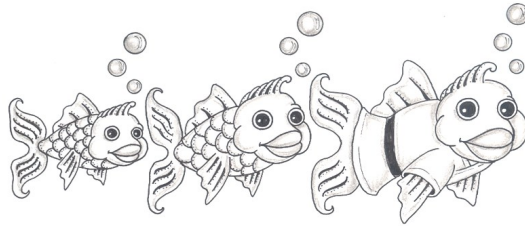


Act Instead of React

Thought Karate®

Free Yourself



Lynea S. Weatherly

Illume-A-Nation® Institute
San Antonio

Thought Karate®: Free Yourself

Act Instead of React

If you discovered ***an invisible SECRET*** that could change your life,
would you share it?

If you were given ***special KEYS*** to unlock you from self-imposed prisons,
would you use them?

If you had ***a guaranteed WAY*** to change your life forever,
would you do it?



Thought Karate®
*A Way to Unlock the Secrets Within
and Free Yourself!*

Thought Karate®: Free Yourself

Revised Sixth Edition August 2012

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All stories in this book are true, but personal names have been changed.

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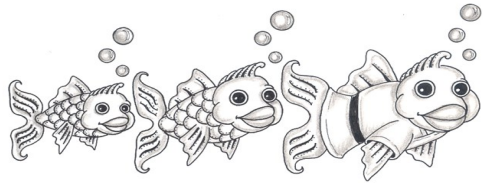
A Mother's Herbal Primer

Talks of Twelve: The Complete Keys to Enlightenment

The ABCs of Abundance

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Who's in Charge of my Life?

Standing in the second grade lunch line I wondered, "When the lady behind the lunch counter asks me if I want milk or not, does God already know the selection I will make? I don't even know yet, but does 'He'? Is it possible for me to make my own choices without 'Him' knowing?" At 7 years old I was unable to decide if an Invisible Power had pre-determined my actions and decisions. If I moved to the left one step or touched the shoulder of the person in front of me, was that "my will" or "His will"? Who was in control of my actions and the decisions I made? Who had the power in my life?

Shrugging off the unknown as only a child can do, I ate lunch and played with my friends. In class, my animated not-on-task discussions coupled with an inability to curb my naturally loud voice got me sent outside the classroom so the rest of the class could work. Punishment in front of peers was a new experience for me, and as I stood outside the room by the door, I was humiliated.

How could I be punished when my 'in my heart', I was not doing anything wrong? I was not being mean or trying to hurt anyone. I was not thinking bad thoughts or misbehaving. I was just too loud. So, my next fervent life question became, "How do you know when you are going to do something that makes someone mad at you and gets you punished?"

As embarrassing and perplexing as this was to me, it was nothing compared to the day in 3rd grade when I confidently raised my hand to answer a question the teacher had asked the class only to discover my answer was *wrong!* I was devastated. Would I get punished? Then came the day the teacher returned our tests and made us say our grade aloud when she called our names so that she could record it in her grade book. I usually made A's, but for some reason, on this test I had a 'D'. There was no way I could say that out loud. I walked up to her desk and said I felt sick and needed to go to the nurse's office. The nurse checked for fever and finding me 'normal', tried to send me back to class. I refused, so she dutifully called my mother who came and got me, taking me away from my most shameful school experience yet.

In a few short years, I had come to see myself as powerless, worthy of punishment, and stupid. These ideas formed what became the defining inner feeling of my early life: fearfulness. As a result, I became a people pleaser, careful not to anger others. I tried to second-guess acceptable words and behaviors. I was a quiet, shy,

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model student who diligently applied herself to the acquisition of as much knowledge as possible, and remained fearfully quiet when questions were asked, worried that I might again give the wrong answer. I tried to be the best I could be, always afraid that Someone was watching, ready to punish me for something I did not know I was not supposed to do. I was learning to conform so I could avoid intimidating confrontations.

As the years passed, I *consciously forgot* my little girl fear of an omniscient God, deserved punishment, and the shame of not 'measuring up'. Striving to be my best so others would like me and not embarrass or hurt me had become a way of life, but I no longer thought about why I was that way. What did stay with me, however, was the feeling that I was stupid. I constantly compared myself to others and came up lacking. My self-confidence was so low that when I was called into the principal's office at the end of my senior year in high school and told I would graduate *Magna Cum Laude*, ranking 9th out of over 750 students, I knew it was a mistake. I was not that smart. Obviously the school ranking system had a serious flaw in it, but apparently I was the only one who recognized it! The external achievements they thought I had mastered did not resonate with my feelings of 'not being good enough'.

During the summer that followed graduation, I was in for a different kind of shock. My breasts had completely filled with cysts. While I loved the profile it gave my bikini clad figure, it was a serious issue. As my mother

was an RN, I deferred all health decisions to her. Thus, as I had no idea what was discussed medically about how to resolve the problem, I started my freshman year at college carrying with me all of my insecurities about my intellect as well as an uncertainty regarding the future condition of my health.

Attending a private Presbyterian college, the question that had bothered me as a second grader again came to the forefront of my mind. Like others my age, it was a time to question the existence of a Higher Power. I wanted the mysteries of the *Bible* to unfold and become very clear to me. Were the stories analogies of something greater that we could all attain? Were they true history? Were they just a way to take away the power of the people and subjugate them to ecclesiastical manipulation?

I delved into religious history with fervor. I read, studied, and asked questions until one day I decided to just put the whole issue to a test. "God," I said aloud, full of desire, expectation, and demand, "If you *really* exist, all of these cysts will go away, and I will spend the rest of my life telling people about You." I poured my heart and soul into this challenge. I thought it was a great trade-off, and my expectations of results were infallible. I would know once and for all about real truth and real power.

I then promptly forgot about the whole affair: cysts, disbelief, challenge, and all. It was not until many years later, after I had graduated from college, married, and become a mother that my challenge to God came back into my awareness.

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It happened while I was searching for a solution to my young son's problem of dyslexia. One day, after having read about a method to help balance the two hemispheres of the brain, I contacted an office in California to send me a schedule of seminars in the area where I lived. (This was in the days before the internet.) The same day I made the phone call, a flier for the class I wanted to attend was "coincidentally" delivered to my mailbox. *It was addressed to a neighbor, but it was in MY mailbox!* I knew I had found the key I was looking for.

Even though the brain balancing workshop was not the solution for my child that I had hoped it would be, I did discover in that class something which changed my life forever: a simple technique that allowed me to directly contact my Inner Wisdom! That is when I remembered my former health issue and my college challenge. In a flash I realized the cysts *had all disappeared* even though I did not know when it had happened. I never changed my diet. I had taken no medicine or herbal formulas. In fact, I had forgotten all about the whole problem.

But SOMEONE had accepted my challenge, provided the results I wanted, and patiently waited for me to realize it.

In a brilliant explosion of insight, the various pieces of my holistic studies from over the years wove themselves together and unveiled for me a truth that healed my old childhood issues and eventually turned me into the healthy, vibrant, self-confident, and joyful being that I am today.

In seeking a solution for my son's dyslexia, I had been given *A Key to Power* that set *me* free from the fear-based self-depreciation and inner depression I lived with ever since those traumatic days in elementary school. It had also healed me when I challenged it over 27 years earlier. I now knew for certain a deep truth that had changed my life and could change the lives of others.

I spent the next 23 years practicing, sharing, teaching, and living that unveiled certainty. I helped many individuals change their attitudes, addictions, wounded emotions, relationships, weaknesses, and lives. (Testimonials of many of those whose lives were enriched and repaired as a result of this key to personal power and freedom from fear-based painful emotions are on file in San Antonio, TX with The Illume-A-Nation® Institute.)

In July 2006, I took my sharing process one step further. One day I was surfing the internet researching information on grant writing when I inadvertently stumbled upon a website called Friends Beyond the Wall. It was for inmates who were seeking pen pals. I read the whole website, burst into tears, and instantly decided I would write to all those who were seeking platonic friendships and offer what I had learned about how to change lives to any who were interested.

My new pen pals were very attracted to the information I shared with them, which I called Thought Karate®. They wanted to be freed from the emotional prisons that held them more firmly than the bars behind which

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they lived. To meet their needs, I wrote my first book, *Thought Karate®: The How-to-Manual for Mental Martial Arts*, and sent it to all who requested a copy. It was an immediate hit, helping them cope with degrading situations and emotional problems. Without fail their lives improved, perfectly reflecting the changes they made within themselves.

Many tried to share TK with others, but sometimes with little success. A person must truly be seeking change in their life to be interested in Thought Karate®. If you are reading this book, you are that person. Your Inner Wisdom has guided you to the answers this book provides. You are ready to act instead of react, to free yourself from traumas and limitations, to think and live “outside the fishbowl of reactions”, and to liberate your true potential.

The stories of the people in this book are true, although the names have been changed. Their reactions and the challenges they worked through are documented here to give you easy insight as to how quickly and effectively Thought Karate® can work for you.

If you have restricted yourself from feeling, living, or knowing your own personal greatness, let my years of perfecting Thought Karate® be your gift to yourself. Then, as you live the fruits of this gift, *share it*. It provides a variety of solutions to speed up the miracles in life you are dreaming of.

Isn't it time to become all you are meant to be?

Free Yourself!



The 10 Categories of Fear-based Emotions (Reactions)

1. **ABANDONMENT:** alone, empty, unloved, lonely

2. **ANGER:** enraged, furious, incensed, indignant, irate, livid, mad, outraged

3. **FEAR:** apprehensive, dreading, foreboding, frightened, insecure, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried, tense, anxious, blocked, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed-out

4. **GUILT:** ashamed, chagrined, culpable, blameworthy, embarrassed, flustered, mortified, self-conscious, irresponsible

5. **GRIEF:** in agony, anguished, bereaved, devastated, grieving, heartbroken, heartsick, hurt, insufferable, miserable, regretful, remorseful, shattered

6. **HATRED:** aversion, animosity, appalled, contempt, disgust, dislike, hateful, horrified, hostile, loathing, repulsed, reviled

7. **RESENTMENT:** annoyed, aggravated, bothered, dismayed, disgruntled, displeased, exasperated, frustrated,

impatient, irritated, irked, upset

8. **SADNESS:** depressed, dejected, defeated, despairing, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy-hearted, hopeless, melancholy, pining, unhappy, wistful, wretched

9. **SELF-SABOTAGE:** fragile, guarded, helpless, insecure, leery, lethargic, reserved, sensitive, shaky, tortured, vulnerable

10. **WORRY:** disquieted, agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset

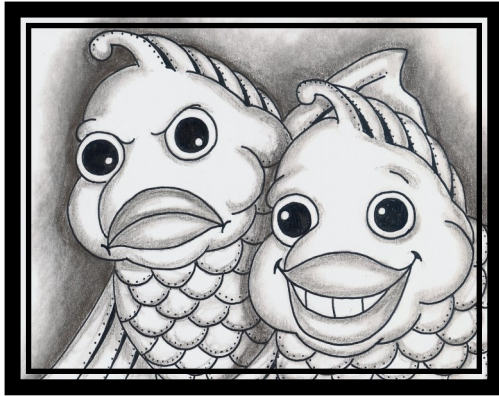
EMOTIONS THAT FIT INTO MORE THAN ONE CATEGORY:

alienated, aloof, ambivalent, apathetic, baffled, bewildered, bored, confused, dazed, disconnected, dismay, distant, distracted, envious, hesitant, indifferent, jealous, longing, lost, mystified, nostalgic, numb, perplexed, puzzled, removed, torn, uncertain, uninterested, wary, withdrawn, worn out, yearning

Inner Wisdom

The Invisible Secret





Reactions

As rage welled within her, she screamed at her brothers, “Quit making fun of me!” They told so many jokes about her. She did not share their laughter nor feel anything humorous about their teasing. Her face contorted as she yelled at them as loudly as she could. Her parents looked at one another, *again*, and decided something had to be done. Their daughter was so often in a state of verbal hysterics, reacting to what she felt were unseemly comments from her brothers, her dad, or even unsuspecting visitors. She had become a scream machine, overly sensitive to remarks from everyone, and seemingly powerless to stop her anger, her annoyance, and the hurt.

* * *

Finally the company was sold, the paperwork was signed, and the groundwork for a new enterprise was carefully underway. Or so he thought. Once his new investor found out about the co-partner, the money dried up. Just like that. All of a sudden, he had no old business to fall back on, and the new one would be caput if he kept his friend as a business partner. How was he going to tell his friend there was no ‘we’ in the new business? He just could not make himself do it. Every time he thought about trying, his gut seized up. He was filled with dread, for all he could imagine was the irreparable damage that would be done to their friendship.

* * *

When she thought about life, she felt she just did not measure up. Looking in the mirror, she cringed. She did not like what she saw, so how could anyone else? “There’s something missing in me,” she often told herself. Her daily self-talk had become, “I’m just not good enough to attract the kind of mate I want or the life my friends are living.” She felt betrayed by her body, her mind, and even her feelings. If she really had as much to give as everyone said, then where was her husband? Where was her house? Where was the life she kept dreaming of? As each day led her farther away from her dream, she could only believe she just did not deserve what life had to offer.

* * *

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As he put the key into the front door lock, he felt nauseous. On the other side was a life he just was not ready for. The problem was not the new furniture, the absence of his pets, nor the basically empty fridge. No, the problem was the loneliness of no longer having a warm body to greet, whether it was happy to see him or not. Being alone again felt so hopeless, so unacceptable, and so bleak.

* * *

Emotions are one of the greatest powers we have, as individuals or as a group. They are also one of our greatest challenges. When emotions control us, we are their victims. We suffer. We often say or do things we regret later on. Some lash out at others to spread the misery. Some take it out on themselves by overeating, drinking, doing drugs, over-medicating, skipping school or work, and thereby simultaneously jeopardizing their health, relationships, education, and careers. When painful, wounding emotions erupt within us, the world seems a harder place in which to live. We often look outside of ourselves for a solution because we have been taught the idea that what happens to us is someone else's fault. "They" did it to us. If it weren't for "them", we would not be feeling the way we are. We would not be hurting. We are just powerless recipients. Victims.

That is the lie that is lived by all victims. If you have ever felt that your frustration, stress, anxiety, anger, etc.

was caused by the person you just interacted with, then you, too, have lived the 'victim lie'. Actually, whoever "caused" you to be feeling some way you do not want to feel was really just an actor or actress in the play of life that you have written.

"Why," you might ask, "would I *ever* write someone like *that* into my own play of life?" You did it so you could notice your *reaction to them*, and hopefully realize that within you is programming that needs shattering. All of the wonderfully irritating people around you, the stupid ones, the annoying ones, the dishonest ones, the helpless ones, the manipulating ones, etc., exist to help you perfect yourself! When you release the programs hidden within you, the unpleasant emotions (the reaction) disappear. That is when you make the leap outside the fishbowl of limitations.

All emotions, whether pleasant or unpleasant, are reactions to something you believe very strongly, even if you have forgotten you believe it! Alter the belief or transmute the emotion, and the reaction dissipates or vanishes entirely.

Pleasurable emotions create reactions that are pleasant. Pleasant reactions do not cause harm to others or to the physical body. They add to the joy-body of the planet. They help shift negative attitudes. Painful emotions, however, come from and cause reactions that are not pleasant. Reactions caused by painful (fear-based) emotions such as rage, panic, despair, agony, fear, nervousness or depression can be hurtful, harmful, or self-

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sabotaging and push away those you want to be close to. These painful, wounding emotions add to the pain-body of the planet. They support negative attitudes. The suffering, discomfort, and emotional stress they cause can harm not only your body, but the health, well-being, and lives of others.

It is easy to prove that negative thoughts and feelings can weaken others as well as yourself. When Thought Karate® (TK) is taught in schools, we demonstrate this truth with an experiment. A volunteer is chosen who does not know the purpose of the experiment or how it will be conducted. In front of the whole class, this student is then taught the skill of kinesiology (testing the muscles of the body to indicate either energetic strength or weakness). Before being taken to a place where the experiment's instructions cannot be heard, the student volunteer is tested using kinesiology to make sure she is energetically *strong* (*her arm cannot be pushed down*).

Next, she is taken to another room, while everyone else is asked to feel a fear-based emotion. (*See page 10 for a list of fear-based emotions.*)

We usually choose worry, something most children can relate to. Once the group has agreed they are feeling worried, they are told to carefully watch the vol-



unteer when she returns and is tested again using kinesiology. If she responds to the emotion they are generating by being energetically *weak* (*her arm can be pushed down*), they are to immediately imagine the volunteer filled with the color antidote for worry, which is grass green. They are told the volunteer will be muscle-tested again once they have filled her with green (in their imagination).

The volunteer is then brought back into the class and muscle-tested to see if her arm strength will be strong or weak. In over 20 years of doing this demonstration, I have never yet found a first-time volunteer who was energetically strong when confronted by a fear-based emotion generated from a large group of people. Nor has there been a time when the color antidote did not neutralize the effect of the produced emotion and return the receiver to a state of energetic strength. Once taught how to use TK, a student is rarely weakened a second time by this experiment.

Desiring a change in your emotional reactions is the first step Thought Karate®.

- The young girl who had continual emotional outbursts was at the complete mercy of her feelings. They caused one reaction after another, chaining her to unhappy emotions that increased in intensity each time her feelings were hurt. She knew she was trapped by her reactions, and she did not know how to stop

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them, *but she wanted to.*

- The business man was reacting to fear. A friendship was at stake, and he felt like it could not withstand the ordeal. His feelings and fears kept him locked in situation from which he saw no way out, *but he wanted one.*
- The woman who felt she had so little to offer was an amazing exotic beauty who could not see her own loveliness. Her reaction to what she thought she saw was so intense that it created a totally different image in her mind than what others saw. Encouragement from her friends helped her *believe she could change.*
- The man who was coming home realized 'there was no home to return to'. It was just an empty building because it was void of what really mattered to him. His reaction to his current life was almost incapacitating, and *he wanted help.*

These people are real. Their stories are real, and each one was freed from personal trauma by using a simple, natural thought process which changed their reactions *permanently* in twenty minutes or less. With their reactions gone, their lives changed for the better.

- After using TK, the young girl was finally able to ignore all teasing and maintain her cool along with a sense of personal empowerment. She discovered that while she was in the womb, her mother would quietly take 'verbal abuse', cry about it later, and stay sad for a long time. The girl "decided" that once she was born, she would not quietly tolerate anyone's verbal abuse but would instead defend herself. Thus her frequent outbursts.
- The entrepreneur found his fears simply dissolved when he realized they stemmed from high school football programming of 'not letting the team down'. He could look back at his fearful reactions and feel amazed that they had such control over him at the time. He did not lose his friendship with his former business partner.
- The striking beauty discovered that at age 12 she had vowed she would never be pretty, so of course she could not see what she really looked like. She was wearing the glasses of her pre-teen fear. When removed, she saw her own splendor for the first time in her life and also realized she had amazing qualities that had nothing to do with how she looked. She let her natural sense of compassion blossom

and soon had a dream job *and* a serious boyfriend.

- The lonely man discovered he was following a pattern set by his family. His great grandparents, grandparents, and parents had all begun relationships that ended with being single, whether through death, divorce, or separation. Observing this example, he subconsciously adopted the idea that he, too, would be all alone in his later years. Once freed from that pattern, his melancholy lifted, and he began to enjoy his life again.

Each of these persons had lived emotional reactions they could not control even though they wanted to. They were unknowingly chained to old patterns created in their past. Given a way to find and release the imprints, each one moved on to having more of what they wanted from life.

Once freed from a hidden emotional imprint, you experience a new freedom when confronted by things that used to bother you. For instance, instead of yelling, you can choose how you want to respond when the dog chews up your favorite pair of shoes. Instead of crying when your best friend says something insensitive, you will be able to have no reaction at all. And if your boss does his/her best to belittle you in front of others, you will no longer be a victim of your emotions.

When you change your memories, hidden influences that created your emotional reactions no longer exist. Your automatic responses vanish, and the potential for emotional self-mastery takes its place. You become the fish leaping from the fishbowl of limitations and reactions, ready to feel life in a different way.

The first step in freeing yourself from an undesirable reaction is *to decide to change*. Once you have that desire, five more actions help you erase forever the hidden reason you react and help create the new response you wish to have. You no longer have to be at the mercy of your reactive fear-based feelings.



D.E.S.I.R.E.

Most of us have thoughts, feelings, habits, automatic responses, or emotional reactions we do not want to have. We look at ourselves in the mirror and react to what we see, feeling inadequate, fat, or ugly. We start our day feeling insecure rather than confident. We live with worries and anxieties when we would rather feel self-assured. We experience depression or anger when we would prefer to be happy. We compare our lives to others and feel mad, lonely, or inferior. We eat when we do not want to. We drink when we do not need to. We make choices that are self-sabotaging and self-defeating. As we unsuccessfully try to forget about feelings that overwhelm us, we complicate our

lives by reinforcing the very feelings from which we are seeking to be set free.

Invisible but active within us is a feeling that creates our misery and our joy, our failure and our success. ONE feeling. One burning desire of a feeling that is the catalyst and the fuel for what happens in our life. That one feeling is also an acronym which perfectly describes the natural Thought Karate® process we automatically use without realizing it to create almost every emotional experience we have. That one feeling and the acronym is D.E.S.I.R.E.

Some of you reading this will have a *reaction* to that idea. “Desire,” you might say back to me, “certainly hasn’t helped me get what I want. I desired a long-lasting relationship, but I’m divorced.” Or you might say, “I desired lots of money, a big house, and a good car, but it hasn’t happened so far, and I’ve been desiring for a long time!” You might even say, “I have desired spiritual enlightenment, but I’m not walking on water yet!”

Dolly Parton, the most successful female country artist, with 25 number one singles and 42 Top Ten country albums (at the time this book is being written) desired so intensely to be a star that when she was growing up in the boondocks of Tennessee, she pretended the chickens in her backyard were the audience waiting to see her perform. She put an old tin can on a stick, stuck it in the ground, and began singing her future into existence. Part of a large family living at poverty level in a one-

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room cabin, she was an impressionable young girl when she went to town with her family and saw what she has since referred to as ‘the town trollop’. She vowed to herself that one day she would look just like that. The future “Backwoods Barbie” held fast to her desire to be famous and glittering. Believing in her own rags-to-riches future, she wrote songs, sang wherever she could, and sold records out of her car. Nothing squelched Dolly Parton’s desire for fame and beauty.

If, like Dolly, you can deeply desire to shift something in your life (the way you feel, live, think, or react), you have begun the first step of Thought Karate®. The second step is to know the feeling you wish to get away from. For Dolly, it was the feeling of being unknown. Third, decide how you will feel when you are the success you want to be: confident, happy, beautiful, desired?

Once you know these three things.....what you want to change, how it makes you feel, and how you want to feel.....you are halfway to your new goal. The three steps after that are just as simple: choose the solution you need from the Thought Karate® options in Section 2, put it into action, and expect results. This simple process is something you already spontaneously do.

Let us say you spoke with a friend about changing an agreement you had between you. The conversation did not go well. You both argued, and then you said things you did not mean and angrily drove away before things could be settled. (*You reacted emotionally.*) Later on, you wished things had not happened the way they did.

(You *desired* to change the situation) You were upset with yourself for losing your cool and maybe your friendship. (*You thought about how you were feeling.*) You yearned to feel close to your friend again. (*The way you wanted to feel*) You thought about what you could do and decided to call and apologize (*the solution*), so you did it (*repaired the situation*). You were sure your friend, whom you knew well, would forgive you if you apologized, and that is exactly what happened (*your expectation*).

The story I told in the preface of this book is another example of how normal this thought process is. Notice how it follows the acronym pattern: **D.E.S.I.R.E.**

I truly desired to know if a Higher Power than my mind existed. (step 1: **D**)

I felt helpless, confused, perplexed, and troubled. (step 2: **E**)

I wanted to feel certain, sure, and positive. (step 3: **S**)

My solution was to issue a challenge to test the existence of a caring, powerful Presence. (step 4: **I**)

I could not repair myself but I opened to receive that help from something greater than myself. (step 5: **R**)

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I fully expected results, and I got them!
(step 6: E)

If you read the preface of this book, you already know that using my challenge to a Higher Power as a solution worked for me. The medical crisis I was in vanished, and I “met” that Greater Power. *The only reason this natural pattern does not work all of the time is when a person does not know the solution needed to correct the problem.* Thought Karate® provides those solutions.

The process can be very quick. A young man who had just proposed to the love of his life brought her to me because while they were deeply in love with each other and very happy to be engaged, they were suddenly feeling forlorn and distressed. They did not know what to do about it.

Since their disquieting feelings had begun after they committed to one another, it was clear that commitment to a one-on-one relationship was creating the reaction they were having. Having moved through the first three steps of Thought Karate®, they needed help finding their solution. Once we identified it and they used it, their anxiety disappeared, and they each took on the glow that newly committed couples normally emit.

The short, sequential process coded in the acronym **D.E.S.I.R.E.**, shifts any paradigm you are living, heals any emotional trauma or reaction you are tired of

having, and can be done without anyone even knowing you are doing it.

Desire to make a change in your emotional reaction.

Examine the way you feel.

Say to yourself how you prefer to feel.

Intuit which of the TK solutions changes your reaction (this book will teach you how)

Repair yourself using the TK solution.

Expect results

Remember I said earlier that you can fail even though you ‘desire’? If you desire something and are unsuccessful in achieving it, there is an invisible influence within you supporting that failure. To find that influence and remove it forever, you need contact with your Inner Wisdom. Once made, it can unerringly guide you to the correct solution to solve your dilemma.

After you have used the solution, the new reality you desire comes into being as you expect results and shift your thinking. Often you get results automatically without any other effort on your part.

Meet Your Inner Wisdom



Your body might be thought of as an earth suit specifically designed to allow you to experience living on planet earth. Like the astronauts who wear space suits or the deep sea divers who wear wet suits, your body comes equipped with controls that do not have to be operated by your conscious mind.

In the first seven years of your life, your Inner Wisdom is learning how to make your earth suit work so that you will not have to think about it later on. When you want to scratch your head, your arm will automatically reach up, and your fingers will go right to the itchy spot. When you learn to ride a bike, you will not have to remember how to balance it each time you get on. Once you learn to drive a car, you will automatically check the

rear view mirror, your speed, and all the other little things that must be noticed to drive safely. There are many things we are able to do in life because of the powerful command center that operates our earth suit.

Having been in operation since birth and extremely faithful to you, your internal control system is the consummate multi-tasker, keeping track of all that you have seen, done, heard, learned, said, been, and felt so that you, the conscious mind, do not have to be burdened or overwhelmed by the minutia of life. It organizes your memory and retrieves what you need to know, like the names of people you have met, where you left your keys, when your next appointment is, or what you dreamed last night. Unwaveringly loyal, it follows whatever rules (beliefs) you knowingly or unknowingly give it. Its greatest goal in life is service to *you*.

Inner Wisdom has more memory capacity than any computer yet invented, and it is probably a part of yourself you have not been properly introduced to yet. I was unknowingly introduced to mine when I gave it a challenge, at age 18, to heal me. (See the Preface, *Who's In Charge of My Life?*.) I did not fully recognize its presence, however, until seeking a solution for my son's dyslexia. Without its help, I would still be the shy, frightened, embarrassed, and ugly-feeling little girl I was in elementary school, and my son would still have a hard time reading.

Some of you may also have met this secret partner of yours without realizing it. Have you ever been driving and all of a sudden you wonder how you arrived where

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you are on the road? It seems like you blacked out but somehow kept driving safely? Inner Wisdom was driving! I do not recommend testing its presence in that way, however. There is an easier method, especially for those whose eye color is distinctly different than the darkness of the pupil. Try this quick experiment:

Stand in front of a mirror where you can see the pupils of your eyes. Notice their shape and if they are dilated or contracted. Speak this command to your Inner Wisdom, *"Make yourself known to me"* or say something more gentle, such as, *"I love you."* Carefully watch your pupils and look for a change in their size, either a contraction or an expansion. Be very careful not to change the lighting, and to keep your head level and even. You do not want the pupil reaction to be caused by an increase or decrease in the light, since that can automatically cause your pupils to shrink or enlarge.



If you have spoken to your Inner Wisdom with commanded feeling, desire, and intent, it will respond to you by momentarily changing the shape of your pupils. In my case, my pupils *greatly* expanded, filling almost all of the iris. I had no doubt that I was receiving a response.

Since pupil expansion/contraction is an involuntary movement, your pupils do not expand unless you are in darkness and do not contract unless you are in bright light. Pupil movement is not scientifically regarded as something an individual can automatically make happen, unlike a voluntary response, such as scratching your nose if someone tells you to. Therefore, if you can desire and achieve movement in your pupils *without a change in lighting or other external influence*, someone or something is responding to your request! It is your Inner Wisdom announcing its presence.

Another way the Inner Wisdom reveals itself is through Reverse Speech. Discovered in 1983 by Australian David John Oates, it took the world by surprise. He found that recorded human speech, when played backwards, will reveal very clear statements amidst garbled ones, usually related to the topic in the forward speech. As you may imagine, this made government officials quite concerned, and rightfully so. According to David (www.reversespeech.com), when one of George Bush's speeches was played backwards, it revealed a Desert Storm code word. This resulted in the cancellation of many of David's public tours and research projects for a period of a few years. Heavy stuff.

When I bought a reverse speech tape recorder and practiced using it for the first time, I was astounded and amazed when I heard my Inner Wisdom speaking directly to me. On my first attempt at communication, I recorded a request for my Inner Wisdom to speak to me and give me an indication it was aware that I was talking to it. As I played the speech backwards, the very first words I heard were, "Hi Lynea!" These words were perfectly clear and spoken with a great joy. I was floored! I played it back over and over. The very first opportunity I had given my Inner Wisdom to speak to me produced the most perfect words possible: a personal greeting!

This was repeated a second time when I was teaching a workshop in Washington and demonstrating how the recorder worked. Again I spoke into the recorder asking for recognition from my Inner Wisdom. Once more, playing the words in reverse produced the joyful, "Hi Lynea." This time I was not the only one around to hear it!

There is a third method of communicating with your Inner Wisdom that is both easier than looking at your pupils and less expensive than buying a reverse speech tape recorder. I call it The Sway. To learn The Sway, stand with both feet on the ground, about shoulder-width apart, hands hanging by your side. This is called 'the neutral position'. Next, mentally ask your Inner Wisdom to give you a "yes". Without controlling your body, allow it to move itself. It will usually gently

sway in some direction (forward, backward, sideways, etc.)). Be sure and stop the movement so you do not fall down or lose your balance.

Once you know which way you sway for a 'yes', then return to the neutral position and mentally ask your Inner Wisdom to give you a 'no'. Notice which way you sway. Your 'yes' and your 'no' may or may not be the same as someone else's. Do not concern yourself about that. You are simply seeking a method in which your own personal Inner Wisdom can communicate with you. With the direction of 'yes' and 'no' established, you now have a basic form of communication with your Inner Wisdom and can ask it certain 'yes' or 'no' questions.

The ease of doing The Sway causes many people to doubt the truth of it. It is not uncommon to believe you are purposefully making yourself move. If you doubt your motion is coming from your Inner Wisdom, try making yourself move into a 'yes' and a 'no' and watch where the force of the movement comes from. Next, let your body do The Sway and notice where the force of movement comes from. There is a difference. If you are influencing the movement with your mind, the force often comes from the chest or shoulder area. When the Inner Wisdom moves the body, the force usually comes from the solar plexus or below.

What to do

If Inner Wisdom “Seems Confused”

If you were unable to get a ‘yes’ and a ‘no’ from doing The Sway, either because your body swayed the same direction for both a ‘yes’ and a ‘no’, or it did not move at all, you may be either too stressed or too dehydrated for your Inner Wisdom to respond clearly. It is easy to correct both of these conditions.

If you could only get a ‘yes’, you are stressed and need **The Tarzan Thump**. Remember how Tarzan would always beat on his chest and yell before he went swinging on his vines? Vine travel was probably a rather stressful method of transportation, given that one never knew if the vines would be strong enough or in use by something else, so Tarzan was actually deactivating a stressful body reaction by pounding on his thymus gland, located under the breastbone of the chest. This gland regulates our fight-or-flight reactions. By vigorously patting the chest area over the gland, the body calms itself.



You do not have to do the famous Tarzan yell, nor pummel yourself with clenched fists like Tarzan did. Just simply take one of your hands and, with the palm flattened and fingers outstretched, comfortably and firmly pat or thump the area where your thymus gland is. (That would be the same place Tarzan used...the chest area just below the neck.) Do this 7 or 8

times. Then, with your fight-or-flight system calmed down, stand in the neutral position again and mentally ask your Inner Wisdom to indicate your ‘yes’, and then your ‘no’.

If you only got a ‘no’, you need **The Water Refill**. In plain English, that means drink a glass of water! Not soda, not coffee, not even tea. W A T E R. The basic needs of your body must be met if you are going to communicate successfully with your Inner Wisdom. Dehydration interferes with the energy “wattage”



of your body. Water excites the electrical part of you so that The Sway will work. Once you have had a full glass of water, do The Sway again, asking your Inner Wisdom to show you your ‘yes’ and your ‘no’. It is possible that you will need more than one glass of water; so if you still cannot tell the difference between your ‘yes’ and your ‘no’, drink up!



Knowing how to consciously contact your Inner Wisdom allows you to use its expansive awareness for more than just finding the solutions you need when doing the TK process. There are many questions your Inner Wisdom can give you accurate answers to, but there are also some that it cannot correctly answer. You can use The Sway to find out the following:

What Does Inner Wisdom Know?

Memory and Things Relating to the Past

- Where you left something: keys, sunglasses, etc.
- What you believed in the womb or as a young child
- What you have learned during your life (read, heard, seen, etc.)
- Who said something, what was said, and what age you were when you heard it
- What happened yesterday and as far back as you care to go
- Genetic and “past life” memories belonging to you or to someone else
- Hidden emotional imprints or memories
- Old traumas
- What age something impacted you and if it is still affecting you
- Finding the same information about others that you can know about yourself

Physical Health and Energy

- What is safe or not safe for you to eat or drink (assuming you do not have a death wish, the need to suffer or punish yourself, or a buried memory that prevents this knowing)

- If the air you are breathing is polluted
- What you can do to lose, gain or maintain weight
- When you have eaten enough or too much
- What will increase or decrease your energy
- If there are inflammations, infections, viruses or harmful bacteria present in the body and what can help the body repair itself (assuming you have educated yourself about these possibilities)
- If there are toxic chemicals or metals or other harmful substances in the body
- Sources of allergic reactions
- If your energy meridians are balanced
- If your spine is out of alignment
- The condition of the organs, tissue, muscles, nerves, bones, etc. of the body
- If the thoughts/feelings of others are affecting you
- What is causing you fatigue or other problems

Information Delivery and Retrieval

- What you or someone else is feeling or thinking
- What is happening somewhere besides where you are
- If your loved ones are OK or in danger
- Where you can find an item you want to buy
- If a grocery store has a sale on something you want
- If a questioned location is a safe place for you to live

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- Whether information you receive comes from your inner self, your higher self, a teacher, a spirit guide, an earthbound entity, etc.
- What your dreams mean
- If earthbound entities are present
- The needs of your pets
- If your plants need food, water, more or less sunlight
- What solution you need to change how you are feeling or reacting
- What your Advanced Wisdom Self wishes to communicate to you (providing your Inner Wisdom can cooperate and is not hindered by the kinds of limitations you will read about in the first four solutions found later in this book)
- **Judgment questions:** If you should or should not do something, like buy a house, move, sell, rent, date a certain person, get married, invest your money in certain opportunities, etc. (If your questions begin with “Should I”; “Is it a good idea if I”, “Do I need to”, “Am I supposed to”, “Is it best if I”, or questions where you are seeking advice, your Inner Wisdom’s answer is based on the beliefs, assumptions, vows, etc., stored in your memory banks.)
- **Interaction questions:** What someone else will or will not do, such as “Will she go out with me ?” “Will I get a good deal on that car?” (These questions involve the free will of another and answers can be unpredictable.)

What Does Inner Wisdom Not Know?

Free Will Questions

- **Future decisions:** Where should I live? Whom should I marry? How much money will I make? How many children will I have? (Inner Wisdom will answer, but due to free will, the eventual outcome may differ.)
- **World events:** Whether a war will happen, how nations or religions will interact, etc. (The consciousness of the masses creates a nation’s future.)

Response Ability



“Please do not tap on the glass” says the sign on the aquarium. “Keep your fingers out of the bowl” reads another. These signs would lead one to believe the aquatic inhabitants are either easily frightened or dangerously hungry. According to the signs, their reaction is predictable. Tap on the glass, and they are startled. Touch the water with your finger, and they attack. The fish, however, can be trained, through repetitive actions, to respond positively to taps on their glass house or to wet fingers protruding into their space.

We are the same way. We may have an initial reaction to someone or something, but with Thought Karate® training, we can shift from reacting to choosing our response. We can have response-ability.

In my early life, when confronted by an overwhelming situation, I would stop thinking, and then run and hide. Full of fear, I just wanted to escape from the situation. This reaction of ‘escape and hide’ was so ingrained in me that later in life, as an adult, when I was confronted by a confused adult male breaking into my house, I just knew the safest thing was to hide in the closet, *which I did!* Memories of playing hide-and-seek had flashed instantly through my mind, reminding me that I was never found when I hid in the closet!

Luckily, I had my cell phone and called the police from inside the closet. After that, I realized how stupid my *reaction* was. As the trespasser was entering the back door to my home, I could have just as easily run out the front door! The intruder, recently released from a mental ward, silently walked into the room where I was hiding and pushed a dresser in front of the closet I was in, blocking my escape. Had he started a fire, I would have been toast...literally!

The police showed up shortly and all was settled, but the point of this story is that my *response* to the confrontation was totally inappropriate! It would have been safer, wiser, and easier to go out the front door of my house and call the police from there. However, because I *reacted* like a mouse would, scurrying and hiding, that idea didn’t even enter my mind. I was compelled by fear to *react* instead of *act*. An event had confronted me, and I did not respond as a clear-thinking human, but rather as a fear-possessed animal.

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Another example of this kind of non-thinking reaction, this lack of response-ability, comes from one of my sons. Just before he was to leave home for his second year at college, friends talked him into driving to a party in a city five hours away. He still had one day left of employment at his summer job, but he allowed his friends to convince him that he could drive to the party and be back home in time for work the next morning.

While he really knew better than to listen to such an irrational suggestion, he was unable to *act* on his knowledge and instead *reacted* to their ideas. He had a “sheep response” to his friends’ confronting him about doing something wild and crazy. He *went along*. He *complied*.

He had only had a valid driver’s license for two weeks, and he had no experience with long distance driving. Nor did he have experience with partying all night long and then driving. His sheep response caused him to ignore timetables, practicality, sleep, and employee responsibility. There was no way he was going to leave work at 5 p.m., drive five hours, party, sleep and return home for work by 8:00 a.m. the next day!

The results from this experience were not positive. On his way home, he fell asleep at the wheel in morning work traffic, hit a car, and damaged his own car sufficiently that he could not take it to college that year. Fortunately, no one was harmed and insurance handled it all, but could that incident have been prevented? YES! If he had altered his sheep mentality about

confrontation, he would have been able to say NO when confronted by his friends and not felt like he was letting them down. He would have been able to recognize the foolishness of the whole idea and say “No thanks”, which is what he really wanted to say in the first place, but he was trapped by his *reactions*.

A young woman I know was walking with her fiancé in the parking lot of their apartment late one night. They were heading across the street to the local convenience store when three thugs, who wanted more than just their money, accosted them. The young woman’s automatic reaction to confrontation was like a rattlesnake. She stood her ground and said, “You need to respect me!” She was greeted by a slap to the face with the butt of a pistol. Fortunately for her, neighbors called the police, who were nearby. If she had response-ability, she would have realized that was not the time *to stand her ground and rattle her tail*. “Biting her tongue” would have been wiser.

Confrontations often catch us by surprise. If we are not prepared for the experience, we can react in unexpected and sometimes detrimental ways. It is not always just unforeseen situations, however, that confront us and reveal hidden reactions we have. For many years I held classes in a cottage on our property. One day honeybees decided to take up residence in the walls of the cottage.

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After a few years of bees flying in and out, my husband and I thought we should probably remove them and provide them with hives to live in. No bee-keeper would help us because of their concern that the bees might have cross bred with aggressive killer bees. As the only solution advocated by those we contacted involved killing the bees, we dropped the matter, for they had never attacked us nor any of the many visitors we had.

Then one day, a new group of bees began flying in and out of the foundation near the front door of the cottage. This was definitely a potential danger to those who came for classes in the cottage because now the bees were in *our* 'flight paths'. When the bees stung our dog, we decided something had to be done.

I was inescapably confronted with having to make a decision about the bees. I could not put it off any longer. However, I acted like a rabbit. I just froze when it came to making a decision. I was poised for flight, needing someone else to take the lead. My emotional reaction towards killing the bees was so overwhelming that I couldn't take responsibility for the decision that needed to be made.

What is your *reaction* to being confronted? If you would like to change that reaction, do the 6 steps of the D.E.S.I.R.E. acronym for your first experience using TK:

1. **DESIRE:** Think about times when you have been confronted, either by family, friends, co-workers, au-

thorities, enemies, strangers, etc. or when you have had to confront someone. Do you wish to change how you feel when that happens?

2. **EXAMINE your reaction:** How do you feel when confronted or when having to confront another? Which animal's reaction describes you the best?

- **Cat:** Freeze, hiss and size up what's going to happen. If it seems like an attack, run!
- **Dog:** Loyalty no matter what. Do not complain. Agree with the person who is in charge.
- **Monkey:** Compromise.
- **Rabbit:** Fearful. Too afraid to move. Cannot even speak up.
- **Mouse:** Escape. Scurry and hide until danger has passed. No one can find me.
- **Rattlesnake:** Assert yourself, stand your ground, make your territory known. Give a warning and do not back down.
- **Sheep:** Simply follow along. Let someone else to take the lead. Tell me what to do, and I will *comply*, even if I do not agree. Get along at all costs.

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- **Shark:** Attack first. Build a reputation so others will be afraid.
- **Turtle:** Deception: appear to give in (tucking into a safe space and waiting out the problem). When everything is safe again, return to whatever was going on. Do not fight; just *avoid*.

(You may relate to more than one of the above.)

3. **SAY to yourself:** “When I am confronted by a person, an idea, or an event, how would I like to feel/respond?”

4. **INTUIT your solution:** Stand in the neutral position for The Sway. (*see page 22*) Get a ‘yes’ and ‘no’. Then ask yourself this series of questions:

(1) Is my solution one through twelve?

(2) If you sway ‘yes’, go to number (3). If you sway ‘no’, you might need to clear a hidden imprint before Thought Karate® will work for you. Use The Tube of Light (p. 45) to find the imprint. Then start over again with the D.E.S.I.R.E. process, using the hidden imprint as the reaction you are seeking to clear. If, after that, you still do not sway ‘yes’ for a 1-12 solution, either your Inner Wisdom is unable to help you, or you need a key to freedom that is not currently part of Thought Karate®.

(3) Ask yourself “Is my solution number one ?”

(4) If ‘yes’, ask, “Is it more than number one ?” If you get a ‘no’, your solution is The Light Show, which is Freedom Key #1. If you get a ‘yes’, ask, “Is it number two?”

Continue in this way until you know the numbers of the solutions you need. Usually, you need only one solution, and most often it is number 1, The Light Show. About 75% of your emotional reactions will be solved using that resolution.

How can this process work when you have not yet read or learned anything about the choices that are available from TK? That is the invisible secret skill of your Inner Wisdom! It already knows not only the options available in Thought Karate® but also exactly which is the correct one to choose.

5. **REPAIR yourself:** Turn to page 36, **Section 2: Solutions to Reactions** look for the answer your Inner Wisdom has selected for you. Follow the instructions as written. You cannot skip ahead to the final step, “expect results”, without doing the solution first. When whatever has created your reaction is removed or neutralized, you will think and feel differently about your situation.

I once used Thought Karate® with a martial artist in Mexico whose reaction to confrontation was to take an immediate karate stance. He would not even hold

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hands with his sweetheart when walking in public so that he could be ready for immediate defense if needed. The reason he learned martial arts was because his father abused him physically when he was growing up. Tired of being beaten, he eventually left home and learned karate to protect himself. When I asked him what other ways he might react towards confrontation, he could only think of physical protection. He could not imagine any other response. However, after he completed TK, I repeated the question, and he immediately could see that conversation might be a choice that could work.

6. EXPECT results! Inner Wisdom has eliminated what influenced your reaction to confrontation, just like pressing the delete button on the computer. Now you must imagine the new way you will respond. Section 3, *Words of Power*, will help you do this. By thinking about your new behavior, new feelings, and new actions, you are creating a new response 'template'. Your Inner Wisdom needs this information from you, and you must now expect with total belief and conviction that you are free to choose your response when confronted by someone or something.

Record It!

A strange phenomena happens when you erase your past. It is usually difficult to remember what used to bother you and why.

DESIRE <i>What is the problem I want to solve?</i>	I react to:
EXAMINE <i>How does the problem make me feel?</i>	Fear-based reactions
SAY <i>How do I want to feel?</i>	Love-based reactions
INTUIT <i>What solution 1-12 do I need?</i>	My solution is:
REPAIR: do TK solution	Date Solution was Used
EXPECT <i>What are the results I expect?</i>	My new self-talk and actions:

Love-Based Emotions (Reactions)

AFFECTIONATE: affable, caring, compassionate, concerned, congenial, considerate, demonstrative, friendly, kind-hearted, loving, open-hearted, sympathetic, tender, thoughtful, warm

CONFIDENT: certain, convinced, empowered, open, positive, proud, safe, secure, sure

CONNECTED: at one, balanced, centered, in harmony, sensitive, unblocked

ENGAGED: absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated

EXCITED: animated, ardent, aroused, astonished, dazzled, eager, ecstatic, energetic, enthusiastic, giddy, invigorated, lively, passionate, surprised, vibrant

EXHILARATED: blissful, ecstatic, elated, enthralled, exuberant, overjoyed, radiant, rapturous, thrilled

GRATEFUL: appreciative, gratified, moved, thankful, touched

HOPEFUL: expectant, encouraged, optimistic, positive

INSPIRED: amazed, awed, in wonder

INVINCIBLE: impervious, unshakable

JOYFUL: amused, buoyant, charmed, cheerful, delighted, elated, glad, happy, jubilant, pleased, tickled, uplifted, vivacious

LENIENT: humane, merciful, charitable, forgiving

PEACEFUL: calm, clear-headed, comfortable, courteous, centered, gentle, mellow, polite, quiet, relaxed, relieved, satisfied, serene, still, tranquil, trusting, unprovoked

REFRESHED: enlivened, invigorated, recharged, rejuvenated, renewed, rested, restored, revitalized

SATISFIED: complacent, content, fulfilled

Confrontations are just one kind of life experience that creates reactions. Normal everyday experiences can also generate conflict, whether serious and explosive or gently abrasive. When those moments arise, recognize what you are feeling, ask yourself what you would rather feel, use The Sway to find your solution, do it, and know your life is different from that moment forward.

One morning my husband went into the kitchen to make his breakfast coffee. As he opened the coffee grinder, he noticed the brown coffee bean residue was gone. In its place was an off-white powder. "Did you use this for something?" he asked me. "Yes," I replied offhand. "I ground up the eggshells for the garden." Exasperated, he lectured me on how the shells have calcium and could mar the plastic lid of the grinder with their minute cutting edges. Furthermore, he added, the blades had probably been dulled from the eggshells.

This was not the first time he had asked me not to use the grinder. My response to him was that if what I had used it for ruined it, I would gladly replace it with another one. This did not appease him and the lecture continued until he realized he was in conflict with me and did not want to be.

TK to the rescue! Recognizing that he had *reacted* to his wife not "obeying" his request regarding a piece of equipment he used daily and feeling *annoyed* that I did not honor his expectation, he decided he wanted to feel *neutral* about it all. The solution was #1: *The Light Show*. He showed him the limiting thinking he had been responding to: wives are supposed to listen to their husband.. When he cleared him-

self of that old-fashioned programming, he no longer cared if I used the grinder or not. The calcium residue was washed off and the blades ground up his coffee beans just as strongly as ever. The best part was that I no longer had to 'play the role of the wife who did not listen'.

Freeing yourself from negative emotions and hidden programming is not only about overcoming fear-based reactions, but ultimately about becoming able to not have them in the first place.....capable of living life while remaining in 'feelings of choice'. The more you use TK to change fear-based reactions to love-based ones, the sooner you will live a life where you are not only in control of your emotions but are living a life of self-mastery.

There are as many things a person can react to as there are grains of sand on the beach, so to provide a comprehensive checklist is almost impossible. The simplest method is to train yourself to recognize *when you are feeling a way you do not want to feel*. Sometimes it is subtle....just a little aversion to something...only a small dislike of something someone said.....no more than a fleeting distaste of a passing moment.

Any reaction, however, registers itself in the fluids of your body, and if it is fear-based, it causes a disturbance in the chemical balance of your inner health. Continued reactions that create fear-based emotions which linger can eventually harm your physical well-being. To be in control of your emotions is to not only protect your welfare, but that of those around you as well. There is a reason why it feels good to be in the company of others who have mastered in-

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ner peace and harmony. Those emotions are strengthening.

So, the question to be constantly seeking the answer to is “What causes me to react?” To help you begin the habit of noticing the answers to that question, I have listed, in no special order, some of the most common issues from people I have worked with over the last 20+ years. While they will give you a place from which to begin, the most powerful issues will come from those you are living in your day-to-day life.

If you already feel confident in using the TK process (How am I feeling about ____? How do I want to feel? What is my 1-12 solution?), move on to Section 4. There you will find the stories of a variety of real-life situations that were solved using Thought Karate.®

Authority, Rules, Regulations
Self-Worth
Addictions/Cravings
Punishment of the self
Poverty
Wealth, saving/spending \$
Power
Health and the medical profession
Education and the school system
Family dynamics
Public speaking
Snakes/insects
Spirituality
Religion/prayer

Eyesight
Reincarnation/Karma
Getting to the heart of a matter
Beauty/ old age
Perfection
Ownership
Not succeeding at _____
Old vs. new
Judgment
Sexuality
Assumptions
Vacations
Marriage
Relationship
Hell/Heaven on earth
Inadequacy
Enlightenment
Privileged vs. underprivileged
Rules and regulations
Imprisonment
Unending grief
Shame
Forgiveness
Clutter
Stress
Luck
God
The flow of life
Guilt

Thought Karate®: Free Yourself

How others treat you
How you feel about life
Misery
People pleasing
Unnatural vs. natural
Being a woman or a man
Taking a stand
Love
Mistrust of others/self
The government
Conspiracy theories
Family
Work
Exercise
Suffering
Crying
Past life memories
Total body health
Abundance in any form
Forgetting
Disagreements
Disappointments
Physical appearance
Deficiency
Making decisions
Motherhood/fatherhood
Being the best (or not)
Anxiety about _____
Hosting guests

Taking risks
Benefiting from _____
Selling something valuable
Having something valuable
Letting go of things
Not having _____
Making mistakes
Paying for _____
Imitation vs. real
Complaints
Budgeting
Not being chosen
Not being given credit for _____
Fighting other people's battles for them
Failure
Success
What it takes to be _____
Staying home
Having/not having kids
Being rescued/ not being rescued
Rescuing others
Lack of energy
Fitting in/ not fitting in
Not measuring up to expectations
Nurturing the self or others
Your parents
Your children
Stewardship
Living on planet earth

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Ascension
Politics
What others have done to or for you
Invasion
Moving
Listening to others
Being held to an unjust standard
Having an accident
Making a mistake
Taking care of: others, self, pets
Deadlines
Expectations
Co-workers
Neighbors
How other people drive
Noise
Materialism (or any other "ism)
Sharing



Solution I

The Light Show



If this is your solution, your reaction was caused by something you heard, felt or experienced before the age of 7 or 8 (which is when the conscious mind usually arrives), by something that happened while you were still in the womb, or is the result of memories passed on to you genetically through your DNA. (For some people this is also interpreted as something that happened to you in another life.) The Light Show is the most common solution for neutralizing fear-based imprints that cause reactions.

Nathan was only 3 years old when his young mother called me, almost in hysterics. Her son had

fallen on his arm, and now it was just hanging limply by his side. He refused to use it. She had taken him to the doctor who said nothing was wrong, and yet he acted like his arm was useless. Could I figure out what was going on? The answer was a quick one, because I had recently stayed with him while his mom was running errands. His favorite show to watch was one in which the main character, who was a toy, fell from a shelf. This caused his toy arm to just dangle limply at his side. Nathan had seen many times this cause-effect reaction of what happens to you if you fall on your arm. He had watched this video over and over again, and he was *reacting* as he had seen the toy hero react when he fell.

That is how easily our Inner Self gets its instructions on how to create our experience of reality. Without knowing it, many of us are simply living out reactions to things that happened when we were young. Erase the memory, and the reaction disappears.

60 year old Ricardo could actually remember being born. He carried a deep disdain for the experience, remembering that he wanted to yell at the doctor and nurse who were touching him. "Take your hands off of me!" he wanted to say. "Who do you think you are touching me like that?" From that moment on, he was always slightly agitated about

everything in his life. No matter what the circumstance was, his first reaction was usually to disagree. If he was offered a snack or a drink, he would first say, "No thanks." and then recant and say, "Well, OK." When he was little, if friends wanted to play hide-and-seek, he had a reason why they should play something else.

As he grew up, the reactions continued in all areas of his life: at school (picking fights, poor grades), in the military (trained as a military policeman), and during his first marriage (in which he was divorced twice). The reactions even erupted on the highways as minor road rage. When a car would do something Ricardo thought it shouldn't, he would ride its bumper, or stay beside to agitate the driver for just a little while. Agitation, being the first emotion Ricardo felt at birth, stayed with him for the rest of his life, *until he finally recognized it and intuited his solution.*

We are not born as 'clean slates' upon which all experiences are then recorded. We are each an individual collection of cause and effect experiences. We bring our reactions with us into this world, and then add to them. We are born full of imagined limitations as well as possibilities, and the life we grow up to live is all too often a reflection for us of the limitations instead of the potentialities. It is not others who limit us. It is the hidden imprints within that create our experiences of others and

determine many of our life patterns. Our life is an outer reflection of the inner reality we have believed in our past, even if we do not realize we believed it. It is unknown to us, and so it surfaces as a reaction in our dance with life that we might become aware of it and erase its inhibiting influence on us. When we react due to old programming, we can recognize that we do not have 'choice'. We are responding like a trained animal would. Once the programming is removed, however, we *do* have choice. We can choose to have the same old reaction, if we prefer it, or we can choose to have a different one.

Reactions that are cleared by The Light Show are responses that have been automatic because:

- They were stored in our DNA as a genetic inheritance, or
- They have influenced us from our time in the womb when we were easily imprinted with feelings from our mother, as well as the emotional issues of those around our mother, or
- They are from our early childhood years when we did not have the reasoning ability to know what to believe or not to believe about the world we were living in.

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It is not necessary to know what your old beliefs are in order to transmute them. Your Inner Wisdom knows exactly what they are, as well as when and where you accepted them. Once you give it permission to erase them, the reaction they cause disappears! If, however, your curiosity is such that you really want to know what hidden thoughts have been limiting you, stand in the neutral position and once you check for your 'yes' and your 'no', ask,

1. Is this old belief from before birth? (either genetic or past life)
2. Is this old belief from in the womb?
3. Is this old belief from before the age of 8?

Next, use The Tube of Light as described in Solution #2, Ashes to Ashes and Dust to Dust, page 45, to find out exactly what the old belief was. Then you are ready to do the Light Show.

The Light Show uses the frequency of violet light, which has the ability to transmute or 'erase' old thoughts and feelings. It also uses what is called "white fire" or white light, which carries within its frequencies "all realities and all possibilities". When you use the violet light, it is important to use the white fire or light afterwards to "fill in" the vacuum created by the transmutation of the old. We empty our closets to make room for new clothes. We empty the pantry to make room for more food. As you remove your old patterns, you make way for new actions based on

the way you would *choose* to interact with life and with others.

How to do The Light Show

Stand or sit with eyes open or closed. Take 3 deep and gentle breaths. Imagine a sparkling, vivid, violet-colored spiral of light (like a funnel or a tornado) gently entering the top of your head and spiraling downward into your body (for some it will be clockwise; for others, counter-clockwise). Allow your body to fill with this cooling, transmuting violet flame. As it does, mentally give it permission to "erase" the old imprints that have caused your reaction.

Next imagine a brilliant diamond-faceted white light filling you and moving through all of your being. Know that encoded in this white light are all possibilities and all realities. The beauty of this light defies adjectives, but you can see it has prismatic reflections. It is glittering, shining, and magnificent. As you bathe in its glory, you know this light, made of love, is nourishing and repairing you.

Once you have had your fill of this light, return it to the Source with an Attitude of Gratitude. Know it is so and so it will be.

The Proof

When The Light Show is complete, prove to yourself that your future reactions will be different by thinking about the issue that was causing your reaction. There should no longer be an emotional charge about it. You should be able to imagine your former problem and realize it doesn't feel like a problem anymore. The change in you might be subtle or strong, but it is there if you have successfully released what caused it.

You might feel neutral, or you might notice that you feel confident about responding in a different way. This is the awareness of *choice*. You are not limited anymore to your old reaction-response. If you still notice a reaction, do The Sway again for solutions 1-12.

Expecting Results

Do your old feelings/reactions come back? No, unless you try (really, really hard) to create them all over again. If you succeed in recreating your old reactions, however, they are then considered reactions to a *new belief* instead of an old one, and you need the second Thought Karate® solution, Ashes to Ashes and Dust to Dust, in order to shift them.

With the reaction pattern within you neutralized, you must now make conscious word choices to help you continue to act instead of react and visualize or imagine the truth you are seeking. Begin by reading Section 3:

Words of Power. Your word choices will cause you to imagine and expect at the same time. These two skills create miracles. In the late 1980's when Jim Carrey was at the beginning of his career (broke and poor), he used to drive to the top of Mulholland Drive and visualize movie directors being interested in him as well as people that he respected saying they liked his work. He would visualize things coming to him that he wanted. He had nothing at that time, but it made him *feel* better to do this. As he drove home, he thought to himself, 'Well, I do have these things. They're out there. I just don't have them yet.' Perhaps without realizing it, Jim was using his imagination to unleash the powers of feeling and speaking. By doing this, *he expected the actions he was seeking*. Another method he used to solidify his expectations was to write himself a check for \$10 million for 'acting services rendered'. He dated it for Thanksgiving 1995, and just before it was time to 'cash his check', he found out he was going to make \$10 million doing the movie *Dumb and Dumber*.

Thinking Outside the Bowl

As the most commonly used of the 12 Thought Karate® solutions, use of The Light Show creates the easiest transition from "old" reaction to "new" action. When your reaction was based on something in your long-forgotten past or something that was decided by your subconscious before the conscious mind "arrived",

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it most likely seemed to be the opposite of the way you would *choose to act*. With the reason for your reaction gone, it is easier to be the person you have been wanting to be.

Before using The Light Show, Emily had her sights set on being a successful recruit in the military. Her financial success would make her parents proud of her. She would be the first of her family to actually please her parents and make something of herself and her life. She excitedly entered basic training as soon as she turned 18 and gave it her all. Half-way through, she hurt her leg. She told no one, and forced herself to do the required exercises and the running. This created serious physical damage. During recuperation she still managed to receive awards for her area of specialty, working towards that image of herself as a true success.

Working against Emily, however, were her old memories from before birth, and her parent's conditioning of her when she was little. These hidden beliefs led to many traumas for Emily as she held steadfast to her goal of making lots of money and living a stable, secure life. When she was raped by her peers, her self-esteem plummeted. This enhanced her fears of failure and added to even more disastrous relationships. As she learned that the men she slept with were married, she began to believe that marriage caused men to be unfaithful. Health and relationship problems mounted until she was finally living alone in the dorm, hundreds of miles away from family and friends, and with no one to

turn to. She still managed to win awards for her skills, but her life was in shambles. Why?

Emily was not yet outside of her bowl. She could recognize that she was miserable, but she *didn't want to let go of her misery*. For a reason inexplicable to her, she felt that if she let go of the misery, she wouldn't be herself somehow. When Emily finally thought to ask herself the question, "WHY do I want to be miserable?" she discovered that for her, "Misery equals financial stability." Since a moneyed future was her greatest goal, she was skillfully creating as much misery as she could tolerate in order to be financially successful!

With that old programming erased by the Light Show, Emily was able to look at her life and the choices she *thought* she had been making and laugh at her personally designed traumas. She saw how she set herself up time and time again in order to become more and more miserable. She also saw that having money did not need to be tied to misery. By simply releasing the old program, she was able to see and feel the difference that would take place in her life. All that she had already been expecting stood a real chance of coming true, with her having the opportunity to actually enjoy it instead of regret it. She had had the vision all along, so she did not need to create one. She just needed to free it from its hidden restrictions. She was outside the bowl!

Solution 2

Ashes to Ashes and Dust to Dust



When this is your solution, your reaction comes from a belief(s) you adopted after the age of 7 or 8 when the conscious mind interfaced with the subconscious. Your belief could be as old as childhood or as new as a few moments ago. The age at which you created your beliefs, however, is not important. A belief accepted at the age of 8 has as much power as one made at the age of 33.

Belief Systems (B.S.!) are conditioned patterns of thought, feeling and action and are created anytime you *feel* something is true for you. A belief can come from watching TV shows or movies, from listening to your parents, or from reading the newspaper. They can be made at school, church, or even the grocery store. They

can be formed on a date, after a trauma or tragedy, or during a celebration. Reading a book, engaging in casual conversation, or listening to a radio show program can create a belief, as can the words in a song, the fantasies in a daydream or the acceptance speech of a new president. In short, a belief can happen anytime, anywhere you are feeling and thinking at the same time!

Remember the young woman who was assaulted in the parking lot for standing her ground when confronted? Her automatic snake reaction came from her cultural beliefs that were formed over many years while she was growing up. Behind her statement of *'You must respect me.'* was the main belief that she was a woman, and women should be respected. Other beliefs that supported her idea of what it meant to be a woman included: *In a showdown between the sexes, I am more important. I won't tolerate disrespect. Men are wrong, and women are right.*

More Examples of Belief Systems

When Jason was 5 years old and playing in his back yard, he was stung by wasps. He *angrily* decided that *all insects were dangerous*. As a result, when he became an adult, he believed *pesticides and chemical sprays were important to use*. To him, *the outdoors was unsafe*. As a result of this Belief System, he never supported environmental bills and scoffed at those who tried to

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protect nature. It's no surprise that the idea of a bunch of 'tree huggers' made him angry. You can see how that kind of reaction came from his childhood, and how one surprise experience created a series of beliefs that supported each other.

Brad's parents were † a very openly loving couple who hugged and kissed each other often, no matter who was around. They massaged each other's shoulders and rubbed each other's feet. They reached out to lightly and lovingly touch one another whenever they walked past each other.

As an 8th grader, Brad had his first date with someone he was very, very attracted to. From watching his parents, he believed that relationships were about touching, hugging, kissing and petting, so he confidently did this on his first date. The reaction he received was not at all like the way his parents responded to each other. He decided maybe he didn't do it right, so he increased his attempts at demonstrating physical affection. This just served to drive his date farther away from him. When his peers found out how the date went, he all of a sudden had a reputation for groping and "trying to get to first base in a hurry". That was not his intention at all, nor was it the way he saw himself. *Embarrassed* and *humiliated* (and forming new beliefs), he began avoiding the opposite sex. For the next 6 years, most of his relationships were over the internet, which created a safe, distant, non-physical

interaction. Brad had convinced himself that *dating was a disaster, and women were sources of hurt feelings, embarrassment, and dishonor.*

Lori, a fourth grader, † was riding bikes with her new neighborhood friend, Ben. They stopped to look at a tree planted in honor of a well-loved neighbor. Ben got off his bike to read the "in memory of" plaque, and Lori mistakenly told him it was a grave and that someone from the neighborhood was buried there. She added that now he was going to have bad luck because he had stepped on the grave.

Feeling *afraid* and *worried*, Ben believed his friend. Later in the day, he rode over a rock in the road that caused him to fall off his bike and skin his knees. He thought about the grave he had stepped on. When he got home, he asked his mom if he could spend the night at a friend's house. She said no, and Ben again thought about the grave he had stepped on. While he was getting ready to go skateboarding, he looked for the whistle he was supposed to take with him in case of emergency. He couldn't find it anywhere, and once again he thought about the grave he stepped on. With a strong *fear* that he had been told a serious truth about having bad luck, he convinced himself that his friend was right. *He would have bad luck now and always.* Later in life, he wondered why *he was* the one everything bad seemed to happen to.



Bob was an excellent teacher, but through a series of unfortunate events (self-created to support his hidden belief), he was let go from one job after another, until finally he found himself on unemployment. Over the course of 2 years, he submitted resumes to every school he could find. The answer was always the same: “You are over qualified.” What that really meant was, “Why should we hire you at your earned pay scale when we can hire a young teacher for much less?” Bob went to job fair after job fair, talked to teacher friends who were in administrative positions and parents whose children he had taught that had become teachers themselves. He left no stone unturned. What was creating this inability to get a job? All Bob had to do to answer that question was look at what his greatest fear was: he needed 5 more years of teaching with a good salary to earn a decent retirement. Without those 5 years, he would not be able to live on the amount he would receive. Do you see his belief? *No matter how good he was at what he did, no matter how persistent he was, in his old age he would wind up suffering financially.*

In each of these examples, one single, simple emotional belief started an attitude that powerfully affected each person’s life, creating an anti-environmentalist, a cyber-sex recluse, a pessimist and a food stamp recipient. Why couldn’t each individual just overcome the

problem if it was only a belief? First of all, they did not realize the belief that created their problem. They believed that what was happening to them was the fault of someone or something else. Secondly, they had not effectively communicated to their Inner Wisdom that their beliefs no longer served them.

In order to release limiting beliefs, you must first know what they are and then be willing to recognize them as a limitation that no longer serves you. Finding out what age you adopted your beliefs often helps you recognize them.

First, use The Sway and ask: “Was my B.S. between the ages of 8-20?, 21-30?”, etc. When you get a ‘yes’, narrow the ages down until you have the age when you first accepted your beliefs.

Example:

Between the ages of 8-20?	“Yes”
Between the ages of 8-15?	“No”
Age 16?	“No”
Age 17?	“Yes”

Next, use the **Tube of Light** to find out what your B.S. is. You may have only a single belief or a group of them. Usually, if you have a number of beliefs about the same thing, knowing just one of them is sufficient to allow the release or shifting of all of them.

Using the Tube of Light to Discover Your Beliefs

1. Find a space where you will not be distracted. Do The Sway and get a clear 'yes' and 'no'. (*If you need to, do The Tarzan Thump and The Water Refill.*) Ask your Inner Wisdom if it needs a color. If you sway 'no', go to the next step. If you sway 'yes', return to the neutral position and one by one think of the following colors: pink, red, orange, yellow, blue, green, indigo, violet, white, gold, and silver. The color you need is the one you Sway 'yes' on. Imagine you are filled to overflowing with the color, and it spills out from your heart, filling you internally and causing a glow around you. This takes only a few seconds. .

2. Seated or standing, imagine you are within a tube of brilliant light that reaches to infinity above and below you. It has no ceiling or floor. It can extend around you as tightly or as widely as you choose .



3. Imagine a violet light, like a living flame, dancing and moving from the bottom of your spine to the area of your heart. This transmuting flame is cool to the touch and harmless. Ask yourself, "What thoughts have been limiting me?"

4. *Allow only a few seconds to receive your answer.* Accept the very first impressions (ideas, thoughts, feelings) that come. This is very important. If you ignore them because they seem weird, or don't make sense, or embarrass you in some way and you try to think of something that makes more sense, you are rejecting the truth being given to you by your Inner Wisdom in favor of something your mind is creating.

5. Think about the answer you received until it makes sense, even if it doesn't seem very logical. Remember that beliefs are not formed from logic; they are formed from feelings.

This is one solution where results might not be instant, as they usually are with the other solutions. You are shifting from the former you, influenced by old beliefs, to a different you which needs new beliefs. Sometimes the simple “*Ah-ha, so that’s what was causing my reaction*” is enough to set you free, but oftentimes new thoughts and habits must be created. Since Inner Wisdom responds well to rituals and action, *doing* something to show it you are serious about changing your B.S. will help it support you in that change.

How to do Ashes to Ashes and Dust to Dust

1. On a piece of paper write these words, or something with similar meaning:

“I, *your name*, release myself from the limiting B.S. that *write out the belief*. This belief may have served me at some time in my life, but it is no longer true for me. I choose new thoughts. I set myself free and return this belief to the ashes and dust of released energy.”

2. Light a match and burn the piece of paper.
3. Since the Inner Wisdom does not know the difference between what we call imagination

and reality; whatever you imagine long enough can become your truth. Enter a quiet, meditative space and recreate your past the way you wish it had been. This will help erase the old belief. It is a simple form of self-hypnosis. Re-writing your past using inner vision, changing what you said, what you did, how you felt, and how others responded to you will help create a new template for future actions. This mental imagery is most productive when practiced repeatedly.

The Proof

When you have completed Ashes to Ashes and Dust to Dust, think of the issue that caused your reaction. There should no longer be an emotional charge about it. You should be able to imagine your former problem and realize it doesn’t feel like a problem anymore. The change in you might be subtle or strong, neutral or emotional, but it is there if you have successfully released what caused the initial reaction.

Will your former way of responding return? That is up to YOU! An old belief *can return if you decide that you once again really believe in whatever you released*. Therefore, it is up to you to remain aware of *how you feel* about what you say, read, hear and agree to. It is also up to you to invent your new self-talk and to use it each morning and evening, and as often as you can throughout the day. Changing a belief requires daily commit-

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ment to your new thoughts and feelings. Read Section 3, *Words of Power, The Special Key*, to learn how to use words to your advantage.

If you still notice a reaction, do The 40-day Program to Eradicate Old Beliefs. This will help you reprogram yourself with new self-talk to break the habitual thinking pattern that is causing you to react.

The 40-Day Program to Eradicate Old Beliefs

1. Decide what your new truth will be. Let's use the educator Bob, as an example:

Bob decides his new truth is that he is a real catch in the world of education, and he is the perfect match for a job that is waiting for him. He and his new school will find each other, and his future needs will always be met.

2. Write this new truth down on paper and put it where you will see it each morning when you awaken and each evening when you go to bed.

Bob writes two things: "My future is secure. I have my perfect job by August." He puts these on index cards. One is by the telephone to look at it when making interview appointments. One is on the bathroom mirror. He puts others in his closet, his shoes, on top of his bed pillow, inside

his checkbook, on the seat of his car, and in other odd places that will make him smile or laugh when he sees them and will help him remember to imagine and believe his new truth.

3. Speak this new truth aloud and visualize it when you wake up in the morning and as often as you can throughout your day. Say it before bed, since the last things heard, said, or read before sleep are acted upon by your Inner Wisdom.

As soon as Bob gets out of bed, he stretches and says, "My future is so secure and my new job awaits me. Today is my day and only great good comes my way. I open the doors of my life to receive and recognize my great good." He imagines himself dressing for work, going to the school, and having a great day. If bills should be in that day's mail delivery, he says, "How fortunate that great good supplies me with all my financial needs. The supply is endless, and I am its recipient." He visualizes himself paying all of his bills from a bank account that is always full.

4. Feel the truth of what you speak. Since you are the creator of what you are experiencing, why not believe it? You must hold true to it in the face of all illusions or feelings that might try and make you believe otherwise.

Thought Karate®: Free Yourself

If Bob cannot feel the truth of what he says, then he notes his reaction and begins the Thought Karate® process. This helps him find other hidden beliefs that interfere with the reality he seeks. Then he thinks about the times he was teaching, and he remembers how that felt. He puts a new face on the kids in his classroom and shifts the feeling from his old school to a new one.

5. Be doubt-free. Doubt erases the good thoughts you have held. If you doubt yourself, you create an emotional yo-yo experience, where you go back and forth between two realities. This keeps you stuck in No-Wheresville.

Anytime Bob thinks, “This isn’t doing any good. I still don’t have a job.”, he is re-energizing his old beliefs and robbing energy from his new ones. That is like taking a bottle from a baby to drink it yourself. There is a reaction happening that is supporting the old belief. He needs to use The Sway to find the solution for his new reaction.

6. Be dedicated and persevere. Tell a friend what you are doing and get the friend to remind you about your new attitude.

Bob’s wife says his new affirmations with him. She reminds him his new job is on its

way and that their future will be a secure one.

Creating new beliefs is the foundation of a new you. As Mahatma Gandhi said,

Your beliefs become your thoughts.
Your thoughts become your words.
Your words become your actions
Your actions become your habits.
Your habits become your values.
Your values become your destiny.

Once you really understand how to make a new truth for yourself, you are living a freer life than most. This skill of focus and of keeping your mind on your goal is how one creates. It is the life-style of those who are successful.

Bob’s old belief is part of our currently crumbling national economic paradigm: work really hard and really long and you can retire in comfort. Since his parents and grandparents all lived this same work ethic, it was a little hard for Bob to change his beliefs until he realized there are many others who do not share his belief but whose needs have been met as they grew older.

Improvement Record

Use this form to keep track of each day you say your new truths. 40 days, morning and evening minimum, is

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the recommended time This is one time when *more is definitely better*. Write your new self-talk in the space provided and put a checkmark in the small blanks below for each day that you speak your new truth. Expect results!

My New Truth



Living Outside The Bowl

Does your belief system return? Only if you recreate it by continuing to think in the same way that create the belief in the first place. Bob's diligence in retraining his thoughts paid off. He was hired to be a security guard *on a school campus*. The campus is part of a private school and has a great deal of acreage. Bob loves looking after the children, knowing that he is respected and that the potential for a future job as a substitute or perhaps even a teacher at that school is a real possibility. Bob's physical, emotional and mental needs are fulfilled with this new job, and he has the financial security he was seeking. Bob realized that the way he had been trying to create his new job was based on fear. Once he released the fear and the beliefs that went with it, and once he started retraining his mind to fearlessly hold his new future, he had a job within three months!

Solution 3

The Scribe



If you need The Scribe solution,

then your reaction is coming from a vow you have made. This oath or promise was created either in this life, in the womb, or another lifetime. If you do not believe in other lifetimes, you will find that using The Sway will show you, at the very least, that this vow belonged to your ancestors and is still affecting you, as blood kin, today.

A vow is a *very strong emotion* attached to a *very strong belief* that was made using words that imply *forever*. Words such as **always, forever, never, from now on, only, for all time, for all eternity, infinity, over and over** are usually included in vows. Many marriage ceremonies include the vow, 'til death do us part', which implies 'every day until one of us is dead'. While this isn't eternity, it does affect your entire life. Once a vow is made, your Inner Wisdom honors it as your present and future truth, *now and always*.

Examples of Vows

- Carolyn married at an early age. She *seriously and romantically* vowed to "**NEVER** love anyone else". Later on she was widowed, and while she could enjoy the company of other men, she wondered why she could not allow herself a loving, intimate relationship.
- Anne's mother refused to let her join her friends in decorating the yard of a high school football player she had a huge crush on. Being denied this school tradition so filled Anne with *rage and fury* that she screamed the vow, "*You're ruining my life. I'll hate you FOREVER!*"

Anne's other unresolved feelings towards her mother poured out of her mouth in this explosive moment and her Inner Wisdom duly "recorded" her vow. Later on physical problems manifested that no physician could find the reasons for. Her continued antagonisms towards her mother kept fueling the vow of a ruined life. Over the years she developed physical complications that resulted in a multitude of medications and the inability to support herself. Her vow and its intense hatred had created for her a life of chronic fatigue and medical disability.

How to do The Scribe

First, using The Sway, get a clear 'yes' and 'no', and then ask: "Was this vow made before birth?"
In the womb? After birth?"

Next, use the Tube of Light (described in Solution #2) to find out what your vow is. It will contain vow words such as **always, forever, never, from now on, only, for all time, for all eternity, infinity, over and over.**

Write your vow on a piece of paper. It doesn't have to be exactly the same words that you used the first time you made the vow. What is important is the idea the vow contains.

Imagine how your vow could have served you at one time. Then tear the paper containing your vow into pieces, declaring with confidence and a sense of personal authority something like this:

"I release myself from this vow which no longer serves me in this life. I harm no one, even myself, by releasing this vow. I and others are helped by this release."

The Proof

To prove your vow is actually gone, think of what caused you to react and notice how you feel about it. Your feelings should be different. You can also stand in the neutral position for The Sway, get your 'yes' and 'no' and mentally ask, "Am I still bound by that vow?" If you Sway 'no', you have freed yourself to *act instead of react*. Will your vow return? No! Now expect results (*see Expecting Results, page 40*) and create your words of power (Section 3).

If you Sway 'yes', your Inner Wisdom is unable to release your vow because of something deeper still waiting to be discovered. Perhaps you have a reaction to releasing vows and need to first neutralize *that* reaction. You can also use The Tube of Light, described in Solution 2, to uncover what is keeping you from being able to release your vow.

Living Outside the Bowl

Does your vow return? No. Once it is released, you have the freedom to act instead of react. It is as though an old tie binding you to a dead idea is gone. Carolyn opened up to a deeper level of intimacy after releasing her vow. Anne never fully recovered from her medical disability because she had learned to love her monthly disability checks, but she did make peace with her mother, and their life together became much closer and more loving.

Solution 4

The Crystal Prism



Jf The Crystal
Prism is

your solution, your reaction is caused by unmanaged emotions. Powerful feelings are causing you to *react instead of act*. It may be just a single emotion, stuck emotions or trigger emotions. Since each is cleared in a slightly different way, use The Sway to find out which one is affecting you. Stand in the neutral position and ask the question, “Is it a single emotion?” If the answer is no, ask, “Is it stuck emotions?” If the answer is still no, ask, “Is it trigger emotions?”

Single emotions are the most common, occurring on almost a daily basis. One emotion felt during an experience is called a single emotion.

Examples of a Single Emotion

- Elaine was looking forward to the contest at work. She believed she truly deserved to win and was deeply **disappointed** when she discovered she lost. She was so disappointed that she cried almost all night.
- Carla’s husband, Jake, asked if she wanted to go for a long morning walk downtown. The air was cool and inviting, so she agreed. The walk ended at a coffee shop where Jake wanted to stop for breakfast. Carla was on a diet and did not want to eat, nor did she want to stop walking. Jake insisted they stop because he had not eaten breakfast before their walk and had worked up an appetite. Carla felt she had no choice but to agree, even though she felt **betrayed** by her husband’s demand.

When single emotions are “tucked away” and not dealt with, they become “stuck” emotions. Layers of unresolved feelings pile up on each other, something similar to the layers of an onion or the randomly saved fragments on a computer. Nearly everyone who has not purposely worked to clear their emotional body has stuck emotions. Oftentimes, the layering of emotions can be traced all the way back to birth. Layers of wounded feelings keep you from thinking clearly and from acting as you would if you were not influenced by old and often forgotten wounds.

An Example of Stuck Emotions

Aaron was as close to being invisible as a student could be. While his body was present in class, it was difficult to see much of his face, hidden behind long, stringy blond hair. He was usually quiet and did not call much attention to himself. Rarely did he look up, usually keeping his gaze trained on the floor.

This was his first year in a Montessori school. Most instruction and most projects were individual, so there was no comparison to others in terms of who was 'ahead' or who was 'smartest'. Aaron would listen to his teacher as she instructed him, but when she moved on to another student and left him to do his work, he just sat in front of it hunched over, almost crumpled, and stared at his assignment.

If reminded to be on task, he would agree, smile perhaps, and then return to looking at his work. If possible, he would strike up a conversation with another student and pass day after day avoiding, as much as possible, producing anything that resembled academic learning.

One week, I was the substitute for Aaron's class. I was not left any instructions, partly because it was known that I would invent something for the class to do that was interesting and packed with learning potential and partly because it was assumed the children knew

what they should be working on and that they would do so.

It didn't take long to see that the students were just milling about, going through motions they hoped would look like they were on task, while actually avoiding *doing* anything academic. I called the group into a circle to discuss this curious behavior.

I learned that of the 7 students in the class, most had been at that Montessori school since it opened 3½ years ago. Aaron and his older brother, Craig, were the 2 exceptions. The past year both had been sent to a Catholic school, and in the words of the big brother, "Aaron had something really bad happen to him, and it's best if we don't talk about it." Aaron nodded his head, looking down at the ground, still sitting slumped over in what was becoming his trademark posture.

"Trauma," I thought to myself. "He is broadcasting it in every way he knows how: little-to-no eye contact with anyone in authority; a slumped sitting position so caved in that all of his chest was protected from sight; hair that hid his face; a glassy-eyed stare at any work he was supposed to do; zero class participation; and pretense of agreement with whatever was required of him."

What was preventing Aaron from class participation was traumatic emotional memories of the previous year's schooling. Those memories were stored on his emotional body and were actually crippling him. Checking Aaron for stuck emotions, I found the story of his unspoken educational experience.

The emotions, layered on top of each other (the most recent reveals itself first, and the first reveals itself last) were *mistrust*, *abandonment*, *fear*, *worry*, and *grief*. Something happened at his prior school that caused him deep, deep angst. The angst very clearly made him worried about whether or not the ‘something’ would happen again at this school. I could see his worry becoming a deep-seated fear: fear of his teachers, fear of his surroundings, fear of the ‘something’. Obviously Aaron was feeling ‘thrown to the sharks’ and not knowing any way out. That, of course, explained the hidden feelings of mistrust of the schoolroom experience.

These ‘stuck emotions’ were what Aaron now filtered all of his daily school experiences through. His new school was small; his classmates were fun-loving and gentle; his teacher was quiet and concerned. And yet, even with such a nurturing environment, Aaron could not set himself free from the trauma which was pushing him farther and farther away from academic success. After Aaron’s stuck emotions were cleared using the color antidotes (solution #4), Aaron was a different student entirely.

The next day, I gathered the children in a semi-circle and started the morning off with a few fun questions. After each question, Aaron’s hand shot straight up into the air. His eyes were full of anticipation. His face was full of eagerness to respond. He was *the only* student that morning to raise a hand, and he did so at every opportunity. This certainly had not happened be-

fore! He even volunteered to write some of what he was talking about on the board. He kept brushing his hair out of his eyes, and was the most involved and outspoken of all of his peers. His was sitting up straight and intently focused on my face. There was definitely a change that had happened here!

After 30 minutes or so, I asked all the kids if they could find something to work on while I prepared the materials for the projects I had invented for the day. Up went Aaron’s hand, followed by the question, “Can I work on the computer and finish my report?” As time passed, Aaron was still on task. In fact, throughout the entire day he worked no matter what the assignment was. There was no question that he had awakened from his traumatic stupor. The only question left was, “*Would it continue?*”

Six months and then one year later, the answer was a resounding *YES!* Aaron not only got a haircut which showed all of his eager face, but he began to produce work that was often the best in his class. He rocketed ahead in math, being only one of two students who early on mastered some of the harder concepts. His slumped-over posture disappeared. Aaron was no longer reacting emotionally to a traumatic past. Gone were the days where he just sat and stared at his work.

Trigger Emotions

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Trigger emotions can be *painful* or *pleasurable*. A painful trigger emotion is one that starts a cycle of emotional turmoil. When an expectation you have is not met, you react, which causes the beginning of a series of emotions. Often this ends with ranting and raving, crying, and/or depression. In serious cases, it ends with overeating, excessive drinking, violence, or drug use. This pattern of cyclical emotional self-sabotage is repeated each time your expectations are not met.

A pleasurable trigger emotion is set off when expectations *have been* met. This also creates expected habitual behavior that is self-sabotaging, but usually from a party-mood perspective: overeating, excessive drinking, drug use, or other indulgences meant to 'celebrate'. The pleasurable trigger can be trickier to recognize simply because it is usually an emotion you enjoy and therefore, you do not want to get rid of. The results are the same, however: addictive, predictable behavior.

Examples of Trigger Emotions

- Crystal's triggers were set off by her expectation that *a husband who loves you will do anything for you*. She and her husband owned their own business and worked together at the same office. One day he went in early, and when she was ready for work, she called him to come and pick her up. He didn't want to stop working just then, so he said, "No."

His refusal triggered her feelings that he mustn't really love her after all. She worried that maybe she had put on too much weight or was becoming unattractive. Those feelings led to the thought that she was not lovable anymore. This reinforced her feelings of self-worthlessness which permeated much of what she did the rest of her day.

- Jade had very clear expectations of how others were supposed to treat her. When friends, co-workers or family members didn't respond the way she expected them to, she would verbally react, get mad, cry, go home, drink and overeat and spend the evening feeling like no one understood or cared about her very much. Over and over she would think how no one respected her; how they didn't treat her the way she deserved to be treated. Each evening of drinking and crying would end with the question, "Why should I be nice to them when they are not nice to me?"
- Whenever I was joyously happy and supremely ecstatic, I would throw caution to the wind and indulge my gustatory nature, refusing to deny myself any treat I desired and in any quantity. In my fantasy-oriented thinking, my joy was some kind of protection against my body rebelling from too much food or drink. This trigger emotion belonged to my childhood, in which food and good times were

linked together. Lots of fun, laughter, joy, love, acceptance and 'pleasing your parents' was centered on eating more than the body wanted. Triple-decker ice cream sundaes after ballet recitals; bags of candy spilled out on the kitchen counter as a late night snack; huge steaks at dinnertime; heaping platters of seafood; backyard crab boils. At an early age, I lost the ability to tell when my stomach was full. It pleased both of my parents for me to eat all of the food they had provided, because, as the saying went back then, "Kids are starving in Africa." So the pattern became, *When you are happy, eat more than you really need or even want* and the unspoken expectation was, *Overeating makes your parents happy, which means it also will make you happy.*

How to Use The Crystal Prism

SPECIAL NOTE: *Just because you are freeing yourself from an overpowering emotion doesn't mean all emotions should be suppressed. Emotions are the magical and unique aspect of human life that allows us to be the creative, expressive beings that we are. Emotions are needed for the full color of life to express itself. It is not the avoidance of emotions that is necessary, but rather the management of them.*

The Crystal Prism uses colors as soothing anti-

dots to the 10 categories of painful emotions. A color antidote can be used to neutralize a painful emotion when the emotion is not tied to an expectation, belief, vow, or other buried memory.

To find the color antidote you need, use The Sway. If you have a single emotion, you need only one color. If you have stuck emotions, use The Sway to find out how many stuck emotions there are, which colors you need, and in what order. For a trigger emotion, see the special section below.

Each of the ten emotion categories has a color associated with it that remedies the painful emotion, like an antidote, and returns you to a state of emotional stability or neutrality. All painful, wounding emotions can be found in one of the categories below. Notice that anxiety, for instance, is *not* listed. That means that for one person, anxiety could be created from a feeling of guilt (which is listed), whereas for another, it might be created from a feeling of being abandoned (also listed).

Frustration is another example. It is *not* one of the categories, but once you use The Sway to find the color antidote you need for frustration, it shows you what emotion is causing it. For instance, the color red would indicate that self-sabotage is causing your frustration; or the color orange would show that resentment is causing the frustration.

Categories of Fear-Based Emotions and Their Color Antidotes

Abandonment	PINK
Anger	BLUE
Fear	WHITE
Grief	INDIGO
Guilt	GOLD
Hatred	VIOLET
Resentment	ORANGE
Sadness	SILVER
Self-Sabotage	RUBY RED
Worry	SPRING GREEN

Neutralizing a Single Emotion

Imagine the antidote color inside your heart, spreading through you until it radiates through your skin and fills the area around you as well. This quick process often does not take more than a few seconds. If you have difficulty visualizing the antidote color, look at something the color you need or just think about the color. This works just as well. Hold the idea of the color filling you until you notice a difference in the way you feel.

The Proof

In case you do not notice an immediate difference in the way you feel, stand in the neutral position for The Sway and ask for your 'yes' and then for your 'no.' If you need to do The Tarzan Thump or The Water Refill, do so. Once you have a clear 'yes' and 'no', then mentally ask: "Have I successfully cleared the emotion ___ (fill in the blank)?"

If you Sway 'yes', you have freed yourself to *act instead of react* in regards to the issue at hand. Will your feeling return? Maybe and maybe not. Unlike issues cleared using The Light Show, Ashes to Ashes and Dust to Dust, or The Scribe, emotions can easily return if you revert to your old habits of how you think about yourself and your life. You *desired* a new response. Now imagine yourself *acting* that way. (See **Expecting Results**, page 40, and then create your words of power in Section 3.

If you Sway 'no', your Inner Wisdom is unable to release your emotion because of something deeper still waiting to be discovered. Use the Tube of Light (see Solution #2, page 45) or ask many yes/no questions from your Inner Wisdom as you explore this issue further. You may also seek guidance from a trained Thought Karate® professional: thoughtkarate-now@yahoo.com .

Neutralizing Stuck Emotions

Since these emotions are “in layers”, you will release the most recent emotion first and finish with the original emotion that first affected you.

Using The Sway, ask yourself how many stuck emotions you have. Next, look at the 10 color choices on page 57. As you look at each color, tell yourself to sway ‘yes’ on the color you need first.

Imagine that color pouring through you from the top of your head and filling your body. Then send it out of your heart.

Sway for the next color, and do the same thing. Continue until you no longer sway ‘yes’ for a color.

It is easier to sway for the colors you need than the stuck emotion itself. That is because the mind will try and justify the emotion you sway ‘yes’ on. For example: Suppose you sway ‘yes’ for anger, but you believe that you are never really angry. Inner Wisdom has chosen that category because you were ‘upset’ and the blue that neutralizes anger is the same blue frequency that will clear your old feelings of being upset.

If you write down all the colors you used in the order of release, you can put together the story of what happened. You may not remember the people, places or events, but you can see what you felt first which led to the next feeling and the next.

Stuck Emotions, once cleared, do not return. Can any of the emotions that were part of the Stuck Emotions return? Yes. Humans are emotional creatures. Our emotions lend a richness of experience to our life, and are necessary for our creativeness to be able to fully express itself. The antidote does not *remove* emotions so that you never feel them again. It neutralizes emotions so you can be freed from their influence.

By neutralizing them, you (or those you help) will feel freer in some way. Lighter, perhaps, or an overall general ‘feel good’. Your thinking will be clearer and you will find that, just like Aaron, you are better able to deal with issues that before you couldn’t even consider.

The Proof

If you do not notice an immediate difference in the way that you feel, stand in the neutral position for The Sway. Mentally ask for your ‘yes’ and then for your ‘no.’ If you need to do The Tarzan Thump or The Water Refill, do so. Once you have a clear ‘yes’ and ‘no’, then mentally ask: “Have I successfully released all of the stuck emotions?” If you Sway ‘yes’, you have freed yourself to *act instead of react* in regards to the issue at

hand. Continue on to Section 3 to create your words of power. If you Sway 'no', your Inner Self is unable to release your stuck emotions because of something deeper still waiting to be discovered. Use The Tube of Light (see solution #2, page 45) or seek guidance from a trained Thought Karate® professional: thoughtkarate-now@yahoo.com

Neutralizing a Trigger Emotion

1. Clear all Stuck emotions (see p. 58)
2. Recognize your expectations. How do you expect others to act/speak/ treat you? What happens that causes you to go into a tail-spin of wounded feelings?
3. When that happens, what emotion do you experience first?
4. Use The Sway and find out which of these solutions you need: 1,2,6,8,9,10,11 or 12. You may need more than one.
5. Use The Sway and ask if one of the following is also affecting your trigger emotion:
 - Refined sugar
 - Alcohol
 - Sodium/potassium imbalance
 - Hormone imbalance

Sugar, alcohol, sodium/potassium and hormones affect emotional balance and can create mood swings that are difficult to recuperate from without knowledge, awareness, and a support system.

1. People who are 'sugar sensitive' find that while sugar may at first provide a temporary emotional boost, it eventually leads to a feeling of depression, anxiety, despair, gloominess, hopelessness or melancholy. (These are feelings often associated with trigger emotions.) You may react to white sugar, fruit sugar, or any kind of sugar. Or, your overall blood sugar level might need adjusting. Seek the assistance and support of a qualified professional to help you adjust this very, very important aspect of your emotional and physical health.

2. Alcohol (another sugar source) is a central nervous system depressant and in 'medium doses' can alter your emotions, often producing the woe-is-me emotions associated with a trigger emotion's habitual behavior patterns. If you are a drinker and are not interested in reducing or eliminating your alcoholic consumption, then you will most likely not completely rid yourself of your trigger emotion cycle. Both grain alcohol and refined sugar are addictive substances that upset the sodium /potassium balance in the body. These work together in the body to keep you healthy and feeling your best. Your body's sodium/potassium "pump" is used by the cells to pull in nutrients and push out waste.

A build-up of toxins in the body, natural and unnatural, affects the way you feel about yourself, causing a sluggish feeling that amplifies thoughts that you are not at your best.

3. The sodium/potassium balance also helps your body keep its pH level healthy so it can destroy bacteria, fungus and a host of diseases. When the body is not functioning in its proper pH zone, you can feel run down, get sick, and ultimately be rather unhappy because of the condition your health is in. Sugar, alcohol and other processed and refined foods help to kill potassium and even increase its excretion, thereby leaving an unhealthy abundance of sodium in the body and disrupting the functions which that healthy balance usually provides.

If you are interested in learning more about the super important sodium/potassium balance in your body, I highly recommend you learn about lymphology. The brilliant Dr. Samuel West, founder of The Lymphology Institute, has written a book called The Golden Seven Plus One in which he instructs readers on how they can relieve pain, speed up their healing, and even reverse injury and disease.

4. Hormones, the body's chemical messengers, can have a profound effect on your mood. A small imbalance can cause big changes in your whole body. Laboratory tests can measure hormone levels in your blood, urine or saliva and determine an imbalance, if you have one.

The Proof

This might take awhile, as your body begins to re-adjust itself towards balance. Your greatest proof for the release of your trigger emotion is when you notice that the person, place, event or thing that *used to set you off* no longer does! If you are working on your sugar, alcohol, hormone or sodium/potassium levels, then it might take awhile for you to notice a difference in your reaction while your body re-adjusts itself towards balance. Continue on to Section 3 to create the power words that will help you complete this transformation.

More About Colors and Feelings

One question people often ask about color antidotes is if the same color light will always work as an antidote to neutralize the same feeling. Let's suppose anxiety is what you feel and the Tube of Light said this reaction was due to fear, (white light antidote). Will anxiety for you always be soothed by the color white, which is the antidote for fear? Probably not. The next time you need to soothe anxiety, it may be coming from worry instead of fear and you will need to use green, which is the antidote for worry. Trust whatever color your Sway says you need. You cannot harm your emotional body by using an unnecessary color.

You can also use The Crystal Prism on others who are in any kind of emotional turmoil. I have used it on crying babies in restaurants; on quarrelling children

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in airports; on my own children (especially before a school test); on co-workers, friends and my mate. It is simple to use, and if the person receiving the color wants to continue the emotion they are expressing, they will. However, if they really want to be done with it, sending the color will help them.

One of my nightly rituals is to 'check' the emotional body of my family, friends and students and ask my Inner Wisdom if they need an antidote color. This is a way I can help them, help myself, and help the planet at large. Try it for yourself and follow-up by asking others if they were feeling a certain way (based on the color antidote you perceived they needed) and are now feeling differently.

What about emotions that do not respond to the use of colors? That means The Crystal Prism is not the solution that is needed. Emotional reactions can be the result of genetic memories, vows, or muscle memory, for example. These each have a different method of resolving the reaction. So if you are feeling worried, for instance, and green does not alleviate your worry, then it was not just a simple feeling on your emotional body. The worry is part of something that requires a different solution to heal it. Use The Sway and ask what solution, 1-12, is needed.

Expecting Results

Once you have cleared an emotion, does it return? Single emotions are a part of being human. They fuel our desires and energize our will. If you have cleared a single emotion, it will remain cleared until you experience it again and hold on to it instead of releasing it.

If you cleared stuck emotions, these do not need clearing again. Aaron's stuck emotions that prevented him from doing well in school did not return. He became one of the most academically active in his class. You can, however, create stuck emotions by not clearing single emotions when they overwhelm you. You can also have stuck emotions that cause other reactions.

If you cleared a trigger emotion, it will most likely remain cleared IF you follow all of the clearing protocol and do not let yourself return to that old way of living/thinking. Jade cleared her emotions but kept reinforcing them because she would not stop her drinking, nor would she quit blaming others for her problems.

Living Outside the Bowl

Once you enjoy an emotion without it controlling you, then you have made the leap outside the bowl. Instead of swimming in a world of feelings that push you this way and that, you can lift above that current and find yourself able to think and make decisions from the place of mind, intuition, or balanced emotion. You act instead of react.

Solution 5

Raise Your Vibrations



If this is the solution you need, you are being influenced by earthbound entities from the lower astral realm of earth or from other realms whose vibrations are less developed than yours. Many were once human, as you are, and most are desperately trying to re-experience the addictions they had when they were living. Cigarettes, caffeine, alcohol, drugs, violence, sex, eating, and power are the primary attractions, but they are also drawn to those with suicidal tendencies or who have low self-esteem since these people are easily manipulated to do those things which will generate an experience craved by the earthbound entity.

How are you affected by such presences? If you are a smoker or a drinker or an overeater, for example,

and you are trying to stop that habit, an earthbound enti-

ty that has tried to participate in your indulgences may send you thoughts like, "You really want that last drink." Or "You know it won't hurt you. Go ahead. Do it." If your Inner Wisdom has not been instructed by you to ignore such "whisperings", it might not deflect the urgings, and you may begin to believe you have absolutely no willpower at all because you give in to your cravings. *You react!*

Accepting the idea of the presence or influence of such entities can be difficult, since believing that they can affect us is a thought most people would reject, as I did for many years. That is, until Linda reappeared in my life.

The Story of Linda

In December 1995, I was holding a weekend seminar in San Antonio, TX. It was a full class, as many graduates of the seminar had returned to repeat the course. One of the graduates in attendance was Linda. I hadn't seen her for years and was curious to find out what had happened to her since she had last taken the course. Her story was a sad one.

Not long after she had first taken my course, she was in a car accident. While driving 20 mph in a school zone, she was rear-ended by a car whose driver was ignoring the lower speed limit. Her head hit the windshield of her car, and unbeknownst to anyone at the time, caused a fracture in her skull. When she flew home

to see her parents, the decompression in the plane trig-

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gered a stroke. Linda had to relearn how to walk, talk, and read again. Having recovered sufficiently to interact with society once more, her treat to herself was to repeat my workshop.

One of the first things we did in this seminar was ask the question, "If something is keeping you from being the best that you can be, what would it be?" For Linda, the answer was "trauma". Using the skills from the workshop, she discovered her hidden beliefs were: *Life had to be a struggle. To grow spiritually, life had to be traumatic.* Since spiritual growth and enlightenment were important to Linda, it was easy for her to look back over her life and see all of the struggles and trauma she had lived through each time that she had grown spiritually in some way and how, indeed, trauma had kept her from being her best. The results from the accident were the most glaring example.

When class members used my techniques to release 'whatever was keeping them from being their best', they knew they would soon experience positive outcomes. Some results were even immediate. Naturally, we all expected that transmuting Linda's trauma requirements would definitely bring about a much-desired change for her in her personal life.

Instead, the opposite seemed to happen, and it happened right in front of us all. It began that Friday night with a simple headache. She said this was not unusual because since her accident, she frequently had headaches. Drinking a soda made them go away.

Not this time, however. After her soda, the headache persisted. We all ignored it, assuming it was related to a new supplement she had taken that morning. Class went on as usual, and then everyone went home for the night.

The next morning at 9 a.m. class reconvened. Linda had not slept well but was looking forward to class. As the day progressed, she felt worse and worse. Her head and back hurt, and the pain increased until she could no longer sit up. There happened to be two Reiki Masters in class who volunteered to work on her. She stretched out on a massage table and tried to relax while they used their skills to bring her some measure of relief.

Each time they energetically aligned her and she was pain-free, her body would jerk out of alignment and the pain would return. They finally stopped, not knowing what else to do. As the instructor, I knew I had done everything I was aware of to help Linda, and I was beginning to wonder if we would have to call EMS. Linda couldn't stop moaning and was in great pain. She couldn't walk very well either.

By this time, it was late afternoon, and class was almost over for the day. I decided to put her to bed in my home. From the cottage where we were meeting to the house, it took over 10 minutes for her to hobble what would normally take less than a minute to walk. She moaned her way into bed, and tried drinking another soda. She said she kept reliving the accident over and

over again in her mind and couldn't quit thinking about it. The color was slowly draining from her face.

More and more concerned, I left the room and talked with the Reiki students who had worked on her. The agreed consensus was the same, "She just doesn't want to get well." I had a hard time accepting that idea, and when I asked them why they believed that, they referred to her body jerking itself back into a position of pain each time they had realigned it.

In that moment, illumination dawned. All of the many things I had heard at different times in my life regarding earthbound entities and spirits lifted into my awareness. I had never believed any of it before, but now I somehow understood it in a flash of insight. I *knew* that was Linda's problem. She had an earthbound entity 'attached' to her that was reluctant to let go. She was a rich source of harvestable anguish that could be activated simply by causing her to remember her accident.

I returned to her room and told her she had a *doppelganger*. "A what?" she questioned.

"That's the German term for an entity that is living off of your life force energy." I told her.

"Get rid of it!" she insisted.

I knew that I consciously didn't know how to help her get rid of it. Up until that moment, I hadn't even believed such a thing existed. I gathered the other students who hadn't gone home yet and had them stand around the bed. Together we began increasing the energy by chanting *AUM*. Somewhere in the midst of the *AUM*, I

began giving commands of some sort to the entity to detach itself. I honestly don't know what I said, but whatever it was, it worked. Linda stopped moaning almost instantly. The color returned to her face and she sat up saying, "Let's finish class", almost as though nothing had happened. She was 100% pain free and walked normally without any help. Neither the pain nor the headaches returned.

Now that I had the experience of earthbound entities and how they could keep a person in pain, I needed to know how to help others release themselves from invisible predators. So far, using the *AUM* in a group setting and hoping the right words would come out of your mouth was the only information I could pass on. Until, that is, the day when I had an aura photograph taken at a local bookstore.....

My Story

The photograph was supposed to show the colors in the energy field that surrounds you, commonly referred to as your aura. Many people were having their pictures taken. The pictures radiated a variety of different colors in bright or cloudy hues, and the body of the person photographed was somewhat obscured by these colors. Except for mine. When looking at my photo, there was an area around my heart that looked just like a

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normal photograph. No colors, no misty appearance, just normal photography clearly showing what I was wearing...but only around the area of the heart.

Curious and somewhat concerned, I asked the photographer what it meant. "Oh, you're probably just cleaning out your lungs." was the reply. Being a health buff who was rather in tune with her body, I rather doubted that answer.

Thinking that perhaps it had something to do with my heart, I went to see a very forward-thinking chiropractor, Dr. Heath Root. When he asked me why I was there, I had to truthfully answer I didn't know, but I was wondering if he knew how to check the health of a person's heart. With a smile, he nodded, so I told him about the aura photograph.

After checking me, he said I had a *doppelganger*. Synchronicity was at work. Now I would find out from a professional how to get rid of one. He used 2 different essential oils, wintergreen and lemon, and placed them over my heart center, on my third eye, on the center of my palms and on the center of the soles of both feet. He smiled and opened a window, telling me it was so the entities had a 'way to leave the room'. Thinking they could move through walls at will, I supposed that was a symbolic message more than a literal one.

After the oils were placed on me, I had flashbacks of a traumatic time in my earlier life when my 22-month-old daughter drowned in the creek behind our house in the country. I saw people, places and events so

rapidly I didn't even remember them all, but I understood, thanks to Linda's experience, how trauma had placed me at risk emotionally to become host to a wandering entity.

How to Raise Your Vibrations

Earthbound entities can be turned away or repulsed by frequencies and vibrations that interfere with what they want. It is easy to raise your personal frequency and interrupt their attempted dance with your life.

1. To raise your vibrations and make them unappealing to earthbound entities, use the sound of the **AUM**, also written as OM. This is considered to be the sound of the Divine. It is pronounced as it is spelled, with the most powerful results coming from this sounding: "Ahh-oooh-mmmmmmm", although many people like to sound out "Ooooooom." (using the long ō sound). Take a deep breath and slowly let the sound come out, seeking your 'natural tone'. It is not like singing but more like chanting. The goal is to have the 'mmmm' part resonate in the nasal cavity and throughout the head.

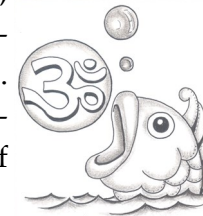
By toning this sound 3-7 times, or more, you raise your vibrations and create an energy field around yourself that is most disagreeable to troublesome spirits. It acts as a protective barrier between you and them.



2. To increase your vitality after doing the OM, use a simple movement called **The Wood-chopper**. Stand with your feet flat on the ground and slightly apart. Clasping your hands together, as though you were holding an axe, raise your hands up over your head. Take a deep breath and, while exhaling, bend at the waist, and swing your arms as though you are going to chop a piece of wood in half. Let the momentum from the swing carry through between your legs, and inhale again as you raise your hands over your head for 'another chop'.

Continue with the inhaling and exhaling, breathing in deeply through your nose and exhaling loudly through your mouth. Doing this 10-30 times increases your oxygen intake. If this causes you to feel slightly light-headed, be sure to hold on to something or sit with your head leaning down towards your knees.

3. Another way to increase your energy is to do **The White Fire Breath**. Breathe in and out very rapidly through your nose, expanding and contracting your abdomen just as quickly. Strive for 20-50 times before you stop. You will feel a rush of energy to your head. To increase the amount of air you can inhale, use your forefingers to press a spot your face, on either side of your nose, almost even with your nostrils. This spot helps to open the nasal passages. After 3 or 4 sets of this breath, do 3-7 AUM's.



4. After increasing your energy, use 'yes/no' questions to ask your Inner Wisdom which **essential oils** (2-3 drops diluted in 4-5 drops of a food oil base, such as olive oil) will help you. Also ask where to put them: on the palms of your hands, the soles of your feet, the base of your neck, the area between your two eyes just above your nose, over your heart center? Occasionally your Inner Wisdom may choose two oils but rarely, if ever, three.

Essential oils that have proven most effective are wintergreen, lemon, peppermint and eucalyptus. Make sure you do not use 'fragrances', as these are *not* oils from real plants.

Act Instead of React

NOTE: Essential oils are very potent, and it is possible that your skin may be sensitive to them. They are traditionally *not used full strength directly on the skin* for that reason.

The Proof

To prove the earthbound entity influence is gone, stand in the neutral position for The Sway and mentally ask for your 'yes' and 'no.' If you need to do The Tarzan Thump or The Water Refill, do so. Once you have a clear 'yes' and 'no', then mentally ask: "Are the entities still around me?" If your Sway indicates 'no', you raised and shifted your vibrations and frequency. You will not likely be influenced by these entities again, but you must remember that it is your state of mind and how you are feeling about yourself that can re-attract them.

If you Sway 'yes', either your energy field is still low or you are sabotaging yourself in some way. Using The Sway, ask: "Do I need to increase my energy field? "Do I need another solution?"

If you need to increase your energy, repeat the actions given above or seek a different energy/vitality increasing activity. If you need another solution, use The Sway to find out which one and then do it. When you are done, Sway to find out if the entities are still influencing you. If you still cannot get free, seek a trained TK professional (thoughtkarate-now@yahoo.com) or help from somewhere else.

Expecting Results

Does an earthbound entity return once it is released? Very rarely. Imagine you were getting free food and thought no one new about it. Then one day your food had poison in it, and you got very sick. Would you be likely to return to your free food source again?

Once your energy field is unattractive to an earthbound entity because you have changed its vibrations with your thinking, your feeling, and other things like the oils and the chanting, the entity will naturally gravitate elsewhere.

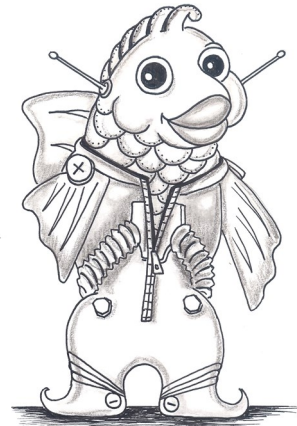
Living Outside the Bowl

Sometimes doing solutions 1, 2, or 3 will reveal the thinking that attracted the entity in the first place. As long as that thinking is gone, and you remain fearless regarding the potential influence of earthbound entities, you will not likely attract them again. For many people, especially those who can see these entities, their belief in God as their protector is so strong that they not only have no fear but can even assist these lost souls in finding the light and setting themselves free from their ghostly hells.

Continue on to Section 3 to create the kind of thinking and speaking that will support you to act instead of react.

Solution 6

The Borg Release



When the Borg Release is your solution to a reaction, you have been influenced and affected by Mass Consciousness. This means your reaction is not just 'your' reaction, but one that is shared by many other people. The group thinking that is influencing you could belong to your family, your town, your state, your country or even your nation. The influence of this powerful collection of group thoughts has overpowered you. You are not responding as an individual but rather as a representative of collective thinking.

If you are a fan of the TV and movie series *Star Trek*, you know that "The Borg Release" refers to a fictional race of aliens called The Borg Collective. This race is an amalgam of different human species from through-

out the Star Trek universe which have been altered, against their will, with cybernetic implants. The Borg Collective functions as a single entity, like the hive consciousness of bees or ants. Once assimilated into the group consciousness of The Borg, any individual Borg no longer has a personal identity, for all minds of assimilated individuals are controlled from a centralized hub and act as one mind. The Borg is an excellent fictionalization of the effects that collective consciousness can have on an individual. As a member of a community, a nation, a world and a planet, you are affected, usually without realizing it, by the group thoughts and feelings of those you live with and those you have never seen.

You react because group mind expects you to. "Don't allow x race to live with y race." "Do not accept this kind of religion, or idea or culture, etc." You may not believe what group mind believes, but you have not learned to separate yourself from it. Separating yourself from the thoughts and feelings of others starts with awareness. What difference do you notice in yourself when you are in the city versus when you are in the country? Does one feel 'heavy' and the other feel 'freeing'? What about when you visit an economically depressed area? Do you notice yourself 'dragging about' or your usual sparkle disappearing? Walk into a school, an office, or a prison and see how you feel. Each will have its own collective consciousness and if you are aware and sensitive enough, you will notice how it makes you feel and how you react in those conditions.

Act Instead of React

When you no longer react to the thoughts and prejudices of group mind, you have the opportunity to begin a new way of living or thinking or being. Our history is filled with those who overcame mass consciousness reactions, and in so doing, a country was created that allowed freedom of religion; constitutional amendments gave women and blacks the right to vote; the doors to schools were opened to all races; children were recognized as having rights. Change happens when we separate ourselves from the group mind and begin to act on new ideas.

With inheritance money from my father, I purchased my first house. It sat on a small tract of land overlooking a lake. Between the house and the lake was a dilapidated trailer filled with boxes and odds-and-ends. The lot was land-locked, and the old trailer was surrounded by trees. Everyone who saw it agreed it should be moved but the possibilities for doing so seemed almost impossible, not to mention extremely expensive. Because I *reacted* to these ideas by believing them and feeling hopeless about it all (*They're right. I've got a problem that is unfixable.*), I never made an effort to get the trailer removed. But when the lots on one side of the house sold to a young man who *didn't react to anybody's idea of impossible* and dared to think outside the bowl AND outside of the influence of mass consciousness, he made the impossible happen! While landscaping his own property, he created a road and hauled off

my trailer (which collapsed in the process), cleaned up the mess, and refused to accept any payment!

To disconnect yourself from the “pulse beat of humanity” requires feeling, desire, thought and will. For some, just the realization that what they are feeling is ‘not theirs individually’ is enough to stop the reaction. For others, a visualization ritual that shows the Inner Wisdom what is desired is needed.

How to do The Borg Release

First, do you *desire* to be freed from the influence of the masses? If your answer is ‘yes’, then continue. If your answer is ‘no’, then you will continue to respond the way you always have and you will be influenced in your future by the thought processes of the masses.

Second, think of yourself as separating from the herd. You are the lone sheep running away from the group that is about to be attacked by a wolf. You are the single fish swimming away from your school that is unknowingly headed into the nets of the fishermen. You are the brave bee flying away from a hive that's been poisoned. You are the lem-



ming

refusing to dive over the cliff with the rest of your group.

Imagine yourself disconnecting from a group in whatever visualization suits you, and *feel it if you can*. Remember the old-fashioned telephone operator who had to physically plug an incoming call into the switchboard? Imagine yourself pulling that plug and staying separate from the sea of conversations that represent mass consciousness.

As you disconnect from the paradigm that mass consciousness believes in, you are helping to create a new reality for yourself and others like you! Insist to yourself that you *will* create a new paradigm of thought for yourself. To enhance your new expectations, read Section 3, Words of Power.

In your separation, you strengthen a new collective consciousness that is awakening from a deep slumber of actions that do not serve the whole of consciousness. One by one, as more disconnect from the old, a new world paradigm can be created.

The Proof

Stand in the neutral position for The Sway. Mentally ask for your 'yes' and 'no.' If you need to do The Tarzan Thump or The Water Refill, do so. Once you

have a clear 'yes' and 'no', then mentally ask: "Have I successfully disconnected from mass consciousness?" If you Sway 'yes', you have freed yourself to *act instead of react* in regards to the issue at hand. Will it return? No, although there may be times in your future where you will again be influenced by the masses. At least now you know what you can do about it!

If you Sway 'no', your Inner Wisdom is unable to disconnect you because of something deeper. Use The Tube of Light (solution #2, page 45) or ask more yes/no questions from your Inner Wisdom as you explore this issue. You may seek guidance from a trained Thought Karate® professional: thoughtkarate-now@yahoo.com

Living Outside the Bowl

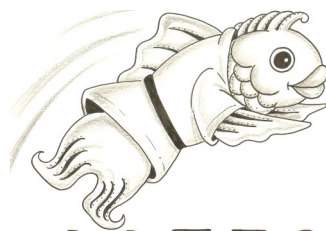
Need inspiration? Here are a few people who refused to accept the limitations of mass consciousness:

Abraham Lincoln
Mahatma Gandhi
Albert Einstein
Leonardo Da Vinci
Nikola Tesla
Mohammed Ali
Madame Blavatsky
Angelina Jolie
Susan B. Anthony
Patrick Flanagan

Martin Luther King
George Washington
King Henry VIII
Drunvalo Melchizedek
Nelson Mandela
Keith M. Rhinehart
Oprah Winfrey
Mother Teresa
Lynn McTaggart
Christopher Columbu

Solution #7

The Leap of Faith



1,2,3,5,8,13,21

Your causal body is out of alignment if the Leap of Faith is your solution. This body is also referred to as your etheric, vibrational, or intuitive body. It is one of seven bodies you have, the others being your physical, mental, emotional, astral, spiritual, and soul. Causal means 'prime cause' or 'underlying force'. It is through this rarely recognized body that your deepest intuition or knowing manifests.

The causal body receives energy from the sun, the earth and the animal, plant and mineral kingdoms. This energy, or prana, from the environment enters your spleen, where it is refined even further into an energy that your glands can use. The glands process the

energy again into a form useable by the rest of your body.

If you have more energy than you can absorb, your body will 'throw off the excess', usually from your hands, which in the days of Mesmerism was called 'animal magnetism' and in our day is called 'healing energy'. Have you ever noticed your hands become exceptionally hot when you are meditating? If so, this is an indication for you that your body is 'expelling' excess energy. You have more than you require, so it is being released through your hands. You may even have natural healing abilities.

If the energy from your causal self is blocked or interfered with, you might manifest symptoms of ill health or dis-ease rather than ease and well-being. Your intuition may be "off", or you may not properly process information sent to you from your Highest Wisdom.

Your causal body can be "shocked out of alignment" by traumatizing experiences such as discordant music, emotional strain, sickness, extreme hunger, mass consciousness, planetary upheavals or weather disasters. Being 'out of alignment' with your causal body can affect your health, your inner peace, your intuition and your decision-making abilities. This misalignment is not yet recognized or understood by many practitioners mostly because this body and its 'problems' are so invisible. In addition, as so many people are not aware of their natural intuition, they are not aware when it is adversely affected.

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Ancient cultures often used mandalas as a form of meditation and centering the mind. By gazing on certain elegant, mathematically proportioned shapes, referred to today as Sacred Geometry, they were rebalancing their vibrational intuitive body. These shapes exist naturally as the foundational building blocks for all things in the world of nature.

Sacred Geometry, a science of the ancients, is based on a 'divine ratio' most closely evidenced by the Fibonacci series of whole numbers: 0,1,1,2,3,5,8,13,21,34. Do you see the pattern? Each number is added to the number before it to get the next number in the sequence. The mathematical ratio that this sequence demonstrates has been called The Golden Ratio or The Golden Means. It is also known as the Divine Proportion or The Golden Number, and is defined by the number PHI, or 1.618033988749895... It is said that at one time in history the secret of PHI was so closely guarded that if it were revealed to anyone outside of a 'select few', death by slow torture was the punishment.

A natural example of the mathematical precision and beauty of PHI is found in the Chambered Nautilus shell. Plants also illustrate the PHI ratio in the numbers and arrangements of their petals, leaves, and seeds. Have you ever looked at the spiral pattern of the seeds in a sunflower head form? The symmetry of the Golden Ratio is immediately obvious.

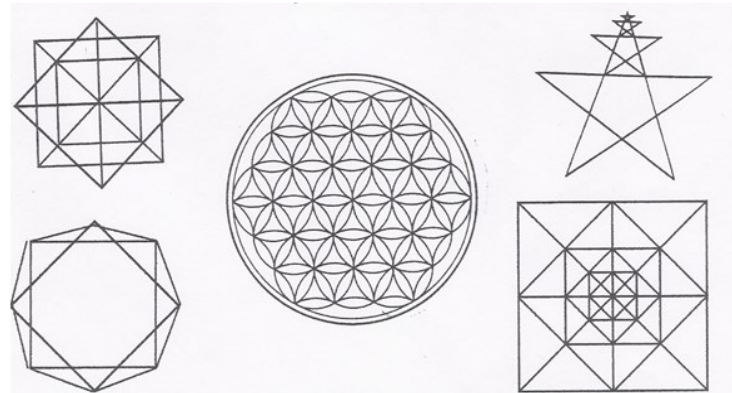
The design of the human body is also based on Sacred Geometry, so it makes sense that when our causal

body, the source of our true health in the broadest sense of the word, needs realigning, using forms that represent The Golden Ratio can correct its problem. There are not many practices besides Thought Karate® that knowingly use Sacred Geometry to heal on the etheric level in order to correct the physical. The Leap of Faith uses 5 Sacred Geometry shapes. These are not the only shapes that will realign the causal body, but they *will* correct all misalignments.

How To Do The Leap of Faith

Stand in your neutral Sway position. Look at each one of the shapes shown in this section until you Sway 'yes'. That is the shape your Inner Wisdom says you need. Stare at it for about 30 seconds, until you again sway 'yes'.

NOTE: Once you choose the shape you need to



Act Instead of React

look at, you may notice that your center of gravity shifts, while you are looking at it. This feels like the body slightly re-aligning itself in the standing position. If that happens, continue looking at the shape until you then move into your 'yes'.

The Proof

To prove to yourself you have realigned your intuitive/vibrational body, stand in the neutral position for The Sway and mentally ask for your 'yes' and 'no.' If you need to do The Tarzan Thump or The Water Refill, do so.

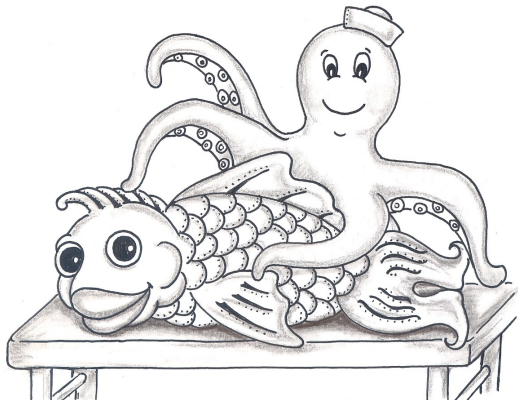
Once you have a clear 'yes' and 'no', then mentally ask: "Is my intuitive/vibrational body in alignment?" If you Sway 'yes', you have successfully freed yourself to *act instead of react* in regards to the issue at hand. Will your intuitive/vibrational body *stay aligned*? That depends on circumstances in your future (re-read what causes this body to get out of alignment) but for now, it is aligned and you can continue to benefit from the energy that pours through it.

Continue with the D.E.S.I.R.E. process by reading the next section, #3, about creating and using your personal words of power.

If you Sway 'no' to the question above, there is still something you need to discover before you are balanced. Perhaps you need to look at more than one shape. Perhaps there is something in your environment that needs altering that is affecting you (electrical interference, music,

or feng shui, for example.) Ask many yes/no questions from your Inner Wisdom as you explore this issue further . Use The Tube of Light (Section 2, p. 45) or seek guidance from a trained Thought Karate® professional: thoughtkarate-now@yahoo.com.

Solution #8



Pamper Thyself

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f this is your solution, your muscles or body armature are storing 'emotional memories' causing you to *react* instead of act. These memories could be recent or very old, even from birth. They can have an affect on the way you sit, stand, walk, run, eat, digest your food, eliminate, and sleep. They can influence how fast you heal and how rapidly you age. They can have some bearing on your agility, speed and even your vitality. Our physical body not only is a reflection of what we eat, it is also a reflection of what we think and feel.

Simply removing the thought or feeling that created a muscle memory can sometimes release it from the muscles, but often the memories have been stored for so

long that the muscles cannot shift themselves without help. When you have memories stored in the musculature of your body, you get to treat yourself to a massage.

How to Do Pamper Thyself

More and more health and therapeutic massage practitioners are becoming aware that emotions and thoughts are stored in the muscles, and are learning new techniques to help with this release. I have listed alphabetically some of these for you, all of which are effective in releasing memories stored in the body, *especially when that is your intention*. If you are unsure which to select, use The Sway.

Acupressure: An ancient Chinese total body treatment applied (through clothing) on pressure points to stimulate the flow of and improve the circulation of energy throughout the body. Like its Japanese equivalent, *shiatsu*, acupressure requires no needles, relying instead on the thumbs, palms, elbows and sometimes knees and feet to apply held pressure on vital points on the body.

Body Talk: Kinesiology is used to locate and correct

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weak energy circuits in the body.

Cranial Sacral Massage: A form of bodywork and neuromuscular therapy that uses gentle movements of the cranium and hand placements over the body's energy centers to unlock tensions and relieve pain. The process is done with clothes on.

Deep Tissue work: Releases chronic muscle tension through slow strokes and direct pressure or friction applied across the grain of the muscles.

LaStone Therapy: A hot and cold stone treatment based on the traditional healing practices of Zen philosophies and Native American rituals. Massage therapy is combined with heated and cooled basalt and/or marble stones applied to the body.

Neurostructural Integration Technique (NST): A multidimensional, soft tissue, cross fiber movement over a muscle, tendon or ligament that removes blockages in the nervous and muscular systems.

Reconnection Healing: A hands-off treatment comprised of the full healing and evolutionary continuum of *energy, light* and *information*. Can be done long distance.

Reflexology: A hand technique that applies pressure to specific points on the feet and hands, working the 7,200 nerve endings in each hand and each foot.

Reiki: A Japanese technique for stress reduction and relaxation using a "special kind" of life force said only to be channeled by one who has been attuned to it. The practitioner does not touch the physical body but works on the etheric body. Reiki claims to be guided by God-consciousness. Therefore, the practitioner does not decide what to work on or what to heal, but rather stays out of the way allowing the presence of universal life force to flow through.

Spiritual Massage: This technique is done in meditation. It does not require you to see a massage therapist. You must, however, know how to meditate or how to calm your mind and visualize your body. When you are in a relaxed, deepened state of being, imagine you have spiritual doctors or angel guides or whatever image comforts you when it comes to being healed. Allow this image to remove from your muscles the memories that are stored there. There is no 'right way' to imagine this. Whatever you create for yourself is *your right way*. After all of the muscles have been examined by your image (doctor, angel guides, etc.), imagine them being bathed in a light greenish/white light and cleansed of old patterns and memories. Allow your image to infuse you with vibrantly vital muscles that are strong, healthy and holding

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your new pattern of life. See yourself glowing in a brilliant white light and imagine this light stays with you as you come out of meditation and move through your day.

Swedish Massage: A collection of techniques whose main purpose is to relax the muscles.

The Proof

After your massage, use The Sway to find out if one session was enough to release the muscle memory that needed liberating. Stand in the neutral position for The Sway and mentally ask for your 'yes' and 'no.' If you need to do The Tarzan Thump or The Water Refill, do so.

Once you have a clear 'yes' and 'no', then mentally ask: "Is the muscle memory released?" If you Sway 'yes', one session has done the job. Will it return? Not for the issue it was associated with, but you can create muscle memory from future thoughts and feelings that you hold onto instead of neutralizing them.

If your Sway indicates 'no', then Sway again to find out if you need a second session and if it is with the same technique or a different one. Check to see if you need a different practitioner. Continue releasing muscle memory through physical means until you Sway 'yes' when asking the proof question.

Expecting Results

The completion of the D.E.S.I.R.E. process is in the next section, #3, Words of Power. As you release the old positioning of your muscles, expect that you will be filled with the energy and wisdom to support and recognize the change within you. Visualize the new you in ways that inspire you and yet are also believable to you. Invent ways to remind yourself of this daily.

- ◇ Place pictures around the house that look like the 'new you'
- ◇ Put phrases with encouraging words on your bathroom mirror, in your car, your checkbook, your closet
- ◇ Ask friends to listen to your speech when you converse with each other, to catch you saying words that limit you
- ◇ Listen to songs with positive words to reinforce a new you
- ◇ Remind yourself daily that you are wonderful, and all the things you desire to be
- ◇ Tell yourself you get better and better with each breath you take
- ◇ Insist you *must* be what you are seeking to become
- ◇ Leave yourself love notes hidden around the house

Solution #9

The Lizard



Lizards can automatically do something which few life forms can do.... grow back a body part, its tail. It repairs itself! If The Lizard is your solution, your body is asking for some kind of repair. Perhaps you need a nutritional supplement or your spine needs aligning. Perhaps something you are exposed to environmentally is a problem. Maybe you need to drink more water or change your diet. You might just need exercise or detoxification, or you might have chemical or metal poisons that lodged themselves in one or more of your organs and need releasing. Perhaps you have been exposed to harmful bacteria or parasites or come

in contact with a new virus. You may have harmful dietary habits that need changing or you might be addicted to something that is influencing the way you feel.

Your Inner Wisdom can identify your physical problem, but unless you have had proper training in what to do with the information, you will need the help of a professional. Something physical is part of what is causing the reaction you desire to change. It may be nutritional, environmental, or medicinal.

How to do The Lizard

First, use The Sway to find out if any of these four choices are caused your reaction: sugar, alcohol, sodium-potassium imbalance, or hormones.

Next, use The Sway to determine if any of the categories listed on page 78 have information you need in order to shift your reaction.

Then educate yourself about how the physical influences you found can be corrected.

Find a professional practitioner that can validate what you have discovered and help you learn how to correct the problem.

The Lizard's Self-Repair Categories

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Chemical poison	Radio Waves
Metal poison	Microwaves
Organ congestion	Cell Phone
Glandular congestion	Blocked Meridians
Environmental factors	Polarity Imbalance
Skin sensitivities	Vibrational Medicine
Allergies	Tailbone Realignment
Structural problems	Acid/Alkaline
Nourishment needs	Seasonally Affective Disorder
Supplements	Food Combinations
Parasites	Chemical Sensitivities
Virus	Hormone imbalance
Bacteria	Referral pain
Toxicity/Cleansing	Immune deficiency
Candida overgrowth	Breathing
Energy/vitality levels	Hydration
Exercise (or lack of)	Genetic imprints
Poor Air or Water Quality	Sleep disturbance
Insufficient light	Sound/frequency deficiency
Electromagnetic pollution	Body system imbalance
Radiation	Sodium/potassium imbalance
ELF waves	Enzyme insufficiency
Positive Ion Overload	Sinus

Additional Support

Acupressure	Meditation
Acupuncture	Neurostructural Integration
Affirmations	Oxygen
Aquarian Foundation	Perelandra essences
Aromatherapy	Prayer
Body Talk	Reconnective Healing
Chelation Therapy	The Reconnection
Chi Machine	Reflexology
Chiropractor	Reiki
Cranial Sacral	Sleep
Deep Tissue Work	Spiritual Healing
Dentist	Swedish Massage
Essential Oils	Thermal Imaging
Flower Essences	Touch
Footbath Detoxification	Trinifinity8 Algorithms
Foot/Arch Inserts	Matrix Energetics
Gemstone Therapy	Something else ?
Herbs	
Hydrotherapy	
Laser Light	
LeStone Therapy	
Magnets	
Medical Profession	

Act Instead of React

When using The Sway to discover the category or the support your body is requesting, divide your question into sections. Example: Is my solution in column 1? Column 2? Column 3? Column 4?

Once you know the column or columns, you can divide the columns into 'chunks'. There are 23 rows in each column, so ask yourself, "Is it in rows 1-10? Rows 11-23? And so on until you know the row or rows you need.

FYI

Many times the Lizard solution presents itself in stages, so retest yourself once you complete the solution. You might not receive all of the information you might need the first time you do The Lizard. Since the challenge you are working with most likely accumulated over time, the process of correcting it may come off in layers. This solution is much like peeling off the layers of an onion. Keep checking the categories and the additional support until you Sway that you are complete .

The Proof

Since The Lizard solution requires you to look outside of yourself for help in making the change you desire, you cannot prove to yourself yet that this solution has helped you change your reaction. You must actually make the changes suggested by the advisor you con-

sult. Monitor yourself carefully to observe your actions and reactions before and after the physical changes you make.

Solution #10

Heart Matters



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his solution is for unfulfilled expectations, including health problems that are resisting healing, and habits that have not been overcome. If you Swayed for this solution, it's time to get to the 'heart of the matter'. You will find 'the heart' of your issue or problem by asking one of four questions:

1. Am I Emulating Someone ?

Use The Sway to answer this question. If you get a 'yes', then at some time in your life you adored or admired someone so much you wanted *to be just like that person!* Your Inner Wisdom is very literal when it comes to providing you with what you ask for. Your *desire* to be like your hero or heroine most likely did not come with exceptions. You did not think/say/feel, "I want to

look like her but not sound like her." Or "I want to have his skills but not his health problems." You did not give parameters to your desire. Your overwhelming love for the person you thought was the best there was opened the door for your future life blueprint. Since you expressed your desire to be like someone else, over time you have made choices that took you step-after-step closer to becoming *just like your role model*.

Most likely you did not know everything about the person you wanted to emulate. Maybe she had family problems, but you only saw how smoothly she interacted with children. Perhaps he was bankrupt, but you admired his generosity. By wanting to be like someone else, you "inherited" their good points as well as their bad. So now, 'the bad' has manifested, and you have fortunately found the solution for how to correct it.

EXAMPLE: When I reached a certain age in my life, I developed a health problem that no amount of allopathic or non-traditional medicine could solve. I used herbs to heal the difficulty, but it consistently reappeared each time I thought it was corrected. I finally used the Tube of Light to ask what was causing the recurrence of my issue. To my surprise I heard, "At age 9, you loved L_____ so much that you wanted to be just like her when you grew up." I did not realize at that ten-

Act Instead of React

der age that I was requesting a future health problem. When I reached the age my former heroine was when I wanted to be her carbon copy, my body chemistry began shifting and changing in ways I could not successfully correct *until I no longer wanted to be just like L___*.

1. Sway for a 'yes' and a 'no'. Do the Tarzan Thump or the Water Refill if you need to. (*Meet Your Inner Wisdom, p. 20*)
2. Clear your emotional body. (*The Crystal Prism, p. 52*)
3. Ask if you are emulating someone. If you sway 'yes', ask questions that will help you identify who it is, such as: Male? Still alive? Someone close to me? Etc.
4. If you are curious, you can ask at what age you made this person your "hero" or "heroine". For example, "Before the age of 20? Before the age of 15? Age 11? And so on.
5. If you have difficulty recognizing the person, stand still and tell your Inner Wisdom to sway 'yes' on the first letter of their name. Then think each letter of the alphabet, and when you sway 'yes', that will be the letter the person's name begins with.
6. Which 1-12 solution will clear this emulation?

2. Is a Priority Preventing Me From Achieving My Desire?

Using The Sway, if you get a 'yes' to this question, achieving the goal you *think* you desire would prevent you from having what you *truly desire*..

EXAMPLE: Jazz worked for The Chamber of Commerce. She was an excellent sales person. Her personality combined with her looks made her very successful. She had a great income and was well-known in the business community. Her life was perfect except for one thing: her boyfriend wouldn't marry her.

The day he married someone else, she was devastated. She quit her job and decided she would do whatever it took to make him see he had made a mistake and that *she* was meant to be his true love. As the years passed, she had less and less success with her career, ultimately ending up on food stamps and living with her mother.

Eventually a wonderful self-employment business opportunity came her way, but she found herself questioning her ability to make a go of it, even though it was the business of her dreams. She wondered where her old enthusiasm was, and she was shocked to realize her self-confidence was missing. Jazz felt ready for financial success, but her first forays into advertising her business produced zero results. She remembered how

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easy it was to sell memberships to The Chamber, so why couldn't she sell her new product?

The answer was she had a *hidden priority*. As long as she was doing well in business, she could not have a significant other. Conversely, if she was not self-sufficient, she would be able to attract a mate. (Which is why she quit her job to chase her man.) Being successful in her new business would prevent the goal that mattered the most to her. She had to equalize her priorities so that business, financial independence and relationship could all thrive together.

1. Use The Sway and get a clear 'yes' and 'no'.
2. Clear your emotional body. (*See The Crystal Prism in Section 2.*)
3. Ask yourself if you have more than one priority. (If so, clear each one separately.)
4. Use the Tube of Light to discover your hidden priority. (*See Ashes to Ashes and Dust to Dust in Section 2.*)
5. Ask which TK solution (1-12) is needed to neutralize each priority.

3. Am I in a Spiritual Life Play?

Using The Sway, if you get a 'yes' to this ques-

tion, you have agreed to play a part in someone else's play, and it will continue until no longer needed.

EXAMPLE: As a child, Ivy's allergies were so severe he coughed all night long. Not only did this keep the whole family awake, but it made his mother feel terrible that she couldn't help him. In her grief, she turned to the study of herbs. She was so successful with the formulas she made that she eventually established The Herb College, teaching others what she had learned from taking care of her son.

Ivy was also dyslexic and couldn't read well. His mother, a school teacher, was full of secret grief that she couldn't help her son advance. Seeking solutions, she discovered how to successfully free him from genetic memories that were causing the problem. Working with her son and others until she refined her newly developed skill, she opened a non-profit institute dedicated to spreading her technique. Her work became so well-known that she even came to the attention of a Hollywood producer who had her teach her freeing methods to his cast and crew.

As Ivy got older, he was betrayed by a family member and sent to prison for something he did not do. The grief his mother felt led to her involvement with the prison system and inspired her to write a self-help manual specifically for those who wanted the help it could provide. In addition, it was there that Ivy met the illustrator of the fish in this book.

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Can you see the role Ivy played? He was the generator of grief for his mother, as her programming was “*grief causes solutions*”. As long as he could create grief in his mother, she could rise above her ‘normality’ and create something that benefited many others. Until she recognized her own limitations, Ivy had agreed to generate grief to spur her on to create for the benefit of humanity.

1. Using The Sway, get a clear ‘yes’ and ‘no’.
2. Clear your emotional body (see *The Crystal Prism in Section 1*)
3. Ask if you must continue to play the role you are playing.
4. If the answer is ‘yes’, realize you are giving a gift of love in the role you have. Without the part you play, some lesson cannot be learned or some situation cannot come to fruition.
5. If the answer is ‘no’, ask if there is a 1-12 solution for you in order to remove yourself from the play. There may or may not be anything else required other than the desire to ‘opt out’ of the role.
6. It is rather rare to get a reprieve from a role in a spiritual life play.

4. Do I have expectations of others?

Are you expecting *others* to behave a certain way, and when they don’t, you get mad or frustrated or dis-

appointed? Will everything be OK if *they* will just behave, think, act, speak, etc. *your way*?

If so, then you have an expectation, a strong belief that you are right and the other person is wrong. Expectations generate unpleasant emotions, often in both you and the person who is not fulfilling your expectation. You do not have control over what others think or how they react, but the good news is that *when you change the reason you have your expectation, others are then free to respond to you differently, because you no longer need them as a mirror to show you how you have limited your thinking.*

EXAMPLE: Junior wanted his family to respect him. He was the breadwinner and the head of his family. He firmly believed his wife and children owed him respect simply because of that position, even though he was so deep in debt that the utilities were often turned off, the car was repossessed, and the children were often hungry. His expectation was that *they* should change the way *they* acted towards *him*, and not the other way around. Using The Sway to discover what solution would release him from his expectations, he not only learned why he had them in the first place, he also set himself free. Once the rigid beliefs about what others ‘should’ or ‘ought to’ do were gone, his judgment towards others softened, he started to see himself through the eyes of others, and he began making changes in the way he lived his life. In a very short period of time, not only were his finances turned around, so was his atti-

tude, and he began to earn the respect he was craving in the first place.

1. Use The Sway to get a clear 'yes' and 'no'.
2. Clear your emotional body. (*See The Crystal Prism in Section 2.*)
3. Ask yourself if you have more than one expectation.
4. Use the Tube of Light to discover your expectation or ask someone who knows you very well. (*See Ashes to Ashes and Dust to Dust in Section 2.*)
5. Ask which TK solution (1-12) is needed to overcome the expectation.

The Proof

Think about the situation that caused your reaction. Notice how you feel about it. If there is no emotional charge, you have transmuted your emulation, priority, spiritual play or expectation. If the situation that first caused your reaction should happen again, you will respond differently.

If you still have a reaction when you think about your former situations, then you have not yet reached the heart of the issue. Use The Tube of Light. (*See Ashes to Ashes and Dust to Dust, p. 45*) Then Sway again on solutions 1-12. You may need more than one.

It is possible that your reaction is being "set off" by a trigger emotion. Read the section in *The Crystal*

Prism about Trigger emotions. (p. 55) Use The Sway to find out if you have any of the physical issues that can keep a trigger emotion alive and happy.

Expecting Results

The D.E.S.I.R.E. process continues with the next section, #3, Words of Power, where you will begin the actions need to help create the new paradigm you are seeking.

You might be interested in creating a Dream Board for yourself as a reminder of what you are seeking from life. Fill a poster board with pictures from magazines or other sources, words, actions, and dreams of the experiences you desire. The content should be about what you seek to be true in your life. Put the board somewhere that you can see it often.

When you look at the board, notice how you feel. If the feelings are positive, you have a clear path for the creation of your dreams. If the feelings are negative in any way (wistful, unbelievable, maybe-ish), then use the TK D.E.S.I.R.E. process to find out what is in the way of you feeling 100% positive about what your Dream Board contains.

Solution #11

Spiritual Teachings



Your reaction comes from living the teachings of a human society. You are ready to expand your consciousness. Your solution is to let go of the thoughts you have been living with, to stop trying to force things to happen, and to invite an active connection with your spirit guides and master teachers. You have been struggling against the energetic messages your teachers and guides have been giving you. The more you resist their direction in your life, the harder it seems to make things happen the way you wish they would.

When you are in tune with the highest direction your life can take, you will find that things flow easily. Learning to feel the flow of your life and find the direction its energy wants to take you is a step in the direction of self mastery.

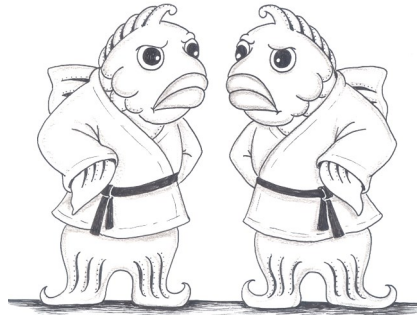
When things feel difficult or when it feels like you are blocked every which way you turn, give the situation to

your highest self. Out loud, ask spirit to automatically create the circumstances that will bring the solution you seek in a way that exceeds your expectations. Command it, gently or ardently, to bring you into the flow of your life with total awareness. "I now call to myself the expanded knowing and guidance I seek" is a good phrase to begin with.

Seek out inspirational messages from spiritual books, ascended master teachings, or spiritual organizations. You are ready to leave behind "human ways of thinking about life" and adopt more orderly, spiritually advanced guidance.

Call aloud to your spiritual teachers and guides to give you the courage and the strength to make these powerful changes in your life and to support you in moving beyond your comfort zone.

Solution #12



Multi-lingual Perspective

Kate was the head of a new private school and also one of its teachers. This dual job label of director/teacher was causing frustrations for Kate, for the parents of her students, and for some of the staff. As a teacher, Kate was so accustomed to being ‘one of the gang’ that she could not see how her new position as head of school caused others to look to her for firm decisions and policies.

She desired to get along with everyone, but too often felt angry when talking to others who saw her as the ‘director’. They were looking to her for solutions which she was not providing. She was more comfortable with her label as “teacher”, since that is what she still did

every day, as she had for many, many years. She was blind to the fact that an authoritative hierarchy existed and that she was at the top of it. She needed someone who could give her a new perspective in a way that she could see and understand.

A parent, who was also a part-time volunteer at the school, successfully *painted a visual picture* for Kate. The parent explained to Kate that she “used to be one of the acorns, but now she was the whole tree”. As such, she was the one providing for the needs for all of the other acorns underneath her large, shady branches.

With that *visual graphic* in mind, Kate instantly realized her problem had been her refusal to be the leader. She had been so accustomed to being one of the teachers and part of the group that she had not been making the kind of visionary policies and decisions that would help the school flourish and answer the parents’ questions. Kate’s failure to comprehend her leadership position in the school had been complicated by two things: first, she needed a new perspective. She had to be able to see herself in the role of leadership in a way that supported all who looked to her for answers. Second, she needed an explanation *delivered in a language she could understand* . Kate was a ‘visual’. To fully comprehend information, she had to visualize what she was hearing. She did not comprehend the problem everyone else recognized until someone finally spoke to her in a “her language”. Many books have been written about communication methods and learning styles, and a variety of sem-

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inars exist that teach how to recognize and master this information. Only a brief review of the three most common learning/perception/communication strategies is provided here, in solution #12. These three are visual, auditory, and kinesthetic.

Kate was a visual learner. Her motto could have been “Show me, and I’ll understand.” When a parent finally spoke to her ‘in pictures’, she *saw* what the parent meant. The parent also spoke rapidly, with a high pitch, and used visual sentences like: “Look, let me *show* you.” “Do you *see* the picture?”

If Kate had been an auditory learner, she would have been able *to hear* what others had been saying to her all along. Verbal information, speeches, phone calls and conversations presented in a moderate speed and tone of voice would have been *music to her ears*. If anyone said, “*Listen* to what I have to *tell* you.”, she most likely would have replied, “I *hear* what you are saying. It *sounds* good to me.” Having others look her straight in the eyes and speak clearly, neither too fast nor too slow would have *told* her what she needed to know.

If the touching and feeling of kinesthetics were her learning style, Kate’s attention would have been riveted to anyone who gave her a *hug* or *touched* her arm and in a low-pitched voice *slowly* said, “*Feel* this idea out.” “That’s *exciting*” or “My *gut instinct says yes*” could have very easily been her replies.

If the Multi-Lingual Perspective is the solution to your reaction, you may be reacting to something that

you actually agree with but do not realize it, just like Kate, since it was presented in a learning style that was not your own.

Each communication style has its peculiarities, so misinterpretations often occur. A visual (V), for instance, speaks very rapidly, which can be hard for a kinesthetic (K) to keep up with. An auditory (A) can monopolize a conversation, putting the K to sleep and antagonizing the V who dislikes waiting for a chance to speak up. A K, which is often quiet or even shy, prefers to look down when speaking, which causes a problem for the A, who thinks that anyone who does not look him/her straight in the eyes when speaking is lying or hiding something.

It is quite easy to see how classrooms, business offices, and family homes could all be the scene of reactions caused by uninformed speaking styles. Speech that is too fast, too slow, too long, too high, or too low can all cause reactions until you learn how to recognize another’s “language” and then adapt to their communication style.

If you are intrigued by the idea of speaking another language by just changing the pitch of your voice, the rate of your speed, and using a few key words, read Howard Gardner’s *The Unschooled Mind: How Children Think and How Schools Should Teach*, or his original book *Frames of Mind: The Theory of Multiple Intelligences*. Also available are workshops in NLP (NeuroLinguistic Programming).

Thought Karate®: Free Yourself

This table give you examples of the 3 most common linguistic patterns and how to recognize and use them. When you “speak another’s language”, you will see their eyes light up, their involuntary face muscles respond positively, and their head nod slightly or even vigorously. These are all signs that signal you are being understood. Even more than that, the person you are speaking to is *believing* you understand them.

Mode of speech	Eye Pattern (right-handed)	Rate of Speech	Tone of Speech	Mode words	Speech examples
Visual	Up right, Up left, Straight ahead but glazed	Rapid	Higher than average	See Picture Envision Glimpse Observe Catch sight of Look at	I see what you mean. Get the picture? Can you envision it? I can glimpse your idea. Let’s observe for awhile. Hey, catch sight of this... Would you look at this?
Auditory	Straight ahead, Center left, Center right, Down left	Average	Average	Hear Tell Listen Ask Speak Say	I hear you! Tell me what you mean. Listen to this... Ask me anything. Speak up. Say what you mean.
Kinesthetic	Down right	Slow	Low	Feel Touch Vibe Finger Contact Handle on	That feels right. I’ll be in touch. Wrong vibe! Can’t put my finger on it. Let’s make contact soon. I got a handle on it.

Section 3

**Words
of
Power**



The Art of Speech

Listen to your word;
It is a power to behold.
Feel the thought you desire;
let it fill word's mold.

Speak with energy
vital and bold;
Then into your life
comes what is foretold.

Speech is too easy.
You think it is not
A thing to beware of.
You think it has got

Absolutely no power
to make change in your days,
and so you use it
in unwise ways.

Your feelings, when coupled
with words, are the power
that makes your life happen,
hour by hour.

What you've said in the past
is the world you're now living,
so pay more attention
to power you're giving

The things that you say
and the ways that you feel,
For together they make up
a world that is real.

Real to you, real to me,
and real to each one
who is in your life,
be it woe, be it fun.

If you would decide
at the beginning of day
what you would and wouldn't
let yourself say,

Then you would be making
a conscious life choice,
and you would use wisely
your power of voice.

The words, without feeling,
however, would be
just hollow and empty
and powerless, see?

For your feeling is strength;
it fuels what you speak.
Together they rule;
they make your week,

And your months,
and your years.
Together they also create
all your fears.

Listen to that
which you say every day,
and when to your thinking
attention you pay

You then will have started
a new path in life
to free you from stress,
from troubles, from strife.

For YOU are the one
who controls what you do;
what you think, what you say,
what you feel's up to you!

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You are now in the last “E” of **D.E.S.I.R.E. EXPECT!** In following the Thought Karate® process, you first desired to act instead of react. Then you examined your feelings, said how you would choose to feel, intuited the solution you needed, repaired yourself, and are now ready to act by choosing new thoughts, new speech, and visualizing new actions. Begin by paying attention to your ‘self-talk’, to what you say to yourself, what you say to others and the words you use. The new you is listening.

Think of the words you speak as decrees. To decree something is to insist that what you say will be true for you. Just as an emperor’s decree was ‘the law’ and was expected to be followed by everyone, you, as the authority of your attitudes and emotional reactions, must now speak how you will act and feel. You must also decree silently in your mind by thinking new thoughts.

You may have decreed unwisely in the past and been unaware of it, but your Inner Wisdom listened, recorded, and acted accordingly. Now you are ready to decree wisely and *be aware of it*, helping your Inner Wisdom generate the latest thought/feelings you have decided to have. You are the power.

When you speak your new words or think your new thoughts, you must desire and believe them to be true. If your self-talk does not feel powerful to you, do TK on your reaction:

I am reacting to speaking powerfully.
When I speak that way, I feel. _____.
I would like to feel _____.
The solution I need so I can feel empowered by my word choices is _____.
My new self talk is _____.

In creating your decrees and your new thoughts, use words that are positive and optimistic, but make sure they are believable to you. Speak these words aloud whenever you can: in the shower, in front of the mirror, while getting ready for work, in the car, when taking a walk or working outside, or just before going to bed. Your new decrees are also your new internal dialogue. These are the words you will let fill your mind. They create the pictures you will imagine and will bring about the change you are seeking. Think them over and over again.

What will you decree and affirm for yourself? The words you choose are not quite as important as the feeling that goes with them, so choose something that feels good to you. Before I released my fears about confrontation, my internal chatter used to sound something like this,

“Everyone is smarter than I am. Everyone knows better. They’ll make a smarter decision than I will. I don’t like hurting people’s feelings. Everyone has my best interests at heart. I will give in so that others don’t have to. If I give in, I can keep the peace. If I have some-

thing someone else needs more, they should have it.”

After I freed myself from that reaction, I decreed, “I AM fearless” and that is how I now think of myself. I imagined it often, said it often, and eventually became it. I still reinforce the idea by thinking it, saying it and feeling it. I once even used it as an email address. I know that I will not need to hide from confrontation again, or anything else, unless that is the wisest choice. My new self-talk reminds me that I am no longer the fearful creature that had to run away. Instead, I am smart enough to stand my ground and know that I will act wisely instead of reacting fearfully.

As you select the words to describe the way the new you will act, choose words, concepts, and ideas that feel believable, achievable, and personal. Think of sentences you will *enjoy* saying, savoring and remembering.

In addition to using enjoyable and effective adjectives in your decrees, there are other things you can do that will make what you say/think/feel more powerful.

Three Ways to Make Your Self-Talk More Powerful

1. You can increase the power of your spoken words by placing them after the two most powerful words in the English language, “I AM”. What follows

those two words becomes a command to your Inner Wisdom.

Suppose you come home from work and say, “I am really tired.” You have just commanded every cell in your body at that moment to feel fatigue. You have commanded yourself *to weaken* just as surely as if you had poked a balloon with a straight pin causing it to slowly leak its precious air. As a culture, we have not been taught how to use our words wisely. We say things like:

I am so tired of instead of “I AM finished with...”

I am just sick about what happened to... as opposed to “It’s a tragedy about what happened to....”

I am not ready for... in place of “When I AM ready...”

I am unsure about... rather than “I would like to know more about....”

2. To further increase the power of your spoken word avoid word-feelings that limit you, such as *can’t*.

I can’t see why you need me to Do you wear glasses because you have told your eyes to begin the process of deterioration?

I can’t even imagine that happening... Do you have a difficult time visualizing your future.?

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I can't believe they had to.... Do you have a hard time changing your beliefs?

What are other common self-limiting word/feeling phrases to avoid?

- I just hate it when that happens.
- I really love them to death.
- I don't know what to do.
- Well, I'll try.
- You make me so mad when you do that.
- Let me think about it.
- You never know.
- That's impossible.

How can you tell whether or not your word choices limit you? **Listen to the words you choose and decide if you really desire them to be true.** According to the examples above, you would ask yourself,

Do I *really* want to hate?

Do I *really* want to love someone to death?

Do I *really* want not to know?

Do I *really* want only to try and not to actually do?

Do I *really* want someone else to make me or let me?

Do I *really* want to never know?

Is it *really* impossible or am I looking for an excuse?

More common word phrases:

Leave me alone. Who did you just tell to stay out of your space? Everyone and everything: love, good thoughts, and prayers have been told to pass you by. The state of 'alone' is a void.

That's not the right way to do it. This is judgment. You are saying that only your perception exists, which shuts you off from others.

"I'm only going to be gone a little while." Why be gone at all? Isn't it mentally healthier to say "I'm going to the store and will return soon."

Truly the power of the word is a study unto itself. Choose your words as if they were money that you were investing. When you invest money, you are very interested in what the return of your investment will be. Will you choose to be word-rich?

3. A third idea that will make your personal speech more successful is to say each of your decrees with intent and feeling, *3 times*. Three is a 'magic number' to your Inner Wisdom. Saying or doing something three times signals to your Inner Wisdom that your intent is purposeful. It is also a signal that you wish the three of your selves (your Inner Wisdom, your Conscious Self and your Advanced Wisdom Self) to be united in a creative effort to bring about the experience of your decrees.

**Samples of Decrees,
Affirmations,
& Positive Self-Talk**

I am too blessed to be stressed.

I radiate with vibrant health
and the deliciousness of life.

For me, all things are possible.

I call to myself now that which I need to know.

Everything I eat turns into health and beauty.

I AM wonderful, and I AM worthy.

Good things find me and I find them. Good things
flow to me all the days of my life.

Life rewards me.

My Inner Wisdom guides me into victory.
I trust and invite my Advanced Wisdom Self
to guide my life.

My _____ (income, ability to love, creativity, etc.)
is constantly increasing in a win-win manner.

I let the light of love in me shine forth.

Divine order flows through my life, bringing...
(harmony, zeal, illumination, etc.)

The light of 10,000 suns fills my life, bringing
me into the place of inner awareness where all
finds balance within me.

My soul is the antenna. I am the instrument. My
love is the amplifier.

I am the open door for eternal peace and limit-
less abundance.

A limitless supply of energy flows through me,
cleansing, purifying, healing and uplifting me.

When others around me claim to feel tired, I re-
member I AM connected to divine source of all
that is, the limitless supply of all energy that
renews me, resuscitates me and rejuvenates me.

The light and love of radiant energy shines through
my eyes and my vision is perfected.

I am at peace and focused upon God.

What a wonderful day!

I open myself to the healing energies of Infinite Intelligence.

I AM the infinite desire to awaken from cultural conditioning, indoctrinations, and brainwashing.

I practice watchful wakefulness.

I AM the constant practice of praise, in myself, my life and in others.

I AM that spark of divine wisdom that has chosen to manifest itself in this experience which is uniquely mine. I AM beauty, longevity, health, unlimited energy, wisdom, understanding, compassion, unity and harmony.

Mighty I AM Presence Bright,
Around me seal your tube of light,
And guide my dreams all through the night.
Be with me in the morning still
And guide my day; it is my will,
Thy will be done.

REMEMBER: Your new decrees focus on how YOU will feel, think or act; they not about *changing the way others respond to you!*

Examples of Incorrect Decrees

- ⇒ My family will respect me.
- ⇒ Others will find me attractive and want to be with me.
- ⇒ When I'm at work, everyone thinks I'm great.
- ⇒ They'd better treat me well!

Incorrect Decrees Reworded

- ⇒ I live, speak and think in ways that create the respect of others.
- ⇒ My inner beauty shines forth, blessing those who come in contact with me.
- ⇒ I see the good (God) in all of my co-workers.
- ⇒ I am the thoughts, actions and attitudes that attract treatment I desire.

Section 4

Living Outside The Bowl



When you are living *inside* the bowl, life seems to happen *to you*. You feel at the mercy of existence and

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blame others for what happens to you. You may feel helpless, powerless, victimized. It seems that the way to change your life is for others to change first.

The truth is the creation of your life happens inside of you. I learned this simple fact when I realized the power of God Energy, God Consciousness, the Creator of All Life, the Multi-dimensional Power of Creation, the Infinite Intelligence that healed me at the transitional age of 18. (If you missed the story, it's a good one....read the Preface: In The Beginning).

Each one of us is a movie projector showing the most important movie of all: *This is My Life*. There are many books that can explain the 'why' of this phenomena, so the 'why' is not the purpose of this book. The purpose is *to help you think and live outside the bowl* and to show you how to move beyond the illusion that has been your life and has kept you stuck in patterns that no longer serve you.

It does not serve you to think of yourself as powerless. Nor does it serve you to think of yourself as 'less than' in any way. Each time you *react* to a person, place, idea, thing or event, you are showing yourself that you believe in a limitation.

You are living on Earth to cleanse and purify your own personal limitations so that the movie of your life can unfold in a way that serves you and all of humanity.

Your truth is your truth until it is not. Change is the one constant in the multiverse. As you free yourself from old emotional patterns and habits and shed genetic traits

and past thoughts that have ensnared and imprisoned you, your life will begin to blossom in ways you might not even have dreamed of. Life outside the bowl is an adventure that you co-create consciously and with daily awareness.

Once you realize that your life has been based on old programs stored in your subconscious, you awaken to a new freedom that makes life on planet earth beguiling. You eventually become free of reactions you don't desire and begin to think and feel without limitations. For instance:

- You learn to 'buy life' without money.
- You 'stretch' time or learn to live without it.
- Each day is a holiday.
- You throw away the old habit called 'death'.
- Ecstasy becomes a daily experience.
- You no longer take the actions and reactions of others as 'personal'

This last section of the book is filled with examples of reactions overcome by real people and the changes this has brought about in their lives. With each leap outside the bowl, sleepy illusions vanished and a new-found freedom took their place.

Who or What Do You React to?



Can it possibly be true that something as simple as a naturally-occurring thought process, along with a handful of solutions, could actually transform your reactions and feelings, revolutionizing your experience of those around you? I could write pages and pages in response to that question, but the simplest, most truthful answer is: *Only if you really desire it.* You are the only one responsible for how you feel. Even though others may appear to be the reason you react, it is up to you to shift your response. No matter what is happening around you, use TK and be in charge of the emotions you feel. Practice your response-ability.

Reacting to the Way Others Treat You

Joanna had been a user of TK for over 8 years. She attended a seminar, became my friend, and over the years attended various evening groups I facilitated. She ‘learned the lingo’, and could converse intelligently about the TK process. She believed she was consistently and accurately using it. However, the emotional turmoil she constantly experienced in her life, along with daily complaints about how others were treating or not treating her, indicated otherwise.

Over the years she was fired from two career-jobs and quit a third one. Each time it was due to management/authority issues. From her perspective, her employers just did not recognize her value and did not treat her correctly. Anger and infuriation were daily reactions for her.

Without her jobs, she lost her living quarters, *twice*, lived out of her car for awhile, and eventually moved back in with her mother. That generated more reactions because her mother wasn’t treating her the way she “should be”. Joanna kept track of all the great things she was doing for her mother and expected her mom to reciprocate. When she did not, which was daily,

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Joanna was on the phone talking to one friend or another about how exasperated she was with her mother.

At one point Joanna's emotions were so out-of-control she spent time in jail for stabbing an old boyfriend who had the 'gall' to marry someone else! Even then, Joanna still believed she was using Thought Karate® to clear away from within the reasons she was having such troubles. However, what Joanna really wanted from TK was for a man to love her enough to marry her, provide her with a house, money, sex, a fancy car, and children. The reason TK never worked for Joanna is that *she wanted everyone else to change*. She liked who she was and believed she was so special that everyone should easily be able to see it. Therefore, she was not the one who needed changing. It was the people in her life that she expected to transform themselves: the ones who mistreated her at the office; the ones who slept with her but married someone else; the ones who judged what she wore and how she lived; even family, if they dared to act against her mantra that said, "You must treat me like I'm special."

After finding herself broke, homeless, jobless, and on food stamps, begging to stay with mom again, she finally had the desire to change *herself*. She was tired of *reacting* to the world in a you-against-me fashion. Once she was serious about her own self-improvement, she adamantly followed the TK process.:

- D. She *desired* to change her reactions to others and the ways she felt about how they treated her.
- E. She *examined* her feelings and realized she was often angry at others, anxious about how they would treat her, fearful that she would not get what she was after, and confused by how people treated her.
- S. She *said* she wanted to be content within herself. She wanted to feel secure and centered no matter how anyone treated her. She wanted to be peaceful and happy inside regardless of what she was doing.
- I. Joanna had very vivid dreams, so she asked for an *intuitive* explanation to come to her in a dream. The image she received was a caveman pulling her out of a cave by her long hair and dragging her along, oblivious to her pain or her desires.

The rather obvious interpretation to the dream was that she was *not* special; her needs were of no interest to others. Men were powerful and would use her any way they wanted to.

Joanna then used The Sway to find the solution to this explanation. She needed The Light Show and Ashes to Ashes/Dust to Dust. Joanna could see that her problem was created as a young child and reinforced as she was growing up.

When she was in elementary school, she was diagnosed with learning disabilities. At that time, any

educational program that was not mainstream was called “special education”. Taught within the framework of ‘special classes’, she was told by her loving and concerned family that she was ‘special’. As the years went by, this was consistently reinforced, so Joanna grew to believe she was indeed special. She had special classes, special teachers, and all of her needs were met *because she was special*.

However, once she was out of school, the world did not conform to her in the way it had when she was in an educational chrysalis. She kept expecting special treatment from work, from men, and from friends, but it was only close family that continued to treat her that way. This caused Joanna tremendous grief for most of her life because in her mind she was right, and everyone else was wrong. There was right a way to talk, a right way to thank people, a right way to act, a right way to look, a right way to live, a right way to give, a right way to treat others, and so on. Her life was full of ‘shoulds’ that she learned from her ‘special treatment’ at school and home, but where were the people who recognized that?

Joanna used The Tube of Light to give her more clarity about her issue. She was confused and disappointed, however, when she did the Tube of Light because she saw *nothing*. That, of course, *was* her answer: *She was invisible to others*.

For Joanna, the realization of this truth was instant. After more than 4 decades of heaves and sighs

at the world for not seeing how special she was, this vivacious, beautiful, talented woman finally ‘got it’. Looking back over her life, she saw her main theme of invisibility. She had never felt heard or seen at work, with men, or with many of her friends. To call attention to herself, she wore bright make-up and tight clothes on a body that continued to gain weight, begging to be noticed. She spoke loudly and constantly. She was fearless at introducing herself to strangers and in commandeering center stage at a party. Everywhere she went, she announced physically and sometimes verbally, “Joanna’s here!” She called her friends each day and often multiple times in the day, ‘just checking in’ on them. Everything about her life, her actions, and her appearance was screaming out “Please notice me the way I think you should! I’m not invisible!”

R: After doing **The Light Show** to clear her beliefs from an early age and following the protocol for **Ashes to Ashes/Dust to Dust** to release the other beliefs she had added on top of the ones from childhood, she was a changed woman. She finally *felt* an inner shift after all these years, and her world began to immediately reflect that change. The following day she received a phone call from a man whom she had dated a month or so earlier. She had really fallen for him, but at that time Joanna was still living in her ‘I’m-invisible-so-you-can’t-treat-me-properly paradigm’,

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so the relationship had ended in her typical and dramatic 'man pushes woman away' scenario.

Surprised that he called her "to see how she was doing", their conversation was frank, forthright and deeply honest. Joanna opened up to him, telling him things she had wanted to say earlier but did not. Instead of the usual, unhappy fault-finding conversation she often had with men, this time he not only listened to her, but apologized for hurting her feelings. *That was a first for Joanna. No man that she cared deeply about had ever acknowledged her feelings.*

- E. To support her dramatic inner change, Joanna reminded herself daily that *others were special too*. In each conversation, she looked for what was important to the other person. One day she drove a friend to a city that was an hour away because the friend had a speech to give but could not drive. The ride was hot in the baking Texan summer sun because her car did not have air conditioning. The speech was one she had heard before, and the lunch she was treated to was filling but not particularly tasty. However, at the end of the day, once she was back home, Joanna realized that she felt happier than she had felt since she was a child. She had not been the center of attention; no one had asked her out on a date; and there was nothing special that happened on the trip there or back. She had been simply 'one

of the group' with no need to call attention to herself in any way. Yet she had not felt invisible.

Joanna learned to think outside her bowl. Her former self erroneously believed that she was very concerned about others and put others first in her life. However 'the others' had only been used to validate her existence. Her real thoughts and focus were on herself. Once she was freed from the trauma (reaction) of being invisible, she could embrace the new thought 'Everyone is special.' This was a radical concept for Joanna but one she adopted so wholeheartedly that in looking back at her former self, she shuddered and said, "What a brat I was. Why didn't anyone ever tell me?"

If, like Joanna, you are ready to live outside your bowl, begin by looking at the situations in your life that cause you to react. Three of the most common reaction-causing issues that I have found in the twenty-plus years that I have helped others with this process are relationships, money, and personal appearance.

Relationships

(Family, Intimate, Friends, Work)

I desire to change my reactions in my relationship with _____.

The way this relationship makes me feel is _____.

The way I would rather feel is _____.

The solution I need is _____.

The results I expect are _____.

My new self-talk is _____.

Money

I desire to change the way I react about money.

The way I feel about having/not having \$\$\$ is _____.

The way I wish to feel about it is _____.

The solution I need is _____.

The results I expect are _____.

I will say/do _____.

Appearance

I desire to change the way I react about how I look.

I feel _____ about my looks.

I choose to feel _____.

My solution is _____.

My new self-talk is _____.

I will now _____.

Once you know your solution, use The Tube of Light (discussed in Solution 2, Ashes to Ashes/Dust to Dust), to receive an image or a word that will clarify for you what the underlying cause of your reaction is.

Using TK is like throwing away old clothes from a suitcase you have been carrying with you all of your life. At first, you want to throw away the whole suitcase and just get rid of everything, but since it is too heavy to heave, you have to first pull some of the clothing out piece by piece.

As you begin noticing the reactions you have in your life, you then decide if you want to keep the reaction or shift it. There may be times when you will want to stay mad or grieve or cry or even rant and rave. Using TK is not about getting rid of all feelings because they are bad or unnecessary. It is about using the mental martial art of being in control of how you are feeling. It is about response-ability in every moment of your life.

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Use TK anytime there is some way that you are feeling (reacting) that *you do not want to feel*. While reading and understanding this book has taken time and effort, the actual practice of TK is very quick. In fact, the more you use it, the quicker and easier it becomes.

How am I feeling/reacting?
How do I want to feel/act?
What is the solution?
What is my new self-talk?

When you have completed your solution, notice how you feel. Oftentimes the shift within will be quick, instant and noticeable. Sometimes it will be subtle, and sometimes you will feel like you need to continue with the process as it will have revealed a new reaction.

Reacting to Not Knowing How You Are Feeling

Rick was a guy every woman loved. He was strong, kind, attractive, attentive, caring, and quick to meet the needs of his spouse, his family and his friends. He could not, however, answer the question, “How are you feeling?” How he *felt* was an enigma to him. Unless he was angry or worried, the only times he had words to describe his feelings were when somebody verbalized them for him.

Rick was married to an empath, a joyful woman able to feel within herself what others were feeling. Many times, however, as is true with an undeveloped empath, she was unaware that what she was feeling did not originate within her. When she was really perplexed by how she felt, she would talk to her husband about it, and his immediate response was almost always, “That sounds like how I’m feeling.” When she put his emotional world into words for him, he recognized it.

Could TK help Rick identify his feelings? Yes, once it really mattered to him. That intense urge occurred after an evening visit by Rick and his wife to the local art museum. They strolled leisurely through the ancient Egyptian section, spent time with the Roman statues, and then wandered through the Mayan and Aztec artifacts. Afterward, they attended the monthly

neighborhood association meeting followed by a quick trip to the grocery store. By then it was 9 pm, and Rick was hungry and wanted to find a place to eat.

Rick's first stop was a popular café, but there was a long line of people waiting to place orders. Not willing to wait, he returned to the car and drove past a few other eateries. He finally parked in front of a French quick service café that was open until 10 pm. As it was only 9:30, this seemed a pretty safe choice. On entering, however, it was obvious the staff wanted to go home early as all the food along the cafeteria railing had been covered with plastic wrap and taken off display. When his wife asked for salad, the server, with obvious disdain, started throwing the various plastic-wrapped bowls back into the iced-bottom display case. Rick, reacting immediately, stormed out dragging his wife with him. He drove across the street to a grocery store that had a deli with prepared foods and spent at least twenty minutes trying to figure out what to buy. Exasperated, he finally settled on a chicken Caesar salad, until his wife said she already purchased those ingredients earlier at the grocery store and could fix that for him at home. Putting the salad container back on the shelf, Rick started the what-am-I-going-to-eat process all over again. Minutes before the store closed, he was at last carrying his selections to the checkout counter and then to the car, grumbling all the way. The fun and enjoyable outing to savor ancient art was ending in irritation and escalating anger.

Once home, Rick and his wife began dinner preparations, but Rick became increasingly antagonistic. His energies caused his empathic wife to react, and she left the kitchen, leaving him to finish fixing his own meal. Rick added a few more things to his plate, but then just gave up. He was too upset to eat and stormed off to another room.

- D. A minute or two later, he reappeared, sat down next to his wife on the sofa and asked her to help him with his reactions. As a student of TK, she first clarified his goal. "Do you want to change your reactions from today?" "Yes." Instructing her husband to use The Sway to answer the following questions, she asked: "Is your reaction related to something you did today?"
"Yes."
"Is it from the visit to the museum?"
"Yes."
"Is it from some memory in Roman times?"
"No."
"Is it from some memory in Egyptian times?"
"Yes."
- E. Knowing her husband needed help putting his feelings into words, she asked, "Are you feeling irritated, annoyed, and angry?" "Yes."
- S. "Do you want to feel peaceful, at ease and content?"
"Yes."

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- I. Rick's wife then asked him to use The Tube of Light to obtain a clue about his reaction. Rick received the word 'regret'. "What will cause the regret?" she asked. "Satisfying my own desires," he replied. Since Inner Wisdom said the reaction came from a memory in Egyptian times, and Rick had previously been told by a famous spiritual adept that he was once a kindly pharaoh in a previous life, she asked: "Is this reaction related to your life as a Pharaoh?" "Yes."

Just as Joanna could suddenly see the truth of the theme of invisibility in her life once the Tube of Light revealed it, so Rick was able to see in a flash the times he had experienced regret when he had tried to do something for himself instead of putting others first. The results had always been disastrous. Following his own desires had, among other things, ended one marriage, caused a permanent rift with one daughter, and brought about a car accident that broke his collarbone and endangered his children. Rick had learned, over the years, to stifle his desires and just live quietly in the background of life. In his memories, his training as a Pharaoh was to always do what was best for the people and repress personal needs and desires. A leader who satisfied his own desires instead of those of his followers would live to regret it. Rick could now see why he had avoided positions of leadership in the military and in his career.

- R. Rick's solution was **The Scribe**. After acknowledging and releasing the vow from ancient Egypt, Rick noticed he felt lighter, as though something had been lifted from his shoulders. The next three days, for the first time in his married life, he went exploring in other cities without feeling guilty that he was leaving his wife behind. And each time, when he returned home, he *knew* that he felt joyful and fulfilled, at ease and content. For the first time in 19 years, he was living outside his bowl.

As can happen when a release is not fully complete, Rick began to argue with his wife about 4 or 5 days after doing The Scribe. His normally kind behavior was sprinkled with condemning and contradictory remarks. Now able to recognize his feelings, Rick complained that he felt he was always being seen by others as doing or saying something wrong. When he used The Light Show to erase that reaction, the feeling disappeared immediately.


- E. After that, they worked together to come up with Rick's new self-talk that would help solidify his new freedom to feel his emotions and experience satisfaction in his life.

Reacting to a Stressful Job

Misty was having a difficult time with her job at Child Protective Services. She was very skilled at what she did but was not in good graces with her supervisor, who was responsible for granting pay raises. Even though Misty was a work-a-holic and gave more hours of service than required, without the supervisor's recommendation, there would be no pay scale increase for her.

- D. Misty only needed 2 more years of employment before she could retire, but she was questioning her ability to work that long under the current conditions. The kind of job she had was stressful, even with a *good* supervisor. She was considering returning to her home state and changing professions entirely, but she had to find peace in her current job until then.
 - E. Misty was feeling ignored, discriminated against, and powerless in her work situation.
 - S. She wanted to feel acknowledged, appreciated, and able to achieve more. Knowing that she could not change her supervisor, she used Thought Karate® to work on herself.
- I. Her solution was the Light Show.
 - R. This gave her an immediate feeling of personal power because it freed her from the idea that she had to be a victim in the work place.
 - E. Misty decided to use The Crystal Prism on her supervisor and all of her co-workers, along with their clients. She knew the emotional clearings of the traumatized parents and children would help everyone cope more effectively with their problems. Using it at work and for others became a daily ritual with Misty and eventually her work atmosphere changed dramatically. Day by day Misty began to believe that if she continued using The Crystal Prism and expecting changes in herself and her work place, she would actually reach her 20 year retirement mark.

Exhaustion as a Reaction

 For almost a year Dave had been complaining that he felt really tired. He was normally a very energetic man, but he was feeling worn-out. Being retired, he could not blame his low energy on lack of sleep or on overworking. In fact, he could not find anything to blame it on. His diet was adequate. He did not smoke, and he rarely drank alcohol.

Dave added new supplements to his daily routine, but they did not diminish his fatigue. He went on adventurous road trips hoping that the stimulation and fresh air of getting out of the city would recharge him, but it did not. With the passing of each day, his attempts to find something satisfying and energizing to do with himself grew more and more feeble. Finally, his daily routine became nothing more than eating, sleeping, reading, and sitting in front of the computer. It became a supreme effort to even help clean the house or work outdoors, both of which were things he liked doing.

- D. When Dave finally got so tired of his 'nothingness', his desire to change it kicked in.
- E. He realized he had been feeling too exhausted to even try to change anything in his life.
- S. He wanted to feel revitalized.

I. His solution was The Light Show. The Tube of Light showed him "life was something he never would get right and trying to would just wear him out." Looking back over his 65 years, he saw how ever since his birth he felt like life was 'manhandling him'.

- At age 7, he and his dad had a rift that was never healed.
- In school, he was a bully until he grew older and became the victim.
- His grades were either failing or just barely passing.
- His escape from life was to join the military at 17.
- His first marriage ended in disgrace, but he and his wife remarried again later, just long enough for her to have the required years of marriage to gain half of his military retirement, and then she divorced him again.

Event after event clearly showed Dave he was living a paradigm that "life would eventually beat you down."

- R. Once erased, a new energy poured into him. Life started to take on renewed interest.
- E. He immediately began working on a variety of projects that he had previously put off.

Reacting to the Death of a Loved One



Lorna's mother had recently passed away. The transition was an easy one, and Lorna had made time to heal any misunderstandings between them. She was pleased that her mother had passed without pain and had been able to share her last days with her children. While she missed her mother, Lorna was not in a deep state of grief over her passing, until, that is, she let herself be convinced by well-meaning friends and relatives that she should be. Always agreeable to suggestions of others, Lorna decided she was not being a good daughter because she was not crying, weeping, and moping about. Her *reactions* to her mother's passing *were not normal according to others!*

So, Lorna found ways to make herself sad and to spend entire days just crying. This anguish, however, did not make her feel any better. Instead, it made her lethargic, and she moved through her days in a daze. Her eyes were dull and her face said to anyone that looked at it, "I only look like I am present, but really I am grieving. I am in deep sorrow and just barely functioning."

D. Lorna was curious about Thought Karate® and wanted to give it a try.

- E. She didn't like the way she was reacting to her friends' suggestions of grieving and woe.
- S. She wanted to regain her joyful, productive, functional self.
- I. Her first solution was The Crystal Prism, to remove the layers of emotions she had been creating due to her friend's suggestions.
- R. Then she did The Light Show, and almost immediately after using it, the light returned to her eyes, her face took on its former glow, and her vitality level returned. She could feel her new emotional freedom. All of this *within seconds*, and without even knowing what the old belief was that the Light Show was erasing.
- E. Looking in the mirror, she could see the difference. The freedom Lorna gained from using TK allowed her to continue her process of healing. She could grieve without having to wallow in tears, and she could enjoy the memories of her mother's life without sadness. Her results were permanent, just as she expected they would be.

Reacting to Test-Taking

The renewal of The California charter of The Los Angeles Academy of Arts and Enterprises was being challenged. Even though the young school, which served at-risk inner city children from grades sixth through ninth, showed consistently rising test scores since its inception, the scores did not meet the arbitrary minimum set by the state. In an attempt to rescind the school's charter, the state cited five reasons it should be shut down. Successfully refuting the erroneous charges, the school then had to prove itself with end-of-the-year-test scores that showed an increase over last year's scores, even though they might not meet the state's mandatory minimums.

The board of directors, the staff, and the students were all under pressure, for they knew how crucial the upcoming tests were. Without a substantial increase in the students' scores, the school would be closed. The strain from that was causing a great deal of anxiety among both students and staff. How could the kids test well with so much nervous tension?

As a way to help the school's budding scholars with their test anxiety, the board of directors created a Total Body, Total Mind week. During two of those days,

the entire staff and student body learned how to use TK to overcome their fears and worries about taking their tests. Staff and students became skilled at using The Crystal Prism and other Thought Karate® techniques especially designed to help them rise above school angst and apprehension.

During the final week of testing, every teacher reported a calm classroom. Pupils did not rush through their tests but instead took the time to look them over before turning them in.

On June 9, 2009, the LAUSD Board of Education voted YES to extend the charter for another year! The children had triumphed!

Reacting to the Good Fortune of Others

Jade was beside herself with fury. Her landlord was kicking her out at the end of the month. That in itself was not so bad because she could always move in with her mother. No, what really irked her was that it was happening again! A few years earlier, she lost her job and was basically homeless, living out of her car whenever she was not sleeping at a friend's house. Now here she was again...no job, no money, no man, and no house. Everyone else she knew had these things, so what was wrong with her? She definitely believed she deserved the basics of life, and some frills as well, a lot more than most of the people she saw. After all, *she* had been working on self-improvement, so that made her more deserving, right?

Things came to a head the day she was working at a local grocery store handing out free wine samples. She noticed that her normal, happy, talkative self was missing and that instead, she was irritated and bothered by all the joyful people she saw. She did not understand why she was irked and irritated by her customers. Normally, she loved her job and enjoyed the interaction with others. That day, however, she just wanted to go

home. But of course, she was about to lose the small home she had been so proud of. Why, why, why????

Seeking help from a TK practitioner, she learned her solution was Ashes to Ashes/Dust to Dust. It was explained to Jade that she was jealous of the people she had seen at work. To her, they seemed to not have a care in the world, and she had imagined them all going home to their happy little house, cooking meals, watching TV, listening to music, and snuggling in bed together. This had not saddened her; it had enraged her. In her mind, she imagined that everything she thought these other people had was what she deserved.

Her belief was that everyone else was happy because they had the perfect life. She placed an imaginary lifestyle on the people that she saw and wondered why they had it and she did not.

Over time, and it took awhile, Jade learned to release her jealousy and be genuinely happy for others whom she imagined had what she herself wanted. She slowly realized the truth that what you focus on and think about, you attract. She had been focusing on the negative of "not having" and was ready to change her focus. As of this writing, she is financially secure, has kept her jobs for many years, and has learned how to appreciate what others create for themselves.

Reacting to a Car Accident

Wes had an excellent driving record. During 20 years in the post office driving a two-ton truck, he never had an accident. He had received 2 different medals of commendation for his perfect driving record, so no one was more surprised than he was to find himself broadsided when turning into a gas station. Worse than having his van totaled was the harm that had come to his wife who was sitting in the passenger seat on the side that was hit. His reaction to having put her in harm's way was a deep, deep grief. Although she would fully recover, each day he looked at her bruising, her limping, her neck brace, and her therapy, he was consumed by a sorrow that was almost paralyzing. It reminded him of the only other accident he had been in, falling asleep at the wheel with his children in the car. The car went off the road, flipped over a guardrail and landed face down and flattened on the ground.

Wes's reactions to the second accident were overwhelming. He was finding it hard to get through each day and so was ignoring his own body's need to rest and recuperate. He threw himself into doing all of the

chores around the house, both inside and out. But even this did little to change his sea of emotions.

- D. He deeply desired to feel worthy and responsible again.
- E. He wanted to overcome his feeling of guilt and a sense of betraying his wife by not keeping her safe.
- S. He wanted to feel trustworthy again.
- I. His solution was The Scribe.
- R. Using it, he discovered the vow, "Anyone who journeys through life with me will suffer." He could see that truth in his life with his first wife, with all of his children, and now with his second wife.
- E. With the vow released, his crushing feelings of being someone who brings harm to others lifted and was so freeing that he did not even need to do The Crystal Prism to change his feelings. They vanished with the removal of the vow. He changed his self-talk from "I'm not present enough." to "God moves through me in miraculous ways. I am loved and protected. Wherever I am, God is, and all is well."

Reacting to Failure

Jn August of 2008, I took a course called Matrix Energetics®. I was intrigued by the stories of instant healings for broken bones, spinal realignments, damage from long term accidents, pinched nerves, headaches, backaches, and frozen limbs. I wanted to learn to do that for others and myself.

Each weekend-long Matrix class is different, designed to specifically meet the needs of those who are present. At the one I attended, there was great joy, laughter, and an atmosphere of fun for the entire weekend. I was one of those chosen to be worked on by the presenter, Dr. Richard Bartlett, and was on the stage in front of the 400 people present. As he did his 'Matrix thing', my legs gave way beneath me, and I fell over backwards, laughing all the way down as I was caught in the hands of those standing behind me.

I lay on the stage for at least thirty minutes, intermittently laughing and giggling and swimming around in mirth. I was sure that whatever this was all about, I was one of the lucky ones and would definitely receive the healing I was seeking. I spent a full weekend

immersed in joy, which is one of the things I already believed helped speed-up healing.

Five months later, however, I still could not smell, my sinuses were congested, and I still had fungal issues. It seemed like nothing had changed in me. How could this have failed? Noticing my reaction to failure, I quickly did the 6-step DESIRE process.

- D. I wanted healing.
- E. My reaction to this apparent lack of success at healing myself was devastation and hopelessness.
- S. I wanted to feel sure, certain and knowledgeable.
- I. The Light Show was my solution, and The Tube of Light revealed the limitation I had that should have already been obvious to me from my Matrix experience: *Joy does not heal. Only knowledge heals.*
- R. After transmuting that old conditioning that no longer served me, my new self-talk became: Joy and gratitude can indeed heal.
- E. I had the opportunity to test the strength of my new reality 4 months later when I was in a car accident. A vertebrae in my neck was suffered a severe comminuted fracture and compression; my scapula was displaced along with a rib head; my hip was misa-

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ligned, shortening my right leg by 2½ inches; my arm was bruised from shoulder to wrist; my ear and foot were sliced; my head had a lump on the side of it, and my forehead was gouged from going through the wooden ceiling of the van I was a passenger in.

While the ER folks were wonderful and their expert attention probably kept me from needing a metal head brace, I was amazed to discover that my attitude during this whole healing process was completely *joyful*. At no time was I in serious pain except occasionally from the hip displacement, and that was corrected in 10 days. I could only think of the whole experience as an amazing blessing! I also noticed I was 'worry-free'. In fact, I couldn't even remember what worry was. *Now that's being completely open to joy!*

It took three months for the fracture to mend (a short time, I am told, for something that serious), but my spirits during that time rarely faltered. I was consistently in gratitude and only had wonderful things to say about the whole experience. It is amazing that I never felt victimized, was never 'in blame', and actually enjoyed the neck collar (especially once it was decorated with queenly bling). I had so completely absorbed my new truth, *joy and gratitude can heal*, that very few people who saw me or spoke with me during and after my convalescence could believe I had been in such a compromising accident.

Notes from the Author

The Thought Karate® method is not limited to using just the twelve solutions presented in this book. As it goes to press, we have already expanded the solution "tool bag". No doubt you will have your own solutions to add to the mix, so when you ask yourself if the solution to your reaction is 1-12, and you get a 'no', think of other solutions that you might have: singing, chanting, doing a different modality work, etc. Add what you have learned and what works for you to this method.

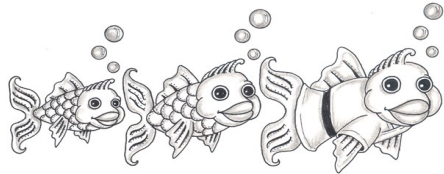
Give your other solution option a number, so that when you seek the resolution you or others need, you can ask, "Is it 1-14?" or "Is it 1-20?" and so on.

Have fun learning to swim, live, think, feel, laugh, and love *outside the bowl!*

Imagine a world where everyone

acts

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acts.

If you:

- would like to teach TK
- want to find a TK practitioner or seminar
- know of schools or businesses that could benefit from TK
- know of an inmate or penal location interested in TK

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