

# Your Body Is Talking; Are You Listening?

Volume One

Art Martin, Ph.D., N.D.

This volume, subtitled *How the Mind Works: The Mind/Body Medicine Connection*, examines the body/mind as a vehicle for spiritual transformation. It looks at the origins of illness, disease and behavioral dysfunction, in terms of how body cells communicate and how beliefs serve as agents of cause and effect. We examine how the mind functions, and the origin and effects of sub-personalities. And finally, we look at meta-communication and how we project our deepest self-image to anyone sensitive enough to pick it up.

Volume Two, subtitled *N/CR in Practice*, begins with a deeper understanding of the human condition, the history of Energy Psychology and Energy Medicine, and how I coupled these fields with the new therapeutic process of biofeedback to develop the unique practice of Neuro/Cellular Repatterning. Years with N/CR have produced countless remarkable—some claim miraculous—recoveries, many of which are documented in the chapter titled *Case Histories*.



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**Martin Your Body Is Talking; Are You Listening?--1** Personal Transformation Press

The Body/Mind Medicine Connection  
Energy Psychology/Energy Medicine  
How the Mind Works



# Your Body Is Talking; Are You Listening?

Volume One

Art Martin, Ph.D., N.D.

## What people are saying about this book and its author's work

“I have been a client of Art's for 20 years. His work has been phenomenal in helping me with my challenges in my life. A few years ago I had a heart problem and the doctor recommended drugs and possible surgery. Art cleared my heart problem and it has never recurred. This book documents his practice well.”

— Ken Peterson, San Diego, CA

“Until I read his book, it was hard to believe anyone could do what Art does with releasing locked in anger. It makes one wonder why people are not beating a path to his door with the results he obtains with his process. ... Many times I could not figure out what was causing the pain in my shoulders, yet he was able to find the cause and clear it in one session.”

— Pat Drop, Milpitas, CA

“At his lecture, Art asked if anyone would like to volunteer. I did so, expecting him to do a little example of his work with me. I never realized that my mother rejected me before I was born and that I did not love myself. ... He released most of the pain in my left shoulder that the doctor called fibromyalgia. ... I am pain-free for the first time in my life.”

— Dottie, PA

“Being a therapist myself, I had doubts that he could do what he claimed in his lecture. I decided to try him at least once to test him out. ... To my surprise, he dug into situations in my life that I had no idea were causing problems in my life. His book is a whole new concept on healing. I thought I knew what Energy Medicine was, but he has shown me a totally new view of it.”

— Sandra, Los Angeles, CA

“I had given up on taking the California teaching credential test, having failed it six times, with no idea why. When we discovered why I was failing the tests it did not make sense. My father and my husband programmed me to fail! Wow that was revelation. On the day before the exam, Art showed me how to take the test and helped me pump up my self-esteem and confidence. I passed in the 94<sup>th</sup> percentile. I have never finished the test. I finished before, I finished with 45 minutes to spare. He is wonderful.”

— Becky M., Sacramento, CA

“I went to the Omega Centre bookstore looking for a book on Energy Medicine and/or Energy Psychology. They referred me to Art’s book. When I read the book, I called him immediately to see if I could get him to come to Toronto. I got him a lecture spot at a local health show which started his practice in Toronto and the rest is history. He has been very successful here.”

— Peter Myronyk, Toronto, Canada

“I could not do anything and stay committed to finish it. Art located the cause, but I still kept falling back. His books directed me to write down a long-hand affirmation, 21 times a day for 21 days. Each time, I would sabotage myself before I finished. It finally worked after five attempts. I do not understand why this book is not on the bestseller lists.”

— Kitty Kartialia, Los Angeles, CA

“I have worked with Art since 1989 and helped him develop some of his concepts. We did research together until I moved to Ft. Lauderdale, FL. I developed prostate cancer in 2001 and the prognosis was surgery unless I could stop the growth of the cancer. Working with Art, we found all the causes and the activators that caused the cancer, and cured it.”

— James Landrell, D.C. H.M.S., Ft. Lauderdale, FL

“When I found Art’s book in a bookstore in Sydney, I booked a flight to the USA with high hopes. The doctors had given me four

months to live so I had nothing to lose. In a week of treatments, we had cleared my cancer. He did the impossible, but it seemed so simple when we found out what the cause was. Miracles do happen.”

— Carla G., Sydney, Australia

“I had my doubts about what Dr. Art was talking about at his lecture. I decided to put skepticism aside try a session. To my amazement he was able reveal all the trauma I had experienced as child. My body told him all he needed to know to begin releasing and clearing the pain I had in my back most of my life. This is his special talent I had never heard about before. Doctors described it as Fibromyalgia but said you they cannot control your pain without drugs or surgery. Dr. Art has discovered a method that is easy, painless and works in hours instead of years or even a life time.”

— Mildred Kroger, St. Augustine, FL.

“All I can say is when you are ready the teacher appears. He did in the person of Dr. Art Martin. I read his book in two days and called him. I flew into Sacramento to see him and stayed two days. All I can say is I got my life back in two days after suffering for 15 years. What a miracle!”

— Helen Markstein Boston MA

“I was a prisoner in my body. I contracted polio when I was fourteen. I was in a iron lung for a year and was unable to walk. I spent five years in a wheelchair until I was able to learn how to walk. For the last 25 years I have dragged my feet unable to lift my legs. I had considered suicide because I don't really have a life. Dr. Art challenged me with an offer I could not resist. ‘If I can't clear the polio symptoms that cause your disabilities there will be no cost to you. If I do release them so you can walk normally, then the fee is double.’ I could not resist the double or nothing because I did not think he could do it. In less than two hours, we found the causes and I walked out his office normally.

After spending \$30,000 for nothing \$500.00 was a real steal. I got my life back.”

— Janet S., Elk Grove, CA

“I did not think there was anything wrong in my life as I had come to accept what happened to me in the past was the way it is. The concept of accepting yourself as you are was a way of life for me. I did not realize I had stuffed so resentment and anger at my parents. When Art showed me how much of this anger and fear from the past was locked into my body it was amazing. I overlooked a lot of the problems I had because they were from the past. When we were able to get all the anger, fear and resentment removed from my body, it was amazing how my life changed. People started treating me differently and I was happier. Opportunities that had passed me by in the past were becoming realities. My income increased and my relationships improved. What more can you ask for.”

— Jim Bentley, Austin, TX

“We have a hard time believing that we are the enemy. I did not want to accept this conclusion either, yet it was proved to me very clearly in two sessions with Dr. Art. I did not realize that my mind was controlling my life. I am successful in business, yet my personal life was not comfortable at all. When you are confronted with the truth and the pain that doctor described as Fibromyalgia totally disappeared I began to question all the things we have accepted in our life as the way it is and we have to accept it. Dr. Art proved to me that everything is changeable. Nothing is locked in, even genetic defects.”

— George Sutter New York, NY

“When you are confronted with a life threatening disease it changes the whole game of life. When I was in pain I could accept it and go on. I did not want to believe that it could be cleared so I lived in pain. But as Dr. Art told me, ‘If you refuse to face the lesson, your mind will find another method to wake you up.’ Since I refused to take notice of the first three notifications of a

lesson being up, my mind decided to hit me with a life-threatening disease. When you are told you have three months to live, you wake up. Dr. Art helped me wake up and clear the cancer.”

— Ray Mello Redwood City, CA

“I have spent a lot of money and time trying to cure my allergies and environmental illness. I suffered and struggled with these afflictions for over 20 years. After reading Art Martin’s book *Your Body Is Talking Are You Listening?* I realized he had the solution to my problems. I called him and ordered a StressBlocker and then set up an appointment to explore his theory and process further. I really did not expect a miracle, even though he said they do happen if I was to take responsibility for my healing. I just wanted relief. I did get a miracle. All my allergies and environmental illness cleared totally. I can eat any food I choose now. They have never returned since the sessions over two years ago. He is the master on how to release illness without drugs. It was a very simple process. He knows how to use affirmations that work.”

— Ivar Ikstrums, Sammamish, Washington

“When Dr. Art says he can find the root causes and the basic issues that cause a malfunction, he is right on. Not only that, he can pin it down to exact age and time it happened, and who helped you cause the incident that caused the malfunction. It is amazing how our mind will stuff and bury incidents so you do not even know they exist. Art is a master at finding a malfunction in your life. We never realize when an issue happens that it will cause a major breakdown in our life at a later date.”

— John Neumann, St. Augustine, FL

“When your eyesight is beginning to disappear, you take notice of this lesson quick. I had diabetes which was causing my eyesight to deteriorate. Even though I knew what caused it, I could not stop it. It becomes even more of a conflict since I work at medical college and the doctors could not do anything for me. When Dr. Art began to check it out, we found the diabetes caused it but, the

diabetes was not the root cause. We went back further and discovered that it was my need for love, attention, recognition and approval when I was a child that caused the diabetes. Since I did not want to address the issue of anger with my parents, it was telling me I had look at the issue. Not only that, but I married a man who was a duplicate of my father. When we cleared the issues with my family and my husband by forgiving them, and releasing my anger and resentment with love and forgiveness, my eyesight was restored and my diabetes was gone.”

— Myra Recovachecyk, Toronto, Canada

“The coauthor of my book gave me Art’s book. I read it in two days and called him. My question was, ‘How do I get together with you?’ Art replied, ‘You can fly in to see me or set up a lecture for me with enough clients so I can come to you.’ I wanted immediate relief so I flew across the U.S. to see Art. Doctors had tried to fuse my back and put two rods in to keep my spine straight. They wanted to do the same to my neck and I was not willing to go that route again because it did not work the first time. It was not about time or money; I just wanted my life back so I could get on with my career. Art had me back on track feeling good in two days. His book tells it all. ‘You have to release all childhood conflicts.’ People saw my recovery, so I invited Art to come to Florida to work with my friends. He also worked with my two adopted children to free them of their fear of rejection, intimacy and lack of trust. Now we get along great as a family. His work has put me in a place where I could succeed in becoming a best-selling author and present seminars all over the U.S. in less than two years. This was not a one-time shot either. This is an ongoing story as I’ve worked with Art regularly over the last two years. He helped me create my success story. Why are people so resistant to hear the truth?”

— Heather Forbes, Orlando, FL

Your Body  
Is Talking;  
Are You  
Listening?  
~ Volume One ~  
How the Mind Works

For:

Miracles happen every day. You could be one.  
Are you ready for that?

With love,





Your Body  
Is Talking;  
Are You  
Listening?  
~ Volume One ~

How the Mind Works:

The Body/Mind Medicine Connection  
Here is the answer to releasing frustrating  
emotions, feelings, discomfort, pain, stress,  
illness and failure to accomplish goals by  
reprogramming your mind in hours, not years.

Art Martin Ph.D. N.D.



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by Art Martin Ph.D. N.D.



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Contents of this book are copyrighted. No part may be reproduced by mechanical means, photocopy or computer without written authorization of the publisher (except for brief quotations by reviewers).

This book explores the body/mind connection as the actual cause of all mental/emotional dysfunction and physical disease. However, the author in no way makes any diagnosis of medical condition or prescribes any medical treatment whatsoever.

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## Let There Be Peace On Earth

Let there be peace on earth  
And let it begin with me.  
Let there be peace on earth,  
The peace that was meant to be.

With God as our one source  
United all are we,  
Let us walk with each other  
In perfect harmony.

Let peace begin with me,  
Let this be the moment now  
With every step I take,  
Let this be my solemn vow:

To take each moment  
And live each moment  
In peace eternally.

Let there be peace on earth  
And let it begin with me.

— Anon

## Dedication

This book is dedicated to all the practitioners of Neuro/Cellular Repatterning who learned the process and provided the support to heal my body/mind, and all my sponsors who have supported my work and helped me present lectures, workshops and seminars

## Acknowledgments

My first introduction to healing came in 1978 at an acupressure workshop taught by Iona Teagarden. That same year, I met Paul Solomon, who would be my teacher for the next ten years. He was my mentor and, along with Ronald Beesley, gave me a deep understanding of how healing works. I am indebted to them for starting me on the right path. In great physical pain at the beginning, I also worked with Frank Hughes, owner of Nance's Hot Springs in Calistoga, California, and am grateful for his intensive work with me.

I formed the Wellness Institute in Sacramento, California, and between 1984 and 1987, I began to incorporate hands-on therapy in my verbal counseling, and I thank those who let me experiment with the process I was developing: Body/Mind/Integration, later to become Neuro/Cellular Repatterning (N/CR). If it had not been for those who attended my classes and came to me as clients, none of this would have happened. I learned more from working with my clients than I ever did at a class or seminar.

When we closed the center, Chris Issel asked me if I would teach the process to a group. This landmark seminar proved to me that N/CR was not a special gift of healing I had; it was possible to train others to do the same thing. Suddenly, sponsors popped up everywhere as the original seven seminar attendees in turn set out to teach the technique. In a domino effect, Chris Issel introduced me to Jim Ingram, who turned out to be my major sponsor in Southern California, putting on workshops and introducing me to even more people. Many thanks to Jim and Chris for their invaluable support. Jim has passed on to the spirit world now, while Kitty Kartiala is providing support in the Los Angeles area.

Mary Best introduced me to Pattie Marshall, who offered to bring me to San Diego, and she took care of me as if I was her son. I thank her so much for getting me established in San Diego.

I am especially grateful to Amy Kinder, whose support went beyond what most people would offer. For many years, she set up clients and workshops and provided me a place to stay when I was in San Diego.

The list goes on; Helen Phelps, Joline Stone, Betts Richter, Lesley Gregory, Joy Johnston, Oshara Miller, Nancy Worthington, Araya Lawrence, Ilene Botting, Robert Perala, Joyce Techel, Barbara Stone, Nadeen Gotlieb, Ruth Johnston, Sally Machutta, Karen Arnold, Mindy Cantor, Nicole Cooledge, Sherri Decker, Jim Dorobiala, Marilyn Grow, John Hammer, Marilyn Henderson, Bill Irwin, Barbara Ikeda, Jeane Joregensen, David Kamitzer, Kismet, Angel Kay, Susan Moulton, Morningstar Black, Kate Moyers, Janette Nash, Joan Noel, Oshana, Joy Polte, Terry Pierson, Jean Rossman, Rita Raimondo, Karla Spitzer, Sara Sherman, Krita Sheyk, Bertha Taylor, Dave Thompson, Susie Taylor, Janet Tully, Ro Thompson, David Weisman, Wally Wallace, Rebecca West, and Ken Peterson, one of the best examples of someone who took what I had when I first started and ran with it. He has supported my work in many ways and continues to inspire me to this day.

When the workshops got larger than I could handle alone, Mike Hammer came along. He seemed to be a natural for N/CR and quickly learned the process. I appreciate all the help he provided during his tenure with me.

In 2001, we began to spread the word across North America. *Your Body Is Talking; Are You Listening?* opened up many new opportunities. People began asking me to come to their area and present lectures and workshops. My book was talking and people were listening. I appreciate the support provided by Peter Myronyk in Toronto, Canada, David and Donni Shultz in Phoenix, AZ, Joan Noel in Tucson, AZ, Betsy Lobes in Brookfield, CT, Dr. Jonathon Curzon in Philadelphia area, Sandra Reis of Akron, OH, Karen Herberling in Santa Fe, NM, Dr. Larry Herbig in Kansas City, MO, and many more who have invited us to their cities where we have not yet visited.



With the help of my clients, Neuro/Cellular Repatterning continued to evolve over the years into Energy Psychology and Energy Medicine, thanks to all the people who allowed me to work with them. Everyone taught me the process by working with me. Without any formal training program for N/CR, I depended on the people who participated with me. For example, Bernard Eckes came to a 1993 workshop with the attitude that he could not learn the technique. He is now one of my research associates. I thank him for his perseverance in sticking with N/CR so that he could work with me in developing the process. With his help, we have now refined N/CR to the point that we can clear and heal any dysfunction.

To spread our message to the public, I began presenting lectures and workshops at conferences and Whole Life Expos and many other venues. I appreciate the support my wife, Susie, gave me by spending countless hours running booths at the shows and traveling with me.

Finally, the help I needed to get this book out came from Tony Stubbs, my editor and typesetter, who smoothed out my language, tied the book together and laid it out. I really appreciate his support and help.

## Foreword by Mark Victor Hansen

Many times when somebody presents you with a new concept, it takes a while for it to become acceptable. After spending time with Art over two years in our Inner Circle group, I finally decided to try out his process because I had pain in my Achilles tendon area. Many people had tried to help me release the pain without any results.

In about an hour and a half, Art was able to release the pain, and it has never come back. I have heard many people talk about Energy Medicine but few get results like Art gets.

If something is blocking or limiting your success in your life, he has the ticket to remove the limitations too.

His theory that all of our problems begin in childhood makes good sense. Many of the incidents that Art helped me release were from my childhood. I overcame many obstacles in my life, coming from an immigrant family from Denmark. My father was a baker but he did not limit my options so I could go for the success I have now.

Art's process with Energy Medicine works well. If you need help in uncovering or finding your limitation, he has the process.

— Mark Victor Hansen



## Preface

If we were to view our life as a stage play with ourselves as the script writer, stage director, and the producer of our play entitled *This Is Your Life*, we can see how our life was created. We are lead actor/actress in the play, along with being the script writer, so we can create any form of play we choose for our life to follow.

This concept was presented to us in a seminar in 1978 by Paul Solomon. I felt it was a really great way to show us that we create our life and can change any time we want, to take control of our life and reclaim our personal power.

Of the 200 people at the seminar, *all but two* were from basically from dysfunctional families. Only two people had parents who were loving and supportive in their formative years. Most of the people at the seminar were in their thirties and forties. Many had young children and recognized they were passing on the same patterns they had inherited from their parents. This type of invaluable training in the 1970s has helped turned the tide, so that children today have a better chance than their parents at becoming successful individuals, i.e., the generational chain has been broken.

When we were children, we let our parents set up and write our scripts for us, and played out *their* script in our play. In fact, many times we still play out *their* life, not *ours*, as we are copy of them. When are we going to take control of our life and rewrite the script? We cannot change the past, but we *could* accept, love and forgive our parents for doing what they did, and then rewrite a new, successful script for our life today. Paul Solomon showed us how to set up the process and begin to change our life immediately.

This seminar created such a ground swell in changing all of the attendees' lives that many became seminar junkies and attended every lecture or seminar that Paul's group presented. Many people had the same reaction I had, and we 'regulars' continued to meet each at future seminars.

I realized at that time that I'd never really told my wife, Susie, that I loved her. She had to draw it out of me and even then, I would not say the actual word 'love.' Until I went to the Inner Light Conscious Seminar with Paul Solomon, The word was foreign to me and actually scared me. When I came home from this five-day experience, I told her for the first time in my life, "I love you." Impressed with my newfound reality, two weeks later, she asked if there was an upcoming seminar that she could attend. There was, two months away, which we attended together, and it totally changed our life pattern. We had been married for 13 years and recognized we had been 'coexisting.' The seminar changed us from roommates to loving, supportive partners.

This experience set a new career goal. I noticed I felt better and had a more positive outlook on life. I decided to go back to college to get a degree in psychology, along with attending many seminars on every form or type of healing I could find for my back and leg pain. The problem was that every person I had contact with said they could heal me, yet not one could produce permanent results. This was very frustrating because the pain was becoming more intense, and the doctors were telling me that if we could not stop the deterioration of my spine, I would end up in a wheel chair.

As with all my books, this is about my journey to issue a challenge to conventional medicine, psychology, the human potential movement and to all the success marketing trainers, to find a way to heal people from illness, emotional dysfunction, and lack of success in relationships, to financial prosperity. On that journey, I have discovered that fewer than 40 percent of those who recognize they have conflicts and malfunctions will actually follow through to create a better life for themselves. This figure may seem high, yet only about 15 percent of people admit to having conflicts in their life, so that 40 percent drops down to 6 percent who are really are seeking help.

Many more will go to seminars and workshops, as a way to receive information without standing out in the crowd. The figures

here are higher since 20 percent of those who attend seminars and workshops actually use the information from the programs. More than half never even open the material they received at the seminars, with some never even cutting the shrinkwrap.

In my research over the years, I have discovered that success at anything requires that we take control of our life and reclaim our personal power so we can empower ourselves to find out who we are.

Only one in 25,000 grew up in a functional family; the other 24,999 walked out, abandoned our true self, and took on another identity to escape from our real or perceived trauma that we were experiencing. Shedding all the mental and emotional trauma we experienced in our childhood is hard work. And a major challenge is that most of us do not even remember what happened to create the trauma because it is locked away in denial files.

Now that I found the path to success, my desire is to show everyone how we can rewrite our scripts for success at every level of our life. In doing this, I have become a historian, helping people go back to recover the lost files and forgive the people who created their early life trauma, so they can get on with their agenda of success at every level of their life.

My interpretation of success is: (1) being able to do what you desire, when you desire, without any concern for how or when you are going to accomplish the goal, and (2) being able to accomplish the adventure with total trust and acceptance, so that I achieve my goal with peace, happiness, harmony, joy in a total wellness state of being.

When we rewrote this book we realized we had too many pages in the book. Most people are not willing to read large books, so we decided to split the book into two, making this book the introduction to the concepts. Book Two is about the protocol and the practice. We are introducing four more books about Energy Medicine and Energy Psychology in 2009 which will round out the series.

I have been on this journey for over 30 years. My goal is to balance all four quadrants in my life so I will be successful at every challenge I embark on. The quadrants must all be balanced on a solid foundation for personal and financial success:

1. Physical Health: Nutrition – Diet – Physically Fitness
2. Mental Health: Psychological – Emotional – Relationships
3. Financial Health: Abundance – Prosperity – Business Success
4. Spiritual Health: Spiritual Enlightenment – Transformation – Connection with Higher Power. GOD Source.

This volume, subtitled *The Body/Mind Medicine Connection: How the Mind Works*, examines the body/mind as a vehicle for spiritual transformation. It looks at the origins of illness, disease and behavioral dysfunction, in terms of how body cells communicate and how beliefs serve as agents of cause and effect. We examine how the mind functions, and the origin and effects of sub-personalities. And finally, we look at meta-communication and how we project our deepest self-image to anyone sensitive enough to pick it up.

Volume Two, subtitled *N/CR in Practice*, begins with a deeper understanding of the human condition, the history of Energy Psychology and Energy Medicine, and how I coupled these fields with the new therapeutic process of biofeedback to develop the unique practice of Neuro/Cellular Repatterning. Years with N/CR have produced countless remarkable—some claim miraculous—recoveries, many of which are documented in the chapter titled *Case Histories*.

Are you ready for a miracle? We create them every day.

With love  
Art Martin  
January 2009

## Introduction

When we find ourselves being blocked in our attempt to accomplish a task or a goal in life, we tend to look outside ourselves for why something happened. We tend to blame others and outside situations rather than look to inside at ourselves for the cause. How could we create a situation where we lose our life savings or do not get the job position we applied for?

Are we going to take responsibility for the trauma which happened to us? Or are we going to blame and complain that someone did this to me? The only way out is acceptance, forgiveness and unconditional love. The more we hold on, the worse it gets, which causes more pain.

Every time most people suffer with pain, illness or depression, they will run to the body mechanic, not realizing their body is talking to them. It has a message that can be understood if we can listen to the information being presented by our computer-based mind. Rather than block or relieve the symptoms with drugs, we need to look at what happened to cause malfunction in our life. This is not about our body, but about a situation or a task we ignore, or something we do to get attention and acceptance. We want a payoff so we can get what we want out of the situation, usually tied into an attempt to control a situation. The basic need is for love and acceptance, which most people do not have in their life.

Getting past this block is really about self-empowerment. You are the only one who can empower yourself; nobody can do it for you. When I started this journey, I thought good nutrition and becoming a vegetarian would heal my body. Little did I know that we were controlled by computer programs that set up our behavior patterns. It's not about what we eat; it's about *what's eating us* that controls how we feel.

Also I did not know that everything in our mind is coded into files in a database known as the Subconscious Mind. Nor did I know there were such things as functional and dysfunctional families. I did notice that some of my friends were lucky to have



parents who gave them affection and support, and I really enjoyed going to their house because everybody was happy and treated me well.

My first teacher was actually the night manager in my restaurant. He had quit his \$40,000-a-year job to come to work for me for \$6.00 an hour. He had done so he could ‘find his lost self.’ At night when we were cleaning up the restaurant, we talked about this concept at length. The more we discussed it, the more I wanted to sell out so I, too, could get on my journey to find *my* lost self. I could not do it working 12 – 18 hours a day, six days a week. So, after a year of debate, we finally sold.

In the last 30 years, I have discovered that you cannot work with only one discipline to get to clarity. All four quadrants of our life must be balanced for total success. As Pogo said in the famous cartoon: “*I found the enemy and it is me.*” We are our own worst enemy, until we wake up and empower ourselves to take control of our life. When we do, we can reclaim our personal power. Paul Solomon did not describe it as balancing all four quadrants. His description was we must feed all three bodies equally at all times. We feed the physical body all the time but we neglect the mental, emotional and spiritual bodies. I have described them as forms of health that we must properly feed and care for. Over the years, I have demonstrated how I created perfect health for myself, through balancing out all four quadrants. If we take notice and follow a disciplined life style, we can live an illness-free life, with abundant peace, happiness, harmony, joy, unconditional love and wealth.

In terms of achieving success, whether you come from a dysfunctional or a functional family makes no difference. It is up to you to take the bull by the horns ride it. No matter how the first act in your play was written by your parents, you can change the script and write a new play for the balance of your life. You are on stage every day during your life. How successful you are at rewriting the play depends on your ability to empower yourself to take control and reclaim your personal power.

When you entered this life, you came in with a blank book with a few agenda items in it that were set up before you were born. In the first act, when you were born, your parents were the directors and writers of the script for your life. If you were a child who allowed your parents to control every action in your life, you had no choice in how you were treated. The way they wrote the script in your database still makes up much of the programming on which the balance of the play hangs.

We all want love, recognition, acceptance and approval. We have the ability to receive love as a baby. Since our parents were programed, they lost their concept of what love was by the time they were four years old. How can they provide love for their children if they do not know what it is?

They are not able to do so.

If they were strong controllers and manipulators, you will usually have given in to their control. Instead of showing you the way, they ordered you to do what they wanted. You were not given any choices. There will have been traumatic incidents that would have caused you to escape from fear and separate from self, going into magical child and inner child. When this happened, you lost control of your life. You went on autopilot, with no control over your life. You were upset that your mother could not provide these qualities of love so you became angry and the terrible two's began. You kept pushing for love because you were sure she was withholding it from you. This made her angry too, so you were disciplined. You began to feel maybe she does not know what love is, or she would not get angry and reject you. During the three period, you lose the concept of love and sink into self-rejection.

You were upset that your mother could not provide love and recognition, so you became angry and the terrible two's began. You kept pushing for love because you were sure she was withholding love and recognition from you. This made her angry too, so you were disciplined by mother for acting out. You began to feel maybe she does not know what love is or she would not get angry and reject you. During the three year period, you lose the

concept of love and sink into self-rejection, feeling you are not acceptable. If you were alright, you would get love, acceptance and recognition from your mother.

However, if you were from a functional family and your parents were able to provide love and acceptance, this creates a totally and completely different script. The difference in a functional family is that the parents model good behavior and gently guide their children in the proper manner, by suggesting and communicating about effective behavior. In raising children this way, parents create respect, trust, self-esteem, confidence and self-worth. This helps a child develop good habits and behavior patterns in life.

All our scripts that govern our life were written before we were four years old. All the material we can draw from to write the play that controls the rest of our life is drawn from this period. To write the next act in our life, we must have a database to draw our information from. To build this database, we will also draw from the people around us and how they respond or react to us. How we get validation and acceptance will also control how this database is created.

In the dysfunctional family, there seldom is any validation given to the children, so they begin to reject themselves, thinking they are not all right. In the functional family, however, children are supported and given love and validation, which builds self-esteem and self-worth. In the dysfunctional family, parents are always criticizing or making the children wrong. In the functional family, parents will disapprove of their children's behavior, but then make an effort to correct it so that the children can understand that that they can trust their parents.

In my family, Susie and I made it a point never to yell or hit our children for any action or behavior, no matter how much we disapproved of it. In a dysfunctional family, children learn to lie and cover up to protect themselves, because if they tell the truth, they will be reprimanded or abused. Force does not work, yet most parents treat their children in this way since this is the way they were treated.

My wife and I decided we would not get married until we had some time to understand how to make good decisions about our life. We did not have any children until we were able to overcome our parents' behavior patterns. As a result, our children were born when I was aged 34 and 39. They grew up self-empowered, with self-esteem and self-confidence.

I started on path to personal development when I was 41. Since considerable negative programming was installed in the database during my childhood, removing this took many years. As with many people, the first act in my play was tragedy. People often wonder what causes children to exit from life at an early age. I have worked with many parents who have lost their children during childhood. Based on my own experience and that of my clients, we have found that when children feel rejected by their parents, they can lose their will to live. In my case, my father was having an affair with his secretary. When mother found out about it, she just picked up and left us, claiming she was going to take care of a friend's children because her husband was in the Navy. (This was during WWII.) She decided it was more important to take care of her friend's three children than her own. This was her illusion that justified her action, and I did not see her for over a year. My near-death experience pulled them back together, but my mother's anger and resentment created a continuing tragedy in the second act of my play.

Our life is divided up into seven year acts for each scene in our play. Our first two acts (0 – 7 and 7 – 14) are usually controlled by our parents. In the third act (14 – 21), some children begin to write their own scripts. It was not until the end of my third act that I finally realized how to take control of my life.

Beginning in the 1970s, we saw a major change in how children were deciding to handle their lives. With a new awareness, they did not let their parents control them as much. Many children caught on during the second act of their life, which was very disconcerting for controlling parents.

With the advent of the computer age, children were being given tools to learn with at an early age, so they were becoming more adept at learning. The advances in communication were bringing everything to the forefront.

When I was young, the Industrial Age was in full flow, which made progress slow in evolution. It was the time of *Happy Days*. The war was over and everything seemed to be ‘hunky dory,’ as portrayed with *Ozzie and Harriet* and *Leave It to Beaver*, etc. Most high school graduates were not thinking about college or making it big; they just wanted to get married and make a living. Jobs were easy to get and paid a lot of money, or so we thought. I worked at a GM parts warehouse, making \$2.07 an hour, which would support a family in 1957. Bread was \$0.25 a loaf, hamburger was three pounds for a buck, and a new car cost \$1,200 –\$1,500.

When the Soviets launched Sputnik, ‘science’ became the hot word, and everything began to speed up. I was in the fourth act of my life (21 – 28), and decided to college with everyone else. Back then, the business climate was much less aware than today, so younger people now have more opportunities than they did 40 years ago. I wish I had the knowledge that the young have now when I was their age. However, that will not stop me, as I intend to go back, learn it all, and begin a new life.

How did I come to this knowing that we can change our path and rewrite our scripts for our play called life? It all started in 1978 and began to unfold as I became more aware of the opportunities before me. Through my studies with many teachers and mentors, I learned that I could succeed.

The most important and significant event was Paul Solomon teaching us his meditation technique to make contact with our Higher Source. This became a close link to support me in my search for a process to heal myself from my back pain. As I developed this connection with the GOD Source, as Paul called them, I found that I could tune into them any time and ask questions. Over the last 25 years, this link has become a high-speed data line into what I call the White Brotherhood in addition to the GOD Source. I can obtain direct information anytime I choose, and do

not have to set up any special prayers or meditation. They are at my request anytime I want to ask anything. In fact, they monitor me and will ‘ring my ear’ just like a telephone. As soon as I acknowledge their call, the ringing stops and I can hear them as thought-forms in my mind. I can carry on a two-way conversation with them on any subject about which I want information.

With the advent of the computer, I recognized that our mind is a computer. The main difference is that our bio-computer is multi-tasking and can store millions times more data than the desktop computers we use today. In my books, I describe how to use this computer and how to rewrite the operating instructions. We are a set of four operating systems, with a common database that networks with all the cellular structures in our body. Each cell is a tiny network computer, which is controlled by how we think and feel.

We cracked the mind’s codes in 2003, which told us how the mind functions and interfaces with each operating system. We developed a manual with 34 basic affirmations to clear up the breakdowns in communication in our mind’s ability to function at its highest level of competence. When we cleared up our ability to intercommunicate with each level of our mind, we were then able to clear all the programs that were blocking success at every level.

Seldom is the outward manifestation the base cause. Being a therapist takes considerable clarity. Just having a degree and/or some acceptance in a field of therapy does not guarantee effectiveness. To be an effective therapist, we must be in recovery ourselves. Many therapists assume they “have the knowledge” and forget that they must work regularly on their own recovery with another therapist. I have found that very few therapists are actually pursuing recovery in their own life. We all get into healing work to find ourselves, but very few are dealing with their own issues.

I became aware that healing is entirely up to the client. We can suppress or cause a dysfunction to go into remission, but is that a cure? In my research, I discovered that we could not heal anything unless the client had made the decision to heal at the subconscious level. There are no conditions that cannot be healed, just clients

who cannot, so it is up to clients to decide if they want to make that commitment. Once that commitment is there, anything can be healed with love and forgiveness.

Many of the miracles in the past 25 years seemed to happen when the clients were “at the end of their rope” and made a desperate commitment to change. At this point, it seems that anything is possible. We have seen bones, vertebrae, and discs reform. We have not found any dysfunction of the body or mind for which we cannot locate base cause. We tend not to describe disease by names, because they are all the same—lack of love. Our biggest problem is to get the Conscious Mind to see that its programs are not serving the body well. If we can get that across, and the client has made the commitment to be healed, a miracle can happen. It could be spontaneous or take hours, weeks or months. People have asked me, “Why does it seem that no matter what *I* do, nothing happens, although others have experienced miracles in their life?” Some would get angry at me, or at God, for withholding the miracles. But we have no control over the results nor the effectiveness of the work since it is all self-healing. Only the individual has total control over the results.

My intention in developing N/CR was to give the practitioner a set of tools that could, if used properly, heal any dysfunction, from the mental programming that seems to have no viable cause, to emotional codependency, addictive relationships, physical breakdown in the body, life-threatening diseases, to physical and genetic dysfunctions. It is very easy to release physical pain because it reveals itself, but emotional or mental disorders are much harder since they are non-tangible.

However, so far, we have not been stumped by any dysfunction. We can always get to the base cause and the core issue, but causing healing to take place will not happen unless the client displays commitment. In the early years, we focused on ego as being the enemy with an agenda to control our life. In the days of N/CR, we mercilessly beat up ego as the villain and enemy. “We are not exactly sure who is the problem but we know it is in the mind.”

When we start to participate in true healing, we find that clients unwilling to take responsibility for their own healing will find every excuse to avoid being healed. Most of the time, the practitioner is blamed, but what the excuse is makes no difference—any will do. That is a mind's trap—justification, excuses, and self-righteousness work every time when clients do not want to see their path clearly. Placing our self-worth on the line with a client who has no commitment to healing can be discouraging and frustrating, so I have found that detachment is very important. We must become compassionately detached. Then we can understand our clients' dilemmas, but do not have to rescue them or save them from themselves.







## Chapter 1

# The Body/Mind As a Vehicle for Personal Transformation

Everybody would like to live in happiness, joy, harmony and unconditional love; that was my goal, too. So why do most of us continue to follow paths that do not provide peace, happiness, harmony and joy?

Most of the time, we feel that if we have a concept down and a goal clearly in our mind, we can accomplish the task. In my research, I have found that most people put honest effort into changing their attitudes and behavior so as to reclaim their self-esteem and self-worth. But many do not seem able to accomplish their goal, so they become discouraged, frustrated and disappointed.

When we evaluate what's needed to empower ourselves, to change our path, to reclaim our self-esteem, we overlook the fact that our belief systems, along with our Conscious Irrational Middle Self coupled with Subconscious Mind, are very powerful. The challenge is that we may have the concept down in our Conscious Decision-making Mind, but we must have acceptance from *all four* mind. (See Chapter 6 for a details of the four minds.)

I have found that Conscious Mind must be aligned with the Subconscious Mind, or you will be sabotaged. We are unable to get our mind to work for us until we remove Conscious Controlling Mind. However, you will be unable to “see” the Middle Self and Inner situation until you can recognize it and believe it.

If you suppress or stuff your feelings, an illusion or denial will block your recognition of a problem situation. If you deny the

problem, it does not exist in your reality. Of course, that doesn't mean that the situation doesn't exist; it just doesn't exist for *you*. It still exists separate from your willingness to recognize it.

Young children have little or no control over how their primary caregivers' treatment impacts them, and they form their beliefs in reaction to that early treatment. The programs thus laid down continue throughout our adult life, or until we change them. We lose our self-esteem and "alrightness" by giving away our personal power and allowing others to control how we feel. However, few parents realize they are programming us through the negative emotions of rejection, disapproval, scolding, shame, guilt, and fear.

Some children are so sensitive to how they are treated or what is said that their lives can be programmed for failure or success. As a result, they may relinquish their personal power and begin to reject themselves, *even before their first birthday*.

During the second year, children will begin to push their mother for love, acceptance, and recognition. They assume since they were born with the knowledge of what recognition, acceptance and love are, their mother should know this, too. The terrible twos erupt because mother is withholding these qualities from the child. The child does not understand this, so he/she keeps pushing for love and recognition. Mother does not recognize this, so she begins to get irritated since the child keeps pushing. So we end up with a standoff, with the mother thinking the child is acting out yelling, crying and putting on tantrums. He or she feels mother is denying love and recognition because they are not all right. This causes them to feel rejected and abandoned, which begins to lead to self-rejection. This sows the seeds to lose any recognition of what love is. So by age four, 98% of us have lost the concept of love we were born with. Most people assume love is indifference. This has been proven out with most of my clients over the last 30 years.

By their third year, many children have already set up their life path to become self-destructive. If this happens often, we separate ourselves from Source. When we experience separation from the presence of God within, we separate ourselves from our pipeline to unconditional love.

Many people have an illusion that any focused and concentrated form of attention is love, even physical abuse, and for healing to occur, their idea of love must be reestablished. I have found that over 99 percent of my clients do not love themselves. Becoming “all right” with themselves requires unraveling the negatives created by isolation, rejection, frustration, discouragement, disappointment, fear, invalidation, guilt and humiliation. We can attempt to give others praise, strokes, support, recognition for empowerment, and try to help them to recover their self-esteem and self-worth, but many will discount and reject such validation if they feel they’re not worthy of it.

Contrary to popular belief, self-esteem is not learned or something you can teach someone. We all have positive self-supporting qualities at birth, as well as the ability to experience happiness, joy and harmony. We are born in love and joy, not in sin as many religious people would have us believe. As we grow up, our perceptions and interpretations of how we were treated by our primary caregivers begin to shape our beliefs and our view of reality and ourselves. We do not lose our self-esteem, self-worth and self-confidence; they are overwritten by contrary experiences as a child. Our perception of self either destroys or enhances our “self” qualities.

To compile a “Self-worth Inventory,” we must look at the qualities that make us feel all right with ourselves. I use the term “alrightness” to encompass all the positive cluster qualities that give us the ability to feel and claim our self-esteem. For the purposes of listing them, I have separated them, but generally, if we have one, we will usually have them all:

1. *Self-esteem*: feeling good about yourself with no need for external validation or approval.
2. *Self-love*: ability to recognize, support, respect, trust yourself, and take responsibility, knowing you are all right without outside support. You empower yourself to be kind and caring of self, following a wellness program such as exercise and eating properly, and listening to and respecting your body.

3. *Self-confidence*: You know that you are able to accomplish your goals, and you take responsibility for them.
4. *Self-approval*: You do not need anyone’s approval or sanction to know that your actions are acceptable.
5. *Self-acceptance*: You can be happy without another person’s love, support or acceptance.
6. *Self-validation*: You are all right. Nobody has to validate you or tell you that you are all right or loved.

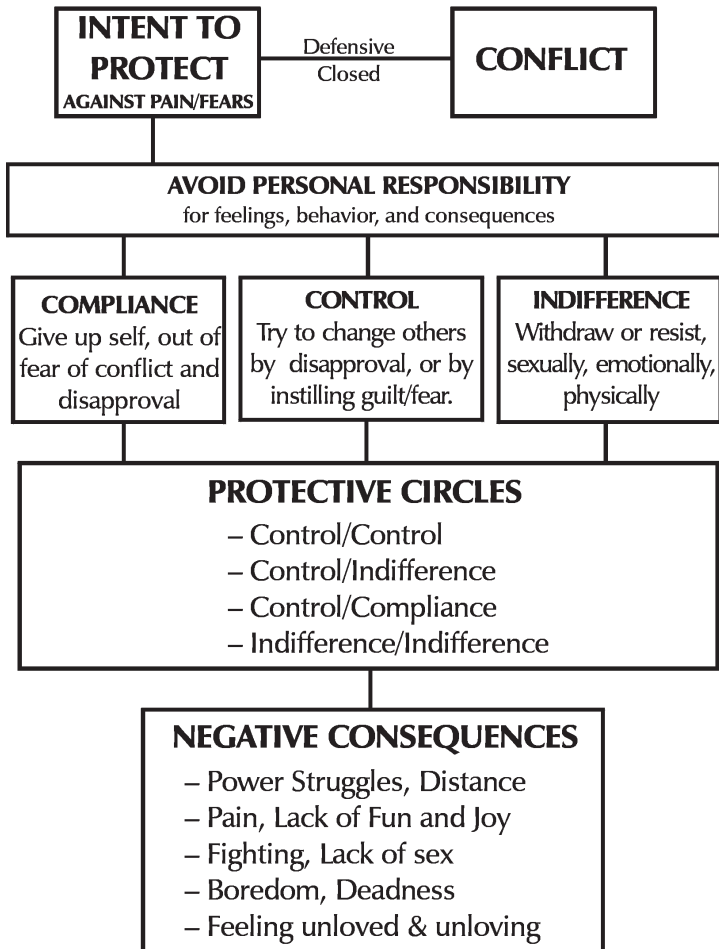


Figure 1(a): Defensive and closed approach to conflict

Seldom do we know the base causes of any dysfunction in our lives. The body is a vehicle that will always tell you your history and the truth, for every sensory input has been stored in your cellular memory. Your Subconscious Mind's video/audio recorder has recorded every incident, reaction and response that has ever

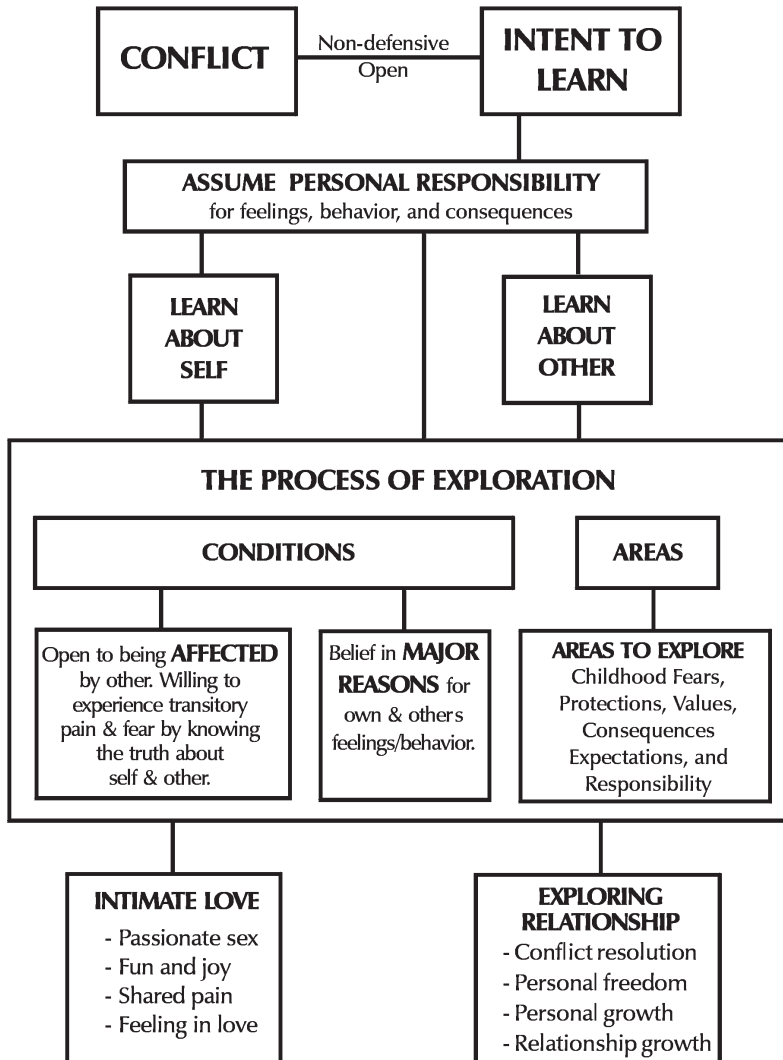


Figure 1(b): Open, non-defensive approach to conflict

happened to you, along with actual voice and pictures in absolute accuracy; nothing is ever overlooked, discarded or deleted.

Figure 1 shows that we can deal with conflict in our lives in one of two ways:

- a) Defensive and closed, which leads to the intent to protect against anticipated pain and fear, or
- b) Non-defensively and open, with the intent to learn from the conflict.

With low self-esteem, and self-worth eroded by a negative environment, our primary motivation is the avoidance of future pain. We employ three main pain-avoidance strategies:

- *Compliance*: we comply out of fear of retribution and disapproval, which can lead to a “see-saw” of control behavior and retraction
- *Control*: we try to manipulate others by instilling guilt in them, as in “You’ll be sorry when I’m dead or when I run away from home”
- *Indifference*: we withdraw, which can lead to sullen, unresponsive behavior.

In all three strategies, we develop mechanisms to cope with outer rejection and the negative consequences of our coping mechanisms, such as fighting with siblings, meaningless activities such as “hanging out,” and appearing as though nothing matters.

On the other hand, with self-esteem and self-worth intact, we are eager to learn about the world and how we can best interact with it. We take responsibility for our actions and their consequences, seeing life as a learning experience. This leads to three main areas of exploration:

- Ourselves and other people, accepting any transitory pain that may result as part of the rich tapestry life.
- Why we and others act and feel as we do, and seeking the reasons behind what happens.
- Areas such as childhood, fears, expectations, and personal responsibility.

This openness leads to being able to share love in intimate relationships, accepting them as arenas in which to resolve conflicts and explore personal freedom, the overarching goals being growth of self, other, and the relationship.

The main conflict is we must know what unconditional love and acceptance are before we can give love to our family, friends, partners and children. The word “love” is used very flippantly by most people. They do not have the slightest concept of what love really means because 99% of us have lost the meaning and understanding by the time we are four years old.







## Chapter 2

# My Journey Into Healing

As a healing researcher since 1978, I use myself as my own laboratory to try new concepts. For the first seven years, being unable to find any alternative therapy that would totally relieve the pain in my body, I believed the doctors' prognosis that I would have to live with the pain for the rest of my life, and if it became unbearable, take painkillers. Their final prognosis was that my spine would deteriorate to the point that my muscles could no longer support my weight and I would be confined to a wheelchair. *I proved their prognosis totally false. The battle with your body can be won.*

I have achieved that end without surgery or drugs. Let's say that doctors are not wrong; they can only understand what their training and research gives them. Since few doctors do research, their education ends when they graduate from medical school. I was not willing to accept their diagnosis and went beyond what the linear mind could comprehend. "If my body can create this pain, something is making it do this and I want to know what." However, I had no idea how I would accomplish this. But, "when the student is ready, the teacher will appear."

In a 1978 workshop, Ronald Beesley asked any participants who had severe pain or a major dysfunction affecting their life to submit a written description and he would select six people to use as demonstrators. One of those was me, and miraculously, for the first time in 17 years, I was pain-free after 20 minutes. However, it only lasted for a few days.

One of Beesley's students, Reg Newbon, had an office 3½ hours from my home, and I committed to a session every other week. I went to him for about two years for treatments.

Reg Newbon's treatment revealed many of the causes for my pain. He used hands-on, touching the various points on the body that he said held the imprint of the experience that caused the pain. By holding the point, he was able release the charge held in that location. By massaging along each side of the spine, pushing into the center of the spine from both sides. He also cleared the etheric fields and the chakras. I was so impressed by the process that I attended three one-week workshops—an important stepping stone in my path.

The problem was that the pain would return if I did not keep to the schedule. Why, I wondered, did the pain keep coming back?

I started going to the hot springs in nearby Calistoga in the Napa Valley, and had a deep tissue massage from Frank Hughes, the owner of Nance's Hot Springs. Going far beyond just a relaxing experience, his technique is more manipulation of the muscles and bones similar to osteopathy. When I started out, I had a double "S" curve in my spine, and had shrunk a full inch in height between ages 30 and 40. The vertebrae were so tight that he could not move them by himself and needed an assistant to hold me down as he tried to relax the muscles. It was painful, but my posture slowly returned.

I explored many other alternative therapies to supplement Frank's work, but few people were willing to use the necessary force. I was frustrated because most physical therapists claimed they could heal me, but none did; the pain always returned. In hindsight, my expectations may have been too high; the practitioners were doing the best they could, but their best wasn't good enough. I studied many alternative therapies with very little results. Most of the practitioners said they could help me but very few did. *I wanted the pain gone now.*

In 1978, I became involved in *A Course In Miracles*, but after the first five lessons, I found it too intense and threatening, and stopped reading. Later that year, I attended a seminar in San

Diego—the Mandala Conference, at which Jampolsky presented a workshop—and was so enthused that I started going to his weekly groups.

I was amazed at the energy in the group some nights; all we did was hold hands in a circle asking for help, and people would be healed on the spot.

I also met Paul Solomon at that same seminar, and three months later, got a call out of the blue: “Paul is holding a workshop today in Palo Alto and you’re supposed to be there, but we forgot to let you know. The introductory lecture was last night, but you can attend the first day of the workshop for ten dollars. Sorry about the short notice.” After that message, how could I not go?

The workshop was more than I expected, and changed my life forever. It was being repeated the next weekend, and I cancelled my plans so that I could attend. I became deeply involved with Solomon’s work, almost to the point of addiction. I attended every West Coast event for the next ten years, including a one-week and a two-week residential workshop. In 1982, I even attended a two-week teacher-training course in Virginia Beach.

The most memorable aspect of his work was what he called the “X-Factor in Healing”—the need to integrate all levels of body/mind and spirit to cause healing to take place, and the need for clear and focused intention to the purpose of healing. He talked about spontaneous healing miracles in which clients were brought to an intention that was so complete that they let go of fear and anger, resulting in instantaneous healing. This has happened to me a few times with clients.

The next most important ingredient, he said, is unconditional love. When that is present, miracles also happen. My experience with clients since has shown me that healers must have their own “love issues” resolved and be coming from 100 percent unconditional self-love. Then their clients will have amazing results.

When clients can feel the practitioner’s love coming to them with no withholds or needs attached, healing miracles can take place. The practitioner must be able to project this caring to the point that more than 50 percent is directed towards the client. To

me, this is the critical factor in healing. How could I do love-based work if I did not know what love is?

With Paul's guidance in mind, I set out to understand love. No one in my family had known what love was, let alone demonstrate unconditional love. My parents gave me material things and called it love, but there were always strings attached. There was no love in their childhood either, so they were doing the best they knew how.

My first task, then, was to recognize the love deficiency in my life, so I started to attend workshops that involved vulnerability and support, beginning with a weeklong workshop with Paul Solomon. When I saw men hugging, all manner of fears came up and my first impulse was to leave. My family had been judgmental, with no intimacy, so all my childhood programs were challenged. However, I stuck it out, and when I went home, the first thing I did was tell my wife Susie that I loved her. Up until then, she'd had to dig it out of me. For some reason, even saying the word "love" scared me.

A surprised Susie said, "Can I attend one of those workshops? I'd like to get some of what you got." We both attended the next workshop and it totally changed our relationship. We realized that for thirteen years, we had simply been living in the same house.

The more I dug into what causes healing to happen, the more I wondered what drove my body back into pain between my bi-weekly treatments. I realized that although they both had the same end result in mind and both worked to release pain, Reg Newbon and Frank Hughes were coming from opposite ends of the spectrum—Reg from a purely spiritual orientation, and Frank from the position that if you press hard enough on the body's trigger points and adjust the muscles, the tension will release. Frank was having more success, so I stopped going to Reg. But I knew there had to be more than weekly treatments. Why were my muscles tightening up all the time?

Between 1977 and 1981, the more I studied with Paul Solomon along with my training for a Masters degree in Psychology, I realized that the emotional component of dysfunction needed to

be understood. But no teachers were talking about how to apply psychological principles to pain in the body (only in the late 1990s have people become more aware of somatic (body/mind) oriented therapy). So, I decided to apply all the guidance that my teachers offered, plus some new directions. I attended seminars on Chinese and Tibetan Medicine at UC Berkeley, and a workshop on Homeopathy with George Vithoulkas. He looked at a person as an integrated unit in which the body as a manifestation of personality, thoughts, emotions and sensations. This was the right direction, but the training was too long and arduous. I tried Ayurveda with the same results; going through all the processes to find the cause, let alone treat it, would take many years.

In April of 1979, I attended Paul Solomon's two-week live-in seminar on Advanced Inner Light Conscious. It was a real eye-opener; on the third day, I started feeling very cold and as soon as the session started, I turned white as a sheet and passed out. When I came to at the break, I was unaware that I'd passed out and denied it. When the session resumed 15 minutes later, I passed out again. When I finally came to at the end of the session, I felt as though I'd been hit by a truck and went to bed. The following morning, I could barely move. I skipped breakfast and finally got to the morning session late. All I wanted to do was go home. Something in me was extremely scared and did not want to be there. In fact, ten other people left over the next two weeks, but I'd paid my money and was determined to finish the course no matter how much my body/mind resisted.

One of the instructors agreed to work with me to find out what was going on. We found that every concept I held about who I was felt threatened. The concentrated energy of being with those people and the intensity of the work were forcing my whole being to change all of its beliefs. My fragile reality was threatened. For example, I didn't realize until then that I was a control addict and, by today's standards, a counter-dependent.

The following days were a little easier, but I was still on edge. I was rebuked for talking too much and monopolizing conversations. More processing revealed that I felt accepted if people would

let me control the conversation. That workshop taught me many painful lessons around acceptance and validation. Of course, I came out of it a very different person. However, I was addicted to such high-intensity workshops, and attended three more. I just couldn't seem to satisfy my thirst for a new life, and couldn't understand why others did not have the same drive.

In 1982, we settled a legal action that freed up some funds, and my family and I spent almost four months traveling around the U.S. We attended another two-week workshop with Paul Solomon's group in Virginia Beach that was another eye opener.

This workshop was for people who wanted to teach his concepts. It was a real emotional shocker as we worked on communication and how to clearly present a concept without any need to be validated. It was like confrontational group therapy because, if we justified a position, the trainers would work us over to show us our misconception and why we defended ourselves. At times, it was really hard to respond and not react as it would hit my feelings very hard. Their intent was to break down all our needs to hurt others or feel put down by what someone else would say. Their contention was you cannot be a good teacher if you have any need to be accepted or validated for what you present. You must be above judgment, control, reaction or having any need to be "better than." This was a "walk your own talk" seminar at the highest level.

Being there gave me time to take stock. With five people confined in an RV, we were able to work out and practice what we had learned. By the end of the trip, I understood why my pain always returned. Resurfacing beliefs and the programs that drove my life were continually refreshing it. Frank would release the pent-up energy by working my trigger points, my body and muscles would relax, healing would seem to have happened, but the driving force was still there. Over the following days, the stress and tension of daily life would rebuild, and the muscles would tighten up again.

At a seminar on Hawaiian Huna work in 1981, a man asked me to help his daughter, who suffered from prism vision. I

discovered that it was a genetic condition caused by a past life experience with her father. Through hypnosis after the fourth session, the condition cleared up in two days and has never returned after 20 years. This was my introduction to miracle healing.

Suddenly, in 1982, my whole reality shifted when I saw clearly how programs were driving my life. We purchased a computer and this opened my mind about how it operated. Over the next two years, my understanding of this clarified. In 1984, I decided to change my whole practice over to somatic (body) based therapy.

As I began to shift my whole practice to hands-on work, I lost those clients who simply wanted a therapist to hold their hand and commiserate about how bad their life was. I decided to work only with clients who demonstrated progress in each session.

My first experience with this new integrated process was with a male client who was having trouble dealing with women. He had lost two jobs from this fear and was about to get fired for missing work. I focused on his situation and went directly to the problem at hand, but still could not help clear his fear of women. I asked him lie down on my massage table, and found a large painful lump on his back near his left shoulder blade. I put my hand on it and an affirmation came from my inner self: "I know that my mother treated me badly, and I felt rejected and abandoned by her. I recognize she was doing the best she could and I accept that now. I realize she did not know the effect she was having on me. I am loving and forgiving her now, unconditionally."

Immediately, the lump and the pain disappeared completely. Not only that, he was able to return to work. Of course, clearing one program brought up many more, but after many sessions, we had cleared the whole situation.

This experience confirmed my decision to abandon talk therapy because it was only marginally effective. I realized I had discovered why my own pain returned after each release—it was the programming! As I explored this further, I discovered it was the reprogramming by affirmations that released the pain. I also realized that I could not do the reprogramming for my clients; I could develop the program for them, but they themselves had to delete the old



program and install the new one. The big “ah-ha” for me was that in saying the affirmation for the client to repeat, I was reprogramming myself at the same time. During the next five years, I was able to cause my own healing by working with my clients.

Many of my colleagues were suspicious of what I was doing. Some resented my success, while others referred clients to me when they ran into immovable blocks. As word spread of my results, my client list grew quickly, and my back pain started releasing because I was able to include myself into the therapy process along with clients who had similar programs and patterns to mine. Over the next four years, I cleared much of my pain. Stating the affirmations for the clients to repeat helped me almost as much as it helped them.

My next miracle came shortly after I began my body-based therapy. I was giving a weekly lecture, and an attendee asked, “Can you do something about back pain that was created by surgery? I understand your problem is similar to mine, but the difference is that the surgery was not successful.”

She had four vertebrae tied together with stainless steel wire. Because her back would not fuse after the first surgery, the doctors removed the discs and wired the vertebrae up to force them to fuse. The pain was so intense that she was on the verge of suicide. She ended her question with, “I want you to heal me.”

Until then, I called myself a healer, so my response surprised even me. “I can’t heal you; only you can heal you. I just show you the way.”

I didn’t know what to think when, after our session, she called to say that the pain had gone and she would come back next week. When we went into the process, we found that most of her problems were past-life, tied in with her parents in this life, both of whom totally rejected her. In fact, they had not wanted any children, so she was rejected before birth. I discovered that all her back problems were caused by self-rejection. If her parents didn’t want her, why would anyone else? She had so many “I’m not all right” programs attached to the self-rejection that they had actually been eating away her vertebrae and discs.

She set another appointment but later called to cancel. She had been in a car accident and needed x-rays to see if she had any injuries. She later called me, bursting with excitement, saying, “Do you believe in miracles? The latest x-rays showed that the wire is gone and all the discs are back, perfect, as well as the vertebrae. What do you make of that?”

Removed discs grown back? Wire disappeared? Yes, it was a miracle, but at the time, I had no idea how it happened. I now know that this happens all the time with N/CR. The infinite power of the mind can heal immediately if you are committed to healing.

As I continued working with the process, I was making great progress with my clients but there was nobody to work on me. In September 1987, Chris Issel asked me to teach a workshop on the process if she could get a group together. Chris became so proficient in N/CR that we began trading sessions. My progress to be pain-free quickly became a reality. At this point, N/CR, made a major leap; I was now on the road, speaking at bookstores and giving lectures and workshops all over California.

In 1989, I met Mike Hammer, and he learned N/CR as if he already knew it. I needed a workshop co-presenter and Mike was a perfect match for me. We learned much during our three years together, and by trading sessions with Mike, I finally became pain-free after 30 years.

With all the new practitioners trained in NCR, my horizons rapidly opened up. My body was now really talking to me. Odd pains surfaced, but in different places on my body. I had plenty of help in understanding the causes and releasing the pain.

From 1991 to 1996, the information floodgates opened. I had a steady stream of partners with whom I could do research. We found how to release pain anytime it appears by looking for the lesson or the cellular memory that is talking. Many times, it’s a Middle Self fear-based interpretation, which has no value. In an effort to protect us, Middle Self will set up what it thinks is a valid reaction. This requires us to take it to task over making decisions about our health and direction without our permission.

At one point, a friend asked me if I'd worked out all of my mother issues. I said yes, because I'd been working on them for over ten years. That really sparked a reaction that brought up issues that I had no idea were still active, such as my unwillingness to tell the truth, especially to my mother. Once I saw my habit of telling people what they wanted to hear so I would not get rejected, my left shoulder locked up so badly that I needed pain killers for the first time in over 20 years. Over the next week, eight people worked on me for a total of 14 hours to clear the old programs. This opened a whole new area in N/CR: denial. We bury issues we don't want to deal with if they are too painful or fearful to handle.

A good example of this was an incident that caused me a lot of pain so I denied it locked it up in the files. It began to come out when we started working on my mother issues again. I had no recollection of this nor did I remember anything about it until I talked with my mother about this incident. She showed me pictures of the tricycle, which did not bring up any recall either. Apparently, in 1943, my father bought a used tricycle and fixed it up with new paint and had given it to me for a Christmas present. My mother objected to me letting other children ride it so she locked it up in the basement and told me, "When you agree to take care of it, I'll give it back to you."

This happened three times. The fourth time I came home from school to ask for my tricycle, it was gone. She sold it to teach me a lesson. Fifty years later, she still contended that she did the right thing. How does a six-year-old feel when his only big toy is sold out from under him? "I am not all right. She does not love me. She has abandoned and rejected me," and many more feelings that caused me to block the whole thing out. To this day, I don't remember anything about it even though it was brought up in a session and I talked with my mother about the situation. I find that many clients have had the same thing happen in their life.

New areas keep opening up all the time. For example, in July 1996, I mysteriously started to lose my hearing, and by December, I was stone-deaf. Refusing to accept that any dysfunction is final, I continued giving lectures and workshops, and by September

1997, with the help of Bernard Eakes, I had recovered my hearing completely, only to lose it again in December. We located the programs and I recovered it again, but in July 1998, I again partially lost it. In the spring of 1999, I recovered the hearing in my left ear, but it continues to come and go as more programs and sub-personalities surface. I have had some form of deafness seven times from 1995 to 2008. Twice I was stone deaf for six months. I have finally overcome the fear that caused the deafness.

Each occurrence has been due to fear: of presenting the N/CR concepts and my new devices from electronic medical research, and of publishing my books. A deep fear program that people will not be interested in the books and they will not sell has been an obstacle for many years. I would sit down at my computer to work on a book and pass out as the survival-oriented programs and beliefs in Middle Self tried to prevent me from writing in case I made a fool out of myself. However, once I knew what was happening, I could deal with the sub-personalities responsible.

As of reprinting this book, I have not had any reoccurrence of deafness as I finally made it over the hill in my own alrightness. After over 20 years of trying to prove my concepts, I realized that I do not have to do this anymore; I do not have to prove anything. The concepts can stand alone in world of alternative healing, as proven by books being sold in many countries around the world. It is only a start but acceptance is now building, and we receive calls from within the U.S. and Canada, plus many countries around the world asking for information about our work and when we plan to be in the caller's country. Ironically, while I appreciate the validation, I no longer need it.

To understand why we separate from self, we must reconstruct our childhood. The reason psychotherapy does not get to the cause is that it cannot reveal how our childhood programming affected us the way it did since we seldom accurately remember our childhood experiences. Therapists can only work with what clients tell them, and most of the time, clients describe the results of their feeling about an incident in their life, which is the result of the programming. They don't understand the programming but they are reacting to it.

This has to do with how we react to a stimulus before us. Two twins can react totally differently to their parents even though the parents claim they treated the twins exactly the same. As a therapist, because I was clairvoyant, I was able to actually read the program files and describe them to my clients. However, I wasn't able to reprogram the mind's files at the time, but I now have the tools to do exactly that.

A good example of this is the following childhood experience. In the 1940s, schoolteachers favored right-handed children and looked down on left-handed children as aberrant. I was ambidextrous but favored my left hand. Thinking they were helping me, my teachers forced me to use my right hand. The result was total dysfunction in my bicameral brain interpretation. Added to this was the stress of my mother leaving the family home. The fragmentation caused by feeling that I had to please the teacher destroyed my self-worth, and I became totally dyslexic, unable to read or write. Whatever I wrote came out backwards, and the teacher had to hold the paper up to a mirror. When I read aloud, the words were reversed and sounded like some code language.

Instead of understanding the problem the teachers had caused, they classified me as "learning disabled." By adulthood, I did not even know this had happened to me because I was suppressing it to the point of denial-of-denial. After clearing this incident, my residual dyslexia with numbers disappeared and I can now speed-read without any problems.

It is difficult for men to show emotion or express their feelings if it shows them as vulnerable. I broke this barrier when I realized that sub-personalities were causing me to act with a macho male attitude of having to be strong, never showing emotions, and always having to be right. These are what one would call Ego. When we understood Ego and realized what was creating these personality self-traits, I was not Ego at all. We discovered Ego was just the file manager. It had no agenda nor was it the enemy that many people make it out to be. I was able to overcome this false concept and allow myself to become open and vulnerable. When this happened, I realized that I became more accepted and trusted.

One of the major breakthroughs came with the movie *Field Of Dreams*, which brought up so much emotion that my wife, Susie, took almost a half hour to process it out. I realized that I had not cleared with my father before he died. He was my champion, yet I did not know it since my mother had verbally beaten him up so badly that one day he just walked out and died. I knew at the time (1976) that I had to do something the day before he passed on, but I did not know what it was.

I was very disturbed because I had helped heal him from four life-threatening illnesses. The doctors gave him three months to live after they found pancreatic cancer, but he lived for many years after the cancer was healed. Until I saw this movie, I had stuffed all my feelings, but they all came pouring out at once. One of the most troubling feelings was that my son had been deprived of his grandfather, who had adored him. They had a bond that was building a supportive relationship, which my son missed for a long time.

When I would work with a client who had the same experience, or I would describe my experience in a lecture, emotions would start and tears would flow. It did not seem to bother me anymore and actually drew people in more when they saw that I could be vulnerable in front of them and allow my feelings to surface.

A client recently brought Wayne Dyers' new tape set, *There is a Spiritual Solution To Every Problem*, to a session and insisted I listen to it. He said, "It sounds like you're talking to me in a different voice. This is what you've been saying for fifteen years. Why is it that Wayne Dyer gets an audience and you don't seem to get the exposure?"

I asked him, "How many of Wayne's books have you read?"

"All of them," he replied.

My response was, "Well, what does that tell you? He's been writing books and speaking to audiences for over twenty-five years. My books have only been in stores for three years. You don't get recognition until you get books published."

At that, he said, "I guess your time is coming then."

As I was revising this book and listening to the tapes, some of the stories and anecdotes brought up many tears and emotions. When these emotions come up, I realize that denial-of-denial programs are surfacing. I had not dealt with these issues. The tapes are catalysts and they will always bring up suppressed files. We must be willing to deal with these files when they come up as they are limiting our enlightenment and evolvment. Sometimes in sessions, I will have an emotional reaction when the same issues surface for clients that I have not worked out. So we both have the chance to get our feelings out and clear them. Some therapists find this embarrassing because they do not feel they are the strong leaders they should be. However, the result of their avoidance attitude puts clients in a hard place to deal with.

There is much more to my journey on this path, which appears in my book *Becoming A Spiritual Being In A Physical Body*.



## Chapter 3

# There Is a Way Out: Healing Miracles

**T**o some people, a miracle is something that has no reasonable explanation. Something happens that, under normal circumstances, would not take place in an ordinary way. Some people would say, “God caused healing to happen.” Does that make sense as an explanation for a miracles? In my practice, none of these make sense because we are assuming that some outside force is at work. In my experience, miracles are ordinary happenings that take place all the time to people who have the desire, commitment, discipline to clear all the programs, beliefs, doubts and skepticism that block the effect of total transformation. The best explanation is that miracles are mechanical effects that happen when there is nothing to block the effect of healing.

Recovery is possible. We do not have live in pain, emotionally or physically. Dysfunctional behavior, illness and disease are a state of mind that we accept and allow to exist in our body/mind. We must recognize that healing is possible if we will allow the body/mind to heal itself. As we saw earlier in this book, healing does not happen if we have resistance, resentments and unresolved emotional attachments that we have not let go of. Detachment and forgiveness are the keys to healing, happiness, harmony, peace and joy in life.

To reiterate, this process is not spiritual healing. We are following rules that produce the same results every time in double-blind experiments if people will commit themselves to following



the protocol and guidelines, and discipline themselves to follow the directions provided in the process. Most people view healing as a spiritual process but it is not at all. We carry baggage we brought in from past life and/or emotional issues that were encountered as a child. We clear them by changing the programming and writing new life scripts.

Whatever you believe forms your reality, and generates the programs and patterns that drive your life. You may not even believe that you created your life as it is, but are you willing to unload all your false beliefs and transform your life now? *There is no time other than now*. If you think you are not ready and will do it when you are ready, you may wait until your next life. You must decide, and there is no better time than now. Do it now and see what happens; you have nothing to lose except your pain and discomfort. And once you find your path, you can get on with your mission in life.

Of course, change causes fear because most people would rather suffer than change. If you are in denial, you may not even be aware that you're not on the path. Sometimes, playing victim can get you many rewards—you can control other people and manipulate them to give you attention even though you deny what you're doing. *You can be in denial of denial, which gives you the illusion that you're living your truth—“There's nothing wrong with me; I'm all right just the way I am”—and nobody can break that illusion except you*. Of course, you must first recognize the illusion.

How do you confront your illusions? There is a way out if you want to reclaim your personal power and take responsibility. But no one else can heal you; it's all on your shoulders. When you decide that life is not working the way you are now, all you need do is decide to confront the delusion, the umbrella you're living under. But people can seldom see their own illusions because denial obscures them. Some people have been able to break through the denial themselves, but it takes tremendous personal power to reclaim responsibility and be willing to fly into new territory. It is like jumping off a cliff and knowing you

can fly, or what I call the “Jonathan Livingston Seagull lesson,” because you’re jumping into the unknown.

Transformation requires you to jump out of the nest and fly. Looked at from the outside, it may seem simple, but trying to fly while holding onto the fear of letting go will bring up fear of the unknown. You can find many reasons not to fly, such as blaming other people for causing your reluctance. In an effort to stop you from threatening your safety and security, your mind will set up myriad reasons why this is happening. *Remember, your mind considers the status quo as security* and works to prevent anything that threatens security, i.e., change, so we must confront that fear and work through it.

An excellent example of this happened during a session with a new client. When we began the basic clearing of programs, she would leave her body (a common occurrence when a person does not want to confront or deal with the issue we are working with).

When we began clearing the shadow self, she again left and I could not get her to come back into her body. She started shaking and began to experience intense abdominal pain. When I checked to see if file and program manager were functioning, we found all the sub-personalities and programs we had just cleared were all back in place, and Instinctual Mind had taken over again.

After a long talk with her Conscious Mind to persuade it to let go of fear and allow us to rewrite the operating system, we found that she had zero control over her life and was afraid to reclaim control because it was foreign to her. So, we reinstalled the file and program manager and everything went all right until we asked Inner Child to release Magical Child. Reading the affirmation triggered an intense emotional reaction and everything we had just cleared crashed again. We had to start over again, beginning with getting her back in her body since she’d left it again and crashed all the new programs.

Eventually, we discovered that she had been living her life through Inner Child and Magical Child. Our attempts to release them crashed her whole means of coping with life (her “operating system”). We started over again and worked through the fear,

reinstalling a new operating system and programs as we went. She stuck with the process, even though her feelings of fear were trying to get her to leave. In fact, many people *do* leave in fear and I lose them as clients but, in this case, we were able to get all the way through the fear and start her on a new life path.

I have worked with many clients in this situation with great results if they will just stick with it until we clear the fear of change. This client felt that a miracle had occurred because she had never before felt in control of her life, and didn't know what it felt like. She had tried other therapies but none had been able to help her break through the fear and take control of her life.

If you have been on autopilot for most of your life, reclaiming your personal power is a threat to the power structure in your mind. However, when you deprogram all the denial sub-personalities, the results may seem miraculous, because there is then no resistance to change.

Most people need help in confronting the programs that are controlling their life. Some people will seek help in the form of psychotherapy or some other counseling, but few practitioners can get to the base cause and core issues because they're not trained to go beyond the surface issues presented by the client. How can clients explain to the practitioner what is causing their problem unless they have an obvious symptom?

If the symptom is obvious, most people will consult a medical doctor first, as they are not aware that all symptoms are caused by an emotional reaction or some form of anger or fear. Feelings do not always indicate the cause either, so how does a therapist understand the client's problem. As we saw earlier, everything is caused by a program and we must get to the base cause to locate it. This is where Energy Psychology and N/CR shine since we can use our detective ability with neuro-kinesiology to locate the cause, and then release and clear it.

An excellent example of someone facing this challenge was a client whom we'll call Fran. She'd had a laser face peel a year earlier because she was concerned about skin cancer. Her doctor had advised her that if he removed the surface skin, then all the

moles and skin disfiguration would be removed, which would clear up her complexion. (This might be true in some cases unless we have a program that is causing cancer. If that is the case, no surface removal will stop cancer. It will reappear until the program is cleared.)

Fran did not have a cancer program, but a past life program had not been cleared, which caused her face to burn, causing her considerable pain. Her mind had equated this procedure with a past life where she had been burned at the stake for opposing the Roman Catholic Church's ruling that it was also the government.

Fran also felt that she had a mistake by having the face peel and blamed the doctor, who defended himself by telling her she had an incurable skin disease so she should let the matter drop there. He did not have the courage or the self-confidence to tell her he did not know what was causing her reaction.

She consulted another doctor who had no answers either, and with alternative practitioners who were also unable to help in releasing the burning or the pain. Finally, in desperation, she turned to the Internet to find some answers, and found my book, which she ordered.

After reading the book, she called me to make an appointment. "I'll go anywhere to meet with you," she told me.

"I'll be in your state in two weeks," I told her, but she said she couldn't wait that long and made an appointment for the next day, despite the nine-hour drive to where I was at the time.

We found and released the past life programs and some conflicting beliefs and programs. She got some short-term relief but the burning returned. When I was in her state two weeks later, Fran saw me again so that we could get to the cause of the resistance behind the burning and the pain. It turned out that her mind would agree to let go of the pain and heal her face in 36 hours, but we could not clear her disbelief that clearing all the programs would actually work. Her Conscious Mind was not about to believe this new concept, plus she was still getting payoff from holding resentment and blame towards the doctor.

I gave her some homework intended to break her disbelief and skepticism about my work. My standard process is to write an affirmation in longhand 21 times a day for 21 days. This works well 95 percent of the time if clients can discipline themselves to actually do it. But Fran will only have her miracle when she also forgives the doctor and can let go of the blame.

Her next step will be to accept that she creates everything that happens to her. When she accepts that her body can heal itself, then she will become healed.

Over the years, we have found that the statistics on loving ourselves have changed. In the past, about 70 percent of our clients told us that they understood what love is and that they loved themselves. Once we began using the affirmation to release “I need to suffer/be punished” programs, the number dropped to 30 percent. (Apparently, this affirmation gets around the conscious beliefs and accesses all the denial files, so we get a more accurate percentage.) When we ask Subconscious Mind if the client loves him/herself, the number of people who love themselves and can receive love drops to less than 10 percent.

How do we overcome these tragic odds? By rewriting the program and releasing the sub-personalities, by locating the base cause, the core issue and the other people with whom you participated in the situation to put you on your current path. To release the program/belief, we must locate how you reacted in the base cause/core issue situation. How you are currently handling the situation in your life will show us how we must proceed to release the program. We then form an affirmation to describe the situation, and move into loving and forgiving those involved ... and loving and forgiving yourself for allowing the situation to happen. Bingo, the condition is healed and released. If this seems simple, in fact, it is. All we do is guide you to reprogram your mind so it can create a different response. To many people in their condition, however, this seems impossible.

I work with many female clients who are in physically abusive relationships, yet refuse to break up and leave despite their intense

complaints about how their partner treats them. Why do they stay in abusive relationships? They ask for miracles, but they refuse to leave. Why? Fear of change.

“I know what I have now, and how to deal with it. Where would I be if I left? Alone, rejected, abandoned and unloved.” Few of them know what love is, so they misinterpret abusive attention as love. When you have never experienced unconditional love, you interpret any form of concentrated attention as love. If these women were in control of their lives, they would be able to recognize the abusive situation. And if sub-personalities are in control, *they* dictate the path to take, and not her Conscious Rational Decision-making Mind.

Some of these clients will stay with the therapy until they break the bond with their abusive partner and step into a new life. The basis of these relationships is usually an over-controlling parent and/or a karmic contract by which the couple is drawn together to clear the karma. However, if you do not know that this karmic contract exists, how do you break the attachment?

Releasing and clearing past life karmic contracts frees the client to empower herself and start a new path. This may seem like a miracle as she breaks free of the abuse and is now able to evaluate the relationship as it is. If nothing can be done to resolve the issues that remain, then she has the personal power and new understanding to avoid choosing the same type of partner again.

Many of these women come from large families. As girls, they often fell into a mother role to younger siblings and, in their adult relationships, they pick men who need mothering. If the men had a controlling mother, they will choose these mothering women for partners. (There will always be exceptions to the rule, but we usually find clients operating from one of several broad patterns.)

Relationship patterns such as mother-son or father-daughter are common because, as adults, we have not cleared the lessons with our parents so we partner up with a surrogate parent in the hopes of working out our unresolved childhood issues. Over 95 percent of adult relationships start out as dysfunctional, and the

parties can resolve the issues only if both commit to working through them in therapy. A one-sided approach to the process cannot lead to a miracle relationship.

There are exceptions to the “both partner” rule, but this presents a major challenge to the one partner who does want to work with us while the other refuses. One such case involved my son, who began seeing a girl who kept threatening to kill herself if he broke up with her. Wanting to help her with her problem, he asked her to have a session with me, but she resisted. He finally did set up a session for her, at which she put up such resistance and had so many shields to prevent her from getting hurt that we did not accomplish much.

Coming from a functional family, my son was unable to figure this one out, so he asked me to help him break free of this relationship. We found that he had spent four past lives with her, and she had been pursuing him for three of them. Now that she had finally caught her prize, she was not about to let go. Once we cleared the effect of the past lives, he was free to go but then he felt guilty and couldn't understand why. Once we cleared the karma, the guilt disappeared and he was able to move on to a new relationship.

Some of his friends called the transformation miracle but, to him, it wasn't a miracle since he knew that I could unwind his predicament. He was able to get out of the conflict because he had grown up with my work. Unless we are aware of the intensity of karmic addiction, we cannot understand what pulls us into a dysfunctional relationship.

In other cases, karma works in the opposite way. The rejected partner threatens to kill the other for wanting to leave the abusive relationship. Resolving this issue requires delicate negotiation. I explain to both partners that the only thing holding them in the relationship is their own fear, and that, if they work with me to release all the attachments that hold them in the relationship, we can unwind the fear and they will be free from the karmic binding. When we clear all the present and/or past life connections, the abusive partner fades into the sunset never to be heard from again. This outcome

seems unreal but it works by clearing all the attachments that drew the two into the addictive relationship in the first place.

Miracles do happen every day. Transformation is instantaneous, and recovery from anything is possible. I experience about 12 – 15 miracles a year. Why not make your life one? All it takes is desire, commitment and willingness to consistently discipline yourself to follow through with a plan to take responsibility. Pain will disappear instantly when you recognize your “all rightness.” You have your life back! Self-esteem, self-confidence, and self-worth return. You never lost them; you just wrote over them with dysfunctional programming.

Self-esteem is one of the cluster qualities that is always accompanied by self-worth and self-confidence. It is a quality that allows you to know who are, so nobody can break you down. Other people’s opinions, rejections or attacks do not affect you. You do not have to be right, self-righteous, the authority figure, or in control of any situation.

Jeri, a colleague, attended a conference on self-esteem and relayed to me the following amazing example of lack of self-esteem. Jeri had been invited to present a seminar and workshop at the conference regarding the self-esteem program that she had developed for a school district. Her seminar drew a standing ovation. Afterwards, one of the conference directors accosted her with the question, “Did you read the protocol and guidelines for this conference?”

Jeri replied, “Yes, I did. Why do you ask?”

“Because you didn’t follow them.”

Jeri was baffled because her presentation had received a great reception, and she asked for more detail. The women’s reaction was, “Your central theme is that you cannot teach self-esteem because it’s an inner quality that is suppressed by negative training. That is wrong.”

Jeri’s response was, “Are you telling me that I can’t hold my workshop because you disagree with the premise. That you can reactivate self-esteem and self-worth by changing beliefs? Do you recognize what you’re trying to do to me right now?”



The woman's reply was, "I'm telling you that you must follow the conference rules."

Jeri replied, "It's obvious you want to be in control and that you're trying to destroy *my* self-esteem right now. But I'm not going to let you do it. Apparently, you're putting your need to be in control and be recognized ahead of the theme of the conference. My workshop tomorrow will go ahead as planned. I am *not* changing the content to suit you. I know what I'm presenting works because I've been the director of a successful self-esteem program for over fifteen years. If you choose to ask me to leave, I will, but I am not changing my workshop. And I'll make sure that the conference committee is aware of your controlling behavior."

Seeing that her attempt to control Jeri had failed, the woman walked off in a huff.

When Jeri checked with the conference committee, she learned that the woman had an administrative position with the conference and apparently did not understand its theme. Jeri was well-anchored in her own self-esteem so the confrontation did not get to her in any way, but she was disappointed that a person representing a self-esteem conference could act the way she did.

In my experience, when I check clients for self-esteem on a scale of 1 – 100, I find that most of those from a functional family test in the 20 – 50 range. If they were rejected before birth or adopted, they usually test in the 0 – 10 range.

When we erase and rewrite the programs, the real you emerges. You came here to be a spiritual being taking on a physical body to learn some lessons and resolve karma. So why not get on with it? There is no better time than *now!* But if you wait until you feel ready, your denial may cause it to be delayed and it may not happen in this lifetime. You can make the commitment now. No one is stopping you except you. This is the right time. In fact, there will never be a better time than right now. The only limitations are your own beliefs and denials that create the limitations. Yes, it will take some hard work and a strong commitment, but yes, it can be done. You can be a miracle; you have the ability. All you need do is let go of anger, control,

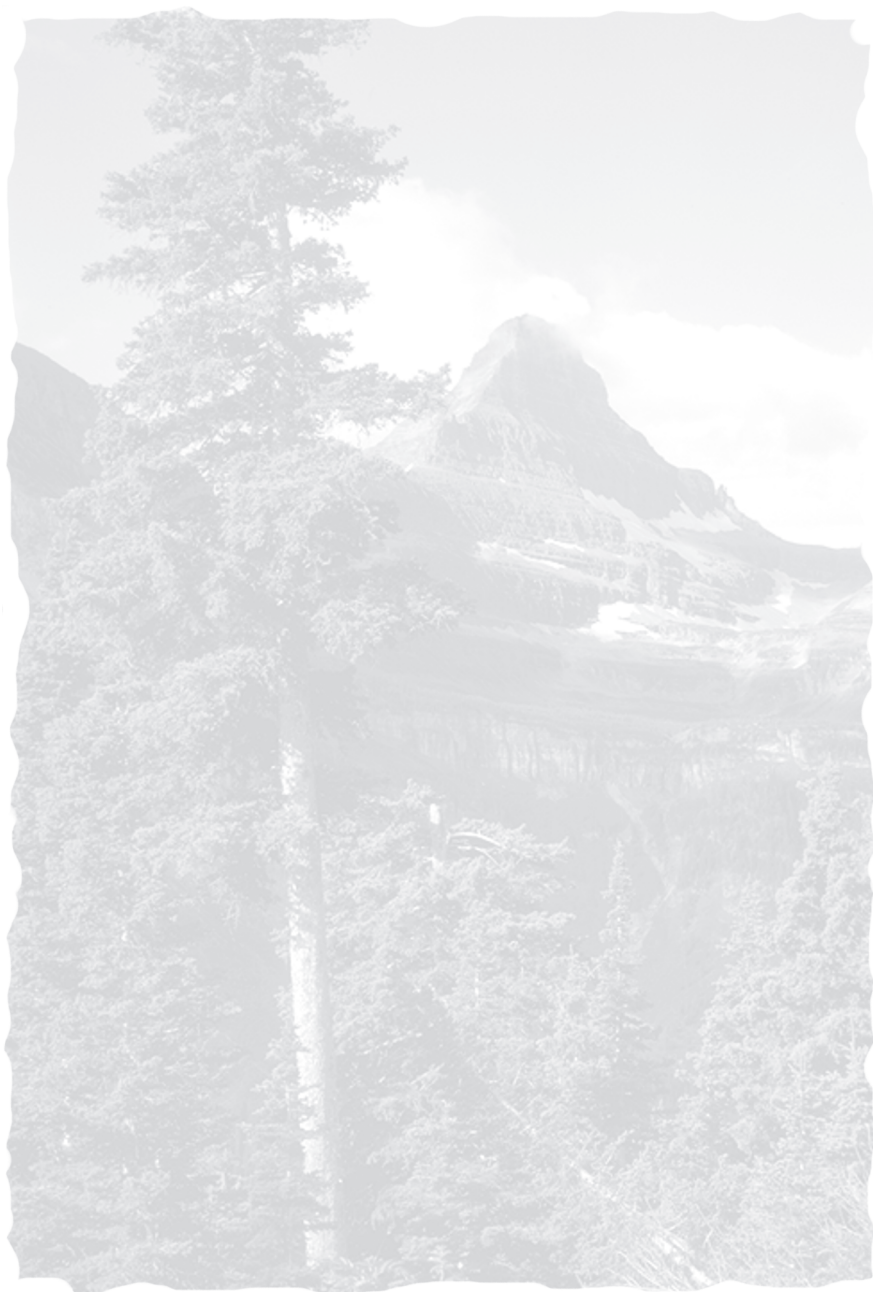
manipulation, authority over, judgment, justification, right-eousness, rebellion, the need to please people to win acceptance, and the addiction to these types of behavioral patterns.

The most complex thing for people to understand is that we never lose anything, positive or negative. The sub-personalities and the programs just go into denial or get written over. Unlike computer files, a program or habit pattern is not deleted by writing over it. When you erase, and overwrite programs such as indigenous operational programs, they can immediately reconfigure and remain operational unless you clear the belief and sub-personality, too. We discovered this when we became aware that beliefs, programs and patterns reactivate and become operational again. You must lock up negative programs and sub-personalities in the trash bin, and then delete and destroy them by incinerating them and burning them up. By doing this, we have deleted the program forever. It cannot reconfigure or reactivate unless you recreate the same habit pattern over again.

## Summary

In this book, I am not only providing the miracle success stories. I am balancing it with examples of people I was not able to help and giving the reasons why. Most people list only their few success cases and avoid writing about the failures.

In Energy Medicine, we cannot heal anybody. All healing is self-healing. We can provide the tools and the directions but our clients have to take responsibility and reclaim their personal power. Energy Psychology is about self-empowerment and recovering your lost self.





## Chapter 4

# Understanding the Theory of Healing

**B**efore we begin, let's dispense with the term "spiritual healing." There are many ways in which people describe spiritual healing. The main conflict is in the basic viewpoint and interpretation. Twenty years ago, I worked with what I thought was spiritual healing but, over the years, I have redefined my interpretation because, the more I delved into and came to understand what healing was, I realized what Paul Solomon had said about healing made sense. He said, "It is the separation of self that creates the breakdown." So we are really healing separation.

Twenty years ago, we did not have sufficient knowledge or the basic terminology of healing to explain how it takes place, so the term "spiritual healing" was a catch-all phrase that covered the field. But then I discovered that we were misusing the term since "spiritual healing" was a very advanced process that few people would ever have contact with because only a tiny minority of people ever get out of the morass of the physical world. I found that we were misinterpreting the concept since our spirit and soul do not need help or healing in any way. They have all the the answers for us if we will listen. They talk through our body and use it as a communication device if we will listen—hence the title of this book.

As one of my first teachers in the healing field, Paul Solomon described the process, "Until we clear the hurdle of our childhood emotional trauma and start building a foundation for our spiritual life, we can't even address the spiritual aspect of healing."

Too many people want to skip over the foundation-building and evolve to the spiritual aspect of their life path. Most people's denial of their own shortcomings will stop them from making the transition. Even though they may convince themselves that they are on the path of spiritual enlightenment, most people are deluding themselves because they have not dealt with the basics of building a solid path on which to anchor their spiritual journey.

Many of my clients claim to be highly enlightened spiritual beings, yet live in suffering, survival and illusion. Very few have real peace, happiness, harmony, joy, unconditional love, acceptance and financial abundance in their life. Health and wellness do not just mean being clear of illness; it is an integrated totality of being. The question we must ask ourselves is, "What are we really here for?"

Many people I meet believe that we are here to suffer and be deprived of happiness and joy. Yes, I have found that many of us believe this. We must be really objective in evaluating our life-path, since so many of our experiences are locked up in denial or even denial-of-denial files that we do not or cannot even recognize the programs or their content. With Energy Psychology, however, we can open these files and reveal the information we need to rewrite the programs, beliefs, habits and scripts from which we operate our life.

This book deals with the basics of healing in the physical world. The Personality Self lives in an illusionary world of suffering, pain and denial. Our intent is to eliminate and delete the programs and sub-personalities that Personality Self functions through, and reinstall the client's true self. We are healing the separation from self. When we can accomplish this, miracles happen.

When we walked out during the traumatic experiences in our childhood, we separated from self, which caused our mind to shift to "safe mode" system just like our desk top computer when a file is corrupted. We have to take control back, delete auto pilot and Conscious Controlling mind, which took over during the trauma.

Many people would like to believe that miracles come from the spiritual realm, yet we have proven this to be false. Over the last 20 years, I have worked with thousands of clients, many of whom did not understand about enlightenment or were not religious

in any way yet, once they committed to following my directions, miracle healing occurred. But, we must turn on our “God-switch” before miracles can take place. The presence of God is in all of us, but most people have it shut down. Disease, illness or any form of lack is not a reality for a person who truly is on the spiritual path.

In my client base, I am working with less than 0.5 percent of the general population. When I narrow it down further, I find that the aware people who come to see me just once is only one in four. Even among people who are aware that they can change their path, only 25 percent will stay with it and really get their life on track. So the 0.5 percent drops down to 0.125, or one in 800.

Few people realize that they could take a different direction in life, so most slog along through their life lessons not recognizing that peace, happiness, harmony, joy, unconditional love, and acceptance are available to them. For example, most people do not know it but the files in their mind have set up a program that states: “I am not entitled to prosperity.”

Only one in 25,000 even knows what unconditional love is, and fewer have it anchored in their life. Self-love is the key. Love and forgiveness are the basic doors to happiness and healing, yet the concepts are foreign to most people, which explains why we have so much conflict, anger, resentment, and hatred in society today. The ruling church governments have fostered fear in us for centuries, to the point that most people are overrun with “I have to suffer” programs. It is next to impossible to build a positive mental attitude if you are laboring under a heavy build-up of programs that say, “I need to suffer” or “I must suffer in order to learn the lessons of life.”

Healing is a process brought about by releasing the programs and core beliefs that drive our life. There is no disease, illness or dysfunctional behavior that just comes in and affects us by happenstance. Your mind controls every action you take and every situation that happens to you. Pathogens, bacteria, viruses and fungi do not cause disease; their proliferation is the result of a breakdown in the body’s immune system, again caused by the mind. We would like to blame our problems on someone else or “a disease going around,” but it doesn’t work that way.

Growing up, my children were exposed to many contagious diseases but I would not allow them to be vaccinated for childhood diseases, yet they were never affected by any of them. Illness and disease are all caused by how you feel about yourself, and we set *ourselves* up for disease, illness and other dysfunction.

We set everything up to get a certain payoff, usually without knowing how or why, or how to get out of the resulting situation.

There are qualities that will provide us the immunity for diseases, illness and malfunctions in our personal behavior. They are also the ingredients that build self-esteem, self-worth and self-confidence. If you did not get them provided to you as a child, then you will get sick to draw attention yourself in an effort to get someone to give them to you. They are approval, acceptance, validation, acknowledgment and recognition. If you were not to get these from your parents, you go through life looking for outcome-based validation. The only problem is you can't get it from someone else. You are the only person who can validate you. If you can't get it, you will get sick to get it. Your mind does not care who gives it to you, either. Anyone will do. So we get pain from various symptoms we assume are diseases or whatever you want to believe, when in reality, it is doing it to us. As Pogo said in the comic strip, "I found the enemy and it is me."

In fact, most of the time, we are so deep in illusion that we cannot even understand why or how we ended up with our afflictions in the first place. Our first thought is that, "It is physical, I can feel the pain" or whatever is surfacing to cause the discomfort.

Pain is just a signal that something needs to be heard. It is also resistance to locating the cause. Your body is talking to you but, rather than listen to the message to locate the cause at the mental/emotional level, we run to the doctor for a drug to mask the symptom. Anything that removes pain or discomfort without addressing the underlying cause is simply removing the charge and sidestepping the symptom. We will stop ourselves with strokes, heart attacks, cancer, MS, ALS, MSD and many other forms of illness and disease to either get someone to take care of us, or to get attention and love. Very few people

recognize the base cause of the dysfunction; they are running away from themselves and the illusion that is driving their behavior.

The base cause is what happened in the beginning to cause you to react. The base cause of fear of fire could have happened in a lifetime several thousands of years ago, or during childhood. How you respond or react to the catalyst governs how it affects you, and your interpretation sets up either a belief or a program. It may be many years before there is enough charge to cause an illness or a mental breakdown but, each time you run into the same catalyst, you will react based on the program or belief. Over time, programs and beliefs become patterns that cause you to react in the same way each time.

The payoff for all illness and disease is the attention and approval you receive. Most of us will do anything to get attention, and are searching for someone who will provide the attention we crave. The attention may not be love, but that's how our mind interprets it. Children fall sick to get attention because they know it works. If they are getting enough love, affection and acceptance, they do not get hurt or sick.

One of the most devastating situations for a child is to hurt themselves to get attention but then get ignored, scolded or disciplined for doing something wrong. The parents or caregivers are quite often reacting to their own guilt and taking it out on the child, which causes major rejection and a feeling of "I'm not wanted," or "I'm not loved." The proper behavior would be to hug the child, ask what happened and give him or her the attention and affection he or she is asking for.

Many female clients come to see me, complaining that they are in an abusive relationship. Sometimes they have had a string of abusive relationships, in which they change partners but not the underlying lessons. We repeat the lesson until we learn that we do not need to suffer. There could be a major misinterpretation operating in these relationships—that the mind interprets attention as a substitute for love. If we have known only abuse since childhood, then we mis-identify any form of attention as love. These



women can't break out of their abusive relationships because some attention is better than the unknown. When we empower them to stand up for themselves and take control and responsibility for their lives, they have a new perspective on the relationship and find a more functional partner. One client told me that her husband was beating her up but that it was better than her childhood because her father used to beat her even worse. What we will accept as love substitutes amazes me.

True love is acceptance without judgment. It is kindness and caring without any put-downs or attempts to control and manipulate. *Conditional love* takes many forms, such as controlling a child's behavior with authority. It could be abuse at any level, even physical. Our viewpoint of love is based on how we interpreted our treatment in childhood. If, as a child, we were never picked up and hugged, or received no pats on the back, we grew up not knowing what approval is. As an adult, we may be lacking a basic unconditional love program. Without this program, people frequently get sick. Their life does not work yet they cannot find the cause. It is their body/mind trying to get someone, anyone, to give them attention, which they then interpret as love.

Underlying any healing process is the ability to accept unconditional love, but most people are unable to accept love at a deep level of their being. Healing can only take place once we have released all the rejection and abandonment that we perceived throughout our life. We cannot receive approval and acceptance from others until we are able to give it to ourselves. As long as we feel that others should give love to us, they will not do so unconditionally. Many people seek out someone they can cling to and manipulate in an effort to get attention, but almost everyone who offers them support or help has a hook or a cord connected to it.

It is a basic human desire to have our existence recognized, and people will do anything to get that recognition. Sickness is an obvious way of getting someone else to recognize that we are alive. Total rejection will cause death because, if you think you are not

wanted, why be here? HIV and AIDS are forms of total self-rejection. Society does not accept you, so you reject yourself.

Most diseases are caused by selective immunity. AIDS is caused by total breakdown of the immune system, so there is no protection from disease. When the T-cell count drops to a level where the immune system cannot attack disease organisms, those organisms will flourish and overwhelm the body.

What then is the answer to the dilemma? Quite simply, the answer is unconditional love and forgiveness. It's that simple. And it is the only way to heal the body permanently. To achieve this, we must remove all the programs, patterns and records from the Subconscious and Conscious Minds and the other 25 files where programs are stored, any one of which can house the causes and precursors to disease and illness. The encrypted and encoded programs are the most damaging, because they were laid down before you were born. *In utero* programming recorded how your parents felt about this new child whom they had created and whether they were going to accept this new addition to their family.

Seven out of ten children are rejected before they are born, so they will interpret this input as: "I am not all right. I am not acceptable. I am not wanted." This follows with, "If they wanted me, they wouldn't treat me this way." This in turn is followed by self-rejection, which degenerates into, "I have no value." If your parents considered abortion or even just talked about it, this destroyed your self-esteem, self-worth, self-confidence and your validation of self before you were born. If you feel you have no value, you will continually bring people in your life who will confirm your worthlessness, and invalidate your credibility as a person.

Bonding with your mother at birth is very important. Your earliest relationships with, and treatment from, your primary caregivers now control your life. How you interpreted the way people treated you set up childhood programming that, in adulthood, causes most people to reject themselves. By the time you are three years old, you have set up your life pattern, which, for most people includes "I need to suffer" programs that play out in their lives over and over again. We can remove these programs but you must be

willing to open the files. The conflict is more evident in adopted children who were rejected by their birth mother. They do not trust anybody, which causes them to reject any type of affection. You have gain their trust and respect before you can get close to them.

If you do not know what or where these files are located and what must be done to clear them, you have a challenge. It takes a skilled therapist to ask the right questions and know how to help you delete, erase and destroy the beliefs and programs that cause the malfunctions in your mind's database.

An interesting case began when a young women whom we'll call Sheryl came to work for us at our center. She became interested in my work after attending a few lectures, and set up a few appointments to clear the rejection by her birth parents, since she and her twin sister were adopted). I met her adoptive parents and found them to be delightful people who obviously had created a functional family for their children. In fact, I would describe them as ideal parents. They had provided a loving supportive environment with plenty of affection and validation for the children, but commented on how the twins had pushed them away. In the beginning, the adoptees were uncomfortable with the level of acceptance they were being given. Thinking they had failed, the parents were critical of themselves. When I explained about the rejection felt by adopted children, they understood that it was not their fault. This marked the beginning of my work with adopted children in the middle 1980s and, in the last 17 years, I have worked with many more and it has validated my contention about adopted children.

Adopted children often feel that they were rejected by their birth parents: "I have no value, or they would not have gotten rid of me." The question in their mind is, "If my birth parents gave me away, why would my adopted parents want me?" Or, "If I let them into my life, get close to them and depend on them, they might reject me, too. If I depend on them to give me acceptance and support, they might abandon and hurt me again."

Since most adoptive parents do not know about this inner dialogue going on in the child's mind, they get frustrated, thinking

that *they* are being rejected. If the parents are not strong enough in their own convictions, this fear of intimacy and commitment can backfire and make the situation deteriorate, causing further rejection because many parents are really only adult children who want to extract love and acceptance from the children. In these situations, there is no love from or for the parent or the child.

There are exemptions to the case but most adopted children have a hard road to navigate because their fear of commitment and intimacy blocks them from functional relationships, which causes them to enter into relationships with people who validate their feeling of unworthiness and lack of self-esteem. Almost all of the adopted children or adults I have worked with have these challenges. We can overcome them, but it takes time.

An excellent example of this case is Sheryl, mentioned earlier. As we saw, she came from a functional family and, when we had released all the birth rejection and cleared up the fear of commitment and intimacy, her life really smoothed out and I thought she was in for clear sailing. However, she called me up ten years later because she and her twin sister were baffled by the abusive relationships they were in. According to my contention, they should have chosen functional partners, since they were from a functional family. It did not work out that way at all. Sheryl knew that I could unwind their “soap opera” dramas and find the cause, so she made an appointment for herself and her sister.

Their session proved to be very enlightening; they had both chosen marriage partners who duplicated the birth father, whom they had never met. They had past life lessons to learn from and had chosen the biological father with whom to work them out, but that lesson plan was aborted when they were put out for adoption. Therefore, they had to find someone else to work it with. Not only did they have the father lesson but also had past life issues with the men they had chosen for husbands. Sheryl’s sister said, “I cannot accept that I set it all up and I still blame my husband and his family for the abuse.” She disputed the information I presented to her and continued in the abusive relationship, complete with her “I need to suffer” program.

These are good examples of how Energy Psychology works and how we can unwind and back out all the programs and beliefs set up by the past-life lessons. We cleared the birth trauma and the rejection and abandonment in both of them but I have no feedback or knowledge as to what happened with Sheryl's sister. During the time I was working with Sheryl, her sister was often sick due to the anger and resentment she held. I assume she is still suffering in her abusive relationship and holding on to her resentment, anger and blame. Some people just cannot let go or accept anything new. Change brings up fear of the unknown, and people often prefer to stay in something unpleasant they know than strike out into the unknown, for fear that it may prove to be worse. This is not always the case, as we see from what happened next.

As we worked through Sheryl's programs, we found that her relationship was a mother/son connection. This type of a relationship can be explosive and dangerous if the adult child is not given his way. When she started taking control of her life, reclaiming her personal power, unwinding this addictive relationship and standing up to her husband, he crumbled because his personal power was bluff. Being a counter-dependent, he became physically abusive to try to maintain control, which scared her at first. When she empowered herself to tell him she was leaving the marriage, he threatened to kill her. He reacted violently because he was losing his power, his surrogate mother and his "medicine." He could not replace it and was shocked because he had to face the truth. She tried to explain to him why she was no longer willing to put up with his abusive behavior, which enflamed him even more because he could not see anything wrong with himself. He did not even recognize that he was being abusive. It was obvious that he was on autopilot, operating from Magical Child Syndrome. (This is the cause of so-called crimes of passion, in which someone says, "If I can't have this person, then nobody will." It is the final mother rejection and often results in murder/suicide.)

Sheryl called me in a panic, asking, "What can I do now?" She moved back to her parents' home and her father obtained a court-

ordered restraining order, but that did not stop her husband. He was stalking her and harassing her, so she was afraid to go to work.

I explained to her, “If we can release all the addictive connections you have to him, he will just fade into the sunset.” She was willing to try this, but it was hard for her to believe that if we could clear all the lessons that created this obsessive/compulsive addictive relationship, then her torment would cease.

In the session, I told her, “You have three options. You can stay in the abusive relationship, as your sister decided to do. You can try to get out of the relationship and avoid the lesson, which could result in your death and the lesson would recycle in another lifetime. Or you can face the truth and release the lesson, so that you can go on with your life in peace, happiness, harmony and joy.”

She chose to face the lesson and release it. We found that all the time-outs had been used, and the lesson was up to be dealt with. Over three sessions, we cleared all the past lives and all the beliefs and programs that had been programmed into her mind, causing her to attract this type of a person into her life. When all the charge was released, the programs disappeared, so it made no difference how charged up her husband was. All the connections were severed, so his mind had to let go. She divorced him, and he faded out of her life. She went on to a new life, attracting supportive people commensurate with her newfound self-esteem. She was willing to confront the issues that were causing her continual physical ailments, so they stopped, and her life became filled with peace, happiness and joy. This case study proves that past life relationships do exist and that we must clear their issues to move on with our life.

I tell my clients who are contemplating marriage that, before the parties make the commitment, we should evaluate and clear any current and/or past life lessons that have addictive and/or compulsive attractions that might create dysfunctional patterns. If Sheryl had done an evaluation of her connections with her fiancé before the marriage, she would have cleared them all and would never have had to confront the abusive relationship. This is a good example of the “I have to suffer” programs from past lives.

When I tell people we need to clear all the skeletons out of their closets, they do not understand until we find what they are. If not cleared, they will start rattling later on in a relationship and break it up or cause a lot of problems.

Almost all marriages result from four basic situations caused by behavioral dysfunction:

- Looking for love in the wrong places, i.e., wanting to be taken care of or codependency
- Past life addictions based on karma
- Physical attraction
- Looking for a mother or father replacement.

We will always seek out the person who best suits our needs in resolving issues and lessons in our life. Very few choices result in satisfactory relationships, as the relationship deteriorates when the needs of the partners are not met. In fact, 90 percent of all relationships do not work, even though the partners stay in them.

I have many clients who decided to evaluate their relationship before they committed to marriage. After we cleared the past life addiction, the other partner was no longer as attractive. Quite often, they broke up because the draw was not there anymore. If the dysfunctional relationship had resulted in marriage, statistically it would have failed within ten years. We are now seeing a large increase in the divorce rate of 25-plus year marriages as people decide to take control of their lives. People are no longer willing to “stick it out” if they do not feel accepted, respected or recognized.

If both parties are willing to work on the issues during the relationship, it can be turned around and progress to a loving supportive relationship. It takes work and both parties must participate. In our case, Susie and I lived in a codependent, coexisting relationship for 13 years. Fortunately for our children, we began to wake up and work on our issues ten years after we were married.

When we review the information in this book objectively and without prejudice, we see clearly that illness and disease are a state of mind caused by dysfunctional programs and relationships. They

exist in the body only because of the beliefs, concepts, patterns and programs that are driving them. In actuality, illness and disease do not exist. There are no contagious diseases, only contagious people who have programs, patterns, beliefs, interpretations and concepts about illness and disease that cause them to succumb to dysfunctional beliefs leading to physical breakdown.

I have proven beyond all doubt that allergies are beliefs with a causal factor (catalyst, trigger, activator) that, when activated, will flare up the allergy. Asthma works in the same way. We can blame some environmental agent, but that agent is tied to the core issue and base cause that created the allergy symptom in the first place.

I personally have not seen a doctor in over 25 years. I have been sick only once in the last 32 years, and that was because I worked 26 straight days without time off, while, at the same time, being under intense emotional release and extreme stress. Recovery took only a few days once I realized what I'd done to myself. Full healing took about two weeks because I had stressed my body out to the point that my overworked adrenals had to recover.

The challenge is to be able to recognize the symptom and what your body is telling you. Few people can read their own "book" well, so the records are not accessible. Doctors will tell you, as they did me, you have no recourse, and the condition will continue to degenerate. A new challenge is that because your body/mind wants you to get the message, it builds up immunity to drugs, which nullifies their effect.

All we need to do is rewrite scripts by reprogramming the mind—simple when you have access to the records. If the script is coming out of a past life, you will have to release the karmic contracts and agreements you made with others in that lifetime. They follow you everywhere you go, from lifetime to lifetime. You cannot talk them out either; they must be removed from cellular memory.

The script could stem from a belief you accepted that is not a reality. You constructed a situation out of an interpretation that is not even programmed into your Subconscious Mind, nor is it in



cellular memory as a body-based program. It exists only in your Middle Self's files, and such beliefs can simply be released with an affirmation.

To understand the theory of healing, we must first understand that nobody can heal us; we must do it ourselves. The "Catch-22" here is that first we must be willing to release ourselves from our past programming without blame, guilt, justification, or judgment. Fear will drive us to control everything we contact. For example, if security is a major need in life, this need will prevent healing. Another important factor for healing to occur is self-validation.

Many people believe that nutritional therapy promotes healing ... and sometimes it does. However, this still discounts the awesome power of the mind. If someone takes responsibility and commits to recovery, what they eat is *four times* more effective in healing compared with the person who follows a program because they were told it would work. It is the discipline and commitment that make the difference, not the food, herbs or supplements. The power of your mind is awesome. If the programs and beliefs are set up with an end-result of rejecting the body, your mind will actually stop your body from assimilating drugs, herbs, minerals, vitamins, or any useful products.

The mind may allow selective acceptance if you commit to taking care of your health, which is why many nutritional therapies work so well. They give the body adjuncts to help it clear the toxic materials that have been deposited, so it will begin to heal.

You can also use electronic instruments or acupuncture that will remove pain by allowing the body's electrical functions to return to normal. Many alternative therapies will help adjust the body through manipulation or energy transfer but, if you do not get to the base cause and remove the program, it will eventually cause the same condition to recur.

Many do, however, acknowledge the body component as the most important facet. This happened to me for over 24 years. The therapist would release the charge and the energy causing the pain and it would go away for a few days or a week or so, but it would be back again sometimes worse.

You can rearrange the body fascia tissue and you can overwhelm and release a dysfunctional pattern, disease or illness with energy by the laying on of hands. That is true in part, but again, what is controlling the situation in the first place? The mind's computer may allow a situation to clear, but will it return when the same crisis becomes an issue again?

If we view how the body heals itself, we find that it communicates using neuropeptides, chemicals that transmit electrical impulses which are picked up by the body's cells. Positive messages heal; negative messages cause breakdown. We know that a scalar wave of 50,000 – 100,000 Hz is a standing energy wave that promotes healing. However, we do not know what the mind may do to block the energy. We must go back to the programs and how they will affect the outcome of any process. Visualizations and guided imagery may work well to recreate new programs, but the challenge remains to get the Program Manager and the File Manager (Ego) to agree to work with you so that the new programs can be filed in Subconscious Mind.

My books frequently make such statements as, “You must take your power back. Reclaim your personal power. Take responsibility.” To make a commitment and stick to it with discipline is hard for most people. They will confront the issues, then turn and run.

The most common problem in our society is the illusion, “My life is okay the way it is.” Many clients have said to me, “I would like to change so long as it doesn't upset my life.” This is a fear-based reaction to change.

Money and power also seem to be important. “I can do it if it doesn't cost too much or cause financial difficulty.” So I ask, “What value do you place on your health and mobility in your life?” People want to control their environment so power and control in relation to what they must do to clear the issues become a major challenge.

People would rather stay in pain and illusion rather than confront the unknown. A client once called me after a session to say, “You really fouled my life up. It was a lot more comfortable before I had the session with you.” We had opened a Pandora's

box, and now she had to deal with some lessons and issues in her life that she did not want to confront. Her mother was also seeing me and had overcome some big obstacles in her life, so she assumed her daughter was ready to deal with her issues so she paid for an appointment. Obviously, she was not.

Other clients tell me they feel better and their life is working better, yet they do not want to go any farther. Quite often, it's due to feeling better than ever before, and they can't see how it could be any better than it is now. When you reach a plateau where you have never felt this good before, you may think that this is all there is because you've never experienced this level of wellness before, but we all have higher plateaus to strive for.

With many clients, total change causes intense fear. Going into uncharted waters can cause someone to retreat to what is known and safe. You do not have to be sick to step into wellness. Wellness is not sickness, but just the absence of dysfunctional programs that run your life.

Over the years, a few clients have stuck with me to clear most of their issues that were buried. As we peeled away the onion layers, more issues came up. This was not done in a few sessions, however, but took years of processing. We can have anything we want out of life if we are willing to commit ourselves to positive mental attitude (PMA). This may look simple on the surface, but it takes considerable discipline. We may have good intentions, but are we willing to hang in there when the going gets tough.

The following is a good example of sticking with it when the chips are down. A client we will call Joan called to tell me, "I'm in a bind and need to clear any blocks that could set up a fear program, because I'm getting depressed about my position at my company. Following the crash in the dotcom companies, my company is downsizing. My department originally had 54 people and they've laid off over 20 people. Other departments are hit harder. My goal was to get a new position, but that's been frozen."

Joan was unhappy with her position and had hopes of transferring. It hit her very hard because her lease was ending on her house and they were raising the rent \$300 a month, which

added to the distress. She was having trouble with her domestic partner and was feeling rejected by him. Her car was acting up and she was told that it would cost far more than she could afford. In her precarious position, she couldn't buy a new car, so she had to fix her current car so she could drive it. It seemed as if everything that could happen was coming down on her. All the stress was having a major depressing effect on her immune system, which was causing many malfunctions in her body. Like clockwork, the neuropeptides were setting up a breakdown in her body so she ended up sick and unable to go to work for a few days.

This is a good example of how psychoneuroimmunology works. We were able to release all the programs that were causing the stress, and install new programs that supported her so that she could empower herself to stand up to the pressure being put on her at work. Overnight, she popped out of the depression and recovered immediately. I described what all the negative feelings were doing to her and showed her how to block them and support herself when the pressure was on. We worked on creating a positive mental attitude and how her employer's situation was a positive change that would result in fulfilling her goals if she was able to hang on. Her department was finally reduced to seven people and she survived the cuts. Her supervisor was so depressed with her workload that she asked to be transferred to a lessor position and was laid off. Joan was carrying her supervisors workload but could not do it anymore because she had so much more work now. She survived this cut when her department was disbanded altogether. At a reorganization meeting, the company announced there would be no more layoffs as they were down to the core group of staff. Joan had survived all the changes.

Keeping Joan buoyed up during this period took about ten sessions. She moved in with a friend to cut costs so she could see me weekly and, a year later, she finally received her transfer from Silicon Valley to a city that had a lower cost of living. Not only did she get the transfer, she received a promotion and realized all of her goals as they came through. She was able to work at home and go into the office once a week, so she moved out of the city to

the country. At their cost, the company set up all the necessary communication lines for the computer, fax machine and phones. Living in a less expensive place with no commuting costs, she was able to buy a new car and take a vacation, too.

Joan's case shows what we can do if we accept that we can have it all. She is now an administrative assistant to one the top people in the company. She starts work at 6 AM and is off by 1 PM and she does not have to leave her home. Her income is now four times what it was eight years ago. She just recently purchased a home which never thought would happen in her life.

When you know that you are entitled to receive the goals you set, they will manifest. Joan is one of many people I worked with who would not give up and accept failure. I had worked with her for over two years before all this pressure came up and we thought we had cleared most of the programming because she had moved from a codependent to a strong, self-actualized, empowered, independent person. It is obvious that the feelings and programs that are locked up in denial and many of the other files will be inaccessible as long as there is no catalyst or activator to bring them up. When one comes up, the floodgates open because there are no programs blocking their release into the Conscious Mind.

## Summary

There are no diseases, illness, allergy, physical dysfunction or mental/emotional dysfunction that is caused by an "intruder" from the outside. All viruses, bacterial infections and pathogens, although real, are enabled by the mind, which allows them proliferate by compromising our immune and endocrine systems. All malfunctions are controlled by the mind through the internal communication, which transmits signals to the body based on how we feel at all times. Negative mental attitude depresses body functions, which results in illness and mental depression. By the time we are three years old, our life pattern is set up, which we will live out, unless we change the programming.

Positive mental attitude is 80 percent of the challenge. Knowing what to do about anything is only 20 percent. Knowledge can help but it is our intention, discipline and commitment that cause change to happen. Nobody does anything to us; we set it all up. We have the free choice to live in survival, suffering, and lack of abundance. It is our choice. No one makes these choices for us. Disease is a choice that our mind makes for us. When we take control and become a self-activated person who is in control of life, we do not get sick or create malfunctions in our life. We have the free choice to set up the pattern if we can get to the point where we understand that we have a choice. Most people go through life like a log floating down a river, hitting all the obstructions in the way. Once we realize that we must be the captain of the ship, we can begin steering our life through the troubled waters. We eventually get to calm waters, where there are no waves to control.

As you can see in Joan's case, she could have given up and would have probably been laid off. What the company was looking for was committed honest people who were ethical and in integrity with their desire to perform at their best. Joan told me, "It was the people who were there just to collect a paycheck who were laid off. I found out later they had a team of specialists come in and evaluate everybody's performance to decide who would make up this new team of professionals to run the company. Thanks to the work you did with me, I have survived the cuts and downsizing."





## Chapter 5

# What Causes Illness, Disease and Behavior Dysfunction?

**M**edical researchers are right on track when they say that illness and disease are caused by a breakdown in the immune system. But, only a few understand why it happens and what the causes are. Research in the field of psycho-neuroimmunology is limited to a few that have discovered that negative feelings, attitudes and sensory input cause the immune and endocrine systems to break down and malfunction. In a weakened immune system, T-cells, white blood cells and leukocytes do not have the numbers to attack viruses, bacteria, pathogens and other invaders. At this point, the researchers get lost because they do not know how to boost the immune system. They have tried hypnosis, and visual and guided imagery, all with marginal success. Sometimes antibiotics or other drugs can suppress viruses. This may happen, but many times the body's resources will refuse to work with drugs because the awesome power of the mind is able to neutralize their effect. As a result, the outcomes are not consistent because the person has to be committed to the process working.

If the body is talking to us with emotional distress, pain and/or illness, do we listen? Rather than try to understand what our body is trying to tell us, most of the time we run to find the nearest drug store, practitioner or "body mechanic" who will give us an



adjustment, prescribe herbs, supplements or drugs that will provide suppression. If a lesson is up for us to understand and we have used anything to suppress the symptom until we have no more time outs left in the game of life, the next step is a serious traumatic experience. If this does come up and we are faced with a life-threatening illness or disease, most people pass on without ever knowing why they died until they get on the other side. There, they conduct their life review during which they see the lessons that were blocked from view while they were in a body. We must detach from our need to be right and let go of the belief that the direction we're traveling is the right path on our journey to enlightenment. We must allow ourselves to accept other concepts and opinions without judgment.

Some of my clients claim to eat a good diet but, when I question their habits, all I hear is justification for why they eat right only occasionally, or how they fell into bad habits. I describe that as illusion and denial. Denial is not just an emotional problem. Nobody likes to have their bad habits pointed out, so most people will justify their behavior with excuses. It all comes down to commitment, discipline, and responsibility for yourself. Justification does not work. The only person you are fooling is yourself.

Eating properly takes commitment, discipline, consistency, and the ability to follow through. The human body has not changed or adjusted its dietary needs in millions of years. With a 32-foot intestinal digestive track, heavy protein such as red meat will putrefy before it passes through the intestines, and even then requires a pH of 2 (stronger than battery acid) to digest it. Then we wonder why we have an over-acid condition, which in turn causes ulcers and rheumatism. Normally, the intestines operate best at a pH of 5. Fish, nuts, beans and grains digest well in this medium. Fruits, melons and vegetables need no acid. If you mix fruit and protein in the same meal, you will create a winery in your stomach and it ferments because it takes different enzymes and acids to digest each one. Any form of sugar when combined with protein will cause the protein to putrefy before it is properly digested.

Sugar and white flour are poisons to the body. In fact, white flour products will turn to simple sugar in your mouth in 30 – 60

seconds. Yet, most people will justify consuming sugar and meat, making them the mainstays of the western world's diet. Most people are sedentary individuals who eat the "Great American Diet." Yes, it is important to eat right, since proper nutrition supports the body, but very few people know what proper diet is. It is also important when you eat various foods in your diet that you know where your vegetables come from. Most foods are devoid of minerals, so we need to supplement with minerals but, even with proper foods and supplements, you cannot heal your body. I have seen strict vegetarians with cancer, strokes and myriad other diseases. It is not what you eat; it is what is eating you *emotionally* that counts. (For a full picture of proper diet and nutrition see my forthcoming book *Energy Psychology Energy Medicine: Book Two—The Mind/Body Medicine Connection* to be published spring 2009.)

The next ingredient is emotional well-being. Negative thoughts and feelings will break down your body faster than anything else. The emotions of fear and anger will generate more toxins in the body than a poor diet. Once received by the mind, negative sensory input will trigger depressive breakdown in the body in microseconds. My mother lived to be 94, and was in the hospital only once—for elective surgery. Her saving grace was that she had a positive mental attitude and forgave everybody. She ate a relatively good diet and did not drink or smoke, and her Christian Science background did not allow her to accept or believe in illness.

Life-threatening diseases are ways to escape from situations or conflicts. Most stem from suppressed anger, or from fear of having to face some insurmountable situation or trauma. However, the mind can make a mountain out of a molehill if it perceives something ahead that it does not want to deal with, even though the situation may be an illusion. We are talking about the mind's interpretation, not about someone's rational mind making a decision.

When people cannot claim their power and take responsibility for their life, they will back out. In fact, rather than confront a controlling person, many people will set themselves up to contract a life-threatening disease. Usually these are codependents, unwilling

to break the codependent bond and stand up for their views and desires. Rather than fight, they take flight—out of life.

Sometimes I can clear the situation and the client will take control and responsibility, as in the case of a woman whom we'll call Sherry. She had worked with me on many other issues that we had previously cleared, and a new issue came up where she was feeling down, with no energy. She was having a hard time accomplishing her work. I thought it might be Chronic Fatigue Syndrome, but it did not check out. It turned out to be “I want to die” programs.

Sherry employed a caretaker for her elderly, invalid mother, and was having a difficult time working with the person. She did not want to fire the woman, as she could not find another person who was as well qualified to take care of her mother. So, rather than confront the dilemma, her mind set up an “I want to die” program that, if carried to finality, would have killed her. We intercepted and cleared the program before it created a life-threatening disease. The problem stemmed from two past lives where Sherry had caused the caretaker's death, and from a number of other lifetimes where the two women had had conflicts. This is a good example of where an unwillingness to confront an issue can kill you, as it did in the following cases.

Four of my clients chose death rather than standing up for themselves. In my hospice work, I can deal with the trauma and be compassionate, but also remain detached. For me, working with hospice patients is not a challenge because most of them have given up hope, so all I can offer is help in passing on comfortably. I participate in their dying days and give them Last Rites, and offer them the opportunity to forgive themselves for choosing death rather than facing the issue. In all four cases, little did their families know that the family's controlling behavior was responsible for the death. I did not tell the families this, however, as this would have added to their grief. Quite often, those who cannot stand up for themselves and look out for their interests will take the ultimate escape. However, they will still need to address the issue in another lifetime. In my mind, this is legal suicide.

The next two cases make the same point, with both clients not wanting to claim their personal power and confront the issue.

*Case #1.* The family owned a very successful printing business, which over the years and through hard work, the husband and wife had built up to a multi-million dollar business. The husband was ill, and I felt that he should take a vacation to get away from his wife's control, which I saw was the cause of his illness. However, the wife could not accept that his condition stemmed from her controlling nature. His state worsened until he ended up with colon cancer. Chemotherapy did not work because the lesion was up and he had to deal with his anger at his wife's control. We cleared the cancer and I was finally able to persuade him to take some recreational time off. This infuriated his wife, so he made an appointment for her to see me and discuss the issue. In the session, all she could do was complain about his not taking responsibility for the business, so I realized that we were not getting anywhere. I suggested that we try to find out why she was so angry at him and what was driving her workaholicism. She agreed to try, but we failed to make any progress because she refused to accept her role in her husband's illness.

This standoff lasted for over a year, during which the husband began doing very well. He delegated much of his work to his secretary and his assistant, who both did excellent jobs, which made the wife even more mad at him and me. He joined a health club and played racketball in the mornings. But his wife was getting increasingly angry at me for convincing him that he needed to exercise and take some time off. She was angry that he was sick and was unwilling to accept that her manipulation and control had caused his cancer. Nor was she willing to allow him the time off to recuperate.

Finally, he husband started losing the battle and began to get progressively weaker. I suggested that he go to Mexico to the Gerson and/or the Contreras Clinic, which he did. However, both clinics told him that there was nothing they could do for him because he had given up. Dr. Contreras told him, "You need to

spend some time contemplating your future. You do not have cancer but are just withering away.”

The couple had just finished building a million-dollar home that they'd paid cash for, and the husband had everything to live for. However, because he could not confront his wife's control, he just gave up and passed on.

*Case #2.* I had been working with two women for about a year on the issues of taking responsibility and standing up for themselves. In any conflict, they always capitulated, telling people what they wanted to hear rather than standing up for themselves due to fear of rejection. Both clients wanted a cleaning person to come to their home once a week but both of their husbands refused to pay for one.

One husband just flatly refused to pay for the help. He was very controlling, manipulating and abusive and, due to this, the wife had twice had breast cancer. She'd had a double mastectomy, and now had a tumor on her rib cage. I told her, “You're killing herself because you're unwilling to confront your husband. You're rejecting your femininity because, as a woman, you cannot stand up to him. If you were a man, he would respect you, as he does with his friends. When you tell the truth, back it up with commitment, and take responsibility, he will back down. Also, we have released all the programs that caused the cancer, yet it's returned because you're not willing to reclaim your personal power.”

The next time I saw her, I decided to try another approach. We cleared all the programs about rejection by her husband that caused her to back down. Then I asked her, “Give me the cancer and visualize love replacing it. Then let go of the anger that's holding it in place.”

She replied, “I don't want you to get the cancer.”

I said, “It's not in my karmic or emotional pattern to contract cancer, don't worry. I'll transmute into the earth.”

Within a few minutes, she let go of the cancer energy, which was so intense that it knocked me to the floor. In a week, the tumor

was healed. Then she hired a house-cleaner, paying for it herself out of her social security.

The opposite happened with the second woman who'd also asked her husband to pay for weekly cleaning help. He refused, saying that he would help out around the house, but never actually did anything. I didn't hear from her for six months, until her husband called me to say, "My wife is close to death and keeps repeating your name. I will pay you to make a house call to come and see her."

When I arrived, I barely recognized her. She had degenerated to just skin and bones, and was barely able to talk. The doctor had told her husband, "Your wife is dying a slow death, albeit with no discernible illness or disease. I just can't figure out why."

I explained why she was dying, but I doubt she really understood me. I helped her forgive herself and forgive her husband, and release the fear of dying.

I tactfully tried explaining to the husband why she was dying, but I doubt that he understood, either. All he felt was resentment at her leaving him. I told him, "She will most likely pass on in the next twenty-four hours, once she makes peace with herself."

She passed on exactly 23 hours later.

We set up our life path by the time we are three years old, and few people are willing to break out of that mold and change. There are only two types of people: survivors and victims. Survivors will work against the programs, beating up their body because they will not give up. No situation will deter them. They will work through pain because they feel they don't have a choice. It must be done. Conversely, victims back out very easily, looking for someone to support them rather than push themselves. These are the people who die from life-threatening diseases.

Survivors will tend to put themselves in double-binds by working against the programs. They will use willpower to overcome dysfunctional patterns until the body finally breaks down because the Middle Self and Subconscious Mind will do anything to divert them from the path they have chosen. These minds assume that if

you keep on the path you're on, you will be rejected, abandoned, or killed. This is unlikely, but your mind is not able to look beyond the current day. It is unable to see into the future, so it projects the past into the future, assuming the past will be repeated.

In the case of past lives, your mind interprets the program created by the karmic contract or agreement, and acts as it deems appropriate for your safety and survival. Its fears may be unreal and ridiculous but they exist in your mind, so it sets up defenses against possible threat even though it may never happen. The mind evaluates situations as they come to you, and responds based on how it handled them in the past.

I find that many parents beat their children because they perceive a program that tells them that the child killed the parent in a past life, and they are afraid that it will happen again. The parents and children reincarnated together again to create the opportunity to clear the karma. However, by mistreating the child that came to them to release the karma, they are actually creating more karma.

Past lives are one of most misunderstood causes of problems in our lives. In relationships, they can create relationship addiction, as we saw in Chapter 3. Karma can involve “an eye for eye,” or being killed for killing someone in a past life, but it does not have to end up that way if we can access the lesson behind it. When we accept, forgive, and understand the lesson, we clear it from our files. We then claim Grace, which ends the conflict and discharges the karma.

Killing another human is never justified, no matter what the consequences are or who orders it. Every person who flips the switch on an electric chair, drops the pellets in a gas chamber, or administers a lethal injection is responsible for that death until forgiveness is cleared.

A good example of this is the client who came to see me with neck pain so bad that she was beside herself. Drugs would not relieve it, nor did chiropractic adjustments do any good. Her doctors just could not figure it out. In our session, we found that she had been a hangman in *four* past lives, two of them for the Roman Catholic Church during the Spanish Inquisition, in which the

church had executed twenty million innocent people. We cleared the past lives and the pain went away totally.

Another client could not move or turn her neck. We discovered that she had operated a guillotine during the French Revolution. We cleared the past lives and she could move her neck without and resistance.

A man came to me, suffering intense pains in his body that inexplicably moved around. We discovered a past life in which he'd been a rifleman in a firing squad and had killed many people. Once we cleared that lifetime, all the pain left permanently.

When your mind receives sensory input, if there are no programs to access, the mind will create one. The big IF here is: If *you* are directing your life, your mind does not have to make a decision for you. *You* act on the sensory input and make the appropriate decision. But, if you have sold your power out to autopilot, then Artificial Intelligence and sub-personalities will make your decisions for you, and they may not be the decisions you would ordinarily make, given the same input.

The major causes of most physical breakdowns are feeling rejected, not accepted, invalidated and abandoned. We all want to be accepted by everyone we meet, and will go out of our way to set up situations so that people will accept and validate us, many times subconsciously. Yet, the harder we try, the more we are rejected. Likewise, we do not intentionally mean to reject other people but, when we detect their need, it can feel as though an unwritten sign comes up saying, "Reject them, they are not getting the message or the lesson."

It may seem cruel, but that is how our Program Manager and the Subconscious Mind's programs work. They have no morals; nor do they make any decision as to what is improper behavior. They play out their roles based on the stored programs.

The awesome power of your mind will either heal you or cause you to get sick, and even die. Many times your mind causes illness without your conscious consent. If this happens, it is an autopilot response. If you do not clear the situation and find the



base cause, it will continue until you give in and lose your will to live. At this point, it's too late to change the outcome.

My father finally died of lung congestion in the hospital after overcoming four life-threatening diseases, including pancreatic cancer. Once he had made up his mind to give up, there was nothing we could do. He wanted to be near us and his grandson, but my mother would not move. She controlled him just as she had tried to do with me. Rather than take his power back and just move where he wanted to be, he chose death in order to escape the situation.

Many years before that event, I had made up my mind that I would not follow my parents' path. Breaking out of that pattern was a major battle, because we generally follow our childhood model. Quite often, however, I would find my parents' behavior sneaking into my behavior. My wife and I made an agreement that if we perceived our parents' behavior appearing in ours, we would point it out. As a child, we accept the model we grow up with, which insidiously becomes such a part of us that most do not recognize it as such, so we continue in the same mold throughout life, passing the patterns on to the next generation.

When dealing with physical/emotional breakdown, disciplining ourselves to face the issues that affect us is a major challenge. The more fear exists in our mind, the more we will resist acknowledging the very programs that are blocking recovery. Denial is the worst enemy of transformation, since it prevents us getting to the base cause of the breakdown, while creating a false sense of well-being. Denial-of-denial suppresses the cause totally, so we do not even know the program exists at all. When we do not know that a habit pattern exists in our mind, we will operate from it, not knowing that we are simply on autopilot, acting out a program that we choose not to recognize.

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I often hear people comment, "My life is working, there's nothing wrong, and I don't have any or many problems" ("any" or "many" depending on how far the person is into denial). Denial has blocked their awareness of the programs that are running in the background. When I ask, "Do you have peace, happiness, harmony, joy,

unconditional love and financial abundance in your life?" they respond in many ways. Most people can recognize lack of money or job satisfaction more readily than peace, happiness, harmony and joy, even though they are all in one package. The answer I usually get is, "Well, I would like to have more money or a better job that provides more income."

When pushed further, however, we find that most people are not happy with their position in life and, as we dig even deeper, the more we find that unsatisfactory conditions do exist. (Remember the originally the statement was, "There's nothing wrong with my life.")

The reason for the discrepancy is that most people live on the periphery of life, or in survival mode. Most are on autopilot, so they deny the very conditions that block emotions and programs from arising so they can be cleared. We suppress and stuff our feelings and emotions so that we do not have to deal with them. Most people will deny that there is anything wrong with their life because acknowledging that would bring up fear. If something does not work, we prefer to shelve it or run away from it, rather than face the issue causing the challenge. I find that only five percent of the population is happy with their station in life, which leaves 95 percent of people unhappy. Twenty percent of those are trying to achieve change in their lives, but the rest do not seem to be aware that life could be free of struggle. (My findings align with the statistical sample that Studs Terkel presented in his 1980 book *Working*.) With today's unrest in society, I feel that most people's sense of futility and frustration may increase the level of unhappiness.

Many people live in an illusion of happiness because they never delve into what happiness really is. They may laugh at many situations and instances and appear superficially happy, but does that denote genuine happiness and joy in their life? In a workshop or during a session, when I ask the question and probe, suppressed emotions bubble up to the surface. Because this happens with a tremendous emotional release, few can deny what's happening. When we finally admit that we are not on our path, we find that

there is a long road ahead to recovery. Many therapy processes can provide a little help, but seldom do they erase the past so we can rewrite the script for our life.

We must remember that we are the lead actor/actress in our play of life, but most of us forget that we are also the producer, director and casting crew. *We create it all; nobody does it to us.* We invite and choose the cast of characters and players into our play. Everybody is in our life by *our* invitation; no “intruders” can sneak in. We choose them all. The only way that we can change our path is to thank and forgive all the major and bit players in our life’s drama, and let them go, because we invited them to be our teachers. But that does not mean that we need to let them cause us pain, illness, disease and emotional turmoil.

The cause of dysfunction is our inability to detach and let go of emotional trauma during the play. We must rewrite the future scripts so that we do not continue down the same path, saying the same lines before the same audience. The hardest concept to accept is that we created it all and can “uncreate” it with some guidance and help. It is all simply programming software and we can easily rewrite the programs. We just need to know how. The body/mind will heal itself if given the proper support, but the support is not drugs. The support is *LOVE*.

During the winter of 1997, in a major breakthrough in the search for the cause for dysfunction, we located the most of sub-personality programs. My psychology training had taught Transactional Therapy, which focuses on the inner child, the critical parent, the inner adult and other sub-personalities that were assumed to be in the Subconscious Mind. Some researchers even advocated looking for disowned selves, or denied sub-personalities.

In 1983, I was introduced to *Voice Dialogue*, a therapy process developed by Hal Stone. His son Joshua Stone was working with us at our center, which gave me a chance to understand the process. Hal Stone developed *Voice Dialogue* to get in touch with our disowned selves in the subconscious mind. In the process, we talked with these disowned selves. (At least,

we thought we were. Now that I have delved more deeply into the function of the mind and have worked with people with Magical Child Syndrome and split and multiple personalities, I am not so sure now with whom we were talking. I doubt now that we were in contact with disowned selves all the time.)

Sub-personalities can run your life and appear very real. Chapter 6 describes how sub-personalities function and how we can rewrite their scripts. Here, suffice to say that we must review the nature of disease. The medical field defines “disease” as: A malfunction in the body that causes an infection, a virus, bacterial growth, an abnormal growth of a cellular structure—in other words, anything they cannot control or understand.

Researchers give names to the syndromes they study. Then, they try to find drugs that control them. Or if surgery is possible, they will remove the offending body part without regard to the body’s need for that organ or gland, on the assumption that if they remove the offending tumor or infected body part, the person is clear of the disease. While measures such as antibiotics and chemotherapy kill the offending body parts, they also kill all the body’s other good anti-viral agents. This is all based on trying to kill the condition before they kill the patient.

I am beginning to think that a considerable number of cancer cases seem to become healed without any medical intervention because the person decides to overcome the fear or anger that created the cancer. Do clients go “into remission” as the medical field calls it, or are they healed or cured? (See “The Placebo Effect” in Chapter 5 for more information.) My feeling is that when you release the program that causes the cancer, the mind/body deactivates the abnormal cell growth and the cancer disappears.

In my father’s case, he had one chemo treatment and decided not to continue. His doctor had given him a “death warrant” of three months to live, so he decided to go with my process but also to see a doctor whom I recommended. (I knew he would not accept my program only, so I recommended a medical doctor to work with me.)

In less than six months, we had cleared the cancer totally. We worked with nutrition and positive mental attitude so that he could get a handle on a new way of life. He changed his diet totally and, with a new attitude on life, he was healed.

(The medical doctor I suggested he consult was overloaded with patients because his track record was about an 80 percent cure rate. Most of his patients, including my father, were healed with lasting results, so the inevitable happened. The AMA and California medical licensing board ran him out of state because cancer is a big money spinner, and the medical establishment did not want him on their turf, someone with a methodology that was effective 80 percent of the time.)

When my father finally did cross over many years later, the doctors tried to pin his cause of death on cancer. But I forced their hand and demanded a full autopsy, which they did not want to do, presumably because they knew the truth. When both my mother and I formally requested an autopsy, they found the cause of death to be lung congestion and not cancer. There was not a trace of cancer in his body, which proves without doubt that the present cancer research will not find either cure or cause because researchers are barking up the wrong tree. The medical profession cannot surgically remove programs from the mind; all they can remove is the physical results of the minds programming. This, however, seldom stops the cancer from returning. But if we remove the program, as we did in my father's case, the cancer disappears for good.

Research with psycho-neuroimmunology has produced amazing results that are staggering when one looks at what has been written on it. Yet very little money for research is directed to the researchers who are finding that it is the *mind* that causes almost all illness. Unfortunately, the researchers have not found a viable process that will cure illness yet, so the medical establishment does not currently give much credence to the research. Energy Psychology and Energy Medicine are processes that will heal any illness, disease or emotional dysfunction yet we get little acceptance until a person see the results of the therapy process. Miracles are created every

day but we get no press coverage because we are considered on the fringe.

When I met Dr. Bruce Lipton at an Energy Psychology Conference, it was a breath of fresh air, Finally I met a person who knew what I had been talking about for 20 years. He started his research about the same time I did. We had both come up with the same conclusions from opposite directions. I had come from the psychological side and he had come from the medical arena, We both had the same concept. I was a little disappointed he did not have a solution even though he had the right theories. I have talked to many people who have attended his lecture and workshop who are also very interested in his theory and concepts yet they leave the lecture feeling lost because he does not have a workable solution. When they meet me, they ask “Why are you not working with him?” At this point I have not made a strong enough connection with him or his people.

People will often object or disagree with my findings, but we have proven the process repeatedly with people who are committed to becoming well. People who are getting mileage from their condition or are intent on controlling others may not *want* to get well. This may seem irrational, yet it’s true. So, why would someone want to suffer?

We have discovered many “suffer” programs, all caused from pre-birth, *in utero* rejection, childhood programming and/or past life karma programs (Chapter 15 presents the process to release these “suffer” programs):

- I need to suffer
- I really need to suffer
- I want to suffer (to get my needs met)
- I deserve to suffer (from being told repeatedly that I am somehow “wrong” or not all right)
- I *think* I need to suffer (a perception that I did something wrong and am guilty)
- I *believe* I need to suffer (based on a belief of my unworthiness or shame)
- I feel I need to suffer (usually from some feeling that I am

not all right)

- I *know* I need to suffer (for some karmic contract or program).

Finding the “I need to suffer” programs opened another door to a new concept of healing. We have found that *everybody* has some or all of them. When we opened the door to “I need to suffer” programs, we found a veritable Pandora’s box, as it gave access to the suppressed denial files. Even with clients whom we had worked with in the past, we discovered new files that had not been accessed before because they were locked up in denial-of-denial files.

Again, why would someone want to suffer? Yet that is exactly the case, because the mind is irrational when we are not in control. If Conscious Controlling Mind is running autopilot, we will be run by sub-personalities that see all their actions as payoffs. If we do not want to confront an issue, we will act in ways that are not in our best interests. And our mind will justify its behavior to avoid dealing with what it fears. It does not consider that it is killing its host vehicle, and we will go along with it because we are not in control of our life. Quite often, I find clients with irrational control issues or “I’ll do it myself” attitudes that are behind the refusal to deal with the issue.

I have had clients refuse to continue with further sessions because they complain that I “needle” them or that I’m arrogant and controlling. All I can do is retrieve the programs that are causing or running their dysfunction, with no vested interest in making someone well. If we create a miracle, great, but it does not validate me personally because I know that I do not create it. *All healing is self-healing.* I function from a compassionate-but-detached point of view, as a facilitator to show the way to wellness.

The whole purpose of my work is to learn to tell the truth and empower clients to be able to stand up and take their power back. Our mind will gladly relinquish control to us if we reclaim our personal power and stand up for what is right. Healing only happens when our commitment and intention is to discipline ourselves take control. Nobody can do it for us; nor can anyone hurt us or reject us. It is our *interpretation* of their actions that causes the breakdown.

When we choose to see the truth, healing will happen. There are no blocks to healing when we are open to the information that caused the breakdown. What blocks healing is our perception of our needs and payoffs, and our resistance to them.

In the case of depression or emotional dysfunction, doctors use mind-altering drugs, which suppress one function and activates another. This treatment gives a false reading that can cause a reaction in the body/mind, and may or may not work in the long term.

A good example of this is a person who asked in one of my lectures, “If your process does work, can people stop using Prozac and Paxil? They saved my life eight years ago, but I would like to stop taking them.”

My response was, “Yes, but we must clear the cause of your depression first. You may need a bridge to help you while we are clearing the emotional trauma and imbalances.”

I provided her with a StressBlocker to help her stabilize her endocrine system while we released all her childhood trauma and the rejection. Her divorce had reactivated the childhood traumas that were the cause of her depression. (See Appendix for information on the StressBlocker.)

Our body is an integrated unit. If we remove or suppress any part, the body will strive to regain balance, but that does not create wellness and heal the cause. My interpretation is: There is no such thing as illness or disease. I also believe that there are no contagious diseases, only contagious people who set themselves up to contract illness. Physical breakdown is caused by emotional trauma, a dysfunctional program or a lesson coming up that needs to be addressed. It is just a messenger. When we understand the message it brings, we can clear and heal the illness or disease immediately. The offending body part is only telling you that you are rejecting it for some reason. Do we take it out because it is malfunctioning? The medical field would say, “Yes.” I say, “No.” We need to find out what is causing the malfunction and then, when we clear it, the body will correct the malfunction and resume normal function.



A good example of such clearing is a client whom we'll call Sam, who was referred to me by his brother, with whom I'd had some amazing results. In Sam's session, I learned that he had kidney failure and was on twice-weekly dialysis, with no signs of recovery. One of his younger brothers had donated a kidney for him, yet he was destroying the transplanted kidney, too. Even though we successfully stabilized his condition so that he would not reject the transplanted kidney, Sam did not continue with treatment.

All the brothers had been raised by the same parents, yet Sam was the only one who had picked up the dysfunctional programs that were causing his physical breakdown. His older brother's path was one of great success. Of course, we had found the usual triggers from a dysfunctional family but he was not letting them hinder him. But when we removed those blocks to success, he made his dream come true of being an actor, and received parts in Hollywood movies and a leading part in a play. So what was the difference between Sam and his older brother? Sam was a *victim* of his childhood programming, and his brother was a *survivor*, able to rise above the same programming.

The body/mind will reveal the cause so we can correct the programming. Once we find the cause and release the program and/or sub-personality driving the malfunction, the body will recover its balance and heal itself. All we need to do is rewrite the script from which we are operating—a false belief or interpretation—or create a new program. Then we harness the body's own healing power and, when we operate from the new program, the body will heal itself perfectly.

Two clients I am working with as I write this indicate how a dysfunctional pattern is created.

*Case #1:* The client first saw me about three years ago in regards to chronic pain in his back and one foot, which was always cold even in warm weather. Seven years earlier, his doctors had put an electrical stimulator in the nerve area that would activate the nerve to lessen the pain. When this was not very effective, they suggested surgery to open up the channel in the spine to relieve the pressure

on the nerve. He decided against this because of the risk of paralysis if the surgeon made an error.

When he came to me, I did what I could for him, with limited success. He recently decided to work with me again because my process was the only one that had provided any relief at all in the last three years. Progress was slow until we found the denial-of-denial file. In clearing sub-personalities during each session, we found that six in particular kept coming up each time—judgment, resentment, blame, avoidance, disorientation, and indecision—along with feelings of futility and frustration programs. This indicated that he was unwilling to deal with a lesson that was suppressed.

When we located the cause, we discovered he did not want to deal with it because he didn't want to get into conflict over the issue. I told him, "Your back problem will continue until you decide to work out the lesson. When a lesson is up, nothing can stop pain. When the lesson is released, the pain will go away."

In the next session, we were able to release all his resistance to speaking his mind, and we set up the lesson so he could take care of it. I wondered if he would have the courage to talk with the other person involved in the conflict and start the process of clearing the lesson. We achieved some minor pain relief, and I will track his recovery to see how long it will take him to remove the denial so he can resolve the conflict in a forgiving manner. At this point he has not made another appointment so I do not know where he is in the process.

*Case #2:* A very simple issue created intense back pain for a client whom we'll call Jane. I had seen her two years earlier and, in the meantime, she had gone to a chiropractor but the back pain kept returning. We discovered that the issue was her not taking her power back and voicing her needs to her husband. For example, two days before she came to me, Jane and her husband had taken her car to get it smog-checked and it had failed. She assumed that her husband would call the shop and, if it failed the test, he would bring it home and fix it, as he had done in the past. However, this time he did not call the shop. Jane assumed that it was small item and that he'd left it

for the mechanic to fix. When the car was ready, her husband said, “I can’t take you to pick it up until tomorrow.”

Jane needed the car right away, so she walked two miles to the bus to get to the shop. She was shocked when they presented her with a \$300 bill. She needed the car so she paid the bill and got her car back. That evening, her husband would not validate her efforts to pick the car up, nor would he respond to her question, “Why didn’t you call the shop?” Her mind took that as rejection, and her refusal to demand an answer to her question caused her back to lock up. That night, she could hardly move or sleep.

In just one session, Jane’s issue came up about not standing up for herself and not giving her power away. Her back pain was gone after the session. Jane’s case is a good example of the power of Energy Psychology and Energy Medicine when coupled with Neuro/Cellular Repatterning. Her challenge began when her husband did not respond in the way she wanted him to, so she felt rejected. (Note that he did nothing to cause her downward spiral, but just did not respond in any way. Her *interpretation* of his lack of response started the reaction in her.)

As the strength built up in her, she started pushing him for a justification, and their dialogue continued until he just walked away, clamming up, and refusing to take responsibility for not calling the auto shop. This further frustrated Jane, causing her to feel depressed and her body went into anger reaction. Reacting to this negative feeling, the neuropeptides and cytokinins began to shut her body down and tighten up her muscles. As her anger and depression increased, she could not effectively voice her disapproval.

Due to the pain, she was unable to sleep, so her energy level had fallen to the point of lethargy and listlessness when she called. In one session, we were able to clear all the causes and reactions, and allow her body to return to the state of normality.

Subsequent sessions allowed Jane to reclaim her personal power totally because she ran into other tests of her ability to withstand rejection and respond effectively. She now no longer reacts to her husband’s lack of respect for her needs and questions. Nor does she push him for validation or acceptance.

In cases such as Jane's, the client can go to a serious illness if we do not clear the anger and rejection early in the buildup cycle. Jane recognized the cause of her locked back in two days, and acted to clear it as soon as possible, knowing what has happened to her in the past. Most people do not recognize the cause, however, and, if they cannot recover their personal power, end up either in long term depression, taking drugs to buoy themselves up, or they deteriorate further into a life-threatening illness and possible death.

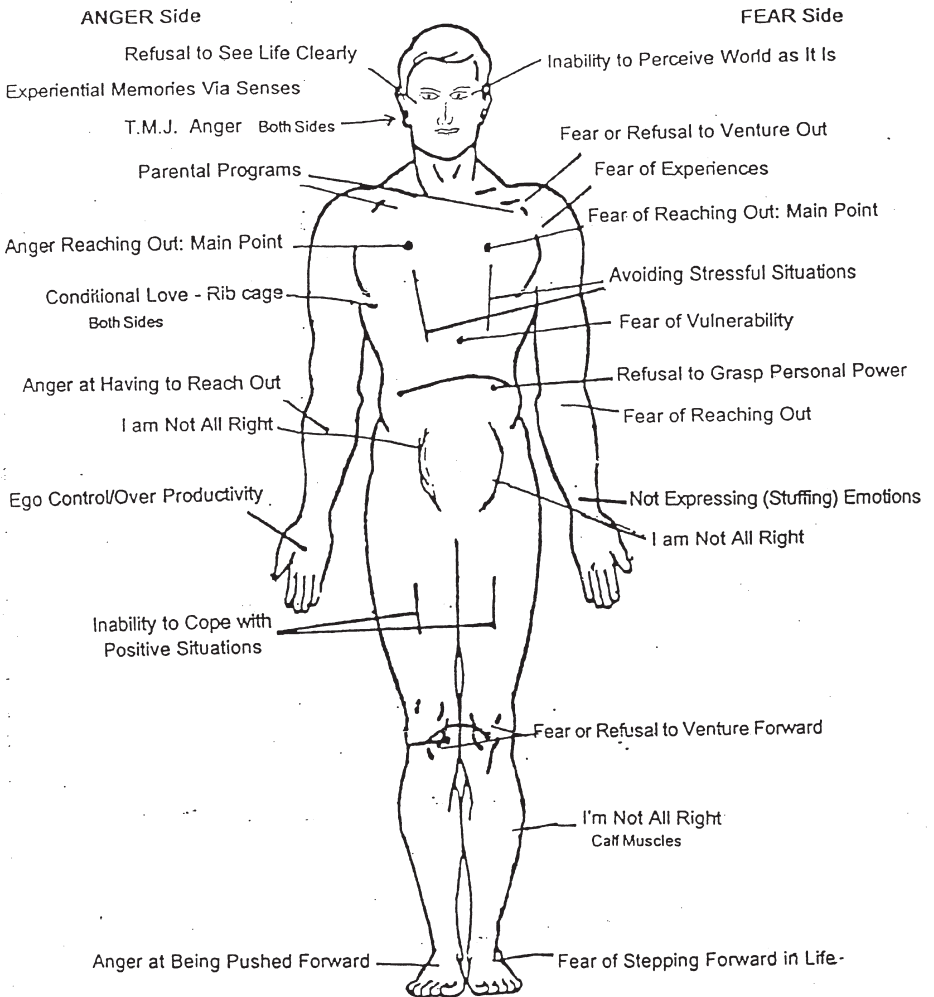


Figure 2: Stored Programs: Front

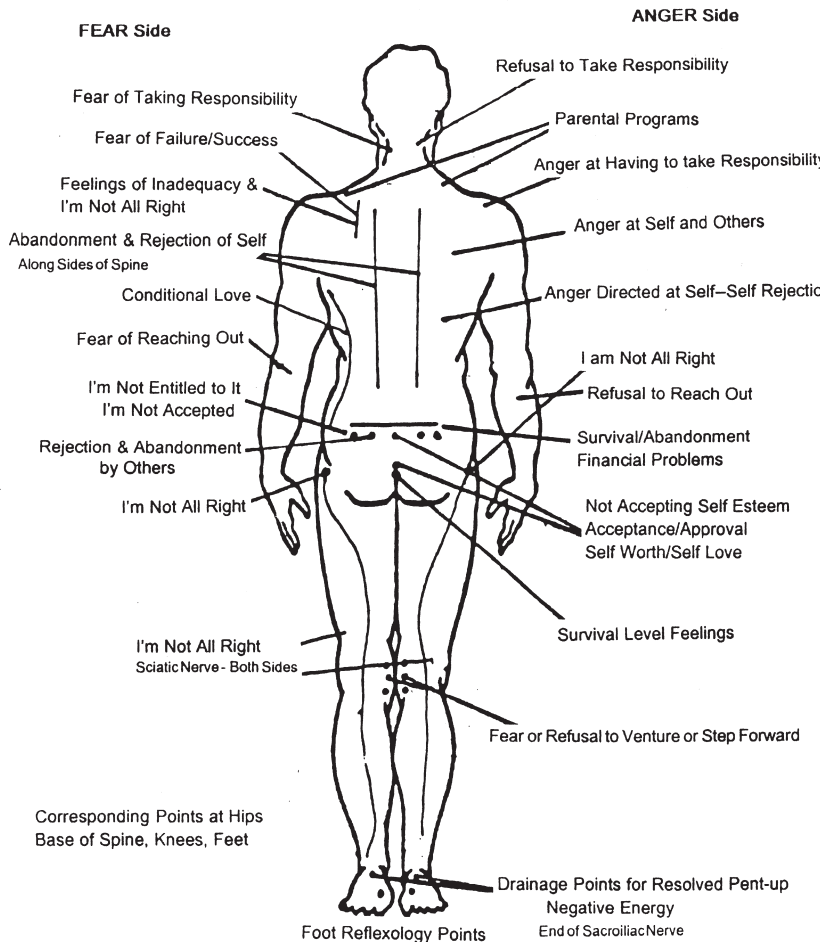


Figure 3: Stored Programs: Back

## How the Body Stores Programs Locked in Cellular Memory

Figures 2 and 3 show front and back “body maps” respectively, of where in the body various programs are stored.

Each point on these maps is an acupuncture point. When emotional reactions occur and are recorded in the mind, then they are sent to these cellular memory locations. Each time they are deposited to the cellular memory database, they build up until they cause pain at this location. Seldom can you release this pain with

drugs or manipulation because the programs that hold them in place must also be addressed. To release the program, all we need do is find the cause and core issue, and then repeat an affirmation to forgive and then accept the situation as cleared. The pain will be released (see Chapter 15 for the process).

These cellular memory programs start recording *in utero*. As early as the first trimester, the fetus begins recording in its cellular memory how the mother and those around her feel about her being pregnant. After birth, the cellular memory is transformed into programs that will continue to build, based on how the child is treated by its primary caregivers.

When a program has an emotional charge to a situation, the mind deposits it in a specific location in the body. Locating these acupuncture points has been a 20-year research project. When I located a specific emotional reaction, I also found that all similar syndromes or reactions were stored in the same place. If this showed up in 20 or more clients, I added it to the body map. Everyone, male or female, stores the programs in the same locations.

Some healers claim that they can remove the pain associated with the program by many different methods, but I have yet to see long-lasting results. Many of my clients who have seen alternative practitioners tell me that the pain, illness, or dysfunctional pattern was relieved, yet it later returned. I have found that if the program is not removed from all files, it will reactivate when the same catalyst triggers it. Our mind backs up all its files daily while we sleep, and our dreams are often windows into this back-up process.

## Summary

We have found that, as more information is revealed when we work with people, one can either rise above the programs that cause illness and disease, or be submerged by them. We cannot afford negative thoughts or feelings to enter our mind as they will set up a depressive reaction in our mind. The body's neuropeptides and cytokinins will begin to send out negative messages that depress

our immune and endocrine systems. When negative programming begins to activate, it is deposited in cellular memory, which begins to break down the body. The process starts slowly at first but, if we do not recognize the inroads caused by negativity, fear, anger, rage, resentment, the process will eventually end up in a life-threatening disease.

Many malfunctions are control-based, as the ailment brings the person the attention craved. We must rise above our needs and payoffs to the point where we do not need others to validate our existence. As long as we depend on others for acceptance, recognition, respect and a feeling of being all right, we will be subject to situations that cause malfunctions in our life. When we rise above the need to get validation from others and can accept and love ourselves unconditionally, we will approach the state of total wellness. You do not have to be sick to know you are not well.

In the last five years we have discovered many more situations that are critical issues in clearing programs and beliefs.

In 2003 Tracy, a practitioner in Toronto, I have been working with the issue of Split and multiple personalities. I had not wanted to deal with them but we had to address them as they were a critical factor in healing. When we checked each other out, we found we were controlled by split personalities so we began to check every client and discovered we had been working with the split personality, not the true person. This brought up a big dilemma. Had we been overlooking a major factor in our work? When we checked out clients who had seen us in the past, we discovered much of the work we had done was now erased when we cleared split personalities. So we had to go back to those that would come back and do some more clearing.

The seeds that cause most of our problems are set in place by the time we are four to eight years old..

In most cases the cause of all breakdowns, malfunctions, illness and disease are caused by lack of love, acceptance, validation, approval, acknowledgement, respect and recognition. Two of the big issues for children are trust and respect. If they do not get this from the model their parents show them, they will not trust their parents.



## Chapter 6

# Energy Medicine: How the Body Communicates with the Cellular Structure

Each cell in our body is akin to a “network computer” controlled by the mind’s mainframe computers. Sensory input can reformat the systems of the entire bodily function and structure in microseconds based on prior input installed through our thoughts, feelings, emotions, what we say to ourselves and others, and what others say to us. Our Middle Self receives the sensory input and searches the prior input (along with the Program Manager) to form an appropriate response.

If we are in control of our behavior, we can provide the appropriate *response* with our Conscious Mind. We have 30 seconds to make a decision as to how to respond to the sensory input. When we are not in control, the sensory input drops to the next level and turns into a *reaction* as Middle Self assigns a meaning to the input. At this point, we react according to the programs that are in the file. File Manager pulls up the program out of the Subconscious Mind’s database and we react according to the programs from the past. This all happens automatically if we do not *consciously* decide how to handle the situation.

Medical researchers working in the new field of psychoneuroimmunology have proven without a doubt that positive input, such as expressions of love, kindness, positive support and



acceptance will activate healing energy within the cellular structure of the body. Negative input, such as fear, anger, rejection or outward displays of resentment and blame, causes the body to suppress its immune system and shut down its endocrine function. The challenge before researchers is to find a way to prevent or clear, and then release the effects. So far, they have not found an effective process that will work in every case. What they have worked with has a marginal effect. With Energy Psychology and Energy Medicine, coupled with Neuro/Cellular Repatterning (N/CR), we have the answer. We have proven over the past 20 years that N/CR has a 95% success factor on any issue if clients will cooperate and discipline themselves to follow through with the process.

Research has shown that, as adrenal activity increases to handle fear, stress or anger reactions, it will slow down or shut down the secretion of hormones and chemicals that our body uses to heal itself. Secretion of “happy” brain chemicals, such as serotonin, interferon, interleukins and even L-dopa are shutdown by excessive adrenal output. The cell receptors begin receiving stress messages that tighten the muscles, ready for flight or fight, on receipt of messages that alert them. If these messages continue for an extended time, adrenaline output increases to a level that can cause adrenal exhaustion and resulting depression. If the output continues for an even longer period, illness and disease will result. The implication is clear—we cannot afford to hold negative thoughts or feelings. Our mental, emotional and physical health are the high price we pay when we allow negative feelings and reactions to control us.

Many major speakers proclaim the effect that love has on our Body/Mind. Ten years ago, the medical community would have laughed at them but, today, even people from the medical field are making these claims, such as Bernie Siegel, Larry Dosey and many others. We have found that love is the basis for all healing. When you rewrite the programs so that people can love themselves, miracles can happen.

Medical researchers are now discovering that the body communicates positive or negative impulses to itself through chemicals such as neuropeptides (NP) and cytokinins. The cell

receptors react to the messages sent to them by the body/mind's reaction or response to feelings and to how sensory input is interpreted. For a long time, it was thought that only the brain released NPs, but now we know that all cells communicate with NPs. NPs are like the acid in a car battery—turning the ignition switch triggers a chemical reaction in the battery that is converted into electrical energy, which cranks the starter. In our bodies, the NPs release minute electrical impulses that tell the various parts of the body what to do. These messages travel around the body in microseconds.

Our nervous system operates on electrical impulses, and messages of fear or anger create a destructive reaction in the body. The body cannot interpret this logically as, “Oops, this is a dysfunctional interpretation of incoming sensory data, so do not record.” Instead, it records *all* sensory input without censoring the negative input. This can cause us to go into a downward spiral of behavior in seconds as all bodily systems do exactly what our mind instructs them to do. But if we are able to intercept and block the sensory input before our mind activates the reaction, there will be no effect.

A basic human need is to receive love, so when we are in an accepting, supportive loving state, the NPs transmit a positive, love-based message, which heals the body. On the other hand, illness, disease and depression stem from lack of love.

The next time you hurt yourself and feel pain, try this experiment. Focus your mind on the location of the pain and surround it with love. Send love to the point of pain and feel the love releasing the pain. The pain will subside very quickly. For example, suppose you accidentally hit a fingernail with a hammer. Normally, bleeding occurs underneath the nail, but sending love to the finger will stop the bleeding more quickly. It will not swell up or get black, and you will not lose the fingernail. I have done this myself many times over the years and I have suggested this process to many people who have used the process. It works every time.

The main reason why researchers cannot find a cure for disease is that all disease is created by the mind's interaction with the body's cellular structure. You cannot remove a pattern from the mind with drugs or by removing the dysfunctional part of the body. Conversely, a cathartic release can remove emotional pain by releasing the pent-up anger or fear energy, but it will not remove the program. The dysfunctional program is still operating, and the illness will be created over and over, until the program is released. If you do not release the program that caused the emotional pain, no amount of affirmation on forgiving and releasing a person will prevent recurrence.

Identifying the cause of the program in the first place is just the first part of challenge. The program must then be released from the physical body/mind to effect permanent healing. (You will see this statement repeatedly in this book.)

Pain is an indicator of resistance; your mind is talking to you. All you need do is decipher the message and you can release the dysfunction. This is why Neuro/Cellular Repatterning works so well. We tell the Subconscious Mind to release, and the NPs do the work for us, provided that some program or sub-personality does not intervene to stop the process.

The Body/Mind is an amazingly sensitive bio-electromagnetic machine. Medical research has yet to understand that the body will heal itself if you release the dysfunctional programming and allow the original programs to perform as they were intended to do. Each cell has an original blueprint from which it can regenerate itself, and it retains this blueprint even when we write over it by placing limitations on the cellular structure. So the cell then begins to recreate the limitations in itself from the existing programs held in its files. All we need to do is remove the limitations and healing begins. The mind holds the program and sends it to the cellular memory, which creates the dysfunction that causes breakdown in the cellular structure. The malfunctioning program continues until we rewrite the program. When the limitations are removed, our cells can regenerate themselves from their original blueprints.

Medical research has discovered that cells communicate with each other using NPs, that the mind communicates through the endocrine system, and that it mobilizes the immune system. But doctors do not seem to understand the research findings. They are baffled by most diseases, against which drugs and surgery have only selective success. Admittedly, doctors do a fine job in putting broken bones back together and patching up bodies that have been damaged in accidents but, when faced with a symptom that does not need repair, they are at a loss as to how to handle the situation. Granted, doctors do achieve some success with disease, but their work does little to isolate the condition causing the breakdown. However, people who want to be healed can do it themselves if they are able to break through the negative programming and create a positive mental attitude.

Medical research is stumped on another matter: why the same treatment for same disease yields different results with different people—one dies and the other recovers. It always comes back to the question, “Why? Why this selective immunity or selective remission?” When we understand the mind and how it functions, however, why the results differ is obvious. As a result, we must be accurate in the program we are releasing and reprogramming, including their application in our life.

## The Placebo Effect

Medical researchers and doctors do not yet completely understand the placebo effect, even though they are often faced with the results. The placebo effect is the mind accepting the intention behind the methodology of the practitioner. The product or the process may have little or no real therapeutic value, the controlling factor being whether the client accepts and believes that the process or drug *will* work. On the other hand, some people do not consult a doctor or practitioner after the diagnosis, yet they end up clear of the disease that was diagnosed. How? A miracle? The power of the mind?

I used to subscribe to my mother’s contention that God helps some of us but not all of us. Today, I do not believe it has anything

to do with God, mainly because there is no selective God that favors one person over another in any way. Fifteen years ago, I believed that selective remission was somehow causing the healing but now I know from my research that the controlling factor is the programs that control the mind's communication with itself, and that *all* healing is placebo effect unless you remove the programs. In fact, I have found that people who have experienced frequent miraculous healing have erased the programs even though no one had worked with them to rewrite those programs. How do we explain that phenomenon? The power of the mind? If the belief becomes a knowing, we can heal anything. With the power of the mind, a strong belief system, and a committed intention, you can heal anything. People who have a strong intention and commitment make practitioners think they themselves have caused the healing, so the latter describe themselves as “healers” when it's really the placebo effect in action.

Positive Mental Attitude (PMA) is the basis of all healing. The stronger the intention and the commitment, the easier it is to create a healing environment. Positive thought and action can have amazing effects on the body because the response causes the body to support itself with positive feedback that activates all the receptor sites to produce healing energy. (Book two in the “The Mind/Body Medicine Connection” series, *Energy Medicine/Energy Psychology and Psycho-neuroimmunology in Practice*, will provide further explanation.)

Pharmaceutical drugs appear to have little positive effect on the body unless patients taking them believe and accept that they will work. Doctors are finding that patients are developing resistance to many drugs that used to work in the past. Simply reading about a drug's side-effects in the Physicians Desk Reference (a listing of all the drugs, their ingredients, uses, contraindications and side-effects) or having a doctor or practitioner explain the cautions may be enough to catalyze a particular side-effect. Then the patient would need to take another drug to counteract that side-effect even though the prescribed drug may not have its primary effect at all. So the placebo effect can work in reverse, too.

An example of this is a man who attended one my lectures. He was taking a drug for high blood pressure and his doctor told him that a possible side-effect was diarrhea, which began as soon he started taking the drug. He realized his high blood pressure was caused by arterial sclerosis and decided to use chelation therapy to clear his blood vessels. This worked well and his blood pressure went down and he avoided heart bypass surgery. However, he continued to have diarrhea and, every three hours, had to take pills to control it. In hopes that we could stop the diarrhea, he volunteered to do a demonstration with me. With a simple affirmation, we cleared and reversed the doctor's statement about the drug and forgave the doctor for the miscommunication. The result was end of the diarrhea. It stopped on the spot. Any statement your mind accepts will become programming; this is the basis for the placebo effect.

Some of my clients have had electrical stimulators surgically implanted in the body to stop pain but they no longer work after a time. Hospital inpatients are often hooked up to an antibiotic IV drip for days, weeks and even months in order to kill a viral or bacterial infection, and they finally get well. Why? The placebo effect finally kicks in and they get well because they believe it will work.

In the following case history, however, it did not work. When Jim was told he must go to the hospital for chronic back pain, his girl friend gave him a copy of this book. After reading it, he called me to ask when I would be in Toronto. When I asked about his problem, he told me, "The doctors say that it's a bacterial infection, but the daily antibiotic injections are having no effect."

When I arrived in Toronto, he had been in the hospital for four weeks, receiving daily a one-hour antibiotic IV drip, with no visible signs of recovery. In the fifth week, I was able to get to the hospital and work with Jim. (Since my tools are my mind and body, and do not carry any equipment or briefcases, I look just like any other visitor and did not draw any attention.) When I located the cause of his pain, we cleared the issues that were causing it, he began his recovery, and was released the following week. Before releasing

him, the doctors took x-rays and ran an MRI but would not discuss the results with him, obviously because they could not understand what happened. No results for four weeks and totally healed the next week, with no change in treatment.

I have since done follow-up sessions with Jim, and he attended one of our Level One Energy Psychology workshops, at which he commented, “You probably do not how wonderful it is to be able to walk up steps without pain, and to know that I’m getting better each week.”

We were able to help heal his chronic, debilitating back pain by clearing the anger and resentment he held towards his parents. It was the same old story of being rejected at birth, which continued into childhood. His family was controlling, dogmatic and did not know how to express love. When the lesson is up, nothing will clear it unless we recognize the cause, and release everyone involved, with love and forgiveness, accepting them as they are. When you clear the fear, anger and resentment that are the cause, the condition will not return because it has been cleared completely. This is not the placebo effect.

In many double blind studies, researchers get skewed results because of the placebo effect and, many times, the placebo is more effective than the drug. The most effective drug is positive mental attitude (PMA) regarding the process and/or the practitioner. If you accept the process, it will work for you. On the other hand, negative thoughts, feelings or actions will suppress cellular activity and the production of the neuro-chemicals that support immune system response. This in turn causes a build-up of cytotoxins that trigger cellular breakdown. Since all systems are depressed by negative sensory input to our “database,” it will produce actual physical/emotional depression as the endocrine system tries to cope with keeping the body’s energy up. The result is increased adrenal output that eats up the body’s reserves, producing the same effect on the adrenal glands that diabetes does on the pancreas. Doctors try to intervene with Prozac, Paxcel, Zolov or other mind-altering drugs as a stopgap measure to help a patient cope with the depression but that does not get to the cause.

At a recent book show, I talked with a doctor who was writing a book on placebo medicine. He told me, “I have become more effective than most of my colleagues since I began using saline solution injections and placebos. I no longer prescribe any kind of drug, yet I have more success now than I did in the past.”

In response, I related the following astonishing story to him, to which he replied in a matter-of-fact way, “Oh, that happens all the time.”

About 15 years ago, the FDA began testing a new anti-cancer drug called *Kerbotzin*. In the first six months of the 18-month double blind study on the efficacy of the drug, the results were spotty, ranging from total remission to no effect at all. Having exhausted all other possible treatments, a patient with metastasized cancer asked his doctor, “Is there any experimental drug that I could take?”

The doctor joined the Kerbotzin test group and obtained a free sample of the drug. He injected the patient with it and a miracle happened—the cancer disappeared almost overnight! About three months later, the FDA released its preliminary report, saying that the drug was not very effective in its tests. Within days of the patient reading that report, his cancer reappeared.

At that point, the doctor felt the patient had nothing to lose, so he conducted an experiment of his own. He called the patient and said, “I’ve obtained a newer version of the drug that’s stronger.” All he did was inject the patient with saline water, but the cancer disappeared again. At the end of the 18-month test period, the FDA did not approve the drug, claiming inconclusive results. Within two days of reading that report, the man died, after having been cancer free for a full year. The power of the mind is awesome; the placebo effect works in amazing ways.

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Many books bear titles such as *The Cure for All Cancers*, and others describe the cure for this condition or that condition. However, among those who have tried these processes, the success rate is not encouraging. Of course, some people do successfully clear up a disease using the products and processes that are



advocated, but it's mainly because a belief is set up in their mind which becomes an inner "knowing." It is not actually the product or the process that heals them, but their commitment and belief.

We are finally understanding the placebo effect in healing. Once clients release the fear, their minds heal them. There are only two basic processes; healing that eliminates the syndrome permanently, and remission, which puts the condition into limbo for a time.

I often work with clients on whom the medical profession has given up. They have been given a death sentence and told to get their affairs in order because they have only so many months to live—something that is communicated to every cell in the body. Having some authority figure telling you, "You're going to die in three months" just about wraps it up for most people and they self-hypnotize themselves into compliance.

Fortunately, some people have determination and come to me. We reverse the disease syndrome and release the doctor's death sentence, all without drugs or surgery. Because all dysfunction is caused by fear, anger, self-rejection, invalidation, feeling unacceptable, not all right and the lack of love, the only treatment needed is unconditional love. When this is transmitted to you, your body feels a sense of security and uses NPs to relay this love to your cells. The cells in turn release the disease or dysfunction and heal. Drugs and surgery simply cannot perform this miracle.

An example of determination with a burning desire to recover. A woman called me and asked me if my book was really true. (I receive a lot of calls like this) She had read it in two days. Her statement was "I just want my life back. I do not care how much it costs or how long it takes." She was from the east coast and was willing to fly in to see me the following week which she did. She overcame all her blocks and limitations over the next two years. Her friends saw the miracle transformation in her life and wanted to see me too. She invited me to her city so she could continue working with me and share my work with her friends. The rest is history.

She came from an almost total disability when I first saw her two years ago to an extremely successful career in her business plus presenting seminars and trainings and publishing a book.

That is what I call determination and commitment. If she can do this, anybody can. It just takes intention, discipline and follow through. We do not give up no matter what the road blocks in our path are.





## Chapter 7

# Cracking The Mind's Codes

**S**ince we are multifaceted, binary digital computers, every file is coded and locked in the mind's database. We do not hear or see with visual impressions or words; all our sensory input is transmitted through chemical reactions or electrical impulses through neuro-pathways in our body. The brain is a switching network that directs all the information to the various cellular points of contact.

The information is transmitted in microseconds from thought to action. We have control over how the information is interpreted and used to get the end result we desire, yet very few people use their ability to maintain control of their body and mind. About 90 percent of the population is on autopilot and, as a result, have very little control over their daily activities. Almost all of their reactions are automatically decided by their Inner Conscious Mind with help from the sub-personalities. Our database in our Subconscious Mind contains all the files and programs that are used to direct our daily life. They can be accessed in microseconds.

In 2003, we encountered a part of the mind we had not worked with before. One of our practitioners in Toronto asked me if I ever worked with spllt or multiple personalities. I had avoided them because I did not feel they were in our field of work. Little did I know this would make a major shift in our work.

What we discovered was that almost everyone has them. We found we were not working with true self until we released the split personalities. We went back to past clients and released the personality selves and we were now back to true self but much of

the work we had done in the past was now gone too. We had been working on the split personality, not true self. In many cases, we had to start over again with childhood and the causes of the traumatic incidents that caused the separation from self.

One of limitations we must deal with is that the Conscious Mind can only record sensory input at 134 bits per second which is very slow in comparison to the Subconscious Mind's 210 million bits per second. We can teach ourselves to bypass the Conscious Mind's limitations by learning how to scan. Using a technique termed Photo Reading, we can read a 100-page book in 20 to 30 minutes. We must understand that since our Subconscious Mind never turns off, it records every bit of sensory input that makes contact with it whether we want it to or not. We can maintain some control by setting up programs to block certain input. The N/CR technique contains a step to install a quarantine, firewall and a spam blocker, which will help block information that is not in our best interests for our health and well being.

We can choose how we desire to respond to every thought and sensory input, yet very few people understand how this happens. In a sense, we are at the mercy of our mind's programs and most people do not even know it, so they justify or blame everything around them. Every minute of the day, we can either have total control of our life or give our personal power away.

Often we see a person with unlimited energy and enthusiasm, who seems to flow effortlessly through life with no limitations. Everything seems to fall into place for them with no restrictions. How does that happen? I have direct experience with the situation myself. Twenty years ago, it seemed that I would never get to this point in my path where life was ease and peace, rather than struggle and battle. From my research over the last 25 years, I knew that you must build a solid foundation. I tried to discover how to do this by studying as many alternative therapy processes as I could, and became a "workshop junkie," but I didn't find the answer until 1982 when I bought a computer.

When I started my journey, I did not know there are four sets of codes that must be mastered to get to the state of enlightenment

I was seeking. To build the foundation for success, I decided I had to find the way to total wellness. Everybody told me they had the answer. Looking for this elusive key to success, I wandered through all the various disciplines from Eastern to Western gurus and teachers, but never found the key.

My physical pain was driving my life but I did not find that key until 1984. In my attempt to find the answer, I cracked the first code to physical wellness and success in 1978, yet I did know it at the time. I started maintaining my current age and becoming younger. I accomplished feats that people said I could not do. Even though I was feeling better, cracking the emotional/psychological code (code #2) took six more years of research until, in 1984, a client revealed to me how to do it. Working with her, I was able to heal my back pain. She was the catalyst to bring this awareness to me. I was sailing along with this new awareness that physical health is controlled by our mind until I met the next lesson. My business went bankrupt in 1987 because I was not watching the hen house, and the foxes (my partners) killed the business.

It took twelve more years until 1998 to crack the third code—mental control and success. When I recognized that there was no one but me out there to show me how to succeed, I recognized the code. Many people had the formula, but I had to activate it in myself. I had released all the negating rejection and resentment programs from the past, so I assumed I should succeed. How do you step up to the plate hit a home run? That was the elusive one for me.

In 1997 when I published my first book, I went stone deaf until I discovered the code. I realized there was a major file on: *“People will not accept what I have to say, so why stick myself out there, where I will fail?”* I would not give up because I knew I could make the grade. I presented a seminar while deaf, which really showed me I was accepted. Everybody was supporting me for not backing out and canceling my presentation. This opened the door, yet I was not finding the key to financial success (code #4). My mind was fighting with me because it felt it was protecting me from rejection. I finally broke this barrier in 2001 after going deaf twice more.

In 2003, we discovered something else that exists in 99 percent of us—that we are not who we think we are. This major breakthrough came when one of my client-practitioners in Toronto, Canada told me we have to clear split- and multiple-personality selves. We could describe this as a code since the selves are set up in such a way that if you do not ask the proper question, they will not be revealed. See description in Step 4 of Chapter 10 in *Energy Psychology / Energy Medicine*.

Most of us have been programmed, as I was, for failure. We carry “*I’m not all right*,” “*I’m not entitled to ...*,” “*I’m not accepted or approved of*,” plus fears of vulnerability, of being inadequate, of being rejected and/or abandoned, and myriad defective programs that cause us to react to get approval. We become saviors, rescuers and empathizers so we can draw approval from others. When I was able to break the third code, everything opened up and I could see why I was limiting myself. The second and third codes are intertwined so must be cracked before real success can take place.

The fourth code is spiritual awareness. Most people start here and forget they have to build a foundation for success. I started at this point, too. In 1976, I decide to sell my restaurant to go on the journey to find myself. I was lost in this spiritual/metaphysical jungle until I recognized that enlightenment involved activating all the codes in order. When I started showing people that the spiritual aspect was the last one, many people rejected my contention. Twenty years later they are still stuck in the mire of their disbelief ... and envious of me and my success. I showed them the way up the ladder when I was at their level but they did not want to take responsibility for their life.

Spiritual transformation only happens when you are capable of listening. This brings on the level of enlightenment where you realize that you get what you give. My books *GOD Is Talking; Are You Listening?* and *Journey Into The Light* detail my work and research on the last code.

When you get to this step, you open the door to another series of lessons and codes that must be worked through. True success

and abundance at all levels of your life can be accomplished when you release all the malfunctioning programs that block you from success and abundance.

Once you get the doors of success and abundance open, everything falls into place. It seems effortless, as everybody and the universe seem to be at your service. Some people seem to ascend this ladder effortlessly, while others fight and struggle throughout their life. For a few people, the codes were opened when they were born, so they inherited a functional family. They seem to live a charmed life, yet others from the same family never seem to succeed. Why? We carry forward our file cabinet from past lives, with all the unresolved lessons until we confront the issues. We must clear the lessons generated by our past lives or they will block our success.

Many people may not have to go through all the lessons, as some of the codes may have been opened by their parents because they were shown what was to be loved and accepted. They appear to go forward without much hindrance. Other people desire to create the intention and commitment to discipline themselves to follow through, yet they never seem to make the grade. If they keep their commitment and have to fight themselves until they reach their goal, they will reprogram their mind to build a habit that will result in a belief that, in time, will overwrite the defective program. Many successful people have taken this route, which takes a considerable amount of drive and will power to accomplish the goal in this manner. I know I accomplished my goals by never giving up or letting myself fall back as a victim.

Over the years, I wondered and was puzzled by people who seemed to have it made financially. Their success and abundance were obvious, yet they had meltdowns, failing in the physical, emotional or relationship areas of their life. Most these people would not talk with me or allow me to work with them. I discovered that they could not understand why they could be so successful financially yet their health was failing. I found that their focus was off base because they had a special relationship with themselves. They had used their willpower and the knowledge



they had gained to make the proper decisions to get to their goal, and mastered one facet of their life, but they overlooked building a strong foundation upon which to anchor their success. We very seldom can perceive our special relationship, as it is in denial and is the basic operational pattern we live by. When we make a claim about what we can do, quite often our mind put us up to a test to see if we can perform as we claim. If we cannot perform, it will throw us into survival. We are a multifaceted being and must work with ,and take care of, every level of our life.

Why is it that only 5 percent of the population understands this process of success? We can go to endless seminars, workshops and boot camps on personal success and many streams of income, but will we follow through? Statistics show that less than 25 percent of attendees actually reach the goal of financial success. Less than 2 percent reach the level of total wellness at all levels of enlightenment. Why?

When the book and the movie *The Secret* came out, most people thought here is the answer to success. It was the key, yet most people were not able to follow the instructions. Why?

The conflict is that if we have not built a good foundation to start with even though the presenters laid down the concepts in the proper manner, most people do not feel they are entitled to money and success. It is why this whole book is about self-empowerment..

Most people get caught in procrastination, avoidance, confusion, vacillation, indecisiveness, disorientation, disassociation and inability to take action. Then they beat themselves up for not seeing that they could accomplish what they set out to do. Unfortunately, they are driven by the programs in their database in the Subconscious Mind.

When we have no resistance blocking us, we can set on the path to our goal. It starts with desire, intention, commitment, discipline, and the courage to follow through. When we get a few victories in our success file, we can see that it is very easy when there are no limiting programs.



## Chapter 8

# Beliefs, and Cause and Effect

Our lives are run by beliefs, concepts, interpretations and attitudes that create programs. *In utero* interpretations that are recorded and locked into the cellular structure before we are born will create beliefs that, if acted on, will become programs that control the balance of our life unless they are released. Then, after we were born, if our parents continued to treat us similarly as the *in utero* sensory input that we had already interpreted and recorded in our cellular memory, then we validated those interpretations as true. As a result, they became beliefs that set up our life pattern. When we were born, there were no beliefs in our mind; we created them all from the moment we entered the physical body.

When we first take a new computer out of the box, it comes with just an operating system. This is analogous to the body's autonomic nervous system and chemistry that springs from our parents' DNA. Then we begin to add data and programs from a variety of sources, such as copying from the previous computer (a past life), borrowing from friends and relatives (imprinting from our caregivers), and downloading from the Internet (interpreting our life experiences). Over the years, our hard drive becomes cluttered so periodically we need to go through all our old programs and data, and purge whatever no longer serves us in the present. So let's look at some of the things that may be cluttering up our personal "hard drive."

As we have seen, one of the most devastating beliefs we carry is: “I need to suffer.” This can come from past life karma that we carry forward into this life or it can come from childhood where we pick it up from a dysfunctional family pattern. It can also come from religious beliefs, and cultural/societal models. If we were abused as a child, having no other model to go on, we assumed that abuse was simply the way life is—which itself became a belief that we will perpetuate into the next generation ... and so the cycle goes on and on, unless broken by a parent not on autopilot.

If we had no love model present in childhood, we interpreted abuse as love because it was the only form of attention we received. Suppose we made a mistake and someone disciplined us for it, or we accepted that we had done a dumb or stupid thing and we put ourselves down for it, or someone else berated us. We could then accept *as a fact* the belief that we had no value. And that lack of self-worth still drives us today, even in adulthood. Why? Because we’ve never purged our “hard drive.”

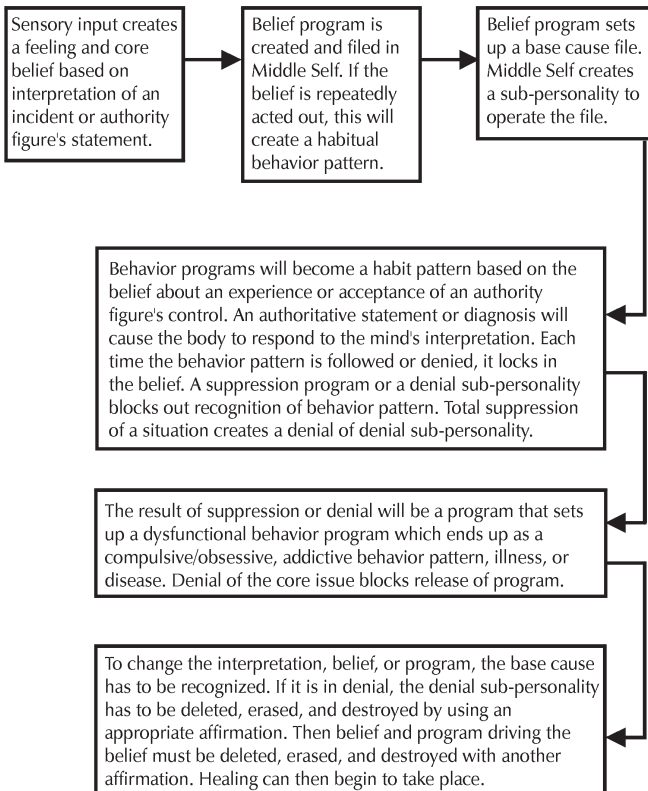
We can choose to forgive ourselves and the other people involved, *but we did not know that as a child*. If we do not forgive, and if we do not recognize that we can love ourselves and release ourselves from our mistakes (real or imagined), then we will set up the belief and program that “I need to suffer for my mistake.”

Unless we recognize that our belief system is in error, the belief and program will continue to haunt us throughout adulthood. And worse, each time we put ourselves down, the program and belief increase in intensity to, “I really need to suffer,” and then to, “I really, really need to suffer.” The extreme, of course, is “I need to die for what I have done,” or the crucifixion complex. Is this an isolated phenomenon? Among my clientele, a staggering 98 percent has this belief and program to some degree, from mild to crippling.

The question is: “How do we stop this from happening?” Detecting karma from past lives is difficult unless you can read the past life records. Even then, it’s hard to read your own records accurately. However, once detected, simply erasing and deleting the program and belief will end their influence. (See chapter 15 for the process under Shadow Selves.)

Seldom do we act in ways that are not controlled by a belief, program or habit pattern. Our interpretations of our experience, plus our interpretations of other people's interpretations, will create beliefs and record them in our database. Our mind is very literal, and uses any repeated activities or actions to project that we will be treated the same way in the future.

Another source of erroneous beliefs are those you accept from so-called authority figures, whose words can program your mind just by them talking to you or explaining something. Anyone you accept as more knowledgeable than you on a subject, be it a car mechanic, medical doctor or rocket scientist, becomes an authority figure to you, and your mind will accept their opinions as correct, which then creates a belief. At this point, if you react or feel threatened by the belief, it can be transferred to a program (see Figure 4).



*Figure 4: How a Belief Is Created*

Since your mind observes everything around you at all times, anything threatening to you can become a belief, too. The radio and TV news will program your mind if you are not continually monitoring what your mind is taking in as sensory input. For example, the phrases “weapons of mass destruction” and “Muslim terrorists” are now firmly connected in the minds of Americans, due to having been spoken together hundreds of times on the news, even though the connection may not be true in all cases.

Subliminal advertising also proves this point. About 35 years ago, just before the intermission in a movie, researchers briefly flashed a message on the screen: “Buy popcorn now” ... and popcorn sales increased by 150 percent. The message was not consciously detected but, since most people’s Conscious Mind operates on autopilot, the message was taken in, recorded and acted upon.

When we were children, our parents set up much of our belief system by the way they cared for and treated us. Conversations that we overheard that had no real importance to us could set up beliefs that will play out later in life. Childhood events can make serious imprints on our mind. For example, a client who was 120 pounds overweight had tried all the available weight loss programs, yet she could not lose any weight. In fact, she actually gained weight on diets but could maintain her weight with a normal diet. We found the cause rooted in a discussion she had overheard when she was eight years old. Her grandfather was extolling the virtues of being fat because it had saved him from dying of starvation in a POW camp during WWI. She took that statement in as a belief, which tied on to a program about not being loved (which also causes a person to turn to food as a substitute for love).

The fear of death, viewing obesity as a way to avoid death, and the feeling of rejection coupled up and created a program that said, “If I am not fat, I will die.” We cleared all the programs about rejection and the need to be fat, and we reinstalled the love program. She then began to lose weight at a rate of ten pounds a week for a month, and then at a lower rate. In a year, she was back to normal weight on a normal diet.

One of the most troubling cultural myths that has no truth concerns hereditary dysfunction, illness or diseases that are carried from generation to generation. It is the *belief* that is passed on to the children by the parents, not the *condition*. The belief controls the illness, disease or condition and, the more the family talks about the hereditary condition, the deeper the belief becomes imbedded in members' minds. In my work with countless clients, we have released the whole disease syndrome by affirmations acknowledging the situation and forgiving the family member(s) from whom they accepted the erroneous belief.

As an example of this syndrome, a person with a serious case of diabetes came to see me after a lecture, and asked, "If my diabetes is a belief, why did it manifest when I was forty-two, when I haven't had an outbreak since I was sixteen?" When we found a catalyst or activator from childhood that came up to reinstall the condition, a simple affirmation was enough to eliminate the diabetes forever.

If such a "disease program" is in the mind, it will reoccur whenever the catalyst or trigger is re-experienced. The belief delivered the payoff in the past and it will do so again if you have not overcome the emotional condition that created the belief.

A belief in hereditary disease can be passed on through beliefs. For example, a client asked, "Can we determine whether I'm carrying the gene or DNA program for a rare heart disease that both my father and son died from?" The answer was, "Yes," so we accessed their karmic records and found out the cause of death—a belief in hereditary heart disease that had been carried in the family for generations. Their medical doctors had deemed them incurable because nothing seemed to halt the deterioration of the men's heart condition. This was because there really was no disease to cure; they both died from the inherited belief that they had heart disease. We removed the false belief so that she would no longer be affected by it.

A belief will become a program if it sits in your database long enough for it to become a *habit pattern*. If the habit pattern becomes well enough established, then a Middle Self sub-

personality will adopt the program and lock it in. If we sell out our power to Middle Self and are on autopilot, this will also create a sub-personality in our Conscious Mind. If we do not want to deal with the experience or the trauma, we will bury the whole thing with a denial. If we then choose to forget it and avoid it totally, we put it into a “denial-of-denial” file.

Most of this programming goes on beneath our conscious knowledge. The less we employ our Conscious Rational Decision-making Mind, and the more we rely on our Artificial Intelligence, the deeper we go into autopilot. As a result, more feelings, emotions, beliefs and programs become suppressed and buried, to the point that we end up denying that they even exist. In this case, any effort we make to find the programs or release the emotions will fail because the belief tells us that they don’t even exist in conscious awareness. Our mind sets up a denial file that locks up the belief and program so that we cannot access it.

We interpret all sensory input. If the input is a feeling, you understand its context, and it does not threaten you, then you will deal with it and let it go. However, suppose as a child, you were walking down the street and a large dog suddenly barked at you. You felt threatened, ran out into the busy traffic, and were almost hit by a car. Your parents’ criticism for putting yourself in harm’s way may have led you to berate yourself with, “That was a dumb thing to do.” A feeling of rejection mounted and may have triggered an asthma attack. Then, every time the catalyst situation arises (you hear a dog bark), you will react as if the whole rejection feeling is happening again. As a result, whenever you hear a dog bark (the catalyst), you will have an asthma attack.

One of my clients had a severe allergy to the goldenrod flower. She couldn’t understand why until we found that, during the time of year when the goldenrod was in full bloom, her mother had often chased her around her backyard and repeatedly beaten her up in an angry rage. So the scent of goldenrod became tied into her belief of unworthiness as a catalyst, and triggered the allergic reaction whenever it was in bloom.

A chiropractor recommended another woman to me because he could not find the cause of her allergy to grass. An allergy specialist had run extensive tests but could find nothing. Anytime this client would slip or trip in high grass in a field near her house, she would develop a red rash all over her body and her face would swell up and turn red. This condition would take two weeks to clear up, and nothing would hasten the process.

Covered in a red rash and with a swollen face, she arrived for the session. When we began testing, we found that it had started at age three. When she was born, her mother had transferred all her attention to her, which caused her three-year-old brother to feel rejected. The father did not step in and support the son, who then felt abandoned. When she was three and her brother was six, the two siblings would play together in high grass behind their house. Her brother would sneak up on her and beat her up, claiming he was “just playing.” Her mother never disciplined him for this, so the daughter built in the belief, “Boys (later, men) will mistreat me.” Of course, this belief governed her choice of men in later relationships. Twice during an abusive marriage, on their walks together, her husband had beaten her up in high grass. Following their divorce, the allergy reaction started. Her literal interpretation was that she would be beaten up if she fell down in high grass. We cleared all the beliefs about the fear of being abused by men, plus all the anger at her mother and brother, and the fear of intimacy. This ended the allergic reaction to high grass. By the end of the session, all the rash and swelling had disappeared.

With many of my clients, their doctor has diagnosed an illness ... and the illness turned into a disease. And when a belief drives an illness, there can be no medical cure. Ultimately, a belief embedded in the mind can actually kill you, with medicine helpless to stop the disease. We must find the program that is driving the condition and clear it.

A friend who is also a nurse told me a baffling story: “I provide home care for housebound patients who don’t need to be hospitalized. One of my patients was getting increasingly weak, and could no longer get out of bed. Finally, he was unable to



write or hold anything. The doctor hospitalized him for tests and concluded that there was nothing wrong with the man's body. Inexplicably, it was deteriorating, and the patient just wanted to die. When the wife learned that her husband was close to death, she too got sick and died within a month. To my amazement, the day his wife died, he started recovering and, within a week, walked out of the hospital, totally healed. The doctor is completely baffled. How could this happen?"

"This was not a miracle," I told my friend. "There was no life-threatening illness or accident to recover from. And no one facilitated his healing because the doctor and nurses had given him up for dead. The answer was that he was trying to escape his wife's covert control and codependency, and the only way he could do that was to die. She was controlling his life to the extent that he believed that he could not evade her control, nor could he stand up to her, so death was his only escape. But with her husband's death imminent, she realized that she would no longer be able to control him, so she became frustrated and died. Once his wife could no longer control him, he decided that there was no need to die, so he recovered with no ill effects from the ordeal."

"The odd thing is," the nurse added, "was that he was unable to communicate with anybody at the time, and no one had told him about his wife's death. So how did he know she was dead?"

Our mind does not just work in a linear timeframe on the physical level only. It has amazing abilities to access information that we don't think we have available to us. The nurse in the previous story told me that the husband had started to become more aware and awake right around the time his wife passed over. He had been close to death, yet somehow he got the message that he was now free of the cause of his impending death, so he just walked back into life. He soon left the hospital, with no indications that he'd been only days from death. (This also happened to my father but he did not get the message that he had to reclaim his personal power and take responsibility, so he crossed over.)

An obvious question is, “If the belief is somehow erased, does recovery happen every time?” I have found the answer to be “Yes” 95 percent of the time, *if you erase the belief and concept*. If the client is doubtful or skeptical, then the skepticism must first be released.

With many clients, I have cleared the causes and the core issues, yet the dysfunction remains. Why is this? You can believe in what we’re doing at a conscious level, but *all four minds* must be in agreement and aligned with the goal.

The next step has to be a *knowing*—not just belief or faith—to cause the final healing to happen. Both belief and faith are fear-based, as you are assuming something only *might* happen. If it fails, then you can blame the process or the practitioner. In other words, you’re hedging your bets. The real cause is doubt and fear. It is an inside job. No one creates your reality for you; you do it all. For any path or addiction you choose, all we need do is find the belief that’s driving it, release it and it is gone.

Beliefs can be passed on to a person or a group, and if enough people accept a belief, it will become a reality for the group. One of the more bizarre beliefs that I run into is that our chakras have a “mind” and can think rational thoughts. My understanding is that chakras are non-physical energy centers, connected to the various endocrine glands and organs, and located in the mental and emotional energy fields. They do pick up and transmit feelings, and put them out as an energy that has to be interpreted.

That the heart chakra can make rational decisions is a myth, yet many people believe it, as shown by the figure of speech, “My heart is not in it.” All you are really saying is that you consciously do not want to do something.

Also, many people view the mind as an unfeeling enemy, so they say, “You must come from the heart level.” However, sensitive feeling people who are in control of their mind can make effective decisions. I have found many people who feel they must come from “the heart” are not in control of their feelings. Also, most of them are codependent and have a poor handle on life. But then again, I have talked with people who just have a different concept

on how feelings are processed. Once more, our beliefs control how we interpret a given situation.

Feelings can be very deceptive if you're the type to jump to conclusions or has problems dealing with conflict. When you feel attacked, your first defense is to attack or defend. This is known as the "fight or flight syndrome"—the belief that your only options are to take action and fight, or run for your life.

A good example of this came at a retreat I once attended. We had scheduled locations to hold our lectures but, when I arrived at the space I had chosen, I discovered that the group that had booked the space before me was still there, and had no intention of moving. The leader haughtily asserted, "I thought the space was available to me all day," and then promptly ignored me.

A man whom we will call Jeff, and who I assumed to be one of the retreat leaders, intervened with, "Your anger is making people feel bad. You can make other arrangements because we can't move all these children when they're having such fun. Do you want to deprive them of this?"

In the end, I had to cancel my lecture because there was no other location at such short notice. The next day I attended a workshop at which Jeff was also present, so I mentioned the previous day's incident to the class. Jeff immediately went into reaction, defending his behavior, so the workshop leader decided to role-play the incident, as a teaching example. As Jeff and I replayed the encounter, the leader pointed out to Jeff his habit of becoming defensive and seeking to control other people by using guilt. "You seek to diminish others and make them feel that they're the aggressor and that they're wrong. You choose not to deal with other people's feelings or needs, but place your own needs ahead of those of others. Your group should have signed up for more time but you didn't, so you should have recognized your responsibility to the next presenter rather than making him feel wrong."

The role-playing did not give Jeff the outcome he wanted, so he brought up another incident to do with his own children, which

turned out equally disappointing for him. From the discussion, we learned about Jeff's belief that he must appear to be a good, supportive person in order to protect his feelings. If he feels bad, he believes that he is not acceptable as a person. With his children, he wants to seem a good father but, when he can't get them to do what he wants, he believes that they're making him look bad. He is controlled by outer appearances and seeks to manipulate how others see him. When he can't control a situation, he goes on the defensive, which aggravates the situation. In the case of his children, he becomes defensive and removes them from the view of others, so that they won't judge him to be a bad father.

Outer-directed people believe that they must always appear acceptable to others. Inner-directed people are not concerned with what others think of them. In Jeff's case, we saw clearly that beliefs about how he appears to others totally control his behavior. If he understood the lessons being presented to him, he may shift his behavior but I doubt that that we got through to him because his programs stem from childhood and are deeply locked into his mind.

Clients often tell me, "I have a block in my throat or fifth chakra. Why is this happening?" It starts with a belief and a feeling, which is transferred to the emotional field. If we react to the feeling, then it will manifest in the body as, say, a sore throat. To deal with it, we must listen to what the body is telling us. If we get the lesson or action we must take, the sore throat will disappear. Our mind will always place a feeling on all sensory input, based on the programs already in the files. What we do or don't do with this sensory input governs how we will respond or react to it, and the feeling that we have from it.

Harold Saxon Burr an English medical researcher in the 1930s, found what he called "L fields" (the auric or energy field). By using his clairvoyant/clairaudient abilities to get the message before it appeared in the body, he found that he could diagnose illness and disease up to two weeks before it actually manifested in the body. He was often able to help his patients release a condition before it even appeared in the physical body. The body

talks at many different levels; the challenge is to decipher the message.

## Summary

In summary, mind control is more prevalent than ever. At every level of our society, we are bombarded by controlling messages, and must be vigilant about all the sensory input coming to us, as our mind records everything that it picks up. We must detect and cancel all information that does not support our life path. The best way to this is to be alert and observant and, when we encounter something we don't want to take in, say to ourselves, "Cancel. Cancel," or, "This is not my issue." Never argue with the input, as it will set you up in a defensive mode and activate your adrenaline, putting you into fight or flight mode.

People may inadvertently say things to us that they do not realize will cause harm, so do not blame them. We must forgive and accept them the way they are.

Our childhood beliefs and programs will control us until they are erased, deleted and released. We should be especially wary of authority figures; anyone can be an authority figure if your mind so defines them, such as when someone knows more about a subject that you do.

We must also eliminate and remove all the autopilot sub-personalities that are driven by the need to control, manipulate, resent, blame by use of anger and fear stored in our beliefs, programs and habit patterns. We must be careful regarding what beliefs we accept and how they apply in our life because, if we let them, they can control us totally.



## Chapter 9

# Sub-personalities: Their Origin and Effect

**I**n the beginning of my research on how the mind functioned, I was unaware of any form of control outside of habit patterns and what I had read about the function of the brain and the neurological system. Of course, I had known about sub-personalities from my college psychology classes, but it was no big deal since no one put much value on sub-personalities. I never knew they had so much influence in our lives until 1989, when I began to realize how they functioned, but the full impact did not come until 1992 when I discovered that Ego was not the villain. The discovery of Personality Self and the committee of sub-personalities opened a new concept in how the mind functioned.

In my college studies of Transactional Analysis, we worked with the five basic sub-personalities: Inner Child, Critical Parent, Survivor Self, Inner Adult, and Inner Self. These sub-personalities are the group that is in our mind's files from birth. They can have a major effect on your life and, if you operate on autopilot or give your power away to any of them, they will function *as you* and *for you*, projecting their agendas on your actions. Over the years, we discovered that the Personality Self is composed of more than 100 sub-personalities, along with all the mind's operating systems that drive them.

We have added another sub-personality to the basic five. Discovering the shadow self was another major breakthrough,

for we discovered the sub-personality that creates conflict in our life. Shadow self works through and with Critical Parent, and focuses on criticism, negativity, anger, resentment, blame and rage, because it likes to stir up trouble, conflict and argument. Shadow self is the creator of compulsive/obsessive behavior patterns. It is also the cross-talker that is chattering in the back of our mind when we want to be quiet.

For many years, I assumed that Ego is the enemy that sabotages our life, but when I learned about the myriad sub-personality selves and their agendas, I changed my views. Instead of trying to vanquish Ego, we must make friends with it, and erase the operating systems from which the controlling sub-personalities derive their power. This is one of the most important finds we made in developing Neuro/Cellular Repatterning. (Few people are aware of this concept or want to accept it, so many other chapters in this book will repeat it for emphasis.)

Quite often, when I explain my concept about Ego, people say, "That sounds reasonable. I can accept that." Then, ten minutes later, they fall right back into the old Ego theory. I have had to make peace about this issue with myself, so I do not force the issue or jump on people who do not understand the new theory, and stick to the old concept that *Ego* causes our behavior problems.

When we discovered that the mind is not limited to the basic five sub-personalities, we discovered that the Personality Self really runs our life, with its committee of 100 or more sub-personalities, each acting out a specific behavior trait. As we dug deeper into this, we discovered that Personality Self is what people have traditionally labeled Ego. As we expanded our knowledge of the concept, we found that we could change clients' personality traits, which changed their life path. People who were considered self-centered and egotistic would become more compassionate and supportive. Those who were nonassertive would move to a more assertive position and reclaim their personal power. Over time, we were able to show people how to reconstruct their personality so they would be more effective in their life. This is the goal of psychology but it does not work

very well. It certainly didn't work for me, so I gave it up and began to search for a new approach.

Voice Dialogue, developed by Hal Stone, Ph.D., introduced us to “disowned selves.” This process uses three chairs, two for the positive and negative aspects of self, and a third in the center for the inner self, the balanced self who will generally tell the truth. At the time, it seemed to be a very workable concept as we helped quite a few clients with the process. But, having discovered how the mind is controlled by sub-personalities and possessive beings, I now wonder exactly who we were talking to sometimes. As the sub-personality pattern unfolded, I began to discover who we had been talking to during Voice Dialogue.

Hal Stone described many of them as disowned selves that we had to make peace with. My feeling was that I wanted to erase these disowned selves and delete them from the files but I found that we first had to get in contact with the programs that were running them, and then clear them. As we were able to rewrite the scripts that we live by, we found that we could change the person's direction in life simply by deleting the program, erasing the sub-personality and its operating system, and installing new programs to replace the dysfunctional program. This will then change the client's basic behavior pattern. Negative habit patterns disappear as clients reclaim their personal power and become responsible for their life path.

The five basic sub-personalities are indigenous to our mind. This means that they cannot be deleted or destroyed, even though I would like to have done so many times. We must train the basic sub-personalities to work with us, and give us back control. As children, we needed their help to navigate through life but, as we grew up and learned to deal with life, they should fade into the background. However, they do not “fade away” when people do not take their personal power back from them, preferring to relinquish responsibility for their life.

In the past, sub-personalities were believed to be located in the Subconscious Mind, but in fact, they reside in the Middle Self and function autonomously, almost as a separate mind. It



was also thought that the five were driven by Ego, which spawned the term “egotistical” because they do, at times, display what most people mean by the term “egotistical behavior.” However, this is erroneous because Ego has no driving force that would cause it to act egotistically, nor can it recreate a sub-personality trait that is driven by the Controller, Justifier, Self-righteous, Competitor, Confronter, Know it all, Manipulator, Authority and Judger sub-personalities. The only part of mind that can create a sub-personality is Middle Self, which serves as Program Manager (see Figure 8).

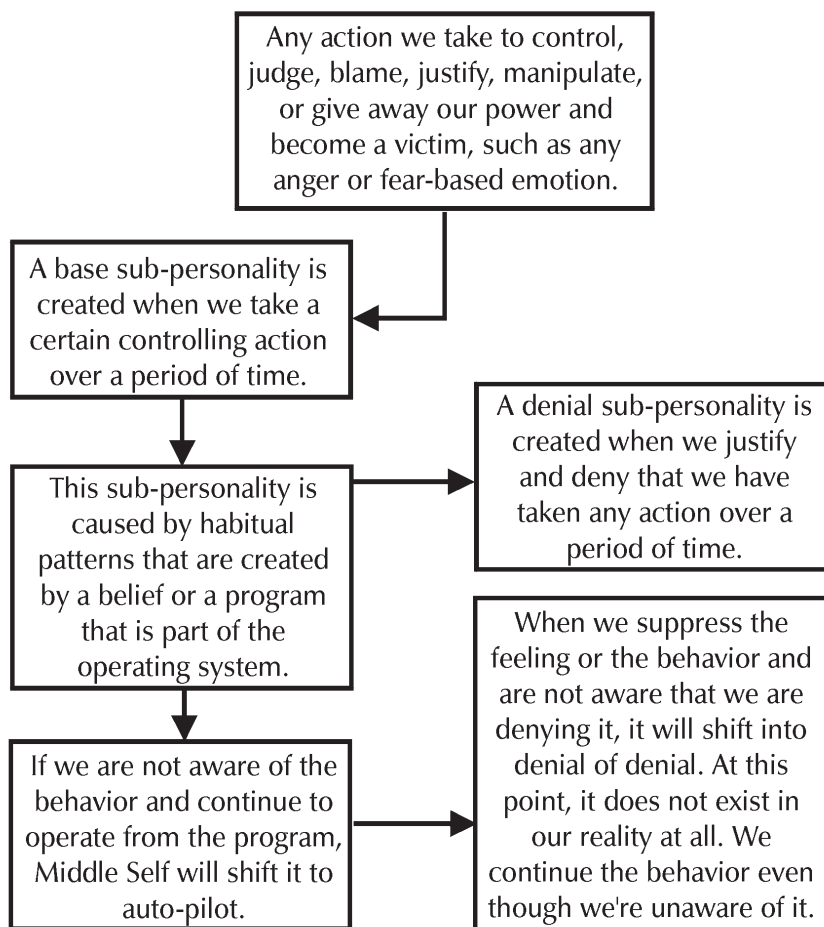


Figure 8: Creation of a sub-personality

When people are on autopilot, the sub-personalities run the body/mind on their own, having no real connection with Ego at all. The more we evaluated Ego, the more we found it to be simply a file manager for the database in Subconscious Mind's computer, serving as librarian, secretary, and file clerk. When we stopped confronting Ego as an adversary, it became friendly and helpful. We also discovered an interesting phenomenon: people's memories started getting better, proving that Ego was the file clerk for our memory. As we delved into this vast unknown area of the mind, we found that the makeup of the mind was as orderly and smooth-running as a computer running an operating system and programs that could be reprogrammed.

We believed that Middle Self was the area of the mind in which sub-personalities operated; at least, that was our impression until we ran into autopilot, which has sub-personalities that we create when we let autopilot run our life and refuse to take responsibility. Although it resides in Middle Self, autopilot operates from the Conscious Mind working through Artificial Intelligence. We found many sub-personalities, each driving a particular emotion or behavioral habit pattern. We also found that sub-personalities can drive beliefs, interpretations, feelings and programs. The more we evaluated the Personality Self, the more we found that all emotional behavior is caused by sub-personalities. Programs cause emotional behavior, but they must have sub-personalities to act out the emotional behavior.

People often blame the Inner Child for unruly behavior, and then deny that they have control over it. Many people in Twelve-step recovery groups such as Codependents Anonymous separate the Inner Child out as "not them" and then blame it for their emotional behavior. But Inner Child *is* part of us and we must get it to grow up and stop acting like a victim. The degree to which it will fight for control depends on how much power we have given to it. Most of the time, it is not working on its own but through the Magical Child Syndrome.

Survivor Self sees its role as protecting you, so it will sabotage you if it feels you are going the wrong direction. Critical Parent berates you for not doing an effective job, so that you reject yourself. Critical Parent is the most active in children because they feel they do not match up (due to rejection and parental expectations) and it spares no effort in validating any perceived shortcomings.

As you grow up, you create the Judger, Controller, Justifier, Manipulator, Competitor, Avoider and myriad anger and fear selves that run your life. And each time you run into a problem you cannot handle, your mind searches the database and may create another sub-personality to deal with it. If you encounter a habit pattern that you don't want to deal with and choose to delude yourself, your denial creates a denial sub-personality to justify your behavior and cover it up, so that you don't even understand what you are running away from. If you try to suppress the pattern totally, the sub-personality will create a "denial of denial" sub-personality to bury it completely. You will not even recognize the behavior pattern yet it is clearly visible to other people.

This cascade effect was one of the most significant causes of separation from self. When separation from self begins to take hold, an inner shadow sub-personality blocks the person from understanding this phenomena. The more we go into denial of separation from self, more inner shadow sub-personalities are created. I have removed up to 35 inner shadow sub-personalities that were feeding negative self-talk to a client.

Sub-personalities can be up to three deep on any one subject. Not only that, but dysfunctional programs and patterns often have a backup sub-personality. If these are not addressed, they will create a new program or belief to drive them. We once believed that we simply had to get to the core issue and the base cause. Now we realize that we must also check for sub-personalities. That was not all; each sub-personality has denial sub-personalities, with a backup for each.

The hardest sub-personalities to locate are "denial of denial." Unless you're willing to face the truth and go for it, dropping all

of the illusions you operate from, =and face the situations you are able to deal with, you cannot get to the denial sub-personalities. They are there for the very purpose of denial, so you will be blocked, making locating them very hard.

If you feel you have handled the situation when, in fact, all you did was suppress or release the feeling with a cathartic emotional discharge, then you put the issue into denial. The issue continues to be active except that it is suppressed and no longer accessible by your Conscious Mind. If the issue surfaces again and you do not clear it, then it goes into a “no perception of denial of denial” file. The more we deny behavior patterns and issues, the more we tell Middle Self that we do not want to take responsibility. This causes Middle Self to refer the issue to autopilot, which in turn creates more sub-personalities to handle our lives.

We have found that most people have little control over their lives. I used to believe that autopilot was not an effective part of clients’ minds, so I would erase the operating system and assume it was gone. At the time, I did not realize how little control people had over their life, so when I erased the operating system, my clients would often pass out because I had crashed their Middle Self’s operating system. It was then that I decided we should make friends with Middle Self and find an affirmation to reinstall a new operating system. When we did that, everything went much more smoothly.

In the past, I released sub-personalities and assumed that we were finished with them. To my surprise, clients would return for the next session with the exact same sub-personalities reinstalled, and sometimes with *more* than they had left with the last time. This was a disappointment to both of us.

When we began to look at this in depth, we found that people could recreate and install the same sub-personalities if they didn’t change their habit patterns. This was based on their beliefs that governed situations in their lives. The sub-personalities that are present for each session indicate clients’ weaknesses. This lets us

understand the blocks they have in their path. The sub-personalities and programs that reoccur indicate where their issues are located and where they lose control or give their power away. When people decide to take responsibility and reclaim their personal power, Middle Self will stop creating sub-personalities, and autopilot and Artificial Intelligence will cease interfering to control the situation

Believing that we had released all of the body-based programs, the beliefs, the core issues, and the base cause, we wondered why a program we had released would often resurface. When we discovered the denial and denial-of-denial sub-personalities, we found that they could reestablish a habit pattern and the programs that run it. If any part of the file is not erased, it can be recreated and reactivated. The result is that, even though we've cleared all beliefs and the programs, the denial sub-personalities can restructure and reactivate an old program.

When we discovered that the mind backs up all files everyday, we ran into another challenge. Why were these sub-personalities recreating themselves when we had removed them. We discovered two reasons. First, the recreator, regenerator, reactivator, reproducer and reinstaller programs were operating in backup files in a way similar to a computer virus. They would reinstall the files if we didn't clear them also. Second, if clients continue the dysfunctional behavior habit pattern, the "virus-like" programs will reinstall the sub-personality that corresponds to the behavior pattern they are operating from.

We must be vigilant and watch everything we *think, say* and *do*, plus we must monitor everything anybody says to us. All sensory input is potential programming unless we are aware and know how to neutralize or cancel any negative or confronting sensory input.

An example of this is a client we'll call Kelly. She was in a failure syndrome, to the point where she couldn't accomplish anything on time. When I started working with her, I was amazed at the number of sub-personalities she had. This was a few years

ago and, at that time, we were counting the number of programs and sub-personalities but once we got into the millions, we could not seem to break them down or erase them. We no longer count them, as it's faster to just refer to *an infinite number* to represent all the sub-personalities and programs.

Every time I saw Kelly for a session, she had recreated over 100,000 sub-personalities in a month. In one instance, we did treatments two days apart. We cleared her sub-personalities but found over 800 Procrastinator sub-personalities in the second session. We were both frustrated because she was running around in circles and just could not accomplish anything. Only when there was a deadline could she get anything done, and even then only at the last minute.

At this point, I decided on another approach so I asked her to write out an affirmation in longhand, 21 times a day for 21 days:

*“I realize that I am unable to accomplish anything that I set out to do. I am committing myself to take control of my life now. I am 100 percent committed to disciplining myself to take responsibility and follow through with my priorities each day. I am loving myself and forgiving myself for failing to follow through in the past. I am doing that now.”*

I told her we could not do no more sessions until she completed the 21 days. It took Kelly five attempts over six months to complete the 21-day program. Her first try was four days; the second nine days; the third was 14 days; the fourth, 19 days. In this exercise, you must write the affirmation 21 times within a 24-hour period. If you miss one day, you must start over from Day One. When she dropped out at 19 days, she knew she only had two hours left to finish that day, but started watching television, fell asleep and lost her concentration. Having missed the 24-hour stipulation, she had to start over from Day One again. This time she made up her mind to discipline herself to make the 21-day program work. She did and it worked.

Once Kelly learned about discipline and commitment, she accomplished more in the next four months than in the previous

15 years. In her next session, we found very few sub-personalities, which was gratifying to us both. In following sessions, the sub-personalities were eliminated altogether. A few popped up occasionally in subsequent sessions but she now has control of her life, and it is working well.

Since I have been working with the 21-day program, we have seen amazing results with people who have difficulty accomplishing any task. If clients are afraid about something in their life, writing down the affirmation consistently for 21 days removes the fear by breaking through the feelings of resistance. This kinesthetic learning process works because we are repeating in our mind as we write the affirmation, and following it with our eyes. I often give clients 21-day program “homework” to break through blocked habit patterns. It works well if they discipline themselves to follow through. As with any change, it is intention, commitment, consistency, and discipline-discipline-discipline.

Recently, we discovered another file that explains why some programs get reinstalled. When I am frustrated in solving a problem, I find that if I just become quiet and listen to my intuition, the answer will simply come to me. I did this while sitting in a steam room at my health club (I often meditate in the steam room or sauna). Suddenly, I realized that we had to look into future time-lines. Many programs can be locked into future time-lines, along with specific dates when they are to activate or reactivate. This was a major find because we have been able to find and clear sub-personalities with programs that we not only put in denial-of-denial, but also put into future time-lines to be dealt with in the future.

If you feel that you have handled a situation when, in fact, all you did was suppress the emotion, you have created “no perception of denial” and the issue effectively no longer exists in your Conscious Mind. As it’s suppressed, it will be buried in denial-of-denial, and becomes lost in your mind.

We all want to live in peace, happiness, harmony and joy, with an abundance of prosperity and unconditional love, but how many really achieve that? My experience is that less than 20 percent are satisfied with their life and only 5 percent are really happy with life as it is and would not change a thing. Many people will delude themselves into feeling they are happy when, in fact, on checking with their Inner Mind's view of life, we find different answers.

Furthermore, less than 10 percent of people love themselves or will allow others to love them. This is because most people want, but are not willing to apply themselves, to have the bounty that intention, commitment and discipline bring when they take responsibility and reclaim their personal power. It's the same old story—it takes willingness to work through the anxiety so that you can run your life, rather than hand the reins over to autopilot and sub-personalities.

How many people in serious pain are told by their doctor, "You will just have to live with it. Or you can take drugs to kill the symptoms"? Even though this statement is not true, most doctors do not know any differently. They can only practice what they were taught at medical school, without questioning it. The drug companies push drugs as the solution, and the doctors buy into it. A few have seen the truth but not many. Of course, the medical profession is doing the best it can with the tools and knowledge at its disposal, but control and authority sub-personalities block them from new knowledge.

Recently, a doctor told me, "I would like to get out of medical practice because my success rate is so low, but what would I do? I've tried alternative therapies with a little more success, but this doesn't seem to be the answer either." Well, he found the answer—education, and began a two-step approach with his patients:

- First, I got people to see that there is an alternative to drugs, surgery and living in pain.
- Then I showed them how to modify and change their behavior, which meant I had to do it myself before I could show others.

His challenge was to shift his practice and make enough money to cover overheads, but it was hard because most of his patients



did not want to change their life style or behavior to adapt to his new approach. Most of them wanted him to take responsibility for their health because he was the doctor. They were satisfied to let autopilot and sub-personalities run their life. His decision was to find another source of income to see him through while he gathered new patients who would adapt to his new approach.

Another doctor friend found that his new view of medicine did not fit into the wealthy, upper class community where his practice was located. His patients took the view that money would buy them health, and they were willing to pay for it. Even though he had a very successful practice in normal allopathic medicine, he longer wanted to practice in that way. As his patients began to fall away, he decided to take a sabbatical and reevaluate his options. He closed his practice and wrote to all his patients, saying that he was switching over to a consulting practice out of his home. This would be one-on-one, with a sliding fee schedule. His intention was combine office visits with education. To attract new patients, he presented many lectures but it did not work out. He discovered the same truth that my other doctor friend did—that people simply did not want to take responsibility for their health, and would rather be on autopilot, playing the games that money allows for. The result was that his wife, who was into denial and refused to acknowledge his new truth-based approach, ended the relationship. So he moved to another town that welcomed his new approach to medicine, and established a practice he could live with. He is now happy with his new life.

Our research into the causes of depression has revealed that it's usually controlled by a sub-personality. The base cause is normally separation from self, not wanting to take responsibility, or running away from some situation that you do not want to face. The resulting worry, anxiety, self-pity, grief, confusion, indecision, disorientation, and feelings of futility and/or hopelessness plunges our body into depression.

Most of us are unwilling to detach and let go of what we know, because change is fearful. So quite often, people end up in

depression because they refuse to deal with their frustration, disorientation and feelings of futility. The fact that the dollar value of the sale of illegal mind-altering drugs dwarfs any other component of this country's Gross National Product shows us the level of separation from self, which creates depression.

The cause of depression is that, under stress, the body's frequency increases and the adrenal glands release extra adrenaline, which focuses us on "fight or flight." Once the body's need for the excess adrenaline is over, the mind normally signals with a shot of nor-adrenaline, the antidote and neutralizer to the adrenaline. But, under continued stress, the adrenal glands continue to kick in large amount of adrenaline to keep you functioning. However, you can eventually go into adrenal insufficiency as your body frequency goes up and the brain stops producing chemicals, including the so-called "happy-making" brain chemicals, which further depresses our body's functions.

Your energy is now coming from pure adrenaline rather than normal sources. As this continues, the overworked adrenal glands further slow down production. If they get down to 25 percent of normal function, the body further slows down, until it goes into clinical depression and Chronic Fatigue Syndrome. Usually, a person in depression is in denial, so a denial sub-personality runs the autopilot. It then becomes very difficult to reprogram any dysfunctional patterns.

At this point, you feel as if you're dying because you're operating at 20 percent or less of capacity. Chronic Fatigue and/or Epstein Barr Syndrome sets in, which makes it hard to function physically. As every function in your body slows down, you cannot digest food properly, so you do not get proper nutrition. Doctors cannot always diagnose what is happening, so they give "depression" as the cause and prescribe a legal mind-altering drug. This gives your body a boost and allows the adrenal glands to rest, but the body has no incentive to recover because the drugs are supporting and suppressing the symptom.

The ideal body frequency is 20 – 25 Hz (cycles per second). In this range, the body functions at its best and will heal quickly. We have worked with people under stress, whose body is operating as high as 7000 – 7500 Hz. Needless to say, this breaks the body down very quickly. We have also found that rewriting programs and clearing sub-personalities is easier when the body/mind functions at its optimum levels. (The StressBuster is an electronic device that promotes optimum functioning. See Appendix B for details.)

The approach is to clear all the sub-personalities laid down from birth to current time, and all the issues that created them. The ideal outcome is to clear all the sub-personalities so that clients can take control over their life, and that they no longer create future sub-personalities.

The first task is to locate dysfunctional sub-personalities and find out what's driving them. If it's a program, we must find the base cause and where it's located on the body. Then we must find out what caused the client to react and trigger the chain of events, i.e., the core issue, be it a person or a situation.

The next step is to go to the cellular memory and clear programs that control behavior patterns. These programs are locked into the body in one or more acupuncture points.

When we clear and release the issue, we can rewrite the operating instructions and clear the sub-personality. If it is a belief and not a reality, we can rewrite the operating instructions with a simple affirmation that clears both belief and concept.

Now that we have the total picture, we are able to totally clear a program without reoccurrence. (For a list of sub-personalities and descriptions of the release processes, see Chapter 15.)



## Chapter 10

# Meta-Communication

**M**eta-Communication is the ultimate form of body language. Our body projects our thoughts and feelings all around us without our knowledge. Your body is talking, but are you listening?

Did you know that who you are precedes you everywhere you go? You project out to everyone you meet exactly how you feel about yourself. If others are observant, they will be able to form an impression of how you feel about yourself before you say a word. You may think you can put on a front and fool people about who you are, but your mind always betrays you when you try to put on a cover. It always tells the truth even if you live in an illusion or delude yourself into thinking you can hide or block other people from seeing who you are or how you feel. An intuitive person can observe exactly how you feel about yourself.

Your mind projects the basic interpretation of your self-worth and your self-confidence to those intuitive enough to pick it up. This is one of the most important features of your mind that must be mastered, and the only way to do it is to release all the feelings that defeat you. To do this, you have to work through the childhood feelings that cause you to feel you are not all right. This is described elsewhere in this book, so suffice to say that one of the major programs that blocks us from achieving any end is, “I am not entitled to ....”

This block applies to anything that we want in life, and the mere act of wanting something guarantees that you will not get it. You will deny yourself money, fame, success, acceptance, functional relationships, the ideal position or job and many other things, because you feel you are not entitled to whatever it may be. *You cannot want and have at the same time.*

Suppose you apply for a loan to buy a house, a car, or any large value item and are turned down. You cannot see why: I dressed the proper way, and I did all the right things, yet I was turned down. A friend goes in to get the same loan. He or she is not dressed in “banker’s clothes,” they don’t have your income or your credit rating, yet they get the loan. Why, you ask?

It actually has nothing to do with how you presented yourself externally. You are presenting yourself to a person who has to feel comfortable with your trustworthiness. The meta-communication that you transmit influences the loan officer’s decision more than any other “credentials” you can present. It’s not how you look that matters, but how you present yourself on an inner level that counts. You may complain, “That’s unfair; how can this happen?”

It’s all about recovery of your self-worth, and letting go of fear, control and manipulation. It’s about being willing and able to forgive everyone in your life, about not harboring blame or resentment, about not projecting “victim” in your meta-communication.

The person who exudes self-confidence, self-worth and self-esteem is interpreted by other people as a more trustworthy person. Generally they are more ethical and will follow through with the responsibilities they have taken on. The person who lacks these qualities will generally project an “I’m not all right; I’m not entitled to ...” attitude that is clearly evident to people who have to evaluate other people for a living.

Quite often a person with low self-esteem will make poor decisions in how they handle their life. Twenty years ago, if I had to purchase something, due to my earlier programming I would unerringly choose a vendor who would take advantage of me, or a product that was guaranteed to fail. It was as though I was signaling, “I’m a sucker who will let you take advantage of me.” It must have been written all over me. Unfortunately, we attract other people to validate how we feel about ourselves and teach us a lesson. I got angry at myself when I discovered what I was doing, but I kept on doing it until I finally woke up to the fact that I was creating it all.

When we take our personal power back, begin to operate from high self-esteem, and validate ourselves, people will no longer take advantage of us. If we set ourselves up as doormats, people will obligingly walk all over us. When I recovered my self-worth, confidence and self-esteem, I stopped projecting this negative image. Suddenly, people changed their attitude about me, yet they did not know they had done so. People started helping me instead of ripping me off. I had become a different person, and walked into another life.

We unknowingly project our self-image to whomever will listen. What you say or do makes no difference unless you work on your innermost feelings about who you are at a deep level. Most people have denial sub-personalities covering and suppressing who they really are, so they have no way of uncovering the cause. Getting in contact with the programs that are defeating us takes committed, disciplined work. Most people run on autopilot, unwilling to spend time or money to get to the cause and clear it.

Most of my clients who claim to be working on spiritual growth have no idea what their meta-communication is projecting out to other people, regardless of what they say about themselves.

New York University's Department of Psychology conducted one of the most definitive studies on meta-communication. In conjunction with the New York Police Department, 50 men and women convicted of robbery, molestation, rape, attack and many other crimes were asked to study people picked at random—many of whom had already been victims of some sort—and select those they would most likely choose as victims. Not surprisingly, only the former victims were chosen, those who had been attacked in the past. Furthermore, the “victims” selected most frequently had been attacked many times before. The psychological profiles of the victims and non-victims revealed great differences in self-worth and good feelings about themselves.

Prior to 1981, if I got stuck with a defective product, I would say, “That is a lesson and I should let go and release it.” But after I had a new interpretation, the next time I had to take a product back and get credit for it—a defective screen door—I accepted

the responsibility to reclaim my power. I had a new attitude, too. My intent was not a credit or refund, but to make a point. When the clerk realized that I was neither blaming nor being a victim, she quickly gave me a credit. I didn't attack her or the company, even though she volunteered that they'd had many doors returned. The important thing was that I was not complaining or attacking; I had no need to control or manipulate. She recognized that because I wasn't playing the victim and yelling at her, she didn't have to protect herself and could allow herself the vulnerability to admit this was a defective product that they no longer carried. My meta-communication allowed her to respond positively to my request and the outcome was mutually beneficial.

When you take responsibility for your actions and stand up for yourself, people will take notice and help you. This has happened many times, even when someone refuses to repair or accept a product back. Admittedly, it doesn't always work, and I have had to resort to small claims court a few times.

Our "denial" sub-personalities often set us up and steer us away from the very situations that would help us. Our "justifier" sub-personality will convince us that we did the right thing. We will follow its path not knowing that we lost our way, until we reach the point of pain (physical or emotional).

Even though we have not broken through their barriers of denial, clients will offer excuses to justify why they are not seeing me anymore. I clearly see the meta-communication, yet I cannot break through their denial for them, unless they decide that they want to. Many clients truly desire to break through, but their minds have been so programmed to operate in a certain way that they have to really discipline themselves to watch every thought and statement.

The only way out is to get into recovery, take responsibility, and let go of all blame, control and manipulation. Control is the biggest addiction there is, and most of us use it covertly and overtly. Being able to blame someone else for taking advantage of you creates a comfortable sense of security.



## Chapter 11

# Case Histories

When I began this work in 1978 I was not aware of the potential of my discoveries. I was amazed that all I had to do was put my hands in the right places, and the acupuncture points I touched on the body acted as an extension of my mind. As if I was watching a video, I saw the very experience that the client was talking about. Quite often, my own experience would merge with the client's experience I was seeing.

To speed up the process, I asked clients, before they came to me, to list the issues with which they wanted to work, and not surprisingly, those issues were exactly what would come up in session. And even though we'd use the very same acupuncture points in subsequent sessions, different issues would come up, as if we were peeling an onion.

I carefully documented clients' cases to help us better learn about the mind and the dynamics it operated from. Actual names are not given to protect client confidentiality. If any reader would like to contact clients directly, I will ask them if they wish to talk about their case and have that client contact the reader.

Many times, all I do is get the program going and if the client is committed, processing will continue and self-healing take place. In some cases, we have to work an issue through each week over time. The most important part of the therapy seems to be the desire to let go of the dysfunction and take a new path. If clients are getting mileage out of a dysfunction, I can't do much for them.

It is important to understand that the key to healing is your ability to let go of the illusion that is blocking healing. As you will see in these examples, time to heal is not related to the severity



of the dysfunction. Many times, a severe dysfunction will change in minutes, yet others may take years. The following cases discuss the basic dysfunctional program and how it was handled. The most important point to keep in mind is: How many years did it take to create all the programs? Do you expect to clear your life path in a few sessions?

We can remove the big stumbling blocks, but the programs and patterns that have been created from childhood traumas and fears have to be removed completely. It has taken me over 20 years to clear my path and I am not finished yet. But by understanding how the mind operates, along with the sub-personalities and their denial factors, we can dramatically curtail the time needed for recovery.

Case #1. At age six, the client was diagnosed with prism vision and today wears corrective glasses. Her school assumed she was learning disabled since she had to tilt her head at 45 degrees to see straight. The teachers' misreading of the situation effectively destroyed her self-esteem. Doctors declared it a genetic defect, and that nothing could be done other than wear corrective glasses. Although they work well, she is a semi-pro skater, and every time she jumps, her glasses fall off.

In four sessions, we identify the problem as a past-life issue with the father. Working with both the father and the daughter, we clear all their karmic contracts. By getting back to the base cause, we clear the path for the body to alter the DNA pattern and create perfect sight.

Case #2. The client has breast cancer that suddenly becomes radical. Because of the speed of growth, her doctors want to perform a mastectomy. She is a total vegetarian, no eggs or dairy, and has good relationships with her parents and her boyfriend. She has no problems at work. She runs 20 miles a week, does aerobics and rides a bicycle. A baffling case since all the outside things that cause cancer are not present.

As we work through her childhood, we find that her mother died of breast cancer when she was eight, as did two aunts. At the funeral, her family members were talking about how they must be very careful with their female children because this must run in the family. Her Middle Self accepted the belief and her Subconscious Mind programmed it in. When she turned 40, her mind had a program that she would get breast cancer, so it was manifested in her physical body like a time-bomb.

Once we release the program and the belief, we ask her mind to heal the cancer and erase all the programming. She has no reason to have cancer so it disappears in fifteen minutes. This is done with affirmations only. The client cancels all future doctor appointments.

Case #3. A client has severe pain. We find he was rejected by both parents due to mother's pregnancy prior to marriage. Also, the child was the wrong gender. In his mother/son relationship, he sought out a mother who would love him, and his neediness destroyed the relationship.

We release the pre-birth rejection with all its programs and then he forgives the parents. Clearing all the childhood self-rejection and the feeling of not being alright opens up new doors to balance. Forgiving involves working through all the childhood trauma and rejection up to the current relationship. The main change is his relationship with self. When that is cleared so that he can love himself, his life turns around and the pain simply vanishes.

Case #4. A female client asks why nothing works in her life. She has had many jobs but always seems to get laid off or fired. She has never had a successful relationship.

Severe pain along the spine indicates total self-rejection. We find she has no self-worth, that she feels her value is zero, so why would anyone want to have her as an employee?

In exploring her past, we find she was an unexpected "mistake" child who her mother tried to abort. She was treated like an intruder

in the family. Her mother tried to delegate caring for her to her older siblings, who did not want to take it on, so even they rejected her.

We reclaim her self-worth and self-esteem by forgiving and understanding the parents and loving and forgiving her brothers and sisters. In clearing the rejection and abandonment, and reclaiming her personal power, we find that she has no program about self-love or receiving love. Once we reestablish balance in her life, she is able to get a good job and form a supportive relationship.

Case #5. A 47-year-old woman has not had a stable relationship in her life. She has been married five times, and all ended with the husband cheating and having affairs. She does not love herself and will not accept love from others. She is not functioning in her body, and her polarity is switched.

The first picture I see when looking for the points of pain is one of the father yelling at the mother, “You’re giving this child all the attention. I don’t get any attention anymore. This child is the center point in your life.” The “adult-child” father feels rejected because the mother has to take care of the child and the child competes with the father for the mother’s love, while the mother has to straddle the fence to keep peace. The child cannot understand why she gets a lot of attention when the father is not there, but little when he’s home.

Over about ten sessions, she reclaims her personal power, self-esteem, and self-worth.

Case #6. A client introduces me to his friend who stutters so badly that his neurology practice is almost empty. Who wants to see a stuttering neurologist? Apparently not many people.

With kinesiology, we find that he started stuttering 15 years ago when his house was burned down. In a past life, he burned a farmer’s barn down in a fit of anger. The karmic lesson came back to roost. We clear the karmic contract and the stuttering stops. He is punishing himself for this lesson. He had already paid the price by losing his house but he is still punishing himself 15 years later.

He is so impressed he takes us to dinner, and in the restaurant, he begins to stutter again. I ask him, “Are you having doubts about what we’ve accomplished?”

He replies, “I’m having a hard time reconciling this situation. I have ten years of college in my specialty and you have no credentials as far as I can see. Yet, none of the neurologists or the speech therapists were able to accomplish anything, but you cleared it all in 20 minutes.”

I ask him, “What’s more important, credentials or the result? You can see and experience the result of stuttering and what it’s done to your life, and now you’re free of it.”

He agrees, and we finish by repeating the affirmation and asking his Ego and Subconscious Mind to destroy the programs sabotaging his success and lock them up in the archives. That is the end of the stuttering for ever.

Case #7. A woman is referred to me because she has flunked the teacher’s credential test six times. She feels rejected by the system, and is willing to give up, accept her lot in life, and teach at a substandard level.

On checking, we find that her husband continually tells her she’s no good at math so how can she expect to pass the test. She did have problems with math in school, but her field has no math in it so that’s not the problem. She has a program about giving her power to authority figures. Her husband is an attorney, and she gives her power away to him. (As children, this program is meant to give respect to our parents and obey them, but as adults, it has no value.) We identify her challenge as stopping giving her power away to authority figures.

We release the belief and the program about not being good at math and reinforce her personal power by erasing the authority figure program. We write new scripts to take her power back and know that she can pass the test effortlessly, which she does so on the next try, passing in the 92nd percentile. (In the past, she could not even finish the test in the allotted time.)

What is the difference? Her self-worth and her self-esteem have been recovered. She now sees herself as all right, as a person who has innate value. The “system” had nothing to do with rejecting her; it was her self-rejection and lack of perceived value that caused her failure, as with most people.

Case #8. A client labels her symptoms as Chronic Fatigue Syndrome. On evaluation, I find she’s telling herself that she is “sick and tired of this and that” all the time. She is really backing out of life and does not want to participate. All her life, she has taken care of others. Her Middle Self accepts the “sick and tired” statements. Coupled with the caretaker personality, her Ego and Middle Self listen to her constantly telling herself she should stop, so they step in to help as best they can.

When I bring this up to her, she is amazed to learn that our thoughts have power. We release the program about being sick and tired and reclaim her power to say “no” when people impose on her. The fatigue disappears.

Case #9. A client has severe bursitis, and in working with him, I discover in me a lot of suppressed anger towards my mother. I do not want to accept it, but I find that I have my mother on a pedestal: “You have to respect and accept mothers unconditionally.” I uncover denial, but don’t know how to handle it at the time.

As we struggle through over 14 hours of work with eight different practitioners, my left shoulder locks up. My shoulder pain is excruciating, as though a knife has been stuck in my shoulder. After a very painful week, we finally clear it. Now we can walk throughout the same process in a session or two.

Symptoms such as this are about saying how we feel and speaking our truth. Telling people what they want to hear rather than saying what you want to say will only intensify the condition. Most people try to blame it on a pulled muscle.

I have found the pain can be released as soon as we release the feeling of not being alright, and can reclaim our personal power so that we can speak our truth. Once we write a new script, the

pain goes away. The lesson is to take our power back and release ourselves from the fear of rejection.

Why the mind chooses a particular dysfunction is unknown. Two people may be in the same situation but manifest different dysfunctions, depending on the core issue. For example, the neurological dysfunction of Multiple Sclerosis (MS), Lou Gehrig Disease (ALS), Muscular Dystrophy (MD) and Parkinson's Disease all operate from the same basic program, yet exhibit different symptoms. My work with many people with these conditions has met with marginal success. Clients want to escape something in their life path, but if they are willing to face what they are running away from, we can release and heal it. Many times, they are trying to force someone to take care of them, usually stemming from childhood attempts to get recognition by someone.

Neurological dysfunction presents some of the most difficult cases to deal with, as clients are usually in denial of their anger. They are getting a lot of satisfaction for their resentment, and the sub-personalities want to hold on to the condition because it provides a means of controlling others.

Case #10. With an MS client, we begin with looking at the childhood programs that are similar to those held by many rejected children. Feeling unacknowledged at school and not appreciated for his work, he became a super-student, trying to impress his parents that he had value. Although he graduated from college at the top of his class, it seemed that nobody would validate his accomplishments. After a few failures in business, he began to develop MS symptoms, and they progressed to the point where he became wheelchair-bound.

When I meet him, he is making a commitment to recover. A controlling sub-personality is running his life and forcing people to take care of him. In this way, his mind's interpretation is that he is finally getting acknowledged.

After many sessions, we get him back on his feet and functioning. His Middle Self and Ego are intent on getting this end result and they don't care how they do it. When he reclaims his power and regains control over his life, he recovers completely.

Case #11. At one of my lectures, a very intelligent woman asks me about MS. Apparently, brain scans and MRI showed lesions on her brain that indicate MS. She is an instructor at a college, but has become so debilitated she lost her job, which caused a rapid downturn in her health. She can no longer drive a car and is considered legally blind. She is losing motor control of her legs and arms. She is also trying to escape an abusive husband who is not functioning rationally. She is finally able to break free when he ends up the hospital and almost dies.

When we look at her situation, we also find a very abusive childhood. I work with her over a two-year period and we recover her eyesight so that she can drive a car and walk again. At this point, she is recovering slowly.

Case #12. Another MS client drives over five hours to see me. In two sessions, we clear the total disease syndrome and she returns to perfectly normal health. Her base causes were the same as all the others, but the difference is that she is willing to let the past go and release herself from blaming anyone. When she accepts that she created the MS to get a desired result, she is able to break the disease syndrome completely. (This is the hardest syndrome to break down and get a person to reclaim their personal power.)

Case #13. When a client was not validated for his ability, he became a book worm to prove that he could be someone. He graduated from UC Berkeley, *magna cum laud*, but the only problem was that he cut himself off from everybody and everything in his life to succeed.

He joined a group led by a guru who insisted that his followers had to do everything his way. This matched his program because he wanted someone to run his life for him. He met his wife in this group, and she was very controlling. This also served his need to be validated. He worked for a bank and had good performance reviews, so he was promoted, but this validation came from the outside, and not from within, so was worthless.

A week after he started his new job, he had a grand mal seizure at work and was taken to the hospital. He also had his driver's license revoked so his wife has to drive him to work and to my appointment.

He is able to recognize the program, release the pattern, and reclaim his personal power, but once he does, he starts to have relationship problems. His wife objects to him taking his power back because she enjoys their "mother/son" relationship as it was. The more he tries to regain control of his life, the more angry she gets, and eventually divorces him. At this latest rejection, down he goes and has to have friends drive him to the appointments. We finally get him back on his feet so he can function once more.

Case #14. A woman comes to me because she has just lost her job for the sixteenth time and has been through a divorce from her fifth husband, all five of whom parallel her father's behavior. She is looking for a "father" who will love and validate her, and faces the timeworn challenge of standing up, taking her power back and validating herself.

Her problems started when she was three days old, and lying in the hospital bed with her mother. Her father walked in and began to berate the mother for almost dying in childbirth and having a fourth child that they could not afford. He was irate that she had to stay in the hospital for another week under observation.

I witness the dialogue coming directly from her Subconscious Mind, yet she has no knowledge of this incident at all. When she goes to her mother with this information, her mother denies it.

When we get her strong enough to confront her parents, she tells them that what they want to believe does not make any difference, and that she has released their lies, and feels great. She tells them she has forgiven them and that she loves them for who they are. They all break down and, in a "happily ever after" outcome, talk the situation out.

She soon finds a great relationship and new job that's better than the last one she lost. Six months later, she calls to tell me she is now married and life is beautiful. All this took only six sessions.



Case #15. In 1986, a female client has the most interesting disease I have ever seen, breast cancer for the third time. However, she'd had cancer twice and had both breasts removed at different times. This time, the tumor is attached to the ribcage. I ask her, "Are you sure you want to live?"

Although she says "Yes," I find that she is in denial. Even though we release her "I want to die" program, it's back the following week. In her Middle Self, we find a program about wanting to die because she cannot control her husband (of which she is in total denial). We make peace with her attitude about her husband, and the "I want to die" program is gone.

Next, I ask her to put her cancer in my hand. She refuses, saying she doesn't want me to get cancer. I assure her that getting her cancer is not in my karmic pattern. She lets go of the cancer, and the force of it knocks me to the floor. That is my first experience of the power of vector disease energy when it lets go. (Now, I sit down when doing that treatment.)

I have encountered at least ten clients with the desire to die rather than deal with a personal confrontation. In the following three cases, I was unable to redirect the "I want to die" program.

Case #16. My father has four life threatening diseases, including pancreatic cancer. The doctor has given him three months to live. He tries chemotherapy but finds it too painful and upsetting, so he follows my suggestions and, with the help of a sympathetic doctor, it is gone in six months. (In this country, cancer is big money, and the medical profession, FDA, and the medical boards conspired to run the doctor out of California and the U.S. He is very successful at treating cancer with alternative methods, and the vested interests wanted him out of business.)

Four years later, my father is totally clear of cancer, but needs an operation for an obstructed intestine. When he dies about a year and a half later, the hospital tries to list his death as cancer, so I force them to perform an autopsy and they find no cancer at all, so they list his death as lung congestion. In truth, he left because he did not want to confront my mother. She is a master controller

and he has given his power away to her. He gave up rather than follow his own desire to move near us to be close to his grandson. He died at 76 and mother lived to 94. When she decided to go, within 24 hours, she was gone

Case #17. A client who has been doing very well goes into decline when her husband leaves her alone for two weeks. He has taken elk-hunting trips for many years without any ill effects; the difference now is that she wants to hire a person to clean the house once or twice a week. The husband objects and says that because he is now retired, he will help her. However, he is unwilling to clean the way she wants, and this blows up into a major conflict in their relationship. When he leaves for his trip, she feels overwhelmed and stops coming to me. When he returns, he does not support her desire to resume treatments with me.

About six months later, he calls to tell me that his wife wants to see me but can't leave the house. I make the house call and find her withered away and barely able to talk. I give her the last rites, help her forgive herself for allowing this to happen, and give her permission to leave. I tell the husband that she will be gone in less than 24 hours. He calls me the following morning to confirm that she died during the night.

Case #18. Recommended by a friend, a man with colon cancer comes to see me. He and his wife are very wealthy and own a multimillion dollar business. The wife is a workaholic and wants her husband to be the same.

Colon cancer is invariably caused by repressed anger, so that's where we start. Over time, I'd think we've cleared it all but am unaware of active sub-personality problems. He starts taking time off in the morning to play handball, which infuriates his wife. He convinces her to see me, but all she does is complain about how lazy her husband is. For some reason, that marks the beginning of the end. He just starts withering away, with no real definable illness. He has many sessions with me, for which they pay well, but I am unable to pull him out of his downward spiral. He hangs

on for a long time even though I give him permission to leave. What he wants is the love and attention that he never received from his mother or his wife. When he finally dies, I tell his wife why, but she totally denies any part in his death and criticizes me for my opinion.

Case #19. Another colon cancer client with a controlling workaholic wife comes to me after surgery in the hope that I can find the cause so it will not reoccur. We clear all the usual causes for the cancer, but he chooses another means of death in order to escape his wife's control. He is completely unable to stand up to her and take his power back, and I am unable to stop him from creating his own death.

He is very wealthy and she is angry that he is not putting in the hours that she wants him devote to the business. In fact, she gets mad at me for recommending that he take time for recreation and exercise. Unable to digest food, he starts to lose weight and falls back.

Since there seems nothing I can do, I suggest that they go to a clinic in Mexico. The doctors at the clinic say they cannot do anything either because he no longer wants to live and is not making any progress. I spend many hours with him trying to turn him around, but his wife has such control over him that I am unable to do so. He is suffering so I suggest to his wife that she give him permission to die. She does and he is gone the next morning. However, since I discovered how to defuse the "I want to die" program, I haven't lost another client.

Case #20. At a conference, a man asks me if I've had much luck with diabetes, a condition from which he almost died a year earlier. His eyesight is deteriorating, and his body is covered with large red splotches and bruises. His blood-sugar level is 410 (normal is 150), and he has to take insulin twice a day.

In about an hour, we have cleared all the causes. I meet him six weeks later, and he tells me that his doctor confirms that he no longer has diabetes. All the symptoms have cleared, including

the bruises and red ulcerated spots on his legs. I compliment him on his commitment, and tell him that if a person is as committed as he is, it works every time. Miracles are in your control and you create them.

Case #21. Many clients suffer from sciatic nerve pain, and I have found that it is invariably connected with an “I’m not all right” program, one of the most prevalent I see. In my case, sciatic nerve pain crippled me almost to the point that at times I couldn’t walk. It is almost always rooted in pre-birth rejection which keeps on building from many other situations throughout life. Almost every client has between ten and several hundred programs locked in many body locations besides the sciatic nerves in the legs. Many clients cannot sit for more than an hour or so without needing to walk around for a few minutes. In addition to the pain, this rules out lengthy auto trips.

In all cases, this program stems from feeling rejected and abandoned as a child, and is compounded by rejection before birth. The parents’ actual treatment of the child is not always the problem, but the child’s perception of how it is treated. They can give a child all the right material comforts and educational opportunities, yet a child may still feel unloved and rejected. It is the personal touch and sense of love and acceptance that is required. Another child can grow up in what would be considered a deprived family, and be showered with far more love, support and encouragement to succeed in life than the pampered child.

Case #22. A new client comes to me because he cannot hold his head up without a brace. Take the brace off and his head falls down and rests on his shoulder. He has no strength in his neck muscles at all and is unable to work. Also, he is controlling of his wife. Neck pain is caused by not wanting to take responsibility for one’s life. When I tell him that if we clear up his dysfunction, he will have to go back to work and must work at not controlling his wife, he refuses to continue the session.

Case #23. A man comes to one of my lectures on the recommendation of his friend. He knows nothing about alternative healing or personal transformation, but starts attending my weekly lectures, and even comes for a session before the lecture, during which we start breaking down problems from his childhood. One day, he says, “I want to work on my eyesight. You say that if a person wants to see their life clearly, they can regenerate their eyes. I’m ready for that.”

We begin working on the reason why his eyes have deteriorated, and soon his eyes begin to clear up. One day, he announces that he is able to read without his glasses. A year later, he tells me, “I can see so well now that I don’t even carry my glasses around any more.”

This has happened to many people. There is only one catch—seeing your life clearly takes great commitment because this is where denials really come into play.

Case #24. A client has serious breathing problems, yet the doctors cannot discover why. As I probe the area where she says it hurts, I find a very interesting program: fear of vulnerability and conditional acceptance. The programs are along the edge of the last rib from the side all the way to the center. When we clear all the programs, she can breathe normally.

Case #25. A man comes to my lecture with the intent of having me clear a diarrhea problem. He has to take the pills every three to four hours to keep it in control. His doctor (authority figure) has warned him that diarrhea is one of the side effects of the heart medicine he is taking. He stops the heart medication and uses chelation therapy instead, but, the diarrhea continues.

We release the doctor’s proclamation and instructions in twenty minutes; the diarrhea stops immediately. If the program is a belief and not a reality, then it can be released with a simple affirmation.

Case #26. A woman client has the same back pain problem that I did. About twice a year, she has to go to the hospital and get an injection of muscle relaxant.

Middle back pain can cause major problems. Self-rejection will cause the muscles alongside the spine to contract. I got to the point where I could not lift more than ten pounds without throwing my back out. The muscles would go into spasm and I could not move. The doctors wanted me in the hospital for traction to stretch it out, but I refused their kind offer. Today, with the help of the people who learned N/CR, my back is normal. We cleared the client's problem in about five sessions.

Case #27. At one of my lectures, a concert cello player asks about scalaraderma, but I have not heard of the condition. We set up a session so that we can explore the cause.

Apparently, her mother had forced her, as a child, to play the violin for three to six hours a day to get ready for a recital. Having had enough abuse, she quit playing after the recital. Eight years later, her high school orchestra needed a cello player so she volunteered. After high school, she continued with the cello and joined the Palo Alto Symphony Orchestra, but her mother refused to attend any of the concerts, triggering a sense of rejection. Many years later, her local Unity Church asked her to give a solo performance, for which she got a standing ovation. Her mother, however, still refused to attend.

Shortly after this, she contracted scalaraderma. There is no known cure, and it's just a matter of time until the body simply ceases to function. The cause is an inability to handle her audiences' unconditional acceptance. In three sessions, we clear the causes and the disease disappears.

Case #28. My son believes totally in the N/CR process, and anytime anything happens to him, he asks for a session with me. One time, he'd fallen off a earthmover and injured his leg and hip. When the doctor prescribed pain pills and set up a physical therapy program, my son checked first with me. We found that he had been offered a promotion at work and had hurt himself to avoid taking the position. At least, that was what his mind was projecting. Once we cleared the fear of taking more responsibility, the pain disappeared and his injuries quickly healed up.

Case #29. At a lecture, a man describes himself as successful at everything he does. He has the big home, several cars, a plane, a yacht, and all the right memberships in all the socially and politically correct organizations. However, he recently realized that all his success is in the material world, that he is a workaholic, and that all his success and validation have come from his ability to create wealth.

After attending my first lecture, he knows there is something missing in his life. When he discusses the direction of their marriage with his wife, she tells him that she is well satisfied with their lavish lifestyle and does not share his curiosity about the spiritual aspect of life.

In session, we discover that his motivation to acquire material things and give his family everything they want is to get validation and self-worth. He realizes that his parents never gave him the unconditional love he craved. They gave him material things, calling that love, and he is doing the same thing. We clear the program and reinstall the self-love and self-validation program. However, when he tries to discuss his new focus with his wife, she wants nothing to do with his new direction, nor is she going to participate in it. As a result, they divorce. He decides to drop the superficial social life style and simply enjoy the money he has. He tells his wife he is dropping out, and if she wants to continue the old way, she can pay for it herself. He changes his life completely and finds genuine happiness.

Case #30. A woman volunteers at one of my lectures. We go through the basics of clearing and find that she has a severe thyroid deficiency, about which she is concerned because she is pregnant. Six months ago, her doctor told her that her thyroid test showed very low, so he prescribed thyroid supplement. However, she was under extreme stress at the time of the doctor visit, and that's why her thyroid function was down. The doctor was an authority figure, so her mind accepted his diagnosis.

We forgive the doctor for making the statement, and reprogram the mind's belief. After about fifteen minutes, her thyroid resumes normal operation and has continued to do so for many years.

Case #31. In lectures, I have demonstrated that most people do not love themselves nor will they allow others to do so. In this process, I ask the audience to repeat an affirmation in which we state: "I am entitled to live in peace, happiness, harmony, and joy."

Quite often people will leave out one of the words, as when one woman left out "harmony." We even repeated the affirmation, and she left it out again, while claiming to have said it. All 125 of the audience chimed in and said, "No you didn't."

After the third time, she included harmony in the affirmation, but when I told her I felt she needed to see me as a client, she refused. It is obvious she is in denial and that a denial-of-denial sub-personality is running her life.

Case #31. Another major find is the discovery of the denial and denial-of-denial sub-personalities. I have been working with a client for a few sessions and he seems to accept and hold the love program, yet I notice in his relationship with his family that he doesn't seem to follow through in how he communicates with them.

In the next session, I check for denial-of-denial in the love program. It appears that he loves himself and will receive love from others, but when we check denial sub-personalities, they indicate he is in denial, that he does not love himself nor will he accept love from others.

When we release the denial sub-personalities and begin tracing back for the core issues, we find tremendous anger and suppressed resentment at his mother which in turn has created a resentment toward all women. This, too, is in denial. As we process through this, it opens many other doors to other suppressed denial programs and sub-personalities.



Case #32. Love and validation are the most important issues in a child's life. In my case, it was the base cause of all my problems. My parents did not know how to express love or give validation so it was the core issue in most of my dysfunctional behavior.

With one client, we found that his parents provided all the things that a child would want, private prep school education, and all the trappings to go with it. However, all they provided was material objects; there was no love, validation, or acceptance. The child tried to satisfy his parents for providing all the proper things in his life, but could never perform up to their standards. No matter how well he did, they always wanted more or better. Most of time, he received invalidation rather than acceptance.

Being a survivor, he went into business for himself and succeeded, but again received no support for his success. Finally, he even rejected his own self, and manifested a life-threatening disease to win his family's acceptance. He was willing to destroy himself for acceptance.

This shows how far the mind will go to get love and acceptance. He was not aware that his disease was caused by his mind setting him up. The doctors gave him a "no way out" diagnosis. He turned to alternative processes and nutritional programs, but they did not work either. Finally, he was referred to me by a friend who'd had positive results from working with me.

In four sessions, we create a miracle. We clear the dysfunction with reprogramming and let go of his anger and resentment, coming to peace with his parents. Most of the programs are in denial so he is not even aware of them. Once we let go of all the denial, and he can love and forgive his parents, and the miracle of healing happens naturally.

Case #33. A couple is trying to sell their house but they are not sure where they want to move to, so they have not made any plans for the future. The house is not over-priced or in disrepair, but it just does not sell. The couple is really frustrated because they cannot move forward. They come to me assuming that there must be a curse or hex on them or the house, but we find nothing that is

stopping them. However, we do find a tremendous fear of not having an anchor or security. The house is security that they cannot let go of. Although they have consciously decided to sell the house, their fear of not having security is blocking the sale. It is hard for them to let go of the security.

For the next 30 days, they write out long hand 21 times a day, “It is safe to sell the house. Security is an internal personal quality, not an outer physical situation.”

As children, neither had had a solid home, and felt that if they let go of the house, they would be homeless. The mind is not rational, nor does it see how it acts out its fear. This is actually a double-bind. Consciously they wanted to sell the house, but they were subconsciously blocking the sale. This is one of the main reasons we have to locate and release all our childhood fears and emotional trauma. I had worked with them on other issues, yet this one escaped our notice until the house was on the market. Denial is so insidious that it’s almost impossible to see its covert operation.

Case #34. At a lecture, a woman asks me what causes hypoglycemia. I explain, “Almost all sugar-based problems are caused by lack of love, and sugar, especially chocolate, which responds in the body like feeling loved.”

“I was helping a friend put out a newsletter, and we planned to stick the address labels and take the newsletters to the post office by three. I was supposed to be at my friend’s house at noon but I didn’t show up until two. My friend was angry at me for not showing up on time, and had almost finished the job on her own.”

“What was your reaction to your friend’s anger?”

“I felt unappreciated for the work I’d already done, and headed directly to the candy shop. I bought a pound of jelly beans and ate them all in less than an hour. As a result, my hypoglycemic condition kicked in and I had a low blood-sugar blackout. At the hospital emergency room, they gave me an insulin shot.”

I ask her, “So, what do you think the lesson was in that incident?”

Typical of a person in denial, she says, “It was my friend’s fault. She made me go to the candy store.”

“Okay, I suggest a session to clear the programs that are causing the situation.”

During the session, she disagrees with me about the cause and claims she has perfect parents, so they are not the cause. I agree that they are not the cause, but that it is her reaction to how they’ve treated her that’s causing the problem. She disagrees with my interpretation, and I do not see her again. Unfortunately, this classic case of denial-of-denial occurred before I knew how to deal with it.

Case #35. My client has a controlling mother-in-law who can’t help taking over every dinner party, whether it’s at her house or the homes of her adult children. We go over the issue and it find that it is non-acceptance coming directly from childhood. My client’s mother has passed on but had the same controlling qualities. She could not keep her comments or her need to control to herself.

The client recognizes her mother’s controlling patterns and lets them go. We release all the “I am not all right” programs, rejection as a child, and the feeling of inadequacy, along with loving and forgiving her mother-in-law. We then work on reclaiming personal power and taking control of her life so she will not react to her mother-in-law. We release her fear of standing up for herself and speaking out about how she feels.

When she hosts the next Christmas dinner, she tells her mother-in-law, “I can handle the kitchen. Why don’t you spend time with the family. Dinner will be ready in a couple hours.”

The mother-in-law grumbles at first, but finally complies.

When my client asks for clarification, I explain, “The only reason your mother-in-law took control is that everyone let her. They were reacting from their childhood programs. Now that you’ve taken your power back and no longer have any feelings of inadequacy around your mother-in-law, she can’t grind with you. You are stronger than she is, so she backs down. Controllers are

only as strong as other people will allow them to be. They'll always defer to a person who is in their own power. They can't intimidate those who are in control of their life."

Case #36. It seemed that everything this client did was intended to reject self, and that his parents had deliberately set out to destroy his self-worth as he was growing up because nothing he did was right by them. They found fault with everything he did, no matter how well he did it. He did well in school in the lower grades, but they offered no support validation, so he just gave up and barely graduated.

As an adult, he received validation for the work he did which helped some. Even then, however, he would sabotage himself. I was surprised that he came to me for help, because the more ingrained the behavior, the longer it takes to clear it. It was hard for him to understand, however, that he has drawn people into his life that would validate his self-image.

Many clients come with some form of back pain along their spine. In his case, it is middle back pain, just below the shoulder blades. This almost always signals self-rejection, and usually it begins *in utero*.

He has been going to a chiropractor twice a week but the adjustments will not hold. However, as we work out the self-rejection, his back pain begins to lessen and eventually disappears. It takes many sessions to finally clear all the childhood programs and resultant patterns as an adult. I am surprised at his commitment; he persists until we've cleared them. Most people gave up when the going gets rough.

Case #37. In 1998, we discovered how powerful the Conscious Rational Decision Making Mind is. I was shifting my focus from the Subconscious Mind and Ego being the control factor, yet I had not encountered the true power in the mind. When I ran headlong into auto-pilot, I knew I had hit the jackpot.

I was working with an established client and we encountered some locked-in programs when I discovered that auto-pilot is in

the Conscious Mind. It partitions off a segment of the Conscious Mind and sets up its own operating system with sub-personalities to drive it.

After discovering this, I decide we must erase this system so we can take its power back from it. Little do I know how powerful it is. We are removing some of the sub-personalities when the client starts browning out, so I decide to clear the whole thing at once with the help of my cadre of reprogrammers, Ego and Subconscious Mind, Holographic Mind, Higher Self, Holy Spirit and Presence of God.

We begin with our affirmations to clear the programs and ask them to uninstall the operating systems of auto-pilot and delete, erase and destroy all the operating programs, patterns and operating instructions in the auto pilot. I reason that if we can get them all before she passes out, we will have it cleared. All I'd have to do is get her back in her body and we'd be finished. However, I don't realize that we've crashed her entire operating system. (She'd been on auto-pilot control 85 percent of her life.)

I can't wake her, and it takes two hours for her mind to reconfigure the operating system, plus another hour to get the programs functioning in the proper manner.

Now, before destroying auto-pilot, I ask how much control clients have over their lives. I now chip away at auto-pilot until I can de-install the operating system with knocking them out of their body. In her case, the client was wondering why she had behavior patterns she didn't like yet they manifested anyway. She was running double-binds, fighting auto-pilot for control. Fighting sub-personalities was disconcerting and exhausting, but now she has her power back, she sleeps less and has more physical energy.

Case #38. At a lecture, a woman asks, "Is it possible that I set up my husband to beat me up? He denies hitting me, but I have the bruises to prove it. Our relationship is good and this only happens once in while. There doesn't seem to be any reason for it as far as I can see."

When we begin testing for the indication, we run into major denial. The husband is not consciously aware that he is beating his wife, even though he can see the bruises. We establish that he blacks out during the episodes.

I was actually seeing what happened but I had to get him to experience it himself to breakout of the denial and illusion. So I asked him, “Who appears or what happens before you black out?”

At this point I could not get any further. Conventional psychology would be stumped at this point because, due to denial-of-denial, he has no recall whatsoever. It simply did not exist in his reality.

We have to access the fear causing the denial, so using the acupuncture points with N/CR, we see that his mother abused him as a child, and that he would escape into his magical child to avoid the yelling and pain. He would actually escape this reality into another magical reality that he had created.

With this established in his mind, we can then recall the incident. When we go through the process of releasing his mother and forgiving her, we open the door to reconstructing the incident. I explain to him what has happened and what he did to escape. He describes it thus: “When my wife starts ragging on me, I don’t see her anymore. All I see is my mother’s image overlaid over my wife’s. I become a child and go into a place of seclusion to escape her. At that point, I don’t remember anything until I come back. When I do come back, I’m disoriented and it takes a while to regain my balance.”

We work on her need to attack him verbally, and get over her need to control and manipulate him, so the whole behavior pattern for both of them is cleared. A few months later, the wife tells me there have been no more incidents since.

With conventional psychology, this would probably have ended in divorce, which neither one wanted. How many of these types of cases have the same root cause, but end up in divorce court or jail time, when they can so easily be resolved?

Case #39. Many clients have said, “I knew getting married was a mistake, but I did it for my parents.”

Many people get married for all the wrong reasons. Most of time, we marry one of our parents with whom we have not completed our lessons. We then transfer our neediness from the parent to the other person, which creates a new mother/son or father/daughter relationship. This will work until one partner gets tired of being controlled or not being given the attention they want. In men, it will result in sexual maladjustment because you cannot have sex with your mother. In women, this does not seem to cause any problem.

Many people are caught in relationship addiction so they will say they are addicted to love which they never get. Usually they do not have a functional love program in the mind’s computer so they keep chasing what they think is love, when it usually is sex which they interpret as love. I find very few people who are actually happy in their marriage. Most of them coexist because it’s “the right thing to do.” Society and religion place so many rules and pressures on people that very few even really know what true happiness is.

If both people are willing to work on it together, a couple can sometimes resolve their differences and create a good relationship. When I have been able to work with both partners, we can release all the childhood programs with the parents and put the marriage back together. However, if one person changes and the other wants to continue on the same path, irreconcilable differences will probably lead to divorce.

In Studs Turkels book *Working*, he interviewed 30,000 people and found that only 5 percent were actually happy to the point that they would not change anything in their life. 15 percent were relatively happy and had a few things they would change. Another 20 percent were trying to change their lives but felt frustrated in their effort. But a whopping 60 percent were not happy with their life, and felt locked in with no way out. *This is a pretty sad commentary on life.* And worse, this book was written in the seventies; things have gotten much worse since then.

Case #40. Many clients have faced a major battle due to their body being toxic and out of balance, both in electrolytes and homeostasis. Candida is primarily a breakdown in sugar metabolism, and is one of the most difficult dysfunctions to overcome because it also has an insidious emotional component.

Many of my clients with candida have victim tendencies and a hard time disciplining themselves.

In one case, the client has followed the candida diet rigorously, yet is making no headway. After about three years, she is so weak from the diet that she quits her job. Then her disability runs out. When we start working, her ability to withstand cold is gone to the point she keeps her apartment at 80 degrees. She is so careful with her diet that it seems almost obsessive.

After five sessions, she is functional in her life. The base cause is childhood rejection. She had been an only child and a “mistake,” since her parents did not want any children. However, they feel sorry for her and enable her candida by giving her money when the disability runs out.

Her base feeling is that nobody likes her and will dump her from a job at the first chance, which she proves right by setting herself up to get laid off. I am able break through the denial that she does not want to work because she would get fired. We clear the program and sub-personality, and her candida begins to clear up. Once she feels empowered to stand up for herself, she risks eating foods that in the past have caused her candida to flare up. She is surprised when this doesn't happen.

She knows we are making progress where no medical doctors have been able to find an answer, and after almost a year of weekly sessions, she starts sponsoring me and setting up lectures for me. However, after she recovers, her empowerment goes to the other extreme. Her anger at men comes up, something that often happens when a female client reclaims her power. Resentment surfaces from having been held down in the past, and they become aggressive and arrogant. Fortunately, most clients recognize their misplaced anger and recover.



Case #41. I meet many people who run into major blocks while working out, almost all of them caused by emotional limitations. When we release the emotional causes from the body, miracles happen.

A weight lifter is upset that he has paid his entry fee into a weight lifting contest but cannot lift more than 175lbs, when the minimum to enter the preliminary level is 300lbs. He is at a loss as to why he is suddenly so weak.

By asking a few pointed questions, I see the base cause, so I offer him a free session. He had a fight with his girlfriend and she left him for another man. His interpretation was that the other man was more desirable and had a better-looking body.

First, we release all the anger at his mother, and then at the girlfriend. We recover from his failed relationship, and from not being acceptable because he does not physically match up to the other man. We recover his self-esteem and clear the need to have someone else validate him. Two days later, he lifts 325lbs. He remarks that he has no idea what we did, but that it worked.

Case #42. At a lecture, a woman asks me, “Do you believe in hereditary diseases?”

As we saw earlier, I do not accept the concept of the hereditary passing on of disease. Both her husband and her son died recently of a heart condition they believed was hereditary. When we check her with kineisology, her Body/Mind confirms that they both died from a belief. If they had not held that belief, they would be alive today. I have proven over and over that beliefs can kill.

Case #43. A client tells me she is affected by environmental illnesses. We trace her belief back to her arrival from Europe at Ellis Island. It was an old ship and the odors of bunker fuel permeated the decks of the ship. The day before the ship docked, she lost contact with her mother and didn't find her until they disembarked. Her allergies and her sensitivity were directly connected to the fear of losing her mother. Once we released the fear, the sensitivity immediately disappeared.

Case #44. A client capitulates to anything her husband wants. She puts up with his verbal abuse because that is the way she was treated as a child.

One of main blocks to awareness is giving power away to an authority figure, regardless of who it is. It could be a parent, a friend, an employer, or a marriage partner. Outside observers will puzzle over the person being treated badly or with no respect, but the codependent accepts the mistreatment because of fear of being rejected. This usually goes back to childhood where children felt they were not accepted. As a result, they rejected themselves as “not all right.” To get the “alrightness” back and get validated, they look for a person who appears to need them.

I always warn clients with this complaint that they should ask their partner to participate in the process or they may have fireworks when they become aware, empowered and reclaim their personal power.

After five sessions, the client asks her husband for a divorce. In an attempt to save the relationship, he has a few sessions with me, but refuses to do any follow up. They divorce soon after.

Case #45. The other side of the coin are the counter-dependents who are actually more fragile than the codependents. It’s hard for them to see their need to be in control all the time. Most are so in denial of their behavior that they justify all their reactions to a given stimuli. When confronted with an issue, they will go into either flight or fight. To give in is to lose their power. Quite often they will resort to verbal abuse to maintain control.

It is hard to get a counter-dependent to recognize that civilized behavior does not mean losing your power. I strive to work with the client’s partner in hopes that if the codependent reclaims his or her power, the partner will see the light, but this seldom happens.

Although a few clients are able to change the course of their future to happiness, joy and unconditional love, most of these cases sadly end in divorce.

Case #46. Many people who maintain “I have been on the spiritual path for 20 years or more, and have my life together” will volunteer to work at N/CR lectures and workshops. However, I contend that spiritual work cannot begin until we have built the foundation. All but three people I have checked who claim to have been on the spiritual path for 15 years or more have accomplished little if any real growth on their path. The cause is clear.

One such woman, a 20-year veteran of spiritual work, volunteers to demonstrate with me at a lecture. As I go through my basic checks, we find that her polarity is switched and she’s out of her body. She does not love herself nor can she receive love from others.

I check for the cause, and find that she had a controlling mother who rejected her before she was born and didn’t want any more children. All her life, she felt rejected and abandoned by her mother. Her list of programs is endless, so I suggest that she see me for a session where we could release all this and get her on the track to reclaiming her personal power and empowering herself.

The first treatment appears to work but blows her out from her reality even further because we destroyed her fragile operating system. In a second session, we build a new operating system which allows her get on with building the foundation to launch into her spiritual work.

This has happened to more people than I can count. Instead of starting on the bottom step, they jump up to step 12. With a crumbling foundation under them, they crash when we bring up the emotional dysfunction in their life that has been covered up in denial-of-denial sub-personalities. The illusion is that they were growing, but because it’s not done thoroughly, the mind just runs with an illusion. They assume that they’ve done all the basic work, when in fact, none of the releasing has happened, other than cathartic release.

This unfortunate experience often happens because of misdirected teachers and pseudo-shamans. Quite often people, embark on a spiritual path with no guidance, and assume that they can acquire the tools without guidance. In my experience,

true clearing requires an accomplished teacher who can direct one on the path. The “I can do it all myself” attitude simply does not work.

Case #47. A person at my health club had a tragic experience because of his daughter’s relationship addiction. She had broken up with her boyfriend because he was verbally abusive. He would alternate between staying away from her and harassing her. The father got a court restraining order to keep him away, and he disappeared for about six months. She was living with her father for protection so he felt safe for her. The old boyfriend called up and wanted to see her one last time before he moved out of state. She agreed to meet him at a restaurant nearby to talk with him.

Her father wanted to go along for protection, but she declined, saying that it was a large, busy restaurant. Apparently, their discussion became an argument, and the boyfriend pulled a gun, killed her, and then himself. “Why?” asked the father.

When one person gets paranoid over another, the latter becomes the medicine. If the aggressor cannot have his medicine, then no one else can. They see no reason to live, and feel they can take the person with them in death. Until we recently stopped looking at crimes of passion as a criminal act, they were inexplicable.

Case #48. With many clients, I find that the mind seems to be our enemy. As we saw before, the problem is not our Ego at all, but the Middle Self and its auto-pilot programs. Our mind decides it will protect us from the ultimate enemy: rejection, abandonment, invalidation and fear of failure. In an effort to protect us, it sets up sub-personalities to keep us from situations that might cause us to face what it feels will be failure. We can use willpower to force the issue and punch through it, but unfortunately that creates an inner conflict that wears us out.

Clients often tell me that they know that what they are doing will work well, but for some reason, it’s not successful. The base cause is always: “I’m not all right,” and “I’m not acceptable.”

Self-rejection and invalidation are the core issues. When we clear these programs, things begin to work out. I have studied people who succeed in their life pursuits, and they always come from a functional family. You may ask, “Why not me? I’ve tried hard to be successful.”

It all comes back to karma and the lessons you have to clear up now. The sooner the better. Do it now!

Case #49. A psychotherapist who specializes in children’s issues brings a young client whose parents are involved with a cult that practices Black Magic ritual abuse. The child has been subject to the cult’s practices and has been the target of ritual abuse.

When the mother divorced the father and broke away from the cult, she took the child to a psychotherapist to deal with the fear laid in by the ritual abuse. After three fruitless sessions, the young boy would not talk at all. The therapist told the mother she could do nothing and suggested a session with me.

In the session, I suggest going into the records to discover the source of the child’s resistance to the therapist. We find that the child was reacting to the therapist’s Meta-Communication which was being influenced by a past life when the therapist had practiced ritual abuse. Amid much emotional release and tears, we cleared the past life record and locked it in the archives so there would be no Meta-Communication about this experience.

The next time the child saw the therapist, he opened up and would not stop talking. In two sessions, using some N/CR processing along with conventional therapy, he was cleared of all the ritual abuse. This case shows how Meta-Communication functions; neither person knew what they were reacting to but it stopped the therapy cold. Resolution was a win-win for both therapist and client.

Case #50. The issue of attraction to the same sex is one of the most controversial issues I’ve had to deal with in my practice.

Are gay people actually born with homosexual pattern in their life? My answer is no, and I have documented proof. I have worked

with many women and men on the issue, none of whom actually came to me to deal with that issue. Most of the time, they just have the same issues that everyone else has.

The client's mother had been a US Army nurse who married in the Philippines during WWII. The daughter was born in the Philippines into a functional and financially stable family, from whom the child received much love and affection. After the war, the parents returned to the US and the mother's family did not accept the Filipino father at all. In this family group, the mother and her family rejected the child, and the father was the only person who gave the young girl any affection and love.

After about five years, the father couldn't handle the abuse and rejection, and returned to the Philippines. If she'd been older, the daughter might have gone with him, but she grew up feeling rejected and abandoned by her father. The mother wouldn't let her visit her father for fear she wouldn't come back. It was like ownership but no affection or love.

Assuming that all men would reject her, my client gravitated to same-sex relationships. I asked her, "Why did you come to see me when you hate men so violently?"

"I feel that you're here to help me through the problems in my life. You never tell me how to run my life because you always give choices. I feel that you are a historian giving me back my childhood and helping me release the hatred and misplaced anger I've held on to until now. I feel at peace in my life now that I understand the causes for my behavior. This doesn't mean I'll be attracted to men, but now I know I have choice. Thank you for giving me back my life."

Case #51. At one of my lectures, a man asked, "Do you really believe that AIDS is not a disease?"

I replied, "It's not AIDS that kills people but the other viruses and bacteria that the immune system is unable control because of the low T-cell and leukocyte blood count. In fact, the AIDS virus mutates so fast that it destroys the immune system and there is no way to control it."

“Okay, are you willing to work with my friend.”

“Of course,” I replied. “AIDS is not contagious.”

For such an advanced case, the results were dramatic. After just a week, the client stopped needing blood transfusions and his T-cell count shot up at an unheard of rate. The couple went on a vacation they’d been planning for years, but had had to postpone indefinitely. The client died within two weeks of their return. The official cause was listed as AIDS but, on further pathological studies, no cause of death could actually be pinpointed. The friend (who had attended my lecture) was HIV positive and now wanted to ensure that it did not develop into AIDS.

We clear up the HIV status in two weeks, and he continues to have sessions with me for about a year. By the end of the year, he is questioning his same-sex attraction, and is now in a heterosexual relationship.

Case #52. A psychologist friend referred a lesbian who was having relationship problems with her partner. After a basic session, she wants to know why she took on the lesbian lifestyle. We unwind the core issues and the original cause: intense anger at her father and all of the men in her life. During the sessions, she releases her anger, and decides to opt out of the lesbian lifestyle. Her partner is furious and comes to see me.

The session with the partner is one of the most tumultuous sessions I’ve experienced. She begins by screaming at me, “You destroyed my relationship. I feel like committing suicide. Carolyn left me for man. She has penis envy and I can’t provide satisfying sex for her.”

After she gets that off her chest, I ask, “Well, what do you want to do about it?” Apparently, she just wanted to unload on me. Soon after, she calls to apologize and book a session. In several sessions, we release the anger and many of the issues around the rejection, and she reclaims her personal power which opens her up for more effective relationships.

Case #53. I was invited to present a lecture by a women who had attended a lecture with a friend from distant city. Unknown to me, of the 28 attendees, only three were heterosexual. In my ignorance, I answered questions without any withholds and the audience accepted my answers without much resistance.

At the end of the lecture, a women asked me if I would stay after the lecture and work on her. She'd been afraid to volunteer during the lecture because she could feel her anger rising. She warned me that she would probably begin screaming during the release. She was right; she did, at the top of her voice.

Afterwards, she told me she felt like a piece of spaghetti. In a further session, we clear mountains of rejection and anger against her father and men in general, which gave her a new life. She has no intention of relinquishing her lesbian lifestyle, but the clearings gives her a whole new life. Her "male rejection" issues are the same as for many women, yet her interpretation had guided her into a lesbian lifestyle.

Case #54. Two of my clients are cross-dressers. One keeps trying to start relationships with women even though he knows they will eventually reject him. The pattern is that he chooses a strong, controlling woman who wants a mother-son relationship. He then rebels because he tries to prove to himself that he's male when his inner self really wants to be a women, and he reacts as a man or woman depending on the situation, although he seems happier in the female persona. Either way, his intended female partner rejects him.

His background was typical of transsexual men, covered in Chapter 2, but he was terrified of the sex change option. Unfortunately, he stopped the sessions, so we didn't reach resolution.

Case #55. The client's life-stress was simply breaking his body down, and his adrenal function was so low that he should have been totally shut down by clinical depression, yet amazingly, due to the power of the mind, he was still somehow able to function,



even though exhausted all the time. He was a survivor and was using pure will power to drive his life. Once we released all the childhood trauma and he reclaimed his personal power, he began to recover and is now able to function normally.

Case #56. Occasionally a sick client is getting a payoff from his or her illness, often related to control of others. Asthma is commonly the illness of choice to manipulate other people who then give their power to the controller. I have explained to many controllers what they're doing to get the payoff, yet most deny it.

In some cases, we may have cleared all the programs, beliefs, and sub-personalities from every level of the mind, yet if they retain the concept of payoff in the Conscious Rational Mind, it will rebuild the program, and the disease syndrome will return. I have cleared some clients of asthma for up to two weeks, yet it returns with more intensity than in the past.

Case #57. Fear of stepping forward or reaching out in life can result in pain or physical breakdown in our arms in legs. At an Expo, I met a women with a paralyzed arm who had no use of the fingers on her left hand. One morning, ten years ago, she woke up ten years ago with her hand in this position. After much physical therapy, she could move her arm, but nothing seemed to help her hand.

In the first session, we trace the original cause to her childhood, when her parents told her she would not succeed at anything. They invalidated everything she did. Ten years ago, she was going to start a new job in which she would have to use her hands, and to make sure she couldn't fail, her programming had kicked in to prevent her from taking the job.

Once we release the parental programming and the fear of failure, she is able to reclaim her personal power. We also reprogram her love program so she can love herself and allow herself to receive love. We release the fear of reaching out to new situations and new realities. Her arm loosens up, and her hand uncurls, right in the session, to give her full use of her fingers for the first time in ten years.

Case #58. A client lived only a few blocks from my office, and was a virtual prisoner in his house. He was afraid to go out due to what he described as “environmental illness” in that he was allergic to everything.

We begin with his pre-birth rejection by his mother—she didn’t want any children. She verbally and physically abused him, and wore strong perfume all the time, so he connected rejection and abuse with strong perfume. With a shy victim-type personality, it was no surprise when he married a strong, controlling woman who verbally abuses him and controls his life. He was seeking a mother-son relationship so that he could continue to work out relationship lessons with his mother. She also wears strong perfume, which is the core issue.

The client used to work at a scientific laboratory that used strong-smelling chemicals—the catalyst. He developed reactions to the chemicals, and finally retired on disability. His allergy syndrome built on itself until, today, he is afraid to go anywhere.

We clear all the childhood programming with his mother. Then we tackle the beliefs and sub-personalities that are driving the concepts about environmental illness. Once clear, we take a field trip to a lecture to try out his newfound freedom.

As fate would have it, a women with strong perfume sits down right behind us, and he bolts for the door to get some fresh air. Outside, I manage to convince him that his environmental illness is a self-created illusion, and we go back in and enjoy the rest of the lecture. Over the next few sessions, we clear his remaining problems, finally releasing him to find happiness and joy for the first time in his life.

Case #59. A prospective client called from Florida, but since I live in California, meeting was a problem. As it happened, Ft. Lauderdale was hosting an upcoming Expo, so we arranged to meet there.

He had been diagnosed as a classic case of learning-disabled, coupled with ADD. His family had sent him to many therapists but to no avail. At their suggestion, he enrolled in a college that

helped learning-disabled people, but after five years, he was still in his junior year. He was listless, and had difficulty getting out of bed each morning and just making it through the day.

As usual, his problems all stemmed from childhood during which he collected the usual rejection programs in addition to his father continually putting him down. He did poorly in school, and was unable to fit into the social scene. When his school labeled him learning-disabled, he bought it hook, line and sinker.

In the first session, we clear the ADD label and learning-disabled belief, along with all the traditional programs. Immediately, he begins to find school easy. He is amazed that we could release pain in his body and change his programming and belief by just holding acupuncture points on the body and saying an affirmation. Over two more sessions, he reclaims his personal power and takes responsibility back, and perks up in every area of his life. He jumps out of bed, eager to tackle each day, and wants to be up and around. He tells me, "I've never felt like this before. Now I have this drive to succeed and get going in my life."

Case #60. In the mid-80s, a woman came to my lecture dressed like a construction worker. She wore Levis, heavy work boots and a flannel shirt. She said, "I fit into one of the categories you talked about, and I want to find out why."

For the last 15 years, she'd installed new electric lines for the power company, and was the only woman she knew of in construction.

She was the youngest of three girls. Her parents had wanted a boy but were unwilling to have a fourth child. She'd been a tomboy all her life, playing sports and generally spending most of her time with men, stopping at bars with her crew for an after-work drink. She had no boyfriends or intimate relationships, even though men would show interest in her. She'd never had lesbian tendencies, nor did she want any part of that lifestyle. Interestingly, she didn't feel rejected by her parents, or that they'd treated her

like a boy. She just took on that lifestyle herself to prove to her father that she could meet his demands on her.

We release the programs about needing to please her parents, and she reclaims her personal power so she can live her life for herself. She comes to her second session wearing a dress, and I ask, “What happened?”

She replied, “The need for the challenge isn’t there anymore. I don’t feel I have to prove anything to my parents. I just want a lifestyle where I can live a normal life, so I applied for a transfer to the dispatch department with an inside/outside combination position.”

This client is typical of people who just flow with the river, not really directing or controlling their lives, but who do not experience happiness and joy. Once she got in touch with, and understood her choices, she changed path to one more in line with what she desired. Her new lifestyle brought her peace, harmony, happiness, and joy. She began a good relationship with a new male friend, with whom she could work on the love aspect. She also began to make women friends.

Case #61. One of the questions that puzzles many people is, “I want to clear up patterns in my life, so why can’t I accomplish what I set out to do?”

One client had cleared all the blocks to accomplishing her goals, yet in the next session, we found that she was self-sabotaging. The culprit is a program buried in her Conscious Rational Mind, hidden in denial. Its thinking is that if she does not keep her commitments, nobody could hold her responsible, so she could never fail. She would get migraine headaches to stop her from achieving her goals, but then she’d feel guilty for not keeping to her commitment, and she’d berate herself for not following through. She justified the pattern by saying that she needed compassion, but that others were critical of her, and withheld it.

Breaking this pattern takes several sessions, because between sessions, she recreates the programs and beliefs for the mileage she derives from them. When she finally realizes that her soap

opera drama is costing her jobs and friends, she decides to reclaim her personal power. Her life rapidly turns around.

Case #62. During childhood, this client lost his father to serious illness, and his mother seriously neglected him. He came to me claiming that outside forces were plaguing him. I had my doubts but went along with the possibility.

We begin on the premise that outside forces are affecting his health, and over a few sessions, we clear all the outside effects being caused by other people. In his own mind, he had created blaming belief patterns that spawned many “denial of denial” blamer sub-personalities connected with a number of denial and “refusal to take responsibility” sub-personalities.

All told, we clear over 45 sub-personalities, but then his entire operating system crashes. He feels drugged, sick and congested, and unable to function. A later session uncovers a whole other set of the same programs and patterns. The problem was that with “denial of denial,” a person cannot access the programs or patterns, so they seem real because, as far the client is concerned, the feelings are real. When we access the records, we find that some are old, but others are new, created to justify the aberrant behavior and feelings. So we keep chipping away at the programs, and at some point, we will clear them all. This process continues until the client either sees the truth or gets fed up with the way he feels.

Case #63. Similar cases arise when clients live in a dream world of fantasy. One client came to me quite disoriented, a condition psychologists call bipolar or manic depression. As usual, I looked for the original cause of his dysfunctional behavior.

The original cause was that when the client was very young, his father died. His mother never remarried and retreated into a dysfunctional state so she didn’t have to take responsibility. As a teenager, therefore, he ended up taking care of her. An aunt helped out but essentially, he had no adult model to follow and felt massive rejection. As a survival mechanism, his mind suppressed the programs under layers of denial. (Of course, the rejection lesson will recur later in life.)

We find the base cause is denial of reality. He doesn't want to accept the lesson or what was happening to him. We find the core issue is not wanting to accept responsibility, plus denial-of-denial of responsibility sub-personalities, plus 30 denial-of-denial blamer sub-personalities. He can't even recognize his trait of walking into situations and setting himself up, because in his mind, everybody else is causing his problems.

When we start to remove all the blocks and erase the denial sub-personalities, he almost passes out. At the end of the first session, he is exhausted. In future sessions, we keep finding the same programs, but when we find the catalyst, he makes a major breakthrough and is finally able to get his life back on track.

Case #64. In my seminars, I always assert that any allergy is a belief that has no program driving it. Instead, it is driven by a sub-personality that is activated by the catalyst, something we can clear up in 15 – 30 minutes.

The client came to me after falling down in tall grass while running her dog, and within hours, suffering an allergic reaction. Her face swelled up and she got a red rash, with spots all over her body. However, her doctor couldn't find any actual allergy.

In session, we find the original cause was, as a child, being frequently beaten up in tall grass by her older brother. He was angry that she'd been born and was "stealing" his parents' attention away from him. Beating her up was his means of expressing his anger.

The core issue was created many years later when she got into knock-down fight with her ex-husband, also in tall grass. Tall grass became the catalyst, so every time she falls down in tall grass, her irrational belief says she's going to get beaten up. The allergy simply delivers the message that there's a lesson that has to be dealt with, but she isn't able to hear it.

When we clear the belief, sub-personality, core issue and base cause, within 15 minutes, the swelling and rash disappear right before our eyes. Since the catalyst is now permanently erased, there is nothing to activate the issue, so the grass allergy will not recur. All it took was an appropriately-worded affirmation.

Case #65. At one of my lectures, a woman asked, “Your theory sounds great and I’d like to believe it, but I had back surgery and four ruptured disks removed. I can’t deal with the pain any longer. It’s so bad that I’m contemplating suicide.”

I told her, “Please don’t put the responsibility for your life on me because I’m only a programmer, not a healer. I don’t heal anyone, but I can show you how to heal yourself. *You* have to rewrite the scripts and install the programs I provide you with.”

In her first session, I learn that her parents were career Air force officers and didn’t want any children, but if they did have one, they wanted a boy. She was an only child and saw very little of them, so she installed the self-rejection programming: “They don’t want me; I’m not accepted.”

Her back problems stemmed from her spine contracting from the trauma that was locked in by the programming. When the pressure of the muscle contraction became too intense, the disks ruptured. Doctors tried to fuse them, but it didn’t work, so two years later, they surgically removed the disks and tied four of the vertebrae together with stainless steel wire. This didn’t work either, so it’s obvious to me that she was still not getting the message.

She decides to go for it, commits to healing herself, and the results are amazing. In the first session, we release the rejection, and the pain disappears. In the second, we discover and release some traumatic past lives with the same parents. But what we didn’t know was that a miracle had already happened.

The client sets up an auto accident and has to have back X-rays. The doctor assumes he’s mixed up two patient’s X-rays, but when it’s eventually proved that these *are* her X-rays, he is completely baffled because they show that the stainless steel wire has disappeared, all four disks are present, and the vertebrae are in perfect condition. The four discs that had been removed surgically are back in their original locations and perfectly healthy!

Some follow-up work clears the balance of the trauma, and in the last ten years, the client has had no back problems. Her body was talking very loudly, screaming even, but she was just not getting the lesson. The fact that her health turned around in just a few days proves the power of the mind.

Case #66. One of the most phenomenal cases I have had involves a client I met at a lecture I did in Las Vegas. He is an extraordinary example of someone who succeeded against incredible odds.

Born with cerebral palsy, he couldn't speak until he was six. He was confined to a wheelchair and unable to move himself until he was eight. He started school late due to his disabilities, yet he graduated from high school in the normal time. He had a college degree, a B.Sc. in mechanical engineering, built race cars, and had won many races. He started his own business and was an inventor, patenting and building some of his own inventions. When we met, he still had some spastic body movements and slurred speech, one would assume from a stroke, say, but was able to live an almost normal life.

Very few people with cerebral palsy live beyond age 35 and can seldom take care of themselves or perform in a job above minimal responsibility. At 62, he had outlived anyone with cerebral palsy in past history.

He had the usual quotient of human emotional programming, plus tremendous anger at people who treat him as a disabled person who cannot do anything for himself. In his business dealings, people took advantage of him because they felt he could not defend himself. But he proved them wrong time and again, and succeeded beyond any expectations.

When I started working with him in 1996, he is beset by people trying to sabotage one of his inventions, so we change the negative programming causing the problems. We are still "work-in-progress" today, but I know nothing will stop him. His life path proves that nothing can stop you if you have the courage, commitment and the discipline to move through your limitations. He has never considered himself victim. He sees life as a challenge that one can overcome with commitment and consistent work.

Cerebral palsy is a Karmic genetic situation filed in the pre-birth flight plan. The Soul knows it can take this lesson on and overcome the effects of the so-called birth "defect." Here is a man who on his own was able to work through the disabling effect of cerebral palsy and succeed at making a life for himself with



very little help. He is an excellent example of a person whose mind tells him he can't do what he's attempting, yet he does it anyway. How many of us could even begin to overcome such a challenging genetic life controlling "defect"?

Case #67. We were participating in a health show in February 2001 and hoped to see a friend who had helped me set up seminars and workshops for many years. When he came up to our booth, his condition appalled Susie and I. I assumed he would be participating at the show himself, but he was in no condition to do so. He was a well-known healer and reflexologist whom I had known for over 15 years but had not seen him for over a year. Therefore, I was shocked to see him so badly crippled that he had to use a walker. He could not talk clearly and was shaking with Parkinson's Disease. "What happened to you?" I asked him.

"I don't know," he told me. "No one seems to be able to help me. I've been to many practitioners I know who tried to work with me, but to no avail."

"I suggest you make an appointment with me and so we can clear all of the dysfunctional programs and heal your afflictions," I advised.

He did so and, when I worked with him, tracking the programs and clearing the files was quick and easy because we had done so much work together in the past. In one session, we healed the Parkinson's Disease and cleared his speech problem. He left the session without the walker and talking very clearly. Two days later, his lady friend called to say, "You have given Jim back to me. It's amazing what you have done with him."

Six months later, none of the afflictions have returned. All neuro-motor diseases are easy to clear once you find the base cause and clear the programming. The "Catch 22" is that the person has let go of the need for the illness. He was not getting any mileage out of his affliction, so it was easy to reprogram and release.

Case #68. I work with many people who cannot seem to get their life in gear, so they procrastinate all the time until a major crisis wakes them up. This happened to one client who was forced to take action in his life. When he was able to handle the situation, he found that it was so easy when he took responsibility that he decided to go forward on all his unfinished languishing projects. I saw him less than a month later, and he had total control over his life; auto-pilot was gone and he had no control sub-personalities.

I thought this was a miracle; the month before, he'd been loaded with sub-personalities that caused avoidance, disorientation and procrastination. And now they were all gone. Sowing the seeds over the last year had worked. Once he reclaimed his personal power, he was on track. The last time I saw him, he commented, "When you are on the other side of the fence, you can see all the denial and illusion other people are in, but they will not listen to you when you observe it in them."

I asked him, "Does that phrase sound familiar from our sessions?"

He grinned and said, "Now I'm in your shoes, I can see why I did not want to admit where I was. It sure is a lot more comfortable to be where I am now."

Case #69. One of the more amazing experiences I have had came up with a client who was slowly dying and we could not seem to stop her life simply slipping away. Eventually, we found that she had regressed into a past life where she'd had a condition similar to Alzheimer's. It was as if she was living in a parallel lifetime even though she seemed to be cognizant of things around her, yet other times, she would slip away into this other lifetime. The family had significant funds so it was not a matter of money. Our work revealed that she felt that she no longer had any opportunities in life. We would heal one condition and she would pull up another affliction until she became unable to move on her own.

Over a six-month period, she progressed from simple problems to life-threatening conditions, where she could not eat much at all. When I told her what she needed to do to halt the progression

she was creating, I noticed myself getting to a point where I almost passed out. When I told the client's daughter what was happening, she astounded me by saying, "You actually did. You passed out for four minutes. It was like you just faded out and stopped talking for no reason."

Checking with Kinesiology, I discovered that her mind had knocked me right out of my body. It was intent on killing her and did not want me interfering. Nothing I could do could turn that intent around, even though the client was aware of what was happening. She finally died in her sleep about two weeks later.

The power of the human mind sometimes amazes me. Not only did it destroy her, but it also stopped me from helping her.

Case #70. During 2001, I began to find that many clients who have had a life-threatening illness feel that the battle of life is futile. To a few of them, this is a startling and shocking revelation, but most do not even recognize that this is happening to them. This attitude is activating what I call the Instinctual Mind's files, and few people know about this mind or what it can do to them. When these files are opened, they begin to create "I want to die" programs and "fear of dying" programs. In extreme cases, clients can have as many as 150 files open. The root cause of Alzheimer's is the battle between the "I want to die" and "I'm afraid to die" programs. When the programs are active for a long time, they create an Alzheimer's program that will advance slowly until short-term memory starts to be affected. Clearing and erasing these programs clears suicidal feelings and restores short-term memory.

In one of the most advanced cases, the client had written two books but could not seem to get them out to the market. We cleared her fear of failure around the books and assumed that everything would fall into place. However, the following month, the Instinctual Mind's file was open again with more "I want to die" programs. Then we found so many programs in denial-of-denial about her self-worth that had not been cleared that she was setting up a program to escape from life rather than confront potential failure. We finally broke through when we discovered a string of

past lives paralleling her current challenge where she had backed out rather than confront the fear of success or failure.

A lesson you avoid in past lives will be forwarded to the current life until you get the lesson. Each time, the lesson is more intense until you recognize it. Here, the client blamed her failure on people who would not accept her work and others who dropped the ball when she needed help. They were unknowingly just cooperating with her program in order to force her to recognize the lesson. When she contacted these same people again, everything went according to clockwork and fell into place and on time. This is an example of something I tell many clients: this is an interactive universe and we all work in each other's lessons whether we want to or not.

Case #71. Our fear seems to surface when we least expect it. With the down-sizing of companies, many of my clients are in fear of being downsized out of a job. I had two recent cases involving down-sizing, both very different.

One client knew that he was going to get fired, so he retrained in another sector of the same field and became a consultant making more money than he had before.

Another very inventive client made herself indispensable. She performed all the backup work for her supervisor, who then had more free time to do the things she wanted to do but which were not really part of her job. When downsizing cut the department from 45 people down to 5, my client had no problem since she had been working with me to build her self-confidence and self-worth, and reclaim her personal power. She was able to weather the storm since she could handle the workload increase but her supervisor could not because she hadn't been keeping current with the workload since my client had taken so much of it on. Both of them had an increased workload, and my client refused to carry her supervisor's extra load as she had in the past. The supervisor is now trying to find a way to leave the company. Even though my client knew she might get laid off, she was able to handle the stress. She did activate a few programs around it but we were able clear them easily.

It is clear to me that the reason some people succeed is that they do not see themselves as losers and they evaluate what they can do to succeed. The most important qualities are self-esteem, self-worth and self-confidence, and that you know that you are entitled to abundance in your life. You can do anything you want to, if you believe that it is possible. Victims do not hold that belief.

Case # 72. I had been working with Sam three or four times a year for about four years, but we were unable to alleviate his elbow and knee pain until we could access the programs and sub-personalities that were causing his pain. His programs were in denial-of-denial, so we had no access until we released the programs that were attached to issues above them. (Peeling off the programs and issues above seems to pull up the denial issues to replace the programs that we've just cleared, usually around the same or similar issue.) When we were able to deal with these new issues, the pain from both the knee and the elbow were released.

Sam had the habit of starting a project but not finishing it. The sessions revealed his concern that if he finished anything, he would be judged on it. His interpretation was that he would be rejected for not doing it correctly, as had happened in his childhood. So, to avoid being judged and rejected, he never finished anything. Having released that, he can now finish everything he starts, without fear of rejection.

Case #73. In Jill's mind, she had been replaying past life programs about how to get attention. During four sessions, we uncovered all the attachments and programs that had been transferred from those lifetimes to this one. But first, we had to release the standard "rejected before birth" program before we could access the major root causes that we found in past lives.

Her main challenge was her feeling guilty about not properly bringing up her children. They were not meeting her expectations and she blamed herself for this failure. As a child, she had not gotten enough attention and was required to take care of her younger brothers and sisters, so she did not have a happy childhood. As a

mother of her own family, she went overboard to make sure that the same thing did not happen to her children. According her, their failure to succeed was her fault. To release the guilt, we had to release all her attachments and expectations. Then we found a headache syndrome, which was a means to get attention from her children who otherwise did not pay much attention to her. However her self-persecution was not getting the desired result. We were finally able to locate all the sub-personalities and programs to get Jill on an even path to transformation.

Case #74. Since I have had considerable experience with hearing loss, I have attracted many clients with that issue, although most of them did not have the same causes that I did. The majority were unsuccessful in trying to cut someone out of their life, and they shut down their hearing so they wouldn't have to hear them anymore. The mind is very literal in its attempts to meet our needs.

An interesting example of this syndrome is a man who was always jumped on by his wife about many of his habits and how he did the jobs around the house that she wanted done. His hearing ended up so poor that he needed hearing aids. In a few sessions, we cleared all the domestic difficulties, which brought his hearing back, so that he could dispense with the hearing aids.

When his hearing began to go downhill again, we found that he was still dealing with feeling unappreciated and unaccepted for the things he did for his wife. When we finally got him on even keel again, his wife began to get various ailments, including a bout with cancer. I was able to clear most of them for her, but she kept getting more, and continued to get progressively worse. She finally died after about nine months of illnesses.

The final prognosis was that she could no longer get her way because her husband had taken control of his life and would no longer let her discredit or control him, so she passed on. I would be interested in her perspective now.

After his wife's passing, his hearing came back perfectly and has never been compromised since.

Case #75. The more we are confronted by change, the more we back out of life. I have seen many more people simply backing out and going on autopilot in the last year than ever before. Some are backing out of life and dying because they cannot have life the way they want it to be. Taking responsibility and recognizing that we cause all of our issues is not a reality for many people.

Nowadays, in my sessions, when we begin to clear the basic shadow selves and Magical Child Syndrome, many clients simply go out of their body. Recovery of our separated selves can be an ordeal if we are not in control. It's not that people do not want control consciously, but more the fact they've never had control, so they don't know what it is.

I am amazed at the frequency of this. In this case, whether I was going to be able to get the client back in control of her life was questionable. When I tested her for control on a scale of 1-100, she scored zero. Her life was like a log in a flooding river, crashing into every obstacle in the way. When we tried to clear a few issues, she just left her body and would not get back in no matter what we did. I spent 20 minutes trying to convince her Inner Conscious Mind that she was in no jeopardy or vulnerable to misdirection from me. For a long time, her mind would react to the reprogramming and cancel it, so new programs couldn't be installed. After numerous attempts, I told her, "If you will come back for a second session, we should be able to break through the barriers that your mind is putting up."

She agreed and we did finally break through the barriers and empower her to take control. I gave her the affirmation program homework (21 times a day for 21 days) and got her to keep a personal journal to track her progress.

*Future revisions of this book will share more research and case histories. I have maintained contact with many of my clients over the years and they have all said that N/CR changed their life path for the better.*



# Epilogue

This volume of *Your Body Is Talking; Are You Listening?* subtitled *How the Mind Works: The Mind/Body Medicine Connection* has examined the body/mind as a vehicle for spiritual transformation. We have looked at the origins of illness, disease and behavioral dysfunction, in terms of how body cells communicate and how beliefs serve as agents of cause and effect. We examined how the mind functions, and the origin and effects of sub-personalities. And finally, we looked at meta-communication and how we project our deepest self-image to anyone sensitive enough to pick it up.

Volume Two, subtitled *N/CR in Practice*, begins with how my personal journey into healing led to a deeper understanding of the human condition. Volume Two then looks at the history of Energy Psychology and Energy Medicine, and how I coupled these fields with the new therapeutic process of biofeedback to develop the unique practice of Neuro/Cellular Repatterning. Over the years with N/CR, I have witnessed countless remarkable—some claim miraculous—recoveries, many of which are documented in the chapter titled *Case Histories*.

This two-volume set includes so much new material that a single-volume book would have become unwieldy; in fact, many readers were already complaining of the size of the single volume. Our aim is to bring you as much information as possible about the rapidly growing field of Energy Medicine so we decided to opt for two volumes to make the information manageable. I urge you to now read Volume Two as the natural sequel to the book you have just finished.

I have tried to present a balanced view of Energy Medicine, Energy Psychology and Neuro/Cellular Reprogramming. I always feel one should present both side of the practice. The best way to lose people's confidence and respect is to present a one-sided view only listing the success stories. We have thousands of



them and we have few that were failures. So we balanced the presentation with a few failiures so we can be real..

These books will be recorded on CDs and released late Spring, 2009.



# Appendices

## Appendix A: N/CR Questions and Answers

### **Q: What comprises an N/CR Session?**

A: We will be working with Neuro/Cellular Reprogramming, Behavioral Kinesiology, and biofeedback, if necessary. We demonstrate methods to understand the dialogue, misperceptions, interpretations and programs that the Subconscious Mind has stored in cellular memory. We use Kinesiology (muscle testing) to access programs and sub personalities and get a general direction what we have to clear. The acupuncture points on the body are switches or gates. Putting pressure on these entry points turns on the mind's "VCR" and opens the dialogue with the Subconscious Mind's files so that we can release the programs.

We must resolve certain basic issues before we can begin the process:

1. The client must be anchored in the body. Many people are out of their body and are unaware they are not functioning in their body, especially if they are confronting a traumatic issue. However, once they know how it feels, they can recognize when this has happened.
2. Electrical polarity must be correct in order for Kinesiology to work properly. If the polarity is reversed, "yes" will appear as "no" and "no" as "yes." We cannot obtain an accurate answer until polarity is balanced properly.
3. Therapists must allow themselves to be loved and love themselves. Separation from Source will cause a lack of love, along with self-rejection. We must accept our entitlement to love.
4. We must find out if the three lower minds are going to work with us. If not, then we must rewrite and reprogram the tapes.

We must get Ego to recognize that we are not going to destroy it, and to convince it to be our friend.

At this point, we are now ready to ask questions with Kinesiology, or go directly into program releases. We can go directly to the root causes and the core issues stored in the Subconscious Mind's files. This will reveal the programs that have become habit patterns that are causing dysfunctional behavior, illness, diseases or pain in any form. We can quickly release and heal any dysfunctional program using N/CR. (*See steps in a session in chapter 15 for the protocol for the process.*)

I recommend taping all sessions for the protection of both therapist and client. Also, the session can be reviewed and transcribed. There will be many parts of the session the client will not be able to recall because the mind may block it out. Many people have found that repeating the affirmations will lock in the new programming.

### **Q. Why is this particular process so effective?**

A. Unlike other therapy processes, the client is required to participate in the session. The client is not *worked on*. In most treatments, such as Rolfing, Trager, massage, acupuncture, and other body-related processes, you do not participate. In psychology, you will be asked what your problem is, but few clients know what the base cause is, so how can we work with a belief, concept, or a program when we are not sure of the cause? The body will always reveal the base causes and the core issues if we listen to it.

We must get Middle Self to cooperate with us, as it is one of the main players in the game. The Middle Self knows exactly what is happening in our life, so we need its support. All levels are brought in to play, physical, emotional, mental, spiritual and etheric, all at the same time. The body being a hologram, we access all levels of the mind and body with Kinesiology and with clairvoyance to access the records that we need in releasing the programs. We go one further by accessing the ability of the Higher Self to go to the akashic records for past life information. Any malfunction in a person life at any level can be cleared up. There are no limitations.

**Q. What should you expect during a treatment?**

- A. To understand what a treatment is like, you must first understand what it is not like. No special preparations or clothing are required. You will not experience any deep tissue work that is painful, nor will you be required to accept altered states of consciousness. We do not use hypnosis or guided imagery. You will not be expected to dredge up painful, emotional experiences from the past or “lead the discussion” as in analytical psychology. In fact, you do not need to tell us anything. Your body will reveal all we need to know, although we may ask some questions to establish some basic criteria. It’s easier to access programs if you make up a list of the basic issues you would like to cover. This way, we can focus on the issues you want work with.

Emotions may come up and you may experience flashbacks during the process but they are all momentary and release quickly.

We use affirmations as the means to reprogram and rewrite scripts in the mind. The therapist creates the affirmation, then the client repeats the affirmation. The affirmations are software for the mind. The only person that can reprogram your mind is you; there is no such person as a healer of others. You can only heal yourself. As such, we are only facilitators to direct the process.

**Q. What goes on during a treatment?**

- A. When we began this work in the 1980s, we jumped in and started releasing programs from the body. As we progressed through the years, we found we had to take control of our mind so we developed affirmations we now describe as “dialogues with the mind.” These can take up to an hour to complete.

When we locate the cause or core issue with kineseology, we must determine if it is a belief or reality. If it’s only a belief, it may be controlled by a sub-personality. In either case, we can release it with an affirmation that will reprogram the software. If it is body-based, then we have to locate the acupuncture point

that holds the incident we are releasing; a momentary pain will occur at that point. As we bring up details of the incident and forgive the cause, it will disappear immediately.

We do not experience the mind's action during the process; it instantly communicates to the body through neurosynapses and signals the muscles to let go of the tension. At the same time, it is rewriting the programs in the computer. Through affirmations, we communicate what we want to happen. It is important to understand that you are giving permission and removing the programs yourself. As the therapist leads you through the affirmation, you are healing your own body. The therapist is actually just a facilitator who has agreed to let you release the negative energy through him/her, providing an opportunity to experience love and forgiveness to release the incident.

**Q. How long does this take and how much?**

A. The number of treatments depends on your willingness to let go. Taking responsibility to see life differently without judgment, justification, rejection or fear/anger helps. A typical average is three to ten sessions. Some clients have had over 100 sessions, while others have cleared most of their issues in four to ten. There have been miracles in one session, but they are rare.

The cost of a session is \$75/hour, and typically lasts about 120 minutes. Call (800) 655-3846 or our cell phone (916) 207-5683 for an appointment. Check our website at:

[www.transformyourmind.com](http://www.transformyourmind.com). If you are interested in spreading the word of this work please call us. We would be happy to work with you. We are setting up a network of practitioners that will be listed on our website.

**Q. How can I become a sponsor?**

A. A. If you would like to help us present lectures or introductory workshops, please call the number above. We provide a free session if you set up a lecture for us (a minimum of ten people). If you are interested in setting up appointments for me at a designated location I will provide you with a free session for each day I work at your location (there is a minimum number of sessions each day to qualify). We teach the Energy Psychology Neuro/Cellular Repatterning process in a five workshop series. If you would like to sponsor a workshop we allow you to attend free.

## Appendix B

# The StressBlocker™

### Disclaimer

The following description is of an experimental device intended for research in electronic medical experiments. We are not medical doctors or psychiatrists and we do not make any medical claims, nor can we prescribe or diagnose any ailment, illness or disease. Due to FDA regulations we cannot make any claims as to what these devices will accomplish.

## The StressBlocker Concept

Every living being in the universe has a particular frequency at which it resonates when in perfect health. Each component of that being's body also resonates at a particular frequency. If stress disrupts this frequency, the cellular structure of the organ or gland is weakened and will be subject to breakdown, disease or illness.

If you take two matched tuning forks and hit one, the other will vibrate at the same frequency. Your body does the same thing. When you are subject to forms of negative vibrations of stress, fear, anger, or resentment in your environment, you begin to identify with this hostile environment and your body begins to resonate with that vibration. If you go into flight or fight, your adrenals kick in, causing a strain on the immune and endocrine systems. A strong dose of

adrenaline helps you handle the situation, so under stress, the adrenaline level in your body increases the energy available to cope with the perceived stress, danger, fear or anger. Under normal circumstances, your brain should signal that the stress is over with a shot of nor-adrenaline as an antidote so we can return to normal energy and frequency level. When the stress passes, we should return to 15 to 25 Hertz.

If, however, you live in perpetual stress, survival, fear or confrontational conditions, your body frequency will rise to 5,000 or 8,000 Hz and remain there. If the stress continues over time, the frequency may never return to a peaceful state.

The ideal 12 to 18 Hz but we have tested people with frequencies up to 7,500 Hz, which is over 300 times higher that it should be. The result will be that you begin to function solely on adrenaline as your body frequency continues to rise and maintain this stress level. Eventually, your body cannot return to the ideal frequency due to ongoing stress. We have found this to be the case with over 90% of the population.

The StressBuster unit emits a 15-foot diameter Scalar Field signal at the earth's resonance frequency, which is the ideal frequency for functioning of the body. The body/mind will identify with the frequency that has the strongest effect on it, so the StressBlocker causes the body to identify with its low frequency by blocking out other frequencies that are stressful to the body. All of the brain chemicals such as interleukins, serotonin, interferon etc. operate at the earth resonance of 12 to 15 Hz, and the immune system and the endocrine system work more effectively when there is no load on the adrenal glands.

The unit also emits a high frequency of 9.216 MHz, which creates a psychic "safe zone" that cannot be penetrated by lower astral entities.

## StressBlocker Effect on the Body/Mind

Negative sensory input or negative thoughts and emotions cause the neuropeptides to have a similar effect on the immune and

endocrine systems, which causes them to lower their ability to protect us against stress and illness. The electrical field around the body must be strong to ward off disease factors but, as the body frequency rises, the electrical and auric fields weaken. These fields are termed life force, chi, ki or prana, depending on the culture, and give us our overall strength, vitality and protection.

The following is a greatly simplified explanation of the theory behind the StressBlocker. The information that causes the various parts of the body to operate is carried by the body's neurological network system. The brain serves as a "switching network center" that directs the information across the network to the appropriate parts of the body with electrical impulses through the meridian system and with chemicals known as neuropeptides and cytokinins. The Subconscious Mind is the repository for all programs and habit patterns. The other three levels of mind must work together and with the Subconscious Mind, or we will encounter malfunctions such as anger, fear, "I am not all right," rejection, abandonment, resentment, need for control, manipulation and relationship conflicts. These emotional programs then cause breakdowns in the physical body, leading to disease, illness and mental depression.

Each cell is a node in the network and receives its orders from the mind through the body's neurological system, carried by electrolytes, neuropeptides, and cytokinins. When operating properly, the cells maintain a delicate balance of chemicals, like the storage battery in your car. When they go out of balance or get run down, the electromagnetic fields breakdown. The result is as if "your batteries are run down." The body loses its ability to protect itself properly, and the brain/mind can no longer communicate with the cells, which become subject to attack by diseases, illness and outside forces. When the physical body is in harmony, it functions between 12 and 25 Hertz. However, stress and emotional conflict cause the internal frequency to rise to 1,000 to 2,000 Hertz. When this happens, the neuropeptides, electrolytes, and the neurological system cannot transmit electrical impulses through the body/mind network. The rise in frequency causes all body tissues from the skin to the organs and endocrine



system to be subject to stress, breakdown and *accelerated aging*. This is the most damaging effect of increased stress and high frequency. The results are illness depression, chronic fatigue, emotional instability and life-threatening disease.

Metabolism is affected due to breakdown of the function of the endocrine glands, and absorption of the nutrition supplied to the body slows down. Feeling tired and depleted causes chronic fatigue and depression. As the internal frequency rises past 50 Hz, the “happy” brain chemicals shut down and the adrenals release more adrenaline to keep you functioning. The end result of overworked adrenal glands is adrenal insufficiency. They begin to produce less and less adrenaline, and when production drops to 30% or less of normal, fatigue sets in. Below 20%, you go into adrenal exhaustion, leading to Chronic Fatigue, Epstein Bar, which leads to clinical depression. (It is similar to low blood sugar caused by hypoglycemia which leads to diabetes but stress causes breakdown in all systems of the body.)

Many people run to the doctor and begin taking Prozac, Zantac, Zolov, Valium, Paxil or other mind-altering anti-depressant drugs. You can get addicted to these “feel good” drugs because they suppress the symptoms and trick the brain into believing the symptoms of total body malfunction are false messages.

The StressBlocker’s ELF signal encourages the body to operate at 12 to 25 Hertz, where the adrenal glands can heal and resume their normal operating level. (For more information, see *Your Body Is Talking; Are you Listening?* by Art Martin \$14.95 plus \$3.00 shipping. Published by Personal Transformation Press, 800-655-3846.)

**Warning: plug in the charger for four hours if it is fully discharged for the first time. Then charge for only 1½ hours each week from then on to maintain a charge. If the red light goes out, you will need to charge four hours. This is very important, as people have returned a unit, complaining that battery was no good or would not charge. Often, a higher voltage cell phone charger was used, or the unit had been overcharged (for more than eight hours).**

## Operation of the StressBuster — Electronic Medical Research

The Stress Buster balances all the electrical, metabolic and electromagnetic systems that are dysfunctional, shutting out the disharmonious stress frequencies that the body tries to resonate with. It is operating at fifth dimensional energy. It strengthens all the systems of the body by bringing down the frequency to the optimum level for perfect health.

To be in balance, most devices, plants and animals have positive and negative energies that rotate clockwise and counterclockwise. This creates a balance in the electrical system. A few plants such as garlic, onion, and some herbs radiate a double positive field, hence their antibiotic, healing qualities. The StressBuster also radiates a double positive field which explains the response it creates.

For more than 200 years (since science has been able to measure it), the earth's most powerful resonant frequency, or Schuman Resonance Frequency, was 7.83 Hz. As of 2004, it has risen to between 12 and 14 Hz, and predictions are that it will stabilize at 13.5 Hz. Our original Harmonizers (the forerunner of the StressBuster) were built to emit 7.83 Hz, and we have increased the frequency along with the Schuman Resonance Frequency. The body will identify with this frequency and resonate with it, blocking out other interference.

How quickly will the body align to the StressBuster's frequency when it is within the 15-foot diameter bubble of the electromagnetic field? It may take up to three days depending on your body's frequency. Once you are inside the bubble, you will notice your body begin to slowdown and relax. When your body/mind resonates at this optimum level your body begins to heal.

With battery powered models, you may notice that the StressBuster needs to be recharged more often than once a week in the beginning because, if your body energy is low and you have been under considerable stress, the batteries will be drawn down

faster as the unit interfaces and responds to your body energy level. Some users report having to charge the battery as often as every two days initially.

## High Frequency Unit

The unit's high frequency emission of 9.216 MHz creates a psychic "safe zone" that cannot be penetrated by lower astral entities because earthbound spirits that try to attach to you cannot handle the frequency. It blocks the negative energy of psychic attacks that are sent by another person who may be sending their anger to you.

We chose 9.216 MHz after checking hundreds of frequencies. This is a universal frequency that will activate the body's healing modalities and repel anything or anybody who emits a negative energy.

## Tesla Theory and Technology

We asked some electronic wizards and some physicists why we were getting a clear AC sine wave coupled with a scalar wave, without the circuitry to produce it. All they could say was, "You're dealing with hyper-dimensional physics and it's over our heads. We cannot explain it." Another said, "You are into Tesla and Einstein's realm, and we do not understand what you are doing." We are apparently producing an output that no one understands.

The StressBuster generates a bio-electrical magnetic field using electro-magnetic field technology developed by Nikola Tesla in the early 1900s. The coil-antenna produces a *scalar wave field* described as a longitudinal wave field that functions outside of three-dimensional space/time. Since it operates outside of space/time, it is unencumbered by the limitations of conventional physics. Scalar waves operate within the etheric field which surrounds the body.

In the summer of 2000 we changed builders. We are not working with self styled hackers anymore. Even our research consultants and engineers say, "As far as we can understand, it

appears that we are in new territory that quantum physics has not yet explored. We cannot measure the scalar wave output as it exists outside conventional physical principles. But we *have* been able to measure the radio frequency carrier wave.

## Background and History

With today's new computer technology and micro electronics, we have been able to reduce the size of the Tesla's original equipment by 90%. Over ten generations, we have refined the circuitry so that the unit is much more efficient and uses much less battery current. Originally, the unit used one 9-volt battery a week, which was quite expensive. We shifted to AA NiCad batteries but they had a charging memory, causing them to break down. We now use Nickel-Metal-Hydrate batteries, which have no charging memory and last up to four years.

The first prototype did not have a very strong field, yet it worked so well that we continued our research. The prototype of the current generation had a triple-wound toroidal ferrite metal core coil that absorbed two thirds of the output. The current production unit has an 800 millivolt output and a bar antennae that puts out three times the power. There are no instruments available to measure a scalar field at this time, but we can pick up the radio frequency.

## Testimonials

### Disclaimer

Due to FDA regulations, we make no claims as to what the StressBuster will accomplish. We can only report what users have relayed to us. We check out the testimonials to find if we have multiple responses that verify the experiences people are having. Many claims have been made by users of the StressBuster, but we cannot recommend it for anything as we are not psychiatrists or doctors. We are not allowed by law to diagnose or prescribe. We believe these user reports to be accurate.

Here, we relay the experiences of those who have used the StressBlocker. For example, many people have reported that it pulled them out of depression in 5 – 14 days without any drugs, and many have ceased taking prescription antidepressants. Two psychiatrists validated this information from their experience.

In my case, I injured my foot with a chain saw, and the wound was not healing well but, as soon as I began using the new StressBlocker, my foot began to heal at an unprecedented rate. I could actually see it heal from one day to the next. The deep gash closed up and healed over in less than two weeks, and today a faint red mark.

1. “It seems to bring programs to the surface that I had no awareness of. It’s the best therapeutic tool I have come in contact with.” *B.E., CA*
2. “I strapped the Harmonizer over a broken leg on the cast where the break was and the break healed four times faster than normal. The doctor was amazed that we could take the cast off in less than four weeks.” *J.S., CA*
3. “Chronic Fatigue I’d suffered for years disappeared in less than a week.” *J.C., Arizona*
4. “I am feeling general well being and able to handle stress more effectively. I’m not getting angry as quickly as in the past. One day, I left the Harmonizer at home and I noticed my stress level began to rise at work.” *C.D., CA*
5. “Psychiatrists who have purchased the Harmonizer report that it works with depression very well since it reactivates the brain chemicals and supports the rebuilding of normal production of all the essential brain chemicals, allowing the adrenals to slow down and heal. As a result people seem to pull out of depression.” *R.N., Virginia*
6. “I put the Harmonizer on a plant that was dying, and it revived in just one day.” *T.K., CA*
7. “A burn totally disappeared in three days. This was apparently caused by the activation of the cellular restructuring.” *J.T., CA*

8. “It apparently has caused my immune system to rebuild because I am recovering from a long term illness. It feels great to get my stamina back.” *W.B., NM*
9. “It activates programs in the mind that have been covered up for years. Apparently denial programs are forced to the surface.” *H.M., CA*
10. “I am finding I have more energy and I sleep less now that the stress is relieved.” *G.B., CO*
11. “I have been taking drugs for depression, and low thyroid and adrenal function. I continued to take the drugs until they ran out. I noticed that I was getting the same effect from the Harmonizer so I did not renew my prescriptions. That was three years ago and I have not had any depression since. And the new Harmonizer is even better. Thank you so much.” *A.P., CA*
12. “I handed the unit to friend of mine and he dropped it immediately, saying he couldn’t hold onto it. Once I cleared him of attached entities, he had no problem holding it.” *J.O.E., CA*
13. “I had been to the doctor for my high blood pressure and he prescribed medication to control my blood pressure because it was 190 over 120. I checked it again a month later and it was still the same. I bought the Harmonizer and started carrying it with me all the time. Less than a month later, I was down to 120 over 70. The doctor could not understand how my blood pressure would come down to normal. ‘That just does not happen to someone your age.’ I cannot attribute it to anything other than the Harmonizer.” *C.S., AZ*
14. “It is amazing. I felt burned out and the doctor said my adrenals were very low and wanted me to take drugs to build them back up. I told him I did not take drugs of any kind and would find another way. I started using the Harmonizer, and my adrenals recovered in three days. I do not feel as stressed out anymore. This is truly electronic medicine.” *K.S., OR*

15. "I have had a umbilical hernia for 25 years, and have consistently refused surgery to repair it, instead doing exercises to strengthen the abdominal muscles so it would repair itself. It had been slowing getting smaller, but very slowly. I had the earlier version of the StressBlocker for four years and while it helped in many ways, it had no effect on the hernia. But with the new high frequency unit, in just three months the hernia has reduced to about one quarter of what it was last year." *A.M., CA*
16. "My husband had flu twice this winter and I usually get it from him and end up down for a week. This year, no flu or anything. I can only assume the StressBlocker protected me and kept my immune system up to par so I was not affected." *C.H., CA*
17. "For me, the StressBlocker is a miracle because I seem to go out of my body quite often and driving is very dangerous when this happens. I have been solidly in my body since I have been using the StressBlocker." *J.S., CA*
18. "I have had serious immune system problems for years. It seems that I catch everything that comes along. The Harmonizer has upgraded my immune system to the point that I am now very seldom sick." *C.K., CA*
19. "When I called to find out about the unit, I was willing to try anything as my blood pressure was 210 over 120 and I had lung congestion. My legs hurt so much I could not even walk around the grocery store. In five weeks my blood pressure dropped to 130 over 90 and still continues to fall. I have no lung congestion and I can drive trucks again. I have gone back to work full-time."
20. "As a healer, I touch many clients in my work and would frequently have entities attaching to me from my clients. Today, I would not be without my 'boogie buster' because it protects me so well." *J.N., CA*
21. "I have had low adrenal function almost all my life. Stress really takes me down to the point where I can't function. With the StressBlocker, I have recovered totally. I have

not experienced any depression or lack of energy since I began using it.” *C.K., CO*

22. “Accelerated healing of burns has been amazing. I spilled boiling water on my face when I dropped a teakettle. The burn marks began clearing up in two weeks. In a month, they were almost gone except for redness on the skin. Today, there is no scarring and all the marks are gone.” *M.K., AZ*
23. “One of the most amazing results I have found from using the StressBlocker is that old burn scars and keeled scars are disappearing, some of which have been on my body for forty years. It is truly amazing.” *H.M., CA*
24. “After a motorcycle race, I suffered a serious third degree burn on my leg from an exposed exhaust pipe. The burn healed in less than one month, and in six weeks was just a dark spot. In the past, burns like this have taken six months to heal.”
25. “I have had panic attacks for fifteen years and cannot drive in traffic. Now I am able to drive anytime now without taking medicine.” *K.W.H. PA*
26. “I have been running at high speed, and my doctor told me to slow down. Being a workaholic, it was more stressful to push myself into slowing down which caused more problems. The StressBlocker did it, and I am back to normal.”

These are only a few user reports. The most often reported effect is clearing depression, lack of energy, and being able to slow down. Others have reported much clearer mind and more vivid memory. People have experienced more clear and active meditations.

We have found that it accelerates the healing of cuts and wounds on the skin. It is apparently activating some cellular response as skin cuts seem to heal in one quarter of the normal time. The unit is activating/supporting the immune and endocrine system.

We are noticing Keloid scars are getting smaller and disappearing in some cases. Burn scars and small scars go away in a short time.



The only downside is that it brings up repressed emotional programs, and you *must* deal with the suppressed feelings and programs that are forced up.

People who have been harassed by earthbound spirit beings report being free of them as long as they keep the unit on them 24 hours a day. In this regard, we have found that the StressBuster far exceeds our expectations.

We hesitate to list more user reports because new users tend to expect certain results from the StressBlocker. It is only an adjunct that works with your body, and although the StressBlocker can be a catalyst for miracles, please do not put unrealistic expectations on it. Also, you must do your part in releasing your emotional trauma that it brings up. It can have a placebo effect, in that if you believe that it works, it works on almost anything.

## Operating Instructions

Please read carefully before using the StressBlocker. If you are unsure or do not understand these instructions, please contact the person who sold you the unit.

To charge the Portable StressBlocker, plug the charging unit into a 120V AC outlet (the black unit with the plug) and plug the metal jack into the charging socket on the StressBlocker (the round socket next the light).

If you purchased the Stationary StressBlocker, just plug it into a 120V AC outlet in your house or office. Center it in the building so it has maximum effect throughout the area.

**Important warning:** Take simply plug in the charger for four hours if it is fully discharged for the first time 2 to 3 hours each week from then on. We are using Nickel Metal Hydride batteries now as they have no memory. You can charge them any time but it takes longer to charge them. If the red light goes out you will have to charge four hours.

This is very important as we have had people return the unit with the complaint that battery was no good or would not charge. They had charged it with a cell phone charger of higher voltage or over charged the battery for more than eight hours.

Overnight Charges will not hurt the batteries but try to avoid long charge periods.

Be aware that the StressBlocker can and will activate programs or activities in your body. If you feel agitated and do not want to use the unit, have someone clear you of attached spirit beings as directed in this Protocol Manual. We have had people return units, claiming they were making them sick. The StressBlocker has only positive affects, but programs can make you sick or feel down. Once they are cleared, very seldom do we have any problems.

If you have feelings start to surface, try to find out what they are and release them if possible. Split personalities and sub-personalities can cause uneasiness if they feel that they are losing control over you.

It is best to keep the StressBlocker within 5 feet of your body at all times 24/7 as it works as a bridge to balance your body. If you leave it somewhere, check yourself out to see if you have attached beings on you, as they see you as a target when you are using the StressBlocker. After the first few days, things usually calm down and you will experience a sense of well being when your body slows down to operating at between 12 and 25 Hz.

## Product Prices and Upgrades

1. The price of the Portable 800 millivolt Body/Mind StressBuster 9.216 MHz unit is \$297.00. The price in Canada varies depending on the current exchange rate, but will be between \$300 and \$475. Shipping within the USA is \$5.00; shipping to Canada is about \$10.00 US. Existing Harmonizers can be exchanged for an updated StressBlocker for \$25 to \$100 depending what changes must be installed.

2. A new Stationary StressBlocker unit operates on 120V and has an overall balancing/clearing effect in offices, houses, seminar and workshop facilities. The challenge was to build a more powerful unit that would not interfere with SW or TV reception or be classified by the FCC as a portable radio station. Price \$347.00.
3. We are developing a unit that sweeps through 9 Hz to 12 MHz every three seconds to provide the benefits of the above four states of mind. The StressBuster acts as a bridge to allow you to experience these feeling states while working through the process of transformation. We do not have a date for release.
4. We are working on a new 120V AC unit that will combine both units plus a programming mode to hook up with a tape recorder or a CD player for use with music and voice tapes for reprogramming the mind. One unit will have an MP3 player built into it. It will also use piezo-electric discs similar to headphones to output information directly into the eighth cranial nerve, thus bypassing the Conscious Mind so it cannot tamper with or sabotage the input. In our tests, deaf people can hear the output from a microphone or from tapes played in the unit. People have reported learning a foreign language in as little as two weeks. A teacher reported that she was able to provide learning to disabled students that had not been possible in the past. Projected price is \$795, depending on options. This will include some programming software.

The Stress Buster has a one year warranty and a lifetime guarantee. Return it to us and we will repair it. We will repair any malfunction in the unit at no charge. We charge for repairs for mishandling or damage caused by the user. If you are not pleased with your unit, we will refund your money anytime during the first year if the unit is returned in good condition. We will deduct a \$25.00 restocking charge on used units, and the cost of repairing any damage or repairs.

To order the Body/Mind StressBlocker, call or write:

Energy Medicine Institute  
8300 Rock Springs Rd.  
Penryn, CA 95663  
916-663-9178  
E-mail: [mailforart@gmail.com](mailto:mailforart@gmail.com)  
WebSites: [www.medicalelectronics.us](http://www.medicalelectronics.us)  
[www.stressblocker.org](http://www.stressblocker.org)

## Appendix C: Tapes and Books

The first two books are available in most bookstores in the U.S. and in some countries around the world. The other five are available in spiral bound pre-publication format from publisher, Personal Transformation Press.

### *2011: The New Millennium Begins*

\$13.95, ISBN 1-891962-02-7

*What can we expect the future to bring? How do we handle the coming changes and what do we look for? Prophecy for future earth changes and new planet Earth as it makes the quantum jump from the third to the fifth dimension.*

### *Becoming a Spiritual Being in a Physical Body*

\$14.95, ISBN 1-891962-03-5

*The "operations manual" for your life. Recreating your life for peace, happiness, harmony, and joy. Changing from being a physical being having transitory spiritual experiences to becoming a spiritual being in a physical body. Letting go of the duality of life.*

### *Journey Into The Light*

\$15.95, ISBN 1-891962-05-01

*The process of ascension and the steps that govern the journey to a light being. Looking for the missing link in evolution. Stepping out of the cycle of reincarnation.*

### *Opening Communication with GOD Source*

\$14.95, ISBN 1-891962-04-1

*The author's search for God uncovers the shocking truth that it's actually a group of wise and ancient beings who have been involved with Earth since the beginning. Packed full of usable and powerful techniques, this book takes you beyond the blocks that most of us have and puts you on the spiritual path.*

### *Recovering Your Lost Self*

\$14.95, ISBN 1-891962-08-6

*The author's journey from victim to cause in his life. How you can find your true self and have abundance in your life. Accepting unconditional love in your life through forgiveness and acceptance. Coming to the point where peace, happiness, harmony and joy are reality, not an illusion.*

*Psychoneuroimmunology: The Body/Mind Medicine Connection*  
ISBN 1-891962-07-8

What is psychoneuroimmunology and the mind/body medicine connection? An overview of the modalities and processes. Integrating the concepts. Research on the modalities. The mind as network computer. Affirmations, software for the mind. Neuro-Kinesiology. Using muscle testing for clearing beliefs and concepts, programs, patterns and records that are causing allergies, emotional behavior patterns, disease, illness and physical breakdown in the body. Neuro/Cellular Repatterning, a method to access the mind's programs, beliefs and interpretations and release them to heal any disease, illness or dysfunction in the mind/body. Miracle healings on demand with love and forgiveness. Supporting the body with nutritional and herbal products.

## Tapes

Tapes are available on the guided imagery to train yourself to access the records and on the process for contacting your teacher and accessing the Hall of Records.

1. The Seven Chakra Guided Imagery:  
Train yourself to step out of the body to enter the Temple and the Hall of Records.
2. Accessing your Akashic Records:  
On the process and the various forms and methods of finding the answers to all your questions.
3. Psycho/Physical Self Regulation:  
Originally a tape for runner and walkers to regulate, flush the body of toxins and burn fat for energy. Can be used to train yourself to eat properly and reduce weight.

## About The Author

In today's world, the issue of credibility often comes up. How many degrees do you have? What colleges did you attend? Who did you study with? Who were your teachers? How do you know this works?

When I needed outside validation and acceptance, those were valid questions. Now I do not consider them valid, nor do I care if others reject me because I don't have the credibility they seek. What I learned in college has no relevance to what I do now in my practice. What I know is far more important than my background. Therefore, I am not interested in listing all my credentials.

Neuro/Cellular Repatterning is a process that was developed by myself and three people who worked with me during the research period: Dr. James Dorabiala, Mike Hammer and Bernard Eckes. And new information still pours in even today. This is basically a self-taught process, and everyone who worked with us over the last 20 years are our students and our teachers.

What *is* relevant is that we be open to new ideas. I will attend others' workshops and experience their treatments. Healing is an open-ended and ongoing process in which we need to be open to new ideas. The "sacred cow" syndrome is out-dated and does not work for me.

Someone once attacked me with, "You think you have the whole pie, don't you? You believe that nobody can match up to you."

My response was, "I don't think I have the whole pie, but based on the success of the last 20 years, maybe I have a few more pieces than some other practitioners."

Art was born into a family where his father wanted a child and his mother did not. As an only child, he did not have any sibling interaction, so his only contacts were at school. His dysfunctional family laid down many problems, which he has come a long way in clearing, thanks to discovery of the process he developed—

Neuro/Cellular Repatterning—and the people who worked with him over the years.

In 1963, he quit college after five years feeling frustrated with the educational system. He dabbled in real estate, but found that it was not his calling. In 1965, he married Susie, his partner ever since. Their sons, Ross and Ryan, were born in 1971 and 1976.

Very few people in the field of therapy work seem to be able to stay in relationship due to the fact they do not want to deal with their own issues. Art was committed to find himself and went on a path to do so. He stabilized his own relationship by working out his issues.

In 1968, he and Susie found themselves in St. Helena, CA, rebuilding an abandoned winery. To clear the land to plant grapes, Art became a logger. To support his family while the winery was being rehabilitated, he hired out his D8 Caterpillar tractor for land-clearing and vineyard preparation. After seven years, the big money interests were pushing grape prices below what was economically viable for a small winery to stay in business, so he sold the winery.

His next venture was a restaurant which he built himself, but found that the restaurant field is one of the most demanding there are. Despite instant financial success, he sold the restaurant after four months and moved on. However, Art met his first teacher at the restaurant, someone who planted a seed of doubt about his life path. At the time, Art was trying to find himself and was studying extensively and attending self-improvement seminars. After closing time, they would spend many hours talking about their paths.

In 1978, the buyers of the restaurant went bankrupt, so their payments stopped. Art had to return to work and his quest was disrupted. Fortunately, Susie was working full-time, but in 1980, she was laid off and Art, who had a green thumb, worked as a gardener at a senior citizens' complex. Having closely studied the Findhorn community, he took the opportunity to apply what he had learned about the earth spirits. He found, from the plants themselves, that the landscape architect had put many of them in the wrong place. Over the next year, he transformed the barren



grounds into magnificent flower gardens, and even built a passive solar greenhouse to grow flowers year around.

By 1982, his healing practice was established so he quit the gardener job and concentrated on researching healing practices.

Art soon found that Santa Rosa, CA did not support the type of work he was doing, and when Joshua Stone invited him to go to Los Angeles to give readings to clients, he jumped at the opportunity. He and Joshua found they worked well together as a team, and Art was able to provide a unique and valuable service to many therapists. However, the traveling almost broke up his family, so they moved to Sacramento, CA, and opened a bookstore and metaphysical center.

While Art received considerable support for this venture, he didn't anticipate that few people had the money to support it financially. Having invested all the family's savings, and refinanced their house, all went well for almost three years until he took on partners in order to expand. However, his partners did not understand the law of cause and effect, and when they embezzled an undermined amount of money, the business went under.

We had invested over \$300,000 in the Wellness Institute which was our life savings from twenty years in business. We lost it all and had to start over again.

Knowing that "What goes around comes around," Art managed to accept what had happened, forgive them and get on with his life. However, trying to understand the lesson in this was hard to accomplish. When you are angry at losing your life savings and 20 years of hard work, the clarity and acceptance that he had set it all up came slowly. Even though he knew this at one level, it was a hard lesson to learn. The lesson was that while he received much verbal validation from those who supported the center, he was paying over half its operational costs.

The failure was a mixed blessing. It put him on a new path, one in which he traveled and spread the word of his work, and really had to get down to business. He did finally recover, even though they lost their house and one of their cars.

Looking back, Art recognizes the many great strides forward that he has made. Today, he travels extensively giving lectures, seminars and workshops on a variety of subjects. He also has a circuit of cities that he visits regularly for individual sessions.

He has set up a publishing company to promote his books (see list in the front of this book), and they are available through the Wellness Institute. Many of them will be in bookstores in 1999.

He can be reached at 916-663-9178.

or by email: [mailforart@gmail.com](mailto:mailforart@gmail.com)

[www.transformyourmind.com](http://www.transformyourmind.com)

