

MARK EARLIX



AWAKEN  
THE HEALER  
WITHIN

WORKBOOK

# **IMPORTANT**

To begin — Please save this workbook to your desktop or in another location.

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## How to Use This Workbook

How can you get the most out of this workbook? By using it in conjunction with the audio program. At the end of every session you'll find a section called Healing Habits. This is the section where you can outline the changes you will make to your life that will incorporate the ideas and exercises from the program.

For each session, do the following:

- Preview the section of the workbook that goes with the audio session.
- Listen to the audio session at least once.
- Complete the Healing Habits page.

By taking the time to preview the exercises before you listen to each session, you are priming your subconscious to listen and absorb the material. Then, when you are actually listening to each session, you'll be able to absorb the information faster — and will see faster results.

Let's get started.

## SESSION 1: Preparing to Awaken the Healer

It is not, as we see so we believe  
But, as we believe so we see.

Each and every one of us has the ability to amend our life's dramas and traumas and to feel better physically. Most people don't feel well all the time. We can help make the disease and infirmities dissipate; we can ease discomfort so that some or even all of the effects are gone. The tissue will no longer be inflamed, the bones become straightened, and stresses can melt. The body heats up or we feel the electrical charge of air flowing through us, and then we feel clear inside. It is as though we flicked on a switch in a darkened room and the shadows are no longer there. This could happen in the twinkling of an eye, and even before that. This is a way of healing.

All of this, and so much more, is related to you in *Awaken the Healer Within*. You will realize that you too have the ability to work with healing, not only for yourself, but for others as well. In this program I help you to actualize your understandings and realities that you have only dreamt of, that you thought only a select few could attain. In fact, you can feel better not only in your body, but also about yourself.

**Are there some things in your life that need to be healed? Write down your answers in the following space:**

Perhaps you have always felt there is more to you than what others see in you. Perhaps you feel there is more to this world than you have been taught to believe. Perhaps most of your life you have always felt uncomfortable, somehow different, not mainstream, but didn't know why or where to go with this deeply rooted, often uncomfortable feeling.

In all of life's lessons, you might have sensed something didn't feel true to you or was being left out. Perhaps you are looking for your life's purpose and feel you won't be fulfilled without it. Perhaps you are yearning to fill the gap between the possibilities and realities of your life. You have grown to this time of change.

**Have you ever felt any of these ways? Describe them here:**

“Most” people facing life's changing experiences go through this discomfort, even if the change is one they have longed for in order to find more meaning in their existence. Change may be especially scary if, for your own sense of safety, you've had to cover up or change your deepest thoughts and feelings or had to fight for everything you have.

**Describe your feelings about this process. How do you feel about changing and developing the ability to heal yourself and others?**

In doing this with clients, I found that people not only gained insight into the actual act of healing, but they were finding other subtle or wonderfully dramatic changes taking place in their lives as well. They felt more whole, less troubled, and a greater wellness in life. They were growing on a spiritual level they hadn't anticipated. An unspoken void in their lives was being filled. That's what you are likely to experience from this program, as well.



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# SESSION 2: Intuition, Knowing, and Awareness

We are not living our life chained to fate.

Every cause has an effect. At times, we aren't even aware that we are still living the effect of some unconscious cause.

Is there some cause from your childhood — a witnessed interaction between two people, for example — that is still at work in your life?

### What is the causal event?

**How has it manifested in your current life? A health issue? Relationship problems? Money challenges? Identify the cause-and-effect relationship between the event and its manifestation in your life today:**

When you learn how to become consciously aware, the very dynamic of being conscious becomes part of your life. It becomes intertwined with your life, and you will no longer need to practice it. It takes over for you. Times of destruction and negation will become further apart and fewer. You can begin to practice by saying to yourself, "Wait, I don't have to react to this." The conversations and dilemmas may feel a bit odd at first, but, over time, it will become effortless.

**Describe a time when you were not consciously aware of your reaction to something:**

**How would you have handled it differently if you'd said to yourself, "Wait, I don't have to react to this"?**

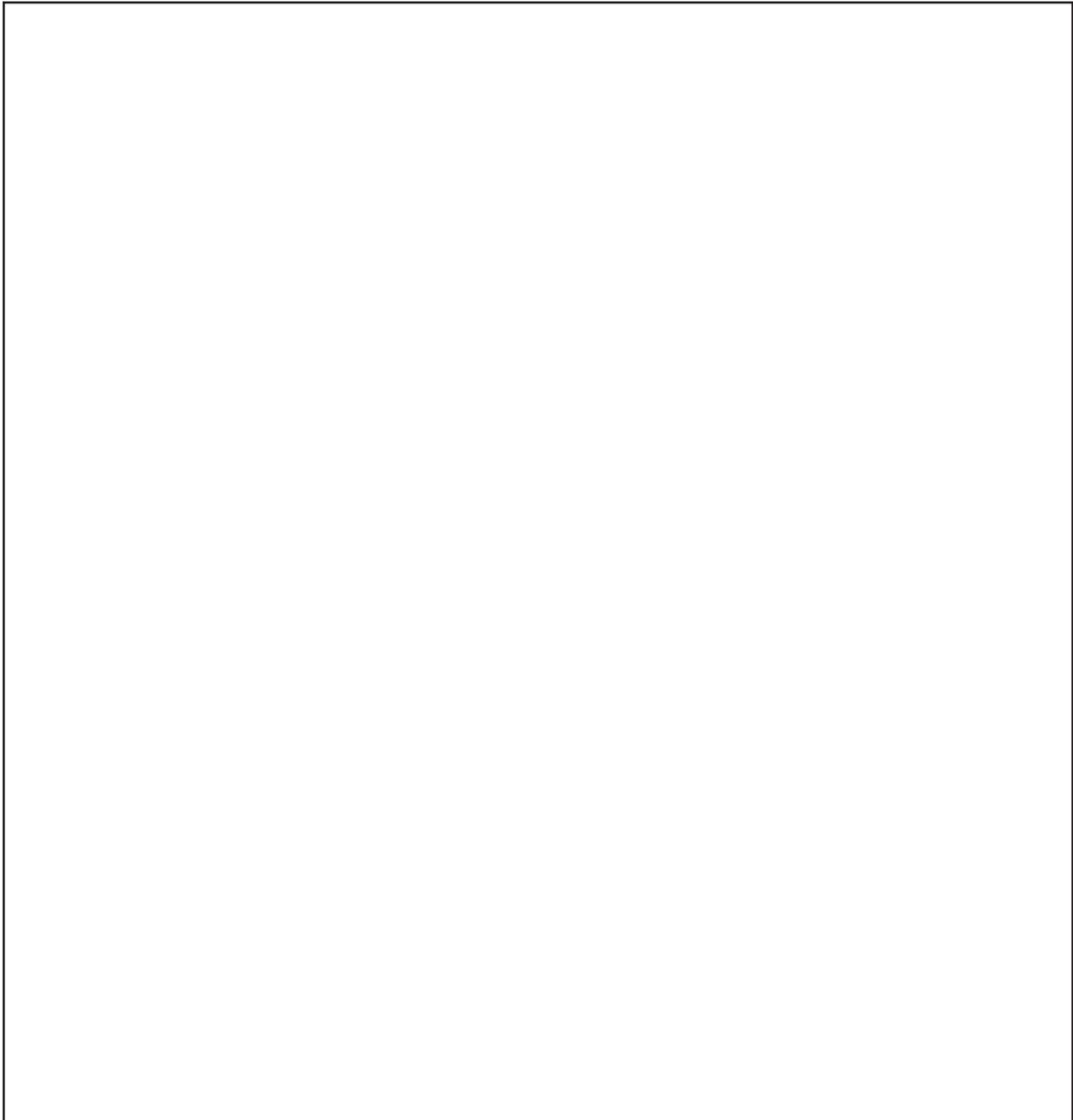
Consciously apply this understanding for one or two days, then for one or two weeks. As you allow yourself to develop, you will find that you no longer have to keep concentrating on it consciously. It will become a natural part of your everyday life. You will find that you have let go of many of your old reactive patterns. Without really working hard at it, you'll have more choices, free will, and power in your life.

Unconscious reaction will not be a part of your norm anymore. You will no longer react to the world's destructive activities. Your body will become healthier. Your body will respond to your greater choice of health. This act reverberates in the whole body, mind, and spirit because in reality, there is no separation between the body, mind, and spirit.

In the mind of God, whatever we want is what we get.  
Whatever we accept: that is what we have.

We are living examples of what we have accepted into our lives. We have choice, free will. This ability to choose is the carrier of our living prayer.

**What have you unconsciously accepted into your life?**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

## **An Exercise in Conscious Awareness**

Try this exercise for one minute.

Sit quietly and think of nothing. Now notice all the conversations you're having in your mind. I want you to consciously stop yourself from any of these conversations. Stop yourself from being wrapped up in your conversation of your life. Just watch yourself. Stop the thinking process that is wrapped up in that conversation. Observe your thought process, and examine the situation to see what is really being said inside and what you are really allowing yourself to think, and what is really being done is being done within you and all around you as a result of your thinking.

### **What conversations were going on in your head?**

Then think of a particular idea. It is important to establish focus in our thinking. Through this focus we are able to learn how to control the chaotic thinking and constant chatter, instead of it controlling us.

Next, observe yourself as another person talks to you or someone else nearby. Try it for just one minute. Concentrate on what is really happening, watch yourself, and watch the situation as if watching a movie.

### **What was this experience like?**

Again, stop your thoughts, and watch what is really being said and done around and within you. Now, think of your Self inside, not the “little” you, but the “big” Self that resides inside. Totally surrender to this Self. Love it and let it know you love it. Feel its constant warmth and flow. Imagine yourself having a glowing living Orb in the center of your chest

Now watch and feel the scene of a conversation you would like to have with the Orb.

You will experience a shift. Unbeknownst to you, you will be taken into this process of expanded awareness as you practice. You will be able to tune in to a new, more *real* conscious awareness. With this experience, over time, your dramas and traumas will fade away.

**Reflect for a moment on your experience with this exercise. What happened for you?**

The more often you practice these simple exercises, the greater effect they will have in your life, which has previously been so full of reactions and disappointments. You will begin to find yourself beginning to experience a sense of relative indifference to those old dramas, the situations to which you previously reacted and held within you.



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## **SESSION 3: Understanding Healing**

“Listen to your inner voice... for it is a deep and powerful source of wisdom, beauty, and truth, ever flowing through you... Learn to trust it, trust your intuition, and in good time, answers to all you seek to know will come, and the path will open before you.” —Caroline Joy Adams

Emotional traumas of the past are held in the cells of the body. I call it the remembrance that is held in the cells. We feel this in the form of energy. In healing, we work with it in such a way that there will be a releasing of this trauma. We must wait until we feel the flow of its release.

Once the release is done, you will realize that the old patterns diminish and your life is in the process of changing and shifting in consciousness. Sometimes, if you are working on another person, the other person may or may not feel the change at first. You have trust that it is done, based on your experience in feeling the trauma and witnessing the release. You will know and trust. Every person is born with the ability of free will; therefore, every person has the ability to accept or reject what is correct or not correct for him or her.

Events that happen in our lives, the dramas and traumas, remain in our cellular memory. All of our subjective reactions from events, e.g., death, divorce, or other troubles, manifest on a biological and physiological level, and eventually our health begins to suffer. We feel the effects of these things as a lack of ease, disease.

Disease is actually not knowing or understanding our truer nature. You do not have to accept disease unless there is an underlying reality that makes you feel that you need it, not even contagious disease, unless you accept that in your life. In fact, contagious disease surrounds a person with an aura of magnetic atmosphere that can be broken down and worked with in healing.

### **Healing Concentration Exercises**

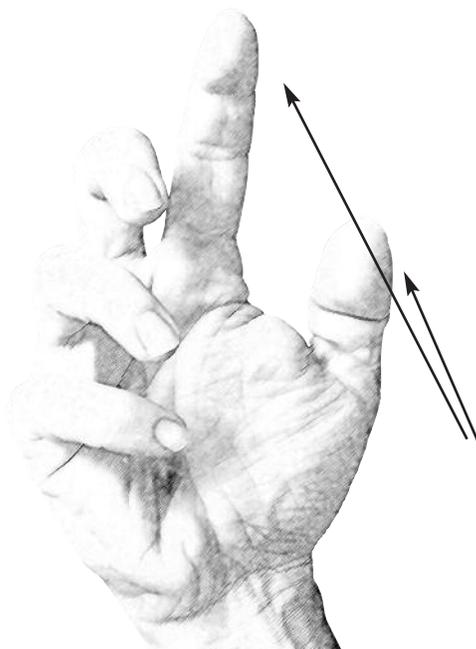
Following are several healing concentration exercises that will help you realize what it is you feel when tuned into the magnetic energy of a body. Some require the use of a partner. Be quiet, be still, fully tune in to what you experience. Remember to breathe through your nose and out gently through your mouth.

You are breathing in the breath of God. Concentrate on your breathing, and notice a change in how you feel. You will feel a sensation in your head and experience a kind of clarity you did not have before. This simple act of concentration on your breathing can create productive changes that will stay with you the rest of your life. It will also place you in a receptive state so that you can be used to help others to heal.

## The Grounding Exercise

In this exercise you will practice experiencing what healing energy feels like to you. This exercise also happens to be helpful for those with mild to moderate dyslexia and hypoglycemia. It is also good for calming an emotionally chaotic state or an over-stimulated state — what I sometimes refer to as a bombarded mind. On many occasions, I've seen it relieve people of their feelings of chaos and confusion. When I teach this exercise in my seminars, people are better able to understand more of what energy and light feel like.

The pads of our fingers act as terminals, which transmit a current. They also are receivers for current. The first three fingers, the thumb, forefinger and the middle finger, carry the greatest current. You can feel through the fingertips. A lot of nerve endings are located in the pads of the fingers.

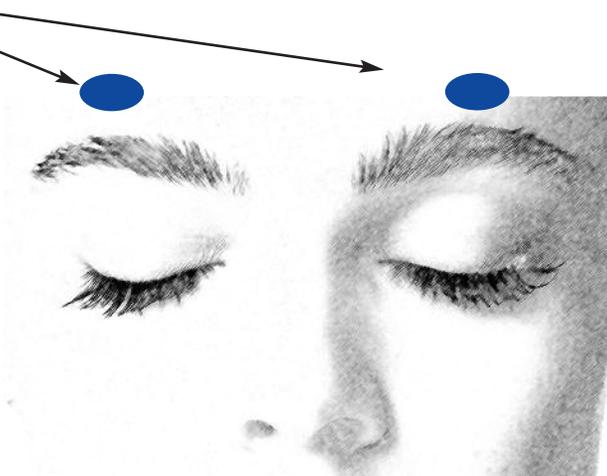


The left hand is a receiver. The right hand is a transmitter. If you should have the preference to use the left hand, God is not going to look down on you and say, “Sorry, wrong hand, or wrong foot, can’t help you or the other person until you change hands.” The right hand is the giving hand, as in the historical transmission of blessing in waving goodbye; the left hand receives.

In this exercise, take your right hand and hold the first two fingers about an inch to an inch and a half apart and gently place them about an inch to an inch and a half above the eyebrows, one finger above each eyebrow. You’ll notice

there are two slight indentations on your forehead where the fingers seem to naturally fit. Barely touch your forehead with these fingers.

If you leave your fingers there for a little while, you will begin to feel a slight sensation in your fingers and/or in your head that will build up and then disperse. You are dispersing chaotic energy and throwing the current into a balance flow so that the body might operate more smoothly. The effect you



get depends on your needs at that moment. Sometimes it takes five to 30 seconds to complete; sometimes a little longer. You can do this anytime, anywhere.

The sensation you feel is the stimulation of a neurological response. Again, it's great for the mildly dyslexic person, or if you are burning out at home or work and you feel as if you can't handle things very well. It's almost like an ignition and may feel like the flickering of a candle.

## **The Five-Finger Exercise**

This is a simple exercise that allows us to feel the energy, the light, and the presence of the Divinity Within.

Again, as you begin this exercise, your hands and fingers will be barely touching. There is no need to rub your hands together to gather an electrical charge. Simply place the five fingers from each hand together in a makeshift tent. Your hands can be up or down, whatever is comfortable for you, but don't let your hands touch silk or wool because that will create an unnecessary electrical discharge and diminish the effect of the exercise. Don't press your fingers together, barely hold them there. Then hold this position until you feel the full effect.

You'll notice a feeling of heat or vibrational sensation between the palms even if you have cold hands. Notice how it begins to build. It will increase. The palms will begin to tingle a little bit and more life force will flow into the blood. Wait there until you feel the flow in your fingers or your hands. Actually, you are assisting the life force and its flow.

This exercise not only provides a greater neuronal flow with sensitivity, but also improves the flow of the life force flowing through you. This will affect your day, and your entire life. What you are feeling is not because of a blood pressure change, though it will affect your blood pressure.

This exercise will help during the day if you are not feeling well, if you are shaking, or feeling a lot of chaos in your day. It will help eliminate these things. You will feel better inside. Do this exercise if you feel stuffy in your head; it will help. This is an easy exercise, and very beneficial for us.

## **Energy-Stabilizing Exercise**

To complete this exercise, you will need a partner. Stand up facing one another.

Take hold of your partner's hands. Cross your arms so you are holding right hand with the person's right hand, and your left with his or her left hand. Relax and close your eyes. Breathe in very slowly. Breathe in through your nose all the way down to your belly and gently and slowly out through your mouth. No heavy breathing. No hyperventilating. Slow and easy. Feel a lightness filling your head. The lightness indicates clarity.

With closed eyes, now, become aware of your partner's size, shape, and temperature. Begin to feel the energy flow between you as you are becoming more connected with that person, feeling less threatened by that person. Really get into it. Concentrate on the energy flow between you. Become one with it. The less resistance, the less threat, the less fear, the greater the flow. Let it flow. There is nothing to be afraid of.

Now, try to get in touch with the pull of the flow of energy coming up from the earth, the same magnetic force that creates the gravitational effect. Open the bottom of your feet as if they are vents, and allow the earth's magnetism to enter you. Allow the flow of this energy to move upward into you. Feel the weight of its magnetism. Don't restrict it. Tap into that flow a little bit. See it, imagine it, feel it as a flow melting through you, flowing up through you like lava. Feel it flowing freely into your muscles, your bones, and your nerves. The vents in your feet will open up wider and wider. Feel the weight of the earth's magnetism, the raw power

of it. Let it flow up through your ankles, your lower legs. It might feel uncomfortable at first; bear it out — it will break through finally. Feel it moving up through your knees, going up into your thighs, your hips, settling in your belly or lower back. Now feel it flow up through your chest and upper back and shoulders. It's a flow. It's magnetic.

Let it flow through your arms and elbows. There are little logjams it will break through. Let it flow through your forearms, your wrists, your fingers, your hands. Let it break through. Nothing can stop it. And finally into your partner's fingers. Now that the flow is started, notice your breathing. How slow it is, how gentle it is. Slowly open up your eyes.

This is a very exciting and useful exercise. It is a healing concentration for the elimination of various bone, liver, and skull ailments. You'll find it different every time you use it. Especially for the person that you are using it with. Even if you have never seen this person before and you do it with a new person each time. Each person will always find it helpful according to his or her own needs.



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## SESSION 4: Focusing Your Thinking for Healing

Just as we cannot destroy matter,  
But only rearrange the molecular structure,  
So it is with our memories.

Nor can we destroy our memories,  
But we can rearrange them  
To reveal a greater understanding.

### **Visualize a Person in Perfection**

Focus on the person in front of you. Imagine this person in what you perceive to be a perfect form. See the body to be harmonious, whole, and perfect, working as a finely tuned machine in perfect flow. What you are doing is using your imagination, imaging in action. You are watching this perfectly tuned person fully functioning and holding that thought in your mind, for as long as you can, the best you can, without letting any extraneous thoughts come in. If you see or even think of anything else, start over again because you just negated healing. This exercise will help you to learn focus, and your focus will last longer and longer as you practice.

Even if the person is complaining of some disease, it isn't necessary to accept it in your life as a conversation that you too have to be a part of. Only see the perfection because that is what you are working with at this time. If for some reason you are unable to hold this visual image, you must begin again.

Remember, though, the focus can develop so that it takes only seconds once you have become practiced and more adept with this visualization process.

After you have visualized everything in perfection, then give attention to what appears to be the physical or emotional disorder. And if you are working on a specific organ or limb, focus on that.

So, first you're tuning into the concept of a perfect, well-operating physical shell, consisting of every cellular piece that brings the body together in a particular electrical matrix. You are concentrating and seeing the perfection.

The next step is that you see it working without the physical discomfort. Again, healing is a universal principal, a law, which takes the impressions of our thoughts and acts upon them.

Finish the treatment with your realization and your trust that it is done. Walk away; don't let another thought come in your head. If it does, you have sabotaged the effort. If this is the case, start over. It is not bad or wrong to start over. That's why it is so important to learn focus, keeping that concentrated effort. That's why concentration and meditation are useful tools to help us learn focus, intent, and presence of something greater than our self.

### **The Palm-to-Palm Exercise: Sensing Another's Energy**

Stand up and face a partner. Make sure you are in a quiet environment so you can focus more easily. Place your hands in the "pat-a-cake" position. Bend your elbows at a 90-degree angle and turn your hands so one of your palms is facing the ceiling, the other facing the floor. Put the left palm up and the right palm down. Have your partner do the same.

Now place your palms facing one another's. Your palms should not be touching. Hold your palms one inch to one and a half inches away from your partner's. Do not make physical contact.

Close your eyes. Begin to feel the energy between your hands and your partner's. Feel it on your palms. This energy within each of you is waiting and begging to be given out. It is the life force that is flowing between the two of you. It's the flow of energy. Slowly start to move your hands up and down a little bit. Feel the sensation on the surface of the skin of your hands. Move slowly.

Continue to move your hands slowly up and down a little. You will feel something between your hands. It will feel like a pressure inside. Feel the attraction and the pull of the energy. Experience the inner and outer limits of the electrical matrix of the bodies by slightly pulling your hands away. Feel how far the energy extends, how tall it is. Feel its intensity. Move your hands apart until you barely feel it and open your eyes to see how far apart your hands are.

While you are doing this exercise, if you feel something in a special place in your body, for example, your wrist, that is because you are freeing an emotional and/or a physiological trauma there. This sensation is what I refer to as a slight “logjam.” Simply, the flow of energy is clearing the logjam in each specific area.

## **How to Simply Scan**

Become focused. Tune in to Self and feel that part of your being that is extruding outside of your body. Your eyes can be open or closed as you scan. God doesn’t care. Go with whichever way you are more comfortable.

Now, with your partner standing in front of you, position your hands over the top of your partner’s head without touching the person. There is no need for direct contact. Wait until you feel some same sensory that is in your hand or fingers. Your partner may also feel something in the head or above it, or may simply not feel anything. If someone should feel nothing, this doesn’t make the person wrong or bad, nor does it mean that nothing is happening.

Usually I tell my students, “Some feel things because they need to in their journey or else they wouldn’t trust. And others don’t always feel these things because they just don’t need to feel anything in their journey as they might need to learn a little trust, or maybe they already have learned trust, or maybe they perceive in another way.”

Stay focused. Move your hands around a little, keeping them side-by-side or slightly splitting them apart by a few inches. See which technique works best for you to continue sensing your partner’s energy.

With your hands, travel slowly down the body, along the neck, the shoulders, each arm, and working your way down to the waist area. Move slowly, and you will feel, at some place, a little distortion in the field. It could feel like a void. Or it could feel like a sensation of a different kind, such as heat, cold, or static.

While scanning, try to get a sense inside yourself of what is wrong in those spots of distortion. Be sensitive to your Self. Let your Self tell you what might not be correct in this person’s life. Pay attention. This represents how you perceive energy and its dynamical changes. Concentrate, and use your focused intent to sense, see, feel, or hear an impression.

Ask the person if the impression you have might be associated with the person's disease or dilemma in any way. Let the person discover what he or she can from what you have told him or her. Then, wait until that feeling of distortion goes away. Tune in to your unique perception of what you are knowing in the moment. Have your partner tune in to a unique perception as well.

Tell each other what you feel and when you feel it. Tell each other when you notice some kind of change. You will feel a flow, or the other person will feel a flow. In its healthiest form, the flow of the body's life force or heat cycle is felt at 16 pulses per minute. If you notice a variation in that rhythm, keep your attention there until the pulsing breaks free of its distortion and resumes a healthy flow.

Wait until the pulsing (or whatever you feel) dissipates, goes away, or flows. And then go to the next area. Keep moving down the body until you get to the waist. Then wait there. You have to move slowly.

If you get some flash of information, whether you hear it, see it, or feel it, do not negate this, accept this. Trust this. Do not edit what you perceive; speak it out plainly and honestly. Ask your partner if there's memory of something regarding this area of content. Something happened in this life that is being reflected in every area where you feel a distortion or difference. At one time, this person had an injury or an ache or pain in that area. They are carrying a memory of that in the cells. It could have been a long time ago. What is being perceived here, now, is applicable for this moment in life's dramas and traumas.

Be sensitive to any temperature changes, open spaces, or other kinds of sensations in particular spots as you scan them. For example, anxiety or worry is generally located around the shoulders and neck, sometimes in the gut. Every person carries it in a unique way.

When you feel something farther away from the body, it is more pertaining to the past. This is the drama and trauma of something that happened a long time ago, but it is still affecting them. You can still work at this place. The person may or may not feel anything he or she recognizes from that past experience as you work, but what you are doing will help to change the current dynamics of that causal time-period of the person's life.

Even if you take your hands down when you are working with a person, when you raise your hands again, you will actually feel where you left off. However, you may find that some part of what you were experiencing has dissipated.

Once you sense some type of distortion, stay with it until you feel the flow. When you feel it, then the person is becoming healed. You are helping to initiate true regeneration. What you are doing in a quantum scientific dynamic is working at a molecular level. In this case, it is working with the “spiritual molecule.” You are giving it life from a different perspective. You are helping it to remember, to remind itself of its perfection. Self, God, etc. is doing the actual healing. You will feel your indicators. It might be difficult to perceive that, but it will come. You don’t have to provide anything except intent. That’s why focus is important.

You started doing this not knowing what you would be doing or feeling. Intent took over for you; it has a consciousness and an intelligence. That consciousness knows what to do with or without us. We’re just there as a vehicle. For *It* to utilize us.

The person being scanned may need more of this interaction in the future, or this one experience maybe enough to have a seed planted that the person can take and work with from there. You will know.

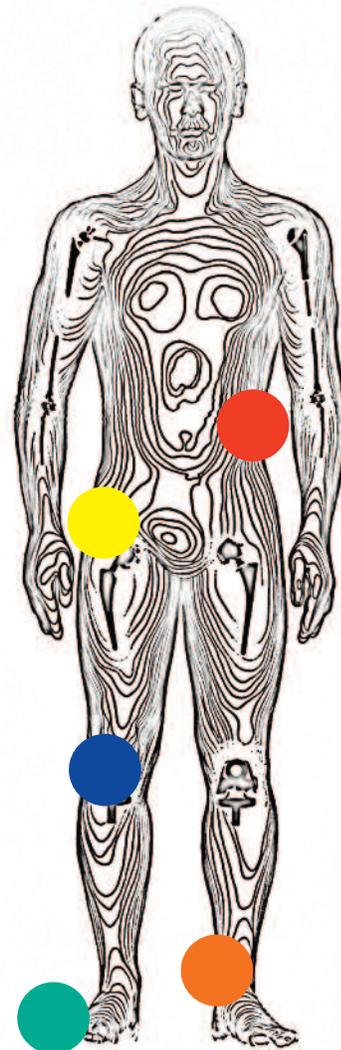
## Working with Scanning on the Lower Body

When you are finished working on the upper body, then begin on the lower body, working in the same way. You will start at the waist and move down. Once you reach the hips, begin to work with one leg at a time.

There are age associations to go along with various segments of the lower body. If you feel a void or a change in an adult's field while your hands are near a certain area, it corresponds to experiences at a certain age relevant to the affected area:

- The top of the waist relates to age 21 or near it.
- The center of the hipbone relates to age 17.
- The kneecap relates to age 7.
- The ankle relates to age 1.
- The foot relates to the first year of life.

Also, there are the male/female issues and dominances to learn. The right side of the person's body pertains to the male issues. The left side of the person's body pertains to the female issues. But even with the brief description provided here, you can begin to pay attention to these parts of the body and their age associations as you are scanning. When you feel distortion in between these areas (for example, between the hip at the bottom of the cheek right above the thigh area and at the top of the waist would be between the ages of 17 to 21), you can focus on that age range and get information about what happened, and at what age. With practice, you will sense things much more quickly and accurately.



## **We Do Not Control the Outcome**

It is important to understand that people are affected by healing in their own way. In some way or other, the person will be affected but within the parameters of their own speed, in their time, in the course of what is to be in their life. It is not up to us to decide just how a person is affected from our healing. We do not know how anyone is going to be affected, and the outcome is not for us to determine. There are so many facets of a person's life that are affected from even one causal moment, that we do not know how things will progress. Our only resort is to trust.

## **How to Scan**

Scanning is also the ability and perception that is based upon intuition that we are now delving into. There are different ways that we can work with scanning. Here are some of the ways can work with scanning:

- 1: We take the surface of our palms and slowly hold them about 2–4 inches away from a person's body. Slowly working down from the head and then the arms. It has to be methodical, so I just start with the right side of the body and stay on that same side until I'm finished, or else we show the chaos and receive the chaos and misinformation and perception. Then we work down to the feet. During this slow-motion flow, we can sense, perceive, feel on the surface of our skin the distortions of the other person's field as we sense on the palm's surface. These very distortions implicate a form of the stress the person has been bruised in life with, and has been through and is still going through in the memory of it... All of this is stored in the consciousness of the person's cellular memory. This is bound to potentially create past and/ existing consciousness of disease. First, this is indicative in a person's dis-ease of life, and then the other indication is that it is yet to happen as a future event.
- 2: We can use scanning to assess a situation that is happening around or near us. Again, we can do scanning to assess the situation that is around or near us. This can happen by simply being aware. We must be of an objective mind.
- 3: While working with someone, we can use our senses without the physical aid of our hands to scan, but as with anything in this world of linear or nonlinear, we need the experiences to grow with and into the wisdoms based upon our experience in order to delve into the mind of distress.

As I just mentioned, we can experience scanning by just using our senses. We can do this by standing in front of or even nearby the person

Even if the other person is on the other side of the world, all we have to do is imagine as if we are standing right in front of the person like a holographic image. We can even imagine scanning the person as though he or she were right in front of us.

Imagine as your hand is stretched out and almost touching the other person, without physical contact, and that you are feeling a sensation in your hand...

In the distortions that we feel, there are various sensations that are too numerous to mention. I will name a few, such as heat, cold, electrical emanations, and feelings of static, wind, emotional catharsis, etc. I'll talk about a few aspects of the sensations.

1. The sensation of warmth is a time in a person's life of causal moments that somehow rubbed the person the wrong way, irritated them, bothered them that the causal dynamic truly began a process to irritate the person and eat him or her up within.
2. A sense of heaviness or mass represents the sadness and disappointment, unfulfilled in life. It is a burden unspoken and possibly later creating depression. This is mostly found in the heart, belly and lungs.
3. A sense of cool denotes despair, emptiness, a coldness and avoidance in the person's life, such as an unfulfilled love or desire in his or her unspoken words and actions of life.
4. A sense of current or mild air going through an area is mostly relating to the more immediate healing. The healing might feel boiling hot to the person being worked with. Everyone is unique and will sense differently.

This is where we get to rely upon not only the healing, but the intuitive that goes with it.

## Practice Scanning with Another Person

Sit straight in front of the other person. Put your hands about three to five inches away from your partner. Start in the head area and, with one hand only, away from the person's body, slowly move around the head area until you feel a distortion on your skin. The feeling is not coming from you, not coming from the person, but you feel the distortion on the surface of your skin. You're not doing anything but sensing the field. You have to have purpose in your movement, or else you're going through chaos and you're not going to get the "**Truality**" of it all.

Two hands are not necessary. It has to be methodical, or else we share the chaos and perceive it. We have to be into what we're feeling. Try to hold your hand at that area of distortion that you're sensing. One specific area, somewhere. The whole head will not be totally even. And move out a little bit, or move in a little bit until you feel the maximum area of distortion. You can sense, you'll perceive, you'll feel on the surface of the skin of your hands. You'll find information in that so-called morphic field.

These very distortions indicate a form of the distress a person has been bruised with, and has been through, and is still going through. It is stored in the sub-consciousness of their cellular memory, in what I refer to as logjams.

It could be in the form of those cranial plates that might be skewed since the time of birth, or they might have been hit in the head. Or they might have had a high fever and the swelling of it might not have gone away in the memory of the consciousness. And those distresses are bound to potentially re-create the past through existing consciousness of disease (if it hasn't happened already).

Find the maximum area of distortion. Wait there until you perceive information that's in that field; it's waiting for you to discover and remember what it was. You will perceive in a flash of a moment. Remember what it was.

The other person may feel varying senses, like heat or cold or air going through him or her, or electrical current or static, or something.

Let the palms do it; don't you do it. Wait until you get the flash or a sense of something in a flash, and then take your hands down. And remember what it was that you perceived in that flash of a moment.

Don't sabotage yourself by saying, "Oh no, this couldn't be real." It's a waste of time and energy on your part. Get into the information; get into that flash. Quicken the process; push it through like toothpaste.

The truth will be in the simplicity of this.



## HEALING HABITS

Use this section to outline the changes you will make to your life that will incorporate the ideas and exercises from the program.

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## **SESSION 5: Exercises to Awaken the Healer**

The next two sessions contain several guided exercises. Listen to the audio and then write down your experiences in the Healing Habits area of the workbook.

### **1. The Light Consciousness Exercise**

This wonderful imagery exercise begins with a fluid take down into a peaceful meditative state, and then peacefully leads into an exercise that was partially designed by one of my teachers over 40 years ago. It will guide you into developing your spiritual awareness of the Light.

### **2. The Orange Concentration/Focus Exercise**

This exercise in spiritual concentration consists of a flow of imagery presented in one of the most powerful and productive exercises for your ability to focus into the world of intent and meditation. It's a simple and increasingly powerful visualization utilizing the fruit of an orange. This exercise is ancient in practice and was used by the sages of old.



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## **SESSION 6: Additional Ways to Awaken the Healer**

### **1. The Flow of Life Exercise**

This contemplative imagery exercise is designed to help you to achieve emotional, biological, and physical health. Being mystical in nature, it is also designed to help you achieve spiritual focus and well-being integrated with the physical and spiritual expression from within.

The purpose of contemplative imagery is to help you to become more at peace with your Self and to be healthier. It also will help you to become more spiritualized in your focus and experience of your oneness with the God-Self within.

This exercise might be somewhat difficult the first or second time you attempt it. Don't trouble yourself if you start to feel saturated by all that you experience. Only go as far as you comfortably can. It is wise not to overdo it. Then, go back to it again later that day, or the next.

### **2. The Higher Self Meditation**

The Higher Self is a guided meditation for revelation. It potentiates the growth of awareness of Self. In sacred writings, Self is often referred to as "the small still Voice within." It is the Light, the Life, and the Love in every living thing. Through this instructive meditation, you can actually learn to experience the Divine Self, the Higher Self within you.



## SESSION 7: Trust and Love

### Focus on Yourself

Here is an exercise that may be difficult to practice at first, but will have definite long-term benefits in your life:

Choose the habit that you dislike most about yourself. Keep going back so you can remember when it started, its initial process, when you first began applying that habit in your life. Then ask yourself, “Why did it start?” For a moment, sit in a comfortable position and close your eyes... Observe the very quick images behind the optic nerve. Wait, and see if those images do show up. Almost like thoughts that will be shown to you, almost like memories. Wait until you re-member, which means to bring the members back together.

By seeing, hearing, feeling, or knowing, the dynamic sense that is most strongly recognized within you will reveal your answer. You can then get an understanding of how this particular habit has affected you in different aspects of your life.

You will find yourself reflecting on the current manifestation in your thinking. When this happens, take that which you have just perceived and literally watch the situation unfold objectively. Review that dynamic remembrance as if it were the first time that you were experiencing it. Observe without any further internal conversations; they would only be superfluous conversations from a dead event.

See if you can find the actual causal moment in your life that led you to carry the habit with you throughout life, which contributed to who you are and why you are what you are today that created a worry or phobia or dislike you have or a pattern you’ve obtained in life... If indeed you have found the causal moment, watch what happens in your life with the revelation as it is “to be revealed within.” In that moment, a healing has actually just taken place. It has been intended to change your life for the rest of your life, and just as easily as the dynamic began!

This process is so simple and unique, and your transformation has only just begun. The transformation changes your mental perceptions and your emotional reactions to them. The changes are exponential.

Your thinking processes may have also produced biological effects within your body that manifest in the destruction of the physical being; the destruction you may have already experienced without knowing, which ultimately contributes to the body's death. This exercise builds your ability to watch and perceive sundry ways to go through your individualized metamorphosis.

The idea is to watch the process objectively, to observe without becoming involved in the dramas and traumas you witness. This is not possible unless we try this as a simple exercise and realize that, in reality, there is nothing to fear. The truth does not kill or mentally harm us, nor can it make us sick; we do this to ourselves. The truth helps you to see yourself and thereby sets you free.

## **The Retrospection Exercise**

One tool that helped me learn to have concentrated focus was this “Retrospective” exercise. This exercise is to be done when you are ready to lie down to go to sleep for the night. It will increase your ability to focus. Have your eyes closed or open — it doesn't matter which, though it is easier with closed eyes. See yourself in what you are doing at that moment lying there. Then go back through your day, remembering one fairly significant event that happened right before bedtime. Don't get wrapped up in it.

Imagine you are watching a movie when you are recalling this event. Perhaps it was a conversation that occurred, or during the time you are brushing your teeth, or you participated in an action that led to a significant outcome.

Now, go to the event that was significant or fairly significant that happened just prior to that one. Something that was upsetting, something you argued about, something you said or even thought, that was of either a constructive or destructive nature. Then remember something that happened prior to that, doing the same, working your way all the way back to when you first awakened for that day.

At first you may not be able to put things in their exact order, but that doesn't really matter. You will find yourself achieving a more precise and event-filled order as you practice this exercise day after day. It will take care of itself. This is

a fantastic exercise. Your memory will be so amazing, and your dynamics will bloom magnificently. You will have a knowing that will develop from this retrospection that will be an important part of you for the rest of your life.

Now, here's the best and easiest part: At the end of the exercise, you are going to take everything you re-recognized in that retrospection and say, "Okay God, Creator, Self, or Universe, here are all the good things and not-so-good things that happened in my day. Here's the great me, and the not-so-great me. Take it all, gather it all together, and cleanse it for me. Wash it for me, scrub it, mold it, and shape it, launder it and put it into its place so I can see how it turns out the next day."

### **When You Are Feeling Ill**

This is a great exercise when you're starting to feel sick:

When I begin to have a sense of being sick, what I learned to do is to imagine a stream of consciousness coming into my head. This stream of consciousness is what is helping me to realize I should be feeling bad with a cold or the flu or whatever. Then I step back and imagine that stream passing right by me. This is when I realize that I don't have that bad feeling anymore. That is until I start thinking about it again, and it finds me again. Then I do the same thing in my mind again and again, until I fully let go of the expectation of feeling poorly. Or, you can put more of a picture to it.

If I begin to be aware that I am starting to get a cold or the flu, I'll imagine the stream coming into my head (from some outside source) that represents the cold, and say to it, "No. Wait here, I'll be right back. You can come in me and go ahead, move in and put up your pictures, light your fire, put up your tent... you can do all the things you want to do. But, I'll be right back. You wait here. I can't accept you right now because I have something else to do." Then walk away from it. Try this. Try it with the intention of not accepting this cold, not ever. Permanently leave it behind.

You need your down time in order to be cleansed and grow. But you do not need to have the illness or symptoms ordinarily associated with it to accomplish this goal. In fact, you are going through cleansings all the time. It is just that we resort to

feeling ill in order to allow ourselves to take the time to spiritually, mentally, emotionally, and physically regroup. Our conversations that we need to be sick in order to have a break in life constantly reinforce themselves.

Give yourself permission to take voluntary down times. Take the time to meditate, sleep, relax, eat right, read a book, have a good meal, or even exercise. You don't have to get sick in order to have down time.



## HEALING HABITS

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## Bonus Materials

### Phrases Used for Meditation

Choose one phrase each week, and contemplate on it for not more than 20 minutes at a sitting. Use one phrase for the entire week, during the day, as you can set up the pattern to contemplate on the phrase. Then go to the next phrase the following week. By the end of 1-2 weeks, you will have noticed an alchemical change being created within you. This change will affect you in perceptual and emotional understandings. And most importantly, how your life has changed all around you and what you have attracted in your life.

- \* Love is inspiring and illuminating; therefore, it gives light and life.
- \* The Light has a consciousness. It has an intelligence. It knows what to do through me.
- \* Every word, every thought, every action is my living prayer.
- \* Self is always there waiting to guide and direct me.
- \* Divinity is within me, waiting — I need only to listen.
- \* Go forth and heal in love, without judgment.
- \* I feel the love of Divinity within me, unconditionally giving to all those around me and within my thoughts.
- \* To see the Divinity in others is the only way.
- \* Breathe in the Breath of God
- \* I cease to think of God as external — God is within me.

## **What Is Self?**

Self is always there for your guidance and direction. Always there, always waiting. It is always waiting for you to listen. That is why it is here. To guide and direct you back to its Self. Judgment is a human-learned way, not a being-way.

Self sees you without judgment. It has no consciousness of judgment or condemnation. Self sees the truth, but you are never condemned. It does not reprimand nor make guilty. It has no personality as we know personality. We all have the voice of Self, the inner voice. All living things have this inner voice, an inner constitution of existence. It has no past, no future. It is only in this moment. It speaks to us in the moment, often interpreted as an idea or a thought or a revelation (to be revealed from within).

## Breath of God

Read this exercise in its entirety before beginning. Study the text and what you are looking for as a result of focused breathing. Place a pad of paper and a pen or pencil nearby or on your lap. Once you have done the above, you may begin.

Imagine yourself breathing in the breath of God.

Breathe it all the way in, through your sinus cavities and throughout your skull. Breathe the breath of God in through your nostrils, all the way in, and begin to feel the tingling aliveness of your nerve endings, as you allow the breath of God to come into you.

Feel the alertness, the excitement in your body.

Slowly become aware of the feelings of alertness; notice the tingling in your scalp; notice the bones of your head and how they feel.

The light that you are sensing is actually becoming clearer.

If you feel it in your skull, you are not really feeling it in your actual bones, but in the layer of tissue on the surface of your bones that have the nerve endings.

This is merely the place where you feel the sensations.

Keep your eyes closed and continue breathing.

Breathe in deeply through your nostrils, all the way to the bottom of your lungs, and exhale slowly through your mouth.

You will feel a sense of flow begin to happen within you.

Your body is emanating energy.

It is the life force within you as it flows fluidly.

It is your electrical matrix that keeps all the cells together. Imagine the tingling is caused by the cells coming alive.

Smell the crisp, clear energy as it emanates off you.

Keep coming back to “sensing” the energy.

It almost pulses off your body in waves.

It’s very subtle.

Gently, tune in to this.

Register in your mind what it feels like. As though your mind is taking continuous snapshots like a camera.

Find yourself going deeper into yourself.

Sense the energy coming off your body.

Conscious awareness is being consciously aware of what is going on around you and within you.

Sense the pulses of energy coming from you. Sense the pulses of energy coming from the various sources around you and in the air and from the great intelligent mind of God.

If you perceive something, slightly open your eyes, or keep them closed if you can, and write the perception on your pad of paper.

Then gently close your eyes and easily slip back into the breath within you.

Keep going deeper within yourself.

Continue with the breathing; notice if it has changed.

Perhaps you notice the slowness of it and the lack of breathing.

It is the breath of God nourishing you.

Now, with your eyes still closed, starting with your feet, slowly scan your body.

Use your internal senses.

You will discover areas of discomfort or areas that need work. Slowly work your way up, exploring your body in its entirety.

Say to it: "Talk to me.

Tell me or show me what you want to show me or tell me," as you objectively observe.

Keep going back to your body.

If you perceive something, write it down with slightly open eyes.

As you scan your body, repeat, "Talk to me.

Tell me or show me what you want to show me or to tell me."

In your mind, listen to the silence, and pay attention to the pictures, the images, sounds, and colors that come forth.

Focus on this scanning process while working your way up your body, looking for information, as you say, "Talk to me.

Tell me or show me what you want to show me or tell me."

Practice quickening this process by moving your awareness quicker.  
Stop at any spot you feel dysfunction.  
Keep talking to it to gain insight.  
You will perceive answers of the causals of your perceptions and identifications.  
Quickly work your way around and back up to your skull.

## **PAUSE...**

When you have worked your way all the way up, slowly open your eyes.  
Slowly open your eyes.

Read what you have written. Does it make sense to you? Does it provide you with a different understanding?

## Frequently Asked Questions About Scanning and Healing

**Q: What if you want to work on someone who does not believe in healing? The person thinks it is all bunk, hocus-pocus nonsense. Can that person still gain the effects of healing?**

A: It is not wrong to do good. You can provide the benefits of healing to anyone, as long as it is your intent to do such a thing. I know many people who have helped others who were asleep at the time. It is no different than telling someone in conversation, “I wish you well” or thinking good thoughts for someone. You don’t need the permissions.

Your intent is the key to helping others. Remember, though, you do not decide what needs to be healed, the Creator does. It’s not the God out there on the third cloud and up to the left. It’s the Divinity and Self within. You must trust this.

You do not need permission from people to help them do better and feel better in life. If I ask them and they say, “No, don’t think about me,” how do I know that it is not just another irresponsible answer from them? It is not important to first get someone’s permission to help someone who is having a difficult time emotionally or physically.

My understanding and logic is that these people are not well enough to make their own decisions in the first place or they would not be in the predicament that brought them to this consequence that is happening within them now. Though, this does not mean that I ever have to tell them that I worked with them. And if I do insist that I have to tell them before or afterward, then I really have to take a look at my motive and justifications. This would definitely be a signal of possibly “me wanting to be the healer for edification.”

**Q: At various workshops over the years people have asked: Do you feel energy moving through you all the time that you are working on someone?**

A: I do and you can too, though it isn't necessary to be able to feel it. Those who do feel the energetic response need to, and those who don't feel the response don't necessarily need to. The person I'm working on does not always feel what I feel. I feel a particular vibrational pattern that I might experience as heat, cold, static, and other sensations.

I may know that an emotional catharsis is coming on, or that there is a constriction in the emotional catharsis, and I'll break or release that constriction. I'll feel the vibrational pattern of "stuckness." Not so stuck that the person is dying, but something is not totally flowing. That's the way I feel it.

Then, I know it is done when I feel the flow through my body. That is one of my indicators. You may have a similar or different indicator. There have been a few times that I do not know precisely what I am sensing at first. I have to wait for the information like anyone else, though mostly it is immediate because we can practice often with it and trust it. Then we find that as we look within ourselves the information will be available.

**Q: Another question often asked: Most of the time when I am doing the healing of people, they feel the warmth. This one person said she felt so cold and shivered. It made me nervous.**

A: That was simply that person's experience of it. There is no reason for you to ever take on someone else's experience personally or to take it personally. Some will feel the heat and others will feel the static or more powerful currents and others may feel a sensation of air moving through them, who knows?

When people asked this kind of question it identifies as feeling insecure with the inability to trust yourself. That will change as we work with healing and gain its experiences. It was a giveaway when we first want to be identified as the one doing the healing and when something resulted, you can get nervous that it was going to affect someone in an adverse way.

You get scared and blamed the results on someone else! We all do that at times in our lives; we renege on our responsibility and fall into denial. For some, this is a stronger pattern than for others, but we all do this to some degree. Gosh, can I see the story of how this got started in your life. Who first was telling that it was wrong to be there for others?

Now is your opportunity to look at the pattern that has been perpetuating and getting deeper ingrained since the beginning of your causal moment.

**Q: Another question about the nervousness: But they still experienced a healing?**

A Yes, definitely. As soon as you start saying “I’m nervous about it,” that is your sabotage because you are pulling back a little bit, but yes, they are still being helped to varying degrees and according to yours and their needs, even if they deny, will experience it some way or some time in their life rather than immediately, in the near future or later. As soon as you can consciously recognize that there is a nervousness within you, say, “OK boss, you take over here. I am not quite sure what is happening or what to do here.” And let It take over! That’s all!

**Q: The young lady’s comment was: Well, it scared me a little bit. I thought, Why is she feeling cold? And she expressed it so fearfully.**

A: God does not hurt anyone. We only hurt ourselves and lay our trip of dysfunction on others. We are the one of influence and in charge. Why else are they coming to us in the first place? If we have fear, they will perceive of it and react accordingly. This is one of the reasons why it is most important to allow something greater than our Self to do the healing.

**Q: Others have asked: Can you work on children when they are sleeping?**

A: Yes. We can put our hands above them, without touching, and scan their entire body, and we can wait until we feel a flow of life force with our hands. When we can get to approximately 16 pulsations a minute, we know their body is in flow and their situation is taken care of. If they might have a fever,

one symbolic act might be to place your right hand slightly touching their head and the left hand slightly touching on the lower abdominal area. Keep your hands in that position until you feel a flow of cool breeze or current move evenly and consistently between your hands.

Initially work with your hands to find the areas of discontent in the body. Generically and globally speaking without knowing the person, all discontents relate to the stomach, heart, and head areas. Rely on your intuitive abilities to scan the person for the area(s) of source. Objectively step into the pain and find the source. It won't hurt you. After all, it's only energy. But, remember, there is not ever a reason to take anything on from another. That is just a conversation that we have learned from others and we chose to believe.

**Q: Another question often asked: Will we feel the same sense of healing with every person?**

A: It's not going to be the same with every person. For example, sometimes you may come to what I refer to as a logjam. Nothing is ever completely blocked, or there would be no life. There will always be a trickle or stream of life force, unless death is imminent. If we can stay there for a moment or longer until we feel the flow of it, then the life force is opening it up for them. Then we move on.

The logjam is a representation of various emotional dramas and traumas of our lives that affect us emotionally and physiologically. By providing a reminder of the life force as a chance to break through, we are taking care of the immediate situation right there, and we may very well be saving a person's life. The person has free will to accept within himself or herself any part or all of what we are doing, but it is not initially a conscious decision, until we remember.

If there is sometimes doubt, there may be times that you may need to repeat your experiences of working with someone again and again. Then you will doubt that too. You may do this again and again and again, doubting it every time. That doubt is the mass mind in action telling you this can't be happening; it is not logical of what I have been taught in life. This is our immediate intellectual response and how we've been taught to identify in the

world we live. That's what we're trained to do in this world. Believe me, I have been in your place. I have learned finally to stop thinking, "OK, if this is really real, I'm going to try it again and I expect to get the same results as last time. I won't believe it until I see it many, many more times in the future."

You may need to build your proof just a little bit at a time, small steps are wise steps. Once you see an effect, a difference, either immediately or within 24 hours, then you will accept a little bit more and try again." Keep at it. Over time, you will see for yourself that this is a small, but another piece of reality.

You are smart to doubt what you are doing. It is more "real" to do what you are doing. I challenge you to keep doubting. I think it's good to do that. I must do that, too, sometimes, and now I have learned through experience, and I am still learning through doubt. But I wouldn't have learned what I know now unless I had the experience before.

Healing is always working. It's what I refer to as "fire fighting fire." A greater consciousness is left inside somewhere in the body to do the work. We don't need to do anything. We are letting It take over from there.

**Q: Can you clarify the various stages that take someone from a causal moment up to the state where physical and biological disease occurs?**

A: First, we experience a mental perception regarding a thought or event. This perception generally stems from the causal moment or moments when we first experienced the event and the mass mind conversations we've been taught all our lives since then. This original thought becomes your living prayer, and from that moment on it will manifest itself in you in one way or another at some point. What we feel and what we think is what we teach our children and even friends to be. They will become of a similar nature in pattern and idea.

Next comes the enactment of the emotional response — the hurt, the fear, the pain, the anxiety, the sadness, and the distress. We may even be feeling a response for someone else because of what they experience. When you are experiencing an event and you feel the hurt, despair, sadness, pain, or anxiety for yourself or someone else, you have just planted a seed inside yourself.

And you can empathize with these things and others because they are of your past and experience too. This is the causal moment that shifts your life into the potential destructive manifestation.

After the emotional onset comes the biological manifestation. This can happen right away or be manifested later in life in the form of an illness. Once you know this causal moment within yourself, you will realize you no longer have to be chained to the past anymore. You can let go of it. You are not there anymore.

**Q: How can I get rid of my own headache?**

A: If you have a headache or you feel one coming on, try the following: When you hear yourself think or even say out loud, “Oh no, I feel this headache coming on,” or “Darn, I hope this isn’t gonna be one of those headaches,” at that moment you can catch yourself in your thought and say, “Wait. If I can realize that the headache is coming on then I can also realize and imagine (image in action) something else too. I’m going to do something here. I’m going to step out of myself and see the headache as a stream and let it go right on by me. I’m going to stop and think that when I step back, I will not let the stream hit me.” You will realize that you didn’t have a headache for that moment or two. Now, try it again. Step back again. For a moment you didn’t have that headache again.

Now we can take this one step further and say, “OK, I see you. I feel you. I sense you. But you are going to have to wait a moment. I have something else to do. Wait here and I will be right back.” Then ditch it. Walk away quickly; think of something else to get your mind off it. Watch what happens; you will not have that headache any longer. You will soon realize that you can set a pattern in which you won’t have to ever take on or keep that headache or discomfort or pain.

We have the power of life and death over mental and life’s creations. If we just practice it, it becomes real in our life just as easily as the drama and trauma in our life becomes real. These are all tools for us. As a matter of fact, you can get to the point where it is more difficult to get out of synch in life than to stay real, or in synch. Then we can find that staying in synchronicity becomes simpler and more obvious.

**Q: If you feel someone else's pain, it then becomes your own prayer. How can you reverse that? I can't imagine seeing someone in pain and not in some way feeling sorry for the person. I thought empathy is good. Isn't it?**

A: This is where we have to step out of ourselves and let go and let God. Say, "OK, God, you are using me to work on this person. I don't want to take any of this stuff on. I don't want to leave here with whatever the person has. So, you go ahead and do it."

Accept that something else is happening through you. If you can do that, separating yourself and trusting, you won't take on anything. You need not take it on personally. Remember, you are not the savior, God is, and that is the difference. And sometimes in the mistrust of the Self within, we doubt and look over our shoulder to see if this is really real. Do you know what I mean?

**Q: I'm not clear about the difference between praying for people and the fact that it's not our place to know what's right for someone else.**

A: If it's for a specific purpose for that person's life to be in less discomfort or disease, there is no wrong in offering prayer. It has to be specific though. If you know that person is hurting and you feel bad enough for that person that you don't want him or her to suffer anymore, you can help the person to feel better now or wake up feeling better the next morning through intent by your own intercessory prayer. That's not wrong.

The very foundation of dilemma that we find our Self in and carry within us is found in our causal moments of distress, housed in our thinking process, the reasoning of what we choose to accept and for what reason.

**Q: So, it doesn't matter whether you do accomplish the task through healing or through prayer?**

A: Correct. It's all the same. But when someone says, "Oh, let me send you some energy." I say, "For what purpose? To make me feel better or to make me finish my tasks and still feel bad, or to help me make it through just this day, or for what purpose."

Most people that you say this to will not know how to answer you. We have to think and wonder, Is it just talk ,or is it a chaotic prayer; is it something that I really need, or is it energy without intent of aid to my life? It will be more effective if one has a focal point to focus that prayer into something constructive and specific. If a person has a complaint, apply it to that. Otherwise, the prayer gets scattered as wasted energy without intent.

**Q: What if you pray for the highest good for someone?**

A: When you pray to God for a person and you don't know what needs to be done, then, yes, you could pray that the person be taken care of in the way that is for his or her highest good, or pray for right action. When we want the person to be taken care of in *our* way, then we are laying our stuff on them instead of the Creator's way. We usually resort to our identifications of what we think, but is it for what they need inside?

Remember, every word, every thought, and every action is our living prayer, and as we are praying and thinking and doing, we are praying for our Self and its reflection.

**Q: Is it possible, in a day or two, the person could sabotage the work you just did because of her doubting?**

A: All of us can impose sabotage ourselves at any time. The interesting thing is that once someone has experienced healing, a seed has been planted. Anything other than the healing is going to feel uncomfortable.

It's like going to a closet and finding a sweater that you used to really like. You realize that it no longer fits the same; maybe it's uncomfortable to wear and you don't like it anymore. When we try to pick up a pattern where we left it off, we find that we no longer have that pattern anymore, so it feels uncomfortable. You will find a greater pattern taking its place naturally.

**Q: I tend to worry about so many things. How can I help myself so I don't worry so much anymore? My mom has also always been a worrier. How can I avoid being the same way?**

A: You learned how to worry from your mother. Now you are doing the same thing. You came to the understanding innocently, but you can break this habit. You can break the mold of the conversation you grew up with all your life. You know this is not necessary anymore. You can make a choice to correct that thinking consciously. It is only a conversation! But also think of the lessons and wisdoms you have gained from the experience.

**Q: Is there a possibility my thoughts of worry are harming my girls?**

A: Yes, of course, it is affecting their lives. You are training them just as you were trained. And you have determined what they are going to learn to be when they grow up. The same way you are. If you keep on going this way, you will definitely lead them to be the same way you are, as your mom did with you.

Why concern yourself about your children when they belong to God in the first place? Your only obligation is to house them, clothe them, feed them, and support them, and to love them. Intervene when you can. The rest is up to God. All we have to learn to do is to trust God.

**Q: Why is it so hard to trust? Easy to say, easy in theory, but so hard to practice.**

A: Because we haven't been brought up to trust or in trust. No one has told us that we can. No one has reinforced it in our lives and shown us the trust doesn't falter. Maybe it is in the truth of the people we have chosen to be with in life. Maybe it is time to take a look at whom we really want to have around us in life!

**Q: Is it possible to lose your abilities? What if you don't practice healing? Will you lose the ability to heal?**

A: No. There were times, in the first few years of my experience, when I thought, "Oh my God, I'm losing my power!" I have since learned that you never lose anything. This is not our power in the first place to lose; you simply put it aside. Nothing in life is ever lost. Maybe it is put aside and lies idle to develop into something greater later. Your experiences turn it into wisdom.

There may be a time when you feel you are not experiencing the healing when you are working on others. There are times I have gone to the Healing Circle and worked with many people in healing, yet I felt that nothing was happening. Nothing.

Meanwhile, there were people saying, "That is the most powerful Healing Circle you have ever done!" And people would return the next time with a lack of disease and tell me what a powerful experience they had. I had been taken out of the way, just as you will be taken out of the way in order for healing to happen. It will be done without your participation. Then you may find you will be able to get back into it with a new, different perspective.

In a situation like this — because this situation affects a lot of people — we have to visualize our idea of perfection and then hand it over to God and see what happens. We're pretty amazed, usually, by what happens with our simple prayer of interjection. And on the other hand, if you are too afraid, then you don't pray, and also the fear is the prayer of your life.

**Q: If you are working on someone and you work through some of the blockages that the person has, will you always have to work on every area of blockages?**

A: No, because some of the blockages may be so subtle, and a distance from the body, which shows that the causal experience was a long time ago. These situations may be so subtle and not particularly influential in the person's life at present. The person may be doing well in life without having to work on it at all. In my reality I have learned that there really are no such things as blockages, only logjams that affect each person according to the person's

own sensitivities. If there is a so-called blockage, it is symbolic of the person going through a physical death, because there would be no life force flowing to feed the body.

**Q: Can you work with animals the same way you work with people?**

A: Yes, although they're of another nature, and that would lead into the discussion about the nature of the soul. It is easier to work with the simple consciousness of plants, animals, and minerals.



## HEALING HABITS

Use this section to outline the changes you will make to your life that will incorporate the ideas and exercises from the program.

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