



Experience Your Connection To God

A Spiritual Guidebook
TO

ABC Self-Healing Technique
The Key To Your Emotional Intelligent Within

ABC Self-Healing™
Through—Auric Bodies Communicating

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Through God's Love

All Things Are Available To All!

Self-Healing through Auric Bodies Communicating (ABC) is a quantum science healing modality working within your biological energy fields. It uses your naturally inherent Emotional Intelligence of Love to help identify and then remove negative emotional energies that block or disrupt the natural health and wellness designed functions of our body's energetic quantum field.

This Emotional Intelligence within is also our Holy Spirit or the right Mind guidance within each of us—creating a natural bridge between science and spirituality. It is our communication connection to the Presence of God within. As such, it stands in trembling readiness to remove all our misperceptions to the experience of our connection to God within, making Its Love real and tangible in our lives.

Through ABC Self-Healing work, you will be Awakened to the truth that has always been within you.

Introduction

From a most common sense perspective, we know through years of experience our *emotions* are *energetic* in nature. They are a force to be reckoned with knowing just how influencing they are to our behavior and experience of life. Indeed, we have all kinds of clichés describing or reflecting on the nature of this energy, such as: cool your jets, totally stressed out, as tender as a mother’s heart, blew him away, raving mad, blowing smoke, do you feel me, don’t sweat it, free as a bird, head over heels in love, love at first sight, light as a feather, happy as a pig in shit, time of your life, like water running off a duck’s back, no big deal, cool it, lost in love, etc. Yet, while we have all felt and experienced them in various ways, science has never measured this energy with a meter or measuring device. So are they real? Certainly!

The truth is we all know we are emotional—*feeling* human beings. And yet those of science have little to say about emotions. Curious it is to consider why? Funny how it is we never questioned them as real—though there are reams of books about controlling emotions.

Ever considered why is it that we can take a spaceship to the moon, yet have not come to understand our emotions as a civilized, social, thriving, race of people, when this may well be the essence, the true doorways of understanding who we really are? Not surprisingly, the American Medical Association found that stress is a factor in 75 percent of all illnesses and diseases that people suffer from today, yet there is little direct collation to the fact that *stress is a fear based emotion*.

Through ABC Self-Healing, you will discover all this and more. You will come to realize that your emotions have intelligence and can be used as a medium of communication for optimal health and wellness, helping you to contact and heal parts of you that you have mistakenly suppressed, ignored and even denied—which ultimately delays you from becoming all that you were meant to be. You will find that through the healing arts of your emotions, all healing is possible—naturally endowed within you through the quantum forces of God’s Love, the same energy used to create you and even now, sustaining your life. Ultimately, you will find that it has been simple unresolved emotions of darkness and negativity that has blinded our eyes—our cosmic eyes of understanding—from seeing and experiencing the world as God would have us experience it: “Joyous, Happy and Free!”

Thus, together, we will discover that God gave us these bodies as *communication vehicles* capable of navigating through and with the world around us. They are an energetic, biological life form that is, in essence, created to house both masculine and feminine aspects of Its Spirit, Image, and Likeness. As such, these energetic expressions are companions and partners, teacher and student of the other. The male or masculine being a “doing expression” and female or feminine being a “now moment” expression. Or put another way, our masculine energies within are inspired within us to engender the joys (like God) of *making things happen* or actively co-create . . . while feminine energies inspired within embody the joys (like Goddess) of just living moment to moment.

Thus, to experience a life of joy, peace and happiness (as God Wills, Wants and Holds out to us), both are needed and part and parcel of making the engine of *experience* (the body creation) a thriving, living, life form expressing creation hand-in-hand within the Spirit or Love of God. Perfectly balanced, as illustrated

in the yin-yang symbol, we become the fullness of the loving God Expression we were created to be. In this way, our bodies are avatars built to house and communicate with the world around us, being the sensing means of us experiencing joy, happiness and freedom, as our Creator God Wills us. Moreover, this loving Force of God moving through us is designed to be experienced in perfect balance of our spiritual bodies as *just being in the moment* or the feminine energetic reflection of love, with the “joy of creating” or the masculine energetic of love “doing.”

So in short, “love is Being Love” (feminine) and “Love does” (masculine) represent a perfect balance of living life as it was meant to be experienced. As related directly to health and healing, we have all but mastered the masculine aspect of its expression (in the current system), but only scratched the surface from the feminine point of view. This is where Auric Bodies Communicating comes into full play as it uses the feminine energies of the body to communicate and guide us in ways that will help us “return to Being as God created us.” Getting to that moment is not something we *do*, but rather an awareness of being the love that we already are. In this way perfection is achieved and healing complete. This is the biggest reason why women find ABC Self-Healing easier to master—as their bodies are more naturally attuned to the energies of feeling. They already know their bodies are communicating with everything around them...always communicating, feeling, sensing and experiencing the world around them.

Thus, the only question is: Will we listen to these feminine energies of our bodies and have the courage to follow the intelligence of their lead? Will we boldly stand up and fearlessly say... “show me!” Can we say:

I will allow myself to explore in love the fullness of these emotions God gave me.

I will be tolerant and open to new words here or there that describes them;

I will allow myself to say maybe, just maybe, God’s words did not stop with those in the Bible;

I will say, maybe He will help heal me now.

I know He loves me, He must, She must, They created me.

So why not, why not open myself to the gift of my emotions of curiosity, giving myself permission to explore the possibility that God made this body to last beyond what I have been taught by the traditional limited thinking of man?

Maybe, I can say, “just maybe God really did not make junk, but instead, a body capable of Stress-free joyous perfection?”

Your *objective voice* may say now... “then why does the body break down, get sick, create pain and ultimately die?” Yet, the perfection of Love says otherwise—coming from the heart, being something we may only feel right now—becomes the adventure of clarity. We begin by allowing ourselves to open our minds and hearts to places we may have never gone.

So if you can be open, you are ready to learn why. You are ready to experience it, to be it, to embrace it.

You are ready to allow LOVE to be all that it is in your life!

Foreword

Exploring the Spiritual Energy of Life

In a spiritual, Christian religious context, our bodies are supported by a life force giving energy that was little known to science until recent years—and yet to this day, still little understood. Although it is the same energy Jesus Christ spoke of when he said, “Man does not live by bread alone.” [Matthew 4:4] He knew then, as we clearly are seeing today, our bodies indeed do not live by food alone, but by energy given by God and fed continuously to us. This energy or God Force moving through us—you will come to recognize through this work—has three natural expressions: auric (light energy), emotional (feel or experience) and intelligent (mental, logic, communicating). It is this very same energy that makes us clearly and plainly “One In God” for it is the same Loving Energy of Life given to us by God that makes all of life possible.

A Scientific Perspective:

From a scientific, quantum energy and emotional intelligence standpoint, this energy of life has only come to be recognized and appreciated with new levels of clarity and understanding during the last 20 years. It is through this same awareness that most doctoral scientists of quantum physics today agree wholeheartedly and, in absolute certainty, that there is a loving intelligence, a higher power, behind all the forces of creation. And it is this Loving Force most of us are willing to call God.

The Medicine Perspective:

From a modality of medicine standpoint, the ABC Self-Healing technique, where you will learn to communicate directly with, or tap into the emotional intelligence of your body, was discovered through another science of what today is called Applied Kinesiology (AK). The word kinesiology means “science of movement”, or the study of the mechanics of motion with respect to human anatomy. AK was founded in 1964 by the American chiropractor Dr. George Goodheart and is now used as a diagnostic tool by chiropractors, osteopaths, medical doctors, dentists and other health care practitioners around the world. Dr. George Goodheart found that evaluation of normal and abnormal body function could be accomplished by using what is termed as “muscle testing”—as the body provides strength when affirming a “yes” and weakness for the “no.” Since its discovery, it has been successfully used as a medicinal diagnosis modality that include evaluation of the nervous, vascular, and lymphatic systems, nutrition, acupuncture, and cerebrospinal fluid function.

Over the past 30 years, several other kinesiologies have been formed outside of AK, and now are part of the "Specialized Kinesiology" or "Energy Kinesiology" family. Here, we find a host of names and areas of application by doctors the world over, such as: "Touch for Health," "Educational Kinesiology," "One Brain," "Applied Physiology," "Biokinesiology," "Applied Neurogenics," "Transformational Kinesiology," "Hyperton-X," etc., etc. Thousands of people, mainly in Europe, Australia, New Zealand and USA/Canada now use Specialized Kinesiology as a profession of its own or as part of other alternative therapies or natural medicine.

The primary differences between Specialized/Energy Kinesiology and Applied Kinesiology/ Kinesiologic Medicine is that Specialized/Energy Kinesiology most often uses a "straight arm muscle test" and ask

verbal "Yes and No" questions; whereas, Applied Kinesiology/Kinesiologic Medicine *does not work with verbal questions* and uses hundreds of different muscle tests in the body. In both cases, however, what is happening is the body is being used to help communicate its healthy and/or dysfunction to the doctors using it... or in essence, *the natural intelligence of the body is communicating* with the doctor. Today, hundreds of colleges throughout the world offer studies in this science. Such organization can be reached through the [International Association of Specialized Kinesiology](#), and [International Kinesiology College](#).

ABC Self-Healing uses a form of the energy or bio-kinesiology, with one key difference: We do not rely on muscle testing for our answers. Thus, reliance on interpretation of *strong versus weak* is not necessary, nor a variable in the process. Rather, we communicate with the body through muscle coordinated expansion and contraction. As a result, yes/no answers are very clear and independent of your or other's interpretation or influences that can be caused when others work in your auric/life energy field.

A Christian or Religious Perspective:

From a Christian perspective, it is believed you will find the ABC Self-Healing process of healing use the same principle energies of life that Christ taught us about and encourages us to embrace with faith in trust. Yet, for many, the healings spoken of and all but promised in the bible have not been experienced; and thus the joys of life we have come to expect most often have fallen short of expectation. We are told that it is our lack of faith that somehow causes God's Will for us to not be experienced.

So why is it that we do not experience more of what God would seem to want us to have from a biblical perspective? Where is the "more love" of God in our lives and why does it seem to only be available to a few of us?

I come to tell you there is more, a whole lot more of the glory of God moving through your daily experience. Yet, there are two requirements needed to remove the blinders of faith so you can experience God working in your life. You have to *be willing* to believe that God is now—a *living God*. And secondly, you must be *open minded* to the fact that He operates in our lives today, right now, which is far beyond the mere words given in the bible. By doing so, we can begin trusting more deeply that God is Love as well as our Creator, trusting that He knows what He is doing in your life today and that He will always protect us and *give us a way to return to living life in His greater Love*.

Opening your mind allows His thoughts of infinite potential, infinite forgiveness, infinite openness, infinite healing to be the window of your willingness *that will allow* His Love to move through you in ways *that are limitless and loving like never before*. You will experience it all in your everyday life.

We need simply to be willing to allow God to be God without placing limits (stopping His "I make all thing new") on how He works in your life—through you and with you, in every aspect of your daily life.

When you do meet Him with willingness and an open mind in each moment . . .now...now...now . . . *you will experience* God's Loving Intelligence with you all the time. These are the only seeds of faith needed. And with them, He will open up to you a new world of glory and wonder. It will be a world full of confidence and insights where you walk beyond hope—for *you know, you feel*, He is always with you.

And in a short period of time, you will come to know that the Holy Spirit has always been *within you*... standing in trembling readiness to lighten your load of fear and frustration, leaving only the love of God behind! And it is here you will discover that which has always been there to experience: the love and joys of His being *an active* part of your life!

You will discover as I have, that *doing the work of letting go of all our fears does the work* of allowing what is real, allowing what is truth *to fully appear in our experience*: GOD's LOVE.

“A Course In Miracles” Perspective

A Course In Miracles, to those who are not familiar, is the fulfillment of Jesus' promise to “one day speak plainly of the Father,” as found in scripture, John 16:24.

Strangely, though plainly speaking, most Christians now live in the same dogmatic beliefs as the judgmental Jewish Pharisees did . . . and Jesus was continuously challenged by and was ultimately condemned to death by these old beliefs. This is clearly reflected on in over 80 passages of the Bible. In this context, it is no great surprise that *A Course In Miracles* has yet to be embraced by the greater Christian Community acclaiming to believe in the messages from Jesus. Yet it was written by Jesus himself... and given to humanity in the late 1970s.

Nevertheless, like many of the Jewish faith... given hundreds of years, Jesus' teachings found its way as a mainstay and acceptable way of believing, until now these teachings are honored in the minds of billions today! Yet to achieve this... compromised by man's limited thinking was assured, so once again, as with many faiths... the story took a spin for the selfish benefit of a few men running the information establishments—called the church. This spin is simple but profound indeed... saying “you can not get God's Love directly unless you go through me or do it my way!” And it is here that miracles became limited, isolated and drummed down to less than common place. Miracles became *the exception* rather than the rule... which *is completely contrary* to what Jesus taught and demonstrated to us all!

In this light, ABC Self-Healing is the miracle process you unleash on Yourself, as reflected on in the gospels of the Bible and plainly taught by Jesus in *A Course In Miracles*; as it opens the channel of communication between you and the Holy Spirit, *so that He can remove the blocks* to the unseen power of God's Love in you right now! He will guide you through your openness and willingness to address the negativity or shadows that are blocking God's Love from healing you! After all, it is His job...and the core principle taught in *A Course In Miracles*.

He will show you, if you ask, that within you is the Christ and that in recognizing this, you will come to understanding that “you are the Second Coming”... and as you work with the Holy Spirit to heal your mind and its tapestry of misperceptions (forgiving all that is not real in God's Kingdom with You), you will realize that Jesus already came and now it is our turn to do the same!

Even today, Jesus is teaching from his book and he has only limitedly been received... even though He said he would come back, even though he said, “I am with you always,” people don't believe it even today! Can you imagine? Just like the Jews the Christians continue to get *stuck in the words of the past*... when God is looking us right in our faces! We still haven't gotten it... we still question God... still continue to believe more in the past than in the *living God that is Loving Us right here, right now!*

This is why... to master ABC Self-healing... you must be open to the New! It is a new way of communicating with the Holy Spirit, your Spiritual Guides, Christ and God. If you are not open and willing to forgive *everything*, sin, sickness and death will remain real to you! When in contrast and reality, are these not really anti-Christ beliefs? Each one is contrary to what Jesus taught 2000 years ago and now today in his book *A Course In Miracles*. And even now you can hear and see him teaching openly through his and our brother, Paul Tuttle, using Paul's body as his communication avatar, where he is adding his personal commentary as he reads his book. But do not believe me... please! Explore it for

yourself with an open mind...and your Holy Spirit will discern it for you. You can find all his work at www.CelestialRealm.com, where hundreds of hours of his book study videos, audios and transcripts posted there. But remember, Jesus said *all was forgiven*—the evidence you will find through the Holy Spirit within. ABC Self-Healing is a way you can connect with Him... the rest depends on your willingness to be open and your openness to God making “All Things New.”

Be then open to the “new” as our Living God has decreed it! Yes, walk in discernment but let not your fears isolate you from His Love! Walk into the “new” knowing Christ Jesus walks with you... forever protecting you as He always said He would. But most important, be willing to go deeper into what he taught and today he is now teaching in his book *A Course In Miracles*.

Be open to saying... maybe, just maybe, he is now doing what he promised he would do! Maybe, just maybe, religious leaders, like the Pharisees, are not getting it right. Maybe, just maybe, God wants me to heal... wants me to walk in the Eternal Life just as Jesus is now still doing!

Maybe, just maybe, this too is my Birthright as God’s child! Maybe His Will for me is not to suffer from sin, sickness and even death! Maybe I am heir to the great Truths that Jesus came to give me... maybe he is giving them again to me right now and my closed mind is blinding me just as the Pharisees were blinded from seeing the truth! Maybe, just maybe, I am hanging myself on a cross of life and my true heritage is just a Jesus promised: Eternal Life Through My Own Resurrection?

All this and much, much more, is taught in *A Course In Miracles*! Thus the closing questions is: “Do I really believe in God, the Omnipresent, Omnipotent, Loving Father who made the universe?”

If you can say, “I do believe”... then why not be open to Jesus writing a book that speaks plainly of the Father, followed by his teaching about it right now each and every week? Maybe all this is happening and my church is simply and completely missing the boat? Let me pray on this... ask for a sign... ask God to show me more! Maybe Jesus is writing, just as he promised, the next chapter to the New Testament... maybe he already has and it is called *A Course In Miracles*.

So if you are open to healing... knowing in your heart that pain and dysfunction is not something God wants you to have. And you can say in earnest, “I know God’s Love is here...right now... or at least, I am willing to give it the New a try”, then you are ready to begin letting go of sin, sickness and death.

The Introduction to *A Course In Miracles* reads:

This is a course in miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you may elect what you want to take at a given time. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love’s Presence, Which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposites.

The course can therefore be summed up very simply in the following way:

Nothing real can be threatened.
Nothing unreal exists.

Herein lies the Peace of God.

ABC Self-Healing and *A Course In Miracles*

In the same context of the introduction, ABC Self-healing completely embraces what is said and simply a way provided to more quickly embrace what *A Course In Miracles* gives! Though it is not required, it does introduce students to a way of communicating clearly with their Holy Spirit, Divine Guidance and of course, God within... providing a way to effectively identify and then remove the blocks to experiencing God's Love and Miracles in your everyday life!

Overcoming Fear

Through Your Emotional Intelligence of Love

Opposed to the full awareness of Love's Truth within you is only one thing: Fear. Given an inch, it will take a mile for it has been granted its role to be an opposing choice to Love. As such, fear divides, fear makes confusing and fear creates the debate where no debate is needed. Fear attacks, it defends where no defense is needed; it infects us with weakness, unworthiness, suspiciousness, anti-faith, doubt in our brothers, our sisters, ourselves. It condemns, it kills and in a most twisted way, it limits the unlimited Love of God. It tells people from all walks of faith: we live and then die. Even in the face of all the teachings attested to and believed in by Christians, as clearly proved otherwise through Jesus' resurrection—that life is indeed eternal in God—it still manages to snake our belief, in the shadowy form of fear, that this body of ours was created to die!

This same *fear* is capable of stopping you cold in your tracks as you read these words, if you allow its horns of suspicion to overcome the faith you have in the Love of God. It creates the dragons of shame and guilt, which then nest in your auric energy fields if you let it, saying, "something is wrong with me" and the other saying, "I did something wrong and it will never be forgiven."

Yet it all can be reversed! Believe in God, in Love, in your Self, and you will see and know it is simply time to heal! God did not make our bodies as junk, but rather in His/Her Imagine and Likeness. Yet, in certainty, the dragon of fear has cunningly convinced us to believe otherwise. Successful indeed has been its lies: making fear and its belief in pain, suffering and death all so very real.

Yet, *with an open mind*, you will discover a deeper and more meaningful life of Living in God's Love, *knowing His Grace as an experience*, not a mere concept. You will see and experience as I have, that your miracles of love are here to heal. And if you choose to be willing, *willing to do the work* of healing—healing that removes the blocks to your own awareness of Love's Presence—you will find your daily Life is the expression of God's Truth.

Are you ready to let go of this dragon of fear in your life? If you have read this far, most likely you are ready, for it is no accident that you are reading these words now. All it takes now is a little more willingness to seek, a willingness to forgive, to let go of all that serves you no longer.

Discovering Fully Your Emotional Intelligence Within

When you do receive and experience the greater awareness of the Love You Are, you will have discovered something new that is inside of you. You will have discovered an Emotional Intelligence (EI) that loves you more than you ever dreamed possible. You will experience a renewed self-confidence and the feelings of its Love. You will experience a new clarity and determination for your life. You will find that others respond to you differently—in more positive and helpful ways. Your whole outlook on life will change for the better. You will intuitively know what to do, where before confusion rocked your world.

What is this EI we speak of? Let us begin by defining exactly what we mean by emotional intelligence, first providing the definition given by the Internet's Wikipedia: **Emotional Intelligence (EI)** describes the ability, capacity, skill or, in the case of the trait EI model, a self-perceived ability to identify, assess and manage the emotions of one's self, of others and of groups.

The study of EI in recent years has opened up a whole new understanding in the exploration of exactly what intelligence is. Historically, intelligence was only measured through IQ or intelligence quotient (a numerical measurement), primarily measuring logic and intellectual understanding. EI, on the other hand, being a science that is still blossoming, seeks to measure or assess our ability to discern our feelings or emotions, understanding, interactions and communications, motivations, all dealing with *feelings*. As related to IQ, we have discerned that IQ may indicate someone being “smart,” but EI is a measure of “wise.” It is more about *being* than it is about *doing* (IQ).

EI is a *present moment* ability or talent that operates in and through the emotions of Love, which as described in *A Course In Miracles* by Jesus, is the only *true feeling* there is. As such, it is only happening right now in this very moment as the energies of Love only exist in the *present tense* of time. The emotions of fear, on the other hand, are contrary to love in the fact that they only exist or are given power, by taking historical *learned* context. Meaning, to “fear something,” we have to reference a memory, a judgment from the past and apply it, projecting it into the future. It can never happen in the *absolute present tense*. Thus, you can say fear is *time driven*, for it can only happen if it was learned and then stored in our subconscious minds. Otherwise, there would be no fear for it is something *we* have to create before it can exist. Thus, in reality fear is *anti-intelligence* to EI, for it blocks our natural awareness to that which serves us in positive feeling ways: Love.

So the only thing that stops Love’s full expression of your EI is fear—yet how can we really stop that which is all encompassing? We cannot! Thus what we are only doing is *blocking it* from our awareness! Thus, it is easy to conclude, logically speaking, that the less *fear* we have blocking the natural Loving Intelligence within us, the wiser we are emotionally in the moment!

The truth is, while EI and IQ both compliment having a successful life, it is EI that is the true wings to your happiness! A life filled with self-fulfillment, peace of mind, wellness, all balanced into one state of actualized beingness is in fact what we are all seeking. Combining both helps determine our true avocation or calling in life, a life full of purpose and contribution.

The good news is we already have both *abilities* or *talents* within us. They are as natural to us as colors are to flowers, taste is to fruit or innocence is to a baby. They are all natural talents we each have inside of us, simply awaiting our curiosity to seek their discovery, and through practice, we come to living them or embodying them, mastering them, in every moment.

Chaining the Dragon Here is Wisdom

It is through your EI that you will come to clearly see that living out of your past is truly the beast of mayhem attacking your life. Unfortunately, you will not see it clearly until you have stepped out of the past and firmly into *the moment* and see the contrast . . . for contrasting indeed it is. The reason for this is simple. You have been so programmed by your ego—beast of fear lifestyle—that living in fear, being sick, sad, stressed out and ultimately dying . . . *is normal to you*.

While it may be normal to you and your mothers and fathers and families, it is not normal to God—and in fact, it is why He sent Jesus to clearly show us the way out of it. Moreover, from His point of view it is an illusion, a dream we created where sin, sickness and death are real. But be clear, God did not create these, mankind did and thus it is you who must un-create or un-block the truth!

From this perspective, the mystery is seen and revealed behind the Christian bible verse Revelation 13 . . . or the number of the beast. When looked at in the context of what you just read, placing it in the context of the beast spoken of, is actually created from “past tense” of time . . . the only time that can drive *fear*,

you will quickly see that this beast is really *fear*... that is given great power to separate man from God using the “dragon of the past.”

In this passage, using the metaphors just given, time or “date stamps” are required in all buying and selling... time is tracked (the mark of the beast) so that man’s history becomes the *focus* of all humankind. And it has! And through the past comes man’s guilt, all nested in judgment (comparison) anchored in fear (the beast).

And finally, the icing on the cake evident is what? Here is the mark of the beast... it is the name of man, six hundred and sixty six, plus six (from the King James Bible). Simply, it adds up to 672 (666+6) and then given as “hours in time” (where time past [the dragon gives it power] makes or names the man from *fears* [the beast] point of view) we have exactly 28 days (672/24 hours = exactly 28)! So why is this so significant? Because it was the first “mark of time” on the planet—a woman’s menstrual cycle comes every 28 days and soon followed by the 28.5 day cycles of the moon, which *came as man learned* to count and began using numbers. Before these “marks of time” there was no time or perceptive past of the past, so man lived naturally *in the moment*.

So to chain this Dragon we simply do what is taught by *A Course In Miracles*, we remove the blocks of Love by forgiving everything in our past! It is our walk to “becoming as a child” as Jesus suggested when saying, “You have to be as a child to enter the Kingdom of Heaven.” For being as a child we return to our innocence, the place where we lived completely *in the moment* and did not judge anything! In fact, we had *no sense of time* back then, we did not know time so we did not know *comparisons!* Most of the time we lived in Heaven, for back then, we did not know fear. In fact, most of us were fearless! Most remember a little of this *wonderful state of being.* And thus, it is a great place to return to... and what Self-Healing is all about!

“This is Your Key To the Kingdom of Heaven Within”

Forgiving Our Dragon Past ***Auric Bodies Communicating***

Auric Bodies Communicating or the ABCs of Self-Healing™ is both art and science combined—a perfect blend or balance of the masculine and feminine within and the right and left brain. Beginning with an open mind, we set out to experience and then acknowledge that our bodies have a force of light, an energy that gives it life. This auric body is also often referred to as the spiritual body, light body, energy body or a bio-field or quantum-energy body as it may be defined by science.

In reality, through doing this work, you will discover our auric bodies are truly the greater consciousness and life force of our Being—it is the God-Self-expression that is truly connected to the whole universe. It provides us the emotional means of feeling and communicating with the environment around us, providing us the EI that comes from the Love that feeds us or if we so choose, the fears that will bring us certain death of the body. Through this body of light runs a vast network of energetic tubes that act as conduit for our cells communication. This same communication is that which maintains the highly sophisticated and miraculous function of life. In short, our auric bodies are *pure awareness*, capable of feeling or communicating with the whole universe around us!

Being that our auric bodies are capable of feeling and communicating with the whole of the universe, they are quantum in nature and thus unified with *all of life*. In this context, they are One with God and God is One with Them. There is no separation, all one family, all living in Oneness with Love. Experiencing this *singularity* we become One with the Christ that we Are... unified with Christ Jesus and all other fully Awakened Masters. This too, explains why he said, “you must come through me”—become One with the Christ Light—to reach the Father... which too, is the *moving past death* in the body just as he did.

The Intelligence of Love and Fear – Two Ways to Live Life

The simple reality is that there are only two emotions to manage and/or have the capacity to manage from a skill or ability point of view. These are the emotions of love and fear. Both are intelligent in nature, albeit one is finite and the other infinite. You will quickly learn through this process how to discern each from the other, thus improving your EI and ensuring your success in capturing for yourself a most wonderful life.

And from the Christian perspective, you will come to understand the wisdom and logic to why Jesus said, “man can only serve one master” (at any given moment in time) and why he said, “I am not of this world”—the world of choice where fear has the same space to block the dance of God’s Love in your life.

Thus, from a *positive* perspective, EI is that capacity to stay in a state of confidence and willful determination to seeing and dealing with problems and challenges from a positive, love-based point of view. It is discernment, a healthy caution (loving carefulness), an attitude of knowing the best action in any given situation. It naturally comes to mind in a form of curiosity, creativity or through a form we call imagination. EI is a natural, heart centered, state of being that all human beings have complete access to, meaning that all is available to all. It is the ability to stay out of the debilitating grips of fear, enabling us to stand unshaken amidst breaking worlds.

Therefore, EI based in fear, at best, operates from a state of suspicion and at its worst, viciousness—as articulated ever so clearly in *A Course In Miracles*. It is animalistic or sub-human by its very nature being

that it begets a pure survival mentality in all its behaviors. Call it the fight or flight syndrome, a cunning form of self-sabotage or grandiosity (my rules run the universe), it cleverly manifests in hundreds of insidious ways, yet all based in the same thing: its roots are always nested in fear. Its reward: shame and guilt. Both these toxic blocking forces are those that are certain to bring disease, dysfunction and pain to the body—and in certainty, death, if healing does not take place first.

And as recognized today by the medical community, who now concede that “stress” is the root cause to 75% of the body’s medical problems. Yet, you will find when asking the body... it is really 97%... with the other 3% being parasites, toxins and accidents.

Thus, the ABC Self-Healing process empowers you through your own EI, giving you the ability to stay in the energetics of love no matter what the circumstances or situation you are facing. Willingness to surrender your fears is where it all begins!

The energies making up your aura are those of Perfect Love. This Perfect Love is given form through the Christ Light, the first Expression of God as a Loving Force. In its highest state of Perfection, it has been referred to as “The Christ” or the “Only Begotten Son of God.” It is the one and only, the first and the last, the single Expression of Love and Light that God created. In this way, we each were truly born of God’s Image and Light, and clearly and continuously One with God, as Expression of God right here, right now. Thus, many of us have simply lost the awareness—*an awareness you will be rebirthed into* as you do the ABC Self-Healing work.

In this truth, does healing come naturally and is wellness easily realized. In this way, is your body an avatar of God’s Light, showing up and expressing as you, with or without the awareness of who *you really Are*. Thus, we all choose to be, from moment to moment, God realized children of One Family in God or as Christ Jesus says, “orphans lost in the world of just living and dying.”

Lost On The Fallen Ladder of Awareness

While in truth we are children of God, *our full awareness of this* has been lost. Like falling down a ladder of 100 rungs, we now only see the first twenty closest to the ground. Whereas in reality, the other 80 are blocked by fear’s blinding clouds in our minds. As a result, we forget who we Are. Over the years, we have learned to live as though we are mere human beings living a limited existence. We have come to believe this 20% of life is all there is. We live and then die.

Because of this, God sent one to show us, to teach us, to demonstrate to us, that there is another 80% more potential to our lives. This one was the Christ, who showed us a greater way, a new way, the only way (being the way of Perfect Love) to recapture the fullness of who we really Are. He showed us exactly how, teaching us to look with faith and his Love beyond the clouds. He showed us a life made of 100 rungs, how life can be eternal if we so choose to ask how and believe. Right now, we might say he stands there waiting within the clouds (albeit this is an analogy for going deeper into our EI) even prophesied it as the way of his second coming (perhaps best interpreted now metaphorically?). Regardless, patiently, he awaits us (he is our Lord, Elder Brother, King of Kings, or mere teacher...it matters not your belief) knowing now, all that is needed is that we release willingly, *the clouds of fear* blocking our vision to realizing, being his brother, his sister, his family again—a Oneness in Love where the separation-thoughts-of-fear do not exist!

If you will remember, his greatest charge and encouragement was for us to repent, *or to let go of outdated thinking that was no longer useful, negative habits and negative ways of being*. He guided us all to forgive our misperceptions about others, the resenting of ourselves or beating ourselves up. In general

and specifically, letting go of *all that is not love* allows Christ to fully demonstrate his Perfect Love—through us and as us!

Christ (the Love Intelligence, the Holy Spirit, within all of us) knows who we Are... and that our greater life of happiness and health is found through the awareness hidden behind negative emotions that we have mistakenly created and now anchoring the blindness inside. Christ knows that as we gain the awareness of the other 80 rungs, we will become and do as he did, and even more over time. Once we remove the clouds of fear, doubt and other emotions and misperceptions from our minds and consciousness, we will once again *feel and experience* the fullness of his Love. We will climb the ladder with God's faith and Love, trusting God more every step of the way. We need only let go of all that is not of God—that God did not create. This includes, of course, our *limited thinking*, for in God, in Christ, we are family *with the Creator* of the universe... thus logically, for real, all things are possible! How could it not be?

Thus, ABC Self-Healing is a process your Holy Spirit will use to help you once again gain clarity of who you really Are. With your willingness and choice, you can remove the doubts and fears your misperceptions have caused. And as you regain your clarity, you will see clearly once again that there is a host of rungs you have completely forgotten about. You will be able to clearly acknowledge and reconnect with who you really Are! Through clarity of mind, the faith you gain through this awareness, you will arrive at the Truth of your Being. In this holy instant, healing is complete.

Removing the Clouds of Confusion Caused By Emotions of Fear

Negative or fear-based emotions are best described as static energies that have mistakenly made their way into our emotional energetic body. The reason we say *mistakenly* is because *had we known* the physical, mental or emotional trauma caused by creating these energies, we would not have taken them on or created them in the first place.

In truth, there is only one *real emotion* of feeling, one energy of Creation to be experienced, one that supports all life in the unified fields of creation or what we *see and experience* as creation. However, given we are each blessed with free will, we do have a choice to create another emotion. This *choice* is to make duality real or brings it into existence; albeit is a false one made real—called “fear.” Why would God give us such a choice? Because, it is the only way to make *free will* real or the *potential of experience* here on Earth.

Is fear then real? Yes, if you believe it is. Can it kill us? Yes, if we believe it can. How the hell would such be possible then if in truth the only real emotion or feeling is Love? A logical, natural question to ask, indeed.

The answer: Because of who you Are. You *are* a child of God, made in His *image and likeness* and as such, you are co-creators whether or not we like it or are even aware of it. This is a fact. We are given a choice to *choose thoughts* fueled by Love or fueled by fear. There are no in-betweens. It is a law of living. Thus, every thought we think is fueled by our connection to God's Life in Love, or our *mistaken* choice to create its opposite, a separation, an orphan-hood, powered by fear, which is anti-God, anti-Love and in truth, the anti-Christ of Life. Put simply, fear separates us from God, strips us of the remembrance, blinds us to seeing our holiness and thus imprisons us in a hell of our own making. It is an existence mistakenly created by our forefathers/mothers long ago... a world made of lack and limitation, pain and suffering—a life making fear, our fuel in life. Yet it all begins and ends with the thoughts we choose to think in every given moment.

Healing, peace of mind, joy and happiness—logically being just the opposite of fear—clearly becomes the key to our wellness, health and Eternal happiness. Thus, to experience the fullness of LOVE *as our life*, we need simply let go of the fear. And being that we created it, we can choose to gather it up and cast it out of our bodies—becoming again new, rebirthing ourselves as a child who *knows not* this thing called *fear*—so that as a child we can transcend this world and begin living the greater heaven within.

We do this simply by using the PERFECT LOVE that we Are, where there is no lack, pain or suffering. There is only LOVE. Period! In this moment, to experience LOVE PERFECTLY, we must let go of all of our fears which are embedded subconsciously within, yet easily within reach of our willingness to let it go.

Your Holy Spirit guides you... standing in trembling readiness to free you from fear. And to the degree of your willingness is the degree you speed the process to your freedom. ABC Self-Healing can then be said to be a tool, your super highway to freedom. Each step is gentle and loving, absolute in its outcome. What is needed is simply the CLARITY of what fears you have created and one-by-one and/or by the basket full, as you're ready, they are gently removed.

Removing The Static Energies of Fear

Doing Your Inner Spiritual Work: *Letting Go of All Fears and Negativity*

If you agree with the premise that your body or mind is not functioning as it was designed by God, you are ready to begin doing the work that will free you from them all. You now know it is not running like it should because you have mistakenly created fears or negative static energies that are now holding you hostage by creating stresses or dysfunctions to varying degrees. These stresses show up at best in ways we call “normal human experiences”, such as: minor body dysfunctions in the form of headaches, fatigue, colds, warts, stomach aches, mental confusion or lack of clarity, uncertainty, low-self-esteem, or some 90 plus other adjective outlined on the ABC Healing chart; and at their worst, chronic diseases of the heart and other vital organs, such as cancers, immune disorders, mental disorders, blood disorders and the host of other dysfunctions where the body has been totally polluted by the toxicity of fear’s killing energies.

If you are not clear, then talk more to one who knows this work, search the internet, but please, do the work—there is a Self-Healing Coach there to help you. Just ask and you will receive...they will be revealed to you. They will help you walk through your self-healing and then you can help others if you choose. But be sure and clear, *it is not* God’s Will that we suffer—so it has got to be us who is making any suffering real. It is our choice also to let all the fear and negativity go...for we must own them (your mistaken choices that created the fears) before we can give them away or let them go.

If you’re ready for your self-healing, Great! Let’s begin.

Using the ABC Self-Healing Worksheet

Take the Healing Auric Body Communication (ABC) Worksheet and begin to look it over. It is located on the last page of this workbook. You will notice that at the top there are various words running across the page, beginning on the left side entitled, “Trapped N-emotions”.

Collectively, all the words are simply different expressions of the “static energy of fear.” They are helpful in communicating or gaining clarity and understanding about the different ways and reasons they may have been taken on and how they are impacting your bodily functions.

But before you begin looking them over, know clearly that all the following ‘words’ *are just* ‘words’ – and in no way reflect anything about who you are. In fact, they are *actually blocking* you to the awareness of who you really are, so by removing them, you will return to your genuine, authentic self, where your true courage moves in Love so you can fully experience the reality of being a child of Love.

Again, back to the top of the First Emotional Worksheet chart where you will find the following terms used to describe the “emotional blocks of fear”. Each is defined as follows:

- **Trapped N-Emotions:** Negative Trapped Emotion are Trapped ‘static’ of fear(s) that have been mistakenly taken into the mind (the auric quantum field containing the body) due to an event, experience or situation you had with a person, place or situation.
- **Negative Vows:** A negative vow is a moment in time when you thought or said to yourself that “I vow...never again will I put myself, place myself, be in a situation, etc...so that I will never feel pain like this again (emotional or physical). It is some time that perhaps served you then, but does not now as it is a vow nested in fear. Being in the energies of Love requires no protection for it is

where your connection to God happens! As such, when you let go of this fear, you will find you are walking *in discernment*, a place of knowing naturally what is potentially harmful and what is not.

- **Negative Agreement:** Like a negative vow, it is an agreement you made with yourself so that you would protect yourself from being hurt again.
- **Negative Heart Walls:** Negative Heart Walls are emotional walls built to prevent you from ever being hurt—thus they are built typically after some really hurtful event. They are often walls built to help you cope, or in order to deal with pains that were really deep when they happened. Often, they are the cause of defensiveness when we believe we are being attacked or when even when we are loved at times, for fear of being hurt again. Normally they are made up of several emotions or one very strong one.
- **Hidden Heart Walls:** Like a heart wall, these are very deep hurts typically that we want to completely forget about and never remember again. Often accruing when we were a child, so when looked at as an adult, we are often surprised by it seeming to be a big deal.
- **Fear of Fears:** These are fear-of-fear dealing with projected events that have not yet happened. They often cause us to sabotage situations, relationships or events for fear they will set us up for being hurt again and to the extreme, we call them phobias.
- **Negative Protections:** Like fear of fears, these emotions we take on to protect our selves from situations we have come to fear. These too can be more of the phobia-like fears – but not exclusively these.

Can My Body Really Talk With Me?

Yes, of course it can! Will it talk with you? Yes! Your body will talk with you through its natural use of its 'built in 'emotional intellect' if you are willing to ask it questions... and of course, willing to listen. While this may seem strange or even bazaar to some, you will come to realize and see it is really quite logical once you consider the following three points:

- If our body's trillion of cells are all dancing in constant communication, whereby working in perfect harmony just to allow us to walk and run (turning off and on each and every muscle cell in perfect harmony), then why is it not logical that these vary same cells would guide us in way of helping it (the body) to be in perfect health? The truth is... they love this work as negative emotional energy is toxic to their system... so getting rid of it is a joy!
- Today, scientists¹ know each and every cell in your body is capable of communicating its needs to the rest of the body's through what is called the cell's "membrane", which is the outer skin that every single cell has. This is accomplished by way of tiny protein molecule acting as transmission antennas. Through these antennas, quantum communication takes place through the emotional energetic fields in ways like that which makes the internet possible (albeit the internet is connected through physical wires... yet in recent years "light" is used as the medium in which information travels). Each cell then tells all the others what is needed to keep it healthy and even what is needed when it is ready to duplicate or rebirth itself. And when it is attacked by outside virus—your immune defense system army is called into action, similar to a computer's anti-virus program. Indeed, it is then only logical that while not popular throughout the world yet, that it too has the intelligence to answer "yes" and "no" questions if asked?
- If God created our most magnificent body's to carry around this life form we call the 'soul' (which is made of quantum energies of Love Light), it only makes sense that God being God, the creator

¹ The pioneering Scientist for this work is Dr. Bruce Lipton. His work can be deeply explored in his book, *The Biology of Belief* and too, talks of his can be found on YouTube.

of all things, that a means of communicating and keeping the body in optimum health would be made as part of the original plan. So naturally, like the evolution of our medical science and understanding about how the body works, ABC Self-healing is just another logical step of discovery of just how fantastic our bodies were designed in the first place!

Considering the fact that we are spiritual beings (Children of God) living a human experience in our bodies, how could such communications ‘not be possible’? In fact, with what we know today through medical science and quantum physics, it is hard to imagine ‘why’ such communication would not only be possible, but practical. Thus, might we conclude that ABC (auric bodies communicating) is an emotional talent like curiosity or imagination, yet simply something that has not become mainstream?

There is only one way to prove it. Try it for yourself. It is something you will find to be true through self-evidence experience, if you are willing to be open and practice developing what is now given.

Doing The ABC Self-Healing Work

Once you have determined the best way for you to talk with you body or get ‘yes’ or ‘no’ answers to your questions, you are ready to do the emotional cleansing work using the chart to guide.

In summary, the ABC Self-Healing™ process works in the following seven steps. We also noted the amount of time it typically takes to go through each step once you have become confident or have gone through the process several times. So with practice, it typically takes 10 minutes to go through the whole process, depending on the nature of the situation you are dealing with and the degree of your spiritual sensitivity talent development.

- Step 1: Determine the best way to communicate with your Auric Body (3-5 minutes) and getting your “yes” and “no” answers.
- Step 2: Determine if you have Negative Emotional ‘static’ in your body that are connected specifically with a physical, mental or emotional issue that is creating discomfort. (30 seconds)
- Step 3: Determine the nature of the negative emotion(s) and then specifically its nature or name(s) using the ABC Self-Healing Worksheet. (2–10 minutes)
- Step 4: Determining specifically “who” and what “situation” provoked defense or the fear that caused you to create this negative emotional block, when it happened, so to help you recollect it and connect with it or to see the mistake with clarity. You seek clarity here only so you can own it as your, for you can only forgive and release what you created. (1-2 minute for each emotion, so it depends on how many)
- Step 5: Asking the Holy Spirit how best to release the emotion(s) in a gentle, loving way. You can do this many ways and new ones will come to mind too... so be open to your guidance as to how best to release it each time. (30 seconds).
- Step 6: Releasing the emotion(s) through by the best process determined. (1–5 minutes)
- Step 7: Doing the release, letting go, forgiving, repenting, undoing the mistaken choice.
- Step 8: Confirming that you have released it...that the work (the process) did the work. (10 sec.)

Talking With The Emotional Intelligence In Your Body:

Okay. We have shared that there is an Emotional Intelligence in your body, but haven’t been specific about exactly what it is other than Love. So specifically what it is is your *Holy Inspired Connection To God...* or in short, the Holy Spirit. Jesus’ more resent teachings on A Course In Miracles constantly emphasizes that the Holy Spirit is nothing more than our right Mind. This of course says there is both a right Mind and a wrong Mind. Right mindedness most certainly directs us to seeing, experiencing, living,

a life in alignment with God's Will, or in connection to the Mind with God. Wrong mindedness is really 'no mind at all' but rather of dream state of separation happening outside of God's Will for us.

This right Mind then naturally, logically, is our Emotional Intelligence, placed there by God. Yet this mind is not located 'in the brain' as one might think, but within the energy field of life force surrounding our bodies. So as you learned earlier, your energy body is where this right Mind is and contained within the Auric body. Added to this fact is the greater truth that God is omnipresent and omnipotent, and in this realm of understanding, all Holy Spirits *within all of us* are in constant communication or eternally connected. Albeit these communications is what might be called "quantum in nature" or beyond your normal realms of understanding, it is nonetheless a fact that we are all of One Mind In God. Best described by the analogy of *we are waves* of God expressing ourselves from the One Ocean of God's Loving Omnipresent reality.

So, while there are numerous ways to communicate using our bodies to engage the Holy Spirit and oneness of all Auric Bodies Communicating...or called the ABC technique, the two clearest and easiest we have found for beginners is the "arm length contraction" and the "body pendulum direction sway." [these are demonstrated on the videos located at Perfection Healing website.]

The truth is talking with your body is a 'natural talent' and like any talent, they are first discovered and then mastered through practice. The speed of your ABC talent development, or getting clear 'yes' or 'no' answers is directly connected to the degree of *intention you have* to develop them. In other words, like any natural talent, the more determined or committed you are, the faster they will develop through practice. The key is contained in your ability to 'stay present' or 'in the moment'...for this is the only place where love is, which is the energy used by the body to communicate with you. Thus, like all talent development, some come more naturally than others, but always will it be mastered through practice. So be patient and persistent and with practice, you will be communicating with perfect clarity with your Holy Spirit, Your Spiritual Guides, Christ or God.

Along these same lines of developing your communicating abilities with your Spiritual Guidance, specifically the Holy Spirit, or your connection to God within, *A Course In Miracles* states the following:

Excerpt from: Chapter 15, Section Five; Paragraph 8

Every thought you would keep hidden shuts communication off, BECAUSE YOU WOULD HAVE IT SO. It is impossible to RECOGNIZE perfect communication, while BREAKING communication holds value to you. Ask yourselves honestly, "Would I WANT to have perfect communication, and am I WHOLLY willing to let EVERYTHING that INTERFERES WITH IT, go forever?" If the answer is "no," then the Holy Spirit's readiness to GIVE it to you is not enough to make it yours, for you are NOT ready to share it WITH Him. And it cannot come into a mind that has decided to OPPOSE it. For the holy instant is given and received with EQUAL willingness, being the acceptance of the SINGLE Will that governs ALL thought.

All summarized, our bodies are talking with us all the time in different ways and so too will the Holy Spirit give us direct guidance using it if we are wholly willing let go of any interferes and wanting to return to the fullness of Love we are. Most certainly this finely turned biologically intelligent nest of trillions of cells was made to serve us in ways we have yet discovered and through ABC Self-Healing, you will begin to learn a whole lot more about everything! So it is no surprise that these same cells that have to communicate with each other in order to keep the body in perfect health and alive and functional on a daily basis are most capable of knowing when negative energies were parked in their auric field. After all, this same body tells us when it needs feeding, when it needs sleep and when there is a

dysfunction. Thus, it is only logical that it would tell us more if we open ourselves to listening or communicating with it in ways that benefit its very purpose.

The great news is you can now take all that you have discovered here in concept and test it *for yourself* through personal tangible experience in communicating with your built-in Spiritual Guidance within it, seeing for yourself, that is asked, that it will guide you in ways that will allow miracles to take place; where healing in physical, mental and spiritual ways never dreamed possible become a normal reality!

ABC Self-Healing: Step by Step Instructions for A Personal Session:

Instructions for each part of ABC Self-Healing is as follows, but please keep in mind that like any talent, takes practice to master. It starts with explaining two ways of getting your “yes” and “no” answers to questions. Please take the time now to watch the videos for doing this...as it most certainly will be helpful in understanding the simplicity of the process.

Now, there will be times when getting help to discover this talent may be needed or you may come up with questions. Again, no problem us by email or phone...getting in contact with an ABCs Self-Healing Coach. We are here to assist so please ask.

ABC-Self-Healing™ Getting Your “yes” and “no” answers by Arm Length Changes

This is one of two way we recommend you test for getting your “yes” and “no” answer process. It is done by extending the arms directly out in front of you horizontally, placing the hands side by side. When you do this you should notice that they are the same length. Using this method of ABC begins by determining which way the body will give you a ‘yes’ or ‘no’ answer to a question; one way will be one of your arms will contract (shorten) [as demonstrated in the video]. This instruction aims at helping you determine which ‘arm length change’ is your ‘yes’ answer and which position is your ‘no’ answer.

Begin by putting your hands side by side, and then gently and smoothly separating them some 2 to 3 feet apart horizontally over 2 or 3 seconds—in a gentle flowing motion going out and then bringing them back together. Do this several times relaxing while standing up or sitting down. For this to work, you need to be centered and relaxed, so take a couple deep breaths and close your eyes if this is helpful. Invoke your naturally curiosity in this process as it is most helpful...remember you are pioneering a new communication method for yourself, so be light about it as a child is about how a new toy works. You will observe that each time you bring your hands back together, they will be the same length. After you have observed this several times, move to the next step.

Once you are relaxed and ready, next you move to asking a *known* “yes” question. Place your hands side by side out in front of you and while separating them 2 to 3 feet apart say ‘state clearly out loud with clear intention...

“I want to talk with my body, please answer my question; saying. “my name is _____? (say your name out loud” Now, intending and curious as to how it your body will answer, bring your hands/arms back together in front of you and observe if one of your arms shifts length? This is be as little as ¼” inch, so look closely. If there is no change, this is okay. Ask the same question moving your arms apart and back together 3 to 5 times, asking your question out load each time, to confirm you are getting the same results. If one arm shortens slightly during this test, this would be your body’s way of saying ‘yes’ to your question. If nothing changes, you should consider this position as your ‘no’ answer.

To determine if a ‘no’ comes by shortening your one of your arms length, ask your body the same question, but this time, use a fictitious name, like, “My name is Sand?”, separating your hands and then bringing them back together.

Provided you are clear in your intention, operating from center or being present (without an agenda), you should see a variation in arms/hand alignment, giving you a clear “yes” and “no” answer. Again, this can be as little as a ¼” inch—and at times as much as 2-4 inches. Either way, as you practice, the difference will be more pronounced. If you do not find the difference clear, just allow it to be what it is and try the next method.

ABC-Self-Healing™ using the Standing Pendulum Communications

Here, like the arms length method, we are seeking to get ‘yes’ or ‘no’ answers from the body. In this case, we will stand up with our feet together and arms at our sides.

Relaxed and in center, eyes perhaps closed and with clear intention, we ask a question to see how our body will answer a ‘yes’ question; saying, “I want to talk with my body, my name is _____”? Remaining relaxed, our body will sway in ‘one direction’, either frontward, backward or to the left or right (side to side), giving us a ‘yes’ to this question. To begin, this may be a very slight and subtle motion to some and to others it can be very clear and even a shockingly profound movement, like a light push. Either way is perfect as all we are seeking is a clear indication of ‘yes’.

Next, like with the arm’s length technique, we ask another question to determine the ‘no’ direction of sway when standing. So we ask the same question about our name, but use a fictitious name. As an example, “My name is Ocean?” Again, we wait for a response to determine the answer of our body sways for ‘no’. Many times this comes in the opposite direction of our “yes” answer, but not every single time—sometimes moving to the right or left or even diagonally in one direction will happen. Don’t have an agenda... allow the ‘yes’ and ‘no’ answers to come whichever way they do.

Again, each person is different and at times it will change directions, or the ‘yes’ or ‘no’ answers are reversed, so it is important that you test it each time you begin the work, until such time as you are very clear in receiving your yes and no answers from your guidance within.

Doing The ABC-Self Healing Session Work

Once you have determined the best way for you to talk with your body or get ‘yes’ or ‘no’ answers to your questions, you’re ready to do the emotional cleansing work using the chart to guide.

To begin, we will tell you every step in the communication process, then go back through each one to explain exactly what we are doing and why.

Step 1: Determine if you have Negative Emotional ‘static’ in your body.

Ask this Question: “Do I have any unresolved emotional issues I can now remove in a gentle, loving way?”

Answer: “Yes”

Q: “Is it on this chart?” (this is confirming just for your benefit)

Answer: “Yes”

Step 2: Determine the nature of the negative emotions, specifically its name(s) using the ABC Self-Healing communication worksheet.

Q: “Is it one of the issues listed at the top of the chart?”

Answer: “Yes”

Q: “Is it just a made up of negative emotions?”

A: “No”

Q: “Is it a Heart Wall?”

A: “**Yes**”

Q: “Is it made up of emotions on this chart?”

A: “**Yes**”

Q: “Are any of them in Row One?” (Running along the side of the chart from right to left across the page)

A: “**Yes**”

Q: “Is it in Columns 1 through 4?”

A: “No”

Q: “Is it in Column 5?”

A: “No”

Q: “Column 6?”

A: “**Yes**”

Q: “Is it emotion 1 – 4?”

A: “No”

Q: “Is it emotion 5?”

A: “No”

Q: “Emotion 6?”

A: “**Yes**” (now stop and write this emotion down on a piece of paper and continue)

Q: “Emotion 7?”

A: (continue until you cover the number of emotions in this column and write down any Yes answer you get. Once you finish this column, go to the next question)

Q: “Are there other emotions in Row One?”

A: “No”

Q: “Are there emotions in this Heart Wall from Row 2?”

A: “No”

Q: “Row 3?”

A: “Yes”, (go through Row 3 like we did for Row 1, writing down any emotions noted)

Q: Is it in columns 1 – 4?

A: “Yes”

Q: Is it in column 1? 2? 3? 4? (notice it’s a process of elimination we are using to zero in on what emotional word description). So if it is in column 1... you will get a yes.

A: “Yes”

Q: Is it emotion 1 through 4 in this box?

A: “Yes”... (if you get a yes, simply ask about other emotions too... if no, continue on)

Step 4: Next is Determining when this emotion came up or was created.

Q: “Can I now determine when I took it on or created it?”

A: “Yes”

Note: Using your current age, divide it by two. So if you are 48, your answer is 24. So using a process of elimination, ask questions like the following to determine the age. Again, we use the ‘process of elimination’ to quickly determine the year or age it was created.

Q: “Did it happen between 24 and 48?”

A: “No”

Q: “Did it happen between 12-24 years?” (we divided the remaining years by two).

A: “Yes”

Q: “Was it age 12 to 16?”

A: “Yes”

Q: “Was it age 12?”

A: “No”

Q: “Was it age 13?”

A: “Yes” (now you determined the year it happen)

Note: Now that we have the year, we want to determine who it happened with. In a like fashion to age, we want to determine who or what we were involved in where this happened. So again, we question using a process of elimination like we did to determine the age the emotional event happened. As you go through this process, you will begin to remember (or your Holy Spirit will communicate or bring the situation to mind for you) what happened and with who it involved.

Q: “Did the event happen with a family member?”

A: “No”

Q: “Did it happen with a friend?”

A: “Yes”

Q: “Was it a school friend?”

A: “Yes”

Q: “Was it the situation dealing with my friend at my grandmother’s house?” (an example if you remember something it might involve)

A: “Yes”

Q: Is it (now we begin to remember the occasion dealing with the situation), when XYZ happened?”

A: “Yes”

Note: Finding the ‘yes’ sometimes takes several guesses as the emotions or situation have been deeply buried in our subconscious minds. Also, it may not seem to feel like it is not big a deal now, however do not minimize it. The static, or residual negative energy for this one may be small, but needs to be removed before other/another bigger one(s) can come gently to the same conclusion. Remember, it is a gentle, loving process. Your Holy Spirit is seeking to rid itself of unhealthy static and knows the best way to do it with certainty and perfection. Trust the process and don’t interfere with it. Stay in curiosity, stay in the moment.

Once you have all the emotions that make up your heart wall written down, we can begin the process of letting them go, using the following question sequence.

Step 5: Releasing the emotion(s) through by the best process determined.

Q: “Can we release this Heart Wall in a gentle loving way, beginning with the _____ emotion?” (fill in the blank with the first emotion you wrote down).

A: “Yes” (sometimes, we get a “No” to this question...which we will cover how to address in detail later)

Note: We use three ways to release our negative emotions in a gentle loving way, beginning with identifying when it happened, involving who it happened with (if any), and or the situation it accrued. If you do not get a ‘yes’ answer to one of them, it is suggested you meet with a EI-Coach or simply pray to God for willingness, or asking the Holy Spirit for guidance—then listening for the answer. If tears come up, let the flow...be gentle with yourself, knowing that God is in charge of this process and thus love is helping you heal. The answer will come. Regardless of what you do, trust yourself, your inner intelligence, your God connection. It will guide you. This is certain. Always remember: Ask... and you will receive. (Just as you discovered this self-healing process, the answer will come).

When you feel ready, begin asking as follows, how best to let the negative charge of the emotion go.

Q: “Can I give it to the Light?” “Yes or No?”

Q: “Can I give it to my Holy Spirit?” “Yes or No?”

Q: “Can I give it to God, or Jesus, or the Oneness of it all?” (if you get a “Yes” here, ask about which one you should give it to so you have just one answer.)

Q: If you get all “no’s for the above questions, ask “Do I need additional assistance to release this emotion?” “Yes or No?” (if you get a “yes”... call or email us and we’ll have a coach help you through this free of charge).

Step 6: Doing the release or letting go, forgiving, repenting, or allowing the Holy Spirit to undo the mistaken choice.

The following are three different answers to the foregoing questions, with each giving instructions as to how you do this.

A: “Yes” answer given to release the negative emotion to your Holy Spirit

Your Holy Spirit stands in readiness to release you from these negative emotional energies and replacing them with Love. When you’re ready and willingness to let them go, begin by closing your eyes and breathe in deeply and then exhale. Do this several times until you feel you are ready, relaxed and be clear about what you are ready to do. Now, visualize the situation that created the emotion in the first place, knowing that it cannot hurt you now nor will it in any way, shape or form. It is only ‘static energy’ that was mistakenly created and now you wish to let it go. Once you feel at peace and ready, visualize these emotions coming together in a form within your body. See them taking on a certain shape, look for their color and their form. Visualize them the best you can, is it heavy or light, what color they are, see it as something...allowing your mind to drift like a feather flying through the air. Allow what is to be seen to be seen—you will be guided.

Once you have an image of it, you will begin to visualize the Holy Spirit coming into view, again, allow this image to come in a form of a most beautiful being of light. It will now reach out its hand and when it does, you give it this shape or form you created. Watch now what happens as you give it all to your divine friend. In one way or another, it disappears as it is taken from you. As this occurs, you can acknowledge it by simply saying ‘Thank You’, or whatever expression of gratitude which you feel. Now go to Step 6.

A: “Yes” to the Light

Giving your negative emotion to the light is like that of the Holy Spirit, but instead of seeing a being of some form come through your visualization, you see only the beautiful glow of Total Light and Love surrounding you. As you have this experience, simply take the emotional shape you made in one of your hands and toss it into the light. As you do, you will see it completely disappear, gone forever! Now go to Step 6.

A: “Yes” to “give it to God, Jesus or the Oneness Of It All.

If your body chooses to give it to God, Jesus or the Oneness Of It All, you need first determine which one, so say each one and ask for a “yes” or “no”. If you get a ‘no’ to all three, then ask about ‘all three’ or determine a combination of two of them. Once you have, close your eyes and pray from your heart that they remove this emotion from your body in any way they see fit as you trust them completely to remove them completely. Continue to pray until you feel complete. The moment will come, so simply be patience. Now go to Step 6.

A: “Yes”, you need additional assistance to release this emotion.

Relax if you get this one, it is a blessing coming into play. God, Holy Spirit, Jesus, and the Oneness Of It All, is simply telling you here that the best way to let this emotion(s) go completely is to ask for assistance. Normally, they want you to discuss it more so that you can gain the awareness and clarity to heal very, very deeply...so there is something wonderful about to happen when you follow through in willingness here. If not immediately, someone will soon come to mind. Maintain your intention to release it and the right person needed to assist you will be given. Also, it may be that the next emotion to released is in need their assistance as well, so they’ll help you with this one plus the next one too. Or, you were meant to help them too...that your process will be a greater lesson for them.

Regardless, be sure, it is no accident you are being asked to release this way...and that with certainty, there is something wonderful happening in your healing process.

Step 7: Confirming that you have released it...that the work did the work.

Once you finished step 6, you need to do one final check. Simply ask your body: “Is the emotion released?” Most of the time you will sense already that you are clear of it, but be sure and ask, as some times you will get a surprising ‘No’. But be sure, if you get a ‘NO’ answer, you *did nothing* wrong. You just need to gently and lovingly go deeper. Allow your guidance, your intuition to guide you. Go back and ask a few questions seeking clarity. Was there another event, person, or place that you missed? Relax and trust the thoughts that come to mind. The answer will come. But please, most importantly, keep it light. Have fun exploring what was missed. Allow your desire for release to guide you...have fun with it, remembering this is a loving process.

Your answers will come. This you can be positive of.



ABC Self-Healing Worksheet I

Letting Go, Forgiving, Releasing, To Move Deeper Into The Fullness of Love That You Are

(A) Trapped Emotions... (B) Vows & Agreement... (C) Heart Walls... (D) Hidden Heart Walls... (E) Fear of Fears... (F) Fog Banks... (G) Protections

"Here is his healing, for the Holy Spirit's vision is merciful and His remedy is quick. Do not HIDE suffering from His sight, but bring it gladly TO Him. Lay before His eternal sanity ALL your hurt, and LET Him heal you. Do not leave any spot of pain hidden from His Light, and search your minds carefully for any thoughts which you may fear to uncover. For He will heal every little thought which you have kept to hurt you, and cleanse it of its littleness, restoring it to the magnitude of God." Christ Jesus, ACIM

	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8
	Dignity, Respect, Self-Worth	Freedom & Control	Love & Friendship Connection	Truth & Justice	Safety	Trust	Limits & Put Upon	Responsibilities Unfulfilled
Row 1	1) Anger	1) Bitterness	1) Abandoned	1) Aggression	1) Abandonment	1) Anxiety	1) Creative Insecurity	1) Unfairness
	2) Beaten down	2) Bottled Up	2) Alone	2) Accused	2) Abused	2) Confused	2) Deserving	2) Illegitimate
	3) Cut down	3) Controlled	3) Brushed off	3) Betrayed	3) Afraid	3) Cynical	3) Disappointment	3) Unjustly Treated
	4) Criticized	4) Demeaned	4) Confused	4) Cheated	4) Attacked	4) Disenchanted	4) Excitement	4) Malpractice
	5) Dehumanized	5) Depression/ed	5) Disapproved of	5) Dejected	5) Despair	5) Disgust	5) Failure	5) Ruined
	6) Disrespected	6) Discouragement	6) Discouraged	6) Falsely accused	6) Defensive	6) Disheartened	6) Helplessness	6) Unrecognized
	7) Embarrassed	7) Effort Unreceived	7) Forlorn	7) Frustration	7) Frightened	7) Dread	7) Hopelessness	7) Un-credited
	8) Offended	8) Powerless	8) Misunderstood	8) Punished	8) Terrified	8) Suspicious	8) Over-Joy	8) Un-reasoned
Row 2	1) Humiliated	1) Imprisoned	1) Ignored	1) Guilt-tripped	1) Grief	1) Horrified	1) Humiliation	1) Unappreciated
	2) Inferior	2) Inhibited	2) Insignificant	2) Interrogated	2) Hatred	2) Guarded	2) Lust	2) Unrespected
	3) Insulted	3) Forced	3) Invisible	3) Judged	3) Insecurity	3) Jealousy	3) Longing	3) Irresponsible
	4) Invalidated	4) Manipulated	4) Left out	4) Lack of Control	4) Intimidated	4) Panic	4) Loss	4) Delusional
	5) Labeled	5) Obligated	5) Lonely	5) Lied about	5) Over-protected	5) Peeved	5) Low Self Esteem	5) Un-grounded
	6) Lectured to	6) Over-controlled	6) Lost	6) Lied to	6) Scared	6) Rage	6) Manipulation	6) Unreasonable
	7) Mocked	7) Over-ruled	7) Love Unreceived	7) Mised	7) Self-Abuse	7) Skeptical	7) Pride	7) Un-famed
	8) Put down	8) Cornered	8) Neglected	8) Conflicted	8) Vulnerability	8) Wishy Washy	8) Apprehensive	8) Not-normal
Row 3	1) Resentful	1) Rejection	1) Rejected	1) Robbed	1) Under-protected	1) Slighted	1) Overwhelm	1) Complicated
	2) Ridiculed	2) Pressured	2) Uncared about	2) Undone	2) Unsafe	2) Uninformed	2) Incapable	2) Superficial
	3) Stereotyped	3) Sorry	3) Unheard	3) Violated	3) Threatened	3) Untrusted	3) Sadness	3) Unscrupulous
	4) Teased	4) Suffocated	4) Unknown	4) Helpless	4) Unaided	4) Untrusting	4) Shock	4) Unwelcomed
	5) Taken For Granted	5) Trapped	5) Unimportant	5) Powerless	5) Terror	5) Reluctant	5) Underestimated	5) Un-recognized
	6) Unsupported	6) Immobilized	6) Deceived	6) Stifled	6) Weak	6) Befuddled	6) Useless	6) Discounted
	7) Worthless	7) Trepidate	7) Unloved	7) Bamboozled	7) Suspected	7) Bewildered	7) Restricted	7) Demeritorious
	8) Unworthy	8) Exposed	8) Unwanted	8) Inadequate	8) Weary	8) Stupefied	8) Limited	8) Un-common