

## **Spectrum Healing - Stage 4**

### **New Underlying Issues**

Spectrum Healing 2 introduced the idea of healing Underlying Issues and then SH3 expanded them further. It is time to introduce some new ones and have a more complete list to work from. The following are new Underlying Issues that you can work with:

- M. Willingly learning my life lessons / Understanding what ..... is trying to teach me
- N. Absolute Clarity of knowing how to Heal and Restore
- O. Core or Other Belief e.g. Knowing that I am the master of my life, health and good fortune
- P. Mindfulness
- Q. Maintaining health while travelling a Spiritual path (or Path to Enlightenment)
- R. Wiping the Slate Clean
- S. Nourishing, Experiencing, Honouring and Inspiring for Enlightenment
- T. Total Radiant Health
- U. Seeing to the depth of .....
- V. Allowing, Accepting, Believing and Trusting in the Process
- W. Raising Consciousness and Understanding
- X. Ease of Expansion

These are all common problems for people and you can see how they would prevent them from being healthy and happy or prevent the full benefit of your healing.

**Mindfulness** is the ability to live in the present moment, with no 'What if', no 'If Only' or worries . Able to enjoy every moment in perfect calm and knowledge that everything is exactly as it is meant to be.


**Wiping the Slate Clean** is the wiping of all past experiences that are adversely affecting the present moment.

**Total Radiant Health** is having a wonderful healthy energy and vibration beaming out all the time.

**Allowing, Accepting, Believing and Trusting in the Process** is to help those who find it hard to heal or trust in the process of life. Eliminate all "Yes, But I..." such as Yes, BUT I don't feel anything, BUT I have to... or BUT I don't believe....."

**Raising Consciousness and Understanding** is like moving up a year in spiritual school and learning new things because you have raised your vibration sufficiently.

**Ease of Expansion** is about making it easier to grow and develop and raise your vibration.

 Work with someone else and complete a new underlying issue for them.

## Resonant Energies

### **Accessing Positive Energy**

In healing there are three main things we can do. We can release energies that are locked in that we don't want, access beneficial energies that we do want or heal the internal pathways and connections to enable optimal functioning. Accessing Positive Energy is about bringing through and instilling beneficial energies that are lacking so that we resonate with these wonderful vibrations.

We have been using the Self Resonances and Positive Resonance since the Stage 1 Spectrum Healing course and we have mentioned some higher resonances. It is now time to tune in to them and resonate with them and be able to use them more in your healing.

By tuning into different positive energies and allowing your body to resonate with that vibration you can bring the positive characteristics of that energy into your life. The tuning in is done by going into Pure Consciousness and focussing on the energy that you want to receive. Then waiting, absorbing all the wonderful feelings and feedback that may come your way, until it is complete.

These resonances are like waterfalls of positive energy that cascade from the highest level down to the Positive Resonances, such as joy and hope, that we access on a daily basis. The highest resonant energies on your list are *Positive States of Being*. At the next level are *Universal Energies* which then flow into *Self Energies* and finally into *Positive Resonant Energies*. It may be that some of these energies have become depleted and need to be replenished or it may be that we have not yet learnt to resonate with one or more of the energies and have to learn to access them. It is also common for past stresses to cause patterns, which then put up barriers to the free flow of positive resonances and these barriers may need to be removed as part of the process. When the correction is complete it should bring with it a feeling of growth and expansion. After a correction is complete it may be necessary to access the energy more than once before the resonance is fully instilled. This is especially true for the higher vibrational resonances such as *Positive States of Being*.

It helps when you are doing it for a client if you get them to focus on the energy you are accessing too.

- ✚ Familiarise yourself with the Higher Resonant Energies. Gradually meditate on each one and feel its power.
- ✚ Let us tune into some of these Resonances now as a group.

### **Stimulating Positive Resonance**

We have already used Resonant Energies as Goal Titles. It is now time to introduce a further correction which stimulates positive resonance. Many times we make things too difficult for ourselves or assume that when something is worthwhile it needs to be lengthy or difficult; consequently one of the most common things to do here is to stimulate appropriate effortlessness. It can also stimulate positive behaviour and attitudes to allow us to grow and flourish. We identify which Resonant Energies we need and if we need to access them **effortlessly** it will take us to the following correction.

**Stimulate completely and absolutely** on all levels of my being **effortlessness** in relation to ... then identify patterns from Resonance Energy lists or similar positive energies.

Then we identify the Resonant Energy that we need and focus on it in Pure Consciousness, asking for it to be effortless.

A similar correction is where we need to stimulate a positive resonance in a different way;

**Stimulate completely and absolutely** on all levels of my being: **growth, freedom, effectiveness, simplicity, joy, positive emotions, inspiring beliefs, positive attitude, honour, things that bring peace of mind, vision, alignment, success, power, pleasure, willingness, flexibility, receptivity, in relation to Resonant Energy, Other**

We identify which Resonant Energy that we need and how to stimulate it, e.g. to grow or be effective. Then we focus on this in Pure Consciousness.

For example you may need to stimulate 'Joy in relation to Self-Strength' or 'Vision in relation to Sublime Abundance'. Then we focus on each one in turn in Pure Consciousness, asking to stimulate them in the right way.

✚ Work with someone else and complete one of these corrections for them.

### **New Chakras**

#### ***Chakras in the Hands and Feet***

There are four new chakras to introduce now. There is one in each palm of the hand and sole of the foot. I have not come across these anywhere else but they were given to me in meditation and checked by muscle-testing and I have found them extremely useful in my practice. They can be healed during any of the different corrections or during Intuitive Energy Healing. Familiarise yourself with their energy.

The **Alethiometer** is in the left palm. It is the truth meter and reflects the distortions of belief and understanding that the person has absorbed. By correcting this chakra, you bring the person closer to a true understanding and course of action in their life.

The **Remembr**al is in the right palm and this is where you can correct past memories and fears of the future that adversely influence their present actions.

The **Compass** is in the left foot and this is where you help to set them on a new and better path. When you heal this chakra there is a real sense of a brighter future and not getting into the same old difficulties and life problems.

The **Inspirometer** is in the right foot and it is here that the client breathes in new life, ideas and higher consciousness. After healing this chakra they can feel inspired in many areas of their life and they also feel that they can inspire others.

### **Conscious and Subconscious Beliefs**

#### ***Implanting Inspirational Beliefs:***

There are many good books that help us to attract what we want into our lives, books such as:

*The Law of Attraction* by Esther and Jerry Hicks

*The Cosmic Ordering Service* by Barbel Mohr

*The Power of Your Subconscious Mind* by Joseph Murphy and Ian McMahan

*Wishes Fulfilled* by Wayne Dyer

*The Secret* by Rhonda Byrne

*Secrets and Rules for Attracting What You Want* by Dr. David Hamilton

All of these books have helped me at some time and they all involve believing that the Universe is waiting to give you what you ask for. You just have to ask clearly and stop giving it mixed messages. If you are asking for Health but you grew up being told that all the family got chronic arthritis by the time they were 35, then this creates a conflict and the Universe, not knowing right from wrong, will give you what is lodged in your subconscious and has been there the longest and is therefore the strongest message.

In order to change them it helps to understand how your early experiences have influenced your deeply-held subconscious thoughts. Then you have a chance to change them to more helpful ones.

From reading these books I found that there were 15 essential core beliefs that we need at our centre. If we do not have them, we are unable to fully enter into life, enjoy our life and be fulfilled; there will always be a stress, strain or something missing. I had to correct all of these core beliefs for one person and it obviously had a profound effect on her. The Core Belief correction will be found as the third item under Goal on your Menu.

### Correction

#### **Goal**

**Resonant Energy:** Positive States of Being / Universal Energies / Self Resonance / Positive Resonance

**Behavioural Barometer:** 'I am .....' / **Aspiration / Needs / Feelings of Satisfaction/**

**Healing Statement / Core Belief / Inspirational Beliefs**

In order to do the Core Belief correction, first of all identify how many core beliefs are needed and for each one identify:

- the core belief that is needed from the relevant list
- then say each belief slowly and clearly with the sense of distilling each one into the subconscious for both you and the client, whilst in the Field of Pure Consciousness. Don't hurry as you say each belief, really feel the vibration of it and wait until it feels fully embedded.
- identify if there are any other limiting beliefs not on the original list and change those too.

✚ Complete corrections to implant some core beliefs for someone.

✚ The second part of this is to Instil Inspirational Beliefs. There is a list of these on the sheet entitled 'Inspirational Beliefs'. In order to do this you will need to:

- choose the belief that is lacking
- and then choose an appropriate way to Instil the Inspirational Belief ..

There are several ways that are helpful to do this:

1. **Heal in Pure Consciousness**
2. **Healing Goal:** Find a statement that stresses the person (SIM weakens), do the healing for this goal and then check that the stress has gone (SIM Strong).
3. Use them as **Affirmations**. It is essential if someone is given affirmations to do daily that they get into the right space and focus in a way that brings the feelings of the affirmation as if

it were a fact already. In this way the person can empower themselves and improve all areas of their life. Many of these statements are written as 'I Am...'. This carries a special energy that helps a person to manifest what they need. The person should think and feel each one as if it is present now and let their imagination fly.

4. If it goes to '**Other**', consider an 'I Am' item from the Behavioural Barometer or Positive Resonances or other positive list. Again think and feel each one as if it is present now and let imagination fly.
5. **Similar to one of these.** Take one of the statements and the changes that you need to make to create the right affirmation for someone. You may need to include a particular area of life where there is stress e.g. I am comfortable manifesting perfect health; I am wise in relation to finding the right life partner; I nourish myself appropriately, I can succeed.
6. **Think and feel the object of your desire today** and let imagination fly e.g. I am assured and decisive; My back is perfectly healthy; I am happy and joyful, Life is mine to enjoy; I am successful in business.
7. Your thoughts set the pattern of your life in your subconscious. Each person should learn to catch their thoughts and if any of them say how difficult something is or how it is just not working they should immediately throw that idea out and put a good thought and belief in place. **Imagine everything you want your life to be** and invest your imagination, feelings and energy into it and it has to happen. It's time to step into your power. The feeling will bring what you want.

### ***Limiting Belief Systems and How We Defend Them***

In the last course we introduced two corrections for healing unhelpful beliefs and mental functioning. These were:

- **Release: Subconscious Mind** of patterns absorbed at age ..., (identify age)... related to ... (Lim Pts)
- **Mind Energy: Align / Tone / Expand / Protect / Unify / Align with Truth** with the Mind Energy

You probably have been using these corrections successfully over the past few months but the more information that you have, the more you can heal, so it is now time to expand our understanding of the conscious and subconscious mind.

The way we think is very complex and our thoughts have the capacity to introduce doubt and attract negative experiences. Once our conscious thoughts or actions are repeated enough times or are carried out with enough conviction they tend to get laid down into the subconscious mind and they become our auto-pilot control system. They then direct us to follow this same pattern of behaviour every time that we encounter something similar. According to Bruce Lipton in 'The Biology of Belief', the conscious mind transmits about 20 messages per second while the subconscious mind sends about 20 million messages so we can see just how powerful the subconscious mind is.

It can also be very difficult for us to see any flaws in our own thoughts, beliefs or ideas especially if they have become part of our subconscious patterning. Therefore I want to explore the whole concept of limiting thoughts and beliefs in some depth in this course. The more you understand, the more you can be on the look-out for these pitfalls.

As we grow, we learn to either trust or distrust our environment according to our personal experiences. Any distrust will manifest as incorrect beliefs about the world around us that can colour all our future behaviour when we encounter similar experiences. Our belief systems feel very right and real to each of us but we are all bound to be carrying many that are not serving us well. Paula Oleska in her paper, *Emotional Integration*, states that “*Over 148,000 negative commands (and very few positive ones) are given to us by the time we are 18 years old.*” Imagine the limiting belief systems that result from this. The table on the next page shows the critical ages for development of particular belief systems.

A limiting belief system is one that:

- Causes anxiety, fear or panic when it is questioned, which in turn, reinforces the belief
- Activates negative emotions
- Causes confused and contradictory thinking
- Throws our internal organs, systems and other physical functioning out of balance
- Crushes life rather than enhances it
- Cuts us off from what we want most

It is necessary to change our limiting beliefs to allow us to be fully in the moment and enjoy all the benefits that this can bring. In order to change limiting beliefs we must first recognise them.

It may also be necessary to identify the defence patterns that we have built around these beliefs in order that we can feel safe, maintain the status quo and not experience the anxiety, fear or panic that questioning the belief causes.

In most therapy the only way to release these patterns is to work through the anxiety and distress in order to establish a healthier belief system. This is why so many people duck out in many different ways before this process is completed. It is therefore essential to make the person feel safe and to lift out the limiting beliefs and their defence patterns as easily and painlessly as possible.

Recognising and releasing unhealthy patterns in our lives is essential. As Alice Vieira says on page 66 of her book, *Belief Systems and Your Personal Power*,

*“By repeating unresolved issues that are tied to our early belief systems, the surviving ego keeps us from focussing on a broader clearer picture of who we really are. We remain attached to something that we did not receive the first time we needed it. That means that we will attract people with problems similar to people whom have hurt us in our families. We will attempt unsuccessfully to do in the present, what was needed to be done in the past. Resolving the issues of the ‘there and then’ experience is essential in order to fully experience the ‘here and now’. Each of the functions of the ego can serve our total health, or its functions can remain in the survival mode and prohibit our growth.”*

If the ego serves the higher self it gives us control, security and confidence and responsibility for the development of our higher self. If the ego serves itself it leads to fear, insecurity and stagnation. It stops us focusing on a broader view of who we are, our possible opportunities and enjoyment of life. We continually attract similar unhappy feelings, relationships and situations and these patterns are disabling in some way, physically, emotionally or mentally. It is necessary to find the courage to embrace our vulnerability and step into the unknown. Then we can look for the underlying pattern, heal it and substitute a positive, enabling pattern of growth. This enables us to see our present experiences as a whole and respond to them in context with a clear perspective rather than in terms of our past experience or just ‘feeling safe’ and unchallenged.

**The Formation of Our Belief Systems**

<b>Age</b>	<b>Helpers</b>	<b>Develops</b>	<b>Common Conflicts</b>
Infancy	Parents Primary Caretakers	<b>Trust</b> Optimism, Drive, Hope, Ability to relax, Feel able to meet challenges	<b>Mistrust</b> Pessimism, Preoccupation with pain, expectation of failure, time confusion
Infancy to toddler	Parents Primary Caretakers	<b>Autonomy</b> Self Control, Willpower, Adequate to the task, Self Certainty, Assertiveness	<b>Shame and Doubt</b> Anxiety, Depression, Indifference, Self Doubt, Self Consciousness, Denial of problems other than pain
Kindergarten to Infant School	Family Primary Caretakers	<b>Initiative</b> Self Confidence, Direction, Purpose, Sense of Equality, Ability to deal with real issues	<b>Guilt</b> Withdrawal, Avoidance, Escape, Grief, Regret, Role Fixation
Junior School years	School, teachers, peers, friends, extended family and neighbours	<b>Industry</b> Productivity, Method, Competence, Assurance, Ability to communicate feelings and to be direct	<b>Inferiority</b> Exclusion from social contacts, work paralysis, use of pain to manipulate, constant fear of loss
Teenage years	Peers, Role Models, Mentors	<b>Identity</b> Integrated Ego and Higher Self, Devotion, Fidelity, Healthy sexual identity, Faith in Resilience and Individuality	<b>Role Confusion</b> Hostility, withdrawal from active sex life, addiction to pain (other?) sense of futility
Early Adulthood	Partners, Lovers, Mates	<b>Intimacy</b> Ability to form close personal relationships with affection and love, able to commit to a 'good' relationship, able to commit to a rewarding and satisfying career	<b>Isolation</b> Increasing incidents of depression, anxiety, resentment, identification with others' suffering, increasingly restrictive behaviour

Adapted from Alice Vieira, *Belief Systems and Your Personal Power*

In order to change we need to:

- heal *defensiveness* and develop *assurance*
- heal *procrastination* and develop *the hope of success*
- heal *unawareness* and develop *insight*
- heal *shame* and embrace *vulnerability*

Some time ago someone brought [www.TED.com](http://www.TED.com) ‘a non-profit organisation devoted to Ideas Worth Spreading’ to my attention and the following two videos. I know that they have had a profound effect on several people who have been stuck for a while. They can really help to bring about the shift in perception that you need to be able to move forward into health. They are talks by a very open, sincere and perceptive researcher and therapist, Brene Brown, on the subjects of vulnerability and shame.

[http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)

[http://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame.html](http://www.ted.com/talks/brene_brown_listening_to_shame.html)

Explore the site there are others really worth watching, e.g. Jamie Oliver, Ruby Wax, Anita Moorjani.

Would it be helpful to watch the clips of vulnerability and shame now?

### ***The Johari Window***

The **Johari Window** developed by two psychologists, Joe Luft and Harry Ingham in the 1950s illustrates the importance of awareness of our behaviour and motivations. It illustrates how our level of healthy self-disclosure depends on a balance between what we are aware of within ourselves and are willing to share and what others are aware of about us and are willing to share.

	<b>Known to Self</b>	<b>Not Known to Self</b>
<b>Known to Others</b>	<b>Open</b>	<b>Blind</b>
<b>Not Known to Others</b>	<b>Hidden</b>	<b>Unconscious</b>

Your window may look like one of these. Which one is the healthier?

Open	Blind
Hidden	Unconscious

Open	Blind
Hidden	U/ C



If we are to move from the first to the second of these representations, we have to open to the process of change and then pick up all the signals that are being sent our way to inform us of our limiting belief patterns. We should value interpersonal communications as these can give us a better self-understanding and reduce the 'Blind' quadrant and possibly the 'Hidden'. We need to talk openly with others and receive their comments with gratitude as their feedback will show us the discrepancies between how we see the world and how others perceive the world. This will then help to gradually reveal the 'Unconscious'. Our friends will have their own patterns to heal too, but the more people we can explore this with and the more feedback we are prepared to acknowledge, the clearer the picture will become. What we need is openness and flexibility of thought. We have to enable ourselves to see the choices that we have and to determine whether our patterns are healthy or not.

Our limiting beliefs can further be defended by old coping mechanisms that allowed the person to cope with a perceived threat that happened at an earlier time. Then they become part of our auto-pilot sub-conscious and continue to defend our limiting beliefs. These defence mechanisms distort reality and work in one of two ways which both prevent us keep us locked into our limiting or defeating belief systems. They can magnify the issue that we need to face so that it seems far too big and frightening for us to solve and therefore we feel justified in ignoring it. This leads us to make excuses and find spurious reasons that support our faulty beliefs. Or they can side-track us to give us something else to worry about and so prevent us focussing on the issue for long enough to solve it. (Victim-Rescuer Syndrome)

Defence Mechanisms of Limiting Beliefs are deeply ingrained, negative, recurring patterns of dealing with aspects of your life. They are mainly in the blind or unconscious areas of the Johari window. They may be patterns that are present all the time or only in relation to particular triggers. Examples of possible Defence Mechanisms are given on the next page.

Any defence mechanism may be corrected in general or in relation to one or more limiting beliefs. The different ways that each pattern needs to be corrected should be carefully checked.

Karmic defence mechanisms have been brought into this life rather than adopted since birth, so these patterns will have been present all of the person's life. These are deep soul patterns, maybe over many lifetimes people find themselves automatically 'slotting into' these behaviour patterns. When they are thrown off-balance repeatedly by a particular stress they can usually recognise this automatic pattern is illogical but they cannot seem to change it whatever they do. Correcting them is simple and will dramatically remove the patterning.

### **Common Defence Mechanisms**

- A) Friends were in a restaurant with their two children when two women came to sit at the next table. One of them lit up a cigarette and her friend told her that they weren't allowed to smoke in the restaurant. She had a bit of a giggle about it and proceeded to smoke. When the smoke started interfering with my friends, the husband went across and very politely asked her if she could stop smoking as it was not allowed and was interfering with their meal. Both ladies then turned on the man and called him very abusive names and said they could smoke if they wanted. They then turned to the wife whose back was turned to them and who had not involved herself in the conversation at all and called her abusive names too.
- B) We all can recognise the group of people that it is not wise to criticise in any way as their response to this is likely to be violent behaviour.
- C) We also know people who we can see are stuck in the same patterns repeating the same mistakes and never learning and moving on. Their life gradually falls apart trying to give them stronger and stronger messages but they usually can blame someone else and deny any responsibility for what is happening to them.
- D) Have you ever been within striking distance of winning or gaining something that you really want only to fall ill or be injured so that you cannot proceed to gain the rewards. Is it possible that the illness or injury is a direct result of an ego defence mechanism that supports your limiting beliefs of Self Esteem, Fear of Failure or even Fear of Success.
- E) Some people, when not given what they consider to be sufficient attention, or when asked to help in some way can be seen to regress into childhood patterns. This may be reflected in 'baby' talk or sucking the thumb or just acting in a juvenile way.
- F) The workaholic may spend all his time at the office because there are situations at home that challenge his beliefs about how he should relate to his family. This is especially noticeable when a couple has young children and they have new responsibilities, no longer able to do pretty much as they want.
- G) A child's reaction to facing up to their unacceptable behaviour may be to run and hide or to cover their eyes and ears so that they cannot be held responsible for what they did.
- H) A woman in an abusive relationship will often try more and more to please her husband so that she can receive the love that she needs. If anyone tries to challenge her beliefs about her husband she will defend him and say that he only does these things because.... It is not really his fault. She will invariably move from one abusive relationship to another until she learns 'Self Value' and 'Self Worth' and is able to love herself unconditionally.
- I) Many people find it hard to commit to a relationship. They will be looking for something wrong with each new partner from the word go so that they have an excuse to leave them.
- J) A typical rationalisation pattern is when someone has eaten a whole box of chocolates at one sitting and then said, 'well I had to, they would have gone off' or 'I was so hungry I just had to grab something quickly and there wasn't anything else to eat'.
- K) It is possible to displace your anger onto a third person, so if someone upsets you, you may find yourself shouting at your spouse, children or dog instead.
- L) Denial is a common ego defence mechanism. People will deny that they are gaining or losing weight despite the fact that they are buying different size clothes.
- M) Not working to a clear plan or deadline, making excuses, putting things off or finding something else to fill the time are all common defence mechanisms.

## **Resolving Limiting Beliefs**

There are two further corrections to help us clear limiting belief systems. In the first one we need to identify the limiting mental patterns as fully as possible

### Correction

#### **Release**

#### **Limiting Thoughts / Ideas / Beliefs and Defence Mechanisms / Karmic Beliefs and Defence Patterns**

For each correction:

- identify whether we are healing limiting thoughts, beliefs or ideas
- identify the topic of these limiting thought patterns
- identify any defence mechanisms that are locking them in
- go into Pure Consciousness and ask to release everything that you have identified

There are several sheets to help you with this; Limiting Patterns, Beliefs connected with..., Common Defence Mechanisms, Feelings of dissatisfaction etc. The topic may be neutral or even positive but defence mechanisms will be negative words. Keep all your possible words lists together as it helps to just flip through the pages to identify all the parts of these corrections.

For example: Ask to release limiting beliefs connected with the Unknown that are defended by fear

Or Ask to release limiting ideas connected with 'My relationship with my sister'

Or Ask to release limiting thoughts connected with My Self-Worth that are defended by perfectionism

✚ Work with someone else and complete at least one release of limiting patterns for them.

The second correction is one of surrender to higher consciousness with a clear intention in mind. There is no need to identify the limiting patterns as previously. The person is ready to release them, you have connected with them and many of them can be done at once. It is very much like cleaning up your computer after it has been infected with a virus and getting it working properly again.

### Correction

#### **Ask to Reprogramme the Subconscious mind and Align it with Highest Truth**

For each correction:

- go into Pure Consciousness and ask to Reprogramme the Subconscious mind and Align it with Highest Truth

✚ Work with someone else and complete one of these corrections for them.

## **Creating Inspiration from Limitation**

Why do 2 people notice very different things when they have been going through the same experience? The brain receives about 400 billion bits of information a second. It can cope with just 2000, only 0.05% of what is there. So it selects what it thinks you want to receive. It filters the information according to the beliefs that you hold so that you receive what you believe. So saying 'I'll believe it when I see it' doesn't work because you see what you believe. We all have fundamental limiting beliefs in place that are colouring our world. Let's find them and change them.

This leads to the second of these corrections where we discover Limiting Beliefs that are affecting our life and health and change them to Inspirational Beliefs. In order to do this we use the sheet entitled 'Creating Inspiration from Limitation'. We can either work by muscle testing or read them out and get a

gut reaction to each statement. The ones that test or seem part of your world view at the moment are the ones that need to be changed. We can do this by the following method:

- find the limiting beliefs that you are holding on to deep in your heart by muscle testing or gut reaction.
- find where it originated by muscle testing or client's response.
- ask the client how your life would change if you chose to throw that belief out and put a wonderful belief in its place?
- now think of the best belief that you can to put in its place and go into Pure Consciousness to secure it.
- identify what the client might need to do in order to cement it in place:

Vision Board / Meditation / Place new Beliefs in many prominent places around the home and say them and smile when you notice them / Affirmations and feel what it would be like if it was here now / Hold the Space / Other

If you need to find a limiting belief and it is not on the list, talk with the client, let it come through to one of you and, if necessary, muscle test to find the right words of the belief.

It may also be necessary find the limitations that are blocking them in a particular area. For instance; how many blocks are there to 'Total Health' or 'Being Migraine-Free'. Then find the limiting beliefs for the chosen goal in turn, release each one and find the best inspirational belief that you can and put it in its place.

### ***Hold the Space:***

At one time one of my daughters was having a lot of trouble with a particular teacher. What I was instructed to do to help this was to 'Hold the Space between my daughter and the teacher until harmony and understanding was reached between them. It took me about 10 minutes that night when I did it for the first time, but now a similar correction doesn't take long at all. The effect on both my daughter and her teacher was incredible. The teacher had been bullying, intimidating and humiliating my daughter at every opportunity in front of the rest of the class who had nearly all done an extra year of maths and were much further on than her. My daughter used to come out of each lesson hating maths, crying and not wanting to turn up to the lessons again.

The very first lesson after doing the healing the teacher was attentive to my daughter's needs, supporting her and not trying to show her up in anyway. In fact at the end of the lesson the teacher had offered to give her extra help after school on a regular basis and she was very happy to accept. She came forward in leaps and bounds afterwards.

This is not an analytical correction but more a surrendering to Source and sensing the changes. It has grown in various ways since this first occasion and can be used to help an individual, a relationship, a group or a place. It can enable a person's understanding or self-mastery or instil inspirational beliefs. Strangely, I find this correction easier to do in distant healing rather than with the person present.

In the previous example I would imagine holding my daughter's energies in one hand and the teacher's in my other hand with my palms facing together at a distance. I would then focus on the energy between them and as the tensions ease and the communication between them increases, I would allow my hands to gradually come closer together until finally they are just a few inches apart. I would then hold the space until everything feels light, bright and harmonious. When doing this correction for

different people, there is a real sense of the tensions, the difficulties, the misunderstandings and the letting go of all of these as the correction completes.

Another situation where I have found this correction to be very useful is when a person is very mixed up and there is a sense of internal fighting or possibly self-sabotage and a general sense of internal disarray and disharmony. Holding the Space can really restore personal harmony. In this case, it would identify that we are just working with the client and I would hold my hands facing towards each other with the person's energies in the space with the intention of releasing all the disorder until the energy feels light, bright and harmonious again.

It is also possible to hold the space between a person and a concept. This concept might be something like 'Total Health' or a Resonance such as 'Self-joy'. By focusing on harmonising the person with his energy you release all the constraints and misunderstandings and false beliefs that are getting in the way of total health or self-joy. When there are several items to harmonise, just add them in one at a time, until they are all complete.

A further method of holding the space has also been very useful and powerful. By holding the person's energies in one hand and a remedy in the other hand you can heal the person fully and completely for all the issues that are connected with that remedy. The remedies that I have found most useful here have been Lila Devi's Master flower essences. These carry the energy of self-mastery and help us easily change the patterns that can cause us a lifetime's misery and may be the hardest for us to see for ourselves.

As well as doing this correction by distant healing, I have done it for clients on the couch and then I find it easiest to place my left hand on the person and for my right hand to introduce the other energy to them gradually. It can be useful to heal one of the new chakras for the client while doing this correction. For instance the Alethiometer will reset their beliefs while you are clearing the obstacles to harmony or the Remembrance will clear past memories.

### Correction

**Hold the Space:** Person(s), Restore harmony / Core Belief / Concept / Resonance / Remedy

For each 'Holding the Space' correction, identify whether you are healing:

- the client's energies alone
- the client and another person(s)
- the client and a Core Belief or Inspirational Belief
- the client and a Concept e.g. Self Resonance or Total Health
- the client and a remedy e.g. particular Master flower essences

Then intuitively connect with the client as feels right or identify where to bring the energy to them and hold the space while focusing on resolving all the issues causing disorder and disharmony between the two sides.

- ✚ Self-test and complete a Hold the Space correction for your relationship with someone else.
- ✚ Complete corrections a Hold the Space correction for someone else now.

## **Cellular Health**

We have gradually gained knowledge of how our cells adapt to stress and how to restore their health over the previous courses. We have learnt to switch off the emergency and dehydration signals, heal cellular memories of dehydration and heal by sensory means, clear the negative resonance of disease and other harmful events, cellular toxicity and to clear excess minerals in the cells. We have also learnt to optimise the cellular hydration, pH, temperature and membrane structure. There are a few more Cellular Health items in this course and then in Stage 5 we will learn about the subtle and vibrational control mechanisms of the cells, their communication by electrons and light and how these are damaged and can be healed.

We remember that the cell membrane is a sandwich made up of two membranes with a fatty layer in between. The inner membrane should have a negative charge, the fatty layer is neutral and the outer membrane should have a positive charge so that each cell can attract an electron cloud which in turn attracts light to the cell. When the body is fully hydrated, the exchange of mineral ions maintains the correct charge both inside and outside the cell; the inside of the cell membrane carries a negative charge while the outer surface of the cell membrane will carry a positive charge. This in turn causes electrons to gather around the outside of the cell membrane forming an electron cloud. Light photons are drawn into the body and are attracted to this electron cloud and are held around the cell. These photons are then drawn into the cell as little rainbows of light and so, when everything is working well, the light of Pure Consciousness enters our cells. Therefore the charge across the cell membrane (cell membrane potential) is intrinsically linked to the person's life potential.

Initially when we are stressed we go into a state of heightened alertness, watching for danger, and signal the dehydration alert. The liver then increases the production of cholesterol which is carried to the dehydrated cells. Often after prolonged dehydration the membrane structure changes. The extra cholesterol is placed in the centre of the cell membrane to protect it against a further water loss. This reduces the permeability of the cell membrane which in turn affects the transport of electrolytes and minerals through the cell wall. We can see that the consequence is that the whole function of the cellular membrane is greatly damaged. Bearing in mind that the cell membrane is now known to be the brain of the cell and the bringer of light, this is obviously going to have serious repercussions.

When we are dehydrated, the charge inside the cell is damaged, the pH level in and around the cell is out of balance, the cellular temperature falls, our cells are unable to fight infection, the electron cloud is diminished, the light entering the cell is lessened and inferior and our quality of life is poor. Our systems become stagnant and disease starts to manifest. We can begin to see that if a person presents with any kind of disease, there will always be chronic cellular dehydration and all the ensuing imbalances.

Stagnation leads to blood sugar imbalances, low energy levels and the inability to hold calcium levels correctly with the blood. The healing for a client who presents with little or no energy should always incorporate corrections for cellular hydration and health. If the lymph is stagnant it may result in constant ear infections in children. If stagnation becomes extreme, it can affect brain function quite dramatically such as schizoid behaviour, hyperactivity, bipolar disorder and other strange behaviour patterns that all indicate that the person is becoming more and more closed off from the universe. The deeper the level of dehydration, the more serious the disease. We can see that a disease like cancer must have been preceded by severe dehydration and there are probably many fears and negative feelings to clear from the person's cells.

When someone gets to the point of ME or chronic fatigue syndrome these patterns of dehydration are well-established. Often they wake feeling worse than before they went to bed. Taking medicine or remedies, even homoeopathic remedies, bring more stress to an overstretched body. The person loses their ability to produce acute symptoms and this shows that they are no longer able to fight infection.

When I had ME I used to induce a higher core temperature regularly by getting in a hot bath and staying in there as long as I could. When I came out I was wobbly and dizzy, but then would show signs of fighting infection and a day or two afterwards would feel better for having cleared some of my infection.

With ME I was also always found to be low in calcium, but taking it made my symptoms worse and if I did a hair analysis it was found that the calcium in my hair was about 300 times the level that it should be. So there was plenty of calcium in my body but I just couldn't use it properly. This is clearly the result of severe, prolonged stress and whatever nutritional program was recommended, it did nothing to help this problem.

Using Spectrum Healing we can energetically clear all the heavy resonances and responses and reset the cells so that they resonate with universal light again.

### **Clearing Negative Patterns**

When you look at your new Menu you will find that the Cellular Health Menu has grown so much it needs a page all to itself! It is still set out in the same way and should not prove more difficult to use.

#### ***Clear Cellular Memory.***

In SH3 we looked at healing the feelings held physically within our physical tissues. Now we are going to heal memories held within our physical tissues called cellular memory. Fears, stresses and dehydration are often key stored memories. These memories continue to cause repeated unhelpful patterns if they are not healed and can be a major cause of chronic physical illness. Most people will have stored some painful memories in their cells and this has serious repercussions for health. If someone is not healing, it is worth investigating cellular memories.

There is a three step procedure to clear cellular memory:

##### **Correction**

1. First find the age at which adverse patterns were locked into the physical tissues:  
Conception; Foetal (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> trimester); Birth; Age; taken on for parents
2. Then find the parts of the body that have been affected – see Health Profile sheet
3. Then find the patterns that have been locked in. See the Limiting Patterns list or the Health Profile to find the patterns. Ask every cell to release any energy connected with each one in turn.

Initially it may take a while to fully identify these cellular memories or the client's arm may not always co-operate but as we get more familiar with it we find that it is easier and quicker to fully identify and heal cellular memories.

✚ Heal 'Cellular Health: Clear Cellular Memory' for someone else.

#### ***Clear the Cholesterol Layer around the Cell Membrane.***

Also on this section of the Cellular Health Menu is a correction to clear the cholesterol layer that builds up around the cell membrane when it has been dehydrated for some time.

##### **Correction**

##### **Cellular Health**

**Clear**      Cholesterol layer around cell membrane

For this correction:

- ask to clear the cholesterol layer that has built up around the cell membrane
- wait in Pure Consciousness for it to complete

## **Restoring Genetic Expression**

There are two further things to clear from the cells and they are both to do with our gene expression. When we are stressed it can switch our genes on or off so that we are then unable to make the proteins, enzymes and other chemicals that we need in sufficient quantities.

The first of these items is:

### Correction

#### **Cellular Health**

**Clear** Inappropriate genetic expression from viruses (IGEx)

When we get a virus, it moves inside our cells but cannot replicate or reproduce in itself. It therefore takes over the nucleus of the cell to provide everything it needs to proliferate. We can reset the genes so that they work for us again by focusing on this item from the menu in a state of Pure Consciousness. We may also want to do an issue to clear the virus from our cells but this is not an easy healing process and we may need to do healing to enable us to do this. We shall be covering this aspect in more detail in Spectrum Healing 5.

In order to complete this correction:

- ask to clear inappropriate genetic expression from viruses from every cell in the body
- wait in Pure Consciousness for it to complete

🌈 Heal 'Cellular Health: Clear inappropriate genetic expression from viruses' for someone else.

Another form of inappropriate genetic expression is from ancestral influences. There are native traditions that understand that there are resonances that can continue to affect the family for possibly seven generations, given the right trigger. This resonance seems to be held within the Subtle Energy Bodies that store hereditary energies and when a particular illness, medication, vaccination, heavy metal or energy-invasive treatment is introduced, the resonance can then cause problems with gene expression. These patterns of illness are known as miasms.

### Correction

#### **Cellular Health**

**Clear** Inappropriate genetic expression from ancestral influences (up to 7 genrtns back and all fwd) from

Illness: Chicken Pox; Meningitis; Mumps; Syphilis; Influenza; Gonorrhoea; Anthrax; Psora;

Measles; AIDS; Black Death; Cholera; Tuberculosis; Carcinoma (cancer); Fungus; Animal Trauma in food; Planetary Logos; Polio; Alzheimer's; Parkinsons; Arthritis; Asthma; Blood Pressure; Other

Medication: Antibiotics; Anti-inflammatories; Statins; Sulphur; Arsenic; Other

Treatment: Magnetic disruption (MRI); CAT scan; leeches; blood-letting; of humours; steroids, operation

Vaccination: Chicken Pox; Cholera; Diphtheria; Flu; German Measles; Hepatitis A/B/C; HIB;

Malaria; Meningitis; Mumps; Polio; Smallpox; Tetanus; Tuberculosis; Typhoid; Whooping cough; Other

Radioactivity: Medical; War; Test Sites; Brazil nuts; Radon gas

Heavy metals: Aluminium/Arsenic/Cadmium/Copper/Mercury/Lead/Nickel/Platinum/Silver

Affecting enzyme production:-Kinase; Telomerase; enzymes for Neurotransmitters; Digestive; Detoxification; Immune/Inflammatory; Energy/Glycolysis; Regeneration/Reproduction; other

Other

In order to change this we need to identify what has triggered the change and to clear it in a state of Pure Consciousness. We can also clear it for the whole family, so we need to identify where the resonance originated in the family and then heal all the descendants. In order to do this, I find it useful to identify whether it's on the mother's or father's side of the family and how many generations back it goes. When healing the



effect of heavy metals, it is useful to also identify if they have affected enzyme production and which type of enzymes are therefore deficient in the body so that we can optimise these again.

For this correction:

- identify the person that the pattern originates from (which side of the family and how many generations back)
- identify the cause of the inappropriate genetic expression as fully as necessary from the list, whether it has come from illness, medication, heavy metals etc
- ask to clear inappropriate genetic expression from every cell of the person where it originated stating any details that you have identified
- ask to clear this inappropriate genetic expression from every cell of each further generation including any future generations
- at each stage wait in Pure Consciousness for it to complete

The original person may be dead but do the healing for them anyway – it might save them coming back and having to deal with the problem again. You may find that there are other medications and treatments that you need to add to the list.

By far the most common of these factors is Heavy Metals. Kinase and Telomerase are two types of enzyme produced in the body. Kinase breaks down Vitamin B6 to P5P, the active form of B6 that can be used in the body. Telomerase is just one that I have heard is about staying youthful – so I put it on the list!

 Heal 'Cellular Health: Clear IGEx from ancestral influences for someone else.

### ***Optimising cellular structure and function***

There are extra items on your list for optimising cellular structure and function. Most of these are self-explanatory and follow on from the previous explanation of damage to Cellular Health. If any of these are indicated:

#### Correction

##### **Optimise Cellular**

Self-Regulation

Cellular energy

Blood sugar levels

Ability to process EFAs (linked to ancestral TB)

Mineral balance in blood / cells (esp. opposing minerals: Mg/Ca; Zn/Cu; K/Na; other)

Day/night electrolyte movement in and out of cells (Sodium Pump: Na & Ca vs K & Mg)

Polarity / electrical charge in: intracellular (inside); extracellular (outside); intercellular (between) space in fluids/solids

Membrane potential; Electron cloud around each cell membrane

Cellular oxygen / photons

Optimise sensory stimulus in cell membranes for appropriate protection and growth at all times

Transmutation of electrolytes / other minerals / other chemicals

For this correction:

- identify the item that needs to be healed
- if there are options, identify everything you need
- go into Pure Consciousness and ask to release everything that you have identified

The only one of these new items to optimise that needs extra explanation is the final one, 'Transmutation of electrolytes / other minerals / other chemicals'. It is possible for us to create the minerals and other substances

in the body from what we have available but it may take a lot of energy. There are scientific papers now showing that this happens. If muscle testing indicates 'Transmutation of electrolytes/other minerals/other chemicals' it means that there is sufficient energy available to create a better balance of chemicals in the body immediately by healing.

•Demo 'Cellular Health: Optimise: Transmutation of electrolytes/other minerals/other chemicals'.

✚ Heal these Cellular optimisation items for someone else now.

### **Feelings and Chemicals**

As we know, stored feelings can enhance or disrupt our cellular chemicals and enable health or dis-ease. The 'Chemical Activation' Corrections will help to release the retained feelings that are causing any chemical imbalance as well as rebalancing the affected chemicals. Two further cellular activation corrections are:

#### **Cellular Activation**

Identify and Clear Feelings ↔ Optimise Cellular minerals

Identify and Clear Feelings ↔ Optimise Chemical activation of cells

In this case we may need to identify the minerals or chemicals that are insufficient and that need to be optimised as well as releasing the feelings. If we need to identify any minerals, the main minerals can be found on page 1 of the Health Profile Sheet. If we need other chemicals, I have provided a lot more information on other sheets.

✚ Heal 'Cellular Activation: Identify and Clear Feelings ↔ Optimise Cellular Minerals' items for someone else now.

On your cellular activation page, you can see that the chemicals that may be affected are neurotransmitters, hormones, peptides etc. I have listed the common neurotransmitters in an easily accessible way and I have researched the body's hormones to try to give a fairly complete list. The explanations of any of these hormones are to be found in a good anatomy and physiology book, in Jane Thurnell-Read's Hormone and Body Biochemicals lists or maybe on Wikipedia. Another variation on this correction is to improve the body's efficiency at converting cholesterol to create the steroid hormones.

There are various categories of peptides and the first that I have listed are Growth Factors. These are sometimes called Chemokines. A growth factor is a naturally occurring substance capable of stimulating the growth, proliferation and differentiation of cells including blood cell development. Growth factors are important for regulating a variety of cellular processes and typically act as signalling molecules between cells. Individual growth factor proteins tend to occur as members of larger families of structurally and evolutionarily related proteins.

They include all the immunoglobulins, the interleukines and interferons. The research into interleukines is continually finding more and more of these. References from just a few years ago listed about six types of interleukine but I have found that there are now at least 40 known interleukines. I have provided a separate sheet with my findings on Growth Factors and listed the main families but it is probably best that we keep an open mind as to how many interleukines there are.

I haven't been able to research Gut Peptides yet but it hasn't come up much at all. I have listed the other peptides that I am aware of and the main categories and names of different enzymes. This correction is quite complex and may take some time to get to grips with.

✚ Heal 'C Act: Feelings ↔ Optimise Chemical Activation of Cells' items for someone else.

## **Awareness Maps**

This is a more visual correction; it uses Pure Awareness to uncover all the different causes that need to be healed to move beyond a particular problem. It will both release limitations and bring through or strengthen positive resonances. The Awareness Map correction is accomplished by the following process:

- draw an oval on your page
- identify the positive resonance that needs to be brought through or strengthened and write it in the oval
- identify how many limiting patterns are preventing this resonance and draw them exiting from the oval
- identify how many other positive resonances are needed to enable the correction and draw them entering the oval

Then you will get a diagram like this:



Finally, illustrating the process with this example:

- in a state of Pure Consciousness, ask for Self-Vigour, ask to release feeling crushed and feeling vulnerable and ask to receive Universal Inspiration.
- focus on it all coming together and the person being full of Self-Vigour

✚ Complete an Awareness Map for someone else now.

## **More New Chakras**

### ***Alignment Chakras***

This is the final set of chakras that we shall identify in the foundation courses of Spectrum Healing. There are at least eight main chakras above both the crown and below the feet. They are used to align different aspects of the energies of a person, through the different Levels of the Subtle Bodies. Susan Spencer, Helen Hutchings and myself have found the names of some of these chakras (shown below) by meditation and muscle-testing. The distances of the chakras from the body may vary considerably from the average values given below.

Position	Name	Alignment of:
~ 4" above crown	Transformation Point	Matter
~ 12" above crown	Transpersonal Point	Connection to Energies outside your Form
~ 40" above crown	Transfiguration Point	Spiritual Energies & Patternings
~ 4" below feet	Transcursion Point	Direction
~ 12" below feet	Transpiration Point	Exuding/Replenishing by Sensory Means
~ 18" below feet	Transcendental Point	Beliefs & Understandings
~ 40" below feet	Transcognitive Point	Different Levels of Consciousness

The Transformation Point allows the consideration and possibility of changing states of matter. The Transpersonal Point allows connection between the Soul or Karmic energies and Body, Mind and Spirit. The Transcursion Point facilitates future changes of direction. The Transcendental point allows you to progress beyond your present boundaries of understanding and beliefs. We can therefore see that these chakras are very powerful indeed.

## **Age Regression**

Now that you have been practising Spectrum Healing for a while we can learn a correction that condenses many corrections into one. The Age Regression correction is a way of mopping up all the events in our life that have a common theme and have affected us in a particular way. It heals the main triggers for a particular limiting behaviour.

For instance when you were little you may have been told ghost stories and got very frightened. Then when you were older you may have seen a frightening film which reminded your subconscious of the earlier fear. Then you may have stayed in an old haunted house and the fear was enlivened. For this there would be three different ages to heal. There may have been other instances where you were frightened of ghosts but if they were not important enough to be triggers, they would not need healing.

When I find the age of the events, I tend to work back from the present day and ask for the age with a sustained strong muscle test. Then the arm will go down when we get to the right age. The age may be from the present back to birth, birth itself, as a foetus, conception, at the pre-life Soul Planning meeting or in a past life. When I identify a past life, I find the year in history of the event, the sex and age of the person at that time and a key item from the Limiting Patterns list that will identify the event for us.

### **Correction**

- identify what the theme of this correction is that links all the events
- identify how many events you need to find
- identify the ages that the events happened.
- heal each event in turn

If you are healing more than one person or a place, it is usually better to find the month and year of the event rather than the age of one of the people, for instance.

## **Healing with symbols, cards and other vibrational remedies**

At times on the earlier courses we have already used some remedies to heal. We can place remedies on the body and place our hands appropriately to effect the healing, or hold them in our hands in some way, maybe over the body. In general, when a substance is held over the body it is absorbed into the subtle bodies of the aura. I have found that it is usually much quicker for the person to clear a problem by healing with a remedy like this than by taking it. The reason is that the cause of the problem is usually in the aura rather than the physical body and, if you take it by mouth, you will need to raise the vibration up to where the problem is, heal it and then bring the new energy down into the lower vibration of the physical body again. If you place it directly where it is needed you are starting with a higher vibration and it is easy to bring the healing through to the physical body. As you practice you will find that you become proficient at sending the energy of a remedy to the whole person and aura, regardless of where you place it.

It is possible to use many different vibrational items to heal the body:

- Remedies: herbs, supplements, homeopathics, essences, salts etc
  - Symbols: sacred geometry, healing symbols or ones that you find or draw
  - Words like *Happiness* and *Joy* placed or traced on the body
  - Crystals
  - Cards of essences or other remedies
- 
- ✚ Gradually collect a library of simple objects that could be used in this way for healing. Pick up bits of tree or pebbles on a walk, collect brochures of flower remedies or invest in some commercial remedies that speak to you.
  - ✚ Start to heal with any vibrational remedies that would be beneficial

### **Alarm point locations**

Alarm Points are used in many different types of Kinesiology and so, just as with the Energy Meridians, I have included them here in case you ever need to refer to them. You may also find that you need to place your hand on the client's body sometime and you can look up to see if it was a particular meridian that was being healed.

<b>Meridian</b>	<b>Alarm Point</b>	<b>Position</b>
Stomach* St	Central 12	Halfway between the xiphoid process and umbilicus.
Spleen Sp	Liver 13	Just anterior to tip of 11th rib (the first 'floating' rib).
Heart* Ht	Central 14	The tip of the xiphoid process below sternum.
Small Intestine* SI	Central 4	Divide distance between Central 3 and umbilicus with 2 equidistant points - Central 4 is the first point above CV3.
Bladder* Bl	Central 3	Just above the symphysis pubis.
Kidney K	Gall Bladder 25	Just anterior to the top of the 12th rib.
Circulation/Sex* Cx	Central 17	Level with the nipples.
Triple Warmer* TW	Central 5	The next point up from central 4.
Gall Bladder GB	Gall Bladder 24	Just below the joining of the 9th rib and costal border.
Liver Li	Liver 14	Where a plumbline from the nipple crosses the rib cage's costal border.
Lung Lu	Lung 1	The beginning point of the Lung meridian.
Large Intestine LI	Stomach 25	On stomach meridian, level with umbilicus.

## **Books**

Esther and Jerry Hicks	<i>The Law of Attraction</i>
Barbel Mohr	<i>The Cosmic Ordering Service</i>
Joseph Murphy and Ian McMahan	<i>The Power of Your Subconscious Mind</i>
Wayne Dyer	<i>Wishes Fulfilled</i>
Rhonda Byrne	<i>The Secret</i>
Dr. David Hamilton	<i>Secrets and Rules for Attracting What You Want</i>
W Brugh Joy	<i>Joy's Way, J P Archer</i>
Barbara-Ann Brennan	<i>Hands of Light: A Guide to healing through the Human Energy Field</i> , Bantam Books, <i>Light Emerging: The Journey of Personal Healing</i> , Bantam Books
David Cousins	<i>A Handbook for Light Workers</i> , Barton House
Shakti Gawain	<i>The Path of Transformation: How Healing Ourselves can Change the World</i> ,
Brene Brown	<i>I THOUGHT IT WAS JUST ME (BUT IT ISN'T): Telling the Truth About Perfectionism, Inadequacy and Power</i> (March 2008) <i>The Gifts of Imperfection: Let Go of Who You Think You're Supposed to be and Embrace Who You are</i> (Sept 2010) <i>Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead</i> (Feb 2013)
Dawson Church	<i>Genie in Your Genes</i>
Richard Gerber, M. D.	<i>Vibrational Medicine: New Choices for Healing Ourselves</i> , Bear & Co
John Diamond M. D.	<i>Life Energy</i> , Paragon House
Lynne McTaggart	<i>What the Doctors Don't Tell You</i> , Thorsons
Anita Moorjani	<i>Dying to be Me</i>
Candace Pert	<i>Molecules of Emotion</i>
Dr Bradley Nelson	<i>The Emotion Code</i>

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