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HOLISTIC SYNERGY™ LEVEL ONE Spiritual Energy Work

I. Introduction to Holistic Synergy.

- A. Holistic Synergy is: The interpretation, balance and the creation of flow in the energy fields of the body, emotions, mind and spirit. The majority of Holistic Synergy work deals with the subtle energies of the body through hands-on work. By working with and attuning to the Universal Divine Energy, the Synergist will direct a healthier flow of energy into that part of the body needing the most attention. Specific areas of the body, such as the heart, solar plexus, and brain are given greater attention. Using a prescribed manner, the Synergist works with the energies to bring balance and harmony to the physical, emotional, mental, and spiritual energy fields. Guided participation by the client is encouraged. All negative energies are released out of the body and replaced with positive, healthy energies and thought forms.
2. The energy fields that are worked with are as follows:
- a. Physical - contact to one inch from the body.
 - b. Emotional - 2 to 3 inches from the body.
 - c. Mental - 4 to 5 inches from the body.
 - d. Spiritual - 6 inches or more from the body.
- B. During your life, you may have noticed unusual mood swings, or reactions, that seem to have little or no connection to what is really happening in the moment.
1. Accessing the source of these emotions, feelings, and ways of behaving, may come from a larger picture or memory than we normally touch within ourselves.
- a. A realization that all our likes, dislikes, or any of our many reactions come from learned behavior.
- (1) That we choose this behavior, experience, or pattern

in order to teach us all that we need to know
as we walk the spiritual path.

(2) To know that we are totally responsible for all that
we bring into our lives.

(a) Eventually, we have the realization that every
person, place, or thing that is
upsetting or pleasant to us, is our teacher. They are
also a reflection of us at that particular moment.

(3) That many of these reactions come from a spiritual
level of energy awareness.

(a) This energy awareness is the sum total of all of
our life energies.

(4) These learned behaviors are often the result of past
(alternative) life experiences.

(a) This opens up our consciousness to the
possibility of endless learning experiences.

(b) In addition, our awareness also opens up to the
possibility of reliving an
experience until we come to peace with it and learn
our lesson.

i) If something initially shows up in your life
and
you become aware of it, you have the
choice of possibly altering your
reaction or waiting for the same
experience to come up again. The
next time that this challenge comes
up in your life, you may notice that
the ramifications are even more
complicated and more upsetting.
TAKE CARE OF THE THOUGHT
PATTERN OR REACTION THAT
NEEDS CHANGING AS IT

OCCURS. The next time it comes up, the challenge will be greater, more bothersome and more complicated than the first time. Challenges are lessons, and each time a lesson is ignored, or handled improperly, it will come back in a stronger, more powerful form.

2. Getting in touch with one's higher self is like accessing a great mainframe computer that extends throughout all of space and time.
- C. During the Mental Level of Holistic Synergy 1, we talked about the model 2050 computer that was installed in your brain to expand new pathways of thinking and being.
 1. Your Model 2050 has a modem link to its big brother from which all your knowledge comes. This is known as the Model 5000. (The big mainframe!)
 - a. In Spiritual Level of Holistic Synergy 2, we will get in touch with the Model Infinity. This mainframe accesses ALL knowledge in existence.
 2. This mainframe computer is also called the Akashic Records.
 - a. The Akashic Records is the "group" memory of all of your lifetimes on this planet, and on all other planes of existence and reality.
 - b. This is the Cosmic Hall of Records (Akasha).
 - c. This is the place where you can access the decisions that were made at the moment your Divine Spark came into existence.
 - (1) It is here where you can get in touch with all of your agreements for your total "life"

purpose.

- D. In order to work with the Akashic Records and the SPIRITUAL side of oneself in a group setting, it is necessary to come to an understanding of the term SPIRITUAL. (This will allow us to establish a common language for the purposes of this seminar).
1. SPIRIT - The vital animating force within a being - the soul.
(American Heritage Dictionary)
 2. What does it mean to be SPIRITUAL?
 - a. It is an awareness that there is more to existence than what we can see or touch.
 - b. It is accepting and respecting whatever "IT" is and seeking to learn more about "IT" and to create a relationship with "IT."
 3. What is your definition of a SPIRITUAL PATH? There are many. We will present a few at this point.
 - a. Do you acknowledge the existence of an energy that may be the SPIRIT (soul) and, in doing so, have the realization, that it does have a greater existence than in this particular life?
 - (1) If you believe that spirit only exists in this lifetime, then it is very important to acknowledge that the soul's link to other energies (souls) for a common purpose or good.
 - (a) If this is the philosophy that you believe or choose to explore, then be open to those who have a different belief and listen with an open mind.
 - (b) The "DIVINE SPARK" is then the moment of your conception, or the moment of your joining with the body that you currently inhabit.
 - (c) All knowledge and awareness comes from every experience that you have had from that moment of coming into your body.

- (d) All of these experiences are flavored by the knowledge of the Akasha.
- (e) Your ability to tap into these experiences and utilize this knowledge, also shows your ability to develop along the spiritual path.
- b. Do you believe that the conception of a "Divine Spark" (a spirit), starts with the beginning of time?
- (1) The beginning of time reflects the origin of all energy in any life form, in any reality, and in any plane of existence.
- (2) A conscious knowing of this Divine Spark can give a better awareness, and knowledge of what choice (free will) is, and assist us in working with our destiny of choice.
- (3) An awareness of the original agreement to accomplish "something" for the highest good, and the development of the Universal "collection of Divine Sparks" or God energy.
- (4) A belief that there is an overwhelming sense of purpose to our lives, of which we may have only the slightest comprehension.
- (5) A choice was made that defines your purpose throughout all of your existence.
- (a) Your "soul" purpose in life, and your ability and determination to complete this purpose were formulated at this time.
- i) Think of this as the slow path.
- a) Imagine that there is a beautiful

spiral staircase. Every 20 to 70 steps (more or less) the type of wood and decoration of the stairs and railing changes. One set of 35 stairs may be ornate and encrusted with jewels. The next set of 55 stairs may be of a simple style, yet made of gold. The next set may contain only 2 stairs and is of roughly hewn wood. Each set of stairs exemplifies a life time that you may have lived. The journey is more relaxed and less issues are worked with in each lifetime.

ii)

Think of this as the fast path.

a)

Imagine, that on this path, you choose

to step into an elevator. The car in which you stand periodically changes in accordance with the challenges and rewards of a particular life-time. Time passes the same on both the slow and the fast paths, but the richness of challenges, issues, and rewards is of a greater intensity. Within this elevator car, there exists a tapestry of never ending events which you can either choose to be aware of and deal with, or you can choose to put them aside till a later time. The vividness of the color and decoration (the intensity of feeling and knowledge) is much greater in the elevator. When you are on the stairs, you can move as slowly as you wish. You can become deeply

involved in the event, and languish in the experience and realization of the moment. The fast path on the other hand, often exposes you to very fast and sometimes multiple growth issues.

iii)

There is also an in between path that

fluctuates between the slow and the fast ones. You may ride the elevator for a while, and get frustrated, and as a result, change over to the stairs. These people often find themselves regressing in their own levels of understanding and growth. They, therefore, have a very difficult time getting out of the situations in which they are stuck. They have all of the appropriate knowledge, and yet they are unable to manifest anything "good" in their lives. Life is a constant struggle.

(b)

In addition to these paths, there also exists

free will so that these

choices can be developed now, or in another incarnation.

(6)

Accessing the Divine Spark allows us to get in touch

with what shapes the choices we make in

each life.

(a)

Lessons that need to be learned can be ignored

and put off until another

lifetime BUT sooner or later they will have to be faced.

(7)

You can give a greater purpose and meaning to all of

your lives by accessing the Divine Power and Consciousness.

- (a) This will allow a better understanding of our higher purpose than we can perceive in this lifetime.
- (8) Belief in a past (alternative) life system.
- (a) Be aware that there is more to this spiritual path than we can consciously perceive at this time.
- (b) When we choose to have this belief system, we can then have the choice over whether to access our own Akashic records Computer Model 5000, or to access the collective unconscious Computer Model Infinity.
- E. Meditation: The Divine Spark
- F. BREAK!
- G. The Akasha.
1. With this knowledge of a possible reason for being, and of your own life purpose, it is time to further investigate your own Akashic Records.
- a. The Akashic Records contains the knowledge and awareness, of all of your life energies and life times.
- (1) All the reasons for you being short, thin, beautiful, or having a mole on your face are accessible in the Akashic Records. There is a reason or need for you to experience each one of these characteristics in your life, regardless of whether or not you have any conscious reaction or feeling about them.
- (a) Each molecule of your body, and its conscious energy, has a great affect on your life and the lives of everyone around you.
- (b) Everything, no matter how small, in your life, has an affect upon you and your personality. However, it also has an effect on everyone around you, everyone on the planet, and

everyone in the universe, and everyone that ever existed.

- (c) If you feel that no one would miss you if you had never lived in this lifetime then go to your video store and rent "IT'S A WONDERFUL LIFE" starring Jimmy Stewart.

- i) Everyone in this class would be affected and

so would their spiritual growth, if one of you had decided not to attend this class today.

- (d) Your ability to get in touch with this level of consciousness is also your ability to consciously manifest all that you want in your life for your highest good and enjoyment.

2. An awareness of your perception of what the Akashic Records are and how to access them is very important.

- a. For the sake of simplification and ease of communication with so many different personalities and belief systems in this class, we are going to take a journey through the pyramids of Atlantis. In the final pyramid, the place of the ALL KNOWING, we are going to access a visualization of gigantic library with computer access.

- (1) Be aware of your belief systems and their limitations.

- (a) All belief systems have limitations!

- (b) How much you see, feel, sense, know or experience is set by your belief systems.

- (c) Allow yourself to be free of judgement or

- expectations. The more you are willing to accept as within the realm of possibility, the greater your experience will be.
- (2) For those of you who have limited work with visualization and meditation, allow yourself to experience whatever comes up. It is perfect for you where you are now.
- (3) When you meet challenges allow the way in each of the pyramids, allow the issues to dissipate easily and effortlessly.
- (4) Be free of all judgement on how much information you are capable of receiving or interpreting.
- (5) Be aware that you are accessing knowledge on many levels and you will receive more information in your dream state, meditation or in every day life experiences. Believe me YOU WILL GET WHAT YOU ARE MEANT TO KNOW!!!

H. Meditation: THE PYRAMIDS AND THE AKASHIC RECORDS. (If time permits.)

II. Introduction to Spiritual Healing - Level I.

- A. Awareness. This is the first step.
- a. If you are at least aware that there is a block or issue that needs to be worked with, you can then seek help.
- b. Once you are aware of what is blocking you from having what you want, you can do something about it.
2. Where does one start to look in order to clear their spiritual issues (karma)?
- a. Having the realization that there is something in your life that is not exactly as you want it to be is the beginning. Often this may be just a feeling of dissatisfaction or irritation. This is a good place to start.
- b. Playtime!!!!
- (1) "The Karma Caldron."
- c. You have just decided on an issue to access on the spiritual level. The next step is self awareness to the spiritual source of this issue.
- d. You can use this method of accessing the most important issue in your life and all the related issues connected to it at anytime. Remember that you also accessed all the positive aspects of your self that will assist you in dealing with the issue. Use it often.
- (1) Remember:
- (a) Godo - Good.
- (b) Susie - Issue.
- (c) Tiny - Force of Destiny - YOU now becomes FORCE when you take charge of it and change your strength behind destiny.
- B. Self Awareness. You have started the process of self awareness by admitting that there is something that you want to work

through and eliminate from your life.

2. In the Karma Caldron we ended up singling out one issue to work with.
3. We also included all of our positive traits to assist in this process. (This is all on a conscious level.)
4. Next step is to access the imagination and to do a process called
HOLISTIC SYMAGERY™.
 - a. You are taken back into a relaxed state of consciousness.
 - b. Through imagery, a SAFE PLACE is created for you to return to, if the issue becomes too intense.
 - c. You are then guided to access the images in this life time (or if your belief system permits - other life times) or an holistically healing place where all levels of consciousness (PEMS) can be accessed.
 - d. You are guided back to the place that is the source of the issue. The original source place of the issue. Keep your mind open to all possibilities and give yourself permission to go anywhere you need to go. Right now.
5. Meditation. "Holistic Symagery"
 - a. BODY PART _____ b.AFFIRMATION _____
 - C. Responsibility. NEW DEFINITION FOR RESPONSIBILITY
 - a. Your "ability" to "respond".
 - b. Responsibility means power.
 - (1) If you give up responsibility, you give up your power.

If you blame others, you give away your power. What happens is, when you "blame them" or "give them responsibility" for what has happened, you make yourself a victim with no power to fix what is wrong.
 - (2) If you are responsible, you have the power and the "ability" to respond to anything that you want and accomplish it.
2. When you were a child, you learned that responsibility meant blame. If you were responsible, you were at fault, guilty, or the cause of the problem. This is why you learned to give others "responsibility". In

doing so you "gave them your power" and "gave them control over you."

3. If you can then accept responsibility and say, "I had the power to make this go wrong, HOWEVER, I also have the power to fix it". Now you are in charge of your own life.
4. Taking responsibility for yourself also entails taking responsibility for your own words and actions. You must realize that your words often activate the reactions that you find so annoying in other people.
5. Taking responsibility for yourself also entails taking responsibility for your thoughts. Your thought process is what shapes your words, feelings and actions. If you are thinking and experiencing negative and destructive thoughts, you will find that your actions reflect this way of thinking.
6. One thing that we often forget, is that we bring our learning lessons into our lives. If we repeatedly face the same fears, or the same type of people, or the same destructive situations, if we are always in the same rut, we must clearly understand that these are learning lessons that we have brought to us to correct something within ourself. We must take responsibility for them!
7. If we accept all of these responsibilities, then we must also realize that when we come upon a negative or destructive situation, we must be willing to act. Upon examining the situation in a detached manner, we can see how and why we brought it to ourself.
8. In following the above acceptance of responsibilities, we must also accept the ability to respond and change them.
9. If you choose NOT to take responsibility for the above, you then accept the responsibility for having your life the exact way it is.
10. This is a quote from Gerald G. Jampolsky's book "Love Is Letting Go Of Fear."

I am Responsible for What I See
I choose the feelings I experience, and decide
Upon the goal I would achieve.
And everything that seems to happen to me,

I ask for, and receive as I have asked.

AGREEMENT FOR TAKING

RESPONSIBILITY OF YOUR OWN LIFE.

1 I agree to take responsibility for all of my own actions, thoughts and words.

2 I agree to accept responsibility for the learning lessons that are brought to me in this life time.

a In doing so, I accept the responsibility that my energy and desire to grow has brought me all of these learning lessons.

b In accepting this responsibility for my learning lessons, I accept the responsibility to be able to change and alter what is around me that makes me in any way uncomfortable.

c In accepting this, I acknowledge my responsibility to review in a detached way all learning experiences (positive and negative situations) in my life as they occur. I then determine why I have brought them to me at this time.

(1) I also realize that if I choose not to work with these learning experiences, I do so of my own free will. However at some point, I acknowledge the issues that stand in my way.

3 I accept my responsibility and my right to have a happy, healthy, prosperous and love-filled life.

Date _____

Signature _____

III. Spiritual approaches to healing. A constant awareness of how things make us react, makes us more in control of where we want to be and to be responsible for ourselves. Trigger points are very much a part of our physical, emotional, mental, and spiritual make up and need to be worked with on all levels. By finding trigger points in the body, a spiritual release can be brought about.

1. Through physical patterns or movements, a memory-mental trigger can be set off reenacting a past or present life trauma.
 2. By finding trigger points in word patterns, past life traumas can be accessed.
 3. By meeting and experiencing a person from a past life, you can reexperience a spiritual trigger point.
 4. By reexperiencing a facial expression, physical touch, etc., a person will relive an experience of trauma from the past on all levels of consciousness.
 5. Through deja vu of a past life trauma, a spiritual trigger point can be accessed.
- B. Trigger points are pems experiences which have left reactions in an energy level and elicit some type of behavior. Trigger points can be of a positive nature, BUT we are less aware of them and we do not use them to our own benefit.
2. Trigger points of a negative nature are the ones that make us react in negative ways. We do this so easily and have no way of knowing why we do these things.
- C. Ability to correct negative trigger points or behavior can be impaired by a problem known as switching -psychological reversal. The simplest way to prevent psychological reversal is to thump your thymus before doing any type of healing work.
- a. The thymus is located on the lump on the breast bone (right over the heart).
- D. Switching is a result of a reversed emotional/intellectual belief. This is often set up by a spiritual "memory."
- E. Spiritual anchors - deja vu. Within the mechanism of trigger points is a positive way to

assist yourself in the spiritual healing work. You can put a physical trigger point in the body with a key phrase to elicit a growth process - from a past life memory.

- a. To make a spiritual anchor.
 - (1) Use a positive experience in your past life as you are re-experiencing it. Put together the thumb and first finger of either hand, repeat the key phrase that triggered the positive healthy experience. Take a deep breath. Say the phrase to yourself and experience the following concepts.
 - (a) I SEE all that I saw.
 - (b) I FEEL all that I felt.
 - (c) I HEAR all that I heard.
 - (d) Repeat these three times.
 - (2) Then repeat the key phrase over in your mind. Take a deep breath and reexperience the same positive feeling.
- F. How KARMA directly and indirectly affects the glands and organs. Birth Karma.
 - a. Positive karma will give you beautiful skin, hair, complexion and/or body.
 - b. Positive karma allows you to be in touch with your past life memories from birth. (Many time these are forgotten by training from our parents and the outside world.)
 - c. Any "natural" talents or gifts that you have are as a result of a positive karma that you have gained and not abused.
 - d. If a positive karmic gift is abused or talent misused, you will then pick up your negative karmas.
 - e. Negative karma in the body may manifest itself as a deformed baby.
 - f. Negative karma also shows up in babies born with organs that function improperly.

- g. Severe allergies, asthma, and congenital diseases are often the result of karmic issues.
- 2. Karmic issues that are brought up later in life.
 - a. Spinal traumas are usually karmically related.
 - b. Severe accidents that leave someone debilitated are the replay of a past life incident.
 - c. Sudden wealth and a reverse in negative life style may mean that you finally learned your karmic lesson and completely resolved it.
- 3. Group karma.
 - a. Attraction to a particular person or group of people.
 - b. Forming of groups in this present lifetime to a specific goal is often the reorganizing of a past life group to complete a project that has yet to be completed.
 - c. Bringing people to you to assist you in your life process is often a repayment of karmic debts for the other person.
- 4. Common physical karmic link. (Not to be thought of as the only reason for these dis-eases.
 - a. Asthma - drowning.
 - b. Psoriasis - leprosy.
 - c. Baldness - scalping someone.
 - d. Spinal problems - a sword through the spine.
 - e. Stomach problems - starving to death.
- G. Holistic Synergy work specifically related to the spirit and how it affects the body, mind, and emotions.
 - 1. Body chart.*** (Next two pages.)
 - a. Discuss with reference to spirit, mind, emotions and body organs.
 - 2. PROTECT YOURSELF:
 - a. The first thing that you should do before you do any kind of healing on any level is to surround yourself in an egg shaped field of white light.
 - (1) Imagine, sense or feel an energy field of golden white

light is surrounding your entire body.

- (2) Imagine or visualize that this field is in the shape
of an egg, starting at a point approximately six inches above the top of your head, continuing all the way around your body in all directions, ending and closing about six inches underneath your feet (even if that is underneath the ground where you are standing). For extra protection against anyone possibly trying to use your own personal energy and life force, imagine a radar dish of mirrors emanating from your navel. This will reflect all negative energy attacks or attempts to access your own energy.
 - (3) Ask the Universal Energy that you have protection from
all negative energies of any form especially during the healing procedures that follow, but also at all times in your life.
 - (4) Make sure that you ask the Universal Energy to remove
all of your own problems or discomforts before you start working on anyone else. The Universe will take all of these feelings and problems. (You can imagine rolling them into a big ball and placing them on the floor beside you.) You will continue to work on them yourself after you have finished the healing session. If you haven't learned the lessons yet, they will return to you.
 - (5) Be constantly aware to adjust your body position so
that you know when your body is in any sort of distress.
3. Energy Balancing.
 - a. Client then sits or lies down.
 - b. The synergist then stands behind the head of the client and

the healing of the energy blocks begins.

- c. Imagine, sense or feel a glowing ball of white healing energy from the Universal Energy floating about six inches above the top of your head - right at the spot where your protective energy field begins.
 - d. Allow the ball to become brilliant and vibrating with this healing Force. Focus on it for a few moments.
 - e. Imagine, sense, or feel a stream of white light flowing into your head at the top (the crown chakra).
 - f. Imagine the energy coming down into your heart and energizing your heart and body.
 - g. You will now put the thought out to the Universe, that you will keep 20% of the energy to enable you to continue the healing without fatigue or distress.
 - h. The other 80% flows down your arms through your hands into the spots that need healing.
 - i. Imagine the energy meeting at the organ or gland and bringing it into balance.
 - j. You then imagine or visualize the energy flowing out of the body. Visualize it flowing through to the bottom of the feet and out into the floor.
4. Brain energy:
- a. Remember that the mind directly affects the brain energy, as well as the fact that the brain has a direct effect on the way you think - your mental process.
 - b. Procedures for balancing brain energy:
 - (1) First remember that the right side of the brain is the creative/female side of the brain and the left is the logical/male side of the brain.
 - (a) Be very aware of these conditions and the physical sex of the client (large differences in what seems to be correct will effect all three other levels of work although we are now

concentrating on the spiritual).

- (2) Place index finger and middle finger of each hand
on the temples.
 - (a) Bring the energy of the two hemispheres of the
brain into balance.
 - (b) This is the place to balance those people who use
their brains alot (thinkers) or
also people who tend to be "spacey".
- (3) .Place index finger and middle finger of each hand in
the indentation behind the fleshy part of the
earlobes.
 - (a) Bring the energy of the two hemispheres of the
brain into balance.
 - (b) This is the place to balance those people who are
deeply into their feelings or
are emotional.
- (4) From this point, follow the brain chart for balancing
the energies of one side of the brain
to the other.*** (Next page.)
 - (a) The energy level for spiritual work on the
brain is 6 inches.
 - i) Balance the brain energies at that level.
 - (b) If you find the brain energy stronger either
closer or further away
from the head than 6 inches use that energy level.
 - (c) If you find that one area of the brain's energy
is at a different distance in
inches, this will be an area that special attention will
be given to when connecting the energies to the
physical, emotional, or mental levels.
- (5) Next, put one hand 6 inches from the forehead and the

- other 6 inches from the base of the skull and
bring these two areas into balance.
- (6) Allow the Universal Consciousness to determine which
side of the brain needs the greater amount of
energy.
- (a) If you put the thought out for balance, balance
will then be achieved.
- (7) Remember that imbalances in the
brain will develop as
you work on the client and you will go back
to correct them at the end of the session.
- (8) Realize that major blocks in the brain are the cause
of spiritual, mental, emotional, and physical
imbalances.
- (9) Pay special attention to visualizing the flow of
energy out the feet.
- (10) Encourage the client to communicate any discomfort,
visualizations, thoughts, or
messages. They are all of great importance. Your
rapport with the client is very important.
- (11) Remember that you must adjust your body position
often to make sure that you are
comfortable.
- (12) Also when you are finished working on the client, you
must release any negative energy
that you may have accidentally picked up from them,
including all their aches, pains and traumas on all
levels.
5. Spiritual/mental/emotional/physical energy balancing:
- a. Follow previous procedure of 100% in - 80% out, as done with
balancing brain energy.
- b. Energy usually drains down and out bottom of the feet.
- c. Any work done must be constantly drained to keep blockages

from moving to other parts of the body.

- (1) Feet.
 - (2) Fingertips.
 - (3) Shoulders and above out fingers.
 - (4) Make sure you also do work on kidneys.
 - (5) Above the waist drain at kidneys then down to coccyx
and out bottom of feet.
 - (6) In case of lung congestion, asthma, etc., DO NOT DO
LUNGS. In the above situations,
drain from kidneys then do bottom of the feet.
 - (7) Above legs, drain at coccyx or sacrum then bottom of
the feet.
 - (8) At the end of the session, you will always drain
flow to the feet.
- d. When working with the back part of the body, realize that
this is the receiving part of the body. The front part of the
body is the giving part of the body.
- (1) I.E.: if there is a blockage in the back heart chakra,
it is the inability to receive (identify) love.
 - (a) If it is in the front of the heart chakra, it is
the inability to give (express) love.
 - (2) If there is a block in the front of the body for the
kidneys, this means an inability to express the
worry and anxiety.
 - (a) If the block is in the back of the kidneys, this
means the inability to
accept the responsibility for the worry and
anxiety.
- e. Put energy into the body in the following order of organs
and glands. (CHAKRA CHART).
- (1) ^PBase of the spine - Coccyx - ^EOut of balance with

- oneself. Root of belief system -
- ^MLouise Hay - "I live today and love who I am." - ^S*MULADHARA CHAKRA* - ROOT CHAKRA - Connection to and awareness of the earth. Seat of the *KUNDALINI*. Excretion and digestion of food. Health of the small intestines and colon. Color - red.
- (a) ^PLarge Intestines - ^ESadness and depression.
Elimination with ease.
- ^ML.H. - "I easily assimilate and absorb all that I need to know and release the past with joy."
- (b) ^PSmall Intestines - ^EHate and impatience. ^ML.H. -
"I easily assimilate and absorb all that I need to know and release the past with joy."
- (2) ^PSexual organs - ^ESexual identity. Female/creativity.
Male/logic/power. - ^ML.H. -
"I rejoice in my sexuality." -
^S*SVADHISTHANA CHAKRA* - SEXUAL CHAKRA. - It regulates sexual energy (more than physical sexuality/eroticism but also creativity/childlike wonder.) Blocked - loss of innocence and wonder. Physically it regulates the sacrum, pelvic organs, urinary tract. Color - orange.
- (a) ^PBladder - ^EFear and stress. Being pissed off. -
^ML.H. - "I comfortably and easily release the old and welcome the new in my life. I am safe."
- (b) ^PKidneys - ^EFear and stress. Criticism, disappointment, failure. - ^ML.H. - "Divine right action is always taking place in my life."
- (c) ^PSacrum - ^ELoss of power. - ^ML.H. - "I am power and authority in my life."
- (3) ^PSolar Plexus - ^EGut reactions. Intuitive power. -

- ^MLouise Hay - "I trust my inner voice. I am strong, wise and powerful." - ^S*MANIPURA CHAKRA* - THIRD CHAKRA - the seat of the emotions/personality also assimilation of food. Health of stomach, spleen, liver, and gall bladder. Opening of this chakra produces calmness. Closed, it is a source of EGO problems. Color - yellow.
- (a) ^PSpleen - ^EWorry and anxiety. Obsessions. - ^ML.H. -
"I love and approve of myself. I trust the process of life to be there for me."
- (b) ^PStomach - ^EWorry and anxiety. Digests ideas. -
^ML.H. - "I digest life with ease."
- (c) ^PPancreas - ^EWorry and anxiety. Sweetness of life.
- ^ML.H. - "My life is sweet."
- (d) ^PLiver - ^EAnger. - ^ML.H. - "Love, peace and joy are what I know."
- (e) ^PGall Bladder - ^EAnger. Bitterness. - ^ML.H. -
"There is a joyous release of the past."
- (4) ^PHeart - ^EHate and impatience. - ^ML.H. - "My heart beats to the rhythm of love." - ^S*ANAHATA CHAKRA* - HEART CHAKRA - Associated with compassion and healing. Regulates the thymus, heart, and lungs. Color - emerald green.
- (a) ^PLungs - ^ESadness and depression. Ability to take in life. - ^ML.H. - "I take in life in perfect balance."
- (b) ^PThymus - ^EFeeling of being attacked. - ^ML.H. - "My loving thoughts keep my immune system safe. I am safe inside and out."

- (5) ^PThroat - ^EAbility to express oneself. - ^ML.H. - "I open
my heart and sing the joys of love. I express
myself freely and joyously." - ^S*VISUDDHA CHAKRA* -
THROAT CHAKRA. Regulates thyroid, mouth, tongue,
jaw, throat, neck, ears, eustachian tubes. Color - blue.
- (a) ^PNose - ^ESadness. Self recognition. - ^ML.H. - "I
recognize my own intuitive
ability."
- (b) ^PEars - ^EFear and stress. Ability to hear. - ^ML.H.
- I hear with love."
- (c) ^PMouth - ^EWorry. Opening to new ideas. - ^ML.H. -
"I nourish myself with love."
- (d) ^PThyroid - ^EHumiliation. Feeling like you don't
get what you want. - ^ML.H. -
"I move beyond old limitations and now allow
myself to express freely and creatively."
- (e) ^PTongue - ^ETaste life completely. - ^ML.H. - "I
rejoice in all of my
life's bountiful givingness."
- (f) ^PNeck - ^EFlexibility. ^ML.H. - "I am peaceful with
life."
- (g) ^PJaw - ^EResentment. - ^ML.H. - "I love and approve
of myself."
- (h) ^PThroat - ^EExpression. - ^ML.H. - "I open my heart
and sing the joys of love."
- (i) ^PEustachian tubes - ^ENot wanting to hear. - ^ML.H. -
"Harmony surrounds me. I
listen with love to the pleasant and good."
- (6) ^PPituitary - ^ETo assist in spiritual growth and
processing. Control center. - ^ML.H. -
"My mind and body are in perfect balance. I control my thoughts."
- ^S*AJNA CHAKRA* -THIRD EYE CHAKRA - Regulates seeing,
intuitive seeing, clairvoyance, Divine Intelligence, mental activity.

Color - indigo.

- (a) ^PEyes - ^EAnger. Not liking what you see. - ^ML.H. -
"I see with love and joy."
- (7) ^PPineal - ^EGod Knowing, Oneness. - ^M"I am One with God."
- ^S*SAHASRARAS CHAKRA* -
CROWN CHAKRA - Spiritual completeness. Color
- white.
- f. Put one hand on top of the organ or gland, about 6 inches
above the body. The other will be positioned
exactly opposite on the bottom of the body.
- g. Send energy flow through blockage meeting in the middle and
visualize draining out of the feet.
- h. Continue in this manner until all blockages are released.
- i. Ask the Universal Healing Energy to assist you to know when
the blocks are broken up. If you have no awareness
of when it is done then allow yourself 1-2 minutes on each
organ and gland and the Universal Energy will continue the
process for as long as is necessary.
- j. Watch carefully for any rigidity setting in the arms, legs,
or neck. When dealing with emotional issues some people
actually refuse to come in contact with their emotional or physical
needs and will become very rigid.
- (1) STOP ALL ENERGY WORK!
- (2) Encourage deep breathing.
- (3) Make them sit up and talk to you.
- (4) Help them to process through traumas.
- (a) Visualizations.
- (b) Make sounds.
- (c) Breathing.
- (d) Talking or yelling.
- (e) Ask question: What is your feeling (trauma) like?

- (5) Be constantly aware to change your body position often
so that you are physically
comfortable.
- k. Exercise. Break into groups of four and practice energy
work. *@*
6. Release and draining:
- a. This is of the greatest importance!
- b. Work down the body to balance & drain any energy blocks.
- c. Any energy that may have been unblocked in an area of the
body and not released from the body can be the cause of future
problems. Although there are people who need very much to hold on to
their past patterns, you must do your best to help them to release them.
Remember that you have a Universal Energy guiding you so that it is
possible to do so.
- d. When you are done with all the energy work that is to be
done that session, stand at the feet and place the
palms of your hands on the soles of the client's feet.
- (1) Rethink your protection.
- (2) Draw energy through the client's crown chakra to the
feet.
- (3) Take a few moments to send extra healing energy to any
energy blocks that have been overlooked,
and ask the Universal Energy to insure that these blocks
will start to dissolve in the next few days to bring about a
complete healing. Realize that the client may not yet be
ready for a complete healing or that they may not be
willing to give up old behavior patterns.
- (4) Once the energy is flowing to the feet, imagine it
hitting the protective shield on your
hands and falling to the floor, grounding into the earth.
- (5) When you sense or feel that a good flow is produced-
stop! If you are unaware of the flow, make
sure that you spend a good 5 minutes at the feet visualizing

and drawing the energy out of the feet.

- (6) Exercise. Break into groups of four and work specifically on releasing of energy and energy flow. *@*
7. Meditation - "Chakra Balancing."

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THE KARMA CALDRON

The story of the Karma Caldron begins with three sisters who have lots of fun stirring up the stew that creates life. They have on the shelves behind them all of the main ingredients for creating a "NEW LIFE FORM"!!!!!! One sister can put in only "Good" qualities. Her name is Godo. One sister can only stir in the "Issue or Issues" to be worked on. Her Name is Susie. One sister can only add the "Force of Destiny". Her name is "Tiny". Do not be mistaken! She is by no means tiny! (The one ingredient that all of them love to leave out is awareness, so we are going to fuel the fire with awareness.) If you look carefully at the caldron, you will notice a space on the top of the caldron to put your name. The stew of life that Tiny, Godo and Susie are working on today is YOU! The spice of this particular stew is the spiritual lesson that is "Flavoring" your life right now. (The three sisters have yet to add their ingredients to the stew.)

Godo has all of her boxes of ingredients lined up on the shelves. In an effort to stop you from being aware of discovering the original decision that has defined your destiny, she has 'forgotten' to put labels on the boxes. Hoping to disguise the stew with lots of tastes, Godo can be mischievous enough to add certain ingredients that have nothing to do with this spiritual issue. She adds them to see how strong your intent is to clear up this issue by side-tracking you. Godo is in charge of all of your positive qualities, gifts, knowledge, and life experiences that you can draw on in your present stew of life. Take time right now and fill up all of the labels on the boxes with the positives in your life.

Susie has her own set of ingredients. She is lots more cunning than Godo. Godo adds lots of extra ingredients to side-track you, but Susie loves to put in so many stumbling blocks that sometimes it seems impossible to know what the real challenges are. If you left it all to Susie, YOU could forget about trying to find the root cause of your stew of life. Let's fool Susie. On the boxes on the shelves, write all of the stumbling blocks that are currently a part of your life. Write down anything that gives you problems, annoys you in any way, makes you angry at yourself or at someone else, or in any way frustrates or upsets you. Take some time to carefully trick Susie into assisting you to gain total awareness. The more things that you write on the shelves, the more time the fire has to get hotter and stronger under the caldron. The greater your awareness will become.

Now is the time to trick Tiny. You choose one ISSUE from Susie's shelves and throw it into the caldron. Do it now. Write it on the caldron. This is the spiritual issue that we are going to work with, and

source out the answer in today's seminar. You have just taken DESTINY into your own hands!! It is now your choice. You are no longer the victim, or at the mercy of anyone else. Let's get to work.

Using all the good qualities from Godo's shelves, what can you use to assist in working with and clearing up this issue. Circle every one of them right there on Godo's shelves. If you find that you need some other qualities to assist you in handling the issue, turn to the back of Godo's page and create qualities that are now becoming a part of your life's stew. Once you list them on the labels on Godo's shelves, they are a part of your consciousness. The only way you can eliminate them is by not using them or not working with them. If in the process, you find that you already have other qualities that you need to add to Godo's shelves - do so.

Now this is where Susie, Godo, and Tiny have all gotten together to confuse you. Take a good look at all the other stumbling blocks on Susie's shelves. Circle those that are in any way related to what you have stewing in your caldron. Think carefully!! The three sisters are working hard to make this stew a spicy, confusing, and upsetting feast. You find that you have a lot of related issues. That's the way Godo, Susie and Tiny planned it.

Up to now Tiny has had very little to do with this STEW. Well, that's because Tiny is really **YOU!** As you noticed, there is only one ingredient on Tiny's shelf and that one ingredient is YOU. How much do YOU want to invest in your life? On the book on the shelf, write the percentage of energy you are willing to invest in your life. How much FORCE do YOU want to put into YOUR DESTINY? You have begun to look at the good and the issues in your life. How much Godo can you access to assist YOU? How many Susies will cloud and spice the stew? Utilize all of the GOOD that you have available and focus on the root of the ISSUE.

Affirmation - "I refuse to allow any other issues to manifest in my life until I come to peace with _____."

HOLISTIC SYMAGERY™

Imagine, sense, or feel that you are in a beautiful house or cottage. This is exactly the place you would have as your secret hide-away. Take a few moments and browse through the place. Look in every room. Look in all the closets, cabinets, dressers, or anywhere that you might find something of interest to you. Look in places that you are curious about. If there is an attic or cellar, look there also. Make sure that you are totally comfortable with every part of the house. (Pause.....).

Now that you are totally comfortable with the inside of the place, take a walk out to see the grounds. This place can be anywhere that you enjoy being the most. It may be in the forest, in a field, on the beach, in the mountains, in the city, or, even if you want, on the moon. Take a few minutes to become familiar with the surroundings. Remember that this is your place of comfort and safety. You can make it any way that you want. You want to be at peace with your surroundings. Check and see what the weather is like also. Is there anything that you left out? Is the scene clear and bright? Are there any limitations that you set on your place of comfort? If so, eliminate them. Make sure that the scene is free of all boundaries, whether it be physical, emotional, mental, or spiritual. Is there anything else that you need to make you comfortable and at peace with yourself? Remember this is your place of comfort, you can make it any way that you want it to be. (Pause.....)

Find a place that you want to relax for a while. Either sit down or lay down and just relax. Take a deep breath and R-E-L-A-X. Take another deep breath and R-E-L-A-X. Take a third deep breath and R-E-L-A-X. Look around you and become very comfortable with all that you see. Be aware of all that you are hearing in this place of PEACE. Be very aware of your feelings and emotions in this place of PEACE. At any time during this conditioning that you want to return to this place of PEACE, put the thumb and pinky of either hand together and say the word PEACE. You will immediately return to this place. At any time in YOUR DAILY LIFE that you need to be in this place of PEACE, once again put your thumb and little finger together and say the word PEACE. You will then be in this place of PEACE. Now, enjoy your place of PEACE for a few moments. (Pause.....)

Now, in your mind think of the issue that you have already focused on in the Karma Caldron. Allow your mind, body, spirit, and emotions to take you into the root source of this issue. If it is necessary to go into the past or a past life time, then do so. If it is necessary for you to become aware of the feelings in your body and associate with the issue through that means, let your body and emotions guide you. If you feel best holding a conversation with someone who you really trust and respect (present or past), you can also do that. Allow your inner self to guide you to the place that can give you

the most knowledge of this issue. (Pause.....)

Once you are in the place of the root source of the issue, become aware of how you are relating to this issue. Are you dealing with all of your senses or are you limiting yourself to one channel? If you are limiting yourself to one channel, allow yourself to bring in other sources of information from the hearing, seeing, or feeling levels. If you want to really expand your view of this issue, allow yourself to simply KNOW what is going on, free of judgement or interpretation. Be free of all expectations of what knowing is. Just allow it to happen, if it wants to do so. You are giving awareness the space to grow stronger. Enjoy it.

Expand your field of awareness to the visual channel and be totally aware of all that is going on around you. Take in every detail in the visual realm. Also allow the other channels to become stronger. Hear what is going on around you. Sense the feelings that you are feeling. Are you in this present life time in the 1990's or have you chosen another life time in order to come to terms with this issue? Be aware of it. If possible, find out the year and how old you are? Are you male or female? Are you relating to a male or female in the place that you are in? If this is from another time or place, do you recognize the connection to someone that you know in this present life time? Take in every detail of information. What is going on? Are you part of some event that is happening? If not, go forward or backward in time so that you are experiencing the event that directly deals with the issue you came to resolve. Be totally conscious of everything that is happening. Play the entire scene out. If it brings you to your death in that life time, remember your dying statement and pass through the death. If there is no death bring yourself to your death in that lifetime and remember exactly what you thought and felt about the event as you are passing over. If it is in your present life, allow yourself to take the event and put it on a movie screen. You are now watching it from a detached place. What are your thoughts about the event without the emotional attachment? What is the one statement that you can make about how you feel about the event and how it affected you? (Pause.....)

In each case you have a statement to work with and assist your healing process. Remember the Statement. Now, take that information and balance out the statement with an affirmation. Take a few moments and decide upon your affirmation. (Pause.....) You will say it for the next thirty days, every day, twenty times a day. If there is an interruption in the thirty day cycle, you will start over again. Take a few minutes and come to PEACE with the people involved in the event. Send them healing, growth, love, and light. Ask that they too come to PEACE with this issue. (Pause.....)

In the case of past lives, look down at your body and allow your self to be aware of the part of your body that this issue has settled into physically. You may see a dark spot. You may feel a discomfort. You may see a place that a wound has been inflicted. Remember the Part of the Body. If it

is this present life, look at your body on the movie screen and you will be able to see if there is a physical damage that has happened as a result of the issue. Remember the Part of the Body. Fill that part of the body, whether it be in past life or present life, with a glowing golden white light. As that part of the body begins to glow, you will notice that the damage to your body fades and ashes fall away from the spot. This will fertilize the flowers of world healing. Be glad to give this up to assist the world in its healing process. (Pause.....)

Bring yourself back to the present, to your place of PEACE. Enjoy your new healing process. Fill yourself with the PEACE that you created and enjoyed at the beginning of the meditation. Put your thumb and little finger together and say to yourself the word PEACE. Feel the PEACE. See the scenery again. Hear the sounds around you. Enjoy your place of PEACE in this newly healed mind, body, spirit and emotions. Make an agreement with yourself to continue to assist your growth and healing process. Agree that you will open up new channels of information and new perspectives in dealing with anything that is related to this healing in the future. Give yourself permission to be healed and whole again. (Pause.....)

Now, scan your body, emotions, mind, and spirit. Think of that thought that was recently the issue. Notice how the body is reacting. Is there any physical, emotional, mental or spiritual discomfort left. If so, remember it and where it is located. If not, you will then proceed to the next healing. (Pause....)

Imagine, sense, or feel your body on a movie screen. At the same time, be aware of what you are feeling as you sit in the theater. Experience the energy of your body being filled with the golden white healing light. See your body on the movie screen becoming more and more radiant with this golden light. At the same time you can feel the energy filling your body as you sit watching the screen. Enjoy the feelings and the sights. As you reach those parts of the body that have just been worked on in this meditation, feel the extra energy that goes in and completes any healing that may be necessary. When the healing has been completed on all levels - body/emotions/mind/spirit, seal the healing process with the pink light of love and the lavender light of spiritual growth. Watch and feel your body radiate Healing Light. Enjoy it. (Pause.....) At the count of 5....

CHAKRA BALANCING

Let's take a few moments now to assist your body to be in a more relaxed and aware state of consciousness. You will become aware of all sensations in your body and energy fields. To assist this awareness, concentrate on your breathing. Breathe in deeply, through your nose. Hold the breathe to the count of two, then exhale through your mouth. As you are doing this breathing, become more aware of your body sensations. Notice again, the spot where you found the energy block related to the issue that you worked on today. Just notice it. Be aware of it as we are going to be working with it later in this meditation. Be aware of the chakra that the issue is related to. Be aware of the energy levels in those spots. Remember them, as we are going to be working with them. Remember exactly what they feel like to you right now.

Imagine, sense, or feel yourself laying with your spine flat on the floor. In your mind's eye, you are watching an overhead T.V. screen. If you would rather be in a sitting position, sit in a position so that your spine is completely straight. You will still be watching a big T.V.. On the screen is a picture of you, in your comfortably relaxed state of awareness. You are able to see yourself, as well as feel everything that is going to be happening. You are in a very relaxed state. This is going to be an interesting experience.

You can see a golden white ball of the Divine Healing Energy floating over you. It is attuned to everything that you have done today to assist your healing process. The Divine Energy IS fully aware of the issue that you have been resolving in this seminar. Imagine, sense, or feel the first ray of golden white light attuning to you personally, and your to work. Now see and sense the ray coming down from the ball of Energy. It touches you at the base of your spine. As this happens, you may sense a change of awareness in the energies in your body. You will also see on the screen, the pulsation of glowing white light at the base of your spine, as well as the ray of light. The energy will extend down through your legs into your feet. You are becoming very aware of your attunement to the earth and the earth energy. Concentrate on your breathing and feel the energy get stronger and stronger within you. See the pulsing golden white light getting stronger and stronger. As you breathe in, feel the pulsation of the light getting stronger and stronger. You may notice warmth, tingling, or other sensation in the base of your spine. Feel it in your body. See it happening on the T.V. screen in front of you. See the energy fields, stretching from the base of your spine down to your feet, becoming more and more radiant with each energizing breath that you take. Enjoy it. Now that you have a strong sensation of the energy in that chakra, we are going to fill that chakra with the color that is necessary to fully activate its energy. Look at the ball of light. As the ray comes down, you will notice that the ray is turning a vibrant red. As the ray touches the body, the energy field also becomes that vibrant red. You will notice that parts of the

abdominal cavity are also turning red. This will be your large and small intestines, which are connected to the root chakra. Feel them pulsing and filling with healthy vibrations. Enjoy it for a few moments. (Pause.....)

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root chakra and still be aware of the ray and color red that is vibrating into the earth from you. You will stay connected to the earth.

Bring your awareness to the Divine Energy Ball. From It, now extends a second ray. This golden white ray extends down to a point just in front of, and above, the root chakra or base of the spine. The energy flows up through the five vertebrae of the sacrum. This will bring the energy just about up to the waist line. This energy works with the sexual chakra. This is your second chakra. Feel the energy vibrate. Allow it to pulsate and fill your body. See the energy fill your body on your T.V. screen. Concentrate on your breathing and assist the energy to become stronger and stronger. Look at the screen again and notice that the ray that is coming down to your second chakra is becoming a beautiful color orange. It vibrates and glows as it fills the second chakra. You will also notice that it is filling all the organs related to the second chakra. You will see on your screen that the sexual organs, kidneys, bladder, and sacral area are filling with the color orange. Your second chakra is becoming activated and stronger. You may notice warmth or other sensations that occur as the chakra and organs are filled with this energy. On the T.V. screen, see the colors vibrating and pulsating in the body. Feel the energies flowing through, making you healthier. With each focused breath that you take, the energies and colors will become brighter and more dazzling. (Pause.....)

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root and second chakras. You will still be aware of the two rays and colors red and orange. You will stay connected to the earth. At this point some of you may feel energies running up and down your spine. This is normal. Enjoy them. Experience them. Become aware of the increased flow of energies in your body. (Pause.....)

Bring your attention back to the ball of energy. There is a third ray of golden white light coming from it. This ray beams down to your solar plexus (which is directly under your lungs.) The energy field that is filled with this energy spreads down to about 2 inches above your navel to 2 inches above your solar plexus. Feel and see this area being filled with radiant golden white light. Focusing on your breathing, you will see and feel this area become stronger and stronger to match the energy levels of the first two chakra. Feel the warmth and tingling. See your body becoming a vibrant being. Focus your

attention on your breathing and notice that the third ray of light is turning to a golden yellow. Experience the color bringing the third chakra into balance and activating it. See that, within your body, the spleen, stomach, pancreas, liver, and gall bladder are also vibrating with this beautiful yellow color. Each breath that you take makes the colors more vibrant and radiant. Enjoy them as they become healthier. (Pause.....)

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root, second and third chakras. You will still be aware of the three rays and colors red, orange and yellow. You will stay connected to the earth. Enjoy the feelings that you are feeling. Enjoy the colors that you are seeing on the screen. Be at peace with yourself. (Pause.....)

Allow your attention to go back to the ball of Divine Light. As you are looking at it, you will notice that there is a fourth ray of light that is coming down from it. Once again it starts out as a golden white light . It flows down to your heart chakra. This Energy fills you with Healing White Light. Your heart and all of the surrounding areas are filled with this beautiful light. Notice that the lungs and thymus are also filled, and radiate with this light. You can feel your heart energy becoming stronger and stronger as the heart chakra begins to open fully. Focus on your breathing and allow the energy to get stronger and stronger. As you look at the T.V. screen, you now notice that the fourth ray to the heart chakra is turning green. It is a beautiful emerald green. Allow the color to fill the heart, lungs and thymus. As you breath, you are assisting it to vibrate stronger and healthier. Allow the process of healing and activating to happen. Notice how all of the other chakras that you have worked on are becoming brighter and clearer. Enjoy the beautiful light show that is taking place in your body. Feel the different energies flow. Enjoy yourself. (Pause.....)

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root, second, third and fourth chakras. You will still be aware of the four rays and colors red, orange, yellow and green. You will stay connected to the earth. Enjoy the feelings that you are feeling. Enjoy the colors that you are seeing on the screen. Be at total peace with yourself. (Pause.....)

Focus your attention on the glowing ball of Light, once again. This time the ray of light is golden white with a hint of blue. The activating energy of the throat chakra is combining with the healing white energy and flowing down to your body. Focus with your breathing and help the balance of blue and white to be achieved. Both the healing energy and the chakra energy are flowing in the throat, as well as all of the surrounding glands and organs. The blue/white energy is filling your throat, mouth, thyroid, neck, tongue, jaw, ears, eustachian tubes, and nose. The entire area is filled with the healing light. The blue light of the throat chakra is becoming brighter and brighter. You can see the beautiful blue, green,

yellow, orange and red in your body. You can feel all of the energies filling your body. They are vibrating, glowing, and pulsating. Enjoy all that you are seeing and feeling. (Pause.....)

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root, second, third, fourth, and fifth chakras. You will still be aware of the five rays and colors red, orange, yellow, green, and blue. You will stay connected to the earth. Enjoy the feelings that you are feeling. Enjoy the colors that you are seeing on the screen. Be at total peace with yourself. (Pause.....)

This time, as you look at the glowing ball, you notice that the ray of color that is coming out is a perfect balance of the healing white light and a deep indigo. It flows down and touches your third eye (the middle of your forehead.) It fills the third eye, and your physical eyes, with the healing and activating light. Your breathing assists the ray to turn into a completely indigo ray of light. Enjoy the sensations and the sight that is on the screen in front of you. Be aware of all that you are feeling. Take a careful look at all that has happened to your body on the screen. Enjoy it. Breathe into it to strengthen it. Be at peace with yourself.

You will now focus your awareness just on your breathing again. You will be able to maintain the flow of energy to the root, second, third, fourth, fifth and sixth chakras. You will still be aware of the six rays and the colors red, orange, yellow, green, blue and indigo. You will stay connected to the earth. Enjoy the feelings that you are feeling. Enjoy the colors that you are seeing on the screen. Be at total peace with yourself. (Pause.....)

You have now reached the seventh and crown chakra. Your body is glowing with radiant energy. You can see and feel the energy. From the Ball of Divine Energy, comes the final ray of light. This one is the pure white of the crown chakra. The ray flows to the top of your head. You are in touch with the Divine Energy. You are at one with yourself and the Universal Energy. See your body vibrating and radiating all the colors of the chakra. It is magnificent. You are also aware of the feelings within and around your body. The energies are vibrating brilliantly. Feel the Power of the Universe filling you. You are radiantly alive. Enjoy this new feeling of completeness and openness. (Pause.....)

Now, bring your awareness to the chakra and organ that your issue for today is associated with. Look into the chakra and meditate on it for a few minutes. This is the source of the ancient mandalas or meditation pictures. See the colors. (Pause.....) Be aware of the designs that are forming within the chakra. (Pause.....) Notice that other colors may be brought into play within the main chakra

color. (Pause.....) Take a mental picture of it. (Pause.....) When you come out of this meditation you are going to duplicate it to the best of your awareness and ability. There is no measure of comparison for what you are creating. Your chakra colors and shapes are influenced by where you are right now. How are you going to express it? Be at peace with the idea of drawing it. It will be an expression of you. No one outside of this seminar need ever see it. If you understand the reasoning behind mandalas, you may decide to put it in your meditation area. You can then go into the imagery and begin to work with your healing process. Be at peace with it. Keep the picture strong in your mind. Meditate on it for a few minutes. At the count of 5.

THE DIVINE SPARK

Progressive Relaxation:

Imagine, sense, or feel your energy deep within the core of your being. Be free of judgement or logical thought as to the location of this core place. Observe this spot. Feel the energy emanating from this spot. Be aware of the intensity of its energy. Just notice it. It is perfect just the way that you feel it. Become aware of the colors associated with the energy of this spot. Gently, have an awareness of them. Be free of judgement as to the meaning of the colors. Remember, that this is pure energy. Release any prior knowledge that you may have acquired about the source and vibration of colors. With the total focus of your mind and spirit, allow this spot to get smaller and smaller. As this spot gets smaller and smaller, become aware that the intensity of the light is getting brighter and brighter. As this spot gets smaller, become aware that all of the colors are blending into one. This color is white. Maintain your focus on this white spot. Allow it to get as small as it can without disappearing.

Visualize this spot as it is surrounded by your physical body. Become aware of where this spot of light is located. Touch your body in an appropriate place so that you can focus energy from this spot to your fingers. Touch the spot NOW. (Watch for everyone to touch a spot.) Again, become aware of the intensity of this spot, and let it flow to your fingers like a laser beam. Allow your fingers and hand to become filled with your life force. Your hand is filled with this healing energy. This is your own personal energy. This is also your connection to your Godself. At this point, allow the Universal God Energy to be present within your Spot (YOUR DIVINE SPARK). Through your intent, and your thought process, allow your connection to the Divine to become stronger and stronger. Open your being in order to access the knowledge and awareness that is available in this place of the DIVINE SPARK.

One of the doorways to your being, that opened is accessing the origin of your DIVINE SPARK. Visualize the original spot as it glides through the doorway. (Pause.....) It is going through a large tunnel where you can experience all of your lives in this reality as well as others. You see and experience bits and pieces from different times, and from different types of creatures and things. You will remember a lot of what you see and experience even though it is flowing by very fast. (Pause.....) Be aware! Observe! You may even hear names or bits of conversations that are happening as you pass through these realities. Take a few moments to view these scenes. For some of you, there may be other senses involved. Allow yourself to see, hear, taste, sense, feel, know, and experience in as many ways as possible. (Long Pause.....)

You are coming to the end of the passage way. There is a crystal glass door ahead of you. You

different lifetime that passes in view, on the wall, in front of each computer terminal. You sense that you can access any desired information about that particular lifetime by typing the necessary information into the computer. You walk down the tunnel and find a lifetime that you are interested in viewing. You approach the computer. As you stand in front of the computer, you are amazed by the fact that the computer screen asked you to speak your requests. As you speak, the requested information is typed out for you, and projected on the wall. You find this to be an easy way to access past life information!!! You become absorbed in that particular lifetime for a while. (Pause.....) You then notice, out of the corner of your eye, that there is an all white computer terminal at the end of the tunnel. You are curious, so you approach it. As you do, the computer projected scene lights up with a greeting. The message has all the necessary information in order to access the greater picture that is a composite of all of your lifetimes. You are curious about this, but you also want to know more about past lives. You know that you can come back to this place at any time. You choose to view this computer, or to walk the tunnel and view other past lives. You have a few minutes to view whatever you wish to see. (If appropriate, go directly into the Pyramids and the Akashic Records. Skip the counting awake here). At the end of that time, you will simply count yourself out from 1 to 5 and at the count of 5 you will then be wide awake.

MEDITATION: PYRAMIDS AND THE AKASHIC RECORDS

Take a deep breath, and relax. Take another deep breath, and relax. Take a third deep breath, and totally, completely, relax. Imagine, sense, or feel that you are floating on a beautiful multicolored cloud. Just float on this cloud. It is as if your arms and hands are being supported by the cloud. (Pause.....) Your legs and feet are being supported by this cloud. (Pause.....) It is just like there is a gigantic hand holding you up in the sky. (Pause.....) All the colors of this cloud, the lavenders, the blues, pinks, yellows, greens, are all there supporting you. They are becoming a part of you. Just allow your entire body to relax and feel the colors caress you. Feel the energy of the colors vibrate with your body and bring to you the lesson of each color. Feel the green opening up your heart. (Pause.....) Feel the yellow opening up your emotions. (Pause.....) Feel the pinkish red opening up your root chakra. (Pause.....) Sense or feel the purple of your crown chakra opening. (Pause.....) All your chakras are opening up. They are allowing you to become more attuned and open to the journey you are about to take. (Pause.....) You are taking a journey in time; back in time. You are floating on the cloud; back in time and space to the ancient city of Atlantis. (Pause.....) The cloud gently lets us down in front of the pyramids of Atlantis. You are standing at the opening to a large valley. In front of you, there is a path that leads to a set of pyramids, one very large in the center and four smaller ones around it, shaped in a pyramid. You walk down the path, towards the front pyramid on the right. Observe the pyramid. Look at the colors in the pyramid. Be aware that there is something unique about the pyramid. Depending on your view and where you are coming from, the pyramid appears to be either white or black. Look at it. Walk around it. Sense and feel the pyramid. Now walk to the place where you feel the entrance way to the pyramid is. Pass in, and look at the inside of the pyramid. Attune to the energies of the pyramid. Attune to the issues in your lives. Notice the inside of the pyramid. Is there complete darkness? Does it feel like you are enveloped in black velvet? Or does it appear that you are surrounded in white. Feel it. Sense it. Experience it. Be aware of all that you see around you. You may see visions of this lifetime, or another lifetime. Experience the visions. See what is going on. Notice that even when you see the visions, they are not substantial. They are just visions. They are more air than they are molecules. You are getting a very strange feeling, that even the pyramid is more air than molecules. You realize that where you walked in wasn't a door per se, but you were able to walk through the side of the pyramid. Is this pyramid purely an illusion - the symbol of all illusion? That everything in life is only as you choose to see it. It's either black or white, or someplace in between. But, it is neither black nor white. It is only what you choose to see. And the visions that you saw were only the way that you chose to see them. Neither right nor wrong, good nor bad, just an experience, a lesson, an illusion. In the first pyramid it's to learn that you, and everything you are, is an illusion. Now look carefully at the wall of the pyramid and notice that there really isn't much of a pyramid around. It just seemed like there was. There are really no walls. You can walk through it, just as you can walk through all the experiences in your life.

Now walk through the side of the pyramid. Go to the next pyramid, which is the one on the left.

Walk around this pyramid, realizing that everything in life is an illusion. You decide that from now on, to the end of your journey, you are going to deal with it in the reality that you choose and understand. You are dealing with the issues and concepts that you understand. Now walk around the pyramid. Sense and feel the pyramid. Notice if you see color in it. Find the doorway to enter the pyramid. Walk in. There is something important in this pyramid that you must face; a lesson you must learn, and experience. Look before you and up to the ceiling. There is a crystal. The crystal is the color of your deepest upset. It is the color of fear. (Pause...) The color of fear, in its deepest form, is red. Deep dark red. Realize that the color we think of as love is also red. So now you have a means to transform the fear into love. The transformation of fear into love, is your spiritual growth. The color of spiritual growth is the deepest, most vibrant purple. Transform the fear into love and see your crystal become a violet amethyst. Sit on the floor, facing one of the walls, and allow your deepest fear to come to you. (Pause.....) Now take the concept of love and embrace your fear. Walk into your fear and surround it with love. The fear dissipates and in its place is a beautiful pinkish purple rose. It's your rose. It's a part of your being. You have faced your fear and grown on the spiritual path, in this pyramid. Whenever you reach into a deep fear in your life, visit the second pyramid. Embrace the fear with love, and allow the transformation of the fear to become a beautiful pinkish purple rose. Look deep into the rose and see the same crystal that is up above on the wall. Now as a gift to you for facing your fear, the guardian of the pyramid shrinks the rose in your hand. It becomes small enough to become a pin that you can wear on your shirt. It will guide and assist you in the next steps of your journey. You have faced the fear. Now, walk on to the third pyramid which is in the upper left corner. Walk around the pyramid. Find the door and walk through the door. This is the pyramid of the past where you face your intellectual and emotional beliefs. It is a place where you can release the past. Look around the pyramid and find that this pyramid is blue green. It uses the yellow of intellect and green of physical healing, and blue of emotional healing. Within the walls, in every block of the wall, are scenarios of the past that you hold on to and cling to. They are your excuses and reasons for what's going on in your life right now. Each one of those blocks in the wall is energy. The energy of the scenarios that you see in the blocks flows out of the wall onto the floor and becomes a monster. The monster stands before you. The monster is power. This is the power you have given the past over you. This is your place of disempowerment, and the monster is your disempowering of all that you really are. You have a choice now. You can fight the monster in whatever way you want and make it a part of you. You will then empower yourself. Or, you can run from the monster, stop your journey and go on with life as it is. Now, choose to fight your monster in whatever way is best for you. I'll give you some time and space to do it. (Pause.....) In the end, you WILL be victorious, because you have chosen to do this. It is the intent alone that will allow the change to happen and the battle to take place. Finish the battle and consume the monster in whatever

form you wish to consume him. Stand taller and stronger, prouder and more confident, secure in your power, and in your healing. You have now claimed yourself. (Pause....) Notice the color of the walls as a vibrant blue green. This is your place of personal power. When the past comes up to disturb you and upset you, this is the place to come to heal the past. Face the monster of the past and release it. Release the fear and go into the place of your personal empowerment. Walk out of this pyramid being totally empowered.

Walk over to the next pyramid. It is a very special pyramid. This is the premises of healing. Here you will learn an experience the healer within you. The pyramid is a vibrant emerald green. Walk around the pyramid. Observe the pyramid carefully. find the doorway. You are going to go in as you are now, with all of your beliefs and feelings about being a healer. While in the pyramid you are going to search out your own healing path for the future. Be free of judgement, be free of expectation. See what you shall accomplish, and know that you will accomplish it. I am going to leave you now so that you may search out your own path free of my energies. When I come back you will walk out the door and see yourself as the healer you are have become. But this is a time just for you. It is free of my energy. It is a time for you to develop yourself as a healer. Go into the emerald green pyramid, and develop your abilities - strongly and powerfully as an individual. (Long long pause - teacher leave the room.) You have finished your exploration of healing and it is time to go on transformed. When you walk out of this pyramid your clothes will change. Maybe your shape will change. But, your whole being will be different. Walk out the door. Stand in the sunlight and look at yourself. See what shoes you wear. See what clothes you wear. Notice if you are male, female or androgenous. Notice all the things about you, your age, your height, and what you look like. There's a beautiful pool at the side of the road. Look into the pool to see your reflection. This is the time of the transformation. This is your point of choosing to go as a healer, to heal whatever it is you have chosen. Now, walk towards the center pyramid. This pyramid is large and golden white. You'll circle the pyramid three times, and notice the ancient writings on the walls. When you circle the pyramid three times, stand in front of the door, and ask yourself if you are open to know your truth. If you are, walk into the pyramid and see what is inside the pyramid. It is golden white light outside, what do you see on the inside. What great mystery does it hold. What great truth does it hold. What do you see in front of yourself now that you recognize that all of life is an illusion, that you have faced your fear, that you have chosen to stop holding on to the past, that you have acknowledge that you are becoming a healer. What is left for you to face? What is left for you to see? And are you willing to embrace what you see in front of you? (Ask what each individual sees. Dispel illusions. Bring each person to the realization on their level that they have faced themselves and seen that they are God.) Each of you see it differently. Each of you have attained your Godself, right now. You can maintain and sustain that forever if you choose. You have found it, now know it, and you know now where to get it. Get in touch with it. It is yours forever. Put your thumb and finger together of one or both hands, and let us anchor in this place for you. (Pause...) Your place of your highest good, of your Godself, of the energy fil846888