home country in Europe. She has others in this country, including an acupuncturist and multiple MDs. She also has her own app for administering frequency or energy medicine to herself and others.

Welcome to the new age of medicine.

Be alert to and well protected from radiation, electromagnetic, and geo stress. I use a lot of copper and shungite, as well as grounding mats.

“Life can only be understood backwards but it must be lived forwards.”

—Soren Kierkegaard

4

Whisper of the Spirit: Letting Go

Letting Go of Our Patterns and Getting the Messages

My greatest hindrance to letting go was that my mother kept everything a secret. Secrets are much more damaging than the truth.

I learned to follow the path of my mother's pain and to keep her pain and the pain that came my way inside me. When you have pain, you attract more. We can make it valuable to us by learning from it. What is hidden is hardest to heal because it hardens around the issue and creates a block. There was a stoic wall of silence about the topic of my dad that no one dared to cross. I buried the pain of my loss of him for 50 years before I knew about it fully. I also buried the pain of Mother's pain. It is the perfect co-dependent pattern. Then I had to work on the pattern of attaching to what others needed above my own best interest. I am bringing to you what I have learned from healing this in me. I have facilitated the healing of similar patterns in thousands of others, transforming the conflict as my gift to the world.

It all gets back to my favorite song, "The Gambler," with the words, "You've got to know when to hold 'em, know when to fold 'em, know when to walk away, know when to run." The bottom line discovery is you always find an answer. We are best served by developing sensitivity to what is impeding us and learn what to do with that impediment. Shall we ask God to take the whole thing and heal it? (Never a bad choice.) When we aren't progressing, we look for the underlying issue, perhaps seek help from someone who can help us see the block or the pattern. I like to use my gift of seeing, knowing, and kinesiology to find what these issues are in me and others. I also use biofeedback equipment to get a second opinion. It is very sophisticated and reliable now. I then search and assist in the release using the Voice Print with Color Therapy and Scalar wave and other frequency balancing devices as indicated. These devices give me a second opinion without having to wait weeks. It is on the spot validation of the patient's reporting and my sensing and examination.

What we access, know about, focus on, and feel, we can release.

In spite of the patterns of secrecy in my family and following the patterns of my mother's pain, I had more attraction for my dad. I spent my life crossing my mother's walls that were shutting me away from my father. I spoke to him once, only because my grandmother was the only one there, and she knew how much it would mean to me. The experience of being denied my father taught me many things, because I chose to learn from it. It served by teaching me about how to cross the expected lines. I was always looking for him and always wanting to fix him. I also became the perfect codependent, trying to fix

everything—my mom, my dad, my sister, and now the world: you. I turned the worst thing into the best. Honestly, this is what we get to do to gain the most benefit from our patterns.

If we let it and work it, the conflict directs us to where we are to be. I am now the ultimate “fixer,” in that I know you are the one who can fix it for yourself, and the only one. What you allow to happen will happen; what you conceive and believe will happen. God will guide you as you allow him to take what is there and give you the gifts of your/His spirit.

It is rather challenging to think we came here to let go of all the junk of our ancestors and the pain of our lives and let ourselves open to our perfection, love, bliss, and the Source of All Good: you.

On these pages are all the ways I have learned to facilitate letting go and letting God/good/universal harmony/love into every cell. Perhaps you will discover or know many more, because everything is love, and love heals all. What if we did not have to search so hard, it was all in front of us or in us?

Love comes in at one point on the back, right behind the heart. Take a minute to breathe it in and notice what it hits. Then breathe into what it hits and let love fill up the space you feel of pain, tension or stress. Become the change you want to be; feel it as if it has already happened.

There is nothing to harm us as we allow our belief in the miracle to heal us. Our belief and faith are activated by our belief and faith that something like a miracle can cure us. We are the miracle we allow to heal us. Now let in the miracle and don't stop. Our connection to our source is the miracle, which is activated by our own ability to believe it is possible; see it and feel it. There is nothing harmful in miracle, it can work better than any outside force exerted into or on us, if we can and do allow it.

In part, the question of healing is how to activate the placebo affect every day with every choice we make. Also, how can we make the choices we can choose and choose what we have chosen?

One day in the health food store I met a 91-year-old woman who said, “I have never been in a store like this. I eat what I want to.” She looked perfectly well. She had driven from Tennessee to Florida to visit a friend. She believed in herself and her choices. When I asked the health food store employees if they have sweet treats without sugar, they said no.

I use maca powder, stevia plants and other such healthier choices. So perhaps we have attached our beliefs to places that are expensive substitutes for our internal guidance leading us to what is best. The question is, are we in touch with that part of us. the wisdom and whisper of the spirit.

Whisper of the Spirit

The important thing is to pay careful attention to what is coming our way. Pay definite attention to what is hitting us the hardest. We can gain the most from discovering the message before it becomes a club. We then find the pattern and let it go.

When we do not identify and move forward through the many possible patterns by releasing, learning, and understanding what is required, we are staying in our limitations and our die-ignosis.

Electrifying Medicine

I have noticed many people keep talking repeatedly about their diagnosis. I say believe it and die from it. There is no existing understanding of the concept of taking charge and creating your own reality. The fact is, every time we believe and repeat something, we are participating in taking it to a deeper level of reality in the sensitive storage bank of the information retention system of our systems. Never repeat anything negative or limiting, unless that is what you want to create. Turn it around and gain some ground.

The spoken word is very powerful for good or for damage; a diagnosis is many times just that. It is very hard to listen to others and not believe them when they say you must do something or it will be very bad for you. We cannot resonate with being well, which is a higher frequency, when the diagnosis is pulling us into the reality and limitations it holds.

A young woman came to me saying she was told to have heart surgery. The healing could be to focus on letting love and her healing program carry her forward and continue to be monitored. We did the Heart Quest assessment and found a weak spleen and bad digestion. She addressed those concerns and took large amounts of enzymes to break down the plaque. She healed the heart blockage issues. You guessed it: no surgery.

If we can pull out of the fear and hold the course of healing, we will be well ... or whatever we want and allow. The challenge is to do it. The woman with the heart sentence did it, and several others with death sentences have pulled themselves to wellness. I applaud them, for they are the truly great achievers. This young woman I described above developed a healing practice as a "non-professional."

I had a client who had one session and stopped her pattern of heart disease. It was her sadness at being abused by her dad. Even though it had hurt her heart every day so much that she lived on oxygen and wore dark glasses to hide her sorrow, she had remained strong in staying loyal to the pain and letting it remain. She left the session without the oxygen tank, mask, or the pain. She actually forgot them. What will you do heal or suffer?

It is difficult to recover from the negative, fear-filled stories and accusations of our friends, families, communities, and governments. People are not easily willing to give up disease and misery. What about you and I? I do not allow others to tell me negative things. I either leave their presence or say some version of, "Please stop. I do not want to hear that."

Patterns in Our Fields

We must examine the origin of the patterns of how we learned to discredit ourselves, in order to find their roots. By doing so, we reap the rewards. I was reunited with a long-lost cousin, Peggy Sue, who provided me with a complete family tree. As I recognized, tuned into, and released the patterns I had been carrying for them, I became able to enjoy greater levels of energy, joy, satisfaction, and all of me that I value above all else, that I might achieve. I released the struggle patterns of the Kings and Queens who fought the church and other countries. They did it for the people, too, and I can now carry the good forward and do this for you. I can convey your sense of freedom, you don't even have to go to war for it.

Medicine that Turns You On

Before completing this part of my healing, I knew I had been trained well in the art of suffering as a virtue to save the people. We can get stuck in the art of seeking forgiveness but not finding it. A wonderful thing happened in the wake of my dealing with the rejection of a family member. The wakening, which turned out to be letting it go, was to recognize I had been rejecting myself all my life and making choices that caused others to reject me. It was generational rejection for someone who was trying to show a different or “better” way. Now I understand everyone wants to do it their way. That is all right. I know that is hard to read. It is hard to read, but acceptance is the key to everything, without exception.

As I've said before, I was raised in a church and God-fearing family, and I also love God, Jesus, and all religions. That was not exactly how or what I was taught. I was taught to love only Methodists. I was taught to pray for everything, but not how to actually let go of feeling wrong or sinful. I never really felt as though I had been forgiven and could let go and receive everything. Now I do! What about you? It's okay if you do. I do not have to save you or be right. You can save yourself. The most powerful image of my young life was that of Jesus dying on the cross; I now focus on his resurrection. Your image of the god spirit may be something else. I did not know how to sense the power and presence of God in me and trust it. People aren't fully receiving the gift and letting it in. At 73 it is getting through to me what it means to let love in and to love and accept everything. I also am letting go of being the one at fault or wrong. I am letting God take charge in the lives of those I care for and about. One of the blocks I found is that studying about Jesus and his heroic death on the cross, I was carrying his pattern to help him out. Now I am carrying the risen Christ in me—his light and love.

I am well.

I always say, “Wanting is not having. Allowing is having.” We allow having when we get out of the way. One of the things that happens when you stop the suffering pattern is there is a void.

We have to learn how to have new life coming in to let go of suffering and of “dying on the cross,” of pleasing others.

When I was small, and I wanted something to happen for my suffering family; I suffered for them. If I was not suffering, they made sure I did by beating me. It was all I knew; it was what they did. Most of the time they would not let me help them as a healer. We do what our parents do, not what they tell us to do.

When I prayed for the recovery of my grandfather after a stroke. I know he let himself receive Jesus' healing power because I was a precious blonde-haired angel and I asked him to stay and get well.

No one ever said, “You have it. The power of God is already in you Paula.” I never really let that in until now. I searched all over the world for the skill and presence of healing I already had. That is the work of the power and presence of God in me and you. The light in me was never acknowledged. I know it is most likely the same for you, and I want to say, “I see the light in you because you are a child of God, with automatic access to him.”

A young single mother called to cancel the appointment for herself and small son with ADD, autism, and multiple sicknesses. When she told me what he was

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taking, and I looked it up, I saw he was suffering from the side effects of what he was doing to get well. I made a few simple suggestions over the phone and suggested we just pray together. Next day he was well enough to come in to get homeopathy that immediately helped him. He took some homeopathy to get the toxins and traumas out and talked about his fear of not being able to see his father. The mother and father were separated, and the boy saw the father regularly. The pattern of fear of not being able to see his father was a trauma and pattern his mother was carrying because of not getting to see *her* father. The boy let it go and became very happy.

When I asked another young patient of 10 if she felt responsible for her family, she looked at me with big, sad eyes and nodded yes. She has had multiple repeated illnesses from the burden of this responsibility. She made a contract with me in the session to give up that job and just be happy—sing, dance, look at the birds and trees, whatever makes her happy. She agreed to it. Her frequent illnesses stopped. How about you? I will too, repeatedly, because that is what it takes. Are you doing what makes you happy? Want to agree to do it? I do.

I now make health contracts with my clients. They sign an agreement to do what they are ready, willing and able to do based on the session findings. How do you like that? You won't like it unless you are ready to change. A part of us always is, then there are the terrain issues that support how it has always been. These are the toxins, traumas, and resulting pathogens that outnumber our cells and pull us back into the range they are comfortable with and survive in; our microbiome has a consciousness, and the dominion over its consciousness takes focus, meditation, prayer, movement, breath, and water, as well as with adhering to the necessary changes.

I guess I held out on letting myself know God gave us free will and His power is ours to command. I think there is reluctance in humans to recognize the power and presence in ourselves and others. I have come to see this is my job as a doctor, to help patients become attuned with their power and the presence in themselves, and to stay the course.

If you doubt it will, of course, it won't work.

I have also realized it takes a lot of love, patience, focus, and strength. When the clients/patients are not towing their end, it is not possible.

I was checking out of a store and the clerk said, "How are you?"

I said, "I am light and love."

"She replied, "Well I won't bust your bubble."

I said, "No you won't." Most people are good at bursting or being busted. It is the societal norm to keep everyone in the same box with them—pain.

Every time I see a certain woman in our town, she starts yelling at me about the traumas of her life. One day I said, "I won't be listening to this anymore. It's too painful." She stopped speaking to me, so I just went up to her one day and said, "I would like to hug you." She hugged back. After a few more months of finding my love and strength, people are now stopping me to say, "You are exquisite." Then they hug me.

During a session with a client, all the scans were pointing to heart, liver, and endocrine weakness. He, however, kept talking about an accident in which his head was injured, and he was in and out of consciousness for days.

I gave up my position and listened to his. It led us to develop the perfect program to heal the trauma in his brain that had never been addressed. Also, we developed a plan to test his hearing to see if he is a candidate for digital auditory aerobics a program to restore correct frequency comprehension. It worked, and he now has a functional relationship for the first time.

It is such a fine line to walk. How do we walk the line of letting God work in and through us without it's becoming an ego concept of "I am God." People accuse us of being egotistical when we say we are God. God is just a happy father because he made us in his image.

If you disagree with me, great. Write your own book.

Not being and knowing we are God is the ego state. Ask God. He said "I Am" is everything. Really, God? I mean, if it is all a part of God, are all the parts equal to the whole? Do you mind allowing yourself to be in the frequency and intent of raising your vibrations to the frequency of God; can you handle just being God, the commander and creator of your reality? If you have no intention to be and allow God in, you are underutilizing what powers God gave you, such as your will.

Humans usually hang out in the unfinished blocks and patterns that exclude their full potential as beings of light and love. It is a process of becoming. If you hold yourself as less than you are, ask yourself this: Do you want your children to be equal to or greater than you? I want my children to be better than me. I ask my daughter and her family to let me know all the great things they are doing. I want to celebrate them. It reflects our greatness when we take our God-given free will and make something great of us. I think it has to be what God wants. Our greatness does not take away from God; it adds to Him. I am made by Him in His image, I am filled with His spirit, I am the I am. God is love, and I have love in my heart. In humility and service, I walk with God and am one with God. Just taking it out of the ego sense allows us to be fully connected to God, who is love and who heals all. Please understand when I talk about God in medicine, even though that is the whole point of medicine and healing, I feel terrified of the many ways people are opposed to any expression of God as living in us. Doctors and practitioners go out of their way to leave God out. Since God is light and love, I refuse to deny it any longer. I also release my fear.

The fine line is to feel and be the essence and spirit of God without being the ego that separates us from God. The fine line is listening to the whispers of the spirit and not thinking "I" know best. Perfectly, we ask what is the best God knows is in us. It is what we need to resolve for ourselves to heal.

According to Dr. Gerber, the chemical approach to treating illness is oppositional to the energy entering the body. It may block one pathway in an attempt to regulate others. The blocks, although possibly lifesaving, may lead to other blocks against supporting the balanced movement of the pathways. Ideally, we have improved our preventive measures and our assessment tools for compatibility and effectiveness on the whole system. The technology and techniques exist; we just have to be open to it. The idea of healing that addresses the cause is the understanding that if you numb something, the data of the disease are frozen and not released. It can become another problem later. The toxins and traumas are causing the pain; if you numb the area, you are freezing the destructive data in the tissue. Does that make sense to you?

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Sometimes drugs are right because of the condition of the patient and his lack of energy to heal.

Each of us is left with an inimitable Fibonacci pattern. Our pattern is unique; it works us, and we work it. The ones who hold on to their hurt and the hurts of others get a lot of sympathy, affection, and attention from it. So we play our patterns, and they remain us. When we live on the verge of a heart attack, not bad, there will always be people trying to rescue us from that state. The whole point is, we all want to be loved. What if we just love ourselves? Then are we loved? Yes, and we will get it from others for the first time, and we'll be able to give it.

By having difficulty letting go easily, I find more and more to learn from it. At the bottom of the letting go pile is letting go of the pattern of not letting go or holding on.

Can I let go of having to learn everything about how to fix everyone or show them the fix for everything or help them discover the part of them they can find to bring in or access the part of them that knows everything and is everything they need to heal? Can I let go and let divine wisdom, love, strength, compassion, zeal, imagination, will, order, understanding, and compassion, and allow divine guidance to prevail? If I can do that, the ultimate light in me shines, as it does now. I am well, and you can step into your place of wellness if you choose by letting go of what is there to let go of.

How much is it we have to let go of? That is the 24-million-dollar question. Do you have the answer? It is buried in the subconscious. Calvin Young knew that and developed some lie detection technology that is used in biofeedback software now. It helps us clear the subconscious or unconscious motivations and limitations that do not serve us. It is a way to know and clear the health and clarity of the subconscious. You can find what is in the subconscious by measuring it energetically, because everything has a frequency. We will examine the ways of measuring the frequencies.

Next challenge for me, and there is always another, is letting go of finding what is wrong with everything. After all, it is what many years in healthcare have been about. I am now on the path of discovering the perfection in others and feeling it in myself. By seeing the best, we are allowing and promoting the best.

We can heal everything. We just need to be taught how. I have mentioned my work for the USDSEA as a school nurse educator. While there I helped write a curriculum to educate children in caring for themselves emotionally and physically.

The Origin of Our Patterns

A man told me in a session he was very anxious. He wanted to find a woman, and he had never had been able to do that. He was in his late 60s. The bottom of his stress heap was a fear of women that stemmed from his mother's critical, never-enough, never-right domination of him. As long as he held onto that pattern, why would he want a woman? She would be sure to dominate him, because he was no different from the rest of us; what is in us is what we attract. Also, he had to judge women the way he was judged. He began the process of letting that go, and his stress in one session was down 30%. Suc-

cess is all about finding the hammers and the place to tap. He cancelled the next session. He was getting too close to love and too far out of his familiar zone of pain. There had not been enough released to prevent him from running from the success of being without it. That was his microbiome.

This work is not for the feeble of intent. It takes a lot of determination and “guts” to dig into your unknown, unhealed parts. The fact is this man felt safer and more loyal to his mother by not having a loving woman. What is happening in all of us is we have very painful spots, and they can pull us in easily. There are usually three or four main themes or patterns in each of us.

Fixing You

Step 1. Want it.

The most important step is to choose to heal. Everything hinges on this one. I have many people who come from distant places, and when they say they have been everywhere and done everything, I immediately do a muscle test to see if they are ready, willing, and able to heal now. Most of them are not, and they have to make the choice repeatedly in order to succeed. Many times, it is the deeper chakra issue that does not let them choose to be well until the chakra is healed. One such issue is victimization, the fifth chakra.

One day a doctor came for assessment and treatment. When I muscle tested, she showed she was not ready. She insisted she was. After a half hour of exploration and release, she released the cause of her not being ready. You may say, as many do, “I am ready.” The subconscious, or the 95% of us that we don’t know about, is containing data we may not be aware of. The way to know there is data inside hindering us is to look at what is happening as our plans, lives and accomplishments emerge.

Step 2. Understand that life is perfect, and everything is an opportunity to learn.

As I work daily with people in the deepest areas of their lives and let go of the patterns and traumas of mine, I am simply amazed and stunned at the predictability of our repeated family patterns and generational issues that are unresolved.

I realize that people either want to deal with these things or they don’t. It takes a lot to move us to a desire to change our patterns, and change is tough stuff.

The truly courageous at being ready willing and able to access the buried parts of us will do it.

The most recent family pattern I let go of was the pattern of not quite wanting to finish my life work and write this book. It was what I had seen my dear mother avoid. She was a great phonics teacher for first grade and could teach any child to read. She wanted to take it to the county level and teach all teachers. She did not. It was hard for me to let this pattern go and do my best to succeed, but I am going to let the pattern of unworthiness go and do what God wants me to do for him.

Step 3. Identify subconscious patterns and limitations.

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Finding these patterns requires attention and focus on allowing them to be revealed. They are there, and they will come, all in Gods' time.

Patterns that keep us enslaved rather than enlightened are:

- Suffering
- Being judgmental
- Fault-finding
- Feeling unworthy
- Self-righteous
- Fearful
- Feeling unacknowledged
- Anger
- Criticalness
- Unworthiness
- Needing to be in control

Step 4. Feel them.

This may be the hardest one. We have been trained in the art of suppression. We are experts. We would rather be numb and die, than feel and let go of the pain. One of the reasons we don't feel is we don't know what to do with the feeling. There are probably many ways to do this, and finding the one right for you is the quest. Let's see if you will make a choice for yourself based on the information shared here. I use electronic gem therapy, voice printing, and neurointegration to access the emotions.

It seems as we begin to pay attention to the walk or work of God in us, we see its perfections and parallels like life working simultaneously in all aspects. A wonderful person I call client was sitting telling me her sister was dying and she could not let go because she is a favorite, protective, older sister to whom she is very close. Holding onto her sister was causing lower bowel issues in the large intestine. This point is the letting go point on the lower left colon.

Between 1:15 and 1:45 I put this wonderful woman who could not let go in the Ozone Sauna, wrapped in cozy white towels. As she sat in the warm mist, we prayed "The Lord's Prayer" with the intent of releasing her from holding onto her sister. She completed 15 minutes of treatment as she sat in the Ozone Sauna, and we let her go sister go. A few hours later she contacted me saying her sister had died at 1:25. She transitioned during our saying "The Lord's' Prayer."

Step 5. Make the necessary changes, and resonate with the changes.

You are a symphony of frequencies going all over the place. Choose your song and harmonize within. I recently decided to end my codependent pattern of saving the alcoholic and pull out of a relationship with a family member with whom I had experienced rejection and discord all my life. People rarely thank us for attempts to save them when they are enjoying our failure to save them. Now I choose to resonate with the freedom of freedom.

What a kicker that is to allow myself to live and be happy. I have been trying to save her and help her be happy, and the way I did that was allow her to put me down and abuse me, knowing it made her feel better/superior. By letting

go of that pattern, I can develop a new sense of myself and our relationship. I can love her.

It does not just come. I must educate myself on how to do this, because every cell in me chose to be a rescuer from the time I was born into a pattern of alcoholic father and rescuing females. One way I help myself is writing about my changes and returning to my mission to save the world. In sharing my experiences with my readers, I am prompted to address my personal struggle. You either like it or you don't. You take it or leave it, and be doing this it still satisfies that part of me that wants to take care of you and I can do my part to contribute what I perceive is the "good." The rest I leave for God.

My contribution is to offer you the chance to know about these deep routes of the pain and patterns that drive them. I want to see all you are set free from the unconscious, controlling 95%.

I ended this pattern by releasing what was supporting my low esteem. I could never succeed at saving my family member from her addictions to harming herself. It was a big self-sacrifice, designed to teach me so much good. I found myself as the kind, loving, light I am. I am emerging into my full potential now. Does this make sense? How we can give up our power to cover for someone else, when it is really covering up ourselves? At the bottom of every pattern is love and light—you.

Step 6. Go through the changes. Our eyes see only ourselves.

Understand, we are one with everyone, and our job is to love and accept all parts of them that are in us, including the alcoholic. All we see outside is inside us. As we tend to think we have to suffer for and with people, the fact is they can guide us to our suffering, and it is ours to heal. That is how we help them—being all we are. First, we feel and release what is in us about them with the support of one of the release devices. Remember when you focus yourself long enough and deeply enough with love and light entering and with feeling the feeling until it goes, you can do it. My choice of release devices at this time is voice printing. I like emotional code, HO HO OPONO, and taping. For those who are ready, it is just "Give it to God."

When we hold on and stay in the suffering with the people in our pattern, we meet our needs to be rescuer and prevent them from meeting their needs.

As I pull out of this pattern of being the rescuer/beat up female family member, I find myself going through withdrawal from my addiction to helping. The perpetual need to rescue the family member kept me taking beatings to help save her. It also kept me from knowing who I really am, because the rescued rarely sees their light; they are waiting for the success of the rescue to validate them. Of course, in most cases, success is not the goal. Rather the suffering is something to keep us busy and out of our full potential. Love is not being seen by us because we are a perpetual failure in our own eyes. The only eyes to use look at ourselves are God's, thus giving ourselves new beliefs about us.

In a session with a man one day he admitted he did not want to live except for his wife and family. He has subconscious suicide. The effects of this undiagnosed issue are impotence and depression. We got on it and began with homeopathic treatment and voice mapping of his lack of interest in living.

The things we see that aren't God/love are ours to heal.

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My life-long, unsuccessful attempts to rescue non-clients who did not ask to be rescued but just wanted someone to share their misery has taken about 60% of my life force. Now I am directing that energy to a place it is more likely to be effective. It can and will be only if you/they choose for it to help. That has been the missing ingredient in my ability to help people. It is their choice to be helped or allow help; it is my choice to show them how to let God handle it.

Understand also, most people who seek holistic health interventions are not really looking for what they can do to change. They are looking for the “fix” with herbs or homeopathy, perhaps supplements. It is all still the wonder cure complex. When they don’t get it, they blame the practitioner and leave. It is easier than giving up carbs and misery.

I have suffered through doing the impossible for people and later realizing they never allowed it, so I could not have succeeded. When we exercise our patterns of addictions or co dependencies—and it seems we all have both—we get very addicted to the patterns. They are our home field of operation. They are our family and friends energetically. The patterns rule and control us. Now that I have cleared that pattern, I do not attract people who want someone else to fix them. The door is closed or resolved.

But you see, we don’t want to be tough or neglect our family and friends. We think it is our job to suffer it out with them or help them avoid what they have to address. I now understand the only thing I have to do is love, because these are all cries for love. I am just loving 100%.

We are very compassionate people. I see that everything we do is an attempt to help, or balance, the family patterns we have felt and perceived as out of balance in our families and needing our help. I now understand I cannot be victimized when I love unconditionally.

I have seen these patterns thousands of times over the years, working with people to solve the core conflicts of their lives. I saw an eight-year-old boy who was failing in school and miserable because his father had full custody and would not allow him to stay with his alcoholic, always drunk mother. He told me sadly in his session, “I have to save her and take care of her.” He did let that go in one session with voice printing, doing the Auditory Integration Training music therapy program. He is now happy, free, and passing in school. Dad had the strength to take charge.

Step 7. Focus on finding light and love and letting God into all parts of us regardless of what they are.

An 81-year-old client sat in front of me after a cruise, on which she had, of course, eaten numerous carbs. At this point she was loaded with candida and could not stay awake. All organ function were repressed. She was saying she was going to visit a son in the west the following week because he needed her. She asked me what I could do to make it work for her. I asked her to connect with her higher wisdom and ask her God self if this is His choice for her.

She said, “I don’t care what God says, I am going.”

To this I said, “Not with my help.”

As I drew this line and pulled back from enabling her to ignore her highest and best, she began to cry and let God in.

Medicine that Turns You On

God is a frequency of greater, higher, good for us. It is simply in our best interest to remain in this pitch, the pitch of God.

For many people, the plan is to keep God out and be God or know better than God. A man with Parkinson's Disease diagnosis has been detoxifying with my guidance. He has improved remarkably, walking with more stability, fewer tremors, more energy. In one session we dealt with the suppressed rage in him for how his grandfather had lost his fortune and thus his wife's love. Now this man has to step in and "make-up for this weakness of suppressing rage." He is driven by the need to prove his worth. As we were dramatically progressing towards his self-acceptance without this burden of proof, he took a three-month trip, escaping from the pain of changing and enjoying the changing he has done.

Besides burying the rage in his entire body and holding it to be the strong warrior of the family he had been pushed to be, he had developed a very successful business with lots of income to compensate for the family pattern of losing everything. In the end, his wife died, and he lost her love, too. The money did not solve the problems of the ancestors and him. The problems were the inherited feeling of unworthiness.

Most warriors cannot admit to unworthiness. My experience is the strongest can accept their unworthiness, and by doing this they heal. Compared to our knowledge, we don't like admitting God knows best, and we don't understand surrender. Never surrender, right? God's presence, or the alignment with that frequency of love, brings us far more than we can conceive. The key is recognizing God in us; we are simply surrendering to ourselves.

It takes practice to learn to accept the place of being surrendered to God's way for us. From my experience I know it is really is much better, easier, and more satisfying. The knights of the roundtable understood the power of love. It was their shield. It is our shield from ourselves, and the harmful parts of us can be healed by it.

I have also witnessed many of the solutions to misery. I want to share my experiences with you, passing on what works and contributing to the end of suffering. Misery has been accumulating in massive quantities for centuries. I am passionate about ending 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, just like all those who came before us. For myself, it is now a habit to surrender to the divine order and allow it to resolve everything with my commitment being to end it in me, the only appropriate place. I will leave the rest to the divine order and wisdom of the universe. I want to contribute to the vibrations that can lift us all to the heaven within. Judging how, does not get me to acceptance and love.

Recently I treated a woman who was suddenly getting very ill. The only thing different in her life was her spending hours on Facebook 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," she readily admitted. "I have been making myself sick." It was killing her.

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. There simply need to be some factors in place inside us, while some should go.

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Healthcare. Even when I was in the system of western medicine and being trained by it, I had a nagging suspicion and a knowing that there was more to be done for people to achieve optimal health and heal the “dis-ease.” I thought something 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. My adopted father, Gus, died from the side effects of exploratory surgery, which showed nothing was wrong. He was intolerant of the invasive procedures. These experiences and others have been perfect to guide me to this process of learning what I bring to you here.

I understand everything is part of God’s plan for us. Here I am, the results of God’s plan for me. Will you allow God’s plan for you? It means turning the worst of it into the best.

By the time I had spent 45 years being treated by the western medicine treatments, my health was a wreck. I did not 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. Who needs the label? I just had to get well, and I did. I now look and feel much younger than I am.

My husband and I are serious ballroom dancers. We swim once or twice a day, sometimes three times. I did not take antibiotics for Lyme Disease; I treated it with herbs, homeopathy and many therapies I will describe here. I had to change the whole environment that sustained its presence. We do not just treat the pathogen, we support the terrain. I noticed when I worked in medicine very few Indian people were sick. I asked my friendly Indian grocery store man what they did. He said, “Turmeric and curcumin.” I am on it. It caused me great GI upset when I started. The one thing to realize is that everyone is different, so turmeric and curcumin may not help you.

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 them all along, I simply had to find my way back to my truth. . My only challenge is to get the “stuff” out of the way and let my knowing in.

One of the big things I had to release was the fear of not being accepted by those I love because I felt as though I were different. Now I recognize I am the same. I get to accept myself as a person who brings other approaches or alternatives to those for whom they fit.

The Source at work through me

My Driving Force

As Hippocrates said, “We must treat the disease that has the patient, and not the disease the patient has.” I say we must release ourselves from the limitations and benefits of disease.

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 had a nurse who been working with other alternative practitioners for 17 years to heal a heart condition that kept her bedridden. She said she had been “dying” for six years and crying all day in bed. After two weeks of my working with her

to release the issues, feelings, fears, griefs, 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 keeping him home to care for her. She 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 patient's 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. The patient chooses life and health ...or not. I have many people call me to say, "My client _____ says you are a miraculous doctor." I say, "It takes two." It really takes three.

No one can cure someone else; they can guide them to curing themselves. I am a scientist, and the laboratory is me, you, and our interaction with source. As it works, it is proof it works for me or for you—not for everyone, because 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, for 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. Physical and emotional sufferings are our number one indicators of being on or off our true mission. A word of truth sometimes is that we are not yet in touch with our truth. It is important to get an expert to show you the way to you.

The technology and techniques we have now can and do successfully identify the energetic presence of parasites and other infections, and 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 terrain. The disease is identified before it becomes too rampant. Most important, with identification we can change the identified.

The physiology of our "bugs," as Einstein said, has a frequency (like everything else). Everything and everyone gets used to that frequency and thrives, feels at home, and is familiar with the frequency they are used to. In the case of infection, it is still a matter of attraction. When we are sad, we can attract a pathogen that is thriving on that frequency created by the sadness frequency. When we are carrying unresolved anger patterns or events, we could draw hepatitis to the liver, the organ that gets blocked by anger. Every organism, like everything else, has a frequency.

The way we usually see infection is we "catch something." In our current way of dealing with it, we kill it. The fact is, bugs proliferate in us all the time; they outnumber us 10 to 1. Our job is to find out what they are telling us and deal with it and heal it. In the case of sadness, we have to heal the pattern of being sad. I also use homeopathy, herbs, and terrain modification to address the overgrowth and put them in a different frequency so they are not growing so happily. The heart chakra is usually blocked by some strong pattern of hurt or shock. Homeopathy can help address the energy block created by the issue.

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Also, the underlying reason for the grief and hurt can be released using one of several techniques.

When one strain of organism gets too strong, it is because it has an ideal support system for its growth needs. Here are some of the things that support organisms' overgrowth.

1. Life Patterns. These patterns are generally measurable by their frequencies. The organisms grow in the life pattern at the frequency the pattern supports.
2. Eating to Maintain the Same Frequency. We eat to maintain the frequency because when we start to change, the bugs rebel and make us "uncomfortable." If they are alive in a frequency of 200 and we eat a 500-frequency meal, it is nonnurturing to them.
3. Matching Activity to Suit the Pathogens. We limit our activity to what the pathogens like because when we start to move and they start to die off, we may feel worse.
4. Metal toxins and Chemical Toxins.

The presence of pathogenic organs depends on us, our foods, and our terrain imbalance to perpetuate their growth. There are about one hundred times more organisms than there are cells. Our balance and immune system's strength keeps us strong enough to manage the crew of bugs in us and be supported by them. Stress, sugar, overwork, toxins, and overtreatment of infections make them grow and proliferate beyond our scope of managing them. The secret of health becomes avoiding those things that weaken us, limiting our excess, staying calm, resolving the things that are unresolved and that add to our burden. Dr. Derk Hammer, founder of German New Medicine and whose work I studied while in Europe, showed that each cancer that grows in the body has an activating traumatic event that was buried in a corresponding part of the body. Relationship trauma in the breast is usually the cause of breast cancer.

I have facilitated the emotional cause of many women's breast cancer. They are well and without cancer now. Mammography confirmed.

Healing of the Root

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 toward long term health and happiness with an increase in prosperity. This is the work that allows the soul to come through with its divine DNA blueprint or pattern. The body/mind/spirit is one; they are hand in hand.

I see disease as the guidebook for the soul's needs. When we discover those needs and heal the issues, we make spiritual as well as physical progress. We are not just physical being; we spiritual beings having a physical experience. Since we never die, all the progress we make in this lifetime will be ours to take with us on our journey to bliss. 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—the result of what is left when we leave it all behind.

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As we heal the issues of the soul, we raise our vibrational pattern. That is worth everything to us and is the only real value we can get out of a life well lived. The energetic patterns and mind's energies and programs eventually distort the body's energy system, leading to illness. Knowing how to stop the processes involved is the best preventative and interceptive medicine possible; if the process isn't in the mind field or energy pattern, it cannot affect the body, and the normal balance or natural resources of the body can restore its original functional patterns. This knowing can also be the main tool for restoring and creating a reality you choose when the trauma is resolved.

1. Name it
2. Claim it
3. See it
4. Feel it
5. Live it
6. Enjoy it
7. Fill it with the life of breath, movement, and a little lectin-free food.

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 connect with the event or trauma and release it from the body's energy field, allowing the physical healing formulas to work more effectively.

Where and How it Begins

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 karmically developed patterns. These patterns are now ours, to be driven by them, to repeat, compound, and suffer from the them, 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:

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
15. Helplessness
16. Distrust
17. Unworthiness

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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 (connection to all there is)

I understand the value of avoidance of all the items on the lower patterns list, in a world where self-exploration has not replaced exploitation. When we are strong and clear, we are free from external controls. Of course without external controls, who can we blame? I find being responsible for myself much tougher than being able to blame something or someone was. It does require developing inner strength.

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 myself and as many people as possible to release disease and allow health, wealth, and happiness—their calling.

I am seeing and believing the light and love of the universe has healed all.

5

Cure: The Care of the Soul

Empowerment Medicine

You are the light of the world. When your mind can achieve peace and quiet focus on your source, and can allow the highest vibrations in you, you can do anything. Our/my only challenge is to remember this and be imperturbable.

“Natural forces within us are the true healers of disease.”

—Hippocrates

In every moment, we are either making choices that hinder or render the flow. Behind the unreleased feelings, traumas, beliefs, and toxins is our good health. When the flow is restored, the disease is healed. Life ebbs and flows; the flows need monitoring and re-direction when put out of reach by life or whatever is stressing the natural flow.

Take a minute to feel the energy in your body, the spirit, the flow of God. What you call it does not matter. It matters that you know it is the source of what fuels all your functions. It is best for you to practice feeling that until you do. It requires practice and putting your attention within, breathing deeply and seeing with the center of your forehead point, or imagination point, the source or light and love. Now feel it all the way down.

You may notice certain foods and behaviors add to or diminish connection to the light in you. Detoxing and releasing opens the light pathways. The process of opening creates a different response in each person, depending on how toxic they are.

Now breathe deeply all the way down. That is a treatment, a God treatment. It restores life and balance. If you place your hands on a part, you are sending breath to it, further energizing that area. Your hands are like jumper cables. They have a negative and positive charge. Right hand positive and left-hand negative. Love is an effective radiation therapy treatment with no side effects. The key is to keep giving it to God/love/light with great persistence, focus, will, and faith. Now allow God's wisdom to flow in and listen to its guidance.

I learned about using the hands as therapeutic tools from Dr. Krieger, one of the nursing faculty members at New York University. I was teaching nursing at Hillsborough Community College in Tampa, Florida. The most valuable things I was teaching was how to give a bed bath and how to give an enema. I had found these to be the nurse's greatest contributions to the patient. Even back at that time I was looking for and drawn to solutions that worked. I was always disturbed by the ineffective, inhumane, ineffective treatments I saw being used in the hospitals.

I read about Dr. Krieger's work at New York University with premature infants and her research that showed they thrived when given therapeutic touch in ICU. I have been aware since childhood of the feeling in my hands and on my body when I used touch on myself and others, and I had a license in massage

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therapy. As a child, I would move my hand over injuries without touching the skin. It accelerated the healing .

With this I went to the president on campus and asked him to finance my trip for training with Dr. Kreiger. The president at HCC had hired me to bring more 'humanity' to nursing. I knew the faculty would not agree to such an "outrageous" concept, yet studies showed the premature infants thrived when the nurses administered therapeutic touch.

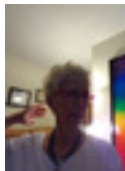
At the training, I discovered Dr. Kreiger was teaching what I had known and practiced since childhood, yet only on myself. I came back to HCC very enthusiastic and explained it to the nursing students. One of them complained of a pain in her neck and numbness going into her index finger on her right hand. Using therapeutic touch about two inches from the back of her neck for about three minutes, the pain went away, and the sensation returned to her finger.

I continued to show the nursing students and help the patients at the hospital where they were interning. It seemed like a routine and essential part of healthcare when the patients and nurses agreed, but the concept was not received well by administrators.

This was the beginning of the end of my nursing career and the beginning of my life as a person who would be dedicated to finding and using what works. The students were very excited and ran to the administrator to tell her what was happening. It spread like wildfire, and I was called in to her office. The minute I walked in, I felt the vibe of disagreement and reprimand.

When I left her office, I went to the president. I told him my story and resigned a tenured faculty position. I had a masters in counseling and a massage therapy license, so I set up a private practice and used touch therapies like jin shin jyutsu, which I had learned from the amazing Mary Burmeister in Scottsdale, Arizona. This is a system of holding points on the body to release the unblocked energy. The results were obvious, and patients improved greatly. Twenty years later I was invited to speak to a group of 20 people who were giving therapeutic touch at St. Joseph's Hospital in Tampa, Florida. This is the hospital I had introduced therapeutic touch to as a professor and been rejected. I was welcomed by 20 volunteers.

This is a simple technique I practiced intuitively as a child. Simply hold your hands a few inches from the body, move the hands, and feel the energy shifts or voids. The energy will even out and change. If you feel the changes, you are an energy aware person. If you don't, the awareness may come with time. Since all healing is energy restoration, and releasing blocks is needed for restoring, it is a way to facilitate movement of energy so the batteries can recharge.



Example of Therapeutic Touch to Cervical Blockage

Hippocrates, the Father of Modern Medicine

The Hippocratic Oath has been the foundation of my present practice as a doctor of oriental medicine. It is the foundation on which I can safely navigate with people toward the development of their internal eternal doctor, who can heal them. I have found most people are their only enemy. They keep attracting the outward evidence that they do not love themselves and do themselves great harm by making choices that are not compatible with their individual, delicate systems and needs.

When we accept that part and release the emotion of hating ourselves, we are free to be. Most of the treatment we attract, whether good for us or bad, is a big reflection of what is inside us that is loving us or rejecting us. Nature heals us when we are in that law, or energy of love and light, for ourselves. It is what is in us that heals us or kills us, as we let out what does not serve us and let in what works for us.

In order to do no harm, I use careful testing with each step of the way (kinesiology and computer programs). They have guided me to assist patients to heal anything they are willing to heal. I always test whether they are ready, willing, and able to heal this.

I have seen that patients get sick from excess or deficiency. Too many toxins, chemicals, substances, emotions, or beliefs create blocks in us, establish patterns, and prevent or misdirect our progress as physical and spiritual beings. Our “baggage” depletes and blocks our energy so the excess leads to deficiency. We cannot be strong when we carry so much.

The problem facing a practitioner doing this work is that very few people come to you and say, “Find out what I am doing and what is stored in my unconscious that is making me sick and stuck in the same self-defeating patterns of life.” However, I do find there are some who want the whole enchilada, and that number is growing.

That is why Hippocrates said, “We must treat the disease that has the patient.” The real diseases within us are the patterns that come from our own traumatic experiences as well as from the generational patterns of our families and environment. These patterns then lead us to and draw to us our negative beliefs, thoughts, traumas, choices, and environmental toxic exposures—everything. A woman asked me why she had attracted a husband who had beaten her and her son. When we looked at it, her father had abused her and her family. She left with that pattern markedly reduced after one voice mapping session.

The deficiency side of our healthcare is the side on which we do not nurture ourselves with good thoughts, laughter, good beliefs, healthy food, effective clearing techniques, and quality choices. I’ve mentioned before Hippocrates’ saying, “Let food be thy medicine and medicine be thy food.” That quote has become the cornerstone of my practice and my life. Everything we *think* is also a food we give ourselves.

To me this means foods that heal, plants that heal, and thoughts that heal, as well as whatever we allow to come into our lives in all dimensions.

Every morning before getting out of bed, take a moment to place your hands on your abdomen and feel the places that need your energy—love— then simply say “God Loves Me,” as you focus on that part. You now know the truth.

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You are also contributing to the long range good health of your body and soul, decreasing the likelihood of cancer, ulcers, and many more adverse conditions. Now hold this attitude of peace and power in your belly all day. You don't have to get caught up in what is happening outside of you. Just give it to your source of divine wisdom and intelligence or understanding far beyond your ability to "figure it out." Just let yourself love you. Go ahead it isn't selfish. It's self-nourishment.

The presences of the "lack" feelings listed below block and divert our ability to make the life choices that will lead us to balance and resulting good health. Our patterns become magnets that attract whatever they are. Abuse attracts abuse as long as the pattern is in us. We become disconnected from the flow of nature that keeps us in touch with people who treat us well. We must find a way to identify and release the blocks. In my life and in my practice, I use computer software, my intuition, and kinesiology combined with the evidence of what is showing up in the body to find the subconscious blocks. I just see and feel it; then now we heal it.

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

Knowing this, we then 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.

It sounds simple enough, yet the unconscious patterns do not let us make the simple, good choices that bring health. The unconscious perpetuates itself. Some of these unconscious patterns are guilt, doubt, self-punishment, victimization, tension, feeling of unfulfillment, hurt, shock, grief, distrust, resentment, anger, feeling of abandonment, and fear. We most often cannot make the necessary changes because our unhealed patterns and unconscious mind have stored data that are blocking our good sense. Because these patterns are unconscious, we do not know about them, so we do not change them.

These unconscious programs have been implanted by doctors, parents, teachers, friends, commercials, and potentially everyone we have known. As an OB nurse, I used to hold the newborns and tell them how welcome and wonderful they were. There had been many horrifying things said during their delivery, and I wanted to erase them.

Emotional blocks hold the toxins preventing us from being able to change our choices and address the disease that has us. Toxins and disease patterns are very friendly and codependent, and these guideposts called symptoms keep us locked in our disease.

As I sit with and observe clients' behaviors and test them extensively using kinesiology, biofeedback computer programs, and the gifts of educated intuitive observation, I always ask myself, What disease has the patient? 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 toward the resolution rather than getting stuck in believing the disease is irresolvable.

There are many patterns that lead us into disease. Examples:

Lack Feelings:

1. I am not enough.

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2. I don't have enough
3. Others don't give me enough
4. I don't give enough
5. I don't know what to do or lacking direction
6. I don't love myself enough.
7. I don't have enough education
8. I don't have enough support.
9. They are against me.
10. They don't really love me.

Fear and Safety Feelings

1. I am afraid of being hurt
2. I am afraid of failure
3. I am afraid of success
4. I am afraid of being taken advantage of
5. I am afraid of not being loved
6. I am afraid of risk
7. I am afraid of others.
8. They will show me up

Control Feelings

1. I have to be right.
2. I have to have all the answers
3. I have to control my feelings
4. Others have to do it my way
5. I have to dominate the situation
6. If you don't do it my way I will not be alright.
7. The end justifies the means
8. They are wrong

Profile of a Disease Pattern

I developed an ulcer on my leg following a trauma. It did not heal even though I had a healthy heart and good circulation according to every exam and treatment done.

I found and cleared these emotional aspects:

1. Trauma from being beaten
2. The need to suffer for my family members.
3. Not really wanting to be on Earth because of fear of attack
4. Shame and blame for all the "bad" things of which I had been accused
5. Hurts about not being recognized for who I am
6. Fear of bringing my message to the world
7. Fear of my imperfections
8. Fear of the judgments and condemnation of others
9. Ancestral patterns and fears of being killed for standing up for what I believe

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Structural Reasons:

Sandspurs got in the bottom of my foot after coming to Florida. I had to leave my dear Kentucky home where the bluegrass was always soft.

Wearing a shoe that was too short on my left foot because of the size differences

Resulting misalignment of left hip

Organ issues

Digestive weakness

Slight hypertension

Spleen deficiency

Bile insufficiency

Infections

Lyme on Mitral Valve

Mycobacterium in ulcer

Treatments included:

Homeopathy for Lyme and mycobacterium

Homeopathy for mitral valve LymeRife for lymph, ulcer

Trampoline, bicycle, walking, yoga

Voice printing for emotional issues

Scalar

Bio resonance

Quantum Infinity App

Colonics

Ozone

Spiritual focus

Releasing traumas and hurts

Allowing myself to be happy and do what I love

I released punishment and blame as the pattern I was born into. That seemed to be the biggest issue. My skin and leg are healed, and I began stimulating collagen formation to close the wound. Skin is possibly the hardest to heal because it is the first to develop or the deepest.

The Reason for Everything

We entered life without a manual to guide us, after Dr. Spock's book on caring for infants, which is very helpful to young mothers. I remember holding my niece in one hand and Dr. Spock's book in the other as her temperature climbed and I looked for the upper limits of a healthy fever. At that time in the late 1960s, we were giving aspirin much too early in a fever and not allowing the body to benefit by the healthy immune response of an increase in body temp that can destroy unhealthy organisms. We followed his advice and let it go up to 103, and the sickness started to leave as the fever broke. We used a tepid bath to bring it down. The fever is part of the body's healthy immune response to create an unpleasant environment for pathogens. We watch carefully for dehydration and flaccidity.

Humans are complex beings physically, emotionally, mentally and spiritually. We are always experiencing “symptoms.” We almost never really know what they mean or understand how to respond to them. We don’t know which test to get, or who or what to trust.

Many people draw on knowledge of medicines originating from a chemical, and surgical medicine has an impact on us. Certain procedures and protocols have been established and recommended that may not be right for each individual situation. The challenge is finding the answers best for each person, with the attention to our delicate individual needs and the ability to know or tune in to what those are.

Our medical systems rely more on external than internal self-direction. We can benefit greatly from a system that will educate patients on the part they can play in staying healthy, showing them how to respond to symptoms with less invasive techniques that allow them to heal themselves using their natural intelligence. We must each become our physician. Those of us caught up in excessive outside interventions pay the price, because our treatments often suppress the body’s natural process, or interventions are done too little or too late.

One of the things we are up against as we promote others’ caring for self is the vast impact the subconscious has on us, and the limitations of unrecognized operating data. Sometimes when I’m out and see someone whose middle is enlarged 10 times its size, I want to say, “What kind of pain or emotion are you stuffing here that is costing you this misery and our nation big bucks? What are you eating?” You are right. It is none of my business.

You have heard it said, “Everything happens for a reason.”

The big question I have always asked is, “How do you discover the reason for a thing, and how do you know who to respond to what is inside? This person lost in his addictions and avoidance does not have what it takes—or perhaps does not know what it takes—to get out. Such people are walking in and out of their medical care with no accountability.

Begin to ask yourself now, “What is this attempting to teach me. What is the message or the direction I am to travel?” Ask yourself, “Why am I eating? What is eating me?”

Instead of product orientation that stops a symptom at any cost, there is great value to gain from processing and learning from what is present. Because the patient may not be involved in discovering why a symptom occurs, they are less likely to be treated in the best way.

The drug does not deal with releasing the cause of the addiction and pain; all it does is mask and bury it further.

I recently had a phone consultation and cyberspace treatment with a man who had open heart surgery four years before. He woke up with a blood pressure of 200/90 and woke up his wife at 4:30 a.m.. She was not happy to be disturbed, but she and took care of him by applying an ice pack to the left side of his head, a technique I had taught her. This is a technique to support the heart and reduce the likelihood of a heart damage after a heart attack or during an episode. It helps the body adapt to vascular constriction or blockage. She gave him BP Specialist, a very effective herbal formula, and Honopure to help him calm down. He is already on natural blood thinners like enzymes that break

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down undigested protein so it does not clog the arteries. She has been an involved, participating, learning client working with me for more than 15 years.

She texted me, and by 8:30 a.m. we were in a cyberspace office visit; while he sat comfortably in his chair, we scanned him. I asked him "What is different in your life that could have changed your body balance and caused this?"

At first, he said, "Nothing." That is what they all say at first. In time he said, "Well, I have been working all day in the hot sun." He works at a flea market selling his acquired treasures. The scan we did using the computer showed low potassium. Bingo. That certainly makes sense. Problem solved by increasing potassium. We also discussed how he can calm himself and lower his blood pressure with prayer and relaxation.

We also voice mapped his fear of something "bad" happening that developed from his unexpected heart surgery four years earlier. At that time he was not working with me. His BP came down and he went to work after the remote scan.

Is it possible? Yes. It is the norm; this is the way it can be everywhere.

You see, this handset device plugs into your computer, and I can, with your invitation, connect you to my clinical scanning device. You can also be voice printed, which means you talk into the computer microphone and my clinical tools evaluate the voice frequencies and send you de-stress frequencies. It works wonders for letting issues go.

I worked with a woman who came to me with a disease manifestation called Lyme disease. She was near death and very frighteningly emaciated after having constant anxiety attacks. Her boyfriend had to drive because she could not stand to drive and barely could stay in the car, she was so frightened. She has three children and is a single mom. After about six months of therapy, homeopathy, and energy treatments, she had no Lyme. She gained all her weight back, anxiety became rare, and she could drive herself. After one of her appointments I said, "We have eliminated the disease. Now we must heal the cause of the disease. Then we can say it is healed." It was basically toxins, traumas, and generational patterns, coupled with her dysfunctional responses to life and loved ones. All this was stored in her subconscious and memory matrix, causing her disease. She steadily began unwinding it, and as she did, her health went up. She goes everywhere and now has work with a good income. After the release of many lies and unresolved family patterns, she has her own business helping others.

The Process is the Product

As I've mentioned earlier, those are the words of Dr. Gordon Johnson, with whom I studied for five years. He had retired and was dedicated to learning and teaching about life energy, learning how to be present to the forms of expression that life takes and discover the *resolutions* rather than the reaction. He taught me advanced kinesiology as I explored myself to learn to access my truth. Thirty years later I am still developing my ability to be present to what life is showing me in myself and in those who come to me to unmask their guidance or truth. It is the question and answer of life. It is learning to use the muscle response test to navigate the course; it is the process. This is the most valuable tool for helping people. This is the foundation. It allows the

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practitioner to determine what is best for the patient. As the patient clears his data of misleading information, he begins to test, too. I also studied with Dr. D.A. Versendaal, founder of CRA. This process includes learning the points on the body that represent organs and physiological functions.



This is what one kind of kinesiology looks like.

With a muscle test, one determines the strength of the arm in response to stimuli that are introduced. There are a couple of basic things to test to make sure the answers are correct.

1. Is the person himself?
2. Is he ready, willing and able to get the truthful answers?

This simple test can help you determine what is compatible with your energy and what is most likely to help you. It all depends on the skill of the tester. Understand, one self-destructive meal or act can change everything. When people start learning, it is most often not reliable.

Many people spend the day waiting in a doctors' office to find out how to discover the reason for each symptom. They leave with an order for another test to find out what is causing the symptoms and, perhaps, something to stop the symptoms. I bless the doctors as they work with the tools they have to unravel the mystery of the human matrix and complexity.. But I contend we are ready for tools that offer us a different perspective. We are legally forbidden to say energy assessment tools do anything but assesses energy. That is fine. Everything that ends up being disease begins with energy imbalance long before it becomes a disease. No one needs to be able to give us the death sentence of a diagnosis. We will believe it, and what we believe is what happens to us.

I propose a system that offers everyone tools to examine their disease by helping us unravel the many causes of illness and address the mass insanity of stopping every symptom with a quick fix. It is ultimately quicker, more economical and certainly much more beneficial to fix the underlying cause. It is even more efficient to identify the developing imbalance and resolve it.

I think you have to experience it to believe it.

Many times, people call me asking me to, "Check me out." Many of them are looking for a quick holistic fix. There are such things, but really getting to the subconscious root is the only way out. The way out, is in. Getting the toxins out and putting no more in, is essential. Wouldn't you say the same if you were totally honest with yourself?

When we are involved in the process, we learn and progress in many ways. The symptoms are usually either the body healing itself or telling us what the

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soul/mind/body needs to be in balance and harmony with the creative source, as the healing for all things. Surviving well depends on learning to interpret and respond to these symptoms in a way that will help our body/mind/spirit heal itself the way it was divinely designed to do.

I recently had a young woman come in wanting to deal with the inability to stay in a relationship. She was constantly being abandoned and cheated on by her lovers. Physically she was experiencing diarrhea and kidney bladder infections. The response to her feelings of fear of rejection was driving the behaviors of excessive drinking and excessive coffee consumption. We used voice printing and biofeedback, and she felt and released her feelings of supreme unworthiness stemming from her father's abandoning the family when she was two and marrying the person with whom he betrayed his family. The young woman left the session with such radiance.

The challenge remains, how do you know what to do and when to do it?

As I've mentioned, when I began thinking of writing this book, I was afraid to say the truth as I saw it, even though The Constitution guarantees freedom of speech. Now it is my honor and privilege to say it all. I will let this quote be my rationale:

"Let every slice of knowledge be open and set a-flowing."

"There are two educations. One should teach us
how to make a living and the other how to live."

—John Adams, Second President of the United States

First and foremost, I want to take care to stress and preserve the preciousness of individual differences. We have been raised in a culture that shows mostly no sensitivity to our differences and our needs as the differences we have. I went to the dentist one day. I that she use Procaine to inject me for anesthesia. She said it was the first one used in dentistry, but there had been too many allergic reactions, so they stopped using it. My dilemma was that I have had an allergic reaction to everything else given for anesthesia in dentistry. Procaine is very beneficial for me and is currently being abandoned by the professions. There is no place in the system for individual needs that are outside the system. I left that dentist's office and found a dentist who would inject Procaine. Perfect. Being the patient does not mean being the victim.

It is my firm understanding that every path we take is part of our process and opportunity to discover what is in the way of our knowing ourselves as love and light. The path you choose is always an opportunity to learn something if you seek to.

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

healthcare "Come follow me and I will make you fishers of men."

—Jesus, Matt. 4:19

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 I thought I would have to save them for me to be with Jesus in that sweetness of love and light. It was the drive of the so-codependent child. What is there to save mankind from?

What most limits our success are the beliefs we carry about what it takes or how it can be done or what can and cannot be done. The beliefs are like the chains and locks on the mind. They have been put there by the media, our friends, our family, our teachers, and our generational patterns. Much of this is unconscious, so we are limited by our unknown limitations.

To be free of them is to be able to let the body follow its divine wisdom. I used to wonder how a Buddhist could achieve enlightenment just being suspended in the spirit of truth, non-thinking or meditation. After reading the book *Dying to Be Me*, I understand fully; something clicked. The divine wisdom of the body, mind, and soul, takes over when we clear the circuits of our own beliefs and analyses.

As we focus in the internal data and breathe into it, we can clear it out. Then we are free to perceive the clear data of nothingness, emptiness, or everything.

The important thing for me is not that you believe me. I want to share the way out of believing and attaching to this way or that way as *The Way*. Your connection to your spirit is your way. Your connection to the divine intelligence is ultimately how the healing can occur. What I primarily want to do is help you remove your attachment to believing or not believing. I want to promote your connections to your spirit of love, light and truth—your source, or God, if you will. Not this God or that God, your God. I realize the true title for this book is “How to not Heal Yourself.” Sometimes in the effort of doing we interfere with being.

Sometimes I take it back from God and think I know best. When I feel that, I give it back to Him. The healing flow directs me to something that is the right thing to eat, do, affirm, take as oil or supplement, think, feel, or see. Now I am back to the bliss.

The first Healing Secret: Moving from Suffering to Bliss

Take that feeling of misery and lack and simply shift it into a new place of joy and happiness, and hold it there.

You say, “I can’t.”

I say, “Yes you can. Just do it.”

I will show you how to release the obstacles to bliss. It is one of the ways out of misery, suffering or apathy.

I was working with a young woman who said she could not get out of the place of being miserable. Yet when I gave her the instruction above, she did it, and she got out of misery in a wink. The issue was that she did not want to get out because she might fail if she got out. She was afraid of failure and success. What have you got to lose in that case? The fact is, we are addicted to how we have always felt. We get to have a new addiction to being well, happy, in love.

Electrifying Medicine

If you are ready to get started, you can begin with an exercise that can heal whatever you have to heal. Lester Levenson, a man who was diagnosed with untreatable heart disease, healed himself. After being discharged and declared incurable, he did the work it took to heal himself and lived to be a very healthy old man who died at 95. He has trained many practitioners in this technique. I use elements of his work to help others push through the emotional, spiritual blocks to healing. His work deals primarily with recognizing and releasing attachments.

Feeling is not a popular thing to do. In fact, most people do everything possible not to feel. They take drugs, smoke, "stuff it," avoid it, leave it, or over-express it, and lose it. Feeling it works better. Feel it long enough, and then breathe into it and release it. There are many release phrases used by different disciplines. "I let go and let God" is a simple, effective one. I also use the Tibetans' "Om Mani Padme Hum." Do these as you focus on the feeling or block. You can also say them as you focus on the goal: to clear the way.

Many of the release techniques advocate tapping on the body to release the stored energy as you focus on the belief or trauma. They include Psyche-K, Emotional Release Technique, Emotional Freedom Technique, and Emotional Code.

Here it is simple, million-dollar tool to help you move in to taking responsibility for one of the major contributors to your disease:

Identify the part of your body that is involved; feel that part of your body and release the feeling that is there until there is no more pain, blockage, stiffness, suffering, trauma, painful memory, or event stored there. The key is to focus on it and relax as you breathe into it. It may not be pain that you feel. It may be thickness or emptiness. It is important to feel other parts of the body, even those that are weak. Feel the hollowness of weakness and release that or whatever you feel there.

As you release, allow the feelings of love, joy, bliss to emerge. Just practice. As with riding a bike, you will get better. You will be great at it!

I notice the tones of the voices of others are either uplifting or depressing. Even the laugh can have a positive or a putdown tone.

The body as a complex, computer-like information center, registers these frequencies. I have taken to finding a way to tune them out or ask for a tone that makes me feel good. It also helps to stay in tune with your own power or tone.

Everything affects our energy systems, and energy is altering us. Man can use this to his great advantage.

Every person in our lives has a vibe, or frequency. Every thought and feeling has a frequency. Every bacterium has a frequency; every disease has a frequency. Health and happiness depend on our ability to maintain and raise our vibration as we interact and interface with all the factors.

In many spiritual disciplines, there is a sound that represents the ultimate vibration. When you have a bad feeling or low feeling, focus on it and OM it or pray into it. It is a gift to feel bad and find what is underneath.

There is also a system of healing called toning. This is simply making sounds of the, e, i, o, u. I did this once with a hearing challenged person. His deafness went away, and hearing became normal.

I always test very carefully how many supplements a person should take. Yet when they leave there are so many things they can do to affect the energetic impact of their system, and the needs change rapidly. I have had people take alcohol or drugs, then call to ask me why the supplement caused a headache.

I also find with many people it is important to ask them how they feel about a medicine because their feeling about it can change its vibrational impact and negate its healing value.

Of course we must consider the vibrational quality of food, how much, and how well we chew. Everyone is different, and food covers up and buries many of the issues of life. Eating well and tuning into our food needs as individuals usually happens once we have cleared the self-sabotaging. Sugar is the number one cause of most illnesses, stresses, traumas and beliefs about and within ourselves. It weakens our spleen/pancreas, which is the esteem center and energy producing center. When energy goes down, esteem goes.

The focus of our thoughts, or what we put our attention on, affects us greatly in every moment, either lifting us up or pulling us down. Our focus either tunes us in to good things or down into our less than.

What we look at becomes an essential element. Colors heal, and vibrations enter through the eyes. One of the reasons we like shopping is to see things that make us feel happy. There is much more to colors seen through the eyes, and I will elaborate later. To sum it up now, for those of you who do not want to wait: focus on the color that feels best.

There are several healing modalities that have brought me to an understanding of the complex nature of the body as an electrical information storage and transfer system.

The first was my own experience as a child feeling the energy of the body. Feeling energy is something that is not promoted in children, yet many children are aware of it, and it could be well developed in children easily.

We are not a culture that believes in empowering people. The common restraining belief that holds us back from giving anyone too much credit is that it might get out of hand

I practice conversational empowerment. I say things purposely to point out rather than ignore or cover-up my awareness of sensitivities or gifts. A young man who had been socially outcast all his life and had been releasing the traumas for two years in therapy sessions, said to me, "Why and I so sensitive? "

I recognized from his tone that he felt as though he were wrong for being sensitive. I said, "It is your unique gift to be developed and appreciated. It is why you are here." The programs (patterns) he received in school from his peers were, for him, a total invalidation of who he was and his special gifts.

Programs

The way we store information is very similar to a computer. We have silicon dioxide, or crystals, in our brain like those from which a computer chip is made. These programs are a database that drives everything about us—our actions, feelings, and thoughts. They set up what many like Dr. David Hawkins called the Attractor Field when they combine with our generational energetic memory bank, those things we received from our ancestors. Even though we never met

them, we know them very well. We carry their unsolved problems, diseases, and pathological responses to life. I always like to tell myself, I am going to make sure the buck stops here. I want to set myself and everyone whose patterns I am carrying free.

Holding a higher vibration will release the subconscious energies that interfere with maintaining the highest possible vibrational quality. Because the data we hold inside are so strong they stop us from holding the higher quality, I find it helpful to have the computerized biofeedback assist in releasing the interferences. Pure homeopathic principles do not agree with the use of computers, because computers are a source of EMF stress. Everything is always being questioned and evaluated. Healing is an evolving art and science.

Generational Response Patterns

Response patterns develop in us and deepen in their expression and impact over the course of all our generations.

These patterns develop from pent up emotions and come from unhealed traumas. You can imagine what everyone has been through—wars, hangings, destroyed lands, and despairing loved ones. We are all carrying unthinkable tortures. Now it is ours to put an end to or perpetuate.

Here are some of the patterns I find:

Aggression as Protection

An 84-year-old man was winning a poker game, and another man accused him of cheating. The accused one “went off” in anger. We examined what caused this pattern, and it was four generations of not being valued, with the father’s resulting issues of rejection and isolation. The man cleared it. Wonderful! Better late than never. His sons now have a chance.

When we clear our issues, we can stay out of our exaggerated attack back mode.

As life’s traumas accumulate, they also permeate the responses of people. They may protect themselves with either proactive aggression or responsive aggression. Neither is nobler than the other; they are coming from the same pile of historical data

Blame as Protection

Another clever way of diverting pain is blaming others to avoid feeling bad about ourselves and deepening our inadequacy. If I make you wrong, I don’t feel wrong. I weigh 115 pounds, and a 250-pound woman blamed me for standing in her way. She aggressively said, “Why are you standing there reading the label?” How much do we have to anticipate and guess what others need us to do for them? Another option for her would have been to say, “Would you please move over?” I like that one. Have you got one you like? Another option for me is to say, “I am frightened.” When we are vulnerable, it opens something in us and the other person that is good for us both.

Guilt or Self-blame as Protection

This is Most often unconscious. The bases of a young single mother’s cancer were her guilt for sexual activity out of marriage. It was totally opposite her

value system. Yet she was carrying a pattern of self-punishment because she had been molested as a child and had then been able to let go of a seven-year abusive relationship.

Criticism as Projection and Protection

Deep inside us there are patterns of being made wrong. Now it is in us or in our attractor field and processing. We can take ourselves out of bliss by finding what is wrong with others, and it is coming from deep fields of data that have been stored related to how wrong we have been. This field has not been cleared, so it is still us wrong projected onto others to avoid the pain of feeling wrong ourselves.

Regret as a Protection against letting life in

It is easy and common to live a life of regretting everything that was not perfect in our judgmental eyes. The way out:

Accept others and the things we have done or are doing; all of it is the key.

Adopt attitudes and feelings that have the most uplifting, health-promoting impact:

Gratitude

Love

Peace

Joy

Finding your perfect self. I know it is hard to believe you are perfect. The challenge is to believe it and feel it until it is your new home.

Can you think of other uplifting attitudes?

Resonating internally with the emotional qualities and sounds of God allows us to develop a strong immune system. The antibiotic of God is joy.

When stresses and life get ahead of our ability to maintain our power and presence, there are natural energy treatments to bring it back. Meditation and praying are always easily available. There are also natural antibiotics that are made from life, health-promoting organisms that help us build back up.

This is based on the understanding of biological medicine that recognizes health as the natural state, and acknowledge that health can be reinstated by restoring the body's natural power to heal itself. Our lives may be saved by taking antibiotics, yet we pay a price in long term health by not addressing the needs of the body, so it can take care of its own infections or not develop them.

An unemployed woman got a bill for an MRI for over \$500. The MRI found nothing, and the money she spent, including for the prescribed drugs, did nothing to relieve her headaches. She changed her diet and released the anger at her ex-husband. She had no more headaches. We are just learning how the health of the digestive system affects brain memory and mood. She felt it first hand through her experience.

The American Journal of Medicine says the number one cause of death is heart disease; two is cancer; and three is medical treatment. I contend it is the choices we make or don't make that kill us. We cause our diseases, and that good news means we can do our part to prevent or treat them. Diet, toxins, and emotional balance are ours to regulate.

Electrifying Medicine

You have heard it said, “death begins in the colon.” Death begins in the colon because we wear out our digestive system and kill all the naturally occurring life forms there.. We give it too much food, alcohol, and drugs. The beneficial organisms literally wear out and alter the environment of the GI tract. The undigested, poorly chewed food causes acidification, feeds the pathogens, and clogs the cells and arteries. This contributes to deterioration of cells, cancer, depression, fatigue, and all diseases.

Deep breaths into the lower abdomen promote oxygenation and healing to restore and maintain healthy digestion and thus body function. Keep hands together to balance yin/yang

No one can tell you fully everything to do or not do; you have to get on it yourself. You have to learn to assess your responses in a new way and listen to your “Guidance System” Also educate yourself. Most often when a healing is working you will feel it rather than numb it. Numbness is killing your healing response. The key is to adjust to and react to each response, and make changes as your body tells you to. You can also stay in touch with your practitioner, who has had experience with the responses and can give directions or recommendations.

For many years I have used products by Gunther Enderlin (1872–1968) a German zoologist and entomologist. He later manufactured pharmaceutical products that were very effective at rebuilding the diseased digestion. His medicine upgrades or changes the structure, rather than killing the pathogens. I have used them on infants and adults for 20 years; they are a safe, non-allergic approach. This natural’ approach alters the structure of virulent to non-virulent forms of organism, changing them into useful, friendly forms.

Pleomorphism, in microbiology, is the ability of some bacteria to alter their shape or size in response to environmental conditions and assume a different form. Using this upgrading approach with Enderlin’s natural antibiotics, the organisms help heal and restore the body. The concept is similar to probiotics and a much-upgraded version of this approach. They have an antibiotic impact by simply altering the forms of the disease-producing bugs.

Baruch Samuel Blumberg was awarded the Nobel Prize in Physiology/Medicine in 1976 for his contributions in discovering the Hepatitis B vaccine. In this essay, Blumberg describes the complex mechanisms by which the Hepatitis B virus is able to survive, thrive, transmit, and replicate itself. These mechanisms are so complex that the virus seems to have a plan, a strategy, tactics, and an intentional drive, which are all characteristics of a conscious being. With Enderlin’s approach the pathogens strategy is interpreted by introducing some friendly, upgraded organisms.

We are used to believing we should kill all bugs because they are harmful. The truth is we have millions of bugs in us. It is not so much good or bad that matters, it’s balance of the terrain that allows us to have a health enhancing environment. When we make the changes and introduce the specific upgrading organisms needed to strengthen the quality of our biological internal culture, we can participate in and allow the digestive system to rehabilitate.

The mouth, nose, sinuses, throat, lungs, and gastrointestinal tract all possess mucus-producing tissue. The mucus layer has long been identified as providing protection against the outside world.

A San Diego State University research team led by biology post-doc Jeremy Barr has discovered that a previously unsuspected immune system is active on the surface of the mucus layer. This immune system consists of a layer of bacteria-infecting viruses (bacteriophage) that actively attack and kill infectious bacteria as the viruses multiply.

Balancing and alkalinizing the terrain with food and health promoting medicine can encourage the regeneration and rebuilding of all cells from the inside out; a healthy gut means a healthy body and mind.

When all else fails—and it is more than likely to fail if you do not do your part—you may need antibiotics. Their lifesaving impact is definite as is their extreme potential for altering the terrain of the body in a way that its natural healing potential and healthy pathogens are also killed.

Just remember, letting go of the stresses, either immediate or buried, and reconnecting with the divine presence of your source, is a path to raising your vibration and lowering your dis-ease.

The FDA took many of these health-promoting, natural medicines off the market in the USA recently. It is a great loss for me, yet I will allow myself to find what I am to learn from this and move on, I will and have found better solutions.

Chakra Blockages

I am from a traditional, mainstream orientation, and waking up to realities such as the presence of chakras took me a while. I would not find nearly the benefit for patients without addressing these issues. They are a foundation for my emotional work. I studied with Dr. Ulrike Blanis, German physician who practices only with treating the conflicts categorized by their location in the chakras.

Another German, Dr. Hammer, previously mentioned, discovered the cause of cancer to be a conflict, and with resolution of the conflict, the disease can be healed. He treated thousands of terminally ill cancer patients successfully by applying this theory, locating and releasing the cause.

According to psychoanalytic theory, subconscious conflicts play a significant role in the origin of many somatic ailments and psychological disorders. Because the conflicts in question are repressed and stored in the subconscious, orthodox medicine usually fails to recognize them, and thus they go untreated. Subconscious conflicts should also be taken into consideration for behavioural disorders, child-rearing difficulties and many other psychological problems. This applies especially to somatoform disorders (physiological ailments with psychological causes) and therapy-resistant disease pictures, such as chronic pain or exhaustion with no objective cause, for which experience has shown that a co-cause can be found in these subconscious conflicts. Dr. Hammer identified the conflicts using CT Scans. Dr. Blanis used a machine, called Reba®, designed to measure energetic response. I simply use kinesiology. I ask the subconscious. I find it is a matter of skill and comfort with the testing process.

Measuring Life Energy on Four Levels

In the first step of a psychosomatic energetics exam, the therapist tests the percentage charge of life energy, and in the process distinguishes between the

various layers of the subtle-energy aura: Vital, Emotional, Mental and Causal levels. Each of these energy levels has different material and psychic qualities. Experience shows the test results reflect overall life-feeling and usually agree with the corresponding clinical diagnoses. Thus, physically exhausted persons almost always have a low vital charge; depressive patients usually have a reduced emotional reading; and in those suffering from psychosis, one finds relatively low readings on the mental level.

By testing the four subtle-energy levels, the therapist determines in just a few minutes what one could call the blood-pressure reading of the subtle-energy levels. The Reba® test device works with precisely defined measurement signals that resonate with brain waves. This procedure leads to reproducible test results, i.e., different investigators (as long as they're properly qualified) arrive at identical readings from the same patients, barely subject to any momentary deviations.

Causal determination in Psychosomatic Energetics

In the second examination step, Psychosomatic Energetics determines why the patient has too little energy. In most cases, the conflicts are responsible for the energy deficiency. To identify these conflicts, the therapist uses ampoules containing homeopathic agents, first testing out the seven energy canter (chakras) for blocks. If the patient reacts to a chakra ampoule, then there is a disturbance present in the corresponding energy canter.

How a Conflict Arises

Emotional conflicts acting as energy blocks have been known since ancient times. We speak in terms of blocks creating conflicts. Conflicts arise due to traumatic experiences that are so threatening they are emotionally intolerable. Therefore, they are externalized. Psychology terms this phenomenon repression. To survive emotionally, the theme is banned from consciousness. But the conflict also has a subtle-energy charge which, on the energetic level, leads to an externalization that results in a loss of life energy. Like a vampire, the conflict then hangs on to the patient's energy canter, living off its life energy. When a person is constantly tired and feels drained, one almost always finds conflicts to be the actual subtle-energy cause. Logically enough, resolving the conflict leads to true healing and recovery, and to refilling the energy reserves; in other words, it is only in this manner that the energy loss can be causally treated and permanently eliminated.

The traumatic contents of the conflicts are many and varied, e.g., rage, sadness, fear of failure and other negative feelings. Therefore, there is not just one conflict, but rather various traumatic "feeling-packets." The contents depend predominantly on the situation in which the conflict arose. For instance, if a person was so enraged that the organism was at risk of literally exploding, then a rage conflict is created. If a person felt helpless and on the verge of feeling annihilated, then the conflict would have the helpless theme. I have worked with all 28 of the themes for years. Rage is in the third Chakra, and helplessness in the first. I know a woman of 82 who healed a first chakra, helplessness, after being born into the womb of a mother who had just lost twin boys. She felt helpless to correct the issues of the situation that had not

been resolved. Conflict created urinary infections and frequencies that ended when the conflict healed.

When we talk about these issues we should understand that having the issues stored in us causes blocks in the energy systems called chakras. These blocks cause the underlying structures to become congested and constricted, which limits and restricts energy flow and function.

Fortunately, Psychosomatic Energetics is a system for assessing and treating these blocks using testing, homeopathy, and affirmations. The homeopathy works extremely well, especially combined with voice printing and restructuring self talk. Most conditions of physical or emotional distress have this component. When it is addressed, many long term or short-term conditions clear up.

I have seen headaches of a lifetime leave; heart conditions and chest pains disappear. I have seen dramatic improvement in many digestive complaints. Unresolved attitudes found in each energy center can be effectively resolved using this method. I have added other treatments to augment the PSE such as voice printing and nutripuncture.

The Chakras, 1-7

Chakra One is at the base of the spine.

This relates to the ability to let life in and be kind to ourselves. When we don't let life in, it is because early in our life we had traumas or an unstable environment that did not let us trust ourselves and others. It leads to a very unstable foundation. This results in disease issues and blocks, which are related to sexual performance, weak bladder and urination, prostate and reproductive tumors, cancers, congestion and atrophy. There is overall weakness, dysfunction, poor concentration, and low esteem. Many sexually abused infants and children have a block here.

Chakra Two is in the lower abdomen.

These blocks develop problems between ages 7 and 14. The issues are related to not feeling good about ourselves or not feeling strong. This comes from family and social structures that did not nourish or support us in the early years.

This chakra is strong when we know our power and rest in knowing who we are.

The blockages of this chakra greatly affect nervousness and anxiety, and so may affect all structures in that area. You see, it is all about suppression, and when a man is not allowed to show his feelings of anxiety, he may develop a hernia from straining to hold back the issues he cannot identify or let go of.

There is usually a belief in lack:

1. I am not good enough.
2. I am not loveable.
3. I am not capable.
4. I can't do it.
5. No one loves me.
6. They will leave me.
7. I will not be included.

Electrifying Medicine

8. I don't have the strength to do it.

Chakra Three is in the upper abdomen. These blockages are found most in people with "ties" around the middle.

These are usually liver/gallbladder blockages; there is usually rage or some level of resentment. They alternate with worry when the spleen/pancreas is involved. Sugar becomes the medicine and the poison. There is a feeling that life is not good enough

1. I do everything wrong.
2. They are out to get me.
3. I am to blame.
4. It is all my fault.
5. I am not worthy of love.
6. I hate what is.
7. Everyone will not be okay.
8. Life will never be good enough.

What you feel this say may be any one of the following:

Worry
Rage
Anger
Lack

I had a woman who came in to solve her underlying health issues. She was on six 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. 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 a sense of deserving that brings the good things of life. She had a third Chakra block. She wanted things to be better, but worried that they were not. She now can recognize her needs and do herself some good. We have used homeopathy, herbs, and supplements with a priority on parasites, toxins, and emotional issues.

Dietary essential is low carbs.

Chakra Four is in the heart.

My personal favorite is this center, because the heart is the queen. Hurts and heartbreaks affect everything. I had a client sit in front of me and refuse to let go of her hurts about her first husband. He had an affair and broke her heart. She divorced him, and he is fully supporting her in a very high style. She seems to have more to gain by keeping the hurt and the sickness that goes with it.

Love can be very threatening and frightening and when we keep it closed off we also close off the energy to the heart and the rest of the body because love heals all.

Medicine that Turns You On

I have seen great things happen when people heal their heart hurt patterns. They are also picked up early by children even in the womb as are all patterns.

Chakra Five is in the throat.

Victimization or shock is held in this center. Power center and communication shut down. Listening to self is minimalized, and hurting others and being hurt is common. Thyroid and parathyroid may be affected. Lymph drainage is decreased. Neck enlarged and redness of neck may occur. Great results are achieved for those looking to improve appearance of neck rolls.

I think bliss is one equivalent of health. There are many layers of bliss and beyond bliss. Beyond these traumas or suffering, somewhere is your bliss. It takes as long to release all the stored blocks as it takes. A woman came to me with undiagnosed Lyme pathogens, severe arthritis, low thyroid function, and severe abuse by her father, first husband, and son. We identified a victim pattern in her 5th Chakra, and she began to release the trauma of the many ways she was abusing herself. These included having her son live with her and abuse her. She began the restorative program of homeopathy and supplements and called me with a referral when she left. She signed a Patient Care Agreement to stop being abused.

Yes, you read correctly—as long as it takes. I tell you that clearly, so you will never give up. You have been accumulating this stuff for many lifetimes or generations or years, depending on your belief. It will take as long as it takes to let it go, but it will go.

Chakra Six is in the forehead.

This chakra is where much tension is held. It affects how we see things; our ability to see clearly, or our imagination, is a primary tool for navigation and staying on course. The back of the head is where our zeal center is, so it is an important. It affects our ability to maintain faith and understand our environment. Of course, memory and all brain functions are affected by blockages. Headaches, strokes, and tumors may result from unaddressed interferences to movement of energy. Sanity is dependent on this being clear in some cases.

Chakra Seven is in the crown.

Let go of ego and open to letting your higher power in. Symptoms of blockages here may include excessive egoist tendencies or excessive retreat from the world. Open to reality and let go of focus on material things.

6

Out of the Cage of Darkness ...

... into the “I Am”

One of the things that often comes up is the confusion about alternative medicine and God or religion. Alternative medicine is not a religion or a cult. It is an understanding that healing is achieved by letting energy into the body, and allowing that energy to flow to the tissues by getting the mental processes that block it out of the way and correcting the damage the blocks have caused. It is about your relationship with your source. Some people call that God. Some people are uncomfortable with God and calling it God. That is okay. One should not be judged and punished or excluded for what he calls the power source. The source is not saying, “They did not call me the right name. I am not helping them.” The fact is, it is by letting your source in that, you help yourself, no matter by what name you call it. You do this once you allow yourself to own your power and get all doubts and limitations out of the way.

One of the basic things that has held back the health and evolution of man is the reluctance to own and accept 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 verse equates to saying 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 powers to effect the changes they want by letting God in them do the work.

Our job in life is to let go of whatever is in the way of God or the love and light of the world healing us. It really does not matter what you call your God; he answers to your intent and focus. The Source is informational energy. We simply open to it, believe, receive, and respond.

Part of my path that began as a Nazarene in Kentucky has been to broaden and deepen my acceptance, understanding, and application of spiritual concepts, applying 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 altar in church with the little old ladies of the church praying for me. It is a sweet memory. I think I went away feeling more guilt and fear than relief, but I kept going back because the culture cultivated it.

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 an understanding of God

and His role in my life. I found Him, and there was no guilt there; I just let go and let God.

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. Let it go and move into a higher vibration, allowing what you want. Haven't you had enough of not allowing your good in?

If there is anything happening in anyone other than love and peace, it is because of scars, traumas, toxins, and blocks that do not let the good things in. 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 wait 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 a cause rather than being an effect. In other words, 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 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. I have heard it said he has gifts for us beyond our ability to desire them.

I have a patient who is in good health, with only arthritis problems and no prescription drugs. I asked her how she had maintained her health. Her response was this: My mother died when I was young. She had cancer and was a very angry person. I read a book that said it was caused by turning anger on self. I decided not to do that. My patient became a very positive, outgoing person. She learned from her adversity and saved herself a lot of pain. Now wasn't that smart of her?

Many times, part of what has to be healed in a disease-releasing therapy is the burden of guilt we have taken on from our family or religious experiences.

So go ahead and release your guilt in all areas of your life. It is linked up with your judgment of yourself for all you have or have not done. Also release your attachment to guilt as a useful tool to keep you from making a mistake. Just release it now and keep releasing it until it is gone. It may take months. Remember you have been accumulating it over a lifetime or more.

Release all the things you blame yourself for doing or not doing.

Note for Readers: By law I am not allowed to say that I, or any system, can cure anything. That is not a constraint for me, because no one, no drug, no procedure can cure you. Those tools can support the process of your curing yourself or allowing the cure. Do you wonder why some people respond to a treatment and others don't? There is a lot to that, and as I have pointed out previously, placebos are sometimes the best medicine. That points us to the possibility that it is the faith of the patient that opens the flow of energy that is blocking the health.

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 connecting force is your own internal, quiet bliss. I have invited you to come with me on a marvelous journey of discovery. We are exploring tools to discover the unaddressed, undiscovered parts we call the subconscious. The subconscious, as you’ve learned, is where the information is stored, and is part of what is causing the blocks that lead 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. Throughout this book, there are stories about how others have achieved happiness and wellness, but you must keep in mind that the necessary ingredient is you! We are halfway through the book. Have you decide by now 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.

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 lie outside our conscious awareness. I have always known this, and through studying the genius of others and releasing my blocks, I have come to trust what I have known.

My Deepest Concern for Mankind

“We don’t remember days, we remember moments.”

—Cesar Pabese

I only recently released the moment of my pain and anger over my mother’s putting burning tincture on my thumb to stop me from sucking it.

The main disease of mankind is their hurts and sufferings—the feelings they have held onto. The feelings have to come out, so they erupts in sickness, violence, and acts of destruction against self and others.

I am so concerned by the damage we do to our cells and our consciousness by using substances to heal ourselves, taking us further away from the awareness of who we really are. My other concern was mentioned in the book written by Dr. Richard Gerber, *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. This increases what we must overcome and limits the movement of healing energy, life force or prana. Recently medical doctors have begun discovering that a cause of Alzheimer’s and dementia is the excessive use of prescription drugs. I have noticed in the past 40 years that the clearing of drug toxins, metal toxins and traumas, together with Honopure for the amyloid plaques and brain training, are enough to end the disease.

Medicine that Turns You On

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 as we are, we could have everyone sitting around waiting for answers from others that will not come in the direction that is in our best interest. We could live in our doctors' offices every day, trying to find out what is wrong and whether we are going to die. The continuation of this pattern can be 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 their choices. Most important, the power will be with the people who are seeking to feel safe and healthy. The "mainstream doctors and medicine" play 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; they have been effective for hundreds of years. The integration of the disciplines can reduce the suffering of all of us because of our interrelatedness, and we can say, "Inasmuch as you have done it unto one of the least of these my brethren you have done it unto me," Matt 25:40.

Second to my desire for all healthcare professionals to work together is my hope that healthcarewe all accept the responsibility we have for following Hippocrates' oath, "Do ye no harm." One way I have found to follow this oath is in is developing kinesiology testing skills so I can make sure I am giving medications to people that are right and safe for them. I think everyone should practice and develop kinesiology skills. Kinesiolgoy is a solid, well-founded tool for assessment and is now taught in universities throughout the world. It requires much skill and practice, but it could be a lifesaving tool for the millions of Americans who are dying unknowingly from the side effects of drugs. The heart of this issue is that doctors must be most concerned with honestly benefiting their patients, even though it may be outside their training experience. One of my soul challenges is having the courage and wisdom 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 own 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. I will tell you being very strongly directive is necessary and appreciated in many cases. There are also the people who want to be told what to do; that is why they come to a health practitioner such as I. 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. The unconscious motivators are more powerful than the conscious.

Getting on With It

For those of you who are ready, let us begin to clear what is allowing your disease to be fed, as well as clearing what caused it.

Feel the feeling of your disease and let it go. We are so accustomed to being “a good boy or a good girl” by not feeling or showing any feelings. We simply do not know how to show what we feel. Go ahead now. You have complete permission to feel what is in you and let it go.

I want to help you learn how to release the feelings you have held. Eckhart Tolle said that the birds flap their wing and fly away from a fight, leaving it behind. Humans tend to take it with them. We are not taught to do otherwise. We are not taught how to let it go.

You can learn. Just breathe into it now. Lower your head to disconnect from your thoughts and let it go. I have had people sweep them out, blow them out, or vacuum them out. Develop your own release techniques. Remember “old habits die hard.” Holding on is a habit.

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 imbalance, we can heal. We also can provide interventions that teach the body how to correct most any imbalance and lead 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 lead 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 choices is driven by their subconscious mind. It is not only diet, exercise and taking your pills that lead to health. It is also correcting your thoughts, addressing issues and making healthy choices to keep the chi flowing. What we need to understand is that the thoughts and choices we make are usually not driven by our conscious mind but by our unconscious mind.

Exercise 1 to Unlock the Subconscious Feelings and Memories and Let Them Go

Close your eyes and allow yourself to feel the first feeling you have in your gut or heart. Maybe it is nothing, if so, feel that nothingness. If it is fear, feel the fear. And let it go. If it is nothingness or a void, feel that and let it go. There are many possible ways to do this; some people find it is necessary to breathe as they release. Other people find it necessary to lean the head forward, which may, for some, open a door above the head and let the feeling out. Now sit still and stop thinking; this will open you to the feelings. Breathe into the feelings and let the first one go. Feel it again and let it go. Now feel it again and let it go.

The world is in a pickle. The pickle is suppression of pains and traumas, the accumulation of excess toxins, and the lack of nutrients getting in the cells.

I want to support helping everyone have good healthcare, but healthcare that is real healthcare is being extremely overlooked and neglected. We can

enroll people in doing their part, the part that isn't being included, a part that works. Without the part that helps everyone discover and correct their blocks to good health, release their toxins and get good nutrition in the cells, no amount of intervention can restore health. Congressman and physician Ron Paul said during the presidential debates in 2016, "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 must help them discover through education and intervention why they are doing what they are doing. We also could 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 you is concern for the relatives I lost because of diseases that were not resolved. I have heard the congressman refer many times to a dear relative who died because she could not get healthcare. The difference is that my relatives had healthcare as it exists now, and they died from the side effects of the interventions they were given. I suggest both our the relatives of both of us could have helped themselves had they known how.

I know it was probably also the path they needed to go. They chose it. They followed the fears and programs they were given. They had no real choice because of the limited information they had. It's difficult for people to believe natural, nontoxic herbs and homeopathies are effective. My goal is to offer new information to let people know they do not have to suffer and die, as my mother did, from the side effects of medications that destroyed her liver, digestive tract, and all her nerve endings (neuropathy), just to keep her cholesterol down. No doubt her diet could have been changed to keep it down, and at 170, it was not too high,

My desire for this world is for each person to 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 us.

Mother

Mothers have the single greatest impact in our lives for good or bad; as something else to learn from and heal, it is all good. My mother died from the battle against her elevated cholesterol. Her digestive tract 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. She did not know the many options for reducing cholesterol such as policosanol (from sugar cane). There are many things to help break down the cholesterol that do not kill other cells. Diet research is extremely good as done by Doctor T. Colin Campbell in the "China Study." Dietary treatments such as those outlined by Dr. Caldwell B Esselstyne Jr. at the Cleveland Clinic Wellness Center are effective. Levels of cholesterol over 200 are considered completely normal in France. I find cholesterol high to be essential, and if it is too high, it is because of sugar and not enough good fats

As usual the rest of the family could not understand my objections to her treatment, and they were the ruling majority. What it boils down to is people are willing to die to get blood tests that please their doctors. They die to comply.

Electrifying Medicine

The nerves of Mother's legs were toxic from the buildup of the medication and the mercury she had in her teeth, which had leaked into her body. The mercury 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 addressing the problems it caused in me.

I helped, but I could not combat the devastating effects 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.

Throughout my nursing career I saw a continuous repetition of this scenario. If you are open to reexamining the cholesterol issue, look at Dr. Robert Ericson'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.

Whether mothers know it, they are the inspiration 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, of which I had been aware and burdened by as a child and even now feel the effects of her battle with life. For all of us, healing the relationship with our mother and arriving at a place of peace and release is a key to good health, happiness, and the healing of the soul. I learned this from Dr. Bert Hellinger, the German psychotherapist who taught me to use family constellation therapy, which I've described earlier. It helps restore order within families.

I have dedicated myself to finding the gold in all relationships especially, the one with my mother. The more a relationship or event hits us the greater the opportunity to take that hit and release what it is that allowed it to hit us. Anything that is in us other than acceptance and peace, is our "stuff" to release. The tendency to beat myself up was an autoimmune disorder I have been able to reverse with the help of all the modalities used here, not just the symptoms, but the cause. I could have handled most of symptoms with herbs, yet that, too, would have been symptomatic control. I used everything at my disposal.

My mother was a great woman, and I always knew at the deepest level she 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 life gives us is a gift; the key is *acceptance* of the gift, which may be an opportunity to heal something in us. 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 have and will describe in this book. The problems I got from my mother came from her secretive hiding of information from me. She possibly did it to protect me, but secrets do not protect those we love.

Sometimes the good in people is not so easy to find, but we can be sure of one thing: it is there for us to deal with, find the lessons, and respond to it in a way that it no longer triggers anything in us.

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 to protect himself. He was relieved of the pain when he realized his acceptance of what is going to let 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 in which they were raised. The key is merging and accepting what is. He is even better off since she left, and he has gone through the pain; the other side is bliss.

A mother called me to ask for help for her young daughter, whom she said was too sick to go to school. When I told the mother I always see the mother first and she would have to come in for a session, 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 had been abused by her mother. I suggested we work on this issue, because her little girl felt her weakness and wanted to protect her. I suggested she would benefit by healing the relationship with her own mother. The disrupted energy between her mother and herself prevented her from gaining her strength. The hate and blockage were 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 if she would 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. Later 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. The child fell back into the game of her mother's needing her to be sick and stay home to take care of the mother's unmet needs. It is one thing to have a therapist. It is another to do the work.

From the moment of conception children are taking on Mother and Father's patterns, traumas, and pain. The rest of life is letting it go. It is not who we are, it is what we are to learn from.

Father

Once my mother left my father, I never saw him again, and was never allowed to speak of him. The missing family member became the most influential. I spent my life searching for him and wanting to heal him of his alleged alcoholism. I was allowed to speak to him once on the phone when my grandmother bypassed my mother's 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. Fathers are our protectors, and when the father is not present to protect us, we are subject to rape and abuse. Because I did not have a sense of protection from attack or a strong protective father presence, I was repeatedly violated and attacked by life. My daughter Cathrine was the result of a rape. I was in nurse training; my sister was raped at the same time, so I held my child out for adoption, for a better life than I could give

her. She became a lawyer and married a medical doctor. I have two wonderful grandchildren, a nurse and a counselor. Giving up my child for adoption becomes less and less of a burden as I release it and allow the sense of protection to come in. I am allowing the protection of the heavenly father and my dear husband. For the most part I attracted an abandonment pattern in my life until I healed it. I know I am the one who must never abandon myself, my father within. I also know losing my father was a gift to help me discover my real father, who lives in me.

Formation of Patterns that Become our Attractor Field

The biggest thing to deal with in healing is to unravel the events, family patterns and belief system that formed the pattern of our illness.

For example, my mother's way of loving involved critical and frustrated hand slapping, switching, and harshness, combined with overly kissy-face affection. We all slept together at my grandparents' house during a certain period of my life. This all led to conflicting traumas. Mother loved me and she beat me. What does that say to a child? It makes the child angry but guilty for being angry, and those two feelings together cause inner 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, it does not always come out easily. Knowing you should let go and wanting to, do not always bring success. Many of the things we need to let go of are buried in that 95% of information, the subconscious.

My grandparents also beat me; it was the way of it—the stern, Kentucky, back hills Tudor Rose inheritance. 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 to beat it into us. I remember feeling as though they wanted to kill me. I release that too.

They did not kill my spirit, though. I learned to make it work for me, and I still do. I became defiant and nervous, which caused me many digestive disturbances. Believe me, it was not an overnight project to heal my life and my body. It happened because it was supposed to, 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. I am freeing all this, and you will, too, as you do the work of finding and being true to yourself.

Set your intention on what you want and ask your source the next step to get there. Now wait for the messages. They will come as you are willing.

By the time I was in my late 40s, 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 sup-

ported my educational endeavors. 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 programs that would attract friends and people who 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. Later in life, when I told my mother about the pain of not feeling 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. I realized later she felt like a failure because, for her, the way she was with me was her way of loving me. Her last spoken words to me were, “I love you baby.” I have done much work to release how grieved I feel that I might have hurt her in any way. 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. Twenty years after my releasing the roots, branches, leaves, and stems of this issue, I am still finding other things to release related to it. Every time I do the work I feel my vibrations, memory, energy, and quality of life go up. I have relationship improvements that are unprecedented.

I had to realize that life is not always the way it seems; 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. For that to happen we 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.

Giving up Attachments

We all can benefit greatly from learning to let go of the issues we have stored. Many people find their own way to do this, and praying must be part of that. If it is working, just keep going and never give up until you find your bliss; then let go of that to the next great discovery.

Electrifying Medicine

A woman came to me with a port in her chest. She was receiving chemotherapy and feeling very sick and weak. She had had multiple sessions, and there was no evidence of cancer at that point. She was afraid to ask the doctor to stop the chemo. She had that position of the authority knows best. Yet her guidance was saying “enough.” We identified her issue of having been beaten and intimidated by authority figures. She released that issue and also released her issue of the left breast, which was feeling disturbed because her son was autistic. She changed herself to a low dose of laetrile /vitamin B17 treatment, and we worked out a diet plan with supplements. I gave her a remedy for the heart chakra from Psychosomatic Energetics for hurt. Two years later she was alive and cancer free. Here is a letter I received from her:

I was diagnosed with breast cancer in August 2011. I had a mastectomy on August 31. I started chemo-therapy several weeks later. I did 2 of 6 sets and became so sick that I feared that I would not survive the treatments. So after being in the hospital twice each for a week because of the chemo-therapy, they found that I had a blood clot on each lung. I decided to quit my treatments and find an alternative medicine to make my body healthy and work to eliminate as much stress as possible. I started searching around for someone to help and two people recommended that I go to see Dr. Paul Koger in Dunnellon who practices alternative medicine. I made an appointment not knowing what to expect. I have to add here that I do not like going to doctors at all so I was apprehensive to say the least. I am so lucky. I found a charming, intelligent and *understanding* doctor. I was so sick when I went to my first appointment that she was concerned for my health. The first session was long but I could tell her everything that was making me sick and my fears for my future. She listened and started me on a journey to make myself well again. We worked on many things, my fears, my anger, my getting control of my life again. I have been going to her for several months and I see a great improvement in my outlook in life and to trust in myself. She has given me alternative medicines that are made from nature and a CD in order for me to continue the work I have started when I am at home. I truly believe that God led me to Dr. Koger in order for me to regain my desire to live life to its fullest. Things may happen in the future but with Dr. Koger's help I will be strong and deal with whatever comes and know that there is a very strong connection between body, mind and health. I hope my story will help others who have found themselves lost not knowing which way to turn. I recommend Dr. Koger for help to good health and peace.

Healing requires to you step out of some boxes—many times all boxes you are in.

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 fit in, and I am a part of everything anyway. I am to be the real me and tell the truth with great vulnerability. It is the hope of

mankind to have people who resist the pressure of going into 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 love and recognition to myself and don't need to others for it. In fact, I no longer do. When I depend on people to put me on a pedestal, they can also knock me off.

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. Now I will step out of the box of having stepped out of the box and then step out of the 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 was told there was a new office policy the American Dental Association had introduced, that a cancer screen must be performed each year. At this office, the cost was \$50, and I was led to believe the price was part of the ADA's dictum.. These things are slipped in on us, and 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. I have been led to many 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. I have a mind, soul, spirit of my own. I also am 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 have such a guidance system, too, although you may not have found it yet. You can and, yes, you will, if you decide to. Listen to the voice in your ear. It will tell you everything.

I wanted to heal my family, and when they would not recognize my gifts and accept the direction, I took a back door and let them feel better by treating me bad. I have stopped that behavior, yet it has many layers. 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 the freedom to gain my soul, health, wealth, love, and peace. Others who were given preferred treatment may not have taken the pain and made it gain. It has all been part of my soul's lessons.

Whatever you have been through, you can get out of. Perhaps you will need help, or perhaps you can do it yourself. Either way, "just do it." Your soul depends on it.

Resisting What Is

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 we are resisting. The resisting produces the symptoms.

Electrifying Medicine

There are many things to help overcome the resistance to what is. Understand the “what is” is your perfect “being-ness” as love and light—your perfection. At the end of the day that is all you will find. It is underneath the worst of it, and it all that is. It is reality. The rest is illusion and fiction.

God’s Medicine

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 driven by the subconscious mind. The blocks are perpetuated by the programmed or stored memories that run our mainframe. We must get the stuff out of the way so the-god spirit can fill the space occupied by the disease within. When these blocks are released, we quietly allow the healing presence of God—our true self—to fill us fully, heal us, and guide us to those who can help.

Outside the Box: How to Access those Blocks and Heal Your Subconscious Mind

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. Here’s the rub: it works without the knowledge or control of the conscious mind. Therefore, 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 1970s 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 making our decisions for us.

Here is an example of a complicated case that arose from a client that came to me because my husband and I did a workshop at Unity Church on “Manifesting Love and Your Soulmate,” also the title of a book I wrote.

Some of what we shared in the workshop was that a hologram of our unconscious can be identified by computer biofeedback scanning technology. and

healing is the releasing of patterns that hold blockages or resistance to what is happening in our lives. Healing is simply the allowing of the presence of the 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 three 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 kinesiology testing that she had danger in her hologram brain pattern. In other words, she had been programmed to feel there is danger, thus she attracted it. 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 or abort 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, for it to be released. I will explain this technique as we go along. She was eager, ready, and highly motivated by her desire for finding her true love. She faced fully and took responsibility for releasing the cause of her sense of danger. This dear, strong, determined, beautiful woman succeeded in fully loving herself. She attracted the loving partner she was 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.

New Vision and Definitions for Health and Aging

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 had 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 in my life that got me out of my miserable unconsciousness that had seemed good at the time; 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 motorcycle 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, looking at the cells of the blood under a microscope (dark field analysis); she had several thousand dollars' worth of testing. The doctor concluded she was perfectly healthy, attributing it to alternative medicine. We have come to accept deterioration and disease as the norm. We have forgotten that earlier man used to live thousands of years 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.

I recognize the value of research; every technique in this book has been well researched. The value of research is to convince your logical mind to accept and to activate your faith in something. It is primarily faith that ultimately heals.

Definitions

What works is not about normal blood work while you take drugs to manipulate those numbers.

Electrifying Medicine

Healthy. The organs are working perfectly on their own with the correct information; the tissues are well oxygenated and have cells that filter toxins, pathogens and nuttiness in an organized, effective way. It means you are so vibrant your wrinkles are not really seen because your life force shines through. You are happy to be alive, awake and asleep; you 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. When you accept everything inside yourself, everything outside will change. You are free of pain of all kinds. You are free.

Happy. Regardless of what comes your way, you either accept or release it into your blissful state. Eliminate having to figure it out. Let 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 an opportunity 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 that fills you and is you.

Energetic. All the energy intended to be yours and supply your organs and tissues is flowing to you and through you 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 will be more openness to the blood and no constriction of the blood vessels, which would lead to the buildup of plaque and infection, causing occlusion and a heart attack.

Positive Attitude. 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 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 on the Good Path. 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 effects of dancing on the brain. Dance anyway.

Health is Wealth

Most people go through life with plenty of money and possessions, yet still save for a "rainy day," filling a void inside that feels like the "rainy day." The

thing we all must 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 to 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 say you won't die if you do take it.?" Moreover, will the doctor tell him 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, because 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 effects would have been a better choice. What shall we do? The damaging choices are paid for by insurance. Helping yourself costs you money.

What amps or heals must be done in moderation in the exact amounts of the right things for the body at a particular time. Food eaten too fast, or the wrong food at the wrong time, can kill the body. Chemotherapy can kill cancer, yet 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 brings me back to kinesiology. Everything must be tested, tuning in to the body's inner knowing.

Once we have learned to listen to ourselves and follow what is best for us, the higher form of kinesiology emerges, a guidance system from within. We can then invite it, listen to it and follow the guidance of our own inner wisdom and knowing, love and light.

The body responds to positive vibrations by eliminating negatives, 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. How does he make the decision about how this body can handle this much of this substance at this time? I nearly died from these decisions being made by a doctor treating me. I have also seen many others die from these choices.

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 of our needs. 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 drug 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 that works when given at the right time in 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 upbeat songs every day to lift me out of the physical, mental and spiritual misery I had reached. 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 Short'n Bread." Somewhere along the way I went beyond needing that vibration. It no longer worked for me.

I was led to other things. If you are determined, you won't say "try." When you say "try," you are saying "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 must be determined to let it work.

Faith

It was a blessing to have have been born into a family of faith and intention I did not experience the lack of money. I experienced an abundance of richness of the sky, green grass and other delights of living on the farmland of Kentucky. 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 two cars met, one had to pull off on the dangerous shoulders. We had to handle what happened medically ourselves, most of the time. In fact, we did it all the time. I learned faith heals.

What Works

My grandmother treated a man who had pneumonia with Vicks and hot towels, even though he complained of the heat saying, "Bess yuzu's a burden 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 to act.

My favorite dog, Snowball, came to my window crying one night. He had a gaping 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. He whimpered and cried several days, but he was good as new before too long.

I have come to understand that what you believe in is what works. I have come to believe in what works, and I have grown to understand it is difficult to tell what is working because the symptoms of true healing often mimic disease.

Release of Emotions and Attitudes that Block Us

Most of what heals us is letting go. Here is what we must let go of. Here are some positions we take to protect ourselves from what we perceive as threatening.

Apathy—just existing with no sense of responsibility for what really matters. It involves going along passively. Our desire is dead, and we believe no one can help. We withdraw and play weak.

Grief—believing someone else can do it for us; crying for that someone who can do it. We want someone to do it for us because we think we cannot do it ourselves.

Fear—desiring to strike out or reach out, but not doing it because we are think we may get hurt.

Anger—wanting to strike out, no matter whether we do it.

Pride—wishing to maintain appearances; unwillingness to change. We also want to stop others, so they do not outdo us.

Control—Part of what keeps us from having control is the perception that we don't. As we release the need to control and the perception of the lack of control, we realize our control.

Lack—Another perception. As we release our belief in lack, we realize it was only a perception that was keeping us from perceiving abundance and, thus, having abundance.

Releasing these blocks, we can move into:

Courage—the willingness to let go and move into our good; the willingness to move forward and do what it takes.

Acceptance—the feeling that everything is okay. We develop the ability to flap our wings and move on. Everything moves through us without resistance, and we are free.

Peace—the place of knowing it is all perfect, and you are perfect. You are a part of everything. As you achieve peace without resistance, you are well. The energy can flow to the organs and tissues, and healing is easy.

Universal love—the sense of I am you, and we are one. I have no judgments about you and no resistance to how you are. How you are does not hit anything in me.

Detox is needed. What is in the body causing disease must come out. If we don't get it out, it is stored as cancer, tumor, or cyst. We as a culture have not been educated about that process, so we don't really understand healing.

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 a very challenging process to find and 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 block is gone, we can attract the right person to support our healing.

Energy Systems and Healing

If any one of the many energy systems is blocked, healing will be limited by that blockage.

Movement of Energy. This is the goal for healing. We can help ourselves heal by understanding the impact of not moving energy and the impact of moving it. To do that you may want to understand the energy systems of the body. You are probably very familiar with organs, cells, tissues, nerves, blood vessels. The missing part or the less accepted and understood part is the energy that runs these systems. If we stop the energy with the treatments or fail to address and enhance the energy needs of the body, we are less likely to do good; we are more likely to do harm. The best way to assess energy is with energy measuring devices such as computers and with energetic kinesiology testing. There are many energy systems in the body and the surrounding fields.

Meridians. These channels, as I've mentioned, were identified more than 2000 years ago. They address the balancing needs, enhancing and effectively resolving health issues for many centuries.

President Nixon popularized acupuncture in this country after he saw surgery while visiting in China that was performed without sedation, using only acupuncture needed to achieve the numbing necessary for brain surgery. Research studies, although small, show great results. As with anything, experience is the best research. The first acupuncture treatment I had affected me so profoundly I was inspired to sell my house and go back to school at age 45. I left a tenured faculty position. I have personally witnessed patients getting total or partial release from many conditions in one treatment.

Each meridian carries energy to a corresponding organ and runs through a certain path in the body. The release of energy or the strengthening of energy is accomplished by the manipulation and insertion site of the needles.

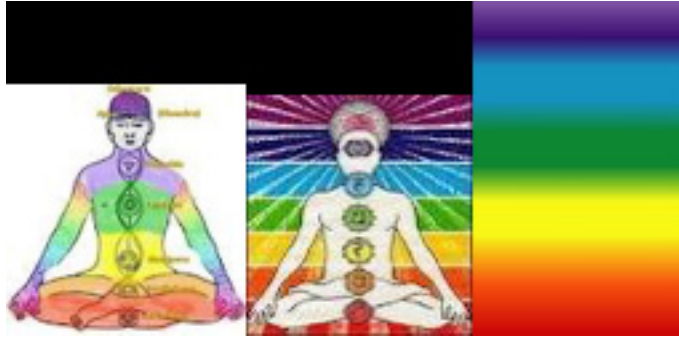
Core Issues

My journey to look as 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 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

Electrifying Medicine

on the feeling in your body and let it go by breathing into it and releasing it with the breath; visualize it going out in a tube or a vacuum cleaner or whatever allows you to see it going out. If you who have difficulty releasing, you can refer to the color charts and find the color that releases your feeling.



When you find the fear, tilt your head forward and let it go. We want to disengage the head or mind from the body and let go of the feelings.

Let go until it is gone—usually at least four times. If you have trouble letting it go, here are some techniques that can help you.

1. Put a window into the area of tension and let it go through the window.
2. Vacuum it out with an imaginary vacuum cleaner.
3. Look through the color at least four inches beyond the color
4. Use whatever technique works for you.

The clearer we are, the more our energy can support our healing and that of others. I always tell parents especially mothers: “We must heal you, first. The child’s illness is a response to yours.” I had a mother whose boy would not defend himself on the playground. It was her issue, because she would not stand up to her sick husband, who was having a very expensive affair with a prostitute. Our children and our families usually carry our fears. Release your fear and help them too.

Persistence and God’s time

People are always asking me such questions as, “How long does it take to heal these scars?” That is a good question and one that cannot be answered. Yet I can say I think we have to accept it as 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 these information faults that reduce the perfection of the body’s ability to heal it. As Unity Minister Rev, Laurie Flemings said when I asked her this question after her brilliant sermon about the subconscious and conscious blocks, “I think it needs much more research on how to pray.” I agree.

Why We Must Heal the Subconscious

I have worked many years on healing and forgiving my mother, my father, my sister and myself.

When I was 12 my mother married my Daddy Gus, who adopted me without my consent. I learned to love him greatly, yet I did not get to the point of letting his love in until 10 years after his death. Suddenly I realized he was the father that I had sought all my life. I would not have been able to let all that love in if I had not healed the unconscious that had blocked out his love because "he was not my *real* father." I love you, Daddy Gus. Letting love in feels like God coming in. When we get the stuff out, love, or God, comes in.

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 because it has been my heart's 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. I already know for sure we can get healthier with age. That is good news. It does require active participation and I do not mean the participation of sitting in doctors' offices day after day waiting for the results of tests and accepting the sentences or (die – ignoses) 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 myself 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 sounder the influence of modern medicine. We cannot muster 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. I assure you what works is to let go. This is the world's best technique for healing yourself.

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

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 tests 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. The best thing to do is measure and correct at the energetic level before it reaches the stage of "medically identifiable." There is a growing awareness of how to take the data of x-rays and assist the person seeking resolution to learn to correct the blocks. I had a call from a client whose x-rays showed bulging discs. One week after her treatment with me, she was able to walk upright without a cane and sounding great. I treated her with thyroid supplementation to restore her energy. Releasing had to continue,

of course, doing it every day, preferably all day to stay in a state of releasing. That comes with time and practice.

You can do this. Release the apathy or the not caring what happens to you or the unwillingness to move forward. Do this again and again until it is gone. Is it gone? Don't stop short.

Why We Choose What We Choose

We are directed to hide most of ourselves—good and otherwise. The subconscious survival instinct tells us it is better not to tell or show too much of our true nature.

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. Sometimes this block is simply something we have heard repeatedly or even just one time that was strong enough to have not been screened by our conscious mind and made its way into the potholes of the unconscious mind. I am a pothole 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, Dr. Pran Puma, insisted I did. He was enough of a healer to recognize another healer. -. After my first session I enrolled in school for becoming a Doctor of Oriental Medicine. I made my choice the way I always make my choices. I felt it, and it felt right. I was more relaxed than I had ever been and things made more sense.

I have always been a very “out there” person doing things like dancing and wearing hats. Many times I did not let the opinions or obvious objections of others stop me. Deep inside I did not like the rejection, but when I say the only other option was to be dead, I could not go there. So I have learned to appreciate myself and thus attract support for the part of me that would not hide my light and love.

Why does the brain accepts some things and not others? Here are some answers.

1. Programming. This is accomplished by direct effect, such parents, teachers 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 healing 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 have been in surgery when a surgeon has said something negative while the patient was supposedly “asleep,” and I have always wondered what the subconscious impact the remarks had on the person's subconscious to attract whatever that negative prediction might have been.
- 3..Subliminal programming. This is the intent of advertising to convince us something is good by placing information in the ads that goes into our subconscious mind. This same technology is being

used to heal us and to lead us to choices that can heal us. The central issue is: what is the intent?

4. Conscious self-programming is the major part of having health in all areas.

Meditation: A New Form

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 safe with no fear of dying that might have attracted death to us, so I bought and read the the book. In it, there is a story of a woman who said, "Om Mani Pad Me Hum," for 15 years, and she died with no effort when it was her time. The Tibetans are very attentive to the dying process and helping people cross. I said that mantra 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 Buddhas 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. We each become separated like cattle by our differences in what to call God and how to talk to Him We are all one, and there is one force in the universe; it is all good.

Another kind of meditation is just stillness; the quiet within is our God force, and being attentive to it amplifies and allows it to magnify. When we are quiet, the force does the work. When we release our pain 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 it provides us with power to do it. Of course, we must train ourselves to listen and respond. Many times, that means in order to listen and respond, we must remove the blocks, such as control and doubt.

What is far out?

I addressed this concept earlier int the book when I told of a man who rejected therapy because it was too far out. That was not a singular experience. Another man called me, very excited in the anticipation of getting better.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 going. 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 body's deficiencies and excesses and selects 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 kinesiology assessment that he had a need to address 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, because it was "too far out."

You see whether it is working or not people will keep doing the same things they are used to, repeatedly, even when they have new information with which they agree. 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.

So, I ask you, what is too far out? I guess what is too far out is what we cannot accept. 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 this is because it has the same silicon dioxide in its memory chips that allow computers to store information. We are 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 \$1000 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 chooses to do so to 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.wealthofhealthcenter.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 is to clear that information and tune into our higher self, inner guidance, God, or whatever you choose to call your source and voice long enough to hear the truth behind the voices of fears and doubt.

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 live 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. Ryke Hamer, irrefutable by my standards, as he demonstrated that suffering was caused by unresolved conflict. After the sudden death of his son, 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 patients or knowing their history, he correctly identified the cancer sites by looking at the CT scans. He found that if you identified and 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. Hamer. When I read about his findings, they confirmed what I had known about the cause of sickness most of my life.

I treated a woman who had breast cancer. She was on chemotherapy that was not working. The cancer was advancing and labs were 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. Hammer's 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 began to work on healing the blocks related to not being nurtured in order to heal this issue. This allowed the cancer treatment to work. Imagine how it could be for every oncologist who has patients who are not responding to chemo if she were able to receive this kind of support from technology and doctors such as I.

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.

Healing as a Path of Life

I think the health challenges we receive are gifts to guide us when we have veered off our path of truth and love

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 techniques suggested today. It is no wonder that I became a Lyme carrier and fought 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 a 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 homes 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 a Dr. Whitaker 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 Lyme spirochete using kinesiology and return people to good health using the herbs from Monastery of Herbs in California energetic treatments.

I have been inspired by many patients and dear friends, among them Janelle. day before I entered Acupuncture training, she came to me and said, "What can you do for breast cancer?" She had just been diagnosed. I knew

nothing about how to treat that naturally, but I started research. What I found at the time was that the Macrobiotic Institute was claiming success with addressing the balance of the body using macrobiotic cooking. We went to the training together because 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, she was unable to recover. She died a year later.

I always knew, as Janelle did, there were some emotional things she had not resolved. Helping friends through these things is not part of what I find works with friends, so I referred her to a program. I knew the disturbance was with her marital relationship and suggested she needed to leave her husband to get well. She did not follow my advice, and she did not resolve her blocks with him. 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 know you are smiling on this work, Janelle. I wish I had known then what I know now. The truth she always shared with me is that she wanted to, return to the light.” She did.

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.

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 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. Understand when you are healing there will be detox moments, hours, or some cases days, when you feel the effects of poisons coming out. It is miserable. And it is one of the reasons I think people don’t heal. They continue to experience detox responses that are wonderfully releasing of more and more limiting patterns. The skill of the physician is to minimize the detox.

What It Takes

“It” requires releasing the blocks in the body/mind/spirit that interfere with knowing who you are. Say to yourself, “I am a person of great light, joy, compassion, wellness and prosperity. Begin by knowing you are free to be whole and all that you are. Affirm that knowledge by saying, “I am well!” Knowing this 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 and lead you to what will establish the desired 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.

Medicine that Turns You On

It does not happen overnight, but changing takes time. Improved health and wellbeing will also require elimination of the blocks to knowing your inner joy, peace, and prosperity. 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 had a call from a man who had read my article on testing for Lyme 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 contributing. Perhaps it would be better for the people if they had to "do what they could" to help.

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. Begin by taking time to let the light in. Maybe you aren't ready for that. Okay. For that the light to come in, you must 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.

Causes of all Disease

1. Food and Cellular toxins

"Let Food be thy medicine and medicine be thy food." Hippocrates' statement is important when we speak of disease causation. I have experienced diet to be one third of what it takes to heal ourselves. The food must be right for us. Usually we have far too many carbohydrates because we have burned out our pancreas, the organ of esteem; esteem has taken a big fall in each generation. Now we carry the low esteem of our ancestors. It equates to reduced pancreatic function and inability to handle even a small amount of carbs.

I see this reduced digestion because of increased dietary abuse to be most of the reason for clogged arteries, heart disease, skeletal muscular diseases, digestive disorders, kidney/bladder weaknesses, endocrine imbalance, and lymph blockages.

How much is too much of any kind of food? Like everything else, everyone is different.

2. Unresolved Emotion

This one prevents progress in all the others.

3. Generational Patterns

These allow all others to continue unresolved.

Making 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 your 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. You will, though.

The best patients I have had were the ones who knew for certain 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 wellbeing, 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. Commitment 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 count on you. The choice is yours! You can and will go beyond your past. Choice brings with it certain responsibilities that we may or may not be ready to handle. We will and you will do it better than anyone.

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?" [comment: straight lines taken out]

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 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. Whatever it is, it is a great opportunity to find something to replace it. [comment: straight lines taken out]

What will happen to your symptoms? How will they rectify? List the symptoms and the outcomes you will achieve.

You may find it means giving up needing approval and love—the basis of most illnesses.

I had a client who smoked cigarettes, made dreadful choices, had Lyme disease, and despite all that, had great potential. Her block was her addiction to

and familiarity with suffering; she did not want to believe she could be anything other than a miserable victim of life.

One day in my office I explained to her her game of self-denial, self-destruction and lack of nurturing. 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.

I stood 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 smiled and 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, saying, "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 replied, "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 devine, 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 their self-esteem could only be maintained if I did not let mine rise. So I held myself back. When I was down, they were not putting me down as much. Yet I attracted that, 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. It is also written for me. There is always a new level of healing. You need to take whatever time is right for you to get done. The only decision I 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. [comment: straight lines taken out]

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.

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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.

This is for those of you who want to know the goal and the secret to healing all that is in you. 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. One day I decided I would 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 handle with love in our hearts. They stopped after a while (God's time). Sometimes the challenge is getting it there. The new technology of the computer software helps us move that information into our hearts and release our blocks to love.

Creating Dreams to 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 the knowledge or ability to take the steps necessary to manifest their desires. Other people persist in remaining loyal to negative behavior patterns that sabotage forward progress.

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 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. 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?

The important part of wanting is to learn how to want with no guilt and responsibility for others' approval of what you are wanting. Sometimes we think or feel. "How could I want or allow myself to have that when others don't have it?" Or we are afraid we will be separated from everyone by our unique having something they don't. That is tricky to understand with the heavy burdens of guilt we are invited to operate under. Understand the guilt and limitations in our willingness to allow ourselves to have, be, or do that have been building in us and our culture for many generations. They are a part of our inheritance that we have not adequately addressed on our planet.

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. One day a high-powered businessman came in to get his treatments for progressive rigidity and tremors with headaches. He had been making steady regular progress. That day he said, "They are coming back."

I said, "What is the predominance of your thinking now?"

He answered, "I am worried and tense."

I said, "Then that is what your body will be." I asked, "What if you were not feeling tense about all these responsibilities, but enjoyed them?" Within a few minutes he could reduce his headache just by taking responsibility for his tension and replacing it with positive feelings.

Health cannot 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 create 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." Most often there are issues preventing you from wanting or nourishing yourself. 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?

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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?” I had my share of guilt to overcome to register that being accused of wanting everything, and always getting what I wanted, was 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. I got out of the way and allowed myself to open to allowing my good to come, by identifying and releasing the blocks to receiving. 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 being 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 changing others, rather than meeting our own needs and desires.

What is in your way?

What will you do about it?

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 reason 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.

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 and allowing will enable you to 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.

Remember, wanting is not having. It is just the first step. You can spend your life with unfulfilled wants.

Step 2: Allow 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 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.

Now begin to let it in. Yes, you can have it. Give it to yourself.

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:

Spend 30 minutes a day on just opening to the goals. Stay open.

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.

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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. You are programming preparation for having. You are the computer and the programmer of your computer.

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.

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 including your unconscious and other parts of you that you mean business. You are telling all your “selves” to get on board with the plan. The actions and opportunities show up with your focus being engaged.

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 like picking lint off a velvet cloth—sometimes you feel you will never get it all. 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 next barrier. 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. As you do this the brilliant glow of the light reflecting on the pond begins to emerge.

The secret of life is to find the tools that work for you and use them diligently with intent and focus. You will succeed as you believe you will and respond to what comes with this opening. The letting go may not feel good. It varies from person to person. If you know to expect whatever comes you will stay open and not feel as though you failed.

Step 5: Allow it in.

How brave are you? The truly courageous will persevere. It is also useful to be greedy at first. Therefore, I place so much emphasis on wanting. Many people just do not want enough. We value lack and sacrifice. We value self-denial. One way to understand that is you cannot give to this earth or anyone with an empty vessel. When our vessel is full, we are an energetic broadcast station, and others can receive the vibes that left them up. We are a channel for light of The Source, or our god spirit, as our heart is opened and flowing.

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.

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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 must 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?

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 to 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. You become an attractor field as you clear what is in the way. The trick is finding the buried stuff. We are very good at hiding it. This has been practiced by many generations. We are experts. We smile just right.

What will you give back to the world as you receive your blessings? How 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.

An object at rest will remain at rest unless acted on by an unbalanced force. An object in motion continues in motion with the same speed and in the same direction unless acted upon by an unbalanced force.

My gift is to be the balanced force.

This law is often called “the law of inertia.”

I was inert until God gave me people saying with great force, “This is the way.”

Healing in My Family

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 care-

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fully. 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 that little jar of “white salve” I’ve mentioned before. 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 also attempted to hold me back. This was probably her way of protecting my little sister from feeling less than. In this one moment, however, 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. Now I am going to make the dancing passion a big part of my passion and incorporate dance movements in the healing arts and full expression of me.

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 and a co-dependent, 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 freighted and tense. I was, in my inherited field experiencing the abandonment of many lifetimes of abandonment. Everyone was focused on survival and helping my little sister who managed to stay in the foreground by being sick. 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. Children know what is going on at some level mostly unconscious. I ask the children who come here, “Do you feel you must take care of the family? They always say yes ... except when the parent is present. When that happens, I can feel the pains of my family. 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 except Jesus, and I took it. I still do. That was the purpose of it all. If I accept that, I heal all of it.

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 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.” She gave me a disapproving look and never spoke to me again. I escaped somewhat by working for a home Healthcare Agency, where I had little contact with the system and could just visit with people in their homes and check on their wounds—be a caring professional.

7

Moving Toward Well Being

Staying Committed

I realize that one of the injustices of the world is 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 advertising that would 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's beginning to go through releases of emotions and toxins, they may get afraid and quit to avoid what they find frightening. The deep roots of this are fears of being the one who is not in the box. I am clearing that from myself, for it has been around for many lifetimes.

I have long recognized 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 answering in the affirmative this question: "Does it produce the results?" I cannot rely totally on manipulated testing results. 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's slamming on his 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 themselves if they want to. We need to remove the energy of the situations hidden inside that prevent us from finding our power and truth. The fountain of youth to be unleashed is our 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 with love and acceptance regardless of what it is?"

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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. I remember some of the smart medical doctors, in understanding the emotional contributions behind illnesses, telling patients their illnesses were psychosomatic. That much was true, both their understanding didn't go far enough, and they could do nothing about it. A psychologist could have listened to these patients and done some good, both the patients rarely went, and if given drugs for their depression, the condition became worse ultimately.

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 exposed or 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. What you want is yours to choose, and there really is no wrong. I heard a young man bragging about being "behind bars." I felt for him. He was accomplishing something he needed to express and complete for his family. His mother was sitting in a chair on the dock of a springs does not allow chairs. She looked angry, sad, and rebellious.

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 dis-service. The last thing patients tell me—the one they are hiding best—is the *one*.

For the healer/counselor/doctor, it is a catch 22. If we 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 slowly 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 in a therapist. This is especially true because life has not built trust for human interactions.

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 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 versus Skepticism

Acceptance is the key. Accept your life. Acceptance of all that is, propels us forward. The whole point of healing is to believe in whatever. Most minds are over the top skeptic. The mind has to be able to believe, to be healed.

I give people remedies many times they believe but soon lose their willingness to believe. They have to go looking for something else they can believe in. All the time it is themselves they must believe in and allow the remedy to work. Or they have to refuse everything because nothing has worked in the past, even though they did not allow it to work. I talked to a woman after several joint replacements who said nothing she had done had worked. I said, "I guess that is what you have to heal, your ability to let things work for you."

The only hard things about this work is the resistance—self-doubts projected onto the doctor by the patient who will not let go of them. The subsequent drain of energy from the needless effort to move forward without giving up the block make the work futile. The thing that makes a healing practice work for anyone is the patient's willingness and ability to allow.

Healing is merging into and accepting ourselves and our oneness. I had a call from a woman who had raved about her session during it. A couple of days later, she was calling to say she was having great anxiety and insomnia taking one drop a day of the remedy I made for her. This was a homeopathic remedy made with a water base. The remedy was for frustration, because life was not better. She had already been let go by another homeopathic doctor because of the same reaction to remedies. I told her this: "You are resisting the change. You must allow it." I gave her a meditation to remove the karma that was keeping her in the misery she had gotten used to and was afraid to give up. We feel disconnected from our source, from our creator, from love. We attach to our patterns. We do not recognize or appreciate ourselves fully for who we are. I mean really are: God.

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 have nothing, and people who seemingly have nothing, but 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. What we don't like has the most valuable lessons, the greatest gifts. 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. That part you see outside of you that you don't like is pointing out a part inside of you that you have not accepted.

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

Addictions

From my experience addictions come from a weak pancreas. This is a generational pattern that comes to us because we try unsuccessfully to save a parent or both parents.

Because we cannot do it, we feel inadequate. It is usually a pattern that has been going on a few generations. The addict also usually feels it is their job to fill the sexual role if it is not filled. This leads to massive dissatisfaction and devaluing of self—diabetes. I have seen several children develop diabetes as they tried to do the impossible for their unfulfilled parents.. To some degree we all have a weakened pancreas and spleen because we demand too much of ourselves. When I got that I am God and God really demands nothing, He is just I Am, I felt greatly relieved of this burden to be perfect so everyone would be saved. Yay!

Feelings

When you have practiced the steps of wanting and allowing for a while, 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 for which we were designed. 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.

What interferes for you? Let it go.

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 releasing what comes up. If writing it doesn't work for you, then you can find someone you trust to facilitate your releasing and letting it go by simply breathing in to it, lowering your head and letting it go. 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 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

The person we are considering divorcing is often holding a pattern in us we have not resolved. We let him or her go, and a similar one shows up unless we have healed it. If we heal it, we may not have to leave.

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 the 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; you are simply holding them and that part of you in love. Then healing occurs.

Some people always say, "What if I meet a murderer?"

I had a client who was confronted with a murderer. She did show him love, and he could not and did not hurt her. There are 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?

Ask yourself where this came from, and let the belief behind the attitude emerge. For example, you may believe "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

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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. 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 when I told my family my grandmother was having a stroke, they told me to "shut up." Now, after working on my own health and wellbeing for so many years, I am no longer shutting up. I am being heard. I released the programs and keep releasing them. 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 goal setting.

Remind yourself: What is your goal?

How do you feel having this goal accomplished? Move into having what the goal already accomplished (yes, pretending).

How does it feel to let go of the limitations that come up?

How does it feel to let go of the fears that come up?

What will you give back for all this?

Unleashing Your Sexuality: The Man and Woman Within

My first interest in writing about and developing the man and woman within started during acupuncture school when I learned about the Yin and Yang. My Professor, Doctor Chow, 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 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 were 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 the father whom I had never known, which left me feeling abandoned. The second was my maternal 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.. The third was my step-father, an insensitive, uncaring, ruthless German man. I was further traumatized by the insistence that we be adopted by him. I have explained more fully these relationships previously.

I decided to go to therapy to rid myself of the images and conditional patterns I harbored because of these three models and my ex-husbands. 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 if someone felt differently and someone else knew there was a positive male figure in the world, I would find out for myself. I left her office and immediately 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 for 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 the valuable role he played in my life. I told him so about a year before he died.

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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 he had tried to find me many times and had 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 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? 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 envisioned. I allowed myself to integrate these images and amplify them. I felt the positive images growing inside me. I remember that it was easy to think each of these new emerging, positive men might be "the one," because they felt so much better than the previous experiences. I had to recognize 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 and 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 made it clear that the men were wrong and the cause of the problems.

When that old pattern isn't realized, we wonder why our perfect image of love and romance, 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 our parents. Then we realize 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, never as good as we want to be. It's a painful thing to come to grips with, recognizing 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 so we could 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.

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 in which my dad was so wrong we could never talk about him; he was never mentioned. Now, that's wrong, folks. That's about as wrong as you can get. We won't talk about him, take calls from him, or 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. I have grown from that experience. And I'm proud to say I've grown to love my man, despite the family that found loving their spouse challenging. The minister they could approve of—perfect enough.

This experience has led me to observe how this connects in the healing process 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 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

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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 into 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 thyroid function and was locked into 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 is due to the unexpressed sadness over the loss of her father. Her sadness was her only connection.

Following this train of thought, we get back to the important teachings of the Bible, the ones I take as foundations for life. The one 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 should balance the body by regulating the flow of energy, or chi, and removing the obstacles to good organ function such as pathogens and toxins. It is ours 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 we were born to, we are also learning to love ourselves. The right and left side are the yin and the yang, the mother and the father, the light and the dark. These are ours to balance by letting go of every perception we have of them that is other than love. When we love, the energy flows, and we are open to the spirit so 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. I know.

This is a problem 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 the path toward loving yourself, finding your joy, and returning to your innocence.

Why do I say returning to your innocence? 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 them in many families 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 had been dealing with the man within her. The pattern she was emerging through was an abusive, Italian Mafia-type father and an abusive husband. When we started working together, the absolute love of her life was a man who was the epitome of a Mafia-type, big boss, bestowing lavish gifts but unwilling to commit. His emotional codependency and extremely appealing and glamorous lifestyle matched the 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 delved to the core of her pain and healed profoundly. She came to the point in her therapy at which the victimization she had experienced came 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 thyroidal 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 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 was still the victim of her ex-husband. As she accepted this, took the remedies and began to say her affirmation, "I allow my inner voice to speak up and I listen," she could move to a place within herself that was 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 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. When this woman said, "I see my victim in you," everything in her changed, and she joyfully acknowledged

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she could feel this was the truth. For therapists, having it be *our* stuff as well as *their* stuff means we can do something about it for us too. If it's simply their stuff we could spend our lifetime attempting to unsuccessfully change them. Change yourself and change the world. Coming out of projection, which is seeing our problems in other people and thinking ours 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. Victim is no longer in my field. If anything like it comes up I will handle it.

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.

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 mate, then a person 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 it's 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 the backward pull and the other one is the spark of support for your new opening—perhaps 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 reason. Take the support and run.

Now let's talk a little about the payoff 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 50 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. The knowledge that if we deal with it ourselves, 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 with this first characteristic 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 onto the tree. Or you can let go and move out, and you'll be carried along by the gentle current of water of life.

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 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. On the other hand 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, because 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 now. 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 which ones are right for us, the intensity of responses to those things 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 in the family setting, we see 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 easy to judge people for not doing it our way – yet everyone has their way. We still can ask for our way.

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. When we break this down, we may have a strong desire to interact, play or work with someone. To do that effectively, we must trust ourselves.

Our judgment comes 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 someone's choosing whether to give it to us the way we want it. We do have an option to learn to ask for what we want in a way that others find irresistible. Or we can find someone who will give us what we want in the way we want without being irresistible. Or we can just give it to ourselves.

Let's talk about how to ask for what we want in a way people will find irresistible. Perhaps you can recall times when you successfully reached out to someone with an invitation stated in an irresistible way. Here are the elements 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 people who have shut us out and approach them with immense vulnerability and excitement. Maybe it seems too hard. 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 rejected further, killed by them, destroyed by them or annihilated. So instead of facing that possibility, we pull up one of our other coping "skills," such as retreat, fleet, gossip 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, flee 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. When nothing shows up in front of us—or we deny its presence, there is no perfect thing to advance us in our pursuit of joy, love and heaven on Earth. Why would we want to miss it?

Probably we want to miss it 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 this. If you have difficulty believing it, you will have difficulty conceiving it, because everything 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 you know exactly what to say, do, or be to resolve and communicate in your best manner so you’ll get what you want. That is why I place so much emphasis on the first step of asking you, “What do I want?”

You’ll realize 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 nothing, 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 in achieving sexual pleasure is development of our sense of us and our attunement, our roundedness, our kindness and love towards us. As we see our parents working hard, denying themselves what they want,

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suffering with the drudgery of life, meeting the menial demands with defiance, we learn to block our own level of willingness to find our satisfaction with ourselves.

Is it any wonder that no one can please us? We have to please ourselves. Most people have an immense amount of work to do in this area to claim satisfaction, respect, and honor of self and our loved ones.

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 much healing. I also refer to it as bioenergetics medicine.

I suppose the most surprising thing about waking up to the benefits of simple, natural treatments, which 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. Whom 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 the least well observed..

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 imprinted 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 shutdown 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.

Medicine that Turns You On

Disempowerment, unconsciousness, and lack of love for self leads 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 understand that it is important for their children and themselves to be fully happy and free of blocks that cause them to develop diseases and be less than fulfilled by life? Can you image training programs for children and parents that assess what is in their body energy fields to see if the potential for disease is 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 about our subconscious programs that cause sickness. 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 do not place enough value on self-discovery and uncovering the subconscious problems. We listen to the pain of others and we take it on rather than asking them to find and release the cause. 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) 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 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.

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 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?"

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The answer was, "No."

I continued, "So is it safe to say 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 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 choose 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 the possibility of 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 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?

8

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 cannot 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 it does work. The fact that it works has to do with the laws of the universe, including the law of cause and effect. Several other laws of physics also come into play, such as how to alter molecules of energy. We have to learn how to alter ourselves, 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, such as chakra and aura, that work with these internal fiber optic cables to carry energy from the sources of our energy to the tissues and 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.

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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 like 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, flows through us. It can also be termed God, 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 make energy fields around the body visible 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. Heart Quest measures energy and Aura photography measure the field and show photos of it.

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

Medicine that Turns You On

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 set and regulating the amperage, adjusting the antennas to get good reception. In doing this, we can 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, I found acupuncture. It saved my life.

Let's delve deeper into what energy is. First, visualize energy as a sound wave or frequency. Sound and light have measurable frequencies to which we are accustomed. 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 have frequencies, we can 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 to 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, which determines how we are, is what we were programmed to believe. These are unconscious 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.

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Westerners have borrowed 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 aura system, which surrounds the body, and the meridian system, mentioned earlier.

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 with 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 this country and adding them to the staffs of hospitals. They are 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 of 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 disempowering, 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 gunpoint by a bankrobber. The belief she held was 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 type 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."

I offered her some choices. "Do you feel fear, anger, or grief?"

She replied, "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 elation.

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 any way 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 yourself 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, and the shadows we then express, 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 kinesiography, 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 must 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 positively and allow the flow of life to bring our greater good. Yet when those programs and blocks are stored in our psyche systems, they are 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 confidence to do more.

I 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 distressing herself and her family.

I worked with a man who is taking herbs for lung congestion. In Chinese medicine, the lungs are related to grief. The man was estranged from his father. He had the protection from his feelings in place and could not allow himself to contact his father, nor could he grieve about the situation in a way that allowed the grief to release. The lungs, therefore, were 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 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, developing into cancers. They can exist at the meridian level, and producing organ and energy changes. They can exist at the autonomic regulation centers, as well as in the auras. Blocks are created by limited 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 is to heal and allow ourselves to evolve beyond a maintenance 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

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answer will come if we follow it. Freud had people lying on a couch and using free associating, letting the subconscious become conscious to release the blocks. I have noticed over and over the people who have a strong desire to release and grow beyond their unconscious limitations do. As we “free associate” and feel what comes up, we can let the soul heal it.

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. Hold the focus of release. Live with your mind attending to the feeling of being free of subconscious blocks. 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 their unconscious and setting them free to be the light, love, and purposefully prosperous souls they are meant to be. You can feel when you reach that state of relaxed awareness that there is an inner autopilot working in you. God becomes the pilot.
2. Sometimes we need to practice meditation or sit 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 something 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 been 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, such as Emotional Freedom Technique (EFT) and others,

that are effective; they 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, is a powerful technique for releasing subconscious limitations; it aligns the assemblage point using Diamonds and Carnelians with White Light Energetic Technology.
6. Computer technology is effective in helping identify what attitudes, beliefs, and holographic patterns are causing our blocks. They are also effective in releasing them. I have and do use many of these computer programs; 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 her adaptations with experience. We can all develop this skill with practice. It has taken me about 20 years to perfect my skills to the point at which 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 posed 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 universities in the United States. 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 can find what will work.

The Mind: Where Energy Begins

The mind is where everything begins and ends. Consequently, our thoughts, beliefs, and attitudes profoundly affect everything. Often we find ourselves in a situation in which we are unable to change how we feel or what we think, even though we understand that a positive thought would be 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 have managed to become implanted during a vulnerable time, such as during surgery, infancy, or emotional stress, when our sensors were not fully protecting us from incoming negative suggestions.

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. 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 the mother's 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, during 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 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, and 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 Lyme. 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 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 experience it before it is suppressed by a culture that does not easily accept the gifts of children.

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 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 find the unconscious patterns and break them. What it takes to break the patterns is individualized, depending 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 when Cain killed his brother, Abel. The Bible clearly states the sins of our ancestors lie upon subsequent generations.

We are all incredibly individual. Winning the battle takes dedication to innovatively understanding and detecting the individual differences and responding to them effectively. There is no universal prescription. However in every case, 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, believing eventually they will grow.

I see the same pattern in my own life. All of a sudden I find myself doing something I’ve known for months would be a good thing for me but 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. Each of us has 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 at which 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.

Going Deeper

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 surgery can cause more problems than the original issue. These include scar tissues that create more blocks in the flow of the energy and damage to tissues that create another trauma. There are techniques for clearing scars that are taught by Deloris Krieger in her books and videos. One effective treatment for the blocks is homeopathic injection therapy. Procaine may be used; it releases the blocks and allows for the return of energy. Taught by Dr. Detrich Klinghardt.

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. I received a call from a woman who said she had been having bowel movements on and off for four hours. She was very frightened because she could not control this. I said, "If you have been having solid bowel movements for four hours you must have needed them." The last thing she wants to do is let go of the fear of not having control. If we are going to heal, we have to give that up, too.

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; they don't even know they can 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 and tackle the issues. In what areas of life are you ready for change and real solutions?

If there are areas of life you feel stuck in, do you have some ideas 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, in-

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somnia, drug addition, fibromyalgia, arthritis, gastritis, or any physical symptoms that began after the trauma. Take a moment and begin to identify the physical symptoms that are showing up in your body.

Symptoms:

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?

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 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. A future chapter tells how to do it. It is a challenge to master kinesiology, and I've seen many doctors walk out of seminars because they could

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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?

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.

In addition, 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 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 oneself 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 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. There are 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

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- 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; e.g., 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 you want to stay the same, or want to quit, you must exert greater effort to get moving. Remember, the feelings may become quite strong and may seem unrelated to your decision to change what you believe. You may experience anger, fear, sadness, love, happiness, hate, exhilaration, or loneliness, or you may even 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 they've avoided feeling them before, the desire to quit or 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 in momentum of a body in motion depends on the mass of the body and the net force acting on the body, in the same direction." This just means 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.

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 out of fear, we don't change. 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 onto 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 road-maps 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 so much nitroglycerin she could not sleep 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 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 may well have been remote. If there were any possibility at all, however, it would happen only if I, who was stronger and in the moment, focused my positive intent on the outcome I wanted and began 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 had been stuck with extra weight, which was 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, 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 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"

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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.

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 the energy 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 cancelling their appointments at the last minute. I realized that if I were 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 showed up, who were 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

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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 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 when you know there is a lot of misery in others. I spend my life making it okay for myself to feel happy. Sometimes I forget 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 of the little understood impacts of chemical drugs is that, rather than boosting the positive flow of energy, they 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. Let's practice, fill in the blank. "_____, would you please give me _____?" (or) "_____, would you please _____ 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 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 in which we see denial. Almost everyone is lying to themselves about what they are eating. There are actually few people who are eating foods that totally support their health. People mostly lie about why they are eating. 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.

9

Patterns

Addictions

Although 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. Alcoholism 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 slowly the lines were moving. I grew up in a family in which 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 worked 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 was noticeably alive, vibrant, and thinking of going back to work. When it came down to it, the main cause of her life-threatening illness was the addiction to being helpless and being supported by others because she was 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 began 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 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 been at the back of that line.

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 a wish 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

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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 is in the family, and karmic issues. They are the smoke screens we live behind. It's time to let the smoke clear. Do you 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 t 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 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 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 he could heal his deception 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 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.

When I was hospitalized as a child for a penicillin reaction that nearly killed me, no one seemed surprised. But I was horrified that every drug I was given caused me to feel terrible hallucinate. You could say I served as the canary in the mine, meaning I was sensitive enough to recognize I was being poisoned. For that I am grateful.

As a nurse I 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 survived 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, although he was brought back to life. He had 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 in which 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.

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 of his efforts to reap life's consequences and have 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 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

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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 relieve 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 we hold onto 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 had a beautiful client who 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 stepdaughter 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 inside herself.

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 in our sessions, 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 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, others 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 onto it. The desire for abuse had been shaped by a father who showed love by sexually abusing her. Fortunately, she was a strong, determined, beautiful person who most of all, wanted what was 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 would be granted.

Another client, Jill, was a young, ambitious, driven woman with one child. She came in because she wanted to get pregnant after having one ovary re-

moved and several attempts at artificial insemination. She had a fear and belief that she couldn't get pregnant. The beautiful thing about it was, 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?"

"One of my family members is constantly bringing it to my attention that I can't get pregnant," she said.

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 acknowledgement of what she actually wanted. When she acknowledged she didn't want to be pregnant, she realized 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. At the point the healing could begin.

The thing you must realize is that you have 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 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 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. Take some time to identify your attachment disorder or way of protecting yourself from knowing the truth about what is going on inside you. Check the ones that apply to you.

1. ____ Secure Attachment. You who had cooperative, warm, accessible, sensitive, nurturing parents. You are open. You process emotional responses and recover well.
2. ____ Avoidance Attachment. You had parents who 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 avoidance 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

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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 parent them. You may experience sacrificial caregiving.
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 the way 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 I was not only glad to have this new relationship, but I felt 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

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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
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 about 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, they have no idea 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. See if you can feel and sense where this started and what was hidden to cause it. It is the hidden undisclosed coverup that creates the adaptive disfunctional responses. The truth heals.

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 he had developed a critical, demanding, fault-finding approach with his wife and family. In order to enhance his own esteem, he sought to have extra-marital affairs, yet

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he desperately wanted his family and his wife. In exploring this using constellation therapy, he laid out the mats for his mother and father and 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. The other two siblings were clinging to and protecting mom. As we looked closer at the feelings of each family member by allowing them to speak to us, tuning 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 she gambled heavily. He could not entertain that it was a sexual relationship because he said, "She verbalized hating sex."

What he was able to gain from the experience was the level of pain 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 making 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. We identify it and allow our soul to heal it.

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. In fact, energy 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?

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You may need some time to examine each of these questions. Allow the awareness to flow through you like waves upon the shore, 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 into 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 and vision 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 and the Laws of Allowing call "segmental intending." This really means taking several moments a day to realign with what your outcome will look and feel like when it is optimal. 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.

Always anchor yourself by bringing in the energy of the earth through your feet and the energy of the Sun into your solar plexus as you breath and allow yourself to receive the full support of the mother earth and all the universe. Turn it all into love.

Family Patterns

Perhaps the reason for your not being willing or able to choose happiness in a given situation, in which you notice yourself not able to cross the bridge, requires some additional exploration. Two questions to ask yourself to help unravel why you are unwilling to move ahead: 1) What is the secondary gain from holding your unhappiness? and 2) What is the underlying emotional tone of your family? We'll discuss them separately.

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. It

could be just honoring being unhappy. It's strange how we are affected 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. What is the underlying emotional tone of your family?

Acknowledge the tone of your mother and father toward each other and you, and the emotional tone of your siblings toward 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. I mentioned her earlier in this chapter. She had developed internal bitterness toward them that was unresolved, leading to bitterness toward her stepchild. The result was a gall bladder removal. We usually pay a price for things 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 tooth 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 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 daughter's memory systems, however, was 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 dealing with. Yes, even babies feel the joys and sufferings of their parents. As you watched their struggle through life, you decided 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 mother who was bi-polar and in and out of several institutions, and her father 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.. She gradually came off her psychotropic meds and began to feel what was there. She quit her job, with which she was extremely displeased. She was in the complaints department and in no emotional condition to handle complaints. Her company did not accept her 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. There was one particularly powerful discovery I'd like to share. She came in complaining of unresolved pain in her left rib around the 6th intercostal 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 this was a chakra blockage and realized 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 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 weren'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.

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She needed to learn to move forward without vengeful thoughts and actions against people who blocked her access to what she wanted. In reality, 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 was.

When I asked her what the predominant internal feeling was, she said it was anger. Knowing we carry anger deep within our tissues, I gave her an injection of *Colocynthis*, 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 some families achieve this through work and exploration, and I am amazed and impressed by what they overcome. As I worked with the young woman relating to the suppression of her talents, she began to inhale deeply and let go of past limitations she had put 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.”

She breathed deeply and, before my eyes, transformed herself. After several minutes she said, “I'm ready.”

I asked, “Well, what will your job? What's your passion?”

She replied, “I don't know. I've never asked that question of myself or God.”

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 spin, yet even Solomon in all his glory was not arrayed like one of these.” *Luke 12:27*

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. I gave her the chakra drops for victim in the fifth chakra and gave her a homeopathic injection to strengthen her thyroid power and her spleen/pancreas power, 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.

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. Once you've passed being the littlest one, 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, Kentucky, 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 something like that is worth it to have a greater emotional need met. When you have no other coping mechanisms, you will go to great lengths to emulate the dysfunctional patterns modeled by your family. This childhood experience has become one of the big inspirations for me, as an adult, to find 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 we have no responsibility for what happens in our bodies.

I asked a woman once, "Why are you dying of cancer?"

She replied, "Because the doctor told me I was am."

There was a time I did not want that responsibility of understanding it was all up to me. I think I did not want it, because I did not know there was anything I could do about what was happening. Now knowing it is ultimately all in my head/heart/soul/ energy field 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 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. Understand, as Dr. Bert Hellinger told me, “It is the soul that heals us.” It is our job to allow it.

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 I 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 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 \$350,000 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 20 years, probably once a week. She is a rare exception because she was one of the most damaged people I have ever met. I mentioned her in an earlier chapter. Her father was killed on a submarine during World War II. Her mother went crazy, and the new stepfather molested and manipulated the girl for fourteen years.

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She is in her 60s 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 an 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 as two of my best friends are. Spending my money on searching 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. When they say, "money can't buy happiness," I have to disagree. It can take you to opportunities to heal. 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.

One day I talked to a friend whom I had mistakenly tried to help. It almost cost me the relationship, but we survived it. I could see 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.

Know the vast power of the love you open to will heal you.

God is love. We just have to learn how to fully let the energy of 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 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 it doesn't make any money." Seven years later as my husband and I perform for a ballroom dance chapter with great elegance and perfection, I know 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 you a plan that you already know exists. There is something you know you want to do, and for whatever reason you have not let yourself fully accept it. 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.

Now list the reasons you don't believe you can do your plan.

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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, 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. When I met Michael Singer, the author of *The Untethered Soul*, I asked him what his secret was for creating such a magnificent book. He answered, "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 to 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 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; 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 find the peace and quiet and become the God consciousness you want to be. I am certain of this. Each day I meditate long enough and do my image work I am able to make choices that keep me ecstatic.

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 mounting social concerns, we have crimes, poverty, violence, autism, divorce, broken homes, children without families, sick people, people dying from our medical care system, and overloaded prisons, about 50% return rate to prisons—all 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 from NASA concepts. Thanks NASA.

I developed awareness of the basic problem through many years as a healthcare 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 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 from which we want to operate. If you keep what is buried inside, you will keep feeling the way 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 healthcare shocking, statistical evidence is cited by Dr. Gary Null, Dr. Carolyn Dean,, Dr. Martin Feldman, Dr. Debora Radio , and Dr. Dorothy Smith 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. They don't really hurt - only a little sometimes.

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 be criminalized by the system. Please could we just release the patterns in them that caused the criminal behavior. I offered my service to a prison once and it was refused. I spent a little time talking to one criminal he seemed eager to let go of what caused him to murder.

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 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. We have been calling it the unconscious, which 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.

It is not only *our* traumas, but it is also our family traumas and our familial patterns of feeling, our unhealed patterns.

These unhealed traumas are particularly running the operation of the things 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. In fact, he was what you might call persistent and obnoxious.

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 and attitude, as well as the chemicals 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. As mentioned earlier, the presence of energy in the body can be easily seen with Thermography, EKGs and EEGS, and in Japan meridians have been studied visually with the injection of dye. 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 8/10 of it is substances that are of minimal nutritional value and major toxic consequences. The people who are “lucky” are those who don’t respond well to the suppression of the symptoms. I had a man in my office who was taking 10 medications, and with the addition of every medication, his pain had gotten worse. I took it as a positive sign that his body wanted to be healed and not suppressed. He became now motivated to see what could 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 seen 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 healthcare 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 ask, "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?" As I told my medical doctor, "I am a different rat".

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, and 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/remote therapy is very effective.

There are certain treatments that are more likely to produce a certain good result, 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 a general, one-size-fits-all antidote that worked, 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 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, 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

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restoring function by utilizing these testing modalities to improve the outcomes and reduce reactions.

Muscle Response Testing is as accurate as the intent and clarity 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 product, or an action can be utilized. The other Biofeedback devices use a 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 machines attach straps or use handsets and go through a similar process of evaluation.

This equipment is widely used and is very common in England where there are stations where people are treated. They are like broadcasting stations for energy balancing. It is good to learn as much as possible to be able to do this with your hands, movements, foods, posture, thoughts, intent, and breath.

I find the hands-on evaluation and testing of the muscle response, widely used by chiropractors and other healthcare 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.

10

Choose Your Medicine

Traditional or Alternative

I once 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 anyone 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 believe within each of us is a doctor who knows what is best, when we tune into that part of ourselves.

Another dentist told me I would not keep too teeth he want to pull a month. Five years later I still have them. I use col laser, coconut oil mouth swishes for 15 minuyes a day, BR hydrogen peroxide mouth wash, flossing, water pick, coldial silver and frequent brushing,

I am suggesting you can do more because disease begins in the mouth.

This episode with the dentist reinforced my determination to make my practice about empowerment of the patient.

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 never felt as though I fit into all this deception, and I found it 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 followed that doctor's advice, and I still have difficulty sitting for any length of time, and there have been other complications I have spent many years healing. The doctor died a few years after my surgery. What could the guarantee have gotten me except more traumas?

My husband came in holding his bloody nose, asking me what I did for a broken nose. I said, "Ill 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 then I had to answer 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. He was alone in the room, connected to a monitor 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, put my hands on him and began to pray, doing therapeutic touch learned at New York 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 viewed his nose skillfully. It seemed to me that was the time to set it back in line, but she did not know that procedure, so he had to have surgery a 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 costs \$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*, which 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 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 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’s 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 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 3,000 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.

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In oriental medicine, assessment of the flow of the meridians, the energy channels that supply the organs and tissues, is the basis of the examination. The tongue is assessed for evidence of how the body is working. The originators understood 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. The world is changing and technology is advancing for the good of us all in some areas.

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 us.. But I think it is time to wake up to what is not working about our system of caring for ourselves mentally/physically/spiritually. One of the big problems is that the mental and physical healthcare systems are being delivered by people who are not healed themselves and do not understand what healing is about.

When as a little girl I was having my first known reaction to medical "care," I was lying in hospital bed after the penicillin reaction. My my lips had swollen considerably. A nurse came in and asked, "Have you ever had rheumatic fever?". Of course, at that age, the question made me think I was going to die.

This adult was putting her fears on a child and damaging me with her ineptitude. 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. No more, I protect myself from what they say because words of authority figures can be very damaging. They can accach to the data storage systems of the body/mind.

They were doing the best they were taught to do.

Recently a client went to her MD and told him what the scan we did in this office showed. He said, "That does fit the clinical piocture". He started to run some test. Lab testing is different from energy testing. It may or may not show changes in the bloof at this time. The doctor told her "I tried one of those machines and every time I ran it the results were different. I told her to tell him each time you run a scan you measure imbalance in frequency the scan also corrects the imbalance. Sometimes that is enough to correct the imbalance. Most of the time we have to combine kinesiology to assess whether or not the body needs support to maintain the correction, We also have to find the underlying emotional, spiritual pattern and heal this for greater success. Many times there are many many patterns contributing to each disease..

The emphasis in the schools has been to teach to the mind. I say we have to teach by giving people the experience of learning more than the technical skill. We learn by experiencing for ourselves and seeing what is happening to others. I 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. 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 her feeling that her husband did not support her working outside the home extensively until late at night. She thought he was very selfish. He did not express lovingly how much he wanted her home.

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 own 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 okay for her to be selfish (want to do what she was doing), and it was okay 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 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 every day. Mother was dissatisfied with 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 workout 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 soil nutrients.

Illness begins with out 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 something they are not, or when fathers want their sons to be better than the fathers 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, 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 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.

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 unresolved),

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With love as our only reality, health and wholeness can be viewed as inner peace, and healing be letting go of fear. *Love is Letting Go of Fear* Gerald G. Jampolsky M.D.,

“Everyone participates in his own health or illness at all times.”

We must work toward:

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 and allowing the natural state of being, which in itself is positive healing power.

Remember your daily practice of wanting? Our health reflects whether we have what we want. Weight excess is the blocking of something we want. Anorexia is the blocking of something we want that we perceive we cannot have. In fact, all disease is blocked manifestation.

Beliefs about Illness

Clearly and simply, what you believe about anything is what you get. If you believe you have an incurable disease, you do. If you believe you can find the cause of disease and reverse and heal the diseases, you can. That is my belief and my experience. We are only as limited as our ability to have the faith to “move mountains.” Moving mountains is moving mountains. Have faith and see the results of having faith by following the guidance that comes as the fruits of faith; “faith without works is dead.” This means when you believe, the faith leads you to a solution! the work is you have to hear the solution and follow it. That is the works that the Bible talks about.

Biofeedback researchers have shown us 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 to discover for yourself what you can do. The exercise to do is to sit quietly, calmly and undisturbed, close your eyes and breathe slowly until you become very relaxed. Now focus your attention on warming your right hand. This will help you focus on the body rather than staying in the head.

Most of us believe disease attacks us or that we inherit it. If we believe this, then we cannot believe we can prevent it. What do you believe about it?

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?

Looking at the fact that stress contributes to disease and we can have stress in any area of life, identify the areas of your life where there is stress:

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Is the source of your stress with your job, family, friends, intimate relationship, nutrition, health practices or just in the way you care for yourself?

The first step after recognizing these things is not to feel guilty about them or anything else, just release them and 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 times each day and write it five 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 merry way.

The signals of the inner guide are unique to everyone. 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 you have.

Be Your Best Friend

Love thy neighbor as yourself, but first love yourself

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 "Mirrow" 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, such as your wanting 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 to maintain good feelings about yourself?

Do you believe 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.

Positive Expectancy

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.

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 must ask yourself, "Does believing this is true support you in changing the outcome of this disease?" For example, if you keep on believing 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 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?

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 their role is to just listen and *say nothing*. The way you find them 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 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

5th Chakra Disorder. Sometimes I have found this chakra to be a sense of confusion, victimization, or even a loss of will to live. I have often found a virus in the thyroid that was causing the problems to stay. As always, the thyroid issue is related to the patterns that have been brought into this life and are unresolved. They are compounded by the dynamics of our families that we attracted as a result of the past unfinished challenges. You see, the soul has needs to complete and move on. Sometimes it is difficult to comprehend the wisdom and way of the soul. It has such a grand plan for us. We can certainly give it a rough time rather than surrender to it. This relates in part to not trusting our true self but believing in the self we have been programmed to be.

I don't really know why it has been set up this way. I do know it is a brilliant, complex plan we set up to bring us to the fullest sense of love and light within us. Aren't we smart?

With victim pattern being held in the throat, the victim has set it up so that she suffers so others will be all right. We really do it because we think we could not survive if they were not all right. I think most people have this tendency, and it is the reason for so much thyroid dysfunction. The energy of the thyroid is not corrected by thyroid prescriptions. I can't begin to tell you the number of people I have treated for thyroid dysfunction who had normal lab values. They had normal levels of T3, TSH 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 greatly affected by environmental toxins. It absorbs them to take care of us.

As in all the endocrine glands, the receptor site of the thyroid recognizes food additives, toxins and preservatives as hormones. This action blocks the thyroid's recognition of regular hormones, because now the receptor site is filled with the fake hormones.. 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 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. Power is the thyroid's positive expression. We can communicate our truth when it is unimpeded.

The root of the thyroid can best be understood by realizing 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 probably had heard before you read this book—and I have mentioned it repeatedly—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 or lacking relationship with father, causing subtle energetic decline in the functioning of the thyroid. There are ways these imbalances in the thyroid can be assessed and addressed.

I worked with a young woman who had taken the role in the family as the father in his absence. When I tested and directed her to that aspect of her life, her throat began to feel a release. She voice printed her father, and we did a family constellation in which she gave him the role of being the father and accepted him, using Constellation Therapy. Dr. Bert Hellinger taught me the value of accepting and seeing the truth no matter how bad it is; he called it the

recognition of what is in the generational pattern. She was set free and could begin to heal gallbladder, endocrine, and digestive issues. She said it was the most powerful moment of her life.

I worked with another woman who complained of swelling in the area of the throat, extending down into the area of the breast. Her history was that she had been fondled by her stepfather 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 she received as a child. Isn't interesting how children always take responsibility for others' actions? As children, we try to take responsibility to heal our families, and as adults we try to avoid responsibilities. I guess we get burned out. I am noticing at 73 a resurgence of the energy of responsibility directed at handling what I have taken on for all my lifetimes and all my attempts to save others. Also, I am releasing the burdens of not saving them.

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 her husband and marked increase in the level of joy.

Testing the Thyroid

Using autonomic response testing, 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 utilize 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 temperature indications. The auxiliary temp is measured for seven consecutive days (before rising) and recorded. An auxiliary temp of more than one degree above or below 98.6 is confirmation of some imbalance. I have found over the years that some people respond well to raw thyroid supplements; 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. One woman did report losing 40 pounds. Other issues may need to be addressed. 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. Peter Mandel'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 we have been

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taught, and it's difficult to understand that our bodies can hold memories of past events, traumas, beliefs, and pains. If we are to treat the untreatable, we have to be open to reaching deeper in our understanding to release stored issues.

For those of you who are ready to take responsibility for it, here are the steps in thyroid clearing.

To begin:

Connect with the way you punish yourself, and feel that self-punishment.

Breathe into the energy of that pattern and let it go

Let it go until there emerges energy of loving self.

Next:

Feel your desire to hurt someone who has hurt you.

Breathe into that energy and let it go.

Let it go until there is no energy to it, and you emerge with love for that person.

Next:

Ask yourself what you would like to express that you have not expressed.

Release your block to expressing that love until you express it fully.

Excess Weight

I have recently become interested in the most phenomenal aspect of what is currently called "weight management." I noticed that people who are overweight in their mind have a picture of themselves as that overweight person 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 it 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." I asked the woman, "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.

"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."

By going into an issue that was holding her back, she was able to lose 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

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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 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.

See your body as it is

Sense how it feels to be the body.

Be aware of how the weight feels

Choose to have the weight.

See what the weight is doing for you

1. Protection from hate
2. Protection from love
3. Protection from grief
4. Protection from fear
5. Protection from your radiant God self
6. Other Protections

Be aware of the feelings you are protecting and let them go. Do this until they are gone.

See yourself as you want to be, and sense how that feels until you have it. This may take months. It will come.

Self-Healing Inventory

1. What is the symptom and where is it located?
2. What expression of yourself or your desire has been blocked?
3. What do you want that you perceive you want that you cannot have? What do you perceive you wanted and perceived you could not have?
4. Is it absolutely true you want that?
5. What if you loved the fact 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 your 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 the universe want for you that is better than anything you can conceive?
10. See yourself having the power within you to manifest whatever it is you perceive you want. –Raise the bar on wanting and let it permeate every cell in your body, knowing it is your creation and nothing can stand in the way of it.
11. The issue that is often getting in the way is this: we do not hold it long enough (waiting for God's' time) and do not keep the faith.

A grandmother and client explained to me her granddaughter was getting Botox for migraines. This treatment does stop the pain, but it does not relieve patterns that cause the pain. We have to look at pain as a blockage that needs to be released rather than just sedating it.

My Vision

To reiterate, my generational pattern has evolved over the centuries of having descendants who were Tudor Kings and Queens. I have a pattern in life to take every situation, especially the most hopeless, and see hope. I have a pattern of wanting to save the people. It is intertwined with my over concern for my family, which 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 will also keep rooting out and healing the part of me that takes this responsibility. I think I will probably heal myself completely, because I am so ruthless about having no baggage.

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 toward 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 yet stresses alleviating emotional, mental and spiritual (not religious) needs, with emphasis on finding and knowing your real 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 healthcare 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 our own perfection and accept/love/embrace all aspects of us all. This ability to see what is not working has also been a great asset to me as a doctor who helps people identify the imbalance and dysfunction and bring it in harmony with their gifts and qualities. I can now let myself see the perfections, too. I love watching them emerge as healing occurs.

When I say, "Accept all," I sense an element of feeling unsafe about this. We tend 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 experience that actually prevents our growth. I will say acceptance allows love to flow, and love heals all. 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 South Korea as he toasted then President Park Chung Hee. "Mr. President, I am here on a mission of peace. It is my deepest

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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 be 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 and 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. Blame provides an outlet for otherwise painful responses to our own needs and unmet emotional releases.

You can be sure of one thing: Everything is a cry for love or an expression of love.

The question is this: How do we show love to others in a way that allows them to release their sense of unlikableness, restores their self-esteem, and allows them to experience love for themselves and others while being true to ourselves?

Taking Back Our Power

After my mother’s death I realized 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 because *she* had thought she was God. Now I realize she *was* God, and 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 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 world is coming according to the prophecy.

I'm going to tell you one person's opinion. My opinion. I've been doing so throughout this book. 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 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 and 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 lives 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. Every time a hurricane gets near, people start cancelling their appointments. Most of the time, the expected 70% chance of thunderstorms is about 15 minutes of light showers. We believe others instead of ourselves. Look outside and inside, and trust your knowing.

In my first book *Manifesting Your Soul Mate—the Quest for Love*, I described how I consciously thought about, dreamed about, pretended to have, felt and imaged having my soul mate. In the end, he was far better than I imagined.

We have been endowed with all the gifts 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,

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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. Thank you for a world that is free of suffering, conflict, anger, envy, pride. As John F Kennedy said, "the first thing we have to say is thank you, God."

Now begin to see and feel the changes inside you. That is where it all begins. Thank you for a world in which people are in harmony and sit down together with love and positive intention to resolve differences, one in which they 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 ourselves, 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 must allow ourselves to find ourselves as the gods we are.

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.

Medicine that Turns You On

I think this is common knowledge and not common application of that knowledge, particularly in our healthcare. 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. It easy to say this; now let's do it. We keep waiting for all the reasons we don't do it to be resolved. We have to do it now. No more reasons or waiting until ... Let go. We've milked it enough.

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.

Prescription for success:

Believe *and know*: - Whatever you can clear the way for, see, feel, and *allow as long as it takes*, is yours. Remember laughter is the best medicine, because it moves energy. Whatever you can laugh about moves out. Proverbs 17:22 "A merry heart doeth good like a medicine but a broken spirit drieth the bones".

The Beginning

Its in your hands to free yourself then be yoursel by finding and releasing all that holds you back from being all out you.