

Advanced Spiritual Dowsing  
Awakening Empowerment  
through  
The Divine Feminine

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## Introduction

*The purpose of this dowsing book is to awaken you to your natural state of joy, love & freedom. This is a state of true Self Empowerment. Dowsing is an ancient art that has been handed down through generations in many cultures to assist in communication between our Conscious Mind and the Superconscious Mind; in other words ... to get answers to questions that are otherwise unattainable by us. Since we are all of One Consciousness all answers are always available to every one of us at any time. Dowsing is a skill accessible to each of us and can be used for a seemingly infinite number of purposes. We can access yes and no answers as well as shift energy patterns.*

*Erina Carey Cowan has been using dowsing for almost a decade and has expanded her interest and work with this tool in alignment with the passionate research & development her husband David Cowan has accomplished in this area. Erina sees dowsing as a way to 'cut to the chase' in discovering & clearing energetic patterns that keep us blocked in our creativity & peace. As we clean unconscious limiting thought patterns from our field we become more receptive (a feminine quality) to higher vibrational aspects of our consciousness...we become more 'aware' of our true nature. Thus is the Divine Feminine awakened as a Holy Grail for our Creative Essence to fill. Our creativity then flows freely from this Sacred Vessel into all aspects of our lives.*

*The Divine Feminine quality of receptivity is awakening in us all, men and women alike. For over six thousand years we as humans have been using our Divine Masculine qualities to progress, move forward & continuously expand in our evolutionary process. Expansion without contraction, expression without silence, movement without stillness...creates a great imbalance. We as One Consciousness are now becoming the balance. The Sacred Marriage of Masculine & Feminine brings us now to the 'zero point' or perfect space allowing us to birth a new paradigm in which we will collectively transcend limitations, pain and suffering. Through this perfect balance we begin to get a glimpse of our infinite nature; we correct our limiting perception. This is how we may accelerate our awakening to our true essence as 'One' Mind in God. Correcting limiting beliefs is the best we can do towards this 'remembering of Self'. "What is real cannot be threatened. What is unreal does not exist." ACIM*

*We are in the midst of what has been called the 'Shift of Ages' or the 'Golden Age'. This is a collective experience of coming to know ourselves as One Mind in perfect harmony. It is what we call 'awakening'. In truth we are perfect and could be no other way as we are pure extensions of God's Love. There is nothing we need attain or do. We simply need to remove the veils that obscure our experience or memory of this truth. We can simplify the process of awakening with these seven steps:*

- *Recognition – you realize that there is something inherently wrong with life the way you have seen it with its highs and lows.*
- *Desire – You begin to desire more than anything to see things differently, to experience life with more constant peace and joy.*
- *Vigilance – You commit to having a different experience of life. This attracts to you everything that will support your goal.*
- *Becoming more 'Present' – You practice being fully aware of what you are feeling and thinking in each moment.*
- *Acceptance & Allowance – You begin to see and accept the eternal truth about yourself and all others and you allow peace to replace the discomfort of old beliefs of limitation & separation.*
- *Corrected Perception – You discover and clean all hidden beliefs that have kept you limited, incomplete and feeling separate from Creator and all others. You trade old limiting thought patterns for corrected perception simply through becoming more aware as discomforts arise, then choosing peace instead. You allow yourself to let go of the charge. As you see thought 'energy' patterns shifting so easily with observation and intention (and Dowsing) you begin to understand that none of these patterns can be true. You see that life as we have been living it is nothing more than illusion. Truth is unchangeable and without contradiction. We have been experiencing only 'relative' truths all based on past experiences and resulting perceptions. This is why Dowsing works so well. On the level of our experience in this illusory world or 'dream state' everything is energy and patterns are easily shifted since there is no solid foundation. There is no hierarchy in level of difficulty shifting patterns since they are all equally illusory. With Dowsing we reveal unconscious limiting patterns and neutralize the energetic charge through our clear intention and the spin of the pendulum. Dowsing provides a focus & confirmation as we grow in understanding our limitless nature.*

*The more we practice this and see positive results, the more confidence we gain... this results in more effective dowsing since our growing trust allows us to more readily bypass the Conscious Mind to access the Superconscious Mind where all patterns are created to begin with. It is at this level that we can effectively recreate the foundation of our thought system. With these changes we see the world around us begin to change as well since we are truly creating a new template for our life experience... "As without, so within..." This prepares us for our inevitable homecoming to Oneness.*

- *Forgiveness – Recognizing that we along with everyone else have simply been playing out a game in which we have experienced ourselves as separate from Creator and one another... we begin to realize that there are no 'sins'. In truth no one can do anything to us without our conscious or unconscious permission, nor can we do anything to anyone else that they have not on some level agreed to. Each of us as part of the collective mind have been playing out every possible scenario to experience what it would be like to be individuated, to be separate. The truth about each of us as loving extensions of God's Creative Power makes us invulnerable. We are eternal Spirit having a brief encounter in individuated forms. True forgiveness recognizes the level of One Mind and realizes there is nothing really to forgive other than ourselves for the belief in separation. When someone or something seems to disturb our peace in any way we go within and take responsibility for how we are feeling. We consciously choose peace instead of continuing our default program of defensive reactivity. There is tremendous freedom at this level of Self Empowerment.*

*\*Erina recommends that once issues or 'misperceptions' have been revealed and neutralized through dowsing the following act of personal responsibility may be taken in order to truly heal a situation. If we negate this final step we are simply shifting energy patterns around like moving the deck chairs on the Titanic as it is sinking... nothing significant really changes. We will have similar situations recur in various forms to bring our awareness to the same unhealed issues until we apply true forgiveness... recognizing the eternal nature that encompasses us all. The following suggested prayer is derived from an ancient Hawaiian healing technique called Ho'oponopono which was recently made available worldwide through the work of Hew Len. (For more information on his work read 'Zero Limits' by Joe Vitale.)*

*Simply say to yourself, to a situation or another individual the following after inviting the Holy Spirit (Creator, Source etc.) to assist you with true forgiveness. Since it is our mind which created whatever this experience of separation seems to be, we are not capable of forgiveness at this level without asking for assistance from a Higher Power. This technique is extremely powerful and will bear amazing results when applied with or without dowsing.*

*'I love you.  
I am sorry for any  
pain or suffering you have experienced.  
Join me in forgiving ourselves for  
the belief in separation.  
I trust you to love me.  
Thank you.'*

*As you become more comfortable with the idea of joining minds on this level, it will suffice to simply say: 'I love you. Thank you.' Once you have silently or aloud finished your dowsing session with this prayer allow yourself a moment or so of silence so that you may perceive the sense of peace that comes in. If you still feel distressed in any way simply repeat this until you feel peaceful.*

*This book is specifically designed to assist you through your discovery process of learning what you have unconsciously been using to hold yourself back from becoming fully aware of your inherent Nature as a pure creative extension of Love. Enjoy the empowerment and freedom that come with discovering your true Self. All of these charts and the noted technique above are appropriate to use for yourself, other humans & animals, homes & properties and in any other creative way that you may imagine while you are still engaged in this illusory experience of time, space and bodies...that we call life.*

## BASIC DOWSING OUTLINE

## Blue Sun Energetics

'Dowsing' is the name of an ancient art traditionally used to find hidden or lost objects, water, oil, etc. This kind of Dowsing is referred to as Classic or 'read only' Dowsing. Using a Dowsing instrument to focus intent and affect change is another approach. This is called 'Active Dowsing' and involves acting on the information to create change.

Dowsing cannot be explained to the satisfaction of the linear mind. It 'works', however, based on solid quantum principles. These principles can be boiled down to few ideas:

- 1) All Matter is Energy
- 2) Thought is Energy, and Thought directs Energy
- 3) Thought focused with Intent and Emotion can affect energy and matter non-locally

The brain is a two-way communication system. It can send and receive thought-energy non-locally. Thought transcends the basic illusory nature of time, space and the body. It is not limited by anything but itself.

The Conscious Mind accounts for less than 10% of your brain's activity. Most of your intelligence is beneath Conscious Awareness. The Superconscious Mind operates in Quantum domains, and is a holographic miniature of the One Mind projecting the observable Universe. You are the maker of your reality.

Most of what we experience from within the limits of the Conscious Mind is constrained by conditioning. Until we tap into the power of the Superconscious Mind, we are most likely to keep repeating past patterns. A conscious act of Will can begin your journey outside this limit.

"If you don't do anything, nothing will happen. If you try and do something, something is bound to happen and if it doesn't, at least you tried". Raymon Grace

The subtle reactions of the Autonomic Nervous System upon the micro-muscles of the body are one way the Superconscious Mind communicates. When learning to Dowse, we 'program' our mind to 'speak' with specific body movements indicating a 'yes' or 'no' response, or moving toward correct information or data on a chart.

Successful Dowsing depends on building confidence through specific preliminary practices, limiting your early Dowsing efforts to areas you know something about, and learning what kind of questions yield the clearest information. The Superconscious Mind takes you literally and at your word. Word your questions clearly with no ambiguity. If results are 'fuzzy', change the question.

By studying and learning the steps in 'Adventures in Dowsing' (see [www.bluesunenergetics.net](http://www.bluesunenergetics.net)) your confidence will be assured.

Learning the potential of 'Active Dowsing' opens an entire new world of Creative possibilities. You do not need to be the victim of anything. All your experience is of your own design. You have the right and ability to choose differently and change the energy, and thus the outcome, of any event or aspect of the Universe. Remember, all 'form' is simply energy. Not only is thought energy, but you, in your Divinity, are the creator of thought, energy and the Universe of form in the first place.

#### FOUR BASIC MOVEMENTS

It is very important to approach Dowsing from a relaxed state of mind. Before proceeding, take a few moments to go within, follow your breath, and allow the stresses and strains of the day to melt away.

Hold your pendulum (or any small weighted object hanging from the end of a string. I.e.: needle & thread, dental floss & heavy paper clip, pendant on a chain) between the tip of your pointer finger & thumb. Keep your chain (or thread) about 2" short in length with the pendulum freely dangling at the end. Relax...

Here are the four basic movements you will need. For Classic Dowsing we want to program our bodies to respond to a VERTICAL movement (swinging away from your body) to represent YES, and HORIZONTAL movement (swinging side to side in front of you) for NO.

- 1) Start by making a VERTICLE movement with your pendulum. Make it strong and definite. Now, tell yourself in a commanding tone eight times, "THIS IS MY YES". After this, allow the pendulum to come to a rest, and then say SHOW ME 'YES'. You should see a Vertical movement.
- 2) Do the same with a Horizontal Movement for your 'NO' response. Check your programming by asking semi-obvious questions, like 'Today is Tuesday' (if it is really Monday) or 'my name is Bob' (if it is really Judy).
- 3) That leaves the two SPINS for active Dowsing. A LEFT SPIN (counterclockwise) is for removal, reducing, de-activating, scrambling, diminishing, taking out, neutralizing, erasing, reversing and clearing.
- 4) A RIGHTSPIN (clockwise) is for adding, increasing, enhancing, optimizing, filling, completing, improving, bringing in or 'topping up' anything.

Most of your work will be in removing...the principle being that we are already complete and perfected beings; we simply need to shed the blockages, toxins, resistance and hidden darkness that prevent our natural state.

I encourage you also to learn the two basic charts; the CHART OF 10 and BALANCE CHART

These are invaluable for measuring and qualifying anything imaginable, and for doing 'pre' and 'post' testing for your Active Dowsing work.

## Dowsing with Greater Awareness

Although the Basic Dowsing Outline described in previous pages will get you up and going if you have not dowsed before please refer to 'Adventures in Dowsing' and 'Further Adventures in Dowsing' by Dave Cowan for a comprehensive 'how to' guide as well as to familiarize yourself with some valuable clearing protocols.

Please recognize that nothing exists outside of your mind. Although when we are dowsing it may appear that we are moving energies that are affecting us from 'out there', the truth is everything that is discovered is merely a projection from your unconscious imagination which is also part of the 'collective mind'. As you deepen your understanding of this the very idea of being 'victim' to anything is impossible. This reality becomes your key to liberation and peace. You unlock the door to true Self Empowerment. The main purpose of dowsing is to release incoherent energetic 'stress' patterns that are affecting your physical, mental and emotional well being. We unconsciously hold these patterns in a variety of 'forms'. When we release these patterns we suddenly have greater clarity, peace and confidence which foster more expanded awareness and natural movement toward wholeness. We begin to realize that what can change is not real, so life as we have known it is illusory like a dream.

In quantum science the 'observer effect' implies that anything we focus our attention on will change based on our observation and expectations. As we currently understand it this happens on the level of photon light particles...in other words on the level of unseen energy patterns. The foundation of our thoughts creates our life experience. Thoughts actually originate from one of two sources: either from a 'feeling' of individuation/separation or from a feeling or 'knowingness' of wholeness and unity (we call this state of mind the Holy Spirit). Our thoughts when repeated often enough become beliefs which then create our experiences. Experiences trigger various feelings which have electrical charge to them. These feelings then attract thought patterns which have a similar electrical charge to them... The cycle then continues until we become conscious observers and release the energetic charge. By discovering our unconscious beliefs and neutralizing limiting energy patterns we are able to move beyond our self-made constraints toward experiencing our unlimited reality.

THOUGHT SOURCE (EGO OR HOLY SPIRIT) >>THOUGHTS >>BELIEFS>>EXPERIENCES>>FEELINGS

“Your task is not to seek for **love**,  
but merely to seek and find all of the barriers within yourself that you have built against it.” ACIM

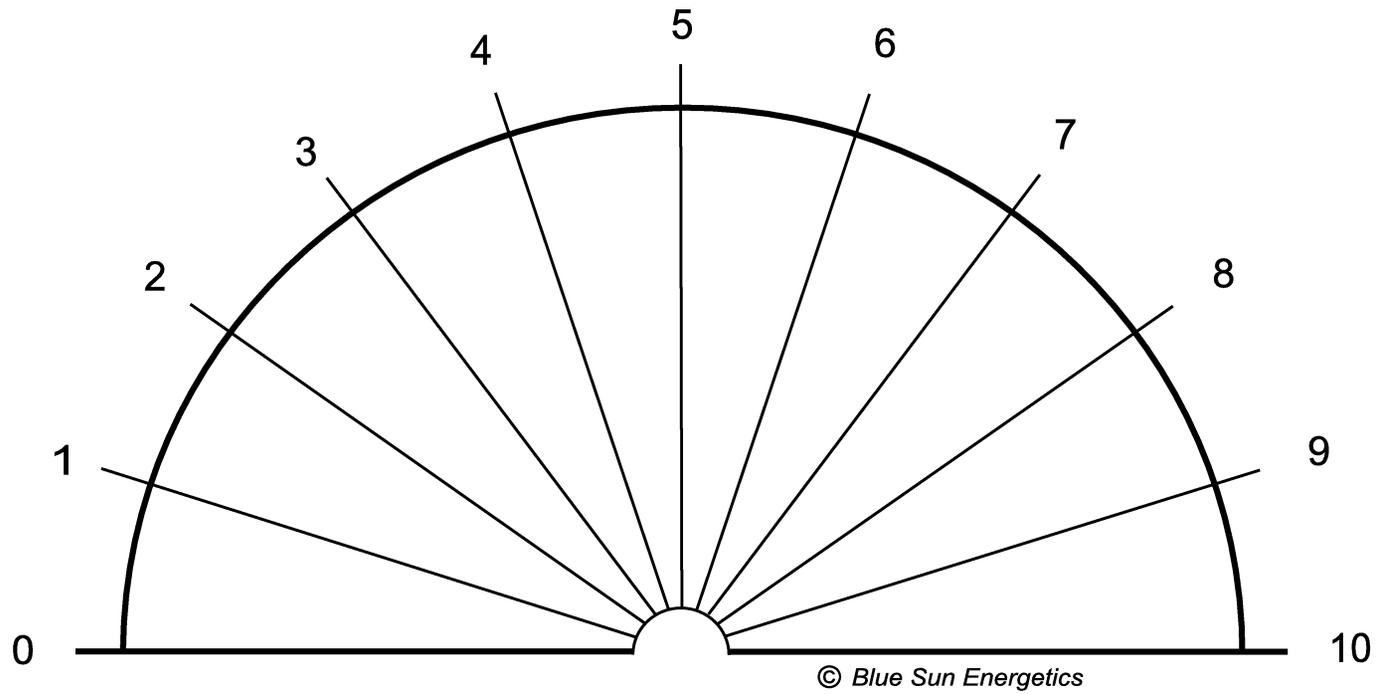
## Suggested Approaches

Now that we have discussed the purpose of dowsing, here are some basic suggestions on how to use these charts. Be as creative as you like, using your intuition to guide you in your dowsing sessions. Each of us have different approaches which may be well integrated in whatever modalities we are using once we have first accomplished a basic understanding of the skills and have become comfortable in our use of whatever the foundational structure is. There are Eight Sections, each focused on a specific topic which is explored in four charts per section. This manual expounds on the ideas given in each section and its' associated charts. It is meant to be used side by side with the chart book until you are well versed in the topics. Choose the charts that are appropriate for your session through one of the following suggestions. Once the charts are selected open to the correlating descriptions in your manual. Suggested dowsing statements are usually located at the bottom of each chart's description page in the manual. Exceptions to this are: Charts 1 & 4..pg.16; Charts 5 & 6..pg. 24; Charts 7 & 8..pg. 28; Charts 31 & 32..pg. 62.

1. Simply open to each chart and ask, "Is this an appropriate chart to use for (person, situation)?" Wait for a 'Yes' or 'No' response.
  2. Ask from the Contents page, "How many of these charts would be helpful today for (person, situation)?" Go down the list of charts and wait for a 'Yes' response, or use your 'Basic Chart of 10' on pg. to dowse out how many charts on the list apply. Because the number of charts may have two digits in it (i.e.: 13 charts apply today), it is best to first ask "How many digits are in the number of charts on this list that apply to my session now?" If the answer is 1 digit simply ask "what is that number?" If the answer is 2 digits ask "What is the first digit?" Then ask "What is the second digit?" This gives you the number of charts you will need to use. Now ask for the number of the first chart, the second one, etc.
  3. Ask from the Contents page, "How many of these Sections would be helpful today for (person, situation)?" Follow the above steps to find out which Sections apply and go through the four Charts in each.
- \* After a number of clearings are complete use a Right spin to 'fill in any voids made by these clearings with Love.

We are happy to answer any questions and hear about your success stories. Please contact us at [info@bluesunenergetics.net](mailto:info@bluesunenergetics.net) Consider signing up for our newsletter through our site [www.bluesunenergetics.net](http://www.bluesunenergetics.net) to hear about any upcoming events. You may also enquire about sponsoring a Dowsing Certification Class in your area, or if you are a Trainer, using these materials in your classes. All of our teaching materials and classes are focused on facilitating the global awakening of knowing ourselves as joyful loving extensions of One Mind.

## BASIC CHART OF 10



This chart is the most universal of all charts. It can be used to measure practically anything that can be measured. How you set it up in your Mind determines how you use it. It can be used for counting anything. I.e.: “How many charts in this book are appropriate for this dowsing session?” “In how many more days should my client come back for a repeat session?” You can see the numbers as they are, or as 10’s, 100’s, 1,000’s etc. You can also use it for percentages. I.e.: “What percent of this issue is related to a specific Forgiveness Lesson?” “To what percent have I cleared all limiting beliefs around empowerment in my Solar Plexus?” With pendulum held over the center notch at base ask a question and see which number it swings to.

## ***Section One: Forgiveness***

**Do you ever wonder why the same issues keep coming back up in your life like ‘peeling the layers of an onion’?**

We cannot possibly comprehend the purpose of anything in this life. This is because we are operating from a collective Mind that believes itself to be individuated. When we try to figure something out in our mind...it is trying to fix a problem with the problem maker. There can be no resolution. All the suffering and pain that any of us endure in what we call 'lifetimes' is simply an experience of separation that this 'split' mind has created...that is why there seems to be an endless flow of suffering...like a bad dream continuing with one image after another. Like a dream which seems to last all night long but only spanned a moment or two, this illusion of separation really is just a momentary impulse of thought (experiencing itself as separate from God).

The promise is that like a dream it is meant to have closure when we wake up...this is indeed what we as a collective consciousness are doing now...we are in the midst of an 'awakening'. Truth is we are not our bodies...each one of us is an invulnerable extension of God's love. I know that these ideas do not always bring comfort when your heart seems to be breaking with concern for others or when you are experiencing pain in your life. When you feel disheartened over what you are seeing in the world, try if you can to see those whom you perceive to be suffering... beyond the illusion of this dream ... spirit to spirit... you will see that we are ALL truly powerful Beings who chose to come into exactly the experiences we are having. There are no victims in reality. This is simply our collective experience of scarcity, lack and incompleteness. When we really get this we begin to realize that there is nothing to FORGIVE but our belief in separation. There is a great peace and empowerment that comes when we let go of judgment on others, on ourselves...this is our awakening.

When we consciously choose to see only truth (which is our perfection as extensions of God) we actually serve in collapsing time. In other words we shorten the need to live out any of these experiences of separation because of our conscious diligence in focusing on our awakening (placing our sight on the Truth of who we are). We are all One Mind so each one of us makes a huge shift for the Whole when we practice correcting our vision in this way. **True Forgiveness is the recognition that the ‘separation’ never occurred. Therefore this is the key to the end of suffering.** When we become aware of ill feelings or any other discomfort within us we are being gifted with an opportunity to heal some unconscious limiting belief.

## **Chart 1: 'Forgiveness around Issues of...' and Chart 4: Corrected Perception**

**Chart 1** allows us to uncover hidden issues that keep us limited and energetically continue to attract unhealthy relationships & circumstances in our lives until we recognize them, clear them & forgive ourselves for having used these beliefs to imprison both ourselves and others.

**Chart 4** shows us the polar opposites or corrected perceptions of the forgiveness issues. Once you have uncovered hidden opportunities for forgiveness and released the patterns you are able to fill in voids with corrected perceptions that will lead you towards a healing on all levels of your Being.

**Power** – Imbalances in the area of 'power' source directly back to our delusion that we are self-created and are therefore the authority of our own lives. This is simply the ego seeking self-identity through various experiences of having more/less power over others and circumstances. This is always ego driven and speaks of the belief that we usurped the power of God and were able to render lacking what was created in perfection...you, me, we are as One Mind perfect extensions of God's love. To be truly 'empowered' is to align completely your will with Divine Will, which in truth is one and the same. This occurs when we silence the busy 'monkey mind', ask Spirit for guidance and allow for the experience of inspiration. What follows is a feeling of peace & an absolute knowing of what we need to think, say and do next.

**Control & Domination** – This is obviously entwined with power struggle and serves to perpetuate the essence of Victimhood. You can see how this is played out in your own life and in every aspect of the world as we view it. 'Victimhood' runs deep in the collective consciousness since it is based on guilt perpetuated by believing in separation. We project on to others our internal strife, unconsciously making agreements to play out parts as victim, perpetrator and rescuer repeatedly...until we get it that these concepts we have about who we are and who others are represent misperceptions of a mind that perceives it to be incomplete and alone. The experiences we create validate this misperception. Simply uncover, release & choose Peace.

**Weakness** – a symbol of judgment based on the above illusory concepts.

**Sexual Guilt** - Held deep in the recesses of consciousness it symbolizes our agreement to use gender and sexuality as a means of keeping the guilt game going through validating that the 'body' is real and can have control over our true nature as perfect, lovable Spirit. Once we recognize truth our natural tendency will be toward honoring our bodies as vehicles for awakening. Choosing sexual experiences that cultivate wholeness and union rather than guilt and further separation will ensue. If you are to be FREE let the past go.

**Emotionally 'Distant'** – Perhaps we have been in relationship with someone who never seemed to really 'be there for us, or maybe we were the one who couldn't let down the barriers to love. This is always fear based.

**Judgmental** – Perception was introduced by the idea of separation from Creator and is symbolized in Christian tradition by the Tree of Knowledge. Once the idea to experience something other than wholeness/completion occurred perception became the vehicle. To perceive implies judgment. Even to judge something positive implies there is a negative. To clean this energy will open one's mind to more peace.

**Anger/Hate** – This is always based on fear and either directed at oneself or projected onto others. Since there are really no 'others' it is always a debilitating blow to true Self. Understand that it is always a call for LOVE.

**Betrayal** – The question is, "Who betrayed who?" If we are all of One Mind it is irrelevant. Yet, like all of these other patterns this can be a hidden ego oriented hold out from experiencing trust and unity. You are completely invulnerable as Spirit. No one or nothing can do harm to you without your agreeing to it on some level. These agreements are beyond our conscious understanding...why would we choose pain and suffering? The answer is that all of this is nothing more than various flavors of separation and the truth is no one is to blame...this dream is the result of a momentary curiosity to experience something entirely different. While dowsing out this pattern have the (person) bring the associated relationship into their inner vision and say, "I see you as the Holy Spirit (or Spirit, Divine, whatever they are comfortable with) within myself. I know that you are free unless I use you to imprison myself. I release you and we are both free." ACIM

**Deceitful** – This closely relates to betrayal and is often entwined with this issue. Therefore when dowsing it may be appropriate to dowse out both issues.

**Non- Acceptance** – Lack of acceptance of self or others is denial of One's Truth. Recognize that all of our relationships are mirrors to our Self relationship. There is a powerful technique called Emotional Freedom Technique (EFT) that can be a great accompaniment to healing issues around self love and acceptance and is an easy to use tool for self empowerment. ([www.emofree.com](http://www.emofree.com)). I like to have clients participating in their sessions as much as possible while I am dowsing or using other modalities. EFT works well.

1. **Chart 1** shows what issues are presenting as opportunities for forgiveness. **Chart 2** shows us which relationship is presenting us with this lesson. **Chart 3** shows us which Chakra or 'energy center' is holding this pattern. **Chart 4** shows us the polar-opposite or healed aspect of each perceived forgiveness issue.
2. **After achieving answers in the first three charts ask the spirit guides to assist while you spin your pendulum (counterclockwise) Left spin to release these patterns while you say, "With the assistance of (this person's) spirit guides we now release all patterns around the issue of (\_\_\_\_\_), in relationship with (\_\_\_\_\_), held in (person's) (\_\_\_\_\_) Chakra for all dimensions and all timeframes, healing this relationship and reversing all ill effects."**
3. **Once pendulum has stopped turn to Chart 4 and see what the healed perspective is for the issue you just dowsed. With a (clockwise) Right spin you say, "We now accept and fully integrate the corrected perception of (\_\_\_\_\_) into (person's) relationship with (\_\_\_\_\_), filling all voids including any in the (\_\_\_\_\_) Chakra."**
4. **Suggested Option: While you are dowsing have (person) repeat this: "I love you. I am sorry. Please forgive me (for my belief in separation). Thank you."**

#### **A Note about Chakras:**

Our primary energy centers, the chakras, are portals between subtle energy fields and the physical body. These portals act as transducers of Light information, 'stepping down' vibrational rates to a level acceptable to third dimensional physical translation & usage. Since there is a constant high volume of information processed in these centers there is a need to clean them of congestion periodically. Things can get blocked up at times. Each chakra vibrates at a specific frequency which harmonically relates to certain colors, tones, emotions, physical organs, and other like patterns which are represented multidimensionally. A healthy chakra supports the physical well being of all body organs and systems within that energy center's realm. The adjunct chakra list details seven main chakras and their relationship to physical and emotional health. You may find this list helpful in balancing specific issues which are associated with a particular chakra. Be creative.

## Chart 2: What Relationship Offers this Forgiveness Lesson?

**Forgiving our misperceptions.** All relationships are mirrors to relation with Self. This chart will assist you in uncovering and healing issues that are holding both yourself and the other in unconscious and conscious limitations. True forgiveness is the only key to awakening. This level of forgiveness sees that each individual is always doing the very best they can in each moment, based on the level of their conscious understanding at that time. We are not the thoughts we have, we are not the personalities we think we are...all of this is simply a collection of concepts that we hold on to in creating what seems to be our individual identities. This culmination of self-ideas is accumulated over lifetimes, from ancestral patterns, familial behaviors, societal influences, karma, responses to collective and personal traumas, etc. We expect ourselves and others to 'be' a certain way based solely on our past experiences and conditioning. None of this is meaningful or loving in any way. As you can see we have kept ourselves in such tight little boxes it's a wonder that we can laugh or love or find joy at all. You can choose freedom through seeing and shifting limited beliefs.

**The Purpose of Relationships.** The true purpose of any relationship is to awaken to full awareness of yourself and the other as one united, perfect, whole expression of Divine Love. There are only two choices in how you or anyone else is experiencing the moment...either in a state of love or in a quest for love. Anger, resentment, frustration, sorrow or any other painful expressions are simply an unconscious call for love. Whether someone is loving us or seemingly attacking us the only proper response is ALWAYS love. When we find ourselves thinking negative thoughts or behaving in a way that perpetuates separation and suffering the only proper response is ALWAYS love. We are all in soulful agreement to assist each other in spiritual growth through shared experiences of love and of what love is not.

**Self Relationship.** To simplify, life is like a play and each of us is the writer, producer, director, actor and audience of this play...in other words we are ALL THAT IS. I know this may be difficult to comprehend and may even sound a bit crazy. However, the quicker you accept that nothing is by accident, nothing is ever done to you or anyone else since we are all writers and actors in the same play, the sooner you enjoy the total freedom and peace that come with Truth. Our true nature is always present and in great desire to be recognized fully. We are always only experiencing ourselves. We see either pain and suffering as projections of our own inner sense of confusion and separation or we see mirrored back to us through each other our true essence, our joy, our Divine nature. How do we know if we are seeing our truth in another? Check your 'internal peace-meter' to see if you are feeling peace, joy and comfort. It takes a desire to see things differently, to experience all of your relationships with 'new' eyes each day and to ask for Divine assistance in this commitment daily in order to cultivate this true vision expressed through relations. A few specific relationships rate further explanation. The primary relationships in your life are with your initial maternal and

paternal caregivers, whether they be your biological mother and father, adoptive parents or other guardians. Your spiritual progress requires these relations be healed and 'wholey'.

**Mother:** This relationship is the foundation for the quality of all other relationships in your life and mirrors your relationship with the Divine Feminine aspect of Self. This essence is receptive, intuitive and loving.

**Father:** Your paternal relationship relates to your ability to function in the material world including financial abundance and survival. This determines your success or failure in all areas of life and mirrors your relationship with the Divine Masculine, or the aspect of Self that is energetic, expressive and creative.

**Romantic Partner:** A companion on this level provides an opportunity for spiritual acceleration that can leave your head spinning! However, if you understand this as a benefit and learn how to create a 'holy' or 'wholly' relationship this level can save you eons of time in awakening. As a mirror which reflects your inner world so efficiently each day, your partner is a gift. It requires that you take full responsibility for your own happiness and that you realize truly that you ONLY ever experience yourself.

**Authority Figures:** Issues with authority figures all have a fundamental basis in our illusion that we are the identity figure that we have created or 'ego'. Ego is nothing more than a culmination of thoughts you have accumulated to create a sense of self, to be the 'you' that you think you are. On an unconscious level this is the ego's attempt to be 'creator'. Attachment to beliefs about self identity is really a denial that you are perfect as God created you and that all of your creative ability is an extension of God's love. The guilt that we hold with this inner conflict is projected out by us to others. Thus, we have issues with authority figures.

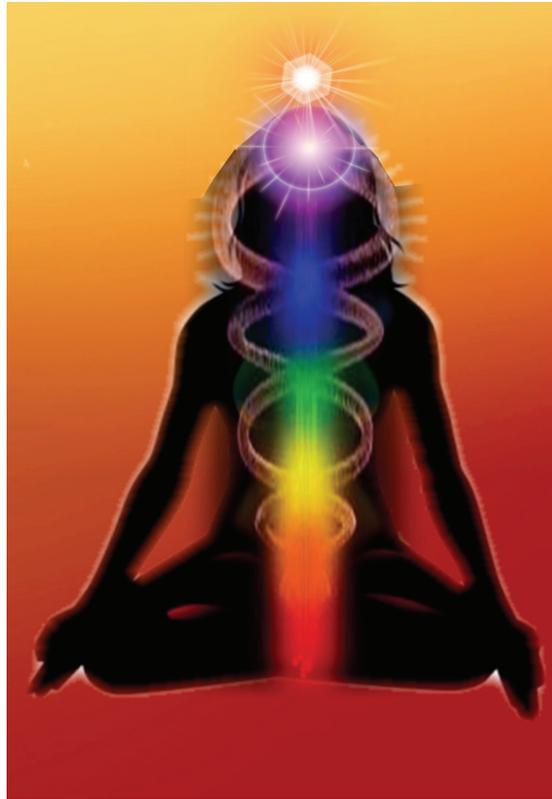
**Children:** The majority of parenting is done unconsciously. Until we unconditionally love ourselves we are unable to fully love someone else. Love = Freedom. When we come to a place of complete Self Acceptance we feel a deep peace and have a 'knowing' about what we need to do and to be in each moment. In this state we extend our peace, our love and our confidence that comes with knowledge into our parenting. The good news is that it doesn't matter how old we or our children are when we get this...the healing will occur for all.

**Chart 3: Chakras Table**

<b>CHAKRA</b>	<b>ORGANS</b>	<b>MENTAL/EMOTIONAL</b>	<b>PHYSICAL</b>	<b>COLOR</b>	<b>NOTE</b>	<b>CRYSTAL</b>	<b>ELEMENT</b>
<b>Base #1 Mooladhara</b>	<b>Physical Support, Base of Spine, Legs, Bones, Feet, Rectum, Immune System</b>	<b>Physical Family &amp; Group Safety &amp; Security, Ability to Provide Life's Necessities. To Stand Up for Self. Sense of Home, Social Order. "Grounded", Ability to Manifest. Fear</b>	<b>Chronic Low Back Pain, Sciatica, Varicose Veins, Rectal Tumors, Cancer, Depression Immune Disorders Kidneys Adrenals</b>	<b>Red</b>	<b>C</b>	<b>Garnet</b>	<b>Earth</b>
<b>Spleen #2 Sexual Svadhithana</b>	<b>Sexual Organs, Large Intestine, Lower Vertebrae, Pelvis, Bladder, Hip, Yin Aspect of Kidneys</b>	<b>Blame &amp; Guilt Money &amp; Sex Power &amp; Control Creativity &amp; Joy Relationship Ethics Self Love, Self Esteem</b>	<b>Chronic Low Back Pain, Sciatica, Ob/Gyn Problems Sexual/Urinary Deficient Life Force Weakened Immune</b>	<b>Orange</b>	<b>D</b>	<b>Carnelian</b>	<b>Water</b>
<b>Solar Plexus #3 Manipura</b>	<b>Abdomen, Digestive Organs, Liver, Kidney, Gallbladder, Adrenal, Middle Spine</b>	<b>Trust, Fear &amp; Intimidation Self-Esteem &amp; Confidence Personal Power Honor Decision Making Ability Love/Care for Oneself &amp; Others</b>	<b>Arthritis, GI Ulcers, Colon/Intestinal issues Pancreas, Diabetes Indigestion Liver Disease Adrenals Weakened Immune</b>	<b>Yellow</b>	<b>E</b>	<b>Topaz</b>	<b>Fire</b>
<b>Heart #4 Anhata</b>	<b>Heart &amp; Circulator Lungs Shoulders Arms, Ribs &amp; Breasts Thymus Gland</b>	<b>Self-Love, Hatred, Resentment, Grief Anger Loneliness &amp; Commitment Hope &amp; Trust Forgiveness</b>	<b>Heart Failure, Heart Valve Issues, Asthma/Allergies, Lung Cancer, Breast Cancer, Pneumonia, Upper Back Pain</b>	<b>Green</b>	<b>F</b>	<b>Peridot</b>	<b>Air</b>
<b>Throat #5 Visuddha</b>	<b>Neck Vertebrae Teeth &amp; Gums</b>	<b>Following One's Dream Creation With Personal Power</b>	<b>Mouth Ulcers Gum/Teeth Issues, TMJ Laryngitis</b>	<b>Blue</b>	<b>G</b>	<b>Kyanite</b>	<b>Ether Sound</b>

	<b>Esophagus Hypothalamus Parathyroid</b>	<b>Addiction Judgment &amp; Criticism Speaks With Deep Truth &amp; Knowledge</b>	<b>Scoliosis Thyroid Issues Metabolic &amp; Hormonal Issues</b>				
<b>Brow #6 Ajneya</b>	<b>Brain Eyes Ears Nervous System Nose Pineal Gland Pituitary Gland</b>	<b>Self-Evaluation Truth Intellectual Abilities Feels of Adequacy Openness to Other's Ideas Emotional Intelligence Inner Vision Confusion</b>	<b>Brain Tumor Hemorrhage Stroke Neurological Dysfunction Blind, Deaf Full Spinal Disease Seizures Learning Disabilities</b>	<b>Indigo</b>	<b>A</b>	<b>Sapphire</b>	<b>Beyond 3D Light</b>
<b>Crown #7 Sahasrara</b>	<b>Muscular System Skeletal System Skin</b>	<b>Ability to Trust Life Values, Ethics, Courage, Fear, Worry Selflessness Faith &amp; Inspiration Spirituality, Devotion Meeting of Heaven &amp; Earth Experience of Divine Within Self</b>	<b>Energetic Disorders Mystical Depression Chronic Exhaustion Not Directly Linked to Physical Sensitive to Light or Sound Environmental Factors</b>	<b>Violet</b>	<b>B</b>	<b>Amethyst</b>	<b>Elements Thought</b>

## SEVEN PRIMARY CHAKRA CENTERS



Chakra energy flows through the front and back of each center. 1<sup>st</sup> – Base Chakra is located at the root of the spine in back and the pubic bone in front. 2<sup>nd</sup> – Sacral Chakra is located at the lower region of the navel and the mid to lower lumbar spinal region. 3<sup>rd</sup>- Solar Plexus is located around two – three inches above the navel and upper lumbar spinal area. 4<sup>th</sup> – Heart Chakra is mid chest to the right of the physical heart and the mid- thoracic spinal region. 5<sup>th</sup> – Throat Chakra is around the larynx and mid cervical vertebrae in throat area. 6<sup>th</sup>- Brow Chakra is between the eyebrows and the occipital region in back of the skull. 7<sup>th</sup> – Crown Chakra is at the crown of the head and can easily be identified through a focal area of pronounced heat when open.

## Section Two: Self Empowerment

Self Empowerment occurs through embracing Self Knowledge, Self Responsibility and Self Love. What is it that you feel you need in order to be Self-Empowered? There's self-empowerment & Self-Empowerment. Only one of these is meaningful. The 'self' is concerned with having and doing whereas 'Self' is focused on Being. We are at a time like no other in our ability to 'let go' of everything that keeps us attached to the small self.

**Self Knowledge & Self Responsibility.** You are an extension of God's love...an aspect of the eternal flow of Divine Creativity. As such you are always creating...there can be no other way. You can however miscreate. Whenever you are in the state of forgetfulness of your Divine Self you are simply choosing the experience of separation, which by definition implies the qualities of incompleteness, disconnection, scarcity and lacking. When you are associating with this belief your creations will mirror this back to you. There will always be a sense of lack in your 'reality'...you will see a world that holds pain and suffering. This is called projection rather than creation since the foundation comes from a sense of lack and the need to fill a void...we cannot create anything solid or real based on an unstable structure. The key to transcendence of all suffering lies in this realization... Whenever you know your Self in truth you will see the beauty of that wholeness and perfection in every relationship and every experience. Understanding this is key to Self Empowerment.

**Self Realization.** When you are fully Realized you extend God's Nature and your essence creates a world that reflects this love. This is true Creation...this is the only way that you experience Self Empowerment. How do you know whether you are projecting or creating? What is your experience in the moment? We ONLY ever experience ourselves. The key is to discover where we have been choosing to dis-empower ourselves, to release those limitations and to consciously choose to own and express our truth.

**Your Choice:** DESIRE > PROJECTION > PERSPECTIVE. *Qualities are limitation, scarcity, lacking, incomplete*  
Or LOVE > EXTENSION > KNOWLEDGE. *Qualities are empowered, peaceful, complete, unlimited*

Whenever you are experiencing anything less than absolute joy and peace you are projecting from a sense of separation, of incomplete self. Correction is simple. When discomfort arises in any form simply say, "Is this what I choose to experience, what I choose to see? I now choose Peace instead." Let go of old beliefs.

**Doing vs. Being.** Self Empowerment never relies on 'doing'. It is based on HOW you are experiencing this moment. Just practice being the witness or observer of how you are feeling in each situation.

## Chart 5: Area of My Life to Explore Self Empowerment

What area of your life is presenting you with the best opportunity in this moment to consciously become more Self Empowered? When we shift how we are experiencing one aspect of our lives every other area must reflect this as well. Chart 5 reveals what area of your life calls your attention and Chart 6 presents the essence of what needs to be released in order for you to embody true Self Empowerment.

\* **Examples of dowsing languaging for both of these charts are on the bottom of Chart 6 page.**

### **Clarifying Questions to where you are disempowering yourself:**

What distraction am I using to keep peace away?

How am I limiting myself?

Do I choose to be right (in this situation) or do I choose PEACE?

Am I projecting or extending love through my creations?

What habits have I been using to keep myself limited?

What relationships have I used to keep myself and that person imprisoned?

Have I been using addictive behaviors to keep myself in guilt, shame & fear?

**Relationships.** Have you been using a specific relationship to keep yourself stuck in the separation and suffering game? Some ideal ones for this are parent/child, romantic partner and friends and colleagues relationships. Remember, any time you are feeling anything less than peace and joy it means that YOU are choosing that experience. As a perfect expression of God's infinite, Divine essence you are invulnerable and you are free to create infinitely (this is why we are all free to experience whatever we wish, including the sense of individuated selves). It is your own choice to experience whatever you want...the only thing you have no control over is your own Being. You cannot change what was already created perfect and whole.

**Career, Hobbies, Creative Expression.** Is it time for you to spread your wings and find joy in expressing your innate gifts? Don't forget that it is your natural inheritance to be infinitely creative.

**Healthy Body & Mind, New Location, Accept Abundance.** Wherever we feel stress in our lives, whether it seems to be due to illness, a worn-out stay in a certain location or poverty consciousness to any extent...make no mistake that this is simply the 'form of the moment' we chose to mirror our lack of self love.

**Spiritual Connection.** Let's get down to nitty-gritty... this is after all, the foundation for all other suffering.

## Chart 6: Blockages to Self Empowerment

**Our Infinite Potential.** As mentioned previously our natural state is one of pure creative energy as extensions of the infinite stream of Divine Love. In our experience of life everything is foundationally energy from electromagnetic to the smallest perceived measurement of energy in contemporary scientific studies, the photon. Our natural energetic state is beyond human comprehension, is without limit and is One with All That Is. We are Light Beings. So, here's an energy that surpasses in potential and magnitude anything we can imagine. We each possess the power to do and create anything we can imagine, and beyond... We just don't know it. It's kind of like an elephant in the circus that is held captive by a relatively thin tether from the time it is a baby. Despite an adult elephant's size and strength there is never a need to secure the creature's leg with anything more substantial since this wonderful but naïve being is conditioned into believing it is trapped and that any attempt to escape would be futile. There is a lesson in this for us. We imprison ourselves with beliefs that keep us small and boxed-in. This need not be so.

**'Hiccups in the Flow'.** What we call 'blockages' are simply little hiccups in the flow of awareness that are calling for our non-judgmental attention. So, here's **the steps**: be receptive to noticing any physical, mental or emotional sensation that feels stuck, constricted, painful, flat or static; let go all judgment or urgency to change, stop or fix anything; just observe and be kind...always love and accept yourself; allow for any associated patterns or trends to come to surface (i.e.: a situation or person may pop into your attention suddenly); release the patterns through dowsing and forgiving the experience; allow yourself to accept an altered view or belief that serves to expand your awareness and bring you a sense of gratitude & joy.

**Charts 5 and 6.** The issues listed on this chart are pretty self explanatory. Use **Chart 5** to see what area of your life is calling you to a new level of Self Empowerment. With a right spin bring in the acceptance of Self Empowerment in that area. **Chart 6**: See what belief you have been using to create energy blockages in your expression of Self. Here's some suggested languaging for **Chart 5** and **Chart 6**.

**Chart 5: Right spin – 'I accept Self Empowerment with joy, confidence and gratitude in the area of (\_\_\_\_\_) in my life, flowing through me in pure infinite creative expression. Thank you.'**

**Chart 6: Left spin - 'I release all patterns of resistance and limiting beliefs around (\_\_\_\_\_) (i.e.: 'not being heard', 'fear of failure', 'trust') on all levels of my Being, for all timeframes and dimensions. I reverse all ill effects and heal all relationships that are implied by these patterns.'**

## Chart 7: Limiting Archetypes

Archetypes are images representing stereotypic personalities held in collective consciousness. When we have unconscious attachments to these patterns through 'owning' them as part of our identity or projecting them on to others we are imposing limitations. Although there may be some benefit in calling on particular aspects of consciousness to serve us in the moment (i.e.: If we are learning piano we may wish to call on the essence of a great pianist to assist us in a musical piece), to become attached to anything ultimately serves as a self-limiting step. Chart 7 is focusing on releasing any unconscious attachments to specific archetypes which are often discovered as hidden barriers to an individual's spiritual growth and recognition of greater Self.

**Chart 7 & Chart 8:** Once you have discovered which archetype serves as a potential limiting factor in your life, assess in Chart 8 what realm would best serve to release this pattern completely at this time.

**\*Dowsing statements for Charts 7 and 8 are presented following Chart 8.**

**Victim, Persecutor, Rescuer.** Humanity has been directing the duality dance between these three bedfellows for eons. The roles are equal in their abilities to keep us stuck in a never ending cycle perpetuating illusion. You see, they all hold the idea of 'me and the other' neatly in place. When we are rescuing or 'fixing' someone else we are avoiding the real work which is within us; at the same time it dis-empowers that individual.

**King/Queen, Master/Slave.** This presents polar opposites in issues around domination, control, victimhood, etc. Perhaps someone who has had an experience of being cruel in a regal position in one incarnation will hold unconscious guilt which may manifest in a chronic fear of stepping into their power in this lifetime. Slave mentality runs deep in the collective with guilt, anger, fear and resentment secretly passed down generation after generation until someone 'gets it' and clears the pattern.

**Priest/Priestess.** This pattern can serve to hold someone in a place of feeling 'special' through having some underlying sense of holding a high position that kept them separate from commoners in a culture. Conversely, they may hold some sense of guilt and remorse if their position as Priest or Priestess in some other incarnate experience led them to abusing their position. There may be a strong religious oriented conflict within.

**Warrior/Martyr.** Again, this speaks of guilt, victimhood, persecutor, mistrust and attachment to body illusion.

**Seducer.** The dark side of trust issues, of intimacy and the illusion of vulnerability are perpetuated.

## Chart 8: What Realm Best Releases this Belief Pattern?

Miracles are happening all the time and we just don't notice them. When we get out of the way miracles will appear at whatever level the mind will accept in the moment. There is nothing other than this moment in truth. The past is just a memory and the future an anticipated event. We experience all of these ideas right here, right now in our minds. We present opportunities to ourselves with one experience after another, lifetime after lifetime, in multidimensional expressions to learn certain lessons. The truth is all experiences ultimately serve but one purpose...to spark the memory within each of us of our Divinity. While dancing through the death and rebirth cycle of life we unconsciously create situations which have the same or resonant frequencies as the original experience (basically they are providing us with the essence of the same lesson served up in different forms) until we neutralize the charge of that lesson. We do this through becoming observant of our feelings and thoughts in each situation, releasing any judgment that comes up, forgiving this world of illusion, and without reservation loving and accepting ourselves.

As mentioned healing occurs at whatever level the mind can accept. This acceptance must be congruent on a conscious and unconscious level. I.e.: If an individual consciously believes that a particular therapy is most effective for a certain condition, but their unconscious belief does not hold this true, the therapy will have varying degrees of effectiveness... all directly correlated to the degree of incongruency in belief between their conscious and unconscious mind. On an unconscious level a person may be ready to release a traumatic memory that occurred in another incarnation, but unable to heal that same pattern as it reappeared in this lifetime in the form of a current crisis in their lives. The mind is ready for whatever reason to release the pattern in the context of a specific time & event. This is why dowsing for specific time frames, dimensions and other areas such as the Akashic Records may prove to be quite effective in a session.

This Chart partners nicely with Chart 7 although any of these charts may be used independently. As you progress in your work with these charts you will see that each one presents endless possibilities in your work. Chart 7 is used to uncover unhealthy attachment to specific archetypal patterns and Chart 8 allows us to find the area that best serves in this moment to release this pattern. The mind will direct us to the most appropriate place in the time/space continuum to do the work. The good news is that once the pattern is released it clears for all timeframes and dimensions. **For TIME TRAVEL see Vows, Agreements, Contracts:**

**Preconception, Conception, Gestational, Birth.** You are being called to go to whichever of these specific timeframes comes up through dowsing to release the archetypal imprint (from Chart 7) from the initial time you accepted it into your belief system and became 'attached' to the pattern.

**Past, Present, Future Incarnation.** Again, you are being called to go to a specific timeframe to release the pattern. 1.) Ask first where you need to go to release the pattern for the most effective results...Past? Present? Future? See which one gets a 'yes' response. 2.) Follow the steps listed in **Vows, Agreements, Contracts** to assess what year you need to go to.

**Other Dimensional.** There is a need to access another dimensional aspect of your consciousness. Dimensions are a way that we categorize levels of awareness as experienced in specific rates of vibration. Everything in the cosmos is vibrational. The faster the vibration the higher the dimension; the slower the vibration the lower the dimension. For instance 4D is the realm of thoughts, emotions, auric fields, the astral plane and collective consciousness. We cannot physically see these things usually since their vibrational level is higher than our physical bodies here in 3D. When we are in an altered state of consciousness, let's say in an alpha or delta state we are vibrating at a faster pace and perhaps we are able to see auras or beings in higher dimensions.

When assessing this simply ask 'how many digits are in the dimensional number I need to work with now?' Then find the number which represents the dimensional realm you need to address in your session.

**Ancestral Patterns.** This realm suggests that you need to release non-beneficial archetypal patterns which have been passed down through the lineage. In general our ancestors are most often part of our soul family. We as a soul group have specific lessons that we are working on in order to ultimately heal all sense of separation. We come around again and again in incarnations working out the same issues with each other. You may have been your mother's father or sister in another lifetime. We give each other opportunities to heal our belief in the illusion of separation. When one person in the lineage heals a pattern it clears this for all of their ancestors as well, particularly if that is clearly the intention while dowsing.

**Karma.** The energetic signature of each of us is compiled of various frequencies each specific to every thought, feeling and deed we ever experienced. There is no right or wrong attached to karma. We simply continue creating events that resonate with these frequencies until a time when we no longer hold them...when we have gotten whatever lesson we were working on and are ready to move on.

**Akashic Records.** There is a record of every circumstance, every thought and everything that ever has been or ever will be part of consciousness. All of your lessons, all of your relationships and circumstances are held in the Akashic Records. When this comes up through dowsing your mind wants to take a trip to the Hall of Records to bring completion to some part of your history. You can search deeper with questions but often we do not need to know the specifics about what we are completing. See the exercise given with Chart 23: Akashic Records.

**\*Dowsing Statements for Charts 7 and 8:**

**Chart 7**

Left spin while saying, "I release the archetypal pattern of (\_\_\_\_\_) and associated issues from all aspects of my Being. I release attachment, reverse all ill effects and heal all relationships implied by this pattern for all timeframes and dimensions."

**Combined 7 and 8:**

Left spin while saying, "I go to (past/present/future, or Ninth Dimension, or Akashic Records, etc) and release the archetypal pattern of (\_\_\_\_\_) and associated issues from all aspects of my Being. I release attachment, reverse ill effects and heal all relationships implied by this pattern for all timeframes and dimensions."

**Chart 8 Alone:** You can use this chart to find what realm best addresses anything you are clearing.

Left spin while saying, "I go to the area of (\_\_\_\_\_) and release the pattern of (\_\_\_\_\_) from all aspects of my Being. I release attachment, etc. (use the statement above as a finishing guideline.)

**Vows, Agreements, Contracts.** This implies the need to render all vows, contracts and agreements that are no longer beneficial null and void. We are our 'word' and must take responsibility for all thoughts, words and actions that we produce. In most cases it is unnecessary to know details when this issue surfaces. Simply ask, 'Is it needful, necessary or beneficial to find out more information in order to release myself from these Vows, Contracts or Agreements?' If the answer is 'yes' ask if a specific timeframe is necessary. If 'yes: 1.) find out how many digits are in the year.

2.) assess what those digits are (using your Chart of 10 or simply spreading your fingers out with your hand flat on the table and using each finger and space in between as digits...this provides your own 'handy' Chart of 10).

3.) Ask next 'Is this A.D. or B.C.?' and you will have the year that the Agreement was made.

Left spin: "I now release (myself and all those who are involved) from any vows, contracts or agreements made in the year (\_\_\_\_\_) that no longer serve the highest good, rendering these agreements null and void for all timeframe and all dimensions. I reverse all ill effects and heal all relationships implied. I release all (\_\_\_\_\_) archetypal patterns from my Being that are associated with these agreements."

## Section Three: Releasing Core Fear-Based Issues

### Core Fears

Abandonment, Trust & Self Worth issues go hand in hand. Our first memory of change was the moment of Separation or illusion of the 'fall'. This is why the fear of change or separation is foundational for all forms of fear. We unconsciously feel abandoned and also hold guilt over feeling that we are responsible. This being our foundation in unconscious memory we are always in a state of conflict. Thus, duality persists.

Since the Separation never occurred we can regain our essence of trust, wholeness, joy & peace through correcting this misperception. Opportunities arise for this correction when we have a 'charge' or an emotional reaction to a trigger of some kind emerges. As mentioned previously these are energetic imprints of past traumas held in our field until recognized and healed. A charge gets stronger (more polarized) with each time it surfaces and triggers a reactive response. These hidden charges ensure that we will draw situations and relationships into our experience that resonate with these specific frequencies.

This is how manifestation occurs: The stronger the charge (emotion, feeling) the more powerful and instantaneous the manifestation in our experience.

### **Thought + Emotion + Feeling = Manifestation**

Instead of being 'victim' to this sequence, recognize it, undo it, and use the formula to your benefit instead. Whenever you choose conscious manifestation it works with the same principle. Our relationships are what Greg Braden calls our 'temples of initiation' since it is through them that we are able to clearly see ourselves...healed and unhealed aspects are equally revealed. So, how do we know if we have unhealed issues around trust, abandonment and self worth? We become witness to our thoughts, emotions and feelings. Does a specific situation or relationship trigger a feeling of tightness in your chest, neck or stomach area? Do you notice the same thoughts surface repeatedly and does a slight irritation arise whenever someone speaks to you in a certain tone of voice? Be mindful of your experience. Our mindfulness shows us where we have healed issues and the progress we are making by the amount of peace we notice in ourselves. Perhaps things that would push you through the ceiling a year ago don't phase you anymore. You won't know unless you notice.

**Abandonment may be an Issue when you:**

- Have a history of relationships that left you repeatedly devastated when they failed.
- Have always been the one who gets 'left' in the relationship.
- Are always the first to leave a good relationship so that you are not hurt.

**Issues around not Feeling Worthy are evident when:**

- You have struggled with issues around low self esteem.
- You continue creating relationships of career, friendship and romance that match your experience of not being 'good enough'.
- Judging yourself as better than or in awe of others is typical for you.

**Issues around Surrender & Trust are up for Healing when you notice:**

- An inability to surrender to your experience.
- Frequently relationships mirror your expectations of this world being unsafe and unworthy of your trust.
- You do not feel safe in your body...illness is a sign not a cause of this.
- That you often feel ungrounded, confused and 'stuck' in life.
- You have a fear of change and you resist opening yourself to new experiences in life.

Since these three issues are closely related it serves to reason that it would be a good idea to release them together. Chart 9 provides us with various choice points in time and space in which to best release these patterns. The unconscious mind will choose where it is ready to recognize and clear these issues.

## Chart 9: Core Issues...Where do I Uncover and Heal Them?

**Past, Present, Future.** First find out which of these three timeframes is most appropriate. Follow the protocol for 'Time Travel' under 'Vows, Contracts and Agreements on pg. 28. Time is illusory and can either serve the ego or the Holy Spirit dependent on where we place our focus. We experience the same lesson over and over in a variety of forms until we heal that aspect of our illusion. The importance is always on the content or essence of an experience rather than the form. Again, since we will not need to repeat a particular lesson again once healed we have literally collapsed time in that instant. Our purpose is always to recognize ourselves as Love. We offer ourselves multiple opportunities in which to discover this truth.

**Conception of Ancient Mind.** This goes back to the moment that the idea of experiencing separation was conceived. In one impulse all of the experiences that seem to be eons for us occurred. This is the point of origin for fear which appears in various forms.

**Ancestral.** This implies the need to focus on the ancestral lineage to heal these core issues.

**3D, Other Dimension.** Perhaps these issues are rooted in a specific dimensional experience. If 'Other Dimension' comes up access the number of that dimension on your Chart of 10.

**Other Planet or Star in this Galaxy, Other Star System/Universe.** The beliefs are related to a specific time/space focal point. You can create your own charts listing individual planets, stars, galaxies etc. to explore this further. It may be useful for someone to connect with an aspect of themselves that recognizes association with another planet, star system or dimension. This may invoke an initial realization that a person's experiences reach far beyond what had previously been acknowledged. This being a potentially expansive experience is however only a small stepping stone to realizing that all experiences in all dimensions are still just part of a dream we've created, and even the most grandiose expression of self is only a glimmer of one's true Self.

**Point of Conception.** Since all patterns are carried into each lifetime they are present at time of conception.

**Left spin: "I now release all unhealed patterns around abandonment, trust and self worth issues (at the time of..., in the area of...), reversing all ill effects and release attachment to these fear based patterns and healing all relationships implied for all timeframe and all dimensions."**

## Chart 10: Base Chakra

The first three chakras pertain to our physical/mental and emotional well being in relationship to our experiences here in physical form. These are very important centers and our overall physical and mental health is dependent on the functioning capacity of these energy centers. All of our chakras need to be aligned with one another, optimally open and spinning in a healthy manner in order for us to effectively access and process information and experiences from higher vibrational aspects of consciousness.

The base chakra is associated with survival, the ability to provide life's necessities, family and group safety and security, the ability to stand up for oneself and the ability to stay grounded, structured and safe in the physical body. This chakra may hold ancient fear patterns dealing with galactic catastrophes, planetary traumas such as abrupt demises of civilizations, persecutions etc. Here are a few specific areas:

**Catastrophobia.** This is the title of a book by Barbara Hand Clow which describes fear patterns held in collective consciousness that have origins in major catastrophes experienced by Earth and humans such as the sinking of Atlantis.

**Ancestral Miasms.** Miasm is a homeopathic term associated with energetic patterns passed down through either ancestral lineage or collective consciousness which lead to physical, mental and emotional illness. As mentioned earlier we are able to clear a pattern not only for ourselves but for the whole ancestral lineage.

**Disconnect from Mother Earth.** When someone is holding fear based patterns in their lower chakras, particularly the base chakra they will have a difficult time feeling a sense of belonging and safety here on Earth. This pattern may also imply a disconnection in the relationship with Divine Feminine.

**Left spin –“I release all patterns associated with (\_\_\_\_\_) from my base chakra, releasing attachment, reversing ill effects and healing all relationships implied. I bring the base chakra into perfect spin, openness and alignment with all other chakras.”** You may wish to add, “I love, honor and respect Mother Earth and connect myself with a column of Light extending from my base chakra to Earth's core. This Light column keeps me centered and grounded, extending through all chakras in and around my body and all the way to the galactic center. I am always safe, secure and supported.”

## Chart 11: Sacral Chakra

The Sacral Chakra is the seat of relationships and creativity. It is the energetic womb for both men and women. Any blockages and incoherent energy patterns held here will certainly have an impact on our ability to creatively express ourselves, to have healthy relationships and to experience abundance. Three ways we express ourselves in life which are strongly interwoven at this point are sexuality, financial abundance and creativity. If you feel blocked in any one of these you can be sure that on some level the other two areas are also affected. See the Chakra Table for more information. Here are a few areas which you might identify with:

**Creative Expression.** You are by nature pure creative expression. The only thing standing between you and continuous joyful expression of your creative essence is the conditioned beliefs that you hold which keep you limited and unaware of your amazing potential. Place your attention on the area of your belly and imagine three points connecting both of your hips and your navel in a triangular shape. Close your eyes and feel this area for energetic flow. Does this area feel tight, constricted, and energetically flat or can you imagine or feel energy swirling around this area? Do you feel open here and are your hips relaxed? Simply placing our attention on particular areas of the body without judgment or the intention to force any change will often effectively open and release energy to a healthy level of flow. Dowsing to open this chakra can be quite life changing in the sense that you may release unconscious resistance to healthy relationships in every aspect of your life.

**Parenting.** This implies an opportunity to heal relationships between parent and child. This healing will occur in all of our primary relationships including those with our parents and with our children, as well as our internal relationship with those aspects of ourselves. See pg. 18 for further information on 'mother' and 'father'.

**Psychic Cords.** Energetic cords are created between ourselves and others through our unconscious intention and attention toward one another. Non-beneficial cords are essentially fear-based energy waves carrying patterns such as resentment, lust, envy and the victim-rescuer paradigm. They create unhealthy bonds between family members and lovers based on ego-based entanglement seeking to validate self-identity. Psychic cords drain our energy and keep us in a fragmented ego oriented state of being. Clearing cords allows for a healthy relationship to ensue.

**Left spin: "I release all unhealthy patterns around( \_\_\_\_\_) , releasing attachment, reversing ill effects and healing all relationships implied by these patterns. I allow relationships in all aspects of my life to flow with trust, respect, love and creativity."**

## Chart 12: Solar Plexus

The Solar Plexus is the core center for our relationship with power. When we are in our true power we are in alignment with Divine Will. Actually a primary lesson in our incarnations is to get to a point of complete surrender in our need to control anything in our lives. We arrive at a place where we realize how futile all of our attempts have been to avoid change and to control everything and everyone in our lives. Domination, persecution and victimhood are all blatant examples of power struggles. Addiction as unconscious habitual behavior (this includes addiction to anything including our thoughts) is perhaps the most common self-perpetuated power game.

This area serves also as a gateway between the upper and lower chakras. Keeping it clear of blockages will enhance the function and flow of all other energy centers. Restriction in this area is evident especially in western cultures through the typical trend in shallow breathing. Practices such as yoga which involve conscious breathing techniques are very beneficial in opening and maintaining the flow of energy here. Here are a few explanations:

**Attach to Drama, Attachment to Judgment.** The unconscious creation of dramatic situations in one's life serves to keep an individual powerless. Addiction to drama and judgment guarantee perpetual conflict. Taking steps to remove yourself from drama-oriented situations and becoming observant to any judgment as it arises in your awareness will result in greater peace. Ultimately, releasing the NEED for drama and judgment in one's life is the key to joy and freedom.

**Clean Psychic Cords and Weapons.** Like cords, energetic weapons are symbolic of unhealed relationships. Angry words and thoughts as well as consciously directed curses and attacks on an individual may be energetically attached as in the form of a 'knife', 'gunshot wound', etc. In most cases knowing the exact 'form' of a weapon is not necessary. In some cases long-standing physical pains resolve when that body area is cleared of a weapon.

**Left spin: "I release all unhealed issues around (\_\_\_\_) to the Light, releasing attachment, reversing ill effects and healing all relationships implied by these patterns."**

**Right spin: "I align myself with Divine Will." This is always appropriate to add to any dowsing statements.**

**Left spin: "I release all psychic cords and weapons, cleaning them of fear - based patterns and sending them back to their source with love, forgiveness and gratitude."**

**Right spin: "As I align myself with Divine Will I love and accept myself completely."**

## Section Four: Cleaning the Upper Chakras

The Heart Chakra is often considered the center of our chakra system, although for the purposes of this manual it is added to this section of upper chakras. Our chakras vary in vibrational rates. These rates correlate to specific frequencies of energetic information processed through each chakra. The higher the chakra's vertical alignment with the physical body the higher the vibrational rate of the chakra. This accounts for the association of specific colors with each chakra. Those who are able to physically see auric fields and chakras report colors generally ranging from the lower end of the visible color spectrum 'red' in the area of the base chakra all the way to violet at the crown chakra. See the chakra chart in Section One for more information on individual chakra properties.

Each chakra resonates with like- frequencies such as specific colors, tones, emotional patterns and physical attributes. This is why we often find positive changes in physical and mental/emotional balance when we remove energetic blockages in a specific chakra. I.e.: Someone who has a history of stomach related issues (influenced by the third Chakra or 'Solar Plexus') may also have adverse reactions to hearing the 'E' note played on a piano. In this case the individual may be deficient in the 'E' note and have related energetic blockages in the Solar Plexus. It is possible that the person's stomach issues could resolve through the clearing of blockages and through dowsing in 'the E note and all of its' benefits to balance that chakra and to bring it into harmony with all other chakras'. This is just one example of how powerful the connection is between multidimensional resonant energetic patterns .

Whereas the lower chakras are very much correlated to our denser vibrational experiences in physical incarnations, the upper chakras process higher vibrational aspects of our consciousness such as information coming through angelic realms, spirit guides and other cosmic channels. Alignment with our higher purpose, connection with our soul mate, accessing our inner vision, and expression of our divine creativity are a few of the areas which are associated with balanced higher chakras.

## Chart 13: Heart Chakra

The heart chakra acts as a gateway to experiencing ourselves as whole Spirit in the physical body. The heart vibration resonates with the essence of love which is our experience of Oneness, of being a perfect aspect of Creation, flowing from and always being a part of God. To know this is beyond words. To connect with and to strengthen this center close your eyes for a moment and place your awareness in the center of your chest. Breathe deeply and rhythmically with the in-breath and the out-breath equally honored by your attention.

The heart and brow chakras assist in generating powerful scalar waves which communicate our essence to the world and allow us to 'see' everything and everyone with true vision. The vision we experience through our heart wave is 'felt' rather than seen as we do through the physical eyes. Although words cannot really describe this feeling, it is a 'knowingness' and we find ourselves experiencing a sense of completion, of 'sameness' with our environment, situations and people around us...the boundaries of our inner and outer world dissolve and we have a glimpse of our Self, our Oneness. The wave emitted from the heart extends exponentially farther than that which is generated from the brow chakra. We are collectively emerging at this time as heart-centered Beings. With this we are coming to know ourselves as part of One Divine Song. Here are a few statements to assist you in seeing what hidden beliefs may be keeping you from this level of heart centeredness. Create your own statements as well.

**Left spin: "I release all limiting beliefs around (i.e.: Self Love, Loneliness, Unrequited Love, Fear of Intimacy, Trust, Ancestral Connection, \_\_\_) held in my Heart Chakra, transmuting these patterns to Light and healing all relationships implied. I open this center to freely give and receive Love."**

**Right spin: "I forgive myself and all others for the belief in separation. In the name of the Divine I love and accept myself deeply and completely."**

**Left spin: "I release all limiting beliefs that have contributed to a 'hardened heart', transmuting these patterns to Light, and I open this center to freely give and receive Love."**

**Right spin: "I open my heart to fully connect with the (Christ Grid, my Spark of Devotion, \_\_\_) allowing myself to receive and give only Love, and to see with True Vision."**

## Chart 14: Throat Chakra

Whereas the Heart Chakra allows us to experience our true Essence, the Throat Chakra is about expressing our Divine Nature. This chakra rules the cervical vertebrae in the neck (which involve ancestral patterning), the thyroid and parathyroid (which respectively regulate metabolism, pH balance and many other functions in the maintenance of physical homeostasis). For instance, If someone is challenged with an acidic physical state, dowsing out blockages in this area could prove to bring pH balance and proper metabolism back. This chakra is also associated with our upper back and shoulders, the lower occipital area of our brain (housing the reptilian brain) and our jaw. I.e.: When working with TMJ you may wish to evaluate this chakra for clearing.

The Throat Chakra represents our ability to express creatively, to speak and to 'Be' our Truth and to embody true Self Empowerment. Suppression of these traits linked with the constriction of feminine energy has held this chakra in great imbalance for thousands of years. It is no wonder that many people today have thyroid, TMJ and cervical disc disease. Currently thyroid imbalances are all too common among women. This represents a surfacing of old beliefs held long in this area to be recognized, released and transmuted to pure Light as a symbol of our return to Love. This return is simply a change in our perceptions. Since giving and receiving are the same, our ability to express ourselves creatively is dependent on our ability to give others total freedom to express themselves in their unique creative ways. True Vision allows us to recognize the 'sameness' of us all in Divinity while appreciating each others' unique expressions as sons and daughters of God. After accessing whatever patterns need to be resolved you may choose from these sample statements or create your own:

**Left spin: "I release all beliefs held in my Throat Chakra that have limited me in (i.e.: Speaking Truth, Releasing Persecution, Being Free to Follow my Dreams, Releasing Judgment and Criticism, Aligning with God's Will, Opening Channels to Sing/Speak, Personal Expression, Releasing Suppression and TMJ, True Empowerment, \_\_\_\_\_), transmuting these patterns to pure Light in all aspects of myself, for all dimensions and time frames, and healing all relationships implied."**

**Right spin: "In alignment with Divine Will I now and forever freely and fully express my creative nature as I release all others from judgment and allow them to fully express their Divine Nature."**

**Right spin: "I receive now a full Cranial Sacral Adjustment and all of the benefits this brings."**

## Chart 15: Third Eye 'Brow' Chakra

The Third Eye or Brow Chakra as it is called is our portal to alignment with true vision through corrected perception. While we are here in this experience of duality we can choose to 'be in this world, but not of it.' The Brow Chakra assists us in healing the split mind. This chakra represents our ability to recognize the power of mind, to realize all of our experiences are reflections of what's in our minds and to make conscious choices that will change our experience of the illusion. Mastery of 'Maya' (the world of illusion according to Hindus) occurs through devoting ourselves to becoming wholly connected heart, soul and mind. The Third Eye Chakra opens our awareness to knowing ourselves as multidimensional Beings within the dream, thus experiencing life in a more expanded way...ultimately leading us to recognizing ourselves in the state of Oneness. This chakra can best serve us when it is clear of limiting beliefs. We access our inner vision through silence. Meditation, yoga, chanting, conscious breathing and extended time in nature are a few practices that can successfully cultivate one's ability to silence the mind.

Our sensory experiences of sight, smell, taste, hearing and feeling through touch are affected by the function of our Brow Chakras. Brain functions, the Pineal and Pituitary glands and the nervous system are associated with this center. Issues in any of these areas such as seizures, brain tumors, mental/emotional imbalances, hormonal regulation and nervous system/sensory problems can be supported through working with this chakra. Further information on this chakra is available on the Chakra Chart in Section One. Here's some sample statements:

**Left spin: "I release all limiting beliefs held in my Brow Chakra that prevent me in any way from (i.e.: Accessing Buddha's wisdom, Releasing False Beliefs, True Self Evaluation, Increasing Psychic Abilities, Accessing Emotional Intelligence, Embodying Peace and Wisdom, Aligning Heart and Brain, Opening to Other's Ideas, Accessing Intellectual Abilities, Knowing True Inner Vision, \_\_\_\_\_) on all levels of my Being. I transmute these patterns to pure Light energy in the most appropriate structure to use for my highest purpose."**

**Right spin: "I devote myself to seeing with true vision, to harmonizing my heart/brain connection and to assisting others in recognizing their Light as they are touched by the radiance of my own recognition."**

## Chart 16: Crown Chakra

The meeting of Heaven and Earth is experienced through the Crown Chakra. Inspiration, access to higher states of awareness, connection with those aspects of consciousness that we call angels, ascended masters and our spirit guides are associated with this chakra. Accessing higher dimensional aspects of Self are available through focusing on bringing in Light through the Crown Chakra. Again, as we connect with a broader experience of Self (without judging or attaching to the experience) we begin to have a sense of how limitless our nature is.

It is said that our soul is connected to the body via a silver cord which comes into the body through the Crown Chakra. This cord extends downward throughout the entire body and all chakras keeping a soul 'grounded' in 3D. If the soul chooses to travel outside the body (called astral travel) during sleep or deep meditation the silver cord provides a pathway back to the body when the journey is finished. Children especially may sometimes have a difficult time reuniting with the body after this type of travel. Perhaps this is because they are still young in their current incarnations and may need a memory jog to recall the intricacies of balancing the physical and etheric realm experiences.

A note on this: If a sleeping infant or child suddenly demonstrates a fitful/fearful state and cannot seem to fully awaken, you may want to assess this possibility. Simply ask "Is this child stuck in another dimension?" If so, bring them back into the body:

**Right spin: "With the assistance of Archangel Michael I now bring (name) fully back into his/her body with the silver cord through the Crown Chakra, Brow Chakra, Throat Chakra, Heart Chakra, Solar Plexus, Sacral Chakra, Base Chakra, and securely ground and connect him/her with the Earth Chakras and Gaia. We release all fear-based patterns and energetic attachments from ( name's) entire Being and the silver cord. (Name) is now fully connected soul in body, is centered and surrounded by a field of pure white light which allows only love-sourced vibrational patterns to flow in and out."**

**Crown Chakra Statement. Left spin: "I release all limiting beliefs held in my Crown Chakra that prevent me from (i.e.: Balancing Sensitivities, Experiencing Faith and Courage, Experiencing Divine Self, Releasing Fear Based Patterns, Integrating Spirit and Matter, Accepting Golden Light, Aligning all Chakras to Master Chakra, Release Depression/Anxiety, Opening to Inspiration, Devotion & Trust) and open to full realization of Self."**

## Section Five: Dissolving the Illusion

There is a Source of 'All that Is' which some call 'God, the Divine, Creator, etc.' The name is irrelevant. In fact our very use of words supports the illusion that we are somehow separate from each other and from that Source.

<b>Stress</b>	<p>As previously mentioned in the Introduction our collective experience of life has been based on what the Course in Miracles calls 'a tiny mad idea' or a momentary impulse within the Mind of God in which the question, "what would it be like to experience individuation?" arose. Since God is the Source of Infinite Creation, the opportunity to answer that question unfolded. As an aspect of God's Creation we as One Mind created the experience of separation. To truly pull this off we would need to momentarily 'forget' that we are part of the Whole. We as one creative extension of God's love constructed a masterful plan to experience individuation in all possible ways that we could conceive. This 'dream' was orchestrated through the aspect of Mind that chose to shut down its' awareness of truth. This is what we call the 'Split Mind'. We chose momentary amnesia, forgetting that we are inseparable from God. Our forgetfulness does not in any way change the truth of our Oneness and in no way is a 'sin'. It is simply one possible creative experience from an Infinite Source of Creativity.</p> <p>The left hand column shows a model of what this experience may look like in very simplistic terms. The illusion begins with the bottom creation of the 'Split Mind' or Consciousness...and progresses upward with the intricate making of an illusory experience of separation. The ego is nothing more than a collection of thoughts that one has compiled to project an image of 'separate self'. You see in truth, there is no ego...it's just a bunch of meaningless thoughts which perpetuate a façade in this game we play. All that we call energy, time, space and bodies (including all aspects of these) are simply part of this imagined or dreamed state. 'Stress' is a point of resistance in creative energy flow. There is always an internal conflict in our maintenance of the 'lie' that we are separate...thus we are in continuous states of stress due to this self perpetuated resistance to remembering our Oneness with God. <b><i>It's time to awaken!</i></b></p>
<b>Physical, Mental, Emotional</b>	
<b>Time, Space &amp; Bodies</b>	
<b>Everything is Energy</b>	
<b>Creation of 'ego': perceiving ourselves as individuated</b>	
^	
<b>'Split Mind' experiencing separation is the source of thoughts... Consciousness</b>	

## Chart 17: Time, Space & Bodies

So, the collective projection of this dream we are in is similar to having amnesia. Imagine how comforting it would be to begin having glimpses of recognition of family members if you had been suffering with amnesia for many weeks or months. You would start gaining a sense of self and of 'belonging' to a greater whole (your family in this case). This analogy may be useful in assisting you to realize that the 'awakening' is nothing more than a release of false beliefs that are held in the conscious and unconscious mind supporting the façade of individuation. The previous chart notes that what we see as time, space and bodies is nothing more than a projected matrix in which we are able to have the experience being separate from one another.

The good news is that to awaken from this dream of limitations all it takes on our part is only 1% willingness to want to 'see' with true vision. Our physical eyes will still see this world, but our perception or experience of everything will be different. As we go about debunking the illusion we begin to feel more whole and unified with each other. Peace and 'causeless joy' emerge within us and radiate outward... these qualities are reflected back to us in our relationships and environment. Change your inner world first to see changes in your outer world. My friends, 'the war is over'. You can let down your guard and allow resistance to fully experiencing life in each moment simply dissolve. Since we created the ideas of time, space and bodies we can shift patterns around our experience of these to serve our highest good. We release attachment to old fixed patterns and ideas and allow ourselves to passionately flow in the stream of life. Here are a few sample dowsing statements:

**Left spin: "I release all patterns around (i.e.: Ego Attachment, Attachment to the Past, Belief in Limitation, Resistance to Change, Fear of Death, Future Projection) on all levels of my Being, reversing ill effects and healing all relationships implied by these patterns. As I release these patterns to pure Light I realize the only moment is NOW and I passionately embrace all experiences as my own creation."**

**Left spin: "...I know that you are free unless I use you to imprison myself. In the name of the Holy Spirit I release you and we are both free." ACIM "I release my belief in time, space and bodies."**

**Right spin: "I broadcast in to my conscious and unconscious awareness this devotion to corrected perception: (i.e.: Increased Awareness of Infinity, I Choose to See Things Differently, I Forgive our Belief in Separation) with associated benefits on all levels of my Being. I choose to learn all lessons through love."**

## Chart 18: Releasing Illness

All illness is reflective of the split mind. There is no judgment in this; it is simply part of the collective agreement to experience separation. Nothing is personal here. Do not get caught in the trap of blaming yourself for any experience of separation. Being ill or not has no relevance on your 'level of spiritual awakening'. As long as we are in these bodies we are working for the whole in creating a variety of lessons which lead us back to truth.

Our nighttime sleep state is symbolic of the collective dream we have created. When you fall asleep in the evening you know you will awaken at some point. In the same way it is destined that we will collectively awaken from illusion. Imagine a morning when you are seductively flow in and out of a dream state before fully awakening. You wouldn't beat yourself up over taking your time awakening or for any of the things that happened in your dreams, would you? Sometimes we have lucid dreams where we realize we are dreaming while in the dream state. At this point we are able to change the parameters of the dream as we like. The key here is to learn to LIVE LUCIDLY. (There's a great little book called 'Lucid Living' by Timothy Freke). Once we understand that we are in the driver's seat we can change the direction of our route if it is no longer desirable. Here are a few descriptions of ideas from this chart to help you better understand the intricate web we weave that may be part of holding us 'stuck' in the experience of illness. Dowsing this chart may completely release the patterns of illness or may provide a great adjunct to any other treatment you are using. Use whatever tools you have to release stress in your life. Sometimes, we need a band aid to stop the bleeding while we heal the deeper wound.

**Value in the Body.** We keep our focus limited to the body. When we are ill we have unconsciously created a great distraction that will keep us stuck on trying to 'fix' ourselves...not offering us much time for silence and peace.

**I am Invulnerable.** There is nothing or no one who can change the truth of who you are. You are never a victim.

**Ho'oponopono.** This suggests you use this powerful technique as mentioned in the 'Introduction'.

**Left spin: "I release all patterns associated with (i.e.: Value in the Body, Inner Conflict, Fear of My True Self, Other's Beliefs in My Health State) on all levels of my Being for all time frame and dimensions. I correct DNA and Cellular Memory to hold now only healthful, loving light vibrations."**

**Right spin: "I broadcast into my awareness on all levels (i.e.: I am Invulnerable, I am Perfect and Free as God Created Me, I am Open and Ready to Receive the Message of this Illness so that I may Let it Go."**

## Chart 19: Addictions

In general we usually think about addictions in terms of substance abuse, eating disorders and other destructive behavioral traits. We all are addicted to one thing or another, however, and as a whole we are addicted to the illusion. The form of addiction is basically irrelevant. This does not mean that taking other measures to change the addictive behavior is not appropriate. When in the case of unhealthy relationships with drugs, alcohol and food for instance, it may serve the individual well to follow some proven beneficial standards such as 12 Step Program's basic advice to 'remove oneself from people, places and events that prove to trigger the addictive behavior'.

The primary cause of addiction is always associated with the internal conflict between ego and recognition of one's true identity, regardless of whether it is an ancestral hand-me-down behavior such as alcoholism or not. Beliefs create biochemical changes in the body and create negative DNA mutations. Ancestral patterns can be changed through changing one's beliefs at the level of the unconscious mind.

Adjunct to Dowsing: Take a glass of healthy (purified/filtered) water and when dowsing for an individual you can program the water through intending that certain aspects of your session be imprinted in the water. First have the person taste their water. Then, Left spin and say: "We now remove all toxic substances and memories and all other impurities from this water." Have them taste the difference. Now, Right spin and say: "We now imprint this water with the following vibrational patterns (i.e.: Self Forgiveness, Invert Addiction to Unhealthy Substance). We also imprint this water with maximal healing properties and the vibration of Love and Self Acceptance." Now have the individual taste it again. There will usually be a perceived difference in taste which serves to enhance one's belief that the imprinting was successful. This water can be extended by adding several drops to glasses of water and taken daily as often as they perceive necessary to assist in resolving addictive patterns until it is no longer needed.

**Left spin: "I now release all limiting patterns associated with (i.e. Value in the Body, Self Forgiveness, Addiction to Limiting Thoughts, Trauma at Point of Addiction Origin, Addiction to Drama, Unhealthy Codependency) on all levels of my Being. I release attachment, reversing ill effects and healing all relationships implied by these patterns."**

**Right spin: "I now (i.e.: Invert Alcohol Craving, Invert Addiction to Unhealthy Substance, Love & Accept Myself Completely, Invert Unhealthy Food Relationships) on all levels of my Being and accept all benefits therein, accepting this as corrected perception. I transmute all previously limiting beliefs in this area to love."**

## **Chart 20: Where in the Body Am I Holding Limiting Beliefs?**

We literally hold traumatic memories and limiting beliefs as energetic patterns throughout the physical body and in other areas of our energy fields. Until we recognize and release this built up energy it acts as 'attractor fields' bringing to us resonant experiences which trigger the same emotions and feelings in us. It is not the 'form' of a situation that is important in these repetitive life challenges, but the 'content'. It is always the underlying emotionally 'charged' feelings that continuously play the same record in our lives.

For instance, perhaps you have had a sequence of partners throughout your life that appeared to be completely different from one another initially. However, as each relationship matured you found that the same problems seemed to repeatedly surface. Our partners are simply providing us with perfect mirrors to see what lies unhealed within us. This works both ways...as we commit ourselves more and more to taking complete responsibility for ALL of our experiences we gradually heal these hidden issues. Then, we see the 'right' relationship come into our lives. This happens of course as a result of us creating the 'right' relationship with ourselves and then seeing it mirrored back to us through our partner. In other words, looking for a thread of similar patterns throughout our lives can lead us to discovering whatever hidden unhealed emotional patterns and limiting beliefs have been attracting the 'same old, same old' into our reality.

### **Hidden Beliefs Held within the Body:**

This chart offers ten possible areas in the body where you may be storing limiting beliefs. I encourage you to also create your own charts with areas of the body and energetic field represented. For instance, explore the spine:

We store a lot of memories along the spine and at the base of the occipital skull area. In the spine we may find these correlations for example: Ancestral patterns are often linked with the cervical vertebrae in the neck; Where the lower thoracic and upper lumbar regions meet (near the diaphragm) we often hold onto old traumas; Mid thoracic region (upper back and chest area) can be associated with unresolved grief and lost love; lower spinal pain and weakness may be related to how supported and safe we feel and how able we are to maintain a flexible yet strong life structure; our tailbone may hold in various fear based memories from personal and collective catastrophes accumulated through eons. (Access more info about stored emotions in the body through Carolynne Myss's and Louise Hay's many published books in this area of interest).

Certain organs are associated with, but not limited to specific patterns. Here are a few examples: **ovaries/testes** – creativity and fertility in all areas of life; **uterus/cervix**- cultivation of one’s creative nature, nurturance and birthing processes; **breasts**- self love and acceptance, bonding; **intestines/colon**- relationship with mother; stomach- ability to accept and process life experiences; **hypothalamus/pituitary/pineal** – higher levels of understanding, cosmic and higher Self connection, inner vision; **thyroid/parathyroid** – being and speaking in Divine alignment, expression of one’s creative nature; **adrenals/kidneys** – life force, primal fear patterns; **heart/lungs**- love, trust, unresolved grief; **prostate** – self expression, integrity, strength and courage. When one of these choices comes up during a dowsing session you may choose to access more information by asking concise questions regarding the nature of a limiting pattern. Here is an example:

Using **‘heart/lungs’** as a dowsed choice you might ask a few additional yes or no questions: “Is this pattern held in the heart? ... in the lungs? ... in both the heart and lungs?” Next, ascertain whether this pattern involves beliefs around love, trust and/or unresolved grief. Now, see if there is a core point in time that would assist in releasing the pattern if accessed. (ie: some specific date in past, present, or future life). **Follow Time Travel Steps noted in Chart Eight under ‘Vows, Contracts and Agreements’ to access the exact date which will best release the pattern.**

**Release pattern:**

**Left spin: “I go back to (date) and bring all traumas and patterns associated with the limiting beliefs that I have been holding in (body area) to zero point, transmuting these patterns now to the most appropriate energy structure which will support my highest good. I reverse ill effects and heal all relationships implied.”**

**Right spin: “I now re-align myself with life enhancing acceptance of my true nature as an invulnerable, perfect creation of God’s love.”**

**Note: It is often not necessary to access additional information (as we did here) in order to clear a belief pattern. It is a personal preference. You may simply go right to the ‘left spin’ statement above and leave out the date while releasing the pattern.**

## **Section Six: Multidimensionality**

As mentioned earlier it is 'how' we experience something or 'how' we choose to perceive things that leads us either to awareness of our 'wholeness' or perpetuates the dream for us. We expand our awareness when we let go of 'fixed' ideas and attachment to what we have created as our identities. The more we dissolve self-imposed limitations, the greater our ability to entertain the possibility that perhaps the truth of us is beyond our wildest dreams.

When we talk about multidimensionality we are pushing our awareness outside the 3D box. 'Dimensions' refer to the categorizing of aspects of consciousness through the specific vibrational rate they hold. Consciousness includes all of what we call matter and everything else. Scientifically we know that everything is energy and therefore vibrates. To simplify this idea of dimensions let's look at this example: Take a block of ice for instance. It has a certain density and weight...you wouldn't want to drop it on your foot. Once you take this and melt it in a pan over heat the ice becomes water...it is less dense and less heavy. As the heat continues the water evaporates. The heat speeds up the vibrational movement of the molecules and atoms of water. As this occur the ice changes to water and then it evaporates. You could say that the transformation of ice into evaporated water is similar to a dimensional shift.

**THE FASTER THE VIBRATION= HIGHER THE DIMENSION**

**THE SLOWER THE VIBRATION=LOWER THE DIMENSION**

We are not limited by these bodies we see or these thoughts and emotions we experience. When you are in a deep state of meditation for instance you are actually vibrating at a faster speed...thus accessing a higher dimensional aspect of experience. On some level we are all experiencing every aspect of consciousness, every dimension ... at all times. We are just not always aware of this. Through dowsing these charts we are exploring these other areas of our consciousness to see where we are ready to make a change or to create a 'shift'. Energy patterns that are 'stuck' on whatever level create density and slow our overall vibration down. This applies even if this pattern is at let's say, a 6<sup>th</sup> dimensional aspect of our being. When we release these patterns and allow the movement of energy to resume in a natural flow we often feel 'lighter'. (The first chart in this section is based on Barbara Hand Clow's book, 'Alchemy of Nine Dimensions', which provides an interesting dimensional model.)

## Chart 21: Nine Dimensional Alchemy

This chart allows you to connect with whatever vibrational aspect of consciousness holds a key for you in this moment. As with all of the charts in this book you are encouraged to use them creatively. Here are two ways you can work it: First, you can use this as a stand-alone chart to discover what dimensional aspect of yourself calls for more awareness to it. See the descriptions below to get a sense about the essence of each one so that as you are broadcasting a specific dimensional frequency into your awareness you can ponder on the attributes of that dimension. Secondly, when you are working with any issue you can ask if there is a specific dimension listed in this chart that offers the best opportunity to access a release of the situation. Although the dimensions seem to have distinct vibrational rates and attributes there is an orchestration of all dimensions and all timeframes playing in resonance all the time. It may help to imagine a vertical column of light moving seamlessly through all of these dimensions from the first dimension (1D) to the ninth dimension (9D). Accessing more awareness in any of them expands your experience of all of them. Here are a few attributes of each one:

**1D:** The crystalline core of the earth, 1D acts as a conduit to anchor in the light all the way from the center of the galaxy. We are transmuting from carbon based to more silicon based beings, becoming more crystalline in our structure. Earth really is our mother in many ways and connection to 1D reinforces our relationship with her.

**2D:** Earth's mantle. This dimension provides the biosphere for elementals (fairies, gnomes, elves etc) and primordial life forms. Organisms such as bacteria and viruses have their origin here. Whenever we are dowsing an illness related to these life forms it's helpful to thank them for whatever message they have brought us and to send them back to 2D. This dimension is also home to the mineral kingdom.

**3D:** This is where the physical and non-physical worlds intersect. Third dimension is linear by nature. However, our experience in physical bodies is expanding to one that will be non-linear. We are experiencing what may be called a 'descension' of expanded consciousness into physical form or becoming 'light beings'.

**4D:** Thoughts, emotions, collective consciousness and the astral plane are sourced in this dimension. 4D is where information from higher vibrational dimensions is 'stepped down' in frequency to dualistic concepts. To become more aware of our thoughts and emotions and their interaction with our bodies in the form of 'feelings' greatly increases our ability to experience multidimensionality. Being absolutely 'present in the moment' is key to accessing awareness of multi-vibrational states concurrently. Conscious breathing is also primarily important.

**5D:** The Vibration of Love, the 'Christ Grid' is accessible here. This dimension is assigned to an extraterrestrial race called the Pleiadians, who resonate at this vibrational level and will assist us to access this state when asked. This is the natural vibrational state of our hearts, and as we become more heart-centered we are moving towards a fifth dimensional state of being.

**6D:** This is the dimension of Sacred Geometry. Higher vibrations of sound and light begin to create matter through geometrical form. We see repeated patterns throughout nature that show us the pureness of these original structures, such as is seen in the base of pinecones and in crystalline frozen water pattern. Yoga is one way we use our physical structures to access this dimension. Choose a position and focus your attention on the space around you and allow your physical boundaries to dissolve in your awareness...you will be able to have a sense of connecting with this dimensional vibration.

**7D:** Sound waves creating structured pathways which we see birds migrating on are of this dimension. Light waves from 8D are slowed down in vibration creating sound waves. Vocal toning and chanting, sacred singing and using musical instruments put us in touch with this aspect of our being. Powerful physical, mental and emotional shifts occur with the conscious use of sound and light.

**8D:** Light is structured at this level and moves through all other dimensions creating endless forms. Our physical structure is based on an invisible light grid and our meridians are points of intersection on this grid. Our chakras work as light information channels. The primary function of our DNA is to receive and transmit light information throughout the body.

**9D:** The center of the galaxy pulses time waves outward projecting what consciousness has created as a time/space experience. Our solar system is currently aligning with the center and will be in full alignment by 2012. At that time it is predicted that reality as we have known it will shift to an entirely different experience.

**1. Right spin: "I broadcast the vibration of (dimension) and all the benefits associated with this dimension into all aspects of my awareness. I fully integrate this awareness and use it for the highest good of all."**

**2. Left spin: "I release all patterns associated with the issue of (\_\_\_\_) from all aspects of my Being in (dimension), releasing resonant patterns from all other dimensions and timeframes, reversing ill effects and healing all relationships implied."**

## Chart 22: Experiencing Multidimensionality

You see, it is our perception that determines how large or how small we are living. As we allow ourselves to break free from the self-limiting confines that we have established we are free to live life truer to our natural state as unlimited creative beings. This chart offers you various keys to experiencing yourself as a multidimensional being. Here are some of these choices which warrant further discussion:

**Allowance.** Miracles are natural and happen all the time when we ALLOW for them. Just get out of the way.

**Heart to Brain Connection.** In a healthy state there is a bi-directional energy flow going on between these. Both generate powerful scalar waves which create portals for multidimensional communication. A scalar wave holds a field of pure potentiality which provides a powerful carrier wave once clear intention is applied. Conditioning based on traumas and other variables can form an energetic blockage that needs to be cleared in this connection.

**Enhance DNA Light Communication.** As mentioned previously our DNA serves as a powerful light receivers and transmitters. Mutations resulting from suppressed emotions and toxic beliefs 'dirty' this capability. Clean them up!

**Surrender My Beliefs.** This is the ultimate tool. We surrender our beliefs to the Divine realizing that they are products of a mind that considers itself to be separate and therefore lacking...perceiving only fragments of the whole. Surrendering beliefs states your desire and willingness to correct these misperceptions of Self.

**Increase Vibrational Resonance.** The higher our vibration the more expanded our awareness is.

**Silence the Mind.** Our ego default program is endless chatter in the mind which maintains discordance.

**Activate Kundalini.** The 'twin serpent' energy moves up the spine activating and aligning chakras and awakening us to superconscious awareness. Yoga is also a very effective assist in activation of this primal energy state.

**Right Spin: "I now enhance and increase (Allowance, Heart to Brain Connection) in all aspects of my being, expanding my awareness of multidimensionality, which leads me toward knowing true Self."**

**Right Spin: "I now (all other choices), accepting all benefits therein as I intentionally enhance and increase my awareness of multidimensional states, which leads me toward ultimate knowledge of infinite Self."**

## Chart 23: Akashic Records

The Akashic Records is the comprehensive story of consciousness...holding all information of everything that ever was, is or will be experienced within the dream. Every relationship you have or will ever have, all of your 'karma', all ancestral patterns, agreements, vows and contracts, etc. are held within these records. Therefore when you are ready to release old patterns, release some karma or heal/complete a relationship you may want to access the records and clean them up here and there. It is the fear-based patterns that change. You can bring things to completion and literally change the path or direction of your life this way. Since everything is our own creation at the level of mind, all we have to do is change our mind to rewrite the script. Why not live a happy dream while in it? The greatest gift in this is that we are able to prove to ourselves again how easily changes can be made, thus showing the illusory quality of what we have been calling 'reality'. This points us towards true knowledge beyond the understandings of this world. What we are doing on an energetic level is accessing a certain point of information in the time/space continuum. Quantum science shows that once we observe something it changes. A singular particle becomes an energy wave form. Using our conscious intention combined with the pendulum movement of 'spin' we interfere with that wave (accessed information) and create another reality. It's really simple and effective. Here are further explanations for some of these chart choices:

**Psychic Cords.** As noted in 'Chart 11 Sacral Chakra' these are fear-based energetic cords holding unhealthy attachments in relationships. Releasing them allows the relationship to heal regardless of what form it takes.

**Reprogram Current Incarnation.** We make agreements and structure our life paths based on chosen lessons which provide us with 'forgiveness' opportunities to assist us in our awakening. We can at any time change our minds and re-write the script.

**Etheric Implants.** These are energetic devices that hold some kind of programming in place. They can be implanted in the physical or etheric bodies. At some level you have agreed to these implants.

**Release Attachment to Separate Lifetimes.** If we are still holding on to any 'unfinished business' from other lifetimes we may be limiting ourselves in the current one. Since form never matters and we are always offered repeated opportunities in various forms to resolve the same old patterns (the content or unhealed theme), letting go of other lifetime issues doesn't negate our ability to heal the core issue. We will get another chance.

**Disconnect from Soul Family.** We each are part of what is called a Soul Group or Family. Even as we are all equally part of One Creator we do have what seems to be a unique essence or energetic signature. We resonate with others who have a similar signature and whose chosen lessons and contributions to the whole are aligned closely with our own. We are part of a group or family in this way. Often our ancestors and family members are part of this Soul Family, but not always. For various reasons we may become disconnected from our Soul Family, which results in a sense of discordance and fragmentation. Reconnecting with the family can make a difference in an individual's sense 'belonging' and 'feeling supported'.

**Unfulfilled Life Purpose.** We all hold an internal desire to complete whatever lessons and accomplishments we came into each incarnation to achieve. Ultimately they are all designed to assist us in awakening to full Self Realization. We accomplish this through the function of forgiveness and the extension of love. Wherever we hold guilt over what we did or didn't do we are keeping ourselves from fulfilling our true purpose of 'returning to the awareness of ourselves as Love'.

**Fragmented Soul.** In the plan to experience 'individuation' we forget we are part of the whole and believe ourselves to be separate. We play out various roles in what seems to be different lifetimes...yet this is all within the same dream. We may choose to incarnate into separate forms in what appears to be the same timeframe in order to offer ourselves an accelerated spiritual growth opportunity. As we project more division we may come to experience ourselves as more fragmented. Although this is not true in reality, within the dream it becomes yet another veil over our awareness. We bring these fragmented soul aspects together to experience ourselves as more whole and unified. Add a guided visualization to the dowsing set up if it feels right to you:

Once you have accessed the issue at hand: imagine yourself walking up a path and through a door into the Hall of Akashic Records. Now ask the Record Keeper to bring to you whatever book holds the history of this issue for you. Open to the appropriate page/pages and while dowsing the issue see the Record Keeper stamping those pages 'complete'. This liberates you and all relationships that have ever or will ever be affected by this issue.

**Left Spin: "With gratitude I assist as the Record Keeper stamps 'complete' on every page that holds the history around this issue of (\_\_\_). I willingly let go of attachment to this, releasing myself and all others affected by this belief pattern. All associated contracts, vows and agreements are completed."**

**Right Spin: "Through Divine Grace and forgiveness all relationships involved are healed and unified. I now create love-based lessons and experiences that fulfill my ultimate purpose for the highest good of all."**

## Chart 24: Primary Point of Individuated Experience

Can you recall an earlier time and place in your life when you felt most at home? This memory may invoke a sense of belonging and the recollection that you were comfortable with yourself at that time. Perhaps it seems that time in life was simpler or less chaotic. Maybe you do not have a memory from this life that satisfies those feelings, but have found that certain places, people and situations give you a sense of familiarity...of being 'at home'. Within this dream it seems that the more we fragment something the greater the sense of chaos and disorder arises. We all seek stability and comfort. The more major life changes we have in a short period of time, the less secure we are liable to feel. This may be true also in the unconscious memories of various parallel lifetimes. It is likely that we are drawn by some sort of resonant longing to a place of comfort, perhaps the 'first or primary point' of your experience as an individuated soul...the first recalled incarnation of imagined separation. There could be an associated sense of being closer to God at that point. This is of course illusory since the separation never occurred. The longing for completion, comfort and security is always our Divine Nature seeking to be fully recognized, regardless of the form our desires are mirrored in. Again, as we unravel all of the unconscious misperceptions we carry we are led closer to realizing the truth. If you are drawn to work with this chart in a session it implies that there may be something gained from discovering a primal point of connection within the dream. This discovery may open for you a reconnection with some family members you didn't know you had. Once discovering the primary point of origin you can choose to go further on your own through intentionally connecting with other beings from that realm. Perhaps it would serve you well to ask if there are any of these 'family' members who would assist you as spirit guides.

So much has been written in New Age literature on the specific locations noted in this chart that I feel individual explanations are not necessary. Please explore further on the internet or in New Age books if you feel called to. I will mention that there is no hierarchy in importance of one location or realm to the next. If you get 'Other Dimensional' you can go further and access the specific dimension. If you get 'Other Universe' or 'Other Star System' use your creativity through further questions to attain more information if you desire.

**Right Spin: "I increase my receptivity to connection with (\_\_\_) in all ways that would serve the highest good of all, bringing any memories that would best serve me to surface in my conscious mind. I open myself to communication with other divinely aligned beings from this realm. I activate the positive Aspects of myself that this realm represents."**

## Section Seven: Unconditional Love

We are moving into the 'Heart' of the matter now. This is it folks...all we are ever seeking is unconditional love. The game as we have been playing it has been set up to actually prevent us from this goal. We have created the dream to experience separation, right? So in the ego mind the point has never been to realize that our very nature is Unconditional Love because that would interfere with our experience of individuation. We have set up the illusion that love is something we need to attain, a goal that we need aspire to reach. The focus has been on seeking this outside of oneself through relationships. The truth is that there is nothing outside of yourself you need to attain and nothing you need achieve. There is NOTHING outside of yourself.

To 'have' and to 'be' are one in the same. If you wish to experience unconditional love in your life just find out where you have not allowed yourself the experience. What and who have you been using as scapegoats to keep you from discovering the truth about yourself? It all comes down to how much Self Love you are ready to accept. The ego (remember it is nothing more than a compilation of thoughts we have used to make a self-image) is supported through our relationships. Within the dream this is also how we co-create together. It would be more accurate to say 'co-project' together. It's kind of like this: You are putting on a play in which you are the writer, director, producer, actors and audience. You develop characters through their relationship with one another. Through the use of archetypal behaviors the characters develop into various identities. There's the good and the bad guys, the victim, perpetrator and rescuer, the whore and the Madonna, and the list goes on...

This is what we create for one another. We project onto others whatever we unconsciously want them to be for us, all in an effort to solidify our self identities. For instance, we (unconsciously) project neediness onto our partners, children and clients to establish our sense of importance. Projection comes from our illusory sense of separate self, so we are always projecting partial, lacking qualities which are mirrored back to us through our relationships. You see, this always reinforces our belief that the world (and we) are lacking, suffering, incomplete. It serves to perpetuate the ego's never ending game of pretending to seek for love.

All we need do is to realize the game we have been playing, forgive ourselves and everyone else for making it up to begin with and to live more lucidly. There is only one question and one answer. The question is "What am I?" The answer is always "Love". Whether you or someone else seems to be 'In a state of love' or 'seeking love' in the moment, the appropriate response is always the same....Just LOVE. That's what makes it 'unconditional'. These charts will help direct you to whatever you have been using to hide love.

## Chart 25: What Am I Using To Block Relationship with My True Self?

There is an endless stream of possibilities in what we unconsciously create as distractions to keep us from knowing our Selves. How do we know when we are using something or someone to block our relationship with Self? Check your internal peace meter and be honest with yourself.

**Addictions.** The form doesn't really matter since the underlying purpose is the same. Addictions are a perfect distraction to keep us from peace, to keep the ego intact and to ensure that we not love ourselves. It doesn't matter if you are the one who is addicted to something, or if you are using someone else's addictions to keep yourself from peace. It is all the same. You are using the 'energetic pattern' of addiction either way.

**Unhealthy Romantic, Workaholic, Punishing My Body, Worry About Others.** These are all specialized areas of addiction. Simply assess whether you are thinking and acting in a truly loving manner in each of these areas.

**Eternally Busy.** It's very easy to falsely justify why you are so busy all the time. It could be the kids, work, social commitments, a sick mother, etc. We are all 100% responsible for how we are experiencing life and we create what we want to in our lives. We are victims of NO circumstances. In order to become Self Realized or have a loving peaceful relationship with Self we need times of SILENCE in every day. Make no mistake about it, if you are not creating the space for some silence it is because your ego nature is resisting your awakening.

**Righteousness.** Being 'firm with your convictions' is another way to say 'judgmental' and is an energy blockage.

**Over-Intellectualization.** Another way to say this is over-analyzing and this is born of the ego and sustains its' identity. An old saying comes to mind: "Analysis is paralysis." Practice allowing yourself to have experiences without quantifying or qualifying them.

**Punishing My Body.** The body like anything else in the dream can be used as a tool for ego or for Spirit. When we are doing things that are detrimental to the body through action or non-action it's ego-based.

**Left Spin: "I release all patterns associated with (\_\_\_) from all aspects of my Being, releasing attachment and reversing ill effects in all timeframes and dimensions, healing all relationships implied. I joyfully give and receive Love."**

**Right Spin: "I transmute this energy to pure radiant love, triggering full awareness of my true nature."**

## **Chart 26: Where Am I Projecting Unhealed Self?**

We as extensions of God's Love must always create. It is what we do. When we are coming from a blocked awareness of this truth our creations are called projections. When we are in full awareness of our Oneness with God we create or extend love. Our creations (in other words everything and everyone we see) are always mirroring back to us what we are giving. To give and to receive are one and the same. As mentioned earlier our projections are always mirroring back to us our internal sense of scarcity. This comes in the form of seeing a world that is suffering and perpetuating separation. When we extend love we see mirrored back to us an internal peace or essence of God that is 'felt' rather than seen with physical eyes. We are able to perceive beyond physical appearances an individual's true nature. This experience is beyond what words can convey.

This chart simply is designed to assist you in uncovering what relationship you are using to project unhealed Self relationship issues. A clue to this is any judgment (regardless of how large or small it may seem) you have towards any individual or group. Again, the form that is being mirrored back is unimportant. It is the content that offers you a look within. For instance, you may have anger towards a religious organization for what seems to you as 'misleading and controlling' standards that are practiced in their dogma. This doesn't necessarily mean that you are doing the exact same thing or have done it in previous lifetimes. See what feelings come up for you around this to see where you have not forgiven yourself or others for anything that evoked a similar reaction.

**Spirit Guides/Angels etc.** This seems to be the only one that warrants explanation. We can become dependent on angels and other guides the same as we can become dependent on a partner for our happiness. This is unhealthy.

**Left Spin: "I acknowledge and release (\_\_\_\_) from all projections of unhealed relationship issues with my Self, healing this for both of us on every level of awareness for all timeframe and dimensions."**

**Right Spin: "I see you as the Holy Spirit within myself. I know that you are free unless I use you to imprison myself. In the name of the Holy Spirit I release you and we are both free." ACIM**

## Chart 27: Veils Obscuring Inherent Nature of Love

This chart further explores unconscious distractions that blind us to our true nature of Love. Here we see core levels of fear such as 'Fear of True Self'. It matters not where your mind chooses to release unhealthy patterns since any distractions are equal in holding us in the illusion. I will address a few of these further:

**Fear of Scarcity.** This stems from the fundamental 'lack' that stems from a mind which believes itself to be separate. If we only address issues around 'abundance' in specific areas we are missing the boat and our results will also be quite partial. All of your fears around scarcity are founded in the belief that you are something other than your truth. "Seek ye first the Kingdom of Heaven and all else will be given you."

**Past/Future Orientation.** Whenever we are thinking about the past or worried about the future we are of course, not 'present'. This type of orientation has been the human default program. Become more aware of NOW through paying attention to your thoughts, feelings and emotions as often as you can. It takes practice.

**Attachment to Time, Space & Bodies.** By following the above advice you will begin to pay more attention to how you are experiencing life. Your feelings and emotions are keys to detaching from focus on form. This puts you in greater awareness of your Self, which leads you in the direction of awakening.

**Fear of God's Love.** Once you really remember fully through experience God's love, the ego is history.

**Left Spin:** "I release the veils of (\_\_\_) that obscure my inherent Nature of Love, transmuting this energy to pure joy and freedom. I release all attachment I have to avoiding my True Nature and forgive myself on all levels."

**Right Spin:** "I awaken fully to my inherent Nature of Love, knowing that I am perfect as God created me. I am eternally grateful for this truth."

## Chart 28: Experiencing Myself as Unconditional Love

This chart provides keys to accessing full awareness of Self Knowledge. Through imprinting corrected perceptions in your field personal growth through Self Love is enhanced. We have conditioned ourselves through the repetition of limiting feelings and thoughts. So it is through the repetition of corrected perceptions that we will change these beliefs. In truth it takes but one instant when we are ready for it to know ourselves fully. Correcting our misperceptions prepares us for this holy instant.

Each of the ideas posted on this chart are high vibrational statements which may ignite a greater sense of awareness in you. Although some of the statements seem very close in meaning the mind will use the words that represent exactly what is needed in the moment. Use this chart to assist you in moving beyond limitation. Here are further explanations for a few of the ideas.

**Giving is Receiving.** In this case ‘giving’ is referring to the act of our creating and ‘receiving’ that which is mirrored back to us through our creations. As discussed earlier we are always creating since it is our very nature. We can however miscreate when we are coming from a place of perceived separation. Since everything is a mirror of our Self relationship our miscreations or ‘projections’ will show us a world of lack and suffering. On the other hand when we are coming from a place of One-mindedness everything we create will mirror back to us the love we are extending. Enhancing this understanding heightens true vision and dissolves the illusion.

**I See You as the Divine Within Me.** This statement acknowledges ‘Oneness’.

**True Forgiveness.** This is always achieved through the assistance of the Holy Spirit within and focuses on the only level of cause which is the belief in separation. Refer to Section One for more information on this.

**Right Spin:** “I accept this corrected perception of (\_\_\_) into all aspects of my Being, expanding my awareness and allowing me to experience myself as Unconditional Love. Thank you.”

## **Section Eight: Alignment with Highest Purpose**

Our highest purpose is always to awaken to complete knowledge of our oneness with God and all else. This is not an action but a state of Being. When we say, 'I Am' we are acknowledging this. There is no need to say anything else. Our highest function is true forgiveness since this is what leads us to fulfilling our highest purpose.

Often when people speak of their 'highest purpose' they are referring to a specific action they are called to fulfill in this lifetime. We could call this action a 'secondary purpose' to clearly distinguish it from one's true highest purpose and function. This action (which may be in the form of a career choice, social contribution, or life passion for instance) will often provide opportunities to practice one's highest function and to align with one's highest purpose. Another way of looking at this is that oftentimes we can discover our greatest gifts through observing our greatest challenges in life. The mastery we develop in transcending difficulties throughout our lifetime enables us to forego judgment and assist others through similar challenges. Ultimately it is not what we are doing, but the purpose behind our doing it. If we aspire primarily to know our Self and practice forgiveness where appropriate, there will be no confusion around what we need to 'do' in life. We will know.

This section focuses on aligning with your highest purpose (state of Being) and allowing that to guide you in your secondary purpose (action) in life. As we embrace our unity with others we naturally become more conscious of the 'highest good for all' in our endeavors. The more we practice this level of thinking and interject gratitude into our daily lives, the greater the gifts we receive.

The final two charts in this book offer transformative statements designed to assist you in experiencing yourself as whole and perfect...as you were created. Corrected thoughts can lead us to the truth.

To know the Truth is to experience it.

## Chart 29: Blockage to Relationship with Your Highest Purpose

As noted, we can say that the 'highest purpose' for each of us is to fully recognize ourselves as One, the 'highest function' is the practice of true forgiveness which fulfills our highest purpose, and the 'secondary purpose' is the focused story or 'action' we take in life to serve our spiritual growth and the highest good for all. This chart as well as all others in this section will serve to release any blockages and to enhance the synchronistic flow of these three aspects of our spiritual awakening. Chart twenty nine is designated to releasing blockages.

There is no benefit to repeating descriptions already laid out in prior charts. Here are a few further explanations:

**Attachment to Form.** This is referring to misdirected priorities. If we snag our attention on what we are supposed to be 'doing here' rather than placing our primary focus on our 'state of Being' we will be incongruent in our purpose, thus our efforts will bear unstable results. Creating the right foundation is always the determining factor in a strong structure.

**Fear of True Self.** This is the same as 'fear of God's love'. Make no mistake about it; this is the core of all fear.

**Imbalanced Feminine/Masculine.** When one is imbalanced so is the other. Our ability to be inspired and then creatively express the inspired idea relies on this balance. The feminine/masculine relationship is moving into the perfect state of balance or marriage in every aspect of creation now. The illusion is holographic and as all patterns are repeated endlessly, even the smallest aspect of creation carries the 'whole' of these patterns within it. As each of us comes into a state of perfect marriage within oneself, we see this pattern represented also in the progressing alignment of our sun (masculine) with the center of our galaxy (feminine). The completion of this alignment is predicted to be on Dec. 21, 2012. The preparation for this new birthing of unity consciousness is already in progress. According to Carl Calleman's well researched depiction of the Mayan Calendar we will be reaching a point of mass consciousness transformation first on Oct. 28, 2011. This collective awakening will allow the fulfillment of the sacred marriage to unfold in 2012. This shift in consciousness is birthing us into the Golden Age where we will express ourselves as One Mind in God's creation. Ultimately this awakening within the dream leads us finally home to God, which is beyond form.

**Left Spin: "I release all patterns around (\_\_\_) from every aspect of my Being, releasing attachment and reversing ill effects in all timeframe and dimensions. Through the Holy Spirit all relationships implied by these patterns are healed with forgiveness. I align myself with love as my highest purpose."**

## Chart 30: Gateway to Higher Purpose Alignment

We go through gateways to move from one location to another. So it is with the choices on this chart...they are options to assist you in your movement into full alignment with all aspects of your higher purpose and function in this lifetime. Use the following to assist in your understanding while using your own insights to guide you.

**Hear the Voice of God Within.** Similar to 'Receptivity to Divine Guidance' this choice is calling you to allow for silence, for 'stillness' of mind so that you are able to hear the loving voice inside that is what we call the 'Holy Spirit'. When you feel a sense of deep peace growing within and you have a 'knowing' without any question in your mind of what to do next you are hearing God's voice within.

**Align with the Planet/Star System of Origin.** As explored in Chart twenty four this connection may offer you a sense of support and belonging. Aspects of your experiences within the dream can serve as tools to help you awaken if they assist you in feeling more whole and connected. The key again, is not to get caught up or attached to any experience. Allow experiences to direct you toward unification (the feeling of peace is a good clue that you are moving in the right direction), flow through the experience and do not place importance on the form.

**Call Ascended Masters.** This choice is bringing to your attention the benefit of connecting with certain Ascended Masters. One good source of further information on these Beings who have achieved full awakening within their lifetimes is Doreen Virtue's card deck 'Ascended Masters'. She also has extensive published information in books and cards on Beings in other realms of consciousness such as our Angelic friends.

**Chakra & Aura Cleanse, Clean Mental & Emotional Plane.** Either of these choices is calling for a clearing of energetic patterns on these levels.

**Left Spin: "I clean my (Chakras & Aura, Mental & Emotional Plane) of all limiting beliefs and non-beneficial patterns which are creating blockages to my full alignment with higher purpose. I transmute these patterns to pure love energy and use them to open, optimize and balance these aspects of myself."**

**Right Spin: "I broadcast into all aspects of my Being the vibration of (\_\_\_\_), accepting all benefits of this integration and enhancing my receptivity to divine inspiration. I align myself completely to my highest purpose."**

## **Charts 31 & 32: Lessons to Awaken Love Within/ Knowing True Self as Infinite Love & Abundance**

### **Based on principles from ‘A Course in Miracles’**

These charts are comprised of ideas from ‘A Course in Miracles’ (ACIM). Some of them are Lessons from the ACIM Workbook. All of these are designed to assist you in experiencing yourself as Love, which is your eternal nature. Much of the material covered in this dowsing book is based on ACIM which is a non-dualistic teaching for the western world. It is by no means the only non-dualistic teaching out there, but it is a very effective path for those who are drawn to it. It is a self-study program and there are no parameters on how long it should take each student. David and I have worked with the Course for a good handful of years now and we both agree that this teaching has changed our lives so profoundly in altering the way we had been experiencing life. You can measure how well a particular path is serving you by noticing how much peace grows within you. When following the right path you begin to see the world differently. Ultimately you find that nothing and no one in this world needs to change...it is only your perception of the world that needs correction. Once this occurs you will notice the miracles that are happening all the time, and you will see the world and those around you through loving eyes. It is this corrected vision that allows others to become the love that is their truth. Make a choice to release yourself and all others from the imprisonment of your perception. Choose love, choose peace with daily diligence. Savor the miracle of each moment and practice forgiveness when love is not apparent to you.

Dowsing, like everything else we do in this world is called ‘magic’ in ACIM. There are not varying levels of illusion. You are either experiencing Oneness or you are entertaining illusory thoughts. Whether we are doing energy work, psychotherapy, practicing medicine or whatever else in the moment, any shifts or changes that occur are simply moving energy around or changing our experience at that time. This in itself is not truly healing or awakening. A miracle is a change in perception from experiencing oneself as separate to knowing true Self.

So, why do we bother dowsing or doing anything else to relieve suffering? Do not get caught up in ‘level confusion’. We are still in bodies living in the illusion of time and space. Everything we do in this world is part of the dream of separation. However, while we are here we can use all of the tools we have for the purpose of the Holy Spirit and to prepare us for our homecoming. When we assist one another in achieving more peace and less stress, we are able to share glimpses of what our true nature is... One Mind in God’s creative flow. Any time we join another in purpose that leads us to unity we are correcting our misperceptions about separation. Although this does not take us ‘all the way home’ it leads us in the right direction. As mentioned earlier in this book healing only occurs with a change in perception which takes us beyond the

illusion and through the application of true forgiveness. Since we are not capable of forgiving at this level with our conscious minds, we must surrender the final outcome of whatever we are working on to the Holy Spirit, which is the Voice of God within us. So, assist in whatever way is most appropriate at the time to relieve suffering and stress. Don't stop there...to allow for miracles to occur always take the final step. How do we take this final step in resolving a situation?

Know that there is only **one problem** which IS the ego; in other words the belief in separation. ALL suffering stems from this fear-based foundation. There is only **one solution** which is the **truth of God**.

First realize that your thoughts (all of them) are meaningless since they are based on the past and your belief in separation. Consciousness can be seen as the collective mind that initiated the dream, and thoughts are all projected from this one mind which believes itself to be separate from God. Therefore, no thoughts are neutral.

Recognize that you need rescue, save or change no one. Whenever you feel the need to do this, it is your ego making the illusion real. Become more aware of your interactions. Listen to others by putting aside your own opinions and thoughts as they arise, thus allowing you to be more fully present. When we really listen to someone we allow them the space in which to unfold the answers to their problems. Each one of us has all the answers we ever need. Often we simply need to join with another to unfold our story and let go of it.

Always ask for guidance from the Holy Spirit, which represents that part of your mind that holds truth within it that sees truth that truly forgives. Simply say, "I would choose the peace of God."

"...As you do that and let go, the Holy Spirit shall bring you, truly, a new perception, a true perception; the vision of your brother (or sister) which is the Vision of Christ...You will first perceive, then believe, then experience in one great moment of joy and ecstasy, the truth of what your brother (or sister) is—which is the perfect, untarnished, joyful, free and Beloved Son (and Daughter) of God...In that same instance shall come welling up within your being the awareness and the experience that that, in all its beauty, is exactly what you are, and what you have ALWAYS been..." Brent Haskell, PhD., D.O. 'The Other Voice'

**Right Spin: "I receive the vibration of this statement, (\_\_\_\_\_) on all levels of my being for the highest good of all. I joyfully awaken to the truth of our Oneness. As I surrender the outcome of this session to the Holy Spirit I allow for Miracles to flow freely in my life and the lives of all others. Thank you."**

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