

# *Manifesting Your Soul Mate ~ The Quest for Love*



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OUR DESIRE IS TO MAKE THIS A BETTER WORLD

By Helping YOU Find Love

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## *Statement of Intent*

The Intent of This Book –

**TO HELP YOU FIND THE LOVE YOU WANT IN YOURSELF,  
FOR YOURSELF, FOR OTHERS, AND TO BE LOVED AS I KNOW I AM  
LOVED**

**This is an assimilation of some of what I have learned in a life long pursuit of healing wounds in myself and others. I present the material as both book and workshop for those that want to participate fully, and learn to heal themselves.**

**My goal is for this book to open the doors of your heart to love.**

*At the end of your life, the true measure of your effect in the world will be the degree to which you have loved. It is one thing you can take with you. It is also the one thing that will take you with it.*

## *Foreword*

Love is my favorite topic and my lifelong pursuit. It is the thing I have feared, wanted, and sought most in my life. Like everyone, I wanted love as a child, and even though I did not realize it at the time, I tried to make everyone happy so they would love me. I remember having surgery on my appendix so someone would love me. The surgeon went along with it. I did get a bathrobe from my uncles that I loved. I paid a great price for that love in the form of scars, blockages and pain. I can now say that learning to love and knowing I am loved have been the most valuable and difficult things I have done. The truly liberating fact of all of this is that no one else has to love me, for ME to love me. The master hid love inside of us so we would never find it.

My clinical practice is based on a lifetime of being a seeker of wisdom, truth, and love. From the very beginning I was a medical intuitive, and I now have forty-five years of experience in facilitating healing in thousands of people in the world as a licensed healthcare practitioner and a Doctor of Oriental medicine. From the beginning of my life I was loved and I had love. My quest was to *rediscover* that inherent love and heal the scars and accumulated toxins that led me to lose my awareness and perception of my love and ability to be loved - my loveableness.

I entered nursing school driven by a search for the love of my lost father. My mother had left him because he was an alcoholic, and my plan was to find him and rehabilitate him. I wanted to be a Psychiatric Nurse, because somewhere in myself I knew my fathers' problems were emotional. I thought I could save my father. I was radically codependent. The 95% unconscious blocks had power over my conscious choices until these subconscious traumas were released and new programs were instilled. I did not give that up. Ultimately, I have realized that this desire to save him

led me to learn many things that saved me and contributed to my knowledge of being able to offer others life saving tools.

As I was going through Nursing School and my first few years working as a Registered Nurse (RN), I quickly observed that the medical system I was working in did not deliver the healing response I was seeking. Patients came in to be treated, but for the most part left the same or worse than when they arrived. They were still suffering; mentally, emotionally and physically. I thought getting well should doable and be less traumatic, and at the same time, I felt alone in my observations. I was inspired to look deeper in to the understanding of the human mystery and misery.

My first position after graduation from Florida State University with a B.S. in Nursing was a psychiatric nurse. I had always felt drawn to the emotional causes of illness. It's as though I was born with the question "What causes illness?" And with that question came another: "How can I heal it?" After a few years of working as a nurse in the system I knew my path needed to change. Watching many people fail to respond (and most often get worse) motivated me to investigate and become open to alternatives that had a success rate.

My first job I boldly took on the system to fight for that patients' welfare as I saw the abuse and mistreatment of my patients. The administration was changed and the battle produced some much needed changes like the discontinuation of chaining patients to benches all day. Yes I am bold beyond belief.

My personal life and first marriage led me to Europe, where I became a school nurse for the military schools. My quest for the best of treatment modalities brought me to study Counseling at the Ball State University extension program in Germany. Being in Europe gave me the opportunity to open myself to some of the historic and effective therapies that had been used for many years. I was afforded the opportunity to study with some of the most progressive Doctors and healers in Europe.

After returning to the States, I held various nursing jobs over the years including Professor of Nursing, Director of Easter Seal Adult Day Care, OB Nurse, and Director of Marketing for Home Health Care. I could not find my place.

Finally, I encountered someone who would push me along my path towards alternative healing – Dr. Pran Puma. He encouraged me and insisted I try acupuncture. I

did try it and after having one session myself, I sold my house and enrolled in Acupuncture training within a month of my first acupuncture session.

In Florida the laws are very good, and acupuncturists – such as myself – are licensed as primary health care providers and are called Doctors of Oriental Medicine. As I look back, I realize how valuable it is to have someone like Pran who sees something in you that you can't see yourself. I have dedicated my life to being that for others.

I also enrolled in International College's program for self-directed studies to earn a PhD. I decided I wanted to find the greatest teachers in the world and learn everything about the arts of healing disease.

Among those great teachers are Mary Burmeister, teacher of Jin Shin Jyutsu, Steve Vazquez, teacher of Emotional Transformation Therapy, Bert Hellinger, teacher of Family Constellation Therapy, Devi Nambudripad, teacher of NAET(allergy treatments), Dr. Leslie Feinberg, teacher of NMT, Dr. Peter Mandel, teacher of Esoteric Color Therapy, Dr. Chow at Shanghai Institute, teacher of Acupuncture and Chinese Medicine, Dr. Roy Persons, Human Sexual Dysfunction, Dr. Dolores Krieger, Therapeutic Touch, Dr. Reimar Blanis, Psychosomatic Energetics, and Dr. Ryke Hamer, German New Medicine. Dr. Saverly Yurkovsky M.D. Homeopathy and FCT

Somewhere inside myself I have always known there is an emotional connection to every physical condition. Something inside has always been drawn to developing the techniques to identify and release the traumas and dramas that cause disease. Understanding of the role of toxins came much later.

Having the exposure and experience of seeing our western medicine from the inside, using the other multiple therapeutic approaches, and studying with all those teachers and therapies has contributed greatly to the clinical practice I have developed. The primary focus of my practice is to expertly guide people to the identification and release of the core causes of their "dis-ease." When this happens and the body's nutritional and detoxification needs are met, the body can heal itself. I have guided, facilitated, and educated thousands of people to reach their health goals. The biggest challenge of helping people is getting through the vast web of protection and scar tissue that their body's defense mechanisms have built to protect them from feeling the pain

of the wounds of their life's experience. My path has led me to know the healing power of love, loving, and staying in love.

This book/workbook is what you make of it. You can do the work and exercises as you read or just contemplate the lessons in your own way. Reread it often and watch how your answers and reactions change.

From following the exercises presented here, those of you who are willing will understand and receive your good will. You will also know that what you attract on the outside is what you are on the inside. Maybe the look you have and the way you talk is important as representation of who you are. Yet who you *really* are is always going to shine through the makeup/mask, no matter what. Because you can't powder/cover-up internal baggage, this baggage in you will attract and show up in your mate. Then you will wonder why he/she isn't the prince or princess you had in mind. What challenges most people is that they aren't familiar with what lies inside or in the subconscious mind directing and attracting their choices.

This is about the path and the journey of discovering what is in you and interfering with you bringing into reality the dream man, woman, blueprint, or experience that blends, compliments, and resonates with your true self. You can also use the book to manifest loving yourself as that comes first ideally. Wherever you are with yourself and see in those outside of you is what you will attract. I know if you settle for less, what you attract will reflect that settling. You will still have to clear in yourself what shows up in the one you attracted or end up divorcing your partner or being dissatisfied with your creation. You will think it is he or she who is wrong, but in reality, the conflict, the discomfort, and incompatibility you experience is just an indicator of where you need to work on your own baggage. You are bumping up against the incomplete, unresolved, unloved aspects of yourself. I know I do it all the time. Now, before we continue, could we please stop and look at how to clear because your stuff is already hitting you. You are either burying it in your favorite organ, limb or brain part or getting fatter, more in pain, or more diseased or you are letting it go at the subconscious level where it is stuck.

Let's look at how to let it go since you probably already know how to avoid it or bury it.



I am going to launch right in here boldly, as is my nature, because I know you are already starting to be aware of your stuff. The reality of life is we are all being HIT by what is in us all the time. WE are professionals at ignoring it. Not anymore. We will be professionals at clearing it.

Let us Begin Now since Now is all There is.

Let us begin to clear the baggage which is everything between you and absolute certainty about being in the reality and acceptance that your goal is now reached

List the baggage you know about:

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A very brave client who was struggling with money and job issues took the first addition of this book and used it to create money and a job. She is doing very well. I acknowledge all the people who take their last dimes and spend it to help themselves out of their lack consciousness. I call it, “learning to fish for yourself”.

What will you catch?

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Here goes.

You now have identified something to clear – right? Something that is in the way of you believing you have attained your goal.

Here is one way to clear with great success:

Focus on the feeling behind what is now coming up in your mind/body feeling self.

Say to that feeling the following 4 statements.

I am\_sorry

I am sorry this gets in the way of me knowing who I really - am love and light. I am also sorry for whatever I or my ancestors have done to create this. Say it as you feel it.

Please forgive me

Forgive me for failure to hold myself in the highest regard and not knowing how much the creator loves me.

I love you

Love heals all and raises the vibration

I thank you

You are saying I know it is done.

These four sentences are borrowed from a sermon given by Rev. Marsha McCartney at Unity Church in Citrus County.

I recently used was using it to clear whatever was keeping my sister and I apart. She called me during the exercise talking like we had never been apart. We talk and feel love for each other like when we were children – even more so. Love it.

The hardest part for anyone is to stay true to any path of releasing. The reason is we resist change. Our pathogens also resist change and have consciousness too. Remember they have survived billions of years. They are part of us and our consciousness. It is why you eat what you eat. You are feeding your bugs.

This process or a process of taking everything out there that does not feel good and dealing with it is the process of attaining enlightenment or light in every cells filled to the max.

## *Curse or Cure*

My conclusion is that life's curse has the potential to be life's cure. WE are going to take every terrible thing that is hanging over you or your family and turn it into a blessing. Are you ready?

I have also clearly accepted that everything that happens to us in life is an accumulation of our own karma. There is no one to blame, it has all been created by us and it is up to us to live through it. If we learn from it and heal the scars as we move through the unfolding of our life, we can enter a new place of freedom, love, and joy. We must be a witness to our lives and see what is there from our past to heal. What is to be healed will always show up in front of us when we are ready. The healing occurs when we open our heart and learn to develop different habits, make different choices, and release the patterns of the past. We can then have new molds for the present and the future. We can have the bliss we all seek. It is in our hands. THE HOW is simply to open your heart to it, whatever it is, right now. Then you clear it or say the 4 sentences until you recognize its gift or cure it has for you that is underneath the non-acceptance of it. As you accept it, it becomes integrated into your experience. It becomes a strength.

What do you consider a life curse?

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Feel it and say the 4 sentences

## *Heart of the Matter*

When the heart is open and love is flowing in and out, healing can occur. When love is present in us, we can heal and be healed as we simply express and allow that love to flow through us, to us, and to others.

I learned more about the *Hearts* true value by studying Chinese Medicine. Acupuncture teaches that the spirit lives in the heart. I put this together with my studying the bible which says –God Is Love- If God is love and we love with the heart, then God must live and express through the heart. Learning to love is our way of connecting to God.

I now learn about the heart by listening to it.

The understanding of the potential of the heart to store traumas was made clear to me by the study of German New Medicine with Dr. Hamer. This system of medicine is able to locate the kind of cancer we have by doing a CT scan of the brain. The healing changes in the brain occurs when you treat the trauma, and with the trauma or cause out of the way the disease can easily be healed.

Other cultures describe Samsaras or "continuous flow"), is the repeating cycle of birth, life and death(reincarnation) ithin Hinduism, Buddhism, Bön, Jainism, Taoism,<sup>[1]</sup> and [Yârsân](#). In [Sikhism](#) this concept is slightly different and looks at one's actions in the present and consequences in the present. According to the view of these [Asian religions](#) a person's current life is only one of many—stretching back before birth into past existences and reaching forward beyond death into future incarnations. During the course of each life the quality of the actions (*karma*) performed determine the future destiny of each person. The Buddha taught that there is no beginning or end to this cycle. The goal of these Asian religions is to realize this truth, the achievement of which (like ripening of a fruit)

is *moksha*. In popular use, *Samsara* [a westernized spelling] may refer to [the world](#) (in the sense of the various worldly activities which occupy ordinary human beings), the various sufferings thereof; or the unsettled and agitated mind through which reality is perceived. I call them scars in the energy fields.

Wikipedia

Other writings describe these scars as matrix memories and yet more describe chakra scars or issues.

For that reason and many more personal ones, I have devoted myself to the healing of *THE HEART*. The heart/mind/matrix/chakras must be healed of their scars blocks and distortions in order for it to open to its fullest capacity. You may keep your heart closed in an attempt to avoid the scars and fears in yourself that you worry could get activated. You may close your heart to situations that you feel might be a threat to you, or perhaps you keep your heart closed as you think it is the best way to protect it. If that is the case feel the closer and focus on it as you say: I am sorry – Please forgive me – I love you- I thank you.

In order to heal the heart, when you are ready, allow it to open to the things you want to protect yourself from encountering. In this process, you will find the heart is only truly protected when it is open to love. As you open to love and stay open you can allow love to heal all the pains it has stored and you have avoided. I will address and direct you to ways of releasing and healing the past scars and establishing new healthy patterns to *be* the real you and attract your loving partner. The scars are robbing you of the fullness of your energy, and the fullness of life. What you have closed your heart to has become your only enemy.

Of course, as we open to love, we cannot be attached to outcome. When you let the spirit of love flow through you to heal it is in charge, and that is what you want. You can trust it, but I know you may not be able to trust it now. That trust will, as with all things, come with the fullness of time and the doing of the work. I am going to guide you through some exercises as a part of this book-shop experience, all about learning to trust love. You will increase your understanding and acceptance of love, as well as your ability to sustain and embrace it, as you learn to trust the journey of love. I love you the world loves you all that is happening is just for you to learn from.

I received a text message that was rather pornographic. It brought up my fears so I called the police. Notice I say brought up my fears there is no one out there. I immedi-

ately started clearing my fears – the four sentences (I am sorry, please forgive me, I love you, I thank you) to clear from myself all fears related to this event like my vulnerability about being a public figure and all that stuff.

he police left a message for him to stop and he continued. I called the policeman again and he said he had talked to the man and after the conversation the man started sending him porn messages. The police said, “He is disturbed’ I felt so much compassion for the situation as I realized the text sending man was there to teach me something and he was just asking for help and love in his own way. He expanded my capacity for compassion and safety in all circumstances. It is as my dear husband says,” Everything is either a cry for love or an expression of love.’

What is showing up in your life as a cry for love you can learn from?

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This book can be used as a tool as you learn to be a vessel of light and love. This is an important step for being a healer or being healed. You can be an observer who does not latch on to thoughts or ideas and refuses to let them take you into fears or doubts. You simply observe the thought or the event and that part of you that is being disturbed by or resistant to what is happening. You ask, “What part of me is being challenged here?” When it emerges start the 4 sentence clearing.

When you can’t open up to what is being challenged, and resolve it with your heart open you have just identified where your work lies. If you don’t do the work then not being open to being challenged has the potential to become another scar that blocks your ability to give and receive love. This can cause dis-ease to develop, and can also keep out your “true love.” It is likely to keep showing up again and again until it is healed, and ultimately closing your heart does nothing but turn you away from Love.

## *Manifesting your Dream*

Manifesting is a process regardless of the end result you are seeking. The most that can happen is what you allow, and it can be everything you are cleared for and have the faith to allow. If you don't manifest your dream then it means there is something blocked inside you preventing it. This is something that can be cleared, and you can then open yourself to your dreams. Remember that finding love, or anything else you want, is a journey of unfolding and revelation. Unfolding means removing the blocks inside yourself and restoring balance which allows for the revelation of all the good that was there from the start. What is your dream?

*“Don't underestimate your ability to change and don't overestimate your ability to change others.”*

*Mary Ann Williams*



## *Dedication*

I dedicate this book to those people I have and will encounter. I thank them for the part they played and play in stimulating my exploration of those parts of me I did not love.

Ultimately I shall dedicate this book to my mother, who died in April 2008. I have learned to accept and embrace all of myself, including those parts that grew out of the influences of my mother's struggles. I learned from her violence, frustrations, and controlling nature as she expressed her deep love the only way she knew. She was fighting for our survival and fighting against the unhealed family patterns. I also thank my dear father for being the man he was, the loss of my father drove me to spend a lifetime seeking solutions that could save him from his pain. I can now use all I have learned to help others be free from their personal baggage and break out of the patterns that keep them from undiluted love.

My response to these two people laid the foundation for my soul's work. I could not have gotten to the place of love and acceptance without years of letting go of trauma. The contact with these two people stimulated in me what I needed to heal. I have no one to blame for the suffering. I accept it was given to me as a result of my past lives and actions.

I also acknowledge my dear soul mate and husband David. As a result of doing this work, I am developing an enormous amount of inner security and love for myself and him. My soul mate is my well-earned gift to myself. *Thank you. Thank you.* I accept this gift, myself, and him wholeheartedly. HE IS THE LOVE OF MY LIFE. He has also been the stimulus for me to learn most about loving life, others, and myself. He is perfectly what I need to perfect myself and he is *perfect*. The perfecting of myself goes on as I open to his love, and my own as we brave our inner paths on this journey of opening and allowing change.

The closeness David and I feel as we allow our life together to unfold is a great gift from the God in me – to me. The question I ask myself every day before I step out into the world is this one: “Is there anything other than love in me?” I ask my inner guidance to show me, and when there is, I work it out. The work goes on. The important thing to know is that the first part of what I wanted in a soul mate was a spiritual companion, and he is that. **He stimulates in me what needs to be healed. My part is to heal it.**

So I dedicate this book also to myself, the *God force* within me, which I am to open up to and let myself be guided by – all the way down the rocky road that is life. Since you have the same God force in you, I am also dedicating this book to you and whatever form of rocky road you experience. You are all, in your own way, my soul’s mates. We share a common source. We have a common connection. What brings us together now is the mutual seeking of a deeper connection to the universal force of love within us.

### ***“The Process is the Product.”***

With that in mind, I want to share what seems to be missing in life – information about how to go about processing what isn’t compatible with a lifetime of love, joy, and prosperity. I want to share with you how to *process*, in order to make room for the product. Processing is just a word for cleaning out all that is blocking our full capacity for health and happiness. Love is the foundation of that process and for all the blissful moments. The mind is the tool for blocking or allowing the heart to open, and the imagination is the valve for opening us to new possibilities.

For me, the product I created was the capacity for love and a life partner to; inspire me, share life with, explore with, and to help me grow into myself. I know many people with great hearts and spirits who are unable to keep them open and flowing.

The first step towards achieving the goal of allowing my soul mate into my life, I *wanted him with all my heart*. I wanted my partner as much as I wanted to be healed, and I wanted this with all my heart. I talk to many women who say, “I wish I had my soul mate.” They are not whole hearted with the wanting or the willingness to do the work of having. I want that for all of you and I know, if it is to work, you must learn how to heal what is in the way of that magic happening. I want happiness for the whole world, and you are a part of that whole world.

How much do you want it? -----

List the things you know that are in the way. Now clear this list before you move on.

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*I have found Voice Printing to be the best along with and integrated with the 4 sentences.*

*I am sorry*

*Please forgive me*

*I love you*

*I thank you*

## *The Steps to Your Dream:*

- 1. Desire with all your heart.**
- 2. Feel it with all your senses.**
- 3. Focus your intention.**
- 4. Clear the obstacles.**
- 5. Allow it in.**
- 6. Be grateful. Acknowledge your success!**

As you look at your desire for love, how strong is it?

If it is a burning desire you will have it.

With that in mind RATE your passion for this now on a scale of 1 ---- to off the wall.

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If you rate your passion and it is low it simply means there is a fear blocking your passion. The fear may be because of an unhealed scar or mental limitation. Finding and dissolving that fear is something you can do as you open your heart to it. What I feel from many seekers of love is hesitancy; lack of passion, anger, or grief. The first step is clearing out all the obstacles that keep us from wanting.

Some of the many possible obstacles may include:

1. An unhealed hurt from a past love
2. An abusive or hurtful parent
3. A feeling of inadequacy
4. A fear of failure
5. A fear of intimacy
6. An unresolved need to punish yourself

The list is vast, and what matters is not that it is such a vast list, but that you learn how to process the list. The list will go on for the rest of you life. It is life unfolding before you. IF YOU HAVE THE DESIRE AND THE OBSTACLES ARE CLEARED, then most likely you WILL have your dream. Sadly many people have a strong desire for love and the unhealed past draws them to a relationship that mirrors their suffering. The problems and separation arises because we do not see it as our reflection and we do not know how to heal it.

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When you clear the blocks that may be all it takes for you to let him/her in. I am going to teach you as much as possible about how to identify the blocks for and in yourself. A woman told me she had met a man who was still in love with his dead girlfriend and he would not let himself fall in love with her. She is still with him. He is the perfect partner for her because there is no risk of losing what she cannot have.

Some women say, “Your husband is so nice; does he have a brother?” To this I reply, “He has many brothers, but they must originate in your heart.” Some people say there are not many good men. I say. That is a commonly held belief, and if that is your belief then that will be you reality.

I held the no good men reality until I went to a therapist. When I told her there were no good men she said “That is not my reality. I know many good men.” I left the session. By the time I reached the car I had a change in me. I said well if there is one person who believes that it must be true.

*What is your belief about the partner man or woman you are seeking?*

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*Would you be willing to let that go and open up to the ideal perfect match for you?*

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## *My Commitment*

When you find that person who resonates with your soul as “the one” the best thing I have found is to commit and stay committed to the choice. The first to marriages did not really feel right I did not know what to make of the feeling they were not right. I just got married because it seemed like the thing to do and they asked me. When we want it with all our heart and find them we find *ourselves* as we go through what surfaces. As the unhealed patterns emerge again and again, so must our commitment. We may waver in our commitment because we want to run from the task of healing ourselves. Sometimes it is difficult to face what we see in our mate as a reflection of what is in us because we do not want to experience the pain of what is stored in our heart, but that is what is keeping love out. As you go down this path always focus on the light at the end of the tunnel. Keep coming back to what you want. Because, in truth, you can have *anything* you want. As we move through the difficulties we find the gift we are bringing to ourselves. It will not always look like you are getting where you want to go when you set out. *So love the difficulties and the journey.* Stay committed and face everything as a reflection of what you have to work out in yourself. Even if there is abuse it points to you having an unhealed attraction for this, **but never under any circumstances let yourself be abused.**

Remember, the soul mate and each person is also the mirror of you. Looking in this mirror with openness, opportunity, exploration, and love while simply *facing* the reflection will heal your soul. It is the commitment that can get us through the ups and downs of whatever surfaces as we move through the realities that emerge up when we make our choice. My wedding vows included this from my husband to me and from me to him. (His idea.)

## MY COMMITMENT

*I promise to trust you enough to tell you the truth and treat you lovingly, gently, and with respect, in my thoughts, words and actions, whether in your presence or not.*

*In every interaction I will look for and acknowledge the highest and best in you as I surrender to love, our true nature.*

*My connection to my Source and nurturing my relationship with you will always be more important than any issue. If anything unlike Love comes up, I will hold us in my heart and listen as we each learn to speak, experience, and be responsible for our own realities. I will be there, for and with you, keep communication open, and keep love conscious, active, and present as we heal!*

~ *BY MICHAEL RYCE*

I can say we have held to this vow, but this commitment began before I met him.

## ~ Chapter One ~

### *Loving All Parts of Us We Find in Others*

In a process of learning to live as one, I have developed appreciation for the process of loving and mating with souls. The goal of living, I have learned, is to love, accept, and embrace all that is. When I do, there is no feeling of separation from anything or anyone and I am healed. When I merge with everyone and recognize they are all parts of me I accept myself. It is then less important to have “things” because it seems like I have everything.

Looking at it from a Christian viewpoint the bible says, “Love Thy Neighbor as thyself.”



Looking at loving others from a Buddhist view point the meditation is on taking in other peoples' suffering by visualizing it as dark smoke. We then give them love and light to heal what we are seeing as their suffering. We can then visualize a great outcome for everyone's happiness, bliss, love and freedom. In the process of doing this meditation for others we are healed of their issues that are also in us.

**Do this Purification Exercise** -- *Take a situation with someone or something that is currently bothering you. See all the people in the world who are bothered by the same issue that is bothering you now. Let the feeling and energy gather like a dark cloud from what is bothering you and all the other people who are bothered by something similar. Gather this energy like a dark cloud and past through your heart. Now bring light down through the crown of your head and send it to all the people that are bothered by this and the person with whom you are upset. After that is complete see the outcome you would like, feel the feeling you would like to feel, imagine how you want it to turn out. In the process of doing this you will heal yourself.*

I understand this process as accepting and embracing what is inside myself that is triggered by my encounter with you or anyone. Getting to the place of oneness requires learning to accept, embrace, learn from, and process all the "stuff" that is between "us" and "them." Soul mates can be people who stimulate the journey to inner awareness. If we face what comes up, the outcome is supreme happiness and health.

I will love all the parts of me I feel when encountering you. In other words, if I meet someone who is a raging maniac I will then love the part of me that is a raging maniac as well and all the raging maniacs. This process of getting to love these small and large parts of life – as life happens – is a relatively unexplored part of what we know how to do. Healing life is not addressed openly. This is why we have so much conflict internally, why we have wars, and why we disapprove of and judge others. This judgment grows out of our fear of what we are encountering.

I was walking near my house when two large growling dogs showed their teeth to me. I realized in that moment, I must open my heart fully to them, when I did and said, "Hi

puppies.” They walked on by as I held my fear in check. This is the power of love to transform.

For some, the tools found within these pages may be applied to resolving the relationships with people in your past or present. There are people and aspects of ourselves we just keep going round and round with but never get past. Usually, these are members of our original family that we have not felt love for or loved by. It is amazing how we manage to avoid seeing the opportunities for personal growth as we bump up against these same feelings day after day.

Write down and clear what is popping in. \_\_\_\_\_

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The single most important thing to remember throughout this process is this: *the person who shows up is there to teach YOU something about yourself.* When you learn what exactly that person was sent to teach you about yourself you will no longer be upset about the person who is pushing your buttons. As you complete the processes, those things that were an issue in the past will become a non issue and you can find gratitude for the opportunities the universe is giving you. The issues that people trigger in you are your buttons and *you* have the power to flatten them with love.

## Chapter Two ~

### *Finding Love Inside is the First Essential Step to Finding It Outside*

Love is something that has to exist inside of us in order to bring it to the relationship. If we depend on the stimulation of the relationship to bring us to that feeling we can be angry and disappointed when it's no longer there. This is because it means we were relying on something *external* to give us that sense within, and it explains why people go from partner to partner looking for that person that stimulates and fulfills that place in them. An empty person, "looking for the perfect man/woman", can only experience what is inside themselves. What is in you now?

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I have watched as people suffered saying things like, "I don't want anymore bad men." I don't think we truly understand that these "bad" people who show up in our lives are really there to teach us something about love and patience, or show us some aspect of ourselves that is ready to be healed. We are always free to choose whether or not they are the choice for our mate.

There are so many ways to avoid our inner "stuff" because avoidance is very popular, and we don't know how to deal with our "stuff" directly. Maybe it just simply seems easier to ignore it and not face it directly. The truth is, what we ignore will keep hitting us over and over and over and over again. When will we ever learn? I wonder what would happen if we took total responsibility and said, "For some reason I keep attracting a person who does not fulfill me. I wonder why this keeps happening?" That is a good starting place, but in order to understand better how you deal with things ask yourself how your family dealt with life. What was the coping or avoid

ance pattern you learned from them and what have you done with that? Did they create a lot of drama about what they face? Did they avoid the feelings and bury them? Did they face them openly and learn from each situation?

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The feeling of romance comes from within you. It is really the sense of loving one's self that comes naturally when we connect with our inner love, our inner spirit, or our inner God. The people we attract either stimulate the good feelings or they stimulate the feelings that are unresolved and keep us from having our loving, romantic, and joyful feelings.

The people who stimulate the so-called "bad" feelings are also doing us a favor. They are our best friends. These feelings are indicators to guide us to knowing what is unresolved in ourselves. We have natural resistance to feeling these emotions in ourselves and owning them as parts of us. These unresolved parts of us are the blocks that keep us from having the sustained, loving, and romantic experience. The challenge is – it is easier to see others shortcoming than it is to see our own.

For example, say you're having a very romantic relationship with a very darling man or woman. Suddenly, out of the blue, a man or woman enters the romantic scene and hugs your beloved with a greeting that leaves you feeling as though you were just hit by a stun-gun. OUCH. You know all the things this event triggers. On the top of the list might be a little something called jealousy, or it could even pass jealousy and go straight to rage. However, this jealousy or rage is usually a reflection of unresolved inadequacies you feel in yourself.

Whatever it is, you may use it to end that relationship to avoid facing the pain in yourself. In this case you will close your heart around that scar, and in doing so you are saving yourself from feeling, owning, and addressing *your* internal inadequacy. Now because you have chosen to handle it that way you will get the reward of having to take that wound with you. Now you have *more* luggage, and you are only adding to the baggage you have claimed!

If that doesn't sound like what you really want in actuality, I will tell you what you could have done instead. You could have taken that encounter with this handsome/beautiful person – who may have at first felt like a threat to you – and made it a *gift* to yourself. Imagine that you were able to open your heart to this person and be excited about them. In this case, you could *connect* with the affection they share for your beloved, and now have something in common. Now you share something. You also recognize that you would not be seeing something beautiful if it was not also in you. You see, love dissolves the threat. No it is not easy.

If you see this situation as a threat rather than a gift it may mean it would be of great value to discover your own uninterrupted romantic self by releasing the issue that's keeping you from feeling positive about this issue. When you read this I want you to know that this is the most neglected part of spiritual and personal growth. It is also the most valuable thing to know because it means there is something you can do about the misery you feel inside yourself which is activated by the outside stimulation of someone's response to you. Without their stimulation you would not have known there was an issue. *That* is why it is a gift. What is coming up now? Yes it is important.

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Say the 4 sentences you have memorized by now because you are using them constantly. Right?

**Remember, love heals all. It is only doubting that that keeps us blocked. Yes I am sure.**

You see, we are all looking outside ourselves for the validation that tells us we are lovable, but what you may not realize is that whatever we see *outside* of us is really a reflection of what is *in* us. This approach can guide us as we use it to identify what is not healed in ourselves. As we look at the “other than love” responses, we are picking up on our radar of sensing how people feel about us, and we can see what needs to be released or healed. Once you recognize it you can heal it with one of the processes suggested later. It is the path to loving yourself. I am talking about *completely* loving yourself. That means as things are happening outside the heart realizes these things can be taken personally and used as a reason to close our heart or they can be used to stimulate us to open our heart more. That is a very big deep place in you to rediscover.

Men and woman often seek the God/Goddess when searching for a mate. The individuals vision of the God/Goddess is influenced by culture, genetic conditioning, and programming. One may prefer the slim and trim model type and another may prefer the full-bodied, Mona Lisa type. There is a tendency to focus on the way someone *looks*, but whatat we are really looking for in this process of seeking union is someone who makes us feel good within ourselves. The best thing to do about that is find your own internal God/Goddess part. You will then attract the person who amplifies all that you are.

Never the less it is good to create the image of the idea man for you and begin to enjoy being with him. First you will need to clear those that you have stuff about. What stuff do you have now?

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I did not know this on my first marriage. Even though he was a handsome SAE from FSU, drove a corvette, was gentlemanly, from a wealthy family and had a good heart. Sounds great. It had so many great aspects like skiing together in Europe and travelling extensively. We loved each other. Then a friend told me he had been unfaithful and I left. I was so immature about such things and still so unaware of how to handle such things. I left. I heard the song, "Just get on the bus Gus make a new plan man." I heard it in Atlanta while getting on a bus. At that moment I knew deeply and certainly I had to leave him. It was definitely divine guidance. He could not connect with where my path needed to go and it was simply not the right divine match. I had known it since our wedding day when I weep uncontrollably.

**Note - We all have many things to work out with each other that is why we are here. We actually attract what is in us to complete. It is the way we learn. For example, we bring to our relationships with others the "addictive father" or the "controlling mother" part of us which we thought only existed in our mother and father. We bring whatever there is to work out in us and there we are. If we make the most of it, we heal what is in us from our past deeds and comes up in ourselves.**

**We don't sit around and complain about what we see with our girlfriends and boyfriends. Complaining or repeating any pattern takes it deeper, and it damages everything and everyone around us, including ourselves. The place to reach is the place of unconditional love and acceptance of what is in them, and thus in ourselves. This is the first part of healing. For me, I brought this controlling/abusive mother and addictive father into my life to heal the karma that resulted from my past incarnations. I may have had this problem or some version of it in the past. The goal is complete acceptance and love of all parts of me that are in each of you. Each of you is a part of me. Your light also shines in me.**

I met a wonderful doctor from California at a workshop in Tampa, and we had a great connection. She turned to me out of the blue and said, “My husband is an addict, and I stay with him for many reasons.” She was a bit private about the rest of her situation, but the implication was that it was good for her to face those parts of her. I took that to heart and allowed myself to develop the attitude and commitment of not running from anything I saw in my mate. I accept each thing as a reflection of some part of me and heal it.

The ultimate achievement in life is to allow true love in. This allows you to feel like laughing from the sheer joy of being alive and complete in love, either alone or with someone. The goal is to stay in love with yourself and accept what is coming down the road as you hit the bumps of other people reactions to you and your reactions to them.

The secret is to love yourself first and foremost, and when you fall in love do not let what happens with them interrupt your own inner flow of love. It is important to understand and always remember that true love doesn't happen outside of you. It happens in you.

True love within you is not contingent on someone else loving and approving of you, or doing what you want them to do. This is good news, because it means *you* are in charge. You are not destined to a life without love. You can do the healing and make room for the truth about you, and that truth is that **YOU ARE LOVE**.

### **Little child connection.**

**Sit quietly and allow yourself to feel the little child in you and get to know her/him slowly and well. You are the mother the child wants to connect with you as the healer of her/him.**

**Ask the Childs' permission as you lovingly offer to connect with the child at the Childs' pace. Offer your love support and parenting request that the child let go of everything that is causing “us “blocks to our divine nature and enlightenment. Spend time listening to the child and asking her to let go of the traumas she has been holding.**



**You can focus particularly on asking her to let go of those things that are in the way of what you are manifesting. You don't need to know what they are you can feel them if you like to amplify the release.**

**You may also focus on a physical symptom you would like to release at the cause.** \_\_\_\_\_

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## *~ Chapter Three ~*

### *Manifesting Love and Your Soul Mate*

I was sitting at lunch one day with a woman who represents a nutritional product line for physicians. She had proposed a way to introduce me to doctors in the area as an acupuncturist who does emotional release work and allergy treatments. I had just arrived in town and it was a generous thing she had proposed to do to support me, and I wanted to be as generous with her as she was with me. I was trying to figure out how to support her in a way that would be really meaningful and specific for her needs.

She had indicated during a session she had had with me earlier that she wanted to find her “soul mate.” I decided I would give her support in manifesting this for herself. I started by telling her my story of how I allowed my soulmate and present husband, David, to enter my life. When she heard the story, she said “That is a book.” Shortly after hearing this story, a man showed up in her life that she felt was “the one.”

The important thing to remember is that manifesting is only the beginning. I manifest and recreate David on a daily basis. As we go through our life together, I take the little or big annoyances and frame them in a positive outcome keeping my heart open (for the most part).

One example of something that I keep reframing has to do with my husband being an adventurer. He loves adventure and his adventures often take him away from me. So rather than see this as a loss for me and him, I hold it as a great opportunity for myself to have individual experiences. We can then come back together in a greater level of renewal and share adventures ourselves. Every time he leaves it stimulates my abandonment button. It is almost gone as I just keep healing it. Our relationship ultimately keeps being re-energized.

The key is to keep addressing and working through all of the things that come up as you merge your life and your love with another person. This has to do with learning to go beyond the little and big disappointments that grow out of expectations that

occurs as dreams clash. Everyday I hold the image of the love I want my partner and myself to be and we just keep evolving through all of the “stuff.”

I have now decided to share my process and my joy with everyone. When I started in earnest to look for my soulmate, I did not know how a husband and wife would express love towards each other. What I had seen in my family between my parents and grandparents was withholding of love, disappointment in each other, anger and resentment regarding actions, and “inappropriate” displays of issues. As a child, I saw my parents as very mean, tense, and angry. Their way of expressing “love,” was not getting through to me as loving. I knew that they loved me, but I did not *feel* the love.

Ultimately it was that lack of love feeling there that inspired me to seek ways of showing love. I have always been in search of the ultimate everything: the ultimate look, the ultimate car, the ultimate place to live. Now I was ready to face the obstructions that blocked the flow of love into and through me. I was ready to find Love – the “ultimate ultimate.” My idea of love has evolved in a much deeper way since then. Here is the story I told my new friend about the process of manifesting my soulmate:

I had two marriages that came to an end, much to my horror and dismay, because I fully thought I would marry for life. I ignored the fact that I cried all during my first wedding. I didn't know what that meant, as he was a good guy. He said he loved me, he had a Corvette, he was cute, his family had money, he had a good heart, a good education, and he was funny. I thought all of that meant it must be right.

But my soul knew differently. All I could do at the wedding was cry. I did not know or understand *why* I was crying. I think it was my soul's knowing that he was not my life partner. He wondered why I couldn't stop crying, too.

Five years later I listened intently to a Paul Simon song, *50 Ways to Leave Your Lover*. I heard these lyrics of the song: “*Just get on a bus, Gus, make a new plan, Stan. There must be 50 ways to leave your lover...*” When I heard that song, it sounded like it was being sung just for me. I got out of Atlanta and out of his life. I divorced him, and it was heartbreaking for both of us. There was nothing really wrong with my marriage except it was not right for me. I can't explain it except to say that he was not the one my soul chose. Instead, he was my mind and egos choice.

I want to tell you he was the right person for me *at that time*. That's the learning experience that everyone who comes into our lives offers us. The important thing is to know what they are offering, and what we have to offer them. There are no mistakes, so I realize marrying him was absolutely right and I learned from it, far more than I even know.

I think the main thing I learned is there was work for me to do to be able to remain in love. So the point is this: we have many soul mates. We come together for different reasons and for different periods of time.

All I know is that I had to go. I could not have stayed. I trust the Universal guides, God, and all the higher powers to let me know what to do next. Actually, some of the choices we have to make as a result of being guided *to* something or away from something or someone can be painful and can leave scars.

You might ask, "Was he a soul mate?" To which I would reply, "Yes." So then you might say, "Well, why didn't you stay with him then?" My answer to this is that he was not a *life* partner. One of my problems in the relationship was that I did not know how to face what was happening. I was really uneducated about what to do when he made jokes and put me down in front of others. Now I know, and I did a lot of work to clear my inadequacies and sensitivity.

The other point is his current wife is his *life* partner. Though he blamed me for leaving, I did us both a favor. He loved me and I loved him. We have an expectation that this thing, this deep feeling, must last forever or it isn't real. For me, this feeling *will* last forever. He is not the person for me to be with as a life partner. So part of the work I did was to forgive myself for marrying and not having it be "till death do us part."

My second husband was so much more "not right" for me as a life partner, although I learned a lot from him. He was a psychology professor and he taught me skills that contributed greatly to who I am today. The most important one was how to ask for what I wanted and how to communicate my feelings. I also learned is how much work I had to do on myself. There was no one to blame.

I feared for my life in getting out of that relationship. I think people are not fully aware of the delicate process of leaving and how threatening it can be. He was so deeply wounded and that was the last thing I would have wanted. I had to forgive myself for hurting him as he is also a dear human being and a brilliant man.

I just had to recognize I could not live in the box the men I was attracting were in. I was ready to step out in life, explore, and become conscious. Their journey was taking them someplace else.

All men who have taught me about love and life have a place in my heart. Thank you, dear ones. As we journey through life, we will encounter many opportunities to *see* ourselves – and grow from it. After my second divorce I dated many prospects, yet none of them were right for me. I remember my friend saying to me, “When are you ever going to find a man you can commit to?” Well, thank you Donna Sue for saying that. It was a wake-up call that changed my life. I called her and thanked her 20 years later. I Now I could see it was possible and that it was something I should consider. I realized I had never really been committed to one man, for better or for worse. I married for the better, and when the worse showed up I didn’t know what to do.

Of course this non-committal pattern was a family pattern of both my mother and father.

I had to heal both sides and I had to heal the abandonment that had happened to me when my mother left my father so I would not have to continue abandoning others.

The lack of commitment was also an old pattern I had to heal. It was a journey of going through much fear, but now I realize that love hurts. You can’t avoid pain but you can learn and grow from it. The other choice is not to love. With all I have been through, I gratefully can say, “I have loved.” Remember, pain is just resistance to staying open to what is happening and your interpretation of what it means.

I identify your painful areas you will want to heal in relationship to trusting love.

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~ *Chapter Four* ~

*The Turning Point*

I decided to make this a genuine quest to find my soulmate. It was a conscious choice. In making this decision I started down a totally different path - the **path of looking within**. I decided to see an astrologer who specialized in relationships within astrology. She said to me, “Why don’t you find a Scorpio man?” Bong!!! I had never thought of that. I was someone who could not stand to be with someone who was like me. I soon saw the value of being with someone who brought out that which I am. I decided to face whatever that was about.

You see, I am a triple Scorpio which means according to my astrological chart I have three houses in Scorpio. With great effort, I have healed myself of the nature of Scorpio, which is to sting, and ultimately I have transformed it to the attributes of the healing energy side of Scorpio – which has always been very strong inside of me. This allows me to focus this very powerful Scorpio nature into an even more powerful *positive* healing energy with a playful sting that helps to motivate.

The part I feared about finding another Scorpio is he might also possess the stinging intensity of the sign. Now I understand it would only drive me deeper into healing myself and developing the positive potential of my God given nature.

I took the hint and started looking for a Scorpio man. The first one was way too intense and totally not right for me. So I retreated and went to a counselor. I told her

there were “no good men in the world.” She replied, “That has not been my experience.” I angrily left, feeling ripped off because she did not agree with me.

By the time I got to the car I realized what a great favor this counselor had done for me, and I began to think seriously about what she had said. If one person thought there were good men out there, then maybe there were. Conclusion: There are many.

You see, I had grown up in a household of man-haters. As I saw it, the women in my family did not have positive things to say about men. There had been always been some abuse and neglect by men in the past that carefully fed and shaped this view. It had now become a generational illness, and a pattern that had not been healed.

The thing that bonded the woman of my family together was a mutual negativity about men and relationships, but yet there was great faith in other areas of life. The women in my family, being the good Kentucky kind, had faith that moved mountains. I definitely got that from them. Thank you my dear sweet ancestors. My mother left my father because he drank a beer every day and did not contribute that money to food on the table. She confessed once, after much prodding from me, “I don’t know why I MARRIED HIM.”

It was war time and things were scarce. I was two, and in my mother’s mind he was so bad I could never see him nor talk to him again. I do not know the whole story because secrecy was considered a valued and necessary component of our family. It was forbidden to talk about things *inside* the family or *outside* of the family. *Never talk about the past.*

This ban on discussing left me to make up false realities. I wondered, “What could possibly be so bad about my father?” When I was about thirty-five I dared to ask my mother this question. I inquired in a moment of closeness between my mother and me. “He drank,” she said. She had been hesitant, but that was all she said. “How much?” I asked. “A few,” she replied. “One or two?” I inquired. “Yes,” she said. That was the end of the conversation.

Then I pressed. “Mother, was there anything about him that you could tell me?” She took a deep breath and said, “When he came home after work, he would ask about me, “How’s my girl?” That is the only thing I know about my dad and his feelings

for me. It was a very healing moment, and a pivotal point to know I was cared about by my father. Little girls get a lot from knowing their father loves and protects them. When they don't have the protection of the father they are susceptible to being taken advantage of by men as I was as a young girl. When I found the step-sister who had cared for him during his death, she told me many stories about how much he loved and wanted my sister and me.

It has been a lifetime project to release the trauma and grief of never seeing him, talking to him, or hearing anything good about him from anyone, especially my mother. My grandmother gave me a clue once that he might be an okay guy by letting me talk to him on one of his phone calls. This is the only time I ever spoke to my father. I remember holding on to every word and trying to memorize the sound of his voice. I think I knew what a rare opportunity it was. I always felt bad because he asked me what I wanted and I said, "A piano." I always thought I asked for too much. What he did send were very big dolls for my sister and I. They disappeared I dolls were more within his means.

My mother quickly kyboshed any further contact. My mother was very angry at my grandmother for breaking the ban on communication. After that, Grandmother always complied. Later I found a half-sister who said to me, "Our father sent many gifts to you that were returned." The price I paid is that I did not; I *could* not allow the inner father in me to develop fully. The inner father I developed was an abandoner - an addicted and irresponsible man. This laid the foundation for distrust of men and for all of them to show up with the same issues. You see, we are all like magnets and we attract to us people that have the same characteristics as ourselves – the same tendencies and propensities, both positive and negative.

I really did not believe my father was so bad, yet the training on a daily basis made its imprints in my mind in spite of my desire to see my father as good. The fact that my father was not there made me deeply angry at him and even angrier at my mother. This shaped my life because I was determined to become a psychiatric nurse and find him and rehabilitate him. My sister hired a detective and found him a few years after his death.

We found three other half-sisters and began to communicate with them. There was a lot of pain in hearing that my father had made efforts to contact us, contacts that



were all rejected. Susanne, Paula, and Jeannie were the names of our half-sisters. I then had to make sense out of my father naming another child the same name as mine. I ended up taking it as a gesture to indicate his desperate attempt to replace the child that was beloved to him, the child that he could not have. I think the other Paula had a more difficult time finding me than I did finding her. When I talked to my sister Paula she said she also was a dancer, a very fiery go-getter, and very much like me. Good job Dad, of recreating what you loved so dearly. All of this had to be healed.

So you see, it all motivated me. I became the ultimate codependent trying to heal and please the world. Of course, combine co-dependency and my healing gifts and you have a powerful combination. Remember, a codependent is one who wants to heal the alcoholic and get their love and approval. Of course, it won't happen that way. The codependent can only heal themselves and their enabling characteristics. When they do then the alcoholic can heal.

So you might then ask, "How can someone's healing of themselves heal the addict?" It is the law of magnetic attraction. What you are is what you attract. What you heal in yourself leaves room for the other to heal. When you are in the space within yourself that is without addiction, you are freed of any addictions and what you attract can also be free of them.

So the alcoholic in front of you, that is perhaps your partner now, can move into the model that you are generating or will move on. When that happens your magnet is now set to attract freedom from the shackles of addiction. I will tell you it worked for me.

I was actually very frightened of marriage and relationships. I think the parents of children must understand the value to children of having some contact with their parents unless they have murdered, for example, or could be harmful to the children. Of course, my mother did what she thought was best at the time or what she thought she could handle. She did do the right thing it was my path. You can see I did make the most of the situation. It is our job to take what we are given and find its sweetness. It is all happening because of what we did or did not do or heal in the past. My healing work on these things continues to this day. It is important to realize the scope of healing issues, they can be infinite. The first time we tackle an issue, we may have

very strong feelings. Sometimes we get into the strong feelings initially, and we gradually allow ourselves to go into the depths of the stored disturbance. Once we've reached that depth, we may also have to spend time cleaning out the remaining traumas that have emerged. Due to the fact that the original trauma attracted like traumas we now, instead of *one* thing to heal, have multiple compounded, overriding issues

Are you ready to begin??? Go ahead. There is no time like the present.

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From this view, we can say the ideal thing is to heal a trauma and release it immediately or as soon as possible, before it has time to set up a deep root system. If your child or someone you're with has such an incident, it is important to put your hands on them until they let the trauma go. Your hands act as energetic "jumper cables" to facilitate the release of the trauma induced by the incident. You can also use Traumeel cream on the skin or rescue remedy flower essence.

With everything we heal we become clearer and more powerful. With everything we don't heal or clear, we allow an energetic block to remain. This block is a potential for multiple dis-eases and deviations from our true selves to develop. As we release, we come closer to our true selves, which is the only process that will give us the Love and satisfaction we are seeking.

## ~ Chapter Five ~

### *The Foundation for Change*

I had been going to the Unity Church in Orlando Florida during my last year of acupuncture training and living with a fellow student. Unity is very much a Christian church advocating the recognition of ourselves as powerful spiritual beings that are temples of the Holy Spirit. The Holy Spirit lives in us and we have the ability to utilize our God-given power to create what we want by using our positive prayer and intent.

I had further studied books such as Abraham, written by Ester & Gerry Hicks, to understand that creating or drawing someone to us involves the use of imagination and all our senses. I also borrowed from the teachings of Albert Einstein, who said, "Imagination is everything." There are, in fact, *many* people to credit for this viewpoint that developed in me over many years. There were many teachers and still are. I thank them all.

I learned from my counseling knowledge that whatever we have, we have because it is a reflection of *where* we are and *who* we are. I learned from Dr. Bert Hellinger, founder of Constellation Therapy, who proposed that our motivations, inspiration, and traumas of the family energy field are propelling us in a direction. Until we heal these traumas they will remain a driving force in our lives.

What is showing up is a mirror of our unhealed issues and our health. It is important to keep recognizing our gifts as they emerge on our journey. If we were victimized as a child by the dynamics of our families, (which often happens) we now have a victim pattern in ourselves, and we draw to us more victimization. In family groups one or more of the children may become the target for the parent or parents who want to release their frustration by blaming or unloading on the child victim. This may go on for many years, or even a lifetime, unless a release of the traumas occurs and new patterns are established.

I realized when I started the project of manifesting my soul mate that I was a magnet shaped by my past. Reflecting and attracting the patterns that had become ingrained in me. I knew as I approached this subject that, as in the case of any subject, I would face myself and would have to release my own patterns and limitations to allow my true self to emerge. I was operating from the viewpoint of not knowing how utterly magnificent I was.

At that time in my life, there was “no room in the energetic inn” for my soulmate. I had been well trained by my experiences to keep men out because they were the “enemy.” I believed that women could not really trust men to take care of us, and it would be a disappointment to love them.

To help you apply this to your situation, describe the experience of men or women you had in your early family that may now be influencing the idea or picture of men or women that you hold now. There are many patterns I have seen over the years of being a therapist. It is important to think of the patterns of each parent and how they responded to each other.

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One woman described a pattern of her father sitting in his study drinking all the time and her mother being angry and abusive to her. Her mom punished her by locking her in a cellar. She now projects her unhappiness onto the middle daughter and has attracted an abusive, uninvolved husband – just like her mother attacked her and her father. She could never get deep enough to let it all go so she divorced him. Because her mother had found herself after a divorce she was also able to find some peace in herself. It created more problems for her and her children. It would have been of great value had she healed herself within her marriage. She is now totally broke and he is thriving in every way. I recognize it is her path.

Remember this is a bookshop. If you are ready and eager to do your work, go ahead. Describe the pattern that you saw in your family. What I mean by this is describe the relationship between your mother and father and what you know about how that af-

ected you. Describe your participation in it and how it set the pattern for the role you are still taking when you enter or avoid relationships.

Begin to clear using the sentences:

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Keep in mind; this is a “soul-searching” exercise. Don’t expect this to be easy, because you have probably put up walls or locked away the awareness of the traumas and resulting patterns. This has been your way of protecting yourself against feeling the pain because you didn’t know what to do with it. As you allow the pain to come up now, you can breathe into it, *feel* it, stay with it, and *let it go*.... *Breathe into to, feel it, stay with it, and let it go. Just keep breathing and keep letting go.* You can do it! Open your heart to it –fully.

You can also begin to heal the pattern by gathering it like a dark cloud that showed up in your family as it does in many families. Gather it from all members and swirl it through the very powerful healing force of you heart. When it has begun to clear, put light into it and send love to everyone involved. In doing this you will move towards healing yourself and them.

**During each of the processes, you may also use the color chart and the chakra holding technique described in the appendix 2 to get a deeper clearing of the issue.**

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For example: I have a young woman client who is eighteen years of age. I should say an *old* eighteen-year-old girl, because she is caught in a family pattern of protecting her vulnerable mother from her very aggressive father. She does this by putting herself in the middle and pleasing her father, in an attempt to defer his attacks on her mother. The result is the father does not deal with his addictions and aggressive nature, and the young girl keeps attracting men who steal from her and abuse her. The reason is that fathers are supposed to be our *protectors* not visa versa. As I have seen in example after example over the years, when there is an interruption in the family order, distress ensues.

The value of your insight into your pattern is good for getting the outcome you desire. If you do not connect with anything in particular you will benefit by simply asking for a clearing for all that is unknown.

If you will take time to identify your own pattern in attracting a mate, it will help you identify the pattern that has to be healed for you to be in love. *Awareness is the first step in change.* **So go ahead - take the plunge.** Reflect on and describe the kind of men or women you attract now and see if you can make some connections about where you learned these deviations from love, health, and happiness, or why you attract this pattern of women or men based on what you saw or didn't see in your early family. Perhaps you did not feel loved by your father, mother, or both. Perhaps your mother or father was emotionally unavailable and you have attracted an emotionally unavailable mate. \_\_\_\_\_

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I realized that if I were to manifest my soul mate in my life, I had to first manifest him in my mind and let him into my heart. I also had to heal the old feelings that were in the way. I had to heal the addictive and emotionally absent father in me. I noticed that, because I was never allowed to speak of my father and did not develop understanding of how it affected my life to have a horrible image of him, I was now attracting men who matched his *modus operandi*.

I also had to learn to take in the positive qualities of the men I had known who were great role models and let in the positive qualities of those I was meeting. I had an overwhelmingly strong desire for the man I could love, and it was the strongest desire I had ever felt. That desire drove me through all the days I did not feel like doing the work of changing my pattern of repelling the right man to a pattern of *attracting* him.

I have had many people come to me to heal difficult things. It is true of anything in life. We get what we want if we clear the blocks to it. I see it everyday as I work to lead people to heal their difficult issues. The ones who want it badly get it. They have to keep wanting and continue trekking across any rocky terrain that may emerge.

So I made a list of what I wanted, and I began to look at men who had those qualities. I began to shop not for someone to date, but for someone who could be a mate. I collected small things like the way men smiled at me, the way they held the door, or the way they looked at me and I put them down on a list. I chose to think actively and pattern my thoughts, consciously choosing thoughts like, "He is a great man." In making a positive statement, the challenge is to *feel* it as though it is true. Here is an opportunity to practice that technique.

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\_\_\_\_\_ My soulmate was taking shape in my mind, and just like my grandmother Nanny Bess's biscuits I was molding my future from scratch. As I observed little gestures of kindness or valor I added them to my list, and I let them in

me as qualities of my evolving soul mate. I put them together according to those I preferred as I constructed and put together the perfect man for me in my mind and in my heart.

I realized I had never met the perfect man. In the process of looking around and “collecting” qualities that I admired or appreciated, I began making them into a grand design. I took each quality that I could feel in the men who represented the “molds” for this, and I integrated them into one person. I focused on the memories of positive feelings I had about men. I always remember how positive I felt about Jesus. There he was, a fixture, in his soft flowing robe, reaching out his hand, and brimming with kindness. So I thought I would, first and foremost, search for that kindness and nurturing quality. I had that model of Jesus from my earliest memories, and it was probably the most comforting model of man I knew. I prayed to him; I trusted him so for me his presence had always been a comfort, and I loved him. As a child in Sunday school, and from my mother, I had grasped a feeling and a vision of Jesus’s compassion and love for us. I also drew feelings from my minister, Dan Gill, who was a fatherly, kind, and strong male figure in my life. He was strong yet soft, and spiritually comforting. Now, I didn’t want to marry Jesus or a minister so I had to put together other qualities that would touch me. With this foundation, I began to feel the presence of this ultimate man: the essence of him, the life-force, the sweetness, the strength and the spiritual qualities. I continued to feel, see, taste, and use all my senses to imagine, hear, and think what he would be like.

With this foundation of *spiritual* qualities, I then began to look for the other qualities I was attracted by. These were things like the way a man would smile at me, complement me, or the way in which he would intellectualize. I was aware of these things that other men were expressing towards me, and I would feel with all my senses what that would be like if my “perfected model” were to express himself this way towards me. I put these attributes that I found appealing into my composite, like putting together plans for a house and pretending you are already living in it.

I used the process of discovery of these qualities as a healing process. It led me to discover what was missing in me or what was unhealed in me. For example, if I met



someone who was unavailable, I would deal with whatever that was telling me about my internal makeup. Take the plunge – go for it.

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It's important to know that we can *always* continue to create. It is of great value to keep in mind that mastering creation and manifestation is what we are ultimately here to do. And when we think something is completely created, it is essential to remember that we can continue to generate new conditions, new dimensions, and "renovate the countertops," so to speak. As in, we can renew and refresh our relationships in the same way we would renovate our countertops. If I start to worry about something, I see needs to be done. I create it as done.

Many times people get bored in a relationship that was right for them when they were twenty, and they don't know what to do when they feel they are no longer being fulfilled. Feelings that say, "What I've created isn't enough anymore," or "What I've created isn't exactly fulfilling *now*," are often times difficult when it comes to figuring out how to handle them.

Sometimes the relationship isn't fulfilling because we haven't developed the quality we are seeking within *ourselves*. We have become aware of the need and desire for that quality, yet we have not taken responsibility for giving ourselves that quality we are seeking within ourselves. Remember: *As within, so without*. It all begins internally.

So now, let's say you've been in a relationship for almost a year, and it seems your partner is no longer as attentive, adoring, or appreciative as you originally experienced. Usually what this means is that *we* do not have enough appreciation for *ourselves* and we are ready for more. So we have to turn to ourselves and look at our family pattern to see if we are carrying the same attitudes and traumas we saw be

tween our parents and felt inside them. These are usually things they have not healed in the past and good feelings we have not let in for ourselves.

Perhaps you sense between your mother and father his or her frustration at not feeling appreciated by the other partner. Truthfully, what we have to look at it is this question: “Do your mother and father appreciate each other?” Now, since you can’t change them, you have to figure out how to appreciate yourself without being dependent on, and at the affect of, another person. The other part of getting what you want in a relationship is to reward, acknowledge, and *ask* for that which you desire. Most people tend to criticize what isn’t there, rather than acknowledge what is.

**When I thought about the “ultimate,” completed composite, what really made this man right for me is that we would share the same commitment to growing spiritually, to loving more, to making a contribution to others and this planet, and having a full, rich life force that allows us to enjoy all things to the fullest.**

I went in and out of the process of being with my imagined soulmate and noticed what came up as I was involved in getting to know him before I met him.

I persisted through everything, despite doubts that questioned, “Is this going to work?”

Understand one concept here: what you are creating is affected greatly and, to some degree, limited by your family patterns and earlier experiences. Just remember these are offering you a chance to work through the original issues and eliminate them as limitations. View them as opportunities for growth, rather than obstacles that will hold you back.

In the process of setting forth my goal to allow this perfected man into my life, I also had to deal with what came up inside *myself* and what continues to emerge to a lesser and lesser degree. I had to and *still* have to deal with the grandfather inside me who was a depressed, angry man. My grandfather had beaten me when I was a child to the point that I would have welts on my skin that needed salve to heal. I also had an abandonment issue that resulted from my father leaving when I was very young. It was hard to accept my dear adoptive father, who was an angry German man who

could be very mean. However, his parents had been “stern” with him, and it was also his way of expressing who he was. He had frustrations about trying to be the father, when that really wasn’t an easy role to adopt two adolescent girls.

He was asked to be the father when he wasn’t the father, and I wanted *my* father. He had adopted me and my sister out of the desire to have little girls, yet nothing had prepared him for how to express his love in a way that we could perceive and experience as love. Ultimately, he died from the wounds of his traumatic life. I did and do love him dearly now. He died because he had unnecessary surgery to “explore” for “cancer” that was not there. Early models of men and woman that I have known all my life have contributed to the scars, traumas and issues I brought to this creation process. I had to learn to heal them, so I gathered information from the greatest of the greats in the world and applied it to myself.

**I think everyone should have a person who can help clear their issues or learn to do it themselves.**

It does take many years of work to clear out the traumas and blocks fully and restore yourself to your full potential. The more you clear, the more you receive the sweetness of life. It is an investment. I have spent my life finding joy and peace with every seemingly horrible thing that I experienced. For me, “healing into love” and bringing that to others is what my life is about.

I went to work and listed all my doubts, fears and issues. Doing this helps to clear them and will tell you where the work is that needs to be done. I wrote about them without restraint, letting the emotions fly on the page, giving them to God, and letting them go. I clear out all the fear, anger, and grief until it has turned into bliss.

The problem that most of you will face is that you do not know what patterns you must overcome. Instead of healing these patterns, you will live your life feeling the same way, attracting the same things, blaming the people around you, or hiding in your addictions, instead of finding them and flushing them out. What we are really not aware of is the vastness of the subconscious, which is about twenty million times greater than the conscious mind.

The unconscious is, of course, not in our conscious awareness and it represents an accumulation of the programs, family patterns, cultural patterns, toxins, and traumas, as well as our innate goodness. These factors are contained in the matrix, memory circuits, and on the Silicon Dioxide in the brain, which stores the information that we are exposed to. We get this information from our daily exposure to friends, family, teachers, commercials, salesmen, doctors, lawyers, and the man at the gas pump. Our subconscious contains that entire trauma and all that good in there together. To get to the good and amplify it, you must first release the interferences.

## ~ Chapter Six ~

### *Feeling is Healing*

As you identify the fears and the patterns that surface and begin proceeding down the path of creating your partner, you have to be very in-tune with your feelings in order to know what's there and how to heal it. For example, if you find you have fear of finding a man or woman because they may be imperfect and reflect and trigger your own feelings of imperfection, it is important to *identify* it as fear, *acknowledge* it as fear, and find a way that works for you to let that fear go. Unfortunately, what happens when people start to feel fear is they change the subject in order to avoid it. Consequently, it has no way out. It keeps bubbling up, trying to get out, and we keep swallowing it literally also with eating

The processing of it involves breathing into the fear, staying focused on the fear, expressing the fear, and letting it go. Also say the four sentences to help release it. I am sorry – Please forgive me – I love you- I thank you. Sometime the fear runs very deeply and will involve the need for several such encounters with your friend Fear. It is your friend because it is your teacher and all teachers are our great friends. All great

friends are teachers. Some friends are intense. They are better friends because they have more to teach us.

You can use one of the clearing techniques in Appendix 2 to clear the fear if you like. The point is you will not want to face it and clear it unless you are pretty far along the path. There is too much pulling you to stay the same. Your mind will say, “She does not know what she is talking about.” That mind is simply your negative mind, or what some call the devil. I say it is your pathogen (disease producing factors). Keep it if you must. To overcome it requires great strength. Some people do not have that strength.

Sometimes, because fear is so frightening and feelings are so frightening, people have to get assistance to get to them and release them. When we are talking about release, we are talking about a deeper release than you get when you talk about your problems. Most of the time, talking about them is like going around a rat’s maze – it doesn’t change the patterns. Now why do I call them treasures, you ask? I call them treasures in order to help you appreciate their value to you. They are trainers and teachers.

The Color Chart and the process in the appendix may also help you release.

It’s similar to how you can’t have the light without the dark. It’s a contrast. And you can’t know the good without resolving the “bad.” You will want to feel these feelings. You have been trained all your life by all the experts in the world how *not* to feel. Ever notice how when someone starts to express their feelings, someone often starts to chime in with a panicked, “Stop crying,” or “Shut up and go to your room?” Feelings are the way our energy channels expel poison and express love. You have been trained to have your mask in place with your pretty face or your masculine armor. Feel, write, and release until there is no more fear. And when it comes again, feel, write, and release some more. In working with issues on myself, I use color therapy to assist in the release. By studying several courses in the use of color to heal, I have come to appreciate its value. It is amazing for those who will let it work.

When I was working for the United States Government School Systems in Europe, I used to teach the children how to express and get through their feelings rather than bury them. I was the first nurse to work for the USDESEA in Europe and they gave me great liberties. The children got it easily.

It is something I will continue to work for in the school systems. We have to teach people how to heal themselves and love themselves. The children are the time and place to do this, as it is easier to erase the traumas at a young age. As I look at the world today, I see the multiple unhealed aspects of each person and the consequence it has for us as nations. When you get leaders that are bringing their personal issues to the table, they pass legislation that reflects the unhealed aspects of their family and cultural traumas. The only thing we can do is hold it as part of the greater good expressing and know that we will be directed to take our divine right action to contribute to the best for all.

I know now that “expressing” or just talking does not release the patterns that are causing the issue; it simply lets out the steam- not really a benefit. We want to use the steam to clear. 4 sentences.

I have found individuals have different things that work better in helping them to release. I have developed many different combinations to facilitate this process and to individualize. What really works is the therapist and process you can trust and allow to work for you. The Voice Mapping/Trinifinity8/TBS/ Homeopathy FCT and chakra release work *have worked for many* and make release of issues possible once the underlying issue is identified. What really works – and the only thing that works – is you being ready to attract to you the person who can help you go all the way to your goal.

The other point is you have to move up the vibration scale at the rate you do. When you are in the “lower vibrations”, you cannot want much and you will attract lower vibration people and experience. Whatever and wherever you are just keep opening your heart and moving up the scale by embracing each encounter.

Prayer works for those who are open to receive the power of it. Praying also works if you believe in it. If you hold the intention of the issue having been resolved, it will lead us to solutions for letting go. In praying for solutions, we give thanks for the solutions given as though they have already happened.

For example, when healing anger directed at someone, we need to say, “Thank you God, for allowing me to embrace the feelings that are triggered by my encounter with this person. Feel them as a part of you and breathe as you see God’s light entering into the anger and into your heart healing the anger. It is now gone love is in its place. Thank you God” We also need to give thanks for what we want in its place by saying, “Thank you, God, for bringing me great love for this person. He is a wonderful opportunity for me to heal and open my heart even more and I love him as he moves me towards wholeness.”

**Remember it says in the Bible to pray for those who spitefully use you.**

I find children to be the most receptive to healing, as they are not completely brain-washed. A young boy of eight was referred to me by a very loyal, appreciative client.

The boy had an excessive blinking of his eyes. He sat before me with great eagerness. As I looked at him and tested him, I found a block in his 6<sup>th</sup> energy center due to nervousness. I asked him, “What are you nervous about?” At first he said, “Nothing.” I then asked him, “Do you sleep well?” His reply was no. He then launched into all the things that were bothering him, and the list was very extensive.

By the end of the session he was completely relaxed and didn’t want to leave. He had found the understanding and release he needed. He is doing it for the family who does not know how.

It is a vast job to heal the wounds of families and people who are affected by the great amount of injustice and lack of love they perceive in their homes and cultures.

## ~ Chapter Seven ~

### *Technique for Releasing Traumas Borrowed from Tibet*

Recently, after reading The Tibetan Book of Living and Dying by Sogyal Rinpoche, I have added chanting *Om Mani Padme Hum* as my meditation chant. This serves as a way of clearing feelings, issues, and attitudes I am holding on to. My understanding of it is that it releases the six negative energies of pride, jealousy, greed, anger, desire, and ignorance that are stored in the body, resulting from traumas. It then programs and clears the path to the pure light and love. I read the book on a trip to Zion National Forrest and the Grand Canyon with my stepdaughter and her father my husband. I wanted to learn how to release my fear of dying, which was being triggered by riding in the car for days at a time along curing mountain roads with my husband driving.

I am an experiential learner. If it works, I do it. What I can tell you is that when I breathe, say this mantra, and focus on the issue at hand, I can feel it release and I become increasingly energized and free of past blocks. People ask me what it means. I tell them it means you don’t hold onto your stuff. You let God into all your places.



You become the pure Soul/Love energy you were meant to be. The Buddhists would say it embodies the compassion and blessing of the Buddha. If you are still separating the gods and don't accept that there is one God regardless of what you call him, you may not choose this mantra.

I must get a little tougher on you about feeling. You have most likely run from your feelings your whole life. Now I want you to sit down and write your feelings about something you have never let yourself really feel the pain of. Write it in a way that is totally private, and really *feel* these emotions. When the feelings come, do the meditation chant ***Om Mani Padme Hum or God Loves Me and I love ME.*** Will you do it? It will save your life to learn to feel and clear these old, stuck blocks that are obstructing your path to development.

It is not wrong to get all those blocked feelings out, and it harms no one. Your intent is to release the patterns inside that are doing harm to you and messing up what you can attract. The pattern of self-hate, blame, guilt, or other feelings that are stuck will not permit you to attract the pattern of love from you or anyone. So let's clean it out.

The feelings come from our learned patterns of how we see and interpret things through our filters of programmed and learned responses. For example, I have a couple who see everything the other one does as harmful to them. This comes from each of them having been harmed by their families and their past family members having been harmed by their family. "Harmed" is what they are and what they bring to the relationship.

That was me. I had been harmed, and I had to learn to heal the wounds and let myself love. My observation is that most people are carrying some sort of self-punishment that has existed in their generational patterns for all the generations. Our opportunity is to heal it by doing Family Constellation Therapy. I have been assessing and addressing these wounds in my family and many other families for many years. It continues now, even though the quality of my life is very high. Our challenges never stop, even in relationships. The reason is that we are here to heal ourselves, and everything that shows up is an opportunity to heal something else in ourselves.

As you think about letting love and your lover in, begin to write your feeling when you imagine yourself having your partner. In addition, be creative begin to dance with the idea, walk, talk and utterly enjoy if you are ready for that stage.

## ~ Chapter Eight ~

### *Meeting the Masterpiece*

After some time, I decided to go and meet this masterpiece I had conjured in my mind – my soulmate. So I said to myself, “It’s time to meet him.” Not in the flesh, but in my imagination. Believe me, this was not easy. In fact, it did not come easily at first. During my early years I had done some work on learning to imagine by taking a rose and closing my eyes and practicing seeing it in my mind when I closed my eyes. I was good at it after several attempts, and you can be, too. Would you practice that now? It is a skill you will definitely be able to utilize. If you can’t get an exact image, get into the feeling. *Seeing* what you want, *feeling* what you want, *tasting* what you want, and holding the thoughts and intent to *have* what you want are the tools for getting them. After that, we have to address the issues that emerge as you stimulate your wanting.

Look at a picture of a rose. Then close your eyes and see it inside your head at about the middle of your forehead (third eye). This is an energy regulatory center where visions are often seen by those who develop this center in the sixth chakra.

I had also experienced imagination while growing up with my sister. We lived inside our imaginary games – tea parties, mud pies for dinner, having a new baby, and going to visit each other.

The first few times I did the exercise of imagining my soulmate I felt strange, repulsed, fearful, and much more. Knowing everything begins with imagination, I

would add feeling and thinking, and I continued to practice imagining him. That means feeling and thinking as though I already had him, with such statements as:

- . I HAVE THE PERFECT PARTNER FOR ME.
- HE/SHE IS EXACTLY RIGHT FOR ME.
- I FEEL SAFE, SECURE, LOVED, HAPPY, PEACEFUL, PROSPEROUS, AND WHOLE.
- I LOVE MYSELF FULLY AND ATTRACT TO ME THE BEST OF PARTNERSHIPS, FRIENDSHIP, & FAMILY.
- I AM SUPPORTED AND LOVED TO BE THE BEST I AM.
- I AM HAPPY, PROSPEROUS, AND PEACEFUL WITH MY SOUL-MATE.

I brought to my enterprise these skills and a strong desire to make this work as nothing else had. I had to get used to my soulmate in order to draw him in. I had to let out all the rubbish that was keeping us apart. During my second day of visualizing I went to the grocery store – in my mind, of course – and saw him. I said hello and it felt very good, but I could not go any further. I retreated and said, “That is enough for today.” I felt exhilarated. I had set my boundary for that day well. I was proud of myself. I didn’t go too far or go beyond my comfort zone. I realized the many times I had gone beyond my comfort zone with men really amounted to self-sabotage or a desire to have it end the relationship. The next time I saw him on purpose in my imagination was again at the grocery store. That was my safe place – after all, what could happen at the grocery store? He couldn’t lunge at me over the tomatoes... too messy.

This time I said, nothing but looked longer. I did this until I was comfortable saying, ‘You again, Hi.’ He said the same thing. I wrote his script, you see; he was my own creation. I was still meeting him only in my imagination. The third time I went to the next level of comfort and stopped there.

After a time, when I was ready, I began to imagine in my entire being with all my senses that we were walking together. I did this while actually, physically walking.

I gradually progressed over months of visualizing knowing him very well and being so comfortable with him even though we had never met. When I did meet him, there were no barriers. Somewhere in the back of my mind, I had an idea I wanted to have three children and have them be past the infancy stage. I did not know how that would happen but it was part of my dream that also came true the children came with the package.

*Write down your dreams man/women's' characters and then begin to clear everything that is you that stands in your way. When this is done begin to imagine every detail. Imagine conversations. Feel the feelings you have if they are not good feelings clear those until the good feeling come up.*

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## ~ Chapter Nine ~

### *Generational Patterns that Run Our Lives*

At the same time, I began to study and experience the healing affects of Constellation Therapy. I used it to release my family patterns

The patterns of the family that keep us out of relationship are complex. For example:

I worked with a young man who lost his feelings in his legs after years of self-neglect, addictions to video gaming, mental over-activity, and pathological lying about every detail of his life. He could get over his deep need to control his life by letting everything good be sabotaged by him. He seemed to be willing to die for his position of self-destruction, because in the outside world they are telling him his self-destruction is not the “right” way to go. Since he has to be right, he cannot let *their way* be right for him. It is a ways of protecting himself. They, his parents, presented love in a very punishing way. Therefore, he has complex programs that will only feel good when he is punished.

Of course the logical part of his mind does not *want* to self-destruct, but there is a deep generational genealogy drawing him to that destiny. His father’s brother committed suicide. His grandmother’s family consists of American Indians who had been murdered. These things had never been spoken of in his family. Therefore, they had not been released from his energy information field so he had not had a chance to heal them within himself. He has taken on his past family issues, and because he is a very loving, compassionate person, he is suffering for the family. His resistance to

having **good things** runs so deep he has not awakened his desire to live to his full potential. The testing revealed he had a deep-seated need to get much worse.

His healing was achieved as his father did a Family Constellation Therapy session on his behalf, and the son has recognized fully the boy's distress. During the treatment in which someone stands in the place of these unacknowledged, wounded souls, and recognizes their issues, healing takes place.

I find that seemingly "impossible" familial problems – ones that had not responded to any therapy previously – change when we do the Family Constellation Therapy. The boy immediately began to show major life changes he had not demonstrated before.

I did a constellation therapy session on myself with Dr. Hellinger and found that my mother had an affair. It was very impactful in clearing my traumas about MOM and Dad and clearing out the disloyalty that had shown up in my first marriage. Even though I did not know for sure Haddon was disloyal. I felt it and thought it was him. In reality I was feeling what was in me. WOW!

Since then I have many people find their dreams available and happening when they clear the block in their family tree.

## ~ Chapter Ten ~

### *Releasing the Resistance to Obtaining and Receiving Your Desire*

It is crucial to understand that as I sought my soul mate, one very important thing was happening to me – I was feeling very strong resistance to “him.” I did not recognize this at first, or know that this resistance had been there all my life. Even though “he” – my future soulmate – was exactly what I thought I had always wanted, I was feeling many strong feelings of resistance and a great sense of separation from the desire to actually *have him*. I knew I had to accept this as I faced the reality and threat of true love. I knew from my understanding that a joyful, supportive man was a new experience. However, my *internal* pattern was not familiar with this kind of joy with a man. I did not really know what being treated well was.

My first husband had been a joyful person, yet he put me down. It was happiness at my expense. Although I did blame him, I don't blame him now. It was *my* pattern to attract somewhat abusive men – after all, that was what I had always had. They loved too, they just fought nastily to get their way and control their lives. At the time, I did not know how to stand up for myself. I do now, and when anything like that shows up I handle it. This pattern was part of a complex family *plague*. Grandmother had been very wounded by Grandfather; Mother had been abused through the actions of my father. It goes very far back in my family constellation. As I was training to be a constellation therapist with Dr. Bert Hellinger, I was fortunate to have him work with my own constellation.

When you are ready, begin to develop a clear picture and feeling for what you want in your own soulmate. Expect feelings to start to surface, and write down what triggers these feelings. Write them down as you continue to focus on the outcome that you desire.

Write the qualities of the one you are manifesting, the *feel* of him/her, the *smell* of him/her, the *taste* of him/her. Write them down in every detail, leaving room for your list to grow over the next few days and weeks, maybe even months. Everyone has their own pace. Honor yours. Once you have written those desires down, sit and feel him/her as yours. Always go back to allowing him/her to come to you, through your imagination.

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What that is like to have feelings emerge?

As you begin to write about these feelings, the negative feelings are flushed out so the new image can take place. Write until the negative feelings are gone and the positive feelings have emerged. A young girl once told me that when she writes, all she gets is anger. "Then the anger is not done," I told her. The longest time the process has taken is a few days. Keep writing it out, keep asking for the outcome you desire, and give thanks that you have it. I use various computer software, color therapy, flower essences, homeopathy, and liver remedies to assist those who are stuck and to ascertain all the anger works its way out of one's system. The 4 phrases are the best to flush them on out.

Some issues run very deeply and have many roots, branches, and leaves that keep showing up in the body, as well as in relationships and in our moods. That is why so many people are put on antidepressants. They have stuck feelings that keep the neurotransmitters from being able to transmit energy. The result is they get more stuck and they develop diseases that come from blocked issues in the tissues.

I have been working with a young girl for whom this therapy is the "last hope." When she started with me, she was on Prozac which was suppressing her rage at her mother. As she slowly stopped the Prozac, she expressed the rage to the mother for not being a mother to her. We did the Family Constellation Therapy and used the Trinfinity 8 and other biofeedback until she let go of all her anger. She is now back to



eating properly, going to school, and being much less difficult with her mother. She also needed B12 shots and a clearing of Lymes Disease.

***AS THE FEARS AND FEELINGS COME UP, STAY FOCUSED ON THEM AS YOU BREATHE INTO THEM AND RELAX.***

*The idea is that you have been pushing these feelings down and ignoring them for so long that now they have become blocks that inhibit you from being able to give love and receive love.*

Pretending you already “have it” – your desired soulmate, that is – may be something you have difficulty with. The fact is, pretending you already have obtained that which you desire is the strongest part of making or allowing your creation to happen. It is the strongest part of manifestation and creating your own reality. By pretending it has happened or imagining, you change the vibratory pattern and vibrate with the pattern of *having* it, rather than staying in the state of “not having.” The law I have observed is this: We shape our lives with our intention. The tools of the shaping are imagination and thoughts. As you vibrate with what you want for long enough, you will attract that with which you are vibrating. You will also bring up blocks and have an opportunity to release them. The changes occur when we clear the causes of the blocks and release them.

A very good thing to do is put yourself with others who are having a positive relationship with their partner so you can see and feel the essence of it. I know I had difficulty finding models of relationships. I selected certain features I did like and left the rest alone. I always liked seeing people hold hands. My husband holds my hand a lot.

As you begin to do the above exercise of these imaginary meetings with “The One,” remember that the process of imagining is very much like entering another world or another reality: *the world of pretend*. You probably did it well as a child. I think this time spent imagining and manifesting is the most important part of the day.

As you begin this process, write down your feelings as you place yourself in different situations with him and they come up. Remember, feelings could be fear, sadness, anger, etc. If you stick to those words when describing your feelings, you will not slip into the trap of avoiding them as easily. It works! The challenge is to keep moving and never, ever, ever, *ever* give up. You can do it! I will keep asking for feelings because that is what works.

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As these feelings come up, deal with them until you heal them. If you heal the hurts, the disappointments, and the angers *now*, they will be less of an issue later. Some people tell me they cannot release feelings by themselves. When this happens, and it does often find someone and something that will work. I use emotional release techniques that involve tapping the spine and body points, breathing deeply, and holding hands on the chakra centers while having the patients look at colors.

I find it is very tricky to find what works for each person or, I should say, what each person will *allow* to work for them. The main thing is that each person builds thick walls of protection in order to cope and to keep themselves feeling the way they have become accustomed to feeling. I think there is a great fear of feeling. Part of that stems from parental and societal suppression and the rest comes from seeing people express their own feelings too aggressively and being hurt from it in the past.

What you don't heal, you take with you to your relationships. It's your emotional baggage that you will cart around until you deal with the issues head-on. People say to me all the time, "I don't know why I married an abusive person." The truth is, there is really only one reason: that abusive person lives inside them.

Of course, there will always be things to heal and you can continue to use this same process all throughout your life.

For the period of a few months I progressed into a very intimate, comfortable relationship with my soul mate (still in my mind and heart). That felt very safe and secure. I was happy.

Even so, it took some effort to stay with it. At times I wanted to quit. Sometimes I got tired of the make-believe and impatient that he was not here in the “real” world. Yet there was also a level of comfort with it, because I actually was feeling my soul-mate and our relationship as real and enjoyable.

## *~ Chapter Eleven ~*

### *Letting Love In and Radiating Love Out.*

*We are born with and from pure love. I think that is why we love to connect with babies so much. They are often times very radiant with love. Love is an amazing energy. It carries the miracles of our intent and is the strongest creative force in the world. What we do with it and whether or not we open up to it and let it in is our great opportunity in life.*

*Perhaps the most difficult things to learn is how to let love in and how to let love out. The more difficult the event, experience, or person is to love, the more there is for us to learn.*

*We have been raised by a culture that has uses fear, criticism, and punishment as motivators because those in charge are afraid we would not turn out “good” if they did not drive us hard enough.*

*The result is that we are programmed to doubt our worthiness and withhold approval of ourselves.*

*Hearts that are not filled with love are the cause of rapidly withering bodies and souls that are in agony. Many people say to me, “I do not feel anything in my heart.”*

## *~ Chapter Twelve ~*

### *Overcoming the Cellular Resistance and Programming*

I know now the reason I had difficulty staying with my imagination exercises. My cellular memory had memories that were pulling me in their direction. They were stronger than me. This is the result of a lifetime of being programmed by the events and traumas of my life. They were also full of toxins such as heavy metals, chemicals, pesticides, drugs, vaccines. It helped me to do a homeopathic detox. It seems the issues were being held in place by the toxins and the toxins were blocking the release and the presence of the light. I did a Field Control Therapy Detox using remedies I made myself. It took about four months to clear mine although everyone is different.

Now know it takes about forty days of steady visualization and writing down your goals and feeling to change those patterns. That's forty days of writing from the depths, and practicing with the imagination, the feelings, and thoughts that will move us into the reality we desire.

The main obstacle was the challenge of maintaining the belief, yet I did have great faith. I was raised on faith. I can't tell you how many times as a child I was at the altar in church. Prayer was what we did in the back hills of Kentucky. It was our main commodity.

The second possible obstacle is not doing the exercises regularly.

Some people say, "I don't have faith. How can I get it?" In this case, we do a session on the things that destroyed the faith. Those faith-killers have to be cleared out of us or we cannot do what we came here to do. The thing we came here to do is master learning to create or manifest our own reality. We cannot take charge of our direction without faith.

When they come to me for help, many people will say, “I have tried everything.” It is a way of saying, “I don’t believe this will work because other things did not. “They have built their case well. In every instance, the reason nothing else worked was that there were unresolved blocks to healing, such as a lack of faith or many other complex possibilities.

Sometimes you can build your faith by wanting and imagining, then recognizing what comes to you and knowing that it is part of what you set out to attract.

If you acknowledge what shows up, no matter how small or remote, it helps build your faith in your power to allow the things you want to enter your life. It may not be exactly be the thing you thought you wanted. It is a part of the creative process, a step in the right direction. It is showing you where you are or what is in the way of you getting to the place you want to be. Remember that ultimately, it is a result of your intention to reach your goal, and that in itself is something to be proud of.

An example of an exercise for developing your belief in your ability to make simple things happen:

I used to tell a client to imagine getting green lights when she was coming to her appointment. She finally became good at it and got all green lights. You can try the same thing, and watch how you master it!

I will give you an example. Imagine you have the perfect partner and an old flame calls you. He or she may be the “perfect one” or simply the one with whom you have unfinished business. Sometimes it is hard to know what the meaning is to you when someone shows up. When that is the case, it is time to ask deeply for the internal guidance system to show you. I also muscle test for those who have not yet learned how to hear the messages of their guidance system. *The thing to remember is to listen to the heart and the “knowing”. When it is right, there will be absolute certainty.*

Imagination and thoughts generate frequencies and send vibrations. They are way of impacting the cosmos and implementing changes.

A computer programmer told me he could not believe in supernatural things like faith.

“I see the world as molecules bombarding.” I told him, ‘.Can you believe in your ability to impact the bombarding molecules? You are also a programmer. When you program a computer you are also setting molecules in motion.” He could begin to understand that. It is a start. Lack of faith was so deep in him he could not allow healing. He stopped because he could not believe, and he could not allow changes.

So ask yourself, “Why don’t I have faith?” Then write about it. Maybe you are afraid to believe because you might be disappointed. Sometimes, and in fact most often, lack of faith is a generational issue from the past family that has not been resolved.

Remember, if what you are seeking does not show up, it just isn’t time or there are still internal blocks. But no matter what, *don’t stop believing*. Believe and trust that all your seemingly inurmountable obstacles will be overcome. Right about how much you believe or don’t believe and what is in the way of your belief. In fact pretend you can believe then pretend you are believing. Pretend feel and enjoy knowing you believe until you do and use a clearing technique from Appendix 2 or the 4 sentences to clear the disbelief.

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Now ask your creator and source, for faith if you can’t believe you can attract what you want. Say something like, “I *can* attract what I want. I believe in my power to attract what I want. I believe I can have something and be successful in obtaining it.” Now thank him/her/yourself/God and watch and listen for the evidence of it coming true from within you as the creator and attractor of your reality. Alternatively, use the attached chakra clearing process.

*Hebrew 11:1 says this: “Faith is the substance of things hoped for the evidence of things not seen.”* Move over into pretending you have the evidence in front of you it has happened.

Watching and finding the evidence can be tricky, but it is essential. Watch for the “evidence of things hoped for”. You must be willing to see what shows up as part of your creation. It will be either what you wanted or what is in the way of what you wanted way it is **you moving your world**.

Recently I asked for a solution to some hormone imbalance issues. All of a sudden, out of nowhere, I found myself calling a woman I had not been able to talk to in previous encounters. This time what she said made perfect sense to me. I applied the recommended creams in a way that was totally different from the textbook. It worked perfectly, and the problem was solved. The answer came in a spontaneous gesture of picking up the phone without thinking. You have had that happen.

That is the auto- pilot of the self you can believe in. Trust it and keep telling it what to do and let it deliver the solutions for getting what you decide you want. Wish for a small thing then watch what happens as a way of building your faith. When I first started this faith building process I used to asked for a dress or parking space.

Do a faith check on a scale of 1-10. If your faith is less than a 10, go through the Chakra Clearing in the appendix.

Write you are your awareness gained.

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## Chapter Thirteen ~ Giving Up Control

Before I tell you the rest of my story, I want to tell you some of the things I went through. I discovered how frightened I was by the vulnerable feeling of not being in control. True love is the ultimate opportunity to let go of control. I learned control from my mother, yet it is mine to deal with now. She could not control my father - he was a free spirit. Because she could not control him, she was very frightened by what he did.

It is our attempt to control everything about our relationships that ultimately leads to their destruction. There is something we can control that is the unhealed part of us that is showing up in that person in front of us. *As we heal that part in us that is showing up in the other person and love it in the other person, it heals in both of us.* I also recognized that I would have to learn to be strong in standing my ground when it came to what I wanted. My pattern had always been to go weak inside when I felt myself falling in love. I wanted to please the other person so much that I gave up myself.

For me, this part has been slow to heal. Most major core issues *are* slow in healing. Most core issues can leave a residue. With time and continued work, the residue becomes a thin film, and eventually, it will cease to exist.

If you find control as an issue for you, write it down and do the clearing using the appendix 2

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## *~ Chapter Fourteen ~*

### *The First Time I Really Saw Him – Magic*

When I first met my soulmate, it was a rather magical happening. I had a male roommate that I was very close to. We were going to acupuncture school together, sharing rent, and in each other's lives as friends and supporters.

One day he was reading a community newspaper and he said, "They are having a singles group at Unity Church. Let's go and find your soul mate."

This represented a very important aspect of creating, which is the power of two people who are in agreement. I had used this very effectively with my girlfriend Mary. We had used it before going out to find men to date. We sat down and described what they would look like and how they would be. We met some very good, handsome, wonderful men, but not the soul mate. For you see, that was not our goal at that time. We never thought of it in those terms, as we were not ready for our souls' mates at the time.

On the night we were going to Unity, I dressed to perfection with a purple scarf around my neck. (The soulmate astrologer had told me to wear purple, as it attracts romance.) I had on a bright yellow workout suit and a purple scarf and I looked good. I even had purple lipstick and purple eye shadow.

We went to the Unity Singles Group, where they had chairs arranged in a circle. I sat down by a chair with a diary lying on it.

I asked the girl sitting next to the chair with the diary, "Whose diary is that?" "David Koger's," she said. I then asked, "Where is he?" She pointed to the kitchen, where he stood drinking coffee. I remember that my first thought was, "Thank you, God; he is not bald."

How did I know it was my soulmate when I saw the diary? I was in the world of being in a slightly altered state of awareness because the creation process had been long and intense. I felt a certain feeling of knowing I had never been so sure of in my life. I think it is something I have not had since or before. I think it is something you cannot describe because it is an experiential feeling that has no words except a knowing beyond a shadow of a doubt.

He was also very handsome and appealing to me, and I was very grateful.

Someone else came and sat in the chair with the diary I said, "There is someone sitting here."

"I know," she replied. She moved soon and he sat down.

He felt very good to me. He was friendly to everyone. And I thought, *Oh no. It is going to be challenging to get him to be mine.*

That night at the singles group we did activities to help us get acquainted.

We played musical chairs at the meeting. At first I thought it was rather silly, but when I sat in David Koger's lap, which is part of what happens when the chairs are removed, it was magic.

How does it feel when you think of letting in Magic even sitting in Magic? If it does not feel good, clear that and write about it. It may feel freighting beyond comfort.

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## ~ Chapter Fifteen ~

### *Making the Connection*

Once I had read that it is the woman who invites the man to a relationship, and I decided to use that to my advantage. I called him, using the sheet of paper with everyone's phone numbers and birthdays that I had from the Unity Singles Group.

I noticed that when I looked at the list of people, their phone numbers, and their birthdays, our birthdays were the same. I said to myself, *here is my Scorpio*.

The first thing I said was, of course, "Hello," then I reminded him who I was. I said, "I figured out what it is." It was like a knowing and an inner feeling I had never felt before, one that I also felt he had for me – a feeling of rightness, connection, and, in fact, love. "What is it?" He asked. "We have the same birthday," I replied. He then said, "Oh, is that what it is?"

"Yes," I told him.

So there was that beginning that felt right so far. Of course, I was watching for the signs – with an open mind.

We talked for a long time about ourselves. At some point I told him I was going to a workshop on "finding your soul mate." He said nothing and my heart sank.

Later on in the conversation he said, "You know that soul mate workshop? I would like to go with you and take you out to dinner."

That was it. It was formed like a marriage proposal. I knew he had serious intent. He was not afraid of relationship. He could take the plunge. And he did, happily and willingly.

We have had many things to work through, enjoy and share. One of the highlights is he has three wonderful children I am happy to be a Step Mother to. They are also a part of the dream fulfilled.

We've now been married 20 years. The happiest part for me is that I can know that I have loved. Telling myself the sentence, "I can at least say I have loved" has gotten me through a lot of fears about loving and being vulnerable.

## *Chapter Sixteen ~ Making Room for Love*

After all, who doesn't want true love? Maybe you don't even know it, but you do want to feel love. Strange as it may sound, you may actually express that desire by hating. One thing my soul mate taught me is that everything is a cry for love or an expression of it. Hate is a response to something we are not able to accept at this moment. It is a desire for a loving feeling, yet a dissatisfaction with what is showing up. It is a desire for love. Hate is a protection against the pain you fear from love.

Have you seen love in your home? Do you know what it would be like to clearly and joyfully love someone without it being painful or fearful?

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Describe what you have seen of love. \_\_\_\_\_

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Describe how it would feel to have a loving man/woman. Have a conversation with them. In this conversation, say what you would say to them and what they would say to you.

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Do you want someone to say all those wonderful things you long to hear about yourself? Do you long to be appreciated and admired? Do you want to be loved exactly as you are? You want to share your life, but you want it to be the way you want it. This feeling starts within and is then going to show up out there. This is a process that is all about how to have life and love the way you want it to be. This can happen by learning to heal what is inside yourself that is showing up. When that happens, very little disturbance and finally *no* disturbance occurs as you heal.

What do you experience when you start to think having love in your life? Do you feel lifeless about it? Do you avoid it? How do you rationalize not having it?

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There are, beneath the surface in the subconscious, numerous attitudes, fears, beliefs, and unresolved issues that can interfere with wanting and having. These are the blocks we will be learning together how to remove in order to make room for love.

These unresolved factors cause us to do things that actually protect us against relationships and keep them away from us. Use the appendix to clear whatever emerges.

# *The Wedding*

*We were married on our birthdays, as they are the same day. In the Church where we met. Trinity of Orlando by Rev. and dear friend Bob Marshal. We love you Bob.*



## ~ Chapter Seventeen ~

### *The Work Begins*

For me all the things I had not cleared showed up immediately. Fortunately because he was clearly the right one we have grown and done the work together. It works we work and we have worked through some big ones. The most important things is having a process to work things out. WOW!

I am leading and showing you something about what it takes to deal with those issues and be willing to manifest your soulmate. I am your partner in manifestation. For those of you who are ready to begin work on that now, please do the following:

Sit still, breathe deeply, and let your mind come to rest. Think of it like shutting down the mainframe of your computer — your brain. Focus now on just breathing deeply. After about three minutes, ask yourself this: How do I feel about what I want to allow into my life? Write down your goal and write how you feel about your CHANCES OF ATTAINING YOUR GOAL?

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I recently did a workshop on this, and the class set their goals the first night. On the first night, a man whose wife had left him made the goal that they get back together. By the night of the second class one week later, he reported she had come back. He said she could notice the difference in him. He was developing confidence in his ability to manifest. We are powerful and our intention is the rutter for our power.

For the purpose of this book, the same applies to the creation of the soulmate. When there is a block such as an expectation that someone do it for us, it does not allow the love to come in. The same is true of money. Expecting someone to do it for us could keep us from letting money in for ourselves. What I want to do by saying this is to empower you to know you can do it yourself.

Ask yourself this: “How do I feel about having my true love in my life or truly loving myself?”

List the results of your self-exploration: What feelings did you feel inside? Did they change as you stayed with them and breathed into them? Or do they need more time and attention to release? Every time you stop and feel it may be different and you may have fewer objections.

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When I first did this, I was honestly “scared to death of it.”

Now I find myself openly loving it. When the temptation to close when something unlike love comes my way and I start to close down, I simply open my heart to it and say the Om Mani Padme Hum, which comes from the meditative practices of the Tibetans. It has taken me past stuff that was completely unbearable before. I still find there are spots of unbearable things that need to be released.

When my husband would tell me something he did not like that I did, I would feel so much pain I could stay hurt for hours. Now I can let it go in minutes most of the time.

The secret is not to be hurt by anything anyone does, and to learn to let go faster by getting your heart around it, breathing into the pain, and if you choose to pray, remember to thank your God self for taking this pain or say a mantra like Om Mani Padme Hum. This phrase is a message to the subconscious to release all obstacles, feelings, and suffering that are blocking the way to full enlightenment. Just get the heart bigger and bigger.

The colors are very helpful for releasing stuck feelings. For example, green is good for helping heal feeling of hurt at times. There is a whole protocol developed by Steven Vasquez, founder of Emotional Transformation Therapy. I use it in the Center and on the phone.

## ~ Chapter Eighteen ~

### *Getting Your Heart around It*

The thing about getting your heart around something involves first letting your mind go and move your attention into your heart. We spend a lot of time *analyzing* things rather than *feeling* them. See and feel, rather than think, and don't resist what appears before you. As you feel it in your heart, just keep opening to it rather than closing your heart to it. I work with many people who have difficulty doing this because it is new. They have been trained to close off and protect the heart. The heart is completely safe when it is completely open.

What do you feel in your heart as you just listen? \_\_\_\_\_

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Is there something that needs to be cleared?

As you feel these feelings just notice and breathe into them. We will want to transform those feelings and release the fears, anger, guilt, and sadness. You may not be able to do that now, but you will learn to do it. The feelings will start to release as you tune into the heart, because they have been stored in the heart and pushed down there. If they stay, they will remain the pattern that can cause disease and block your love goals.

As I said before, my mother was not willing to talk about my father or see anything good in him. The result of that is I carried many mixed feelings about him most of my life. It certainly shaped me well as a pattern to attract an alcoholic, neglecting man. I really did not buy that he was so bad, yet the training on a daily basis was making its imprints on my mind in spite of my desire to see my father as good.

If you are ready to take the situation you are in or the desires you have and bring it to the next level of ultimate achievement, even if it is the ultimate love for you, let us begin. Truly being in love and expressing love to a man/woman is something I had to learn to do. The conditions of my life and family did allow me to see that what was happening in my family was loving. The love was there underneath, yet not expressed in a way I could see as a loving relationship I would want for my own marriage.

The value of learning to manifest your soul mate is the value of learning to do what is of greatest value to you – learning to love and learning to manifest. In going through and learning and applying the process described in this manual, you are learning more about how to take yourself to the level of being one with the source of all and connect with that creative force in yourself. You are practicing the principles of how to be the cause of your life experiences, by learning to work with what life presents to you as you ask for and allow what you want into your life. The application of this process is a chance to develop skills and practice the art of loving yourself or anyone – and it becomes the art of making things happen in your life.

One of the things that stop people when they start to set the goal and open to the feelings is they do not notice the little indications that are showing them that their process of achieving their good is working. Good and amazing things show up that are easy to ignore. These are signs of your success. For example, when you ask for a blue car and your friend gets one, it is getting closer.

An example of this is when I started thinking, feeling, imagining, and allowing great success in our investments. Within moments, my husband called me with a very big report of our investment success. I gave thanks to the God force within me for doing its job. I thought I would have to do something and I did not.

The other thing that comes up is how things are not working in relation to the stated goal. Of course this needs to happen because you are cleaning things up and making room for success. You may have some house cleaning to do.

Let us again write the goal you have for yourself. Write it in the present tense. Such as, I now have...

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On (DATE) \_\_\_\_\_ .

In exchange for receiving this, I choose to joyfully and gratefully give back to the good of the universe by...

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Now write down what is in the way of you having this come true:

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I now want you to write down the qualities you want in this experience.

If you want to feel more love for yourself, write down how that will feel and what characteristics you will claim and develop. Do you feel it? Go ahead and feel it. Own it. Move into it.

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If you are ready to attract your soulmate, write down his/her qualities:

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Now, write down how it feels, taste, looks, and sounds to have this goal be a reality for you. How it feels smells, taste, looks, and sounds. Make that your home.

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If you want to find out what you are like, look at the men/woman you attract. Look at the qualities that you see and look at the rest of it: look at the things you don't like, the things that make you want to leave the person. That is what we call "your stuff." Don't be surprised if it is very "horrible" sometimes when you are getting down deep we get to the things we never would have thought were there. Just go through it.

The good news is this is your stuff. And why ever is that good news, you ask? It is good, because it means you can heal your stuff, and then it will not keep showing up for the rest of your life.

A girl once said to me, “I don’t want to manifest the wrong soulmate.”

I told her that the one who shows up is going to be a mirror of what is in you that is incomplete. That means it has not been healed, accepted, or released. This one that shows up – the one you call the “wrong one” – is showing you what needs to be resolved. This is what you don’t want to realize and address. *That* is the stuff that will keep you away from loving all of you and thus completing the release and peaceful merging of all these characteristics of yourself. These things that you hate about yourself will just keep appearing in the men you meet until they are “healed” within yourself. When the man showed up for this girl she said, . “He drinks too much.” Guess who else has a drinking issue.

## ~ Chapter Nineteen ~

### *Scientific Evidence that Traumas are Stored in the Brain*

Sometimes it is difficult to locate the relationship between that characteristic you do not like in others and that part that is in you. These parts that are not healed are very well hidden by our self protections and denials.

For those of you who doubt the impact that traumas and programs can have on your life, I will talk to you about the research of Dr. Med. Ryke Geerd Hamer a brilliant doctor whose research and techniques I follow avidly. He has been able to identify the presence of cancer and the location by looking at the CT scan of the patient.

His experience and research has allowed him to have a success rate with terminal CANCER that is in the 90 percentile. He has discovered that a traumatic event that is of sufficient intensity and unexpected can cause the development of a change in the brain that shows up on the CT Scan and becomes a trigger for the development of cancer under the right circumstances. By treating and releasing the trauma he can easily treat the cancer. He says this is true of every disease. I say it is true of every block to love because a broken or closed heart is also scarred. I have found this to be true.

### **The metaphysical view of energy blocks Samsaras and Samskaras**

*The Yogis and Tibetans have told us about these as blocks in the heart that are created by the traumas. They prevent the energy from flowing. Because the organ being blocked does not have enough energy it may become disease. The pattern of the blockage also becomes the pattern of our attraction. We attract the same pattern as the block.*

This evidence is great support for what I have found in my own work with myself and the thousands of people I have treated. If we can release the trauma and blockage, we can put in our goal and idea desired attraction.



## ~ Chapter Twenty ~

### *Doing the Work that Will Show You More about Your Blocks*

I will say that what you have been doing is work. It is more costly to your life energy, your happiness, your relationship success to hold on to the issues. This will be easy compared to how difficult it is to not face these issues every day that are not healed in you.

Are you ready to begin to work on this healing? If you are, here's how:

Make a list of the things you see or saw in him/her (the person who shows up when you want to attract love) that you don't like, or fear, or don't want. For example, "He wastes money". "He is lazy". "He is married and not fully available".

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Now I am going to ask you to do the most difficult thing you will possibly ever be asked to do. Turn each item on your list around and take ownership of it, saying, "I waste money. I can't stand that part of me that wastes money." "I am not available". You will very likely not like this part because you have been blaming others for what is in you because you did not know a better way. As you begin to see that how you see others is simply a mirror of yourself and there is only you out there you can get down to the real business of life. At first you will not want to admit these things to yourself. It's called denial and we all have it. It will also be somewhat painful to own it. After a while you won't mind very much, and you may never love taking ownership of your stuff. You might decide it I am not barking up the right tree and quit right here. If you do you do not process this you are stuck with it. If you succeed in taking ownership and embracing it you can begin to heal it and find your freedom from it. The universe will no longer have you keep looking at it in others.

The secret to success is focusing on your business of healing you. What you see in others that you don't like is just your problem.

The other thing I am going to ask you to do is *Climb Their Mountain or Walk in their Moccasins*. When you see it from their viewpoint it helps you open your heart and get out of your judgments.

I recently saw a young woman who told me she had broken up with her boy friend because he did not do what he said he would. She herself had told me she would do many things she did not keep her promise to do. I pointed this out.

## ~ Chapter Twenty-One ~

*The Key to Sustained Success is to live with No Expectations.*

The Celtic Creed is this: *"I bring an undefended heart to our meeting place and I have no cherished outcomes."* The value of "no expectations" is in itself the subject of a book. It is often the demands and expectations we place on ourselves and others that block the flow of our ability to accept and to love. When we give up and let go of expectations and change them into request for the universe to provide us, we can have them easily.

I saw a patient today who resented everything none about her husband none of her expectation in life were being fulfilled in her relationship. Her mother had been resentful of her own husband and she was repeating the pattern.

Sometimes letting go of the past requires accepting and embracing how our parents are. When this woman allowed her resentment for her mother to be merged with her and accept it she was able to resolve and dissolve it in herself and see her husband with compassionate eyes of the heart.

Write down the expectations that keep you out of loving others.

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*~ Chapter Twenty-Two ~*

*Sometimes Our Expectations of Ourselves Keep Us from Loving Others.*

For example: Jenny, a patient who has made great strides in her health recovery, still feels responsible for her best friend who is not dealing with her issues. The friend is constantly repeating the same drama and upset about her family who does not do this or that and does not treat her fairly. Every time Jenny listens to her friend she gets ill and cannot sleep. She cannot just love her friend because she feels responsible for her and because she feels guilty that her life is good and her friend's life is not. She feels bound to suffer for her friend. The flower essence for this is Blood Root. Using this essence will help release such enmeshment. Jenny took the essence and was able to communicate the fact that it made her sick to listen. When she stopped enabling the friend by letting her dump her problems, the friend began to take responsibility and change herself. Jenny's fear was that the friend would not continue the friendship if she did not let her friend dump on her. The opposite came true. They are better friends.

Success occurred when Jenny stood up to her friend and told her she could not listen to her any more because it made her feel bad and it was not helping her because she kept repeating the same things over and over. The friends turned her approach

around and started to participation in creating changing herself. It is scary and risky but it always works out for the best to stop letting others hurt us.

List some of your expectations about how your partner should be.

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How does it feel to have these shoulds? Do you feel better or worse?

What if you did not and you could be open to the moment and feel each moment with your heart?

## ~ Chapter Twenty-Three ~

### *Saying “No” May Be the Biggest Act of Love*

I did not know this when I met my soul mate. The next level of work begins when you meet them – if you do the work. Many people divorce or live in suffering when they face what shows up in their mate that they don’t like. My work has been to heal my issues that showed up and heal my enabling issues

Enabling relationships are very well dealt with by Al-Anon. I do want to let you know enabling has many faces. The culture we live in is enabling by default. If you don’t have ways of teaching people to take care of them and clear their issues then you give them food or money that is enabling. The problem with that is they don’t learn how to get it for themselves.

I have a client who gave all his money to the homeless and got them apartments and cell phones. They lost it all and had crack parties.

For me the healing part is to heal taking too much responsibility for others and my partner and working to be all things he they need me to be. I am glad to be healing that. You see in my family I never felt the approval of my family so I always sought

it. That never paid off. Now I am learning to give myself approval. It is very self empowering. I learned I can not wait for anyone else to approve of me. I have to do it myself. If I totally give it to myself, it is totally mine

I heard a man say in one of his workshops that he was unhappy because his wife wanted to have too much “company”. He did not communicate that to her. He was simply preparing to leave her. He enabled others to have their way by not stating his preferences.

It did not work for him so he could not be in relationship.

The current medical profession is an enabling profession. It allows people to do harmful things to themselves and be given treatments that allow the patterns of self abuse and neglect to continue. I stood beside a 13 year old girl who said her cholesterol was 270. I said well what amount of sugar do you eat every day that allows that to happen? She said, “Lots”. No one had mentioned her part in this.

Some enabling tactics you may notice in yourself:

1. Taking care of others rather than showing them how, or not, them leaving it to them. This is a fine line to walk for caregivers. When to do it and when to stop. How can we empower others to do it themselves? Or shall we let them figure it out for themselves.

How do you neglect yourself for others in order to have your needs met? \_\_\_\_\_

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How does this meet you immediate need and why meet you need by taking care of yourself?

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Here are some common “pitfalls” or things that block people when they begin to think about love:

1. Expecting to have your way all the time, or to control what the loved one does.
2. Allowing him/her to have their way all the time or letting him/her control what you do.
3. Expecting never to be hurt. Love hurts and you will get over it.
4. Expecting to be able to carry the old grief and past hurt and succeed
5. Expecting to love without healing your heart.
6. Not opening your heart so you can express yourself and your desires fully.
6. Doing and feeling about relationship the way your parents did and felt.
7. Saying yes when you mean no.
8. Expecting someone to read your mind and remember.

Maybe you don't even know it but you do want love. You may express that desire by hating and push people away so you don't have to have your pain hit.. One thing my mate David Charles taught me is that everything is a cry for love or an expression of it.

## ~ Chapter Twenty-Four ~

### *The Damage of Saying We Don't Have Issues or We Don't Know What They Are.*

You are on earth so you have issues. I have heard thousands of people tell me they don't.

The reason is there has been a stigma attached to it. Believe me of these thousands have discovered they do have issues and have learned to heal them. Will that be you?

Because we are so well trained to not feel and to let things stick in us and not talk about them. These unresolved factors cause us to do things that actually protect us against relationships and keep them away from us. They all so cause diseases – that is another book.

I had a man come to me for progressive paralysis of his legs. He had been born with a congenital abnormality in his penis and had much trauma around that including his parents standing over him yelling at him and saying "ARE YOU A MAN" Even though he could remember the events he could not allow or acknowledge the feelings. We did mercury removal and detox, all the nutritional needs and chakra release remedies for his block in the first chakra. He would not do the release work at this time. He said with a very angry look on his face. "I just want to die because of the pain". He wanted someone to take his pain away. It is that desire, which is understandable, that has supported the continued suppression of pain rather than the release of it. Thus the blocks to healing remain. Of course he had been a long time alcoholic and drug addict. The damage is great and greatly repressed.

According to Bruce Lipton author of the Biology of change he explains with pixel pictures that are placed side by side that the unconscious mind is represented by 20,000,000 - pixels and the conscious mind has 40-pixels.

Your subconscious mind wants to be heard and it speaks to you through your encounters with others on a moment to moment bases. What shows up is a mirror to the patterns that are formed by the unconscious patterns that have taken shape in you. If you attract an "inconsiderate jerk" man or woman it is time to heal that part you. If you show up with arterial blockage it is a good chance there is a block to love.

Sorry it has to be that way would you rather spend the rest of your life not knowing the truth.

The fact that the subconscious is so vastly in control and we don't know what is there I have developed several skills and machines to help us find and alter what is there. If it does not come to you may want to have some help and guidance of the one-to-one or phone consultations.

The most important thing to know is that the divine order of the universe your source is totally here for you offering you the stimulus to move all your stuff out of the way and let him/infinity bliss power and love IN.

Exercise to listen to the subconscious:

Sit quietly with the intention of discovering a block in your subconscious that is ready to be released so you can allow yourself to trust and love. Quiet the mind and just listen. Wait and just listen. If the answer does not come right away it may come later in the day. Write it down and feel it, use the color chart to heal it.

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If you get stuck find a professional how has some of the therapies that are listed in the Appendix 11.



## *~ Chapter Twenty-Five ~*

### *The Way to Go Deeper*

For example: Look at the person you are attracting now or the one you last attracted. Is that man or woman who came into your life angry, demanding, needy or weak?

As I said before take the quality and feel how you feel about each one of those traits – then own it as your own. You will want to fight or disbelieve you have this same stuff. If your ego will not let you own your own part, you will miss the point. You will miss the value of owning your own issues and you will not be able to clear it out of yourself. You will have to live with that showing up every day until you embrace/accept it in you.

Once you do it is not so hard. I do it daily now.

What I am telling you is not just about creating relationships, it is about creating your life. It is about learning to co-create with your God. It is about mastery of life. That gives you power and with it all the things you ever wanted.

Now that you have felt all these things, go back to seeing and feeling what you want in this man/woman of your dreams. Let yourself feel it as you want it to be. Feel how reassuring it is that they say this or do this or that they are like this. The feeling I am talking about is the kind of feeling you feel when you are in an altered state of consciousness of loving and being loved. The feeling of somewhat floating may be there when you wake up because you feel relaxed and free from stress.

This is a good time to practice seeing, feeling and imagining your goal. Although we are talking about love and soul mates in this book, it could be anything you desire to create. Write the creation and write your feelings, imagination and vision of it. Move on into it and enjoy it. I mention it again because I want to help you progress in this relationship.

It is time to meet him in your mind. Go only as far as you are comfortable and no more.

Describe that:

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When you are ready meet him again and go only as far as you are comfortable again. That may be that you only say hello. Write about that:

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Over the next few weeks keep progressing in your mind and increasing the level of intimacy in your mental/emotional/spiritual connection with this person. Do this one meeting at a time each time only going to your comfort level.

Write about your meetings and how you felt. What was he wearing?

THERE ARE TWO RULES OF RELATIONSHIP THAT MUST NOT BE BROKEN:

1. DO NOT GO BEYOND YOUR COMFORT ZONE.
2. DO NOT HAVE SEX UNTIL THERE IS COMMITMENT OF BOTH PEOPLE.

Enter into the reality of it as being the way you want it. Don't tolerate anything less. Accept that this is the way it is and love it. If you don't love it; change it until you do. It is your creation.

When I was practicing having my soulmate I did it at every moment I thought of it. I worked it in to my daily routine and pulled my body/ mind /spirit into the feeling and belief that it was already mine.

Now keep doing these processes of noticing and writing about the feelings, setting your goal, being thankful for having it and feeling with all your senses that you have it. As everything comes up and you march or dance down this road of creating your life, write it down feel it and let it go. When the fear comes up, stay with it until it releases don't bury it any more. If it does not release, find a Transformation Integration Therapist who uses the color chart and let it go. I have found it to be the single most effective way of releasing this stuff.

When you have completed at least three times a day, stop creating and let it come to you. Open up and receive the blessing that is already there for you. I agree with you and know it is yours. By law where two or more are in agreement it is so.

Let's say you meet a guy/gal and you find yourself taking care of them excessively rather than just enjoying them and feeling loving positive feelings for them. Feel what that feels like to have to take care of someone. It is rather like a controlling thing that could come from fear that they won't be okay. How can I love you if you are not okay? I am afraid you will not be okay and be here for me. I am afraid I will not be able to live with myself if I don't take care of you. The place for helping people that works is I want to so I will.

If I choose not to, I will heal the consequences of that choice.

Feel that feeling of needing and wanting to do that to avoid losing that person, to avoid the pain and grief of loss.

To really relax about having something we have to be O.K. with not having it.

We have to recognize this is the fear of pain or of loss and change, and it is out of our control.

But there is one hope. That is that *love heals*. When we drop our need to control and surrender to our love and acceptance we are in a different energy that is flowing through our heart. It is healing God-energy, which our loved one feels and it can be transformative. That is a wonderful thing I experience repeatedly.~~~~~

## ~ Chapter Twenty-Six ~

### *The Process Continues*

I sat in my office with an 18-year-old young woman who had just had her heart broken the third time by her live-in boyfriend.

She had let people in her life and her body to love, and the lovers had matched what was in her and had stolen from her. The last one took everything from her bank account and robbed her parents. She had been stealing things from her family because she was angry at how they had allowed her to be responsible for the conflict between them.

Love has brought her three times to the place of looking at herself and this time, maybe she would deal with her part.

She sat in front of me looking thirty years old from the effects of taking too much on for a young girl.

As we examined her life, we could see that she was living in a family where she was taking too much responsibility for what was happening in the household. She had been given too much power, too much parental befriending and not enough partners parenting.

She is the oldest and the mother and father have a loveless relationship where the mother feels vulnerable and afraid of the aggression of the father. Daughter steps in and diplomatically distracts and cares for what the parents have not resolved. She is unprotected by the father – it leaves her too open to dangerous men/

When she looks inside she feels emptiness. (It is a good beginning). Her whole life is set up to avoid feeling this emptiness. She has a very clever avoidance pattern and a history of addictions to avoid feeling the pain.

The emptiness is really full of anger and grief, fear and pain that she does not know how to feel.

She healed that released that and received the love and support of her father during Constellation Therapy. She is getting married this year to a very devoted man.

Love is meant to be experienced from an internal place of flowing outward, which allows an internal opening to occur. It cannot flow when there is a condition put on it, or a judgment. It cannot flow when it gets hung-up on an expectation of us or others or incomplete business with someone past or present.

The point being that many times there is a specific block in our generational genealogy that requires INTERVENTIONS.

With this work done she was unconsciously free to have a great relationship.

As we open to love it can bring to us and does bring us everything we are ready to have. Life was designed for us to be able to continuously take in the flow of love as the main nutrient of our life. The truth is, there is an unlimited supply of energy available to us. It comes to us as we place our focus in the direction of pure consciousness and open to allowing it in.

The question is how to allow energy into our heart and open it up. The answer is, through our breath, through our intent, and with our focus of allowing it to happen, rather than forcing. Draw it, write it, feel it, relax the heart and allow it to open.

The breath works like billows, pulling in the power of love and life and the spirit that is God's spirit, to fill us with life. When we are not breathing it is like closing the door to the life-force; it cannot get in. It is necessary to breathe deeply, all the way into the heart and then all the way into the lower abdomen. You will feel the difference after a few minutes.

You can say to yourself, "I rest in love." "I rest in God" or "I love my life." Either of these will allow you to enter the heart space. If this does not bring us to that place of love we have to realize that there is probably a blockage in another of the energy systems of the body so the energy cannot travel to the heart.

## ~ Chapter Twenty-Seven ~

### *Exercises for Loving*

Sit in a chair or yoga position with legs folded and place your attention on the feeling in your heart or wherever you feel a tension or fear. Notice what it feels like in there and take a deep breath into that feeling. It may feel pain, constricted and dark or you may feel nothing. Whatever it is or isn't there just keep your attention on it with an attitude of receptivity to the opening of whatever it has to tell you.

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Write about the pain write about it until it is not there. If it comes back write about it again. The pain may be from some unexpected source like the first boyfriend who broke up with you and broke your heart.

Many time people will say, "I don't know what is there." It is just a matter of taking the journey towards knowing and being willing to know. Not knowing is usually a protection against feeling what is there because we think it could be too hard. If you

can't access it you need support and help I am here for you if you make an appointment.

What usually blocks the heart is fear that comes from stepping out of the moment of connection with the heart and making up what is going to happen as not good.

*Fear and blockage can come from judging ourselves for  
the things we are or are not doing.*

*Fear comes from expecting things from ourselves and others  
and being afraid we will not get them.*

*Fear comes from lack of trust and surrender to the source within as a  
good caring loving energy that is here for us.*

Notice as you keep your attention on the heart and the pain, other feelings or lack of feeling that is there. Notice how long you have neglected to feel that pain or lack of feeling. Partly because you did not know it was there and also because you did not know what to do about it.

I recently had a woman in a workshop who wanted to find a partner to love. The issue that was keeping that from moving forward was unidentifiable by her. I had to use applied kinesiology testing to find the issue. The issue was an accumulation of losses of relationships with people she loved. She had not grieved the losses completely.

Nothing can ultimately hurt is more than not loving ourselves and others. We need to realize that the opposite is actually true: love is the safe place to be.

Shirley McLain wrote about this in her book called *THE CAMINO* that describes the SPIRITUAL journey she took through Spain. She had to face some very vicious-looking wild dogs. These dogs had turned many people back from their spiritual journey.

When Shirley got to these dogs she stopped and opened her heart fully to them. They backed off and whimpered away.

I tried it in a similar situation and the dogs passed right on by. Being open and loving is different from being open and careless. This is an important distinction. When we have issues that are blocking our love that hold us in a certain pattern of distrust, anger or fear, then lunging into life carrying these will continue to bring these things to us. How do you know if you have these blocks? These issues will keep showing up. Usually they show up louder and louder until we handle them.

In another story told in the book, "The Pilgrim" the woman was a walker who lived moment to moment. I saw this book only once and do not recall the author's name. One night the pilgrim who walked across the U.S. had no home and slept outdoors or wherever the situation provided for her. She ran into a bad storm and a man offered to let her sleep in his car. She climbed in innocently and trustingly like a child and slept because that was who she was. The man said he was planning to rape her but when he saw how she trustingly got in and fell asleep, he could not touch her.

I collect such stories to ease my fears of life and learn to trust keeping my heart open.

The thing about life is that life brings us what we need to face to enter into perfect love. If we open to it and trust the presence of love, it will enfold our blocks and issues. Love integrates and heals. We will move on forward and through the things that love presents to us.

The child will take on these fears of the mother and father and the unresolved conflict between and within their parents even if they are not verbalized. I teach many children how to use white light around himself, his sister and his mother and father whenever he perceived any lack of safety. Many people who have used white light



for protection with faith have stopped having traumas and accidents and been able to let go of their fears.

How it works? Simply imagine white light surrounding yourself or those you love and enter into a state of trusting the light to protect you or them. It absolutely works. The thoughts and fears we have about things are what create the danger. We have to go beyond the reality of how things look and see how we want them to be.

## *~ Chapter Twenty-Eight ~*

### *What Love Should Do*

These are individually different. Yet there are some consistencies. One of these is “should.” We are raised in a world of “shoulds” and they create tension in our shoulders and upper back, which makes it difficult to let love in. Shoulds become a block. So the challenge is how to keep going in life and stop going through life doing the things we have decided we should do rather than listening to what the moment-to-moment guidance system that is our inner being, our heart and soul is telling us will give us the joy and peace of love and happiness.

I was finally able to let my heart take over after 64 years of doing what I “should” do. What a relief. My shoulders are still relaxing and the tension is still melting away. The judgments are still dissolving into acceptance.

A place to start with dealing with the blocks to love is to ask yourself, “What am I saying to myself that others should or should not do so I can love them”. Are they not treating you with the respect you want? Write it out.

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Now turn it around and say. “I have a block that keeps me from giving myself the respect I want?”

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Now write about that feeling looking at the color that helps it go down until it is gone. Make the statement, “I give myself the respect I deserve”. Thank your self, God, nature or whatever you prefer as your sources name. Now touch each energy center as you come down the chakras then out the opposite positive in when you come up the chakras. (See chakra and color charts).

## ~ Chapter Twenty-Nine ~

### *Right and Wrong*

I grew up in your average American household where judgment was considered necessary to stir us on the “godly” path. I went along with it so I could feel safe and secure. I will tell you that being a judge of things and learning to think for myself has been one of my greatest assist and I am grateful for every bit of knowledge that comes from being able to judge for yourself. Over the years the pattern has become a little too developed to allow the peace and space I want to live in to be maintained you see it is easy to always find something wrong.

The whole system of right and wrong has led us to feeling we have to go a certain way or we are wrong, or that others have to go a certain way or they are wrong. So the head interferes with the heart. Take note of the judgments against yourself and others and write about what is behind them interfering with your being able to stay in the place of peace and love. I judge myself for:

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I judge others for:

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I am unworthy of love because:

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I am afraid to try I might fail.

What have you got to lose?

There is one point about judging that you need to know. It comes from the deepest place of not feeling like you are good enough. So the best Mantra would be “I am good enough and I do my job here well.”

The fears and judgments point us away from our own guidance system – the heart. I recommend a mantra for many of the patients with the “right and wrong syndrome” The mantra is “That is good.” When you get tired of that mantra you may find your own thought that lets you stay in an acceptance frame of mind. I have found this mantra to melt away the right and wrong judgments and allow the heart to lead. Remember, of course, when we are judging others we are judging ourselves and projecting our inadequacy out

When proof reading this section, my dear husband suggested this story as an example of the way we go off course in our acceptance. Here it is: A bear was eating salmon by the stream. It was the best salmon in the world and he felt fabulous. He kept looking around him for other things and kept wandering off eating the grass in the area. He came back to the salmon but sometimes the grass made him sick. It was a far cry from the salmon.

So we taste this and that in life and we have a challenge to stay with the good stuff.

I am working with a young woman now who came in with a very painful sore throat.

She started to recover with the use of herbs and felt better so she went out with friends that night after being in bed all day. She got sick again and called me to report feeling terrible. My response is I have done my part, the herbs are doing their part. Now will you be able to stay on a healing course. We shall see. She decided to do her part and got well.

Another 84 year old had been to the world's most renowned. I mean really, the best holistic.

She had gotten no results. When I tested her remotely she was blocked in her 7th chakra and not letting in her good. When I told her of this, sent her a chakra homeopathic remedy and had a nice long talk about this she opened up and let healing from her source in. She got out of the endless head journey and applied the laws of manifesting to healing herself.

Acceptance is the opposite of judgment. The other most important thing is keep breathing into the heart and on into the belly. Let the mind rest. The most powerful way of manifesting is not thinking. I like to say, "I rest in God." As the brain rests and slows, truth and guidance can pop in with more important information than you could ever think up by trying or over-thinking.

## ~ Chapter Thirty ~

### *Balance and Love*

I think if we analyze the bottom line of all lack of loving, it is about learning how to balance the need to have it our way and when to split the difference – reach a medium ground. I think when we are truly well-matched; the medium ground is usually the best ground for both.

A big cause of problems in relationship is the manipulation of our partner so we can have our way. It will destroy the spirit of the relationship. Let each other be who they are and do what they want to do. They will come back to you.

How do you attempt to control the people in your life for, "their own good"? Or yours?

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Now it is time to go down the chakras and clear, "I have to control others to feel safe." You will probably need to do this many many times over your life as it goes very deep. It

Is it about survival? Of course over many lifetimes we have made adaptation.

Come up the chakras as you say. It is safe for me to love others and allow them to be who they are.

The balance of a relationship is to insure both people get what they need to thrive in all areas of life.

One important essential is that when you are with your partner, there are two people to please. When either is compromised they can suffer too much. There are two people who need to be happy. The goal is to keep adjusting until both are happy, in the right place and doing what they love to do. After 17 years together, my husband and I are still asking, “Are we in the place we want to be, doing what we want to do?” Each of us, together and separately, must be happy to have balance and good health. Many times over the years I have seen people who sacrificed themselves for their partner. That is a generational pattern many times that is unhealed. It is our responsibility to take as good care of our partner as they take care of us so that each ends up in a place of balance.

There are many ways of sacrificing ourselves for a partner. I know a particular situation where a dear man went to surgery to please his wife. The wife always believed that what the doctors say goes. Her husband was having gas and tests showed a polyp in the intestine. He went in for exploratory surgery for cancer.

There was no cancer, but the surgery trauma killed him. He died for love to please his loved one; he did not have cancer. When I talked to him the night before the surgery he told me he did not feel right about going through with it. He said, “You know my wife. She won’t hear of me not having surgery.” He did not follow his own inner guidance system and it cost him his life. You see she was the only person who gave him love and he died rather than displease her. He died to be loved he was my stepfather.

*I have told him about the help herbs and acupuncture can give and he brushed over it many times.*

Patterns of self-rejection or less-than-complete acceptance can exist in anyone. We fall into the pattern and continue making ourselves wrong and excluding ourselves, or just not loving all parts of ourselves. This pattern dies hard, and it is our work to step out of it. It runs very deep and the tracks in my brain are very familiar with how to do this to myself now. I just want to tell you, most of the time our families cannot embrace us as we are because they cannot embrace themselves as they are. This leaves only one good choice: to learn to accept ourselves regardless of the earlier training we received from our families. We can do it.

How?

Identify the parts of yourself which you know about and are not embracing

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You can hold in your mind and repeat I love my life. I love myself. I recognize and accept the \_\_\_\_\_

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\_\_\_\_\_ (identified in the previous paragraph.).

This vigilant attitude brings dramatic changes.

For the more resistant cases, I use Voice Printing or other types of biofeedback technology to change the patterns of the brain. Color therapy, herbs, homeopathy and other programs can speed the process and are effective ways to bring about change and healing. The idea is to find the modality or technique to assist where you are being resistant. One of the problems we run into when doing the work ourselves is we usually do not know, admit or allow ourselves to know the real issues. There is a strong indication for a great healer like me when you don't know what the real problem is. Or you may know and not be able to face it alone.

What does this have to do with creating my soulmate? Everything. It is what we bring to my table to heal in ourselves, because as long as that scar of rejection is unhealed, we will see everything through the eyes of rejection of ourselves. We will overreact to the little things and see them as rejection. We will not become the Christ-self and know the God's love or perfect love that is God in us. We can not experience the mate of our souls--the mating of our souls--the perfect oneness of all parts of ourselves being merged in perfect acceptance and union.

Writing this book is a wonderful opportunity to see what is still there to be healed in me, so I have been experiencing some wonderful self-healing.

***When there are still unresolved blocks to love we have to look at the past ancestors and do Constellation Therapy***



## *Chapter Thirty-One ~ Using Family Constellation Therapy*

We can heal the rejection of our families by using Family Constellation Therapy. This work is best done with a facilitator. I will give you an example of the work using myself as an example:

I was feeling disconnected from my family and unsupported as my mother died recently and our family has been disconnected for many years. There were a lot of judgments and hurt feelings.

I hold an imaginary family reunion. As the family members gather I ask and tune into what is needed to bring the family together in love and acceptance. Usually there have been some severe splits in the family and the withholding of love has damaged key members so badly, they have not gotten what they needed to be whole and give love to the rest of the family. The family members that follow sense this lack, this need, and cannot feel whole and loved. The result is usually the targeting of certain family members to reduce their own sense of lack and to elevate their own self-esteem by reducing the esteem of others.

In this therapy session I invite all the family to attend a family reunion in my imagination. As they each arrive, I sense what the major players want and need in order to be happy. In some cases the grandfather had been rejected by his father. I invite the souls to resolve this and they are eager to do that. When the excluded family member is included and loved the other family members can find harmony.

As I go through this process, I feel the family moving in to support those who have been excluded and give them what they need. As these processes are done, we can get the energy we need from those who are important to us. I felt elated and still feel the carryover into my life. Approval and being included and loved by the tribe is a universal need, spanning generations, and many people have died for that approval.

A few days after doing this I was invited to stay with a family member and the connections have continued.

I often do these family healings of the souls of family members, called Constellation Therapy. This work originated in Europe with Dr. Bert Hellinger. I honor his brilliant, sensitive work and what he brings to our understanding of the real needs of families. These therapy sessions change everything for the better. That is one reason I have studied every method on the planet that I know works.

Here is an example of a constellation I did with a woman who could not let herself be married to the man she loved. She could not allow herself to attract men who would love her. This is a good example of how secrets the family has held affect us.

In this family therapy mats may be used or people may be used to represent the family members. As I stood on the mat that she had laid down to represent her father, I knew strongly this man was not her father. Her mother had had her as a result of an affair. The woman was strongly religious so she had to keep it covered up. The results were that the woman could not feel safe with the marriage part of relationships. She felt undeserving.

List those qualities and patterns that you know about in your family that you wish to address and heal in yourself to move closer to the ideal relationship that can be sustained through a lifetime.

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What I am telling you is not just about creating relationships, it is about creating your life. It is about learning to co-create with your God. It is about mastery of life. That gives you power of love within and with it all you ever wanted. When you have love and the positive open allowing nature you can allow the spirit to provide all you “Heart’s desires.”

## ~ Chapter Thirty-Two ~

### *Why Love is So Frightening*

We have difficulty loving ourselves because that is not our training. In families, we give much more attention to potty training than love training. As we recognize the need for love and start down that path, it is most often so unfamiliar to every cell in our mind/body/energy system that we feel internally like screaming with resistance. Flower essences help most with this. They are nature's greatest healers. I have programmed the LSA with flower essences so it can identify what flower essence will help most as the energy system changes to adapt to your new goals. The LSA Total Body Scan is a biofeedback energy evaluation device that assesses the body's response to frequencies that represent issues, toxins and traumas then sends balancing frequencies and suggest remedies to continue the healing process of body, mind and spirit. If you want to use them you can also let you intuition guide you.

The reason we feel safer with the heart shut down is the sense of vulnerability that comes from the open heart. We are raised in a world of "should" which creates tension in our shoulders and upper back, making it difficult to let love in.

Shoulds/should not's become a block, challenging us to keep going in life and doing the things we have decided we should do rather than listen to the moment-to-moment guidance system that is our inner being – our heart, our soul – telling us what will give us joy and peace of love and happiness. As we open to love it shows us what is blocking its path – the path to God.

One of the reasons for reluctance to love is we become vulnerable, we think, when we love. That is really not true. We are safe when our heart is open,

If you feel vulnerable clear that again and again. \*\*\*\*\*

My impression and experience tell me, after much resistance, love and opening to others is the great resolution for all the problems we face. Some political figures like President Ford have known this and found there was no need for wars if you could meet people over the dinner table and give them the appreciation they are seeking. Remember everyone just wants to be loved

## ~ Chapter Thirty-Three ~

### *The Biggest Mistake*

The biggest mistake is to think that what we see as imperfections in our partners is not also ours. Our bigger mistake is not to see their perfections. Often we divorce our partner without learning from or resolving those parts of ourselves that showed up in our relationship with them. The person we divorced may be responding to our issues.

I like to think of it as two magnets meeting. They are attracted to each other because of their magnetic similarities. We have to be like them to attract them. At first it feels like love or chemistry or magnetic attraction. It is actually the law of the universe bringing us exactly what we need to see and deal with about ourselves in order to become a complete, whole soul. It does not, of course, mean we marry everyone we are attracting.

So a few months into the marriage or relationship we see the “selfishness” in our partner. I call it that because that is what the critical, judgmental part of us calls it as it emerges. The fact is that he/she is as good at wanting what they want as you are. You cannot control things and have your way anymore. You are seeing your desire to have life your way show up. They also want life their way.

I have become increasingly tolerant of this quality in others and see it as their saving grace as well as the saving grace for the relationship. If you have someone you can control, they will end up being unhappy with themselves and with the relationship; it is a prescription for unhappiness and cancer.

I think one reason men die early is they want to please their mate and they cannot. They also are not pleasing themselves once they retire from the work that was a passion.

What shows up is an opportunity for us. If we miss it, it will keep showing up. If we only partially clear it, it will keep showing up, even into our next relationship. How do you know when it is clear? You know that issue has been cleared when it does not bother you anymore and does not show up anymore as a bother. If it still bothers you at all then it is still not totally clear.

Yes I have said this many times throughout this book. Have you gotten it yet?

## ~ Chapter Thirty-Four ~

### *Guilt*

Guilt is one of our oldest programmed responses. We have all been taught to feel guilty and do a good job of responding to that guilt in a way that does not solve but rather perpetuates the feeling. Let us take responsibility for making a Different choice next time rather than waste time feeling bad about the last mistake.

I think guilt or the tendency to believe we are wrong has been used to control people. It is easy to think they would go off in a certain undesirable direction if they weren't manipulated with guilt. It does seem to me as I have worked with thousands of people regarding this issue that it is the basis of rebellion and destruction. However, the true self recognizes this is a devious way individuals and or a society trying to control.

Guilt falls into the "control-ought-must" category and as freedom seekers we are ultimately shut down or fight our way out of control.

In relationship and in the process of creating relationship, we find it is easy to exercise these patterns.

This deserves special attention. Manifesting and allowing a relationship is actually the process of feeling what is wanted and letting the feeling and the pictures grow while at the same time releasing them to the higher part of ourselves. Control is more about forcing and less about allowing and releasing. Controlling is more about trying to make people do it our way or make people come into our lives.

Controlling does not work because it is a block that creates stoppage of the energy flow of our spirit or manifesting energy.

Unresolved emotions also block that flow. An example of this is a young woman who came to me for the purpose of healing past relationships of abuse to make room for the real deal, "the one." She worked hard at it but the overriding pattern of deceit that had been directed at her in her life did not clear easily because the veins ran so deep. She came to me one day announcing that she had found "the one" and was going to get married. I could hear in her voice that she was forcing this to be "the one" and that it was not open for discussion. She was not done with the work, but she was anxious to be married. A few months later she was divorced. The un-

learned issues had shown up in the relationship. HER CHILD WAS MOLESTED BY HIM.

If you have things making you feel guilty begin to notice them and let them go:\_\_\_\_\_

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I feel sad for her and for all of us who have to clear what we have to clear for life to work. It is just the way it is.

The big thing is that we all want what we want when we want it. However, the law is, "All in God's time." Most of the time, we want to control God's time and push forward. But God, his spirit, the flow of life cannot be controlled. It can only be allowed to move and directed by our intention and our feelings.

## ~ Chapter Thirty-Six ~

### *Chakra Blocks and Homeopathy that Treat the Blocks*

I have worked with chakra balancing and clearing since studying Psychosomatic Energetics with the brilliant Dr. Blanis from Switzerland. He states that the chakras are actual energy-regulation centers in the body, and when they are not open and energized, the result is blockage that affects the underlying organs. I have seen this to be true many times.

When you have this overwhelming block that has probably been there most of your life it is necessary to deal with and heal this to open to love.

A young mother brought her son to me because he was afraid of his father. The parents were divorced and the mother was very frightened of the father. The child, as the oldest son, was stepping in and becoming the father to protect his mother, his sister and himself from this perceived threat. Of course he was always on guard, and the father sensed it and became more demanding, wanting to get the love of his children. Because there was fear of the father inside the mother since birth the 6<sup>th</sup> Chakra was blocked due to nervousness.

Fortunately the mother, who was working on her own fear of him, had enough sense to realize the son's fears were very damaging. Other than one slap there had been no physical harm. There was verbal abuse and the court did not see that as a problem, so shared custody was inevitable. With the child being able to show love to the father rather than constant rejection and paranoia things have a chance to heal. The sixth chakra was blocked in him due to his tenseness at being caught up in this family pattern. He consequently had difficulty sleeping. These patterns that are set as a child can go on for many years or even for the rest of one's life. The mother is smart to heal it now.

Dr. Blanis has created homeopathy that heals chakra blocks, along with affirmations. He found there are a total of 28 issues that can block the chakras.

It is brilliant how these remedies help. A machine called REBA Kinesiology machine is used to check for the blocks in the chakras. Kinesiology can be used without the machine.

This is how it works. We could say the best example is the throat chakra. If there is a block there, there could be feelings frozen there that have not been released or expressed. Feelings about something that happened in the past will tend to be expressed as a repeated pattern until the energy of the event is released. It could be an abuse pattern.

This could attract people or a partner that is abusive unless it is cleared. I recently worked with a woman who had a throat chakra blockage and wanted to resolve why people kept stealing from her. She did not feel safe. She had been victimized and the victimization continued because the samskaras and blockages were still in her. Remedies accompanied by affirmations will help her greatly in releasing this.

Abuse is subtle. Sometimes it is a pattern we find ourselves in within a family. The family blames a certain member or treats them more harshly and makes them the problem.

It could be a first-chakra blockage that developed from low self-esteem. When we have low self-esteem it is less likely that we will attract a person who supports our highest and best selves. I am working with a young man who has a first-chakra blockage, resulting in progressive numbing of the feet. The block is very old. He can trace it back to adolescence when he had intense sexual attraction and could not consummate his desires.

If it is a seventh-chakra blockage, then we may be in a pattern of being judgmental or unable to face reality. This makes it hard to see the good in people or to face the truth about them.

I have to tell you, I have found these issues to be so big that chakra balancing is not enough. The remedies work and they are the one thing I consider essential for everyone who is serious about growing spiritual, emotional and being physically well. I am so amazed and impressed with the great depth of love and humanity in our world.



## *Chapter Thirty-Seven ~*

### *The Ultimate Truth about Love and Soulmates*

**The ultimate truth is that there is no one out there but us. When we truly have love within ourselves we will have love. When we have all of ourselves integrated like the yin and yang balance, recognizing and accepting all parts of ourselves, we have love. When we have love in us then we are mated with our soul. We are one with God. God lives in us; that is our soul's mate. That place is the place of attraction where we attract what is complete and supportive, nurturing and loving.**

That being said, it is a great joy to experience the connection, the intimacy, the mating, the sharing of life with another. I just received a call from a couple of 85-year-old lovebirds who are experiencing this falling in love at 85. They are visiting his family in Canada. Because they are clients she has shared her fears of taking care of him and other such things. But the fact is that that is just her stuff. She takes care of everyone and probably always will, whether she is coupled or not.

The fact is it's never too late to fall in love as it is never too late to grow. Keep open. He or she is out there. It is not always easy or fun, but it is the journey of love. It is still the ultimate to feel that love when we do allow it by releasing our fear and resistance to having it. I like to call it defragging the mainframe and installing the love disc.

## ~ Chapter Thirty-Eight ~

### *The Rest of the Story*

After 20 years together I can see this I the best thing I ever created. The secret of working out all the things that showed up is I kept focusing on changing myself and setting boundaries. As I changed myself and found the parts of me that showed up in him, we both healed because I can love all parts of him and me. Being with my partner has continued to require working and clearing my issues and communicating my desires. You see girls men want to make us happy. Our job is to ask pleasantly and clearly for what we want.

An interesting thing I realized after 20 years together is the common generational factors that allowed us to come together. His father was a professor who was a peace loving man who published books. I was a professor who is publishing books. His mother liked alternative medicine and did not know enough to help herself with it. She was open to it. I am an alternative health practitioner. He was named after his grandfather Charles and I was named after grandmother Bess. We were both raised in church going family and knew all the same hymns. We both chose Unity Church as our home church. We have the same birthday. We like old movies, we like to dance, we love to swim and we love to get in the car and go.

The rest of the story is, processing what is in the relationship never ends, if it is to continue to be alive. Relationships are organic as you keep turning the soil. The processing is processing our response to what shows up. The work is never done. With each piece of work and release by writing and continuing to talk to your source, listen to your source and ask your source for what you want over and over on the paper you will maintain it and it can grow infinitely. Use the color chart and do the chakra clearing for each thing that causes you discomfort. Remember you deserve a life of love and bliss.

The single most important thing about my relationship with my husband is our commitment to each other and to developing the constant connection to the power of God available for our activation and direction to create a reality of love, healing joy and peace for ourselves and others.

It is important to look at what you have created with gratitude. I thank God.

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I HAVE TO SAY THERE MUST BE A THIRD PARTY IN A REALTIONSHIP – GOD - WITHIN EACH OF YOU AND UNITING BOTH OF YOU. There is only one thing to know. Keep looking for and dealing with the truth and *the truth will set you free*. The ultimate truth is *all there is is love*.

Now we can achieve the most good for ourselves by learning to love all things as we see the love in us and in everyone. Loving will develop our patience and compassion for all living beings. It will liberate us from our past sufferings and clear our blocks. By doing this we will develop our capacity for bliss and achieve enlightenment.

Learn to sit still and stop thinking.

Just watch yourself breath.

Miracles can happen as we get the mind out of the way.

Now look into the heart.

Isn't it a very amazing place?

Write your love story

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# Unexpected Gifts and Rewards

## Dancing

When I was very small. I remember looking up at my mother and saying, “Mother I want to be a ballerina. We were Nazarenes and very strict religion. She said some version of “never:

She said, “you can take piano.’ I did and I danced every day for my sister. I was too shy and insecure to dance with the guys in high school, and yet it was always there in me. On the second date with my husband we realized we were born to dance together. We still are. This photo from a showcase we did in a nursing home in Tampa Fla.



# Spiritual Growth

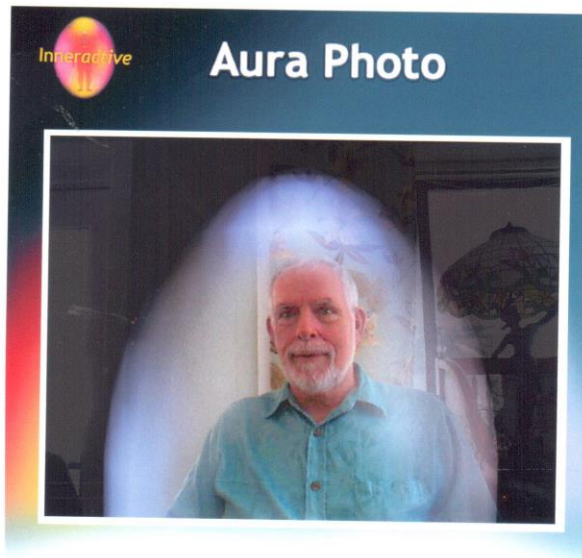
Another unexpected gift and reward for doing “the work ‘is the spiritual work we have done together. On our first date we had our aura photos done. His was green mine was lavender.

Recently Linda Blower did our aura photos again and it is the greatest gift to see how we have grown together spiritually. I ask Linda what color Jesus aura was. She said White.



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## Our Prayer

We are being together fully, loving, and receiving the gifts of the spirit as we are of loving service to this planet, universe, and everyone, all of whom we are as one.

Now we simply fly together in the infinite energy of bliss.

We release all to the infinite wisdom of light and love and fill ourselves to capacity with joy.

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## REMOTE TREATMENTS AND SCANS

For those of you who are not close enough to have the sessions in the office for clearing OR PREFER remote, we offer remote technology. The only thing it requires is for you to be open to it and be ready willing and able to heal.

It is really the best. I can make Homeopathy from a sample of hair and urine. The remote scan has the capacity to send frequencies to clear issues and promote your power to manifest every single dream and change you want to see. It is working also on the subconscious so the outcomes are beyond conscious expectations.

One company that was in a slump for some months improved their revenue by 30% in one week after we started treating the company with remote technology... A woman who had not slept for 7 years is now sleeping. A woman who has been anxious and depressed all her life is experiencing joy and peace. We are sharing new levels of bliss.

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## *Chapter Thirty Nine*

### *Clear Issues using Chakras and Color Therapy*

State the issue you want to clear as you place one hand on your heart and the other hand on the top of the head GO DOWN THE BODY WITH THE OTHER HAND AS YOU GO DOWN THE COLOR CHART WITH YOUR EYES. While keeping one hand on the heart move the other hand from the top of the head to the forehead, neck, heart, stomach, lower abdomen, pubic bone. Each time you move the hand to the next place repeat the issue you are clearing. Issue should go like this example “I am afraid to love.”

After you have gone all the way down the chakras come back up the chakras one at a time and put the positive affirmation into each chakra with your hand on it. Keep one hand on the heart as you come up.



COLOR CHART

CHAKRAS



Often we are unconscious of these blocks. I find they are sometimes much buried so I have developed the Total Body Scan and Kinesiology to identify help you identify what you blocks to love are.

**Purification Exercise** -- *Take a situation with someone or something that is currently bothering you. See all the people in the world who are bothered by the same issue that is bothering you now. Let the feeling and energy gather like a dark cloud from what is bothering you and all the other people who are bothered by something similar. Gather this energy like a dark cloud and passed through your heart. Now bring light down through the crown of your head and send it to all the people that are bothered by this and the person with whom you are upset. After that is complete see the outcome you would like, feel the feeling you would like to feel, imagine how you want it to turn out. In the process of doing this you will heal yourself.*

## A list of things that can help your health and improve your love life:

Psychosomatic Energetic remedies

Hormone Balancing

Constellation Therapy

Assessing for Lyme using neuro kinesiology

Treating Lyme Disease with herbs from the Monastery of Herbs and Pleomorphic Remedies

B12 and Blood Strengthener Formulas

Clearing of past emotional traumas

Neuro Emotion

## Total Body Scan

I have programmed the Total Body Scan biofeedback equipment to help us identify these subconscious factors.

## Release Techniques

NLP

LSA Handset Scan

Voice Printing

Homeopathy

Remote Scans

The Dance of Life is maintained by patience and acceptance of all that is. I have Learned if something bothers me it is a great opportunity to change me.



The Dance Goes On

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