

# Heart Forgiveness

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Creating Freedom

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**“HOW TO” Live Without Anger!**

**Dr. Ed Carlson**  
*“Developer of Core Health”*

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### **Heart Forgiveness**

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## **Dedication**

This expression is beyond words

of my appreciation to EVERY Individual

who has walked together on this Life Journey

of re-discovery and re-activation . . .

Thank YOU

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## **SECTION 1 The Beginning**

**“Person with No Forgiveness in Heart  
has worse punishment than death.”**

*Miyagi, Karate Kid II*

**“Forgiveness is the economy of the heart –  
forgiveness saves the expense of anger,  
the cost of hatred, and  
the withering of spirits.”**

*Hannah Moore*





# Chapter 1

## Perspective

Heart Forgiveness is a practical application with results, experienced within your self, quickly and easily. Rather than “ought to”, “should”, preachy do-good or feel-good advice, this process is direct, experiential, effective, measurable, and a permanent change in your life. Rather than more words “about” forgiveness, this is a proven accomplish-it-yourself process. Research with groups – followed for years – demonstrates effective RESULTS.

A huge research opportunity was “Freeing Incarcerated Criminal Drug Addicts with Core Health” at The Bridge facility. Demonstrating success with this challenging group certainly validates the process! Three years post-release, returning to their prior environment, with no support group meetings, the RESULTS are 100% success by Justice Department standards of no return to jail. We affectionately call these participants our “Bridge Buddies.” Heart Forgiveness contributed to the power of their process.

Equally amazing research results have been obtained, and maintained, across time with a depression group; demonstrating expansion beyond energy psychology; Antioch Jail for Women project now in its third year; and children in the public school system. Both our “Transferability Study” and years of experience demonstrate that we can train “Facilitators” who consistently replicate these results.

Now you can enjoy success with these Self~Assist tools.

Energy flows through all living things — plants, animals, people – as a function of aliveness. On heart EKGs and brain EEGs, energy is seen moving up and down as waves – when there are no waves, there is no life.

This vital energy is known by various names in cultures around the world, such as *prana* in yoga, *qi* in Chinese medicine, *ki* in the Japanese Kampo system, *doshas* in Ayurvedic medicine, to name a few. The universal recognition of this reality has created many names for this force in many cultures. The West simply uses *Life Energy* or *energy*.

Discovering what enhances your life energy, and what diminishes your life energy provides you with a powerful tool to again be in charge of your own life and your own power.

Google® and other search engines provide us with information from the Inter-net. Merely getting information does not always create change in our lives. Consider how many self help books give you new information, yet your life remains the same.

With energy measuring, you will be able to find your personal energy “glitches” and learn how to make new permanent energy decisions. Now we have the capacity to “Google®” our INNER-Net of energy! With a simple search, locate specific information in your energy system, unique to you. Then we can make a new decision based on this new information. Energy Measuring, or Muscle Testing, emerged from the healthcare fields over 50 years ago.<sup>1</sup>

Heart Forgiveness is a practical, “How To”, personally-effective process that you can master with this book – by yourself, with a friend, or with a group. The necessary understanding, tools, and “Freeing and Re-activation CD” are all included.

In honor of your Life and valuing your Time, our goal is always QUICKLY.

So you may choose when to invest your time, the minutes for each CD track are listed with the applicable chapter or section. The tracks are short, most in the 2-9 minute range, the average for CD 1 is 6 minutes; the average for CD 2 is 9½ minutes.

Energy Measuring is not essential to the process, however, this is fun and very educational. Most people can learn to measure well. “*Muscle Testing Made Simple*,” a brief “How To” DVD, is **FREE** to you as a GIFT from Energy Essentials, Inc. to assist you with this process. Your GIFT card is enclosed on the last page.

Whether you Energy Measure or not, be aware that **you will test strong on positive statements following a Clearing Process**. The Energy Measuring is simply a “marker” of where you begin, so you can experience that you have made a complete shift, and see how far you have come. We utilize the terms “normal” energy and “natural” energy. As you begin the journey, you have a “normal” energy system with congruent measuring results. As you release the energy (normal) that blocks your flow of life your energy becomes a powerful “natural” energy. Watch a young child play with abandon, you are seeing natural energy – free and unencumbered by the past, the future, should or shouldn’t.

This is clearly demonstrated in a variety of ways. Examples: “normal” energy measures weak to sugar, “natural” energy stays strong. “Normal” energy goes weak to rap music and cell phones. “Natural” energy stays strong. You become progressively stronger and have more usable energy as you progress.

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<sup>1</sup> See page 32, “COMPREHENSIVE KINESIOLOGY and the HISTORY of Energy Measuring.”

Heart Forgiveness is a brief, easy, thorough and powerful process by which you EXPERIENCE the results and shifts. You witness the changes in your life and in your energy; in the way you feel, relate, live, and enjoy. Heart Forgiveness is another giant step on your journey. Mastering Heart Forgiveness provides the *bonus shift*<sup>®</sup> of living each day FREE of anger – unoffendable.

A “*Bonus Shift*” is a beneficial energy clearing of an issue without directly addressing the issue! This occurs naturally, on its own, from accomplishing a deeper energy transformation that corrects all energy distortions that flowed from it.

Heart Forgiveness emerged from my life journey and seeking. This is an amalgamation of everything I learned from multitudes of sources. I honor and credit every person and source with thanks for my learning. While visiting Egypt, a guide said “There is nothing new under the sun.” For decades I pondered that – things are rediscovered, reformulated, made clearer, understood better, and applied more effectively. This is the purpose of this workbook and this journey.



## Chapter 2

### Energy Prisons

#### **"Anger takes Joy as its Prisoner."**

*Anon*

"That' person is in control," shocked a psychologist and minister of 40 years, as we played with Energy Measuring by pushing on his arm extended to the side.<sup>2</sup> Michael had selected a small anger – someone cutting in front of him in traffic on the way to our meeting. Yes, even a small anger distorts and drains our energy until it is intentionally released.

The small anger was confirmed by his statement "I am angry at that person" measuring as true.

"Do you want that person to be in charge of your energy?" I asked.

"Absolutely not!" Michael replied.

"Do you believe in forgiveness?" "Yes."

"Do you preach on forgiveness?" "Yes."

"Do you encourage clients to forgive?" "Yes."

"Do you practice forgiveness?" "Yes."

"Good. Now that you have the motivation of freeing and regaining control of your own energy, forgive "that" person for cutting you off this morning." Michael reflectively closed his eyes, bent his head a bit, and took a minute to "forgive". He opened his eyes and said "OK".

Re-measuring Michael, he was NO to "I have forgiven that person."

Also, measured NO to "I am in control of my energy."

The beauty of Energy Measuring is as an indicator of our "energy truth" in contrast to what we "think" in our head, or believe is true about our self. This keeps us from fooling our self with thinking that is not congruent with the reality of our energy flow.

Now Michael's attention was riveted! His motivation was engaged to be free of the control of the other person. Despite his training in the ministry and in psychology, and

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<sup>2</sup> Appendix B, "Art and Science of Energy Measuring" and free DVD "Muscle Testing Made Simple"

his own strong belief, his effort at forgiveness of a small offense was *measurably unsuccessful*.

What is the cause of ineffectiveness, the lack of success, the failure to be free of energetic control by another – control that was **given** to them by us! Our anger or upset **puts the other person in control of our energy**.

This realization provides the context and motivation for Heart Forgiveness – we forgive for OUR BENEFIT – to regain being in charge of our own free flowing energy. Then we have our full capacity to deal with crazy driving, or other acts.

“Michael, four hundred years ago, the famous philosopher Rene Descartes wrote ‘I think, therefore I am.’”

“People in the Western world believed him and began living in their heads, cutting themselves off from the neck down. Forgiveness for most people is not effective because they do it only in their head.”

“An effective and easy technique is to simply forgive from your heart – rather than from your head. This makes forgiveness instantly effective.”

I assisted Michael with a 1 minute forgiveness process from his heart, including the opportunity to “ventilate” at “that” person.

Opening his eyes, Michael exclaimed “WOW, I really *feel* that shift!”

Measuring his energy confirmed Michael’s positive shift to again being in charge of his energy, and that he had effectively freed himself of the other person’s control.

This is effective forgiveness – we take the keys to the energy prison we have made, unlock the door and let our self out!

As we parted, Michael said, “I really like that heart-having-lips process . . .” and Heart Forgiveness was born!

\*\*\*

Growing up in a western Judeo-Christian culture, even with other cultural backgrounds, we learn we are “supposed to forgive”. Somehow this seems to be for the benefit of the other person. We can be reluctant to forgive. When we do attempt to forgive, our techniques and results are often not effective, with a lingering awareness of the anger or irritation.

This causes a continuous energy drain, 24 hours a day, 7 days a week, 365 days a year, year after year, until we **purposefully** release the anger or irritation.

A huge leap in personal awareness comes when we experience that *anger debilitates us*. We recognize that WE distort our OWN energy flow. WE put the other person in charge of our energy and our life! WE create our own Energy Prisons.

How weird is that?

The magic is that we hold the key to freeing our self -- the key to unlocking the prison door -- the key to being back in charge of our own life energy. Heart Forgiveness provides the keys to the Energy Prisons we have made, and we simply set ourselves free.

How easy is that?

Energy Prisons –  
you make them . . .  
you can break them.

\*\*\*

Heart Forgiveness is equally powerful for a current issue, or an issue of 10 years or 50 years in duration.

The beauty is that you do not have to “tell your story” or even say who, what, or when. Each time a “story” is recounted (notice re-counted = counted again), energy feeds the story and makes it grow. This is like keeping a 400 pound monster in a cage, and feeding it regularly. Periodically the monster comes out with a club, hits you several times, then goes back into his cage. You just go on feeding it energy (telling the story), and the cycle continues.

Heart Forgiveness is an in~powering® tool that benefits YOU, eliminating energy drains and further beatings by the “anger monster” – freeing you to be fully powerful and creative and productive with your increased energy. Not only do you stop feeding (energy drains) your monsters, but you realize there are no longer any caged monsters around.

Let’s begin your Personal Journey to mastering Heart Forgiveness, plugging energy leaks, and using all this additional energy for powerful, creative, confident, joyful daily living.

\*\*\*

A professor raises a glass of water in his right hand and asks the students, "How heavy do you think this glass of water is?" The students' answers ranged from an ounce up to one pound.

"Regardless of the absolute weight, it depends on how long you hold it.

"Holding it for a minute is OK.

"Holding it for an hour, I will have an ache in my right arm.

"If I hold it for a day, you will have to call an ambulance.

"The glass of water is the exact same weight, but the longer I hold it, the heavier it becomes.

"When we carry our burdens all the time, sooner or later, we will not be able to carry on, the burdens becoming increasingly heavier and heavier.

"What you have to do is to put the glass down, rest for a while before holding it up again.

"We have to put down our burdens periodically, so we can be refreshed and are able to carry on."

[Dr. Ed says: Now we can choose to NOT EVER pick them up again!]

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The best way to keep a prisoner from escaping  
is to make sure he never knows he's in prison.

*Fyodor Dostoevsky*

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Free yourself and put your burdens down forever, through mastering Heart Forgiveness.



## Chapter 3

### What Heart Forgiveness IS, and Is NOT

Heart Forgiveness developed from years of unceasing meditation/breath prayer workshops with hundreds of people. This process moves from the mind – into the heart – then into all parts of the body. This wisdom is now confirmed by scientific discoveries in cell biology.<sup>3</sup>

To move into our heart, the process involves seeing our heart having a mouth and lips so our heart can speak. As experimenting with forgiveness began, we discovered with energy measuring that forgiveness was rarely effective. We realized that forgiveness, also, must move from our head to our heart, and into all parts of our body. This is what makes the Heart Forgiveness process universally effective throughout our entire body and being – Heart, Mind, Emotions, Will, Spirit, and every cell in our body.

Heart Forgiveness creates control of your own energy, releases oppressive “baggage”, corrects energy drains, and re-activates being powerfully you.

Heart Forgiveness Is NOT, and does NOT mean:

- Forgetting or pretending it didn't happen.  
It did happen, and we can retain the learning while we release the pain.
- Condoning the action of the other person or organization, or giving permission to continue harmful and hurtful behaviors.
- Justifying, understanding, or excusing the action. We excuse a person who is not to blame. We forgive when a wrong was committed.
- There are no consequences.  
We need all our energy and clarity to enforce consequences in a healthy way.
- Reconciliation or reestablishing a relationship: this is a different decision –  
you may choose to never see them again –  
or they may have died.
- They are not “crazy”, or continue being a “jerk.”
- A way to change another person; though forgiveness can open the way.

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<sup>3</sup> See [www.BruceLipton.com](http://www.BruceLipton.com), cell biologist, moving beyond Genetic Determinacy to re-writing our DNA.

We all become a percent “crazy” and confused in developing various ways to relate to the “craziness” and confusion of the world. Some individuals are a greater percent “crazy” than others. We no longer have to voluntarily go “crazy” with them, or with the world.

Every person has a pure part at their center, regardless of how tiny, covered by the clouds of confusion of their pain and suffering and separation. This pure core in our self and the pure core in the other person is what permits the dynamic of Heart Forgiveness to occur.

Even when you are going to invoke consequences, as in a criminal case, you are most effective when being completely in charge of your energy and abilities, with a calm mind. This applies to effectively being a friend, a parent, a lover, a boss, and a participant in the world.

Heart Forgiveness IS, and DOES mean:

- Freeing your self from the negativity of upset, anger, and separation.
- Freeing your energy to flow into what YOU choose.
- Regaining control of your life and your energy – self control and direction.
- Regaining your power and creativity.
- Freeing all of your energy to respond creatively – especially to “craziness”.
- Keeping your heart open to the other person, even when you put them out of your life.
- Changing your “energy relationship” to the past, removing all negative energy, although the “facts” remain the same.  
This is how we change our past –  
by clearing our energy relationship with past events.

Stress is shown in a variety of scientific ways to shift brain function from the creative prefrontal cortex that makes us uniquely human, to the midbrain (mammalian) and hindbrain (reptilian) which are the reactive behaviors of “fight, flight, freeze or freak”. **Re-act** means to act in the same way again: the way we behave when we “get our buttons pushed.” Remaining in the prefrontal cortex keeps our creativity flowing into developing a variety of options and creative problem-solving perspectives.

To **respond** fully to any situation, whether a tiger, criminal, business problem, or relationship issue, we benefit most from having 100% of our creative energy working for us. When we choose to run, we have 100% of our energy. When we choose to stand and

fight, we have 100% of our energy. When we choose to move forward creatively and openly, we have 100% of our energy.

Choosing to forgive gives us 100% of our energy. Then, in each situation we have full use of the most creative part of our brain, and all of our natural strength and energy. Otherwise, we have significantly and measurably debilitated our self and our options.

Many times, life requires that we deal with the details of an unsavory situation, or person. Freeing ourselves to have 100% of our energy and creativity to deal with the details is the genius of mastering Heart Forgiveness.

Reviewing: There is a huge difference between reacting to a situation and responding to it. To “re-act” is to “act again” in the same old way, repeating an old pattern, getting our “button pushed”, the same way we acted previously, and before that and before that and before . . .

“Humans are the only species –  
upon finding something that does not work –  
do it harder and more often.”

*Richard Bandler*

“A problem cannot be solved with the same mindset that created it.”

*Albert Einstein*

To “respond” means “to act positively or favorably”. This comes from the full creative use of our prefrontal cortex. This requires that we are fully in control of our energy, and thus in control of our thinking and our emotions. Having all of these aligned is a truly awesome power and ability.

We now have the motivation and the science for being fully human and fully alive.

Energy Measuring is both a means of *discovery* and a means of *experiential learning* at the energetic level. Results are measurable, verifiable, and most importantly: are permanent. Deeper than the mental and cognitive levels; deeper than the emotional levels; Heart Forgiveness works at the deepest energy levels. This creates positive energy shifts that then flow through spirit, emotions, mind, and body, benefiting them all. The whole becomes greater than the sum of the parts.

Like a saw, a hammer, and a bicycle, Heart Forgiveness is a TOOL we can master to enhance our daily living. We learn this in terms of ENERGY, using Energy Measuring as BOTH a means of DISCOVERY, AND a means of EXPERIENTIAL LEARNING.

True learning is through Personal Experience.



## Chapter 4

### **ANGER Impacts ~ ~ Forgiveness Benefits<sup>4</sup>**

“Of the seven deadly sins, anger is the most fun. Licking your wounds, smacking your lips over grievances long past, rolling over your tongue the prospect of bitter confrontations still to come, savoring each toothsome morsel of the pain you are given, and the pain you are giving back – this is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.”<sup>5</sup>

*Frederick Beuchner*

“Anger Kills,” is the book title by famed Duke University researcher Dr. Redford Williams.<sup>6</sup> “We are speaking here not about anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans. We mean the everyday sort of anger, annoyance, and irritation coursing through the minds and bodies of normal people.”

Anger, in all of its varying degrees of expression, powerfully triggers an immediate body reaction—the ‘fight or flight’ response, the same as experiencing a sudden scare. In her article, “How Anger Works”, Molly Edmonds<sup>7</sup> describes the physical expression of anger as: “The adrenal glands flood the body with adrenaline, cortisol, and other stress hormones. The brain directs blood away from digestion and towards the muscles in preparation for physical exertion. These changes are perceived as clenched fists, a pounding heart and a racing mind.” In case someone has just stolen your wallet or purse...you need to be primed for action. But what about being pissed off at the idiot who cut you off driving to work today? What are all those high-voltage chemicals doing now? Nothing good, rather they cause chronic damage.

The long term physical effect of anger is well documented in a study published in 2000 by the American Heart Association. The AHA found that among 12,986 middle-aged men and women, those who rated high in traits such as anger -- but had normal blood pressure -- were more prone to coronary artery disease or heart attack. In fact, the angriest people faced three times the risk of heart attack compared to those with the

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<sup>4</sup> Appreciation goes to Dr. David Mullen, PhD, psychologist for assistance in developing this chapter.

<sup>5</sup> Beuchner, Frederick. Wishful Thinking: A Seeker's ABC. San Francisco: Harper, 1993. ISBN: 0060611391

<sup>6</sup> Williams, Redford. Anger Kills. New York: HarperCollins, 1994. ISBN: 0060976233

<sup>7</sup> Edmonds, Molly. “How Anger Works.” How Stuff Works. <http://health.howstuffworks.com/anger.htm>

lowest levels of anger.<sup>8</sup>

Anger is a forceful feeling. Anger combines physiologic and mental arousal. Anger ranges in severity from intense rage to cool anger – no arousal at all. Look at words used to describe anger, outlined by social psychologist Carol Tavris.

- You make my blood boil.
- His pent-up anger welled up inside him.
- He is bursting with anger.
- I blew my stack.
- She flipped her lid.
- He hit the ceiling

Hostility is anger expressing in aggressive behavior motivated by animosity and hatefulness. Hostility has become an attitude.

Anger has as many different “causes” as there are situations and people in them. A common “cause” is physical or psychological restraint – being held back from something we intensely want to have or to do. Others include being forced to do something against our will, being taken advantage of, being frustrated, being insulted, being ridiculed, or having plans defeated. Sometimes other feelings, such as distress, sorrow, or fear can lead to anger. Cultural differences in the way anger is expressed are very real and very important.

Unhealthy ways of expressing anger include miscommunication, emotional distancing, escalation of the conflict, endless rehearsals of grievances, assuming a hostile attitude, acquiring angry habits, making a bad situation worse, loss of self-esteem, and loss of respect by others.

Preliminary research shows that bottling up chronic anger can lead to many health consequences, including heart disease, cancer, rheumatoid arthritis, stroke, headache, hives, acne, psoriasis, peptic ulcer, epilepsy, migraine, Reynaud’s disease, kidney problems and high blood pressure. Psychologist Tim Grossbart says anger provides the underlying fuel for skin diseases: eczema, hives, warts, and genital herpes. When people are helped to release their anger, skin disorders improve dramatically.

“ANGER is one small letter away from DANGER!” Eleanor Roosevelt

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<sup>8</sup> Williams, Janice. “Anger Proneness Predicts Coronary Heart Disease Risk.” [American Heart Association: Circulation](http://www.circ.ahajournals.org/cgi/content/full/101/17/2034). Vol.101 (2000). <http://www.circ.ahajournals.org/cgi/content/full/101/17/2034>

## **HOW THE BODY REACTS to ANGER, and to RELAXATION**

Major physiologic impacts to your body occur with anger. Chemicals and hormones are released – principally adrenaline, nor-adrenaline, and cortisol. These chemicals and hormones provide the feeling, the tingle, the arousal, excitement and energy. The adrenal hormones act on every organ in our body reached by the sympathetic nervous system – stimulating the heart, dilating coronary vessels, constricting blood vessels in the intestines, and shutting off digestion. This is why, when you are excited, scared, furious, you don't want to eat – the "flight, fight, freeze or freak" response.

Heart Forgiveness is at the opposite end of the continuum, creating the "relaxation response"<sup>9</sup>, releasing endorphins – the "bliss", feel-good molecules, to all parts of our body. Harvard's Dr. Herbert Benson documented the "relaxation response" as a state of deep rest that changes physical and emotional responses to stress... and is the opposite of the fight or flight response. In the 1970s, Dr. Candace Pert had a key role in the discovery of endorphins – natural "narcotics" made by our bodies to relieve pain and stress without addiction. In *The Molecules of Emotions*, Dr. Pert states, "...forgiveness creates the "relaxation response" and releases endorphins to **all** parts of your body."<sup>10</sup>

## **ANGER: HEART DAMAGE TO THE POINT OF DEATH**

The most devastating impacts of anger are on the heart and circulatory system. The New England Journal of Medicine reports that mismanaged anger is perhaps the principal factor in predicting cardiovascular disease. "The Type A personality is increasingly being defined as a person who cannot manage anger..."

At Harvard University Medical School, Mittleman studied 1,500 men and women, finding that people who felt moderate or severe anger were 2.3 times more likely to have a heart attack. Researchers even figured in the traditional established risk factors of cigarette smoking, high blood pressure, elevated cholesterol, and inactivity.

The University of Michigan studied 696 married and single adults for 12 years. The individuals with the highest blood pressure were those who suppressed anger, expressed anger but then felt guilty, or never protested an unjustified attack. Death findings were even more dramatic. A person with high blood pressure who suppresses anger is FIVE TIMES more likely to die than is a person with high blood pressure without anger.

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<sup>9</sup> Herbert Benson, M.D., Associate Professor of Medicine, Harvard Medical School, [www.relaxationresponse.org](http://www.relaxationresponse.org)

<sup>10</sup> Pert, Candace. *Molecules of Emotion: The Science Behind Mind-Body Medicine*. New York: Simon & Schuster, 1999. ISBN: 0684846349 [www.CandacePert.com](http://www.CandacePert.com)

According to studies, suppressed anger is especially dangerous for women. University of Michigan researchers conducted an 18-year study of 700 people, finding that women who suppress their anger are THREE times likelier to die early of ANY cause.

The Western Collaborative Group Study followed 3,154 California men, ages 39-59, for several years to gather accurate information on heart attack prone behavior. The men most likely to suffer a heart attack were the ones who got angry more than once a week, and who lashed out at others when they did get angry.

### **ANGER: THE CANCER CONNECTION**

Studies are showing many cancer patients seem unable to express anger in defense of themselves. They were able to get angry in defense of others, or even in defense of a cause, but not in defense of themselves.

Cancer patient studies, especially women with breast cancer, indicate the style of expressing anger – or inability to express anger – seems to have considerable impact on the development, and spread, of cancer.

Another study linking suppression of anger with cancer is Lydia Temochok's study of malignant melanoma patients. Those who suppressed anger had fewer lymphocytes at their tumor sites. When Temochok and colleagues taught some of the patients ways to express their anger, tumor growth in those people stopped!

[Dr. Ed's note: Much more effective is being totally free of the anger.]

### **CREATIVE THINKING DISAPPEARS**

Our brain has a reptilian section, a mammalian section, and our prefrontal cortex which is responsible for creative thinking. Both the reptilian and mammalian brains are primarily survival, fight or flight, automatic, reflexive reactions. Our prefrontal cortex is our creative thinking, problem solving asset. When we are stressed, our prefrontal cortex shuts down, and the reptilian/mammalian reflexes take over, along with blood being diverted from digestion and core functions, to protection functions of the muscles used in fight or flight.

Dr. Alan Watkins, MD, Cardiologist, from England gave a dramatic presentation of this. A volunteer from the group was connected to a computer measuring heart rate variance. The screen showed relaxed (green) at the top, moderate state (yellow) in the middle, and stress (red) at the bottom. The subject was floating along in the yellow



zone. The volunteer was asked to count down from 300 to 1, by units of 3, when indicated. Immediately the computer line dipped toward the red.

As Dr. Watkins walked around and spoke to the group for a few minutes, he twice more repeated the instructions. Each time the computer line moved further down in the red, then flat lined in the red. This was before he asked them to start. Dr. Watkins said, "Now begin counting from 300 to 1 by 3s." The subject said, "300 . . . 297 . . . (pause), 294 . . ." and could go no further!

Dr. Watkins had demonstrated, under "stress", the creative prefrontal cortex shuts down and defers to the hindbrains. His point was, "Had the prefrontal cortex continued to function, the subject could have simply creatively counted by 3s on their fingers – all the way down to 1!"

Example: "Test Stress" where the student knows the material, yet under exam conditions, their mind shuts down.

Anger is a severe stress on our mind and on our body.

Our ability to function creatively and powerfully is negatively impacted.

**"Anger is an acid  
causing more harm  
to the vessel in which it is stored  
than to anyone onto whom it is poured.**

*Tom Callos, 6<sup>th</sup> Degree Blackbelt*

## **HEART FORGIVENESS**

Summarizing what happens to us physically, physiologically and psychologically with anger: our body manufactures masses of high-voltage chemicals like adrenaline, nor-adrenaline, and cortisol. When these high-voltage chemicals build up in the bloodstream, the person becomes a ticking time bomb. They become a prime candidate for specific ills, such as tension-vascular headaches – their heart pounds like a sledgehammer in their chest; the muscles in their neck and shoulders start to contract; abdominal pains develop. When the conditions continue unabated, gastric ulcers, gastritis, or irritable bowel syndrome can result.

Mentally, our prefrontal cortex shuts down and we severely limit our creativity and problem solving capabilities.

What is the positive alternative and antidote to these?

Can we master living free of anger?

With Heart Forgiveness, the anger and resentments dissolve. The body stops pouring high-voltage chemicals into the bloodstream. The "relaxation response" occurs with concomitant happy chemicals in the bloodstream. Healing begins physically, emotionally and mentally.

To emphasize, in his book *The RELAXATION RESPONSE*, Dr. Herbert Benson, Harvard University, shows the opposite, and alternative, to anger. The "Relaxation Response" releases health, joy, and feel good molecules into your body, bringing mental, emotional, and physical well being. Dr. Benson advocates renaming "Placebo Effect"<sup>11</sup> as "REMEMBERED WELLNESS." As you will see, this is identical to Core Health and Perfect Moment -- always there to be remembered and reactivated!

### **Suggestions for bringing forgiveness into your own life:**

- Realize that you now have a CHOICE!
- Let go of an unforgiving stance.
- Admit that the events and feelings you are struggling with really happened.
- Admit that the past cannot be undone, however, you have the power to shift your attitude and energy toward it.
- Don't expect others to respond to your efforts to forgive.
- Release unrealistic expectations of yourself. Forgive your self too.
- Accept that others are who they are, rather than who you want them to be.
- Set flexible rules of conduct for yourself and others.
- Rather than from your head . . . forgive from your heart.

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The CHOICE is yours.

Now invest 6 minutes experiencing **CD 1 Track 1 Heart Forgiveness**.

Skip ahead to Chapter 19 "RESULTS", for multiple examples of effectiveness in the lives of individuals.

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<sup>11</sup> Placebo Effect appears in clinical drug testing, where 30-50% of participants receiving inert pills, or fake surgery, have the same positive result as if they received the actual drug or surgery. This demonstrates the innate power of our body and belief system.

# Chapter 5

## PREPARING to PROCESS

**1. Personal Progress Journal (PPJ).** Each participant benefits from utilizing a PPJ.

Your Heart Forgiveness Journey, and your Life Journey can be recorded on the lined pages in the back of the book, or

- A. Obtain a ring binder and copy the PPJ pages in APPENDIX C.
- B. Or, order a PPJ binder and pages at [www.CoreHealth.us](http://www.CoreHealth.us), under RESOURCES.
- C. At the beginning of each PPJ page, the Energy Decisions and shifts from the prior session are confirmed as having naturalized 100%. *Naturalized* means the clear energy flow has again become a *natural* part of your energy flow, like breathing, and is always there – *naturally*.

**2. Listen to: CD 1 Track 1: "Heart Forgiveness" 5:38 minutes**

**CD 1 Track 2: "Perfect Moment" 1:56 minutes**

With each person, do "Perfect Moment" which follows in this chapter.

**3. To Energy Measure:**

- A. Free Gift of DVD "Muscle Testing Made Simple": Your Gift Certificate is enclosed on the last page.
- B. Review "COMPREHENSIVE Kinesiology<sup>®</sup> and the HISTORY of Energy Measuring" which follows in this chapter. This allows you to measure and to track results.
- C. Review the "Art & Science of Energy Measuring." (3 pages) Appendix B p. 130
- D. With each person, do "Introduction to Energy Measuring" until they test clearly.

**Note:** Each process is described utilizing some Energy Measuring. HOWEVER each process can be done effectively without it.

**4. Assistance** with the process:

After you are familiar, in case any questions remain or arise, contact us at [CoreHealth1@verizon.net](mailto:CoreHealth1@verizon.net), and we will find a Facilitator for you to email. Or, find a Heart Forgiveness Facilitator at [www.HeartForgiveness.us](http://www.HeartForgiveness.us).

**5. Please keep a record of your adventures and share with us.**

**Thank You.**

## Suggestions for Partners or Groups

1. Each person reads in advance the chapter – down to, but not including, **PROCESS** – that is to be cleared at the forthcoming gathering.
2. Begin each time together with “Relaxation” from CD 1 Track 3.
3. Share how your week of forgiveness went. Large groups divide into groups of 3 people.  
Each person gets 2 minutes, without interruption. The rule is “No Comments.”
4. Close with a song and HO! Groups benefit from strong closing energy to carry forward to the next gathering. This is especially powerful when each word is energy significant.  
The song we utilize is a unique “wisdom” song we learned as children.  
The words have been “improved” to be energy congruent and enhancing.

“Row, row, row MY boat,  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is My Creation.”

The deeper meaning is that we are now rowing our own boat, “MY boat”, rather than “your boat”.

We are rowing GENTLY, and DOWN the stream with the flow, rather than rigorously up stream against the flow.

We sing “row” 3 times and “merrily” 4 times because life is more a celebration than work. Finally the energy reality, “Life is My Creation.”

American Indians have an expression from the core of their being, their *hara*, that is an exclamation meaning “Good Medicine” or “Good Energy!” This is a hearty **“HO!”**

“Row, Row, Row MY Boat” is sung completely 3 times, then a mighty “HO!”

## Perfect Moment

When we are a child age 5, 6, or 7, or other, we experience **Perfect Moments**, when we feel truly connected to everything – and experience that life is GOOD.

This may be lying in the grass looking at the clouds – up in your favorite tree – rolling in a pile of leaves – down by the lake catching minnows – playing with a sunbeam – running through a field with a friend . . . and many others.

We have many Perfect Moments. We continue to experience these through our lives.

Your Perfect Moment is your Core of Health and Pure Energy.

No one taught it to you, or gave it to you. No one can ever take it away from you.

A Perfect Moment can only be covered up! Regardless, it is ALWAYS in our energy system.

Your Perfect Moments are your personal experience of your True Self.

Each is unique to you, like your bite mark, your DNA, fingerprints and Life path.

You can harmonize with them whenever you choose.

Begin making a list of “Remembered” Perfect Moments and ones that happen for you “Today” – a sunrise, a full moon, a rainbow, a random act of kindness, a baby . . . Begin stringing these together until Life becomes a continuous string of Perfect Moments.

Each “Heart Forgiveness Process” assists you in clearing away accumulated layers covering your Perfect Moments, releasing the free flow of healthy energy from your pure core – Life as you experience it in Perfect Moments.

In the core of each individual always remains a Pure Part. Because this is inborn – who we truly are – the clarity easily returns as a *natural* part of us.

From your Perfect Moment, you can expand this purity of energy into beneficial RESULTS – that are retained and **naturalized** as a positive, powerful, healthy and creative way of living.

Heart Forgiveness is simple, elegant, thorough, quick and durable.

The benefits are measurable.

\*\*\*

Take a moment now to close your eyes, go to when you were a child, and be aware of a Perfect Moment, or 2 or 3. Begin making a **list** of Perfect Moments – we have them every day – we simply are not aware of them.

Recall when you were age 5-7 (or later), FEEL around in your Energy for a time when you experienced Life as especially good and being connected –

- Riding bikes with a friend
- Running through the woods
- Baking cookies in the kitchen with your grandmother
- Down by the lake catching minnows
- Lying out in grass looking at clouds or stars
- Up in your favorite tree
- Sitting on the back step with your pet dog or cat

When you have 1, 2 or 3 or more, open your eyes and write them down to begin creating your list of Perfect Moments.

**Perfect Moments in MY Life – Make a Continuing List.**

1. Recalled from earlier times:

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---

2. Recently and Today:

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Energy Measure the statement: “*This is A Perfect Moment.*” YES

## **DEMONSTRATIONS:**

1. In our Perfect Moment, others cannot affect our energy.

An ENTIRE group can send negative thoughts to a person while they stay in their Perfect Moment, and they continuously measure strong.

We had this power as a child, now we can have it again as an adult.

2. In our Perfect Moment, we measure strong for:

*"I am perfectly healthy spiritually, mentally, emotionally, and physically."*

Our Pure Health is our Perfect Moment. Between then and now, we picked up dramas, traumas, glitches, baggage as energy distortions – mostly unintentionally and subconsciously.

We can now discover and remove them for healthier complete energy flow.

\*\*\*

Now invest 2 minutes experiencing **CD 1 Track 2: Perfect Moment.**

## **COMPREHENSIVE KINESIOLOGY<sup>®</sup> and HISTORY of Energy Measuring**

Peer Review and Verified by: Grandmaster David Harris, 10<sup>th</sup> Degree Black Belt;

Dr. Carl Amodio, Kinesiology Professor, Life University; Phil Orth, 30 year Public School Counselor.

50+ years ago, Kinesiology emerged in the Medical and Health Care professions, as a diagnostic discipline in Physical Therapy for muscle function.

**APPLIED** Kinesiology (**AK**): 1964, chiropractic physician George Goodheart, Jr., made a diagnostic observation so profound it is forever a landmark in the history of all health care provided by medical, osteopathic, chiropractic, dental, naturopathic, homeopathic, and psychology doctors. (Durlacher)

Correlating muscles with acupuncture meridians and energy flows, Dr. Goodheart developed **Applied** Kinesiology through insatiable research, and continuous study. He wisely built bridges, rather than barriers, leading to broader understanding among professionals.

**AK measures in the physical areas:** body, herbs, vitamins, drugs. (Hawkins Scale 200)

**BEHAVIORAL** Kinesiology (**BK**): 1970s, Psychiatrist John Diamond, MD was attracted by Goodheart's policy, intrigued by AK, and became the first medical member of the Intl. College of Applied Kinesiology. Dr. Diamond learned that a patient thinking an anxious thought "weakened" a previously strong muscle. Dr. Diamond reached the CORE of emotional problems for people far faster than traditional counseling – changing his entire practice. He shared this with fellow psychiatrist Dr. David Hawkins, Power vs. Force. Diamond's first book was Behavioral Kinesiology (paperback: Your Body Doesn't Lie), followed by his very comprehensive Life Energy correlating positive and negative emotions for each acupuncture meridian. **BK measures in the mental, psychological, emotional, and subconscious areas.** (Hawkins Scale to 499)

1970s Dennisons developed Brain Gym<sup>®</sup> and Educational Kinesiology (EduK), learning through movement. Psychiatrist Harvey Ross, MD was very impressed with anxiety or false statements weakening muscles. He shared this with his good friend psychologist Roger Callahan, PhD. Dr. Callahan immediately registered for a 100 hour AK course – the only psychologist in the course! In 1985, he published Five Minute Phobia Cure.

Rob Williams created PSYCH-K, 1988; Eye Movement Desensitization and Reprocessing (EMDR), 1989; mid-1990s, Gary Craig created the popular Emotional Freedom Technique (EFT), gifting it free to anyone; and later the Association for Comprehensive Energy Psychology was born (ACEP).

University of California psychologists Peter Lambrou and George Pratt are on staff at Scripps Memorial Hospital. Both have private practices and consult for businesses around the country. They treated over 6,000 patients with 95% success. Instant Emotional Healing, Random House, 2000, gives great credit to Goodheart, Diamond, and Callahan as pioneers.

Body-Mind connection: Dr. Scott Walker, chiropractor, 1988, realized physical adjustments held better when underlying emotional aspects were cleared. Dr. Walker developed Neuro Emotional Technique (N.E.T.). Now, 80-90% of chiropractors believe emotions have a causal relationship to pain in the body. In the 1980s, Energy Medicine was accepted by National Institutes of Health as complementary and alternative medicine.

These improvements continue the traditional treating of symptoms, from **outside to inside**, swimming in the pond of dis-ease / dis-comfort. Next is "Leaping to our Ocean of Health," and expanding this from the inside.

**COMPREHENSIVE** Kinesiology<sup>®</sup> (**CK**): 1990s, a dimensional and integral expansion, measuring energy deeper in the Energy System and Spiritual area, was emerging in Dr. Ed Carlson's Heart Forgiveness, from which developed Core Health. Deepest level distortions of Energy can produce "symptoms" in emotions, subconscious, mind and body. As individuals learn to manage their energy from the **inside** – clearing deepest level distortions – "symptoms" often simply disappear. This is the true meaning of In~Power.

See [www.CoreHealth.us](http://www.CoreHealth.us), RESEARCH: "Beyond Energy Psychology," & "Freeing Criminal Drug Addicts," and [www.ComprehensiveKinesiology.us](http://www.ComprehensiveKinesiology.us).



**CK measures in Energy and Spirit.** (Hawkins Scale 500 – 1000)

**Energy Measuring** is a huge leap, tripling as 1. **Tool of Discovery**, 2. Means of **Experiential Learning**, 3. **Demonstrating RESULTS**. Heart Forgiveness and Core Health are major expansions, fully integrating Body~Mind~Spirit. They effectively clear the many burdens people carry about others, their self, and God.

**Experienced Re-activation** of the core of pure health we each enjoyed as a child is more than memorizing, emulating, or taking notes – it is experiencing our core of pure health in our energy, in our heart, in every cell of our body – so our daily living flows effortlessly, without compulsion, from the wellspring of our natural ability to live a full and healthy life.



## ALL IS ENERGY

Albert Einstein's most recognized formula is:

$$E = M C^2$$

Energy equals Mass accelerated to C<sup>2</sup>, the Speed of Light times the Speed of Light.  
(34.6 Billion miles/second every second)

Until recently, everything was done on the MC<sup>2</sup> side.

We have now moved to working on the E (Energy) side of the equation . . .  
from which ALL else flows into creation / manifestation.



## **SECTION 2 "HOW TO" Clear Anger at Others**

**"In heart, Sato knows what is right.**

**Sometimes head forget what heart knows."**

*Myagi, Karate Kid II*

**"Regardless of who our grudge might be against – when we hold onto anger, it creates bitterness that poisons every aspect of our lives.**

**"Unforgiveness brings on spiritual famine and weakness, afflicting both us, and everyone in our circle."**

*David Wilkerson, Founder of World Challenge*



# Chapter 6

## Clearing a Small Anger

You are beginning to learn to use a very POWERFUL TOOL.

Anger is a real nut to crack for each of us – goes to SEPARATION from your self. The rewards and thrills of truly forgiving are great. Let's jump into the process and begin.

This chapter and the PROCESS are contained on the CD set "Heart Forgiveness" that is contained with this book. This chapter and the freeing process can be accomplished by playing CD 1, Track 5: Little Anger.

To start, select a "Little" anger – think of "that person" who said something today, cut in line, cut you off while driving, or was rude or obnoxious.

Write down the person and incident.

### ENERGY MEASURING

(When not using EM, move on to the process below, or the CD.)

Measure:

- |   |                       |
|---|-----------------------|
| "I am angry at _____."                    | (usually YES, Strong) |
| "I am in control of my energy."           | (usually NO, Weak)    |
| "That Person is in control of my energy." | (usually YES, Strong) |

This grabs our attention, and provides the MOTIVATION!

We do not want "that person" to be in control of our life!

We now have MOTIVATION to be back in charge of our own life and energy!

First, try to clear the anger on your own – see how it works – usually does not work.

We tend to rationalize forgiveness in our head, we've been told to forgive, it is the right thing to do. . . etc. Having read all the introductory material, you may be successful.

Frequently, more practice is necessary.

After your effort, remeasure the above statements to verify where you are in the process. Most often, people measure exactly the same, indicating that their effort did not get results. Thus we are learning an effective tool to free ourselves and be in control of our energy.

## **HEART FORGIVENESS for a SMALL ANGER**

Are you ready to get your energy back and be in control of your own Life? Energy Measuring has provided an experiential reason! You can do the PROCESS yourself, have someone read it to you, or listen to **CD 1 Track 5: Little Anger**.

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Invest 6 minutes experiencing **CD 1 Track 5: Little Anger**.

\*\*\*

### **PROCESS**

Let your eyes relax gently closed.

Bring your desire into your heart to be 100% free of anger.

See "that person" (or name) in front of you,

See your heart, be in your heart, see your heart having lips so your heart can speak.

See your heart telling "that person" what a jerk, sh--, a--h---, b----- they are . . . (be as graphic as needed!!)

Tell them how pissed off/angry/upset you are at them for \_\_\_\_\_.

Tell them how much they screwed up your life, how unhappy you have been . . .

Now realize that, in the midst of all the "craziness",  
there is a pure core part in each person's heart (they are God's child too).

See your heart talking to their heart -- the pure and good part.  
Tiny as it may be.

See your heart telling their heart you are making a new decision to free yourself.  
You are wiser and know more about your energy now.

You know your anger is hurting YOU.

YOU are making a new decision and choosing to be FREE  
and to be in charge of your Energy.

Therefore you CHOOSE to forgive them, to let them and the incident go -  
to free yourself.

Since nature fills voids and vacuums, fill the newly cleared space with Peace.

See your self forgiving, and letting go . . .

Now see your heart telling their heart, the pure part, that you forgive them

AND you love the pure part in them.

(still recognizing the crazy part)

Sense your energy and your power, and how free and strong YOU are. . .

Bless them, smile as you wave goodbye to them as they walk off on their own path.

Enjoy another slow, relaxing, free breath,

and bring this clearness, freedom, and power forward as you open your eyes  
and continue on freely in your life.

## ENERGY Re-MEASURING

ReMeasure the original Statements:

- |                              |                       |
|------------------------------|-----------------------|
| "I am angry at _____."       | (Is now NO, Weak.)    |
| "I have forgiven _____."     | (Is now YES, Strong.) |
| "That Person is in control." | (Is now NO, Weak.)    |
| "I am in control."           | (Is now YES, Strong.) |

## BENEFITS

Congratulations on freeing yourself!

Heart Forgiveness primarily benefits YOU, your Self. Secondly it may benefit others. Remember, you are doing this to free yourself, regardless of the other person.

You took the keys you already have – to an Energy Prison you unknowingly made – unlocked the door – and let yourself out – set yourself FREE.

Again, this does not mean that you condone what another did; want to have a relationship with them; or that they are not "crazy". We are all a "% Crazy", the World is a "% Crazy," and a large percent Beautiful! Some people are just crazier than others. We do not have to go crazy with them, or allow their craziness to control us.

This does mean you are FREE to use ALL your energy to respond creatively – even to craziness – you have regained power and control of your self. Self Control is one of the fruits of the Spirit, living from the inside out. We relate to the pure part in each person. We recognize there is a "crazy" part. We choose our response.

Repeat this simple Heart Forgiveness process each time a new anger tries to creep into you. As you become more accomplished, stimuli will have to be larger and larger to even affect you.

And, you are becoming able to handle the toughest of them!

**The KEY is to Be FREE!**





# Chapter 7

## Clearing the Biggest Anger

Our BIGGEST Angers at other people or organizations are now up for clearing, whether last week, last month, last year, or 10, 20, or 50 years ago. Recently in a group of 18, a total of 647 YEARS of Biggest Angers were cleared! Two were held for 70 years! This PROCESS clears any anger at any person regardless of depth of duration, or severity. This includes abuse (physical, mental, child), criminal, rape, molestation and other severe mistreatments, and an ex-spouse who is “impossible.”

In one Heart Forgiveness, a senior person asked, “What if he does not deserve to be forgiven?” about a person they were angry with for 50 years.

Most jerks do not “deserve” to be forgiven.

**This is about you, your prison of anger, not about them.** Experience the clearing to see how you feel, and how free you are, regardless of the dastardliness of the act. Now you know you have **options** – to be FREE – or to return to the energy prison of anger.

Within 2 years, this senior person was dead of a rare disease where the marrow of the bones dries up and stops making new blood cells. Choosing not to forgive has a devastating effect on your body.

This increased our awareness of the benefits of “Cellular Forgiveness”. The concept of forgiving in your cells was emerging because of research showing that organ transplant recipients develop some personality characteristics of the donor. Carl Pribram’s research with chimpanzees demonstrated that memory is not stored in the brain, but in all the cells in our body. This contributed to understanding the donor-recipient personality transfer phenomenon.

In 2002, a journaling retreat leader, Jean, (remember her for later) had been first a nun, then a cell biologist, then a clinical psychologist. Together, we did a powerful Heart Forgiveness on a longstanding anger. The next day she was hugely improved, yet still “sensed” something was not complete. There was another component. Because she had been a cell biologist, during her clearing the process was extended to include each of her 50,000,000,000 cells (50 Trillion).

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Now invest 1½ minutes experiencing **CD 1 Track 6: Biggest Anger.**

## **LIST**

Begin creating a list of OTHER people, institutions, or organizations representing your BIGGEST Angers. Do not include your self on this list. The bigger the angers are the better! Place the number of months or years of anger beside each one.

Make the list as long and as inclusive as possible, including childhood. You can use "code" to list these in your Journal for privacy. Thoroughness is paramount.

Now review your BIGGEST Angers, sensing the heaviness or negativity of energy in each one.

Select the one that you sense is the BIGGEST, and put #1 beside the absolute BIGGEST. Then put #2 by the next biggest, then #3.

Continue numbering all the others sequentially. Continue numbering as you add more to your "Big Anger List" over the coming week.

Once you experience clearing 100% of the BIGGEST anger, all the rest are "less BIG" and are much easier to clear!

This chapter and the PROCESS are contained on the CD set "Heart Forgiveness" accompanying this book. This chapter and the freeing process can be accomplished by playing CD 1, Track 6: Biggest Anger, and Track 7: Clearing Biggest Anger.

## **ENERGY MEASURE**

You probably sense how you would measure on the statements from the small anger chapter. You can be measured for them when you choose.

Here, we want be certain that we are dealing with the truly BIGGEST anger, and that it is not "hiding" down at #3 or #5 on our list – because we are reluctant to deal with it.

Look at the BIGGEST anger that you put the #1 beside.

Make the statement:

"#1 is my BIGGEST anger and holds the most negativity."

The test result should be YES (Strong) when this is truly the BIGGEST.

In case this is not the one, test for others, even by number, until you have the BIGGEST. Sometimes people "hide" the biggest one behind the second or third biggest. The process we are doing now is to clear the very biggest anger each person is holding.

## HEART FORGIVENESS for BIGGEST Anger

Are you ready to be FREE of this BIGGEST burden of anger – of this heavy oppression – this massive energy drain? The process is very similar to clearing a small anger, yet is much more thorough since this is so BIG.

Your heart is talking to the pure part in the other person's heart, buried beneath their "craziness."

You can experience the PROCESS by reading to yourself, have someone read it to you, or listen to **CD 1 Track 7: Clear Biggest Anger**.

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Now invest 12 minutes experiencing **CD 1 Track 7: Clear Biggest Anger**.

\*\*\*

### PROCESS

Let your eyes relax gently closed.

Enjoy a slow relaxing breath that carries the relaxation out to each of your 50 trillion cells.

Bring your desire into your heart to be 100% free of anger.

Bring all your attention and focus into your heart to fill it 100%.

See "that person" (or name) in front of you.

See your heart, be in your heart, and see your heart having lips so your heart can speak.

See your heart telling "that person" what a jerk, sh--, a--h---, b----- they are . . .

(be as graphic as needed!!) Lay it on, pour it on, and pour it out!

Tell them how pissed off/angry/upset you are at them for \_\_\_\_\_, or a whole list!

Tell them how much they screwed up your life,

how unhappy you have been . . . and for how long . . .

Now realize that, in the midst of all the "craziness",

there is a pure core part in each person's heart (they are God's child too).

See your heart talking to their heart -- the pure and good part.

Tiny as it may be.

See your heart telling their heart you are making a new decision to free yourself.  
You are wiser and know more about your energy now.

You know your anger is hurting YOU.

YOU are making a new decision and choosing to be FREE

and to be in charge of your Energy.

Therefore you CHOOSE to forgive them, to let them and the incident(s) go –  
to free yourself.

Since nature fills voids and vacuums, fill the newly cleared space with Peace.  
See yourself forgiving, and letting go . . .  
Now see your heart telling their heart, the pure part, that you forgive them  
    AND you love the pure part in them.  
    (still recognizing the crazy part)  
Sense your new energy and your power, and how free and strong YOU are. . .

See your heart having arms and smiling.  
See their heart having arms and smiling.  
See your arms reaching out to their heart, and their heart reaching out to yours.  
See your heart moving forward to hug their heart.  
See your hearts hugging each other . . .  
Feel love flowing from your heart to their heart, and their heart to your heart.

Now let go and release their heart to walk off on its own two feet on its own path.  
Wave to them, smile and bless them as they disappear into the distance.

Be aware of your clear energy and your power,  
    and how FREE and STRONG YOU are. . .

Pause a few seconds to BE in - and EXPERIENCE - this new energy state.

**CELLULAR Forgiveness:** See one cell in your heart lighting up with delight from the core of its being, burning away all junk and debris and smiling. Let this light and smile spread to every cell in your heart, with each cell radiating from the core of its being and smiling.

See the light from your heart flowing up into your brain, and lighting up every brain cell radiating out from the core of its being, burning away all darkness and cobwebs - all junk and debris - so every cell is radiating from the core of its being and smiling.

See the light and smile in your brain and in your heart growing brighter and brighter, and expanding until they merge into each other, filling your whole body.

Now see light flowing down through your body and your legs and out of your feet into earth, light flowing down your arms out through your finger tips.

Experience the smile and light filling every bone cell from your skull to toes to fingertips, every muscle cell, every blood cell, and every skin cell with light and love.

Be in your light and love and energy and feel it radiating out from you in all directions, connecting you to all . . . Now you KNOW . . .

See the road into the future. See yourself stepping lightly and freely and gently out onto that road, able to meet life on its own terms.

Now take a slow reminding breath, reminding you of the constant inflow of peace and relaxation filling you up and overflowing out into expression as the true you.  
Bring your peace, and power and freedom forward with you as you open your eyes and continue on with the rest of your life.

To be completely free, for a minute before sleep and a minute upon awakening, to naturalize this as the true you, repeat the clearing process in a short version. Anytime you are challenged by hearing a song, seeing a picture, a child, or the person, repeat the process until you are totally free, even when talking with them.

## ENERGY MEASURE

Measure: "I have forgiven \_\_\_\_\_ 100%." (Strong/YES) Celebrate!

Note: Use "let go of" or "free from" when a person is not yet comfortable with "forgive".

"I am in control." (You are Strong, when you have truly forgiven.)

"I have the power to forgive all the other big angers on my list." (Strong)

## BENEFITS and CONTINUING

Congratulations on taking the keys to the Maximum Security Energy Prison that you created, unlocking the door, and letting your self out ... FREEING your self.

For greater depth and thoroughness, include the "non-physical" aspects – Emotions clear and bright, WILL clear and bright, merging each into your Body, Heart and Mind as ALL One, each more powerful because of its teammates.

Experience another bushel basket of baggage removed from your inner Flame Spirit – dancing brightly and freely, connected to God and the Universe flowing more freely and powerfully in through your Spirit. Feel this energy creatively and joyfully expressed out through your clear free Will, clear free Emotions, clear free Heart, clear free Mind and clear free Body.

Since the BIGGEST anger formed a HABIT pattern over many YEARS, freeing totally is like learning to ride a bike. You become free a little further (longer) each time. Repeat a shorter process 1 minute before sleep, 1 minute when you awaken, and as helpful through the day. Each time you remain free longer, until the habit is totally gone.

\*\*\*

**The rest of your list:** For the next week, each day take one or more BIG ANGERS on your LIST and apply the Heart Forgiveness process to each one that still has negativity associated with it.

In a week, people Energy Measuring can retest to see which still hold any negative energy for you. And, the ones from which you are 100% Free! You will be delightfully surprised! Celebrate!

Remember, a snake bite never killed anyone. The venom coursing through their veins is the killer. Thus it is not the outside event, rather your inside response to the event, coursing through your veins, that is limiting or freeing, damaging or healthy.

**The KEY is to Be FREE!**

## **PERSONAL PROGRESS JOURNAL**

To actually see your progress, record your accomplishments, understandings and insights, by beginning to write in your Personal Progress Journal. There are a dozen lined pages in the last section of this book to begin your Personal Progress Journal.

This next week, write on these areas:

1. Who and Why you are, or get, angry. Be specific and list as many as possible.
2. Explore the benefits (Ego-juice, secondary gains) and detriments of anger.
3. Clearing Process – write about effective forgiving on your own.

Energy Measure your success at the next session.

4. Challenges and reversions, falling back in the pit, being grabbed again by anger.
5. Insights and understandings.

# Chapter 8

## Tears, Habits, and Details

Many people have contributed depth and insight and expansions to Heart Forgiveness by their questions and realizations. These are notes on a variety of areas and experiences that we have explored together. This is a concise sharing method.

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### FACILITATOR

"Facilitator: one who makes the way easy." This is the dictionary definition for facilitator. This descriptor accurately describes a person assisting another in becoming free within their self. We are not teaching, or telling, or "talking about" – rather we are facilitating the freeing process the person is accomplishing for their self, within their self.

### SEE "THAT PERSON" IN FRONT OF YOU

1. Knowing "that" person's name is unnecessary for the Facilitator, (can use "Person #3"). Nor do they need to hear the details of the story. The details are in the individual's energy system and total memory. THEY are fully aware and in contact. When you do know the story or person's name, use them for added power. This maintains the privacy of each individual in a group, while allowing everyone to move rapidly and thoroughly.
2. The very first Heart Forgiveness series, an individual literally jumped back from the force of seeing the other person in front of them! Use your creativity. I ask them to put the person on the other side of the room, in a corner. They laughed, and were successful. Afterwards, I asked about the laugh. They smiled, "She shrank to a few inches tall!"
3. This person went into a screaming rage (I thought I had created an instant psychotic!) when I suggested she forgive her mother, in order to regain her "Will to Live". I then suggested 5 minutes of *experiencing* the process and freedom: the rage scene repeated. In desperation, I said, "Just so you know you HAVE OPTIONS, will you try it for 1 minute? Then you can have your anger back if you choose, but you will know you have another choice." She had the courage to risk forgiving for 1 minute.

After the process, her voice sounded as melodious as an angel. (You will see, and hear, changes in people.) We parted with that, leaving her with her OPTIONS. The next week she came to our gathering, stuck out her arm and said "Check me!" She was 100% free! . . . She CHOSE to live . . . and she had forgiven her mother!

These are some approaches to "Tough problems and people".

## **TEARS**

Very little is taught about tears.

1. Tears are rarely associated with Heart Forgiveness. If so, they are gentle ones of final release. Very little is taught about the varieties of tearful experiences.
2. Tears can be uncomfortable for the tearing person, and for their friend or the facilitator. In the discomfort, either the crying person tries to stop them – stuff the tears back down to create an ulcer and other dis-eases – or the other person tries to console, comfort them, and stop the crying and tears – with the same result. Both are unhealthy.
3. The first awareness is to let the tears flow. Keep them going. It is better to encourage getting all the tears out. Resist the first impulse to give the person a tissue – no tissue until absolutely necessary. As they are coming out of the process, a tissue is fine to dry a wet face and a dripping nose.
4. There are differences in types of crying and tears
  - A. Most common are crocodile tears "feeling sorry for my self". These are self-pity tears, they "ventilate" an underlying issue rather than clear the root cause. They will return again and again until the person "gets over it" in their core. Heart Forgiveness provides the process to remove the root cause, and to move freely past the issue.
  - B. PENTHOS: from the Hesychast tradition of "stillness", these tears arise from the core of a person's being . . . guttural, wrenching, uncontrollable, catharsis and cleansing "release" tears. A fifteen year old with bulimia for 2 years, freed herself permanently in one session upon experiencing Penthos.
  - C. Between these two extremes there are "gentle tears" of final release from the pain and suffering, and from the sweet sadness of goodbye to a broken dream or disappointment that has been a faithful companion for so long.



5. Whether the tears are Crocodile, Gentle, or Penthos, they all have their own value and are each very powerful. Honor them and be in harmony with the readiness and opportunity that they are providing.

## **HABIT PATTERNS**

Like water running in a rivulet, gully, stream or river, energy continues to flow into areas that we have opened up and “normalized.” Shifting this takes attention over time. Like a path through a field, following the existing path is easy. Making a new path involves more attention and possibly some discomforts until the new path is well worn and the old path has disappeared because of the new growth.

Becoming free from any habit takes focus and attention. Let’s say I habitually start shaving on the right side of my face – to change to starting on the left side of my face would take several weeks of paying attention, and multiple “miss-takes” before it became natural and automatic.

Upgrading the doorknobs on my home recently resulted in locking myself out, *repeatedly*, for weeks. Months later, on occasion I still lock myself out! However, I know how to use the tool, the hidden house key, to free myself of the situation.

Recent angers, the small ones, we can let go once – and are done.

Long-standing angers – 1, 5, 10, 20, 50, 70 years, have become a habit pattern ingrained in our energy, our cells, and our subconscious as a “normal” way of life.

Understanding this dynamic of long-standing habits, we use the same visualization of heart having lips and arms 1 minute upon awakening in the morning, and 1 minute before going to sleep. Also whenever we are “stimulated” by hearing a song, seeing a picture, seeing the person, or anything simulating a reminder of the person or event.

For tough angers, the initial release may last 3 hours or 3 days (or forever). Then may recur when you think of the person, see a photo, or a memento. Use your new tool of Heart Forgiveness. Your times of staying “clear” will lengthen . . . and lengthen. One day you will wake up, and it will no longer have any power. You are totally free.

**The KEY is to Be FREE!**

## **ILLUSION STARVATION**

1. Energy is real. When we talk about something, or think about it, we are feeding it energy. We are feeding our monsters, goblins, 400 pound gorillas, demons, and dragons. They grow and grow and grow.

Like a plant – when we give it water, food, and sunshine, the plant flourishes and grows. When there is no water, no food, no light, the plant withers and dies.

By withdrawing our energy from our monsters, goblins, gorillas, and dragons, they shrivel and die -- this is how we "slay" them.

See this as the "IS" process – "Illusion Starvation" process.

Whenever anything untoward engages you, simply withdraw your energy from it so it shrivels and dies to you – rather than "feeding" it with your power and energy.

2. "What if I don't believe in this stuff and in energy?" challenged my daughter who works in the corporate banking world. "Gravity does not care whether you believe in it or not, gravity still continues having its effect!" I answered.

"What if you are old and don't believe in this?" a counselor asked Grandmaster David during our sessions with the incarcerated criminal drug addicts (our "Bridge Buddies" since they were housed at The Bridge). Grandmaster David took him outside, cleared his back pain, and straightened him up. The counselor returned to speak to the group, threw up his hands, and shouted "I believe!"

3. "I don't get angry or carry anger" is one of the illusions that occasionally must be dealt with. While eventually this becomes a true statement, in the beginning it's often a mask of being "too good" or "too spiritual" or "too developed" to be angry. This can be a personality view in our conscious mind, even when it is not a reality in our subconscious mind and energy system.

This is a prime opportunity to apply the power and depth of Energy Measuring to FREE the person from fooling their self. Wonderfully amazing is how easily they acknowledge the underlying truth revealed by Energy Measuring. Now they can progress.

4. Limitations of "talking about it" or "telling your story"
- A. We can only talk about what we "know" – what is at the surface.  
What we "do not know" about ourselves is what gets us!  
Once we know about an issue, and have a method or tool, we can fix it.  
This is the power of Energy Measuring as a tool of discovery and learning.
  - B. While we can sometimes sort out thinking and feelings talking with friends or in traditional talk therapy, utilize this judiciously with the following energy management awareness.
  - C. The more a person talks about their problem (without an energy with-drawing component or Illusion Starvation), the bigger the problem grows.  
The negative or unhealthy part of our ego likes the 'juice' and attention that is received from the associated suffering.  
Victims get a lot of attention in our culture.
  - D. "Ventilating" (griping to friends) without getting to the CORE issue is like draining pus from an abscessed tooth and using antibiotics. This creates a temporary cessation of pain and feeling better. However, the abscess will fester up again, unless the root cause is cleared.  
Notice that "ventilating" is part of the Heart Forgiveness process.  
Be aware of the point at which description becomes judgment, blame, or seeking sympathy.
  - E. These lead to "coping" mechanisms, and survival strategies, rather than being free to live life with power, passion, participation and enjoyment.

"To be, or not to be [FREE] . . . that is the question."

*William Shakespeare, Hamlet*

### **UN-RECIPROCATED FORGIVENESS**

Q. "During the weekend we talked about someone not reciprocating forgiveness: When you've done the work, but the other person does not forgive. That can be a very difficult place to stand especially when it's family or people you love dearly."

"How can a person truly find peace in that space? Even if you detach and know this is "all about you and the relationship with yourself", not the other person – we don't live on islands and there is a bond with family or other – how do you not have a heart ache for them and longing for that relationship to be healthy again, or just connected?"

A. From a Buddhist monk I learned that when we are angry with someone "we put them out of our heart".

Additionally, we are no longer in control of our own energy.

Rather, non-consciously, we have given them control of our energy.

First: Our Self: We take the positive step of Heart Forgiveness to purify our self and take control of our energy and power back inside our self. At the same time, we allow the pure part of that person back into our heart (not the crazy part) – thus there is again "union" rather than separation. This changes us as an individual, and the energy of the Universe. Some healthy part of them, tiny as it may be, recognizes your return to health (union). This also honors the bond.

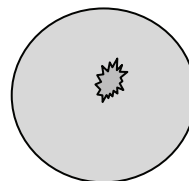
Second: The "other" person: we can then be INVITATIONAL in a variety of ways. Example: Following a Silent Re~Treat, I wrote a family member a letter of Invitation, sent it by tracked mail to confirm it was received. There has been no response – yet – and I do not anticipate one. However, I was proactive, loving, and extended and opened myself.

The rest is similar to the Prodigal Child who is out stumbling around in the pig sties of the world, while his parents stand on the hill, open-hearted, arms outstretched YEARNING (heartache, longing) for their child to come home . . . the return requires the prodigal child to make a new decision – which they may, or may not make.

When you have cleared and freed yourself, be invitational, and stand AVAILABLE continuously in case the "other" person ever makes a new decision or changes.

My favorite poem in this regard is Edwin Markham's "Outwitted:"

He drew a small circle and shut me out,  
heretic, rebel, a thing to flout.  
But love and I had the wit to win,  
I drew a bigger circle and took him in!



Beyond that you keep moving forward valuing your own Life –  
open and available while living a whole and energetic and full Life.

This brings us to the "Therapeutic Value of Giving Up HOPE."

Beyond a point, hope keeps you acting destructively to your self by "hoping" the other person will change. They may never change in this lifetime. Remember the line from scripture "A leopard can not change his spots . . ."

This is the value of "Acceptance" in the Grief Response process.

A "healthy – hope" is to forgive, release them, be available, and move on with your life, with the "hope" (possibility) they may change – and your continuing open Presence to be available and RECEPTIVE to that – in case it does occur.

Again, this honors the deeper pure bond.

You clear space to ALLOW change to happen and be received, yet you do not endlessly wait for the change or base your life on the hoped-for-change.

You cannot MAKE change happen in the "other" person.

You are no longer "stalling" your life or putting it on hold, waiting for the other person to change, to forgive, to accept your forgiveness, to make peace, etc.

You move forward – with love in your heart – doing what needs to be done, even in the scenario of participating in any necessary consequences.

Dr. David Hawkins says, "Spirituality is to keep moving forward."

Heart Forgiveness does not correct the craziness of the World –

rather Heart Forgiveness frees us of our craziness,

and PERMITS the world to change.

This does not even mean that we want to have a relationship with the person – we are cleared – and in our clearness we may see the wisdom in staying away from their excess craziness – like avoiding a rattlesnake. We then go gently on our way.

This INCLUSIVENESS is an excellent example of BOTH/AND –

the essence of PARADOX – and Carl Jung's "The Peace of Paradox."

Added comments by Rie:

To add to the process you outlined; I suggest non-attachment rather than detachment. After all the work is completed on one's self as you outlined, we move

on and add another step: "non-attachment to outcome". This brings a completion with the person not yet responding - thereby freeing both or all persons involved.

Added comments by Rick:

In daily contacts with people, I remind them that we can love someone and still not like them much. This holds true when the pure part of the other is yet so small. Love and forgiveness don't guarantee a pain-free life, but when we release the negative to the Divine, Grace provides a beautiful Light with which to move forward.

## **IN~POWERING**

The webmaster developing our website, was on the board of the Association of Comprehensive Energy Psychology. When I wrote "in~power," it was corrected to "empower". Before engaging in a friendly discussion in favor of "in~power," I looked up "empower" in the dictionary.

Empower means "power or authority given to you by another, someone **outside**."

In-power means "power that emerges naturally from within you, regardless of anyone or anything outside."

New words to accurately describe phenomenon occurring with Heart Forgiveness and our other work have become a necessary part of the creative process.

Heart Forgiveness is an "in-powering" tool and process.

## **EVENT or PATTERN**

An event happens once, and we forgive the event and person. When it happens a second time, we again forgive, and we become alert for a repetition. When a related event happens a third time, we have a PATTERN.

In repetitive situations, such as abuse, family, or toxic person, we must be attentive to forgiving each situation in order to be in charge of our own energy.

**AND** we must become aware of PATTERNS by looking at the overall perspective. When a PATTERN emerges and is recognized, we must deal with the PATTERN. Thanks to Heart Forgiveness, we have all our energy and wits about us to deal creatively, constructively and powerfully with the PATTERN.

## **ACTION!**

Red wine is spilled on white carpet.

Oops, forgive me.

OK, I forgive you.

Now let's work on getting the stain out. ACTION!

Heart Forgiveness provides people full energy and power to deal with the situation. The anger and self-debilitating, energy-draining problem is out of the way so they can apply their full energy and creativity to responding to Life's situations and joys.

## **IN~JOY!**





## **SECTION 3 “HOW TO” Forgive Your Self**

**“When you do not have a dollar, you cannot give a dollar.  
You can only give what you already have.”**

*Dr. Ed Carlson*



# Chapter 9

## What We have Learned

Self-forgiveness was the integral second session of Heart Forgiveness in the original four session design. I was reading everything I could lay my hands on.

Reading an article in Readers Digest about Stanford University's ongoing research program on Forgiveness, I bought a DVD of the professor making a presentation. I was agreeing and agreeing with him, "Good stuff" I said to myself. He spoke about their 8 years of research, including in Belfast, Ireland with families of people murdered on both sides of the conflict, and their work with an American Express Company office.

Afterwards, a lady in the back raised her hand, and asked, "What do I do about forgiving my self?"

An expectant hush fell on the group. "We have only studied forgiving others," was the doctor's answer. You could feel the disappointment. I was shocked. Eight years studying forgiving others – we do that in a group in one session of 2 hours, then move on to forgiving our selves.

On a trip to California to be a primary presenter at the Eighth International Energy Psychology Conference, I contacted the researcher and set up a meeting. My goal was to GIVE Stanford the Heart Forgiveness process for their research. I arrived in California and the day prior spoke to the person to confirm our meeting. The next day I waited patiently for them to show . . . then gave up . . . and practiced Heart Forgiveness.

Forgiving our self, wow, that is a concept! We do not have to wait for someone else, or some other entity or being. We can do-it-our-self. The Home Depot of Heart Forgiveness. Since life is a do-it-yourself process, this is an integral component. We can forgive our self, right here, right now, for every self anger we have ever had.

YOU FIRST. A line in scripture says "Love your neighbor as your self," which means that you have to love your self first, so that you have love to give. We can just as easily say "Forgive others as you forgive your self."

In 2005 we learned three major aspects of self anger.

The first was when a female Bridge Buddy asked "How many do I have?"

What?

"I want to know how many self angers I have."

That was novel, so we Energy Measured her: 14,720.

That was going to be the title of this chapter until a person twice her age had twice as many, and others have far exceeded both of them! Recently we cleared over 2 million self angers in one session!

The second was learning that the first anger usually occurs at age 9. This was unusual because the results of Energy Measuring are so individual. There are a few that clump around similar ages. A bright participant in another group discussing this phenomenon, said "That is in fourth grade, when tests and others start meaning something." Sure enough, soon in another group, a person discovering age 9 blurted out "That was the first time I made a B on a test."

TIME DOES NOT HEAL was our third learning that emerged.

We measure the statement, "I am 100% free of all negative energy from my first self anger." The answer was NO, consistently.

This made us realize that time does NOT heal wounds.

The wounds are buried deeper in the subconscious as more and more of life's issues pile on top of them. They only become less noticeable, distracted by the new issues. This baggage continues as energy drains, weakening our energy.

However, we can be PURPOSEFUL about bringing them all forth to be easily cleared.

# Chapter 10

## Iceberg Process

Self-forgiveness is an integral part of Heart Forgiveness. In the second series ever offered, a lady said "I've had a self anger for 3 weeks." Something inside said, "Measure her for 3 months, YES; 3 years, YES; 30 Years, YES." We were both surprised! Out came, "Let's do the whole ball of wax at one time", and we did. This became the purposeful "Iceberg Process".

An important key to being FREE, is to bring up all self angers for clearing – known and unknown, remembered and not remembered, real and imagined. This thoroughness allows our "Energy Eraser" to be applied to all through purposeful action.

### LIST

List 5 areas of anger at your self – or more for a longer list. Be thorough. In your journal, you can write them out, or use a code that you understand. This now is your foundational list for clearing.

### ENERGY MEASURING

1. "My first retained self-anger is at age \_\_\_\_." (about 9 years of age)
2. "I still carry negative energy from my first self anger." (usually YES)  
Time does NOT heal – it only buries deeper – covered by more junk.
3. "I continue to carry more than \_\_\_\_ self angers."  
1,000, 5,000, 10,000, 15,000, etc.

Energy Measure for these statements

#### 1. Age of First Self Anger

"Age 5, I have a Self Anger." NO

"Age 10 I have a Self Anger." YES

"Age 9 I have a Self Anger." YES

"Age 8 I have a Self Anger." NO

So, age is 9 for first retained Self Anger.

2. "I still carry negative energy from this first Self Anger." YES  
VERY IMPORTANT LEARNING: Time does NOT heal –  
time only buries issues under all the new junk coming in.  
These burdens continue weakening our energy.  
We can now be PURPOSEFUL about bringing them all forth for clearing.

3. "I am carrying \_\_\_\_#\_\_\_\_ of Self Angers."  
A 10 years child measured 212.  
A 70 years adult had a number of 27,750!  
(This has since been greatly exceeded.)

### **ICEBERG PROCESS**

Since dealing with these one at time in a linear fashion would take years or a lifetime, the question became "Can we – and HOW can we – clear these quickly?"

At a drawing board, participants are asked what they know about ICEBERGS. Immediate replies are only 10% shows, or 90% is under water. This is drawn figuratively on the drawing board. The 90 % is deep within us, like the underwater part of the iceberg, so we do not see it. What we do not know about ourselves is what "gets" us, just as the underwater part of the iceberg sank the Titanic.

What else do you know about icebergs? Replies are written on the board.

They are:

- Huge
- Hard
- Cold
- Powerful
- Damaging
- Slow Moving, Relentless
- Sink Ships
- Kill People (including US!)
- Freshwater in Salt Water – salt water does not freeze.

Look at how these are symbolic for the 1,000s of self-angers congealed into an iceberg within us: hidden, hard, cold, powerful, damaging, slow, relentless masses within us that sink relationships, and even kill people emotionally or physically.

Further symbolic is the freshwater of the Iceberg in a sea of salt water.

The salinity of our body is equivalent to that of the ocean. Thus freshwater is NOT Self, it is foreign. The freshwater iceberg is not us. It is our frozen illusions. Our immune system attacks anything that is not us! Note the large rise in autoimmune diseases.

Five snowflakes are drawn falling on the tip of the iceberg, adding to the mass. These represent the 5 Self Angers that each person has listed. The participants are asked:

“Do you want to clear the 5 Self Angers one-at-a-time, leaving the Iceberg?”

“Or, do you choose to clear the entire Iceberg at once?”, as a circle is drawn around the iceberg and a diagonal line slashed through it, the international sign for “Stop.”

ALL AT ONCE! is their loud cry in unison.

\*\*\*

Now invest 5 minutes experiencing **CD 1 Track 8: Self Anger**.

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**“Everyone willing to truly practice acceptance and forgiveness  
of their Self – has the ability to be most compatible with the  
positive changes that are approaching on the planet.”**

*David Wilcock*





# Chapter 11

## Forgiving Your Self

Agree within your self that your "List of Self Angers" represents all Self Angers, the known and unknown, those remembered and not remembered, the ones that are real and the ones imagined. This brings each one forward to be cleared.

Additionally, to keep from creating a new iceberg, commit your self to giving up the destructive habit of Self Anger. We can now easily see that Self Anger has absolutely no value. On the contrary, it is hindering and destructive in our life.

These are the areas we are bringing forward to be cleared:

- Forgiving myself 100% for every Self Anger in my life.
- Becoming 100% Free of all Self Angers.
- Releasing the destructive habit of Self Anger.

Are you ready to be FREE of the huge ICEBERG of Self Angers – of this heavy oppression you have lugged around for decades? AND, simultaneously, to CLEAR your self of the HABIT of Self Anger and Self Criticism. Your heart is going to talk to the pure part in your own heart, at your younger age, buried beneath this "craziness."

You can experience the PROCESS yourself, have someone read it to you, or utilize **CD 1 Track 9: Clear All Self Angers**.

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Now invest 91/2 minutes experiencing **CD 1 Track 9: Clear All Self Angers**.

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### **PROCESS**

Uncross your arms and legs.

Relax your eyes closed.

Enjoy a slow relaxing breath.

Let the in-breath carry peace and relaxation out to everyone of your 50 Trillion Cells.

Let your out-breath carry away all tiredness, tension, and confusion. (Repeat this)

Bring your DESIRE into your Heart to be 100% Free or ALL Self Angers, Real or Imagined, Remembered and Not-Remembered.

Bring your ATTENTION into your Heart.

Feel the CONSTANCY of your Heart – dependably beating every minute, hour, day, year.

See your Heart having Lips.  
In front of you, see your 9 year old Self.  
See your Heart speaking to the Pure Part in their Heart.  
Feel your self expressing to them that you are now wiser and have come to free your self  
and to free them.  
Express to your 9 year old Self, that you now know that everyone is a Per Cent Crazy,  
and Self Anger is one of the Craziinesses we get drawn into.

Tell them that they no longer need to carry that Iceberg of Self Anger,  
they can let it slide off their back,  
drain out of their body –  
as it drains out of their body, see it being replaced with warm light.

See your Heart telling their Heart  
that you FORGIVE them for every hurt, for every negative,  
for every Self Anger, REAL or IMAGINED, KNOWN and UNKNOWN....  
Express to your 9 year old Self that you are PROUD of them  
for releasing all the Self Angers and being FREE  
Tell them that you Love them totally and completely.  
See their Heart receive your Love with Joy and light up and brighten up.

Feel your Heart yearning to embrace your 9 year old bright Self,  
opening your heart's arms and moving forward  
as they move forward with joy.

Feel your arms wrapping around them,  
and their arms wrapping around your heart.

Feel love and joy and delight  
flowing from your heart to their heart.

Feel the celebration in their heart at being back home,  
and their love and joy  
flowing from their heart to your heart.

Feel your hearts growing warmer and brighter  
warmer and brighter  
warmer and brighter – until they MELT into each other.

In your heart, feel that warmth,  
and brightness and wholeness

FEEL that warmth, and brightness and wholeness  
expand to fill up your chest.

FEEL that warmth, and brightness and wholeness  
expand to fill up your whole body.

FEEL that warmth, and brightness and wholeness  
flow down through your legs out your feet.

FEEL that warmth, and brightness and wholeness  
flow out through your arms and off your fingers.

FEEL that warmth, and brightness and wholeness  
flow up through your head and off into the heavens.

FEEL that warmth, and brightness and wholeness  
RADIATING out from you in all directions.

See every cell in your Heart lighting up from the Core of its Being,  
and radiating out with the joy of being 100% free,  
burning away any cobwebs, junk or debris ... and smiling.

See every cell in your Brain lighting up from the Core of its Being,  
and radiating out with the joy of being 100% free,  
burning away any junk, darkness or debris ... and smiling.  
Feel your Emotions pulverizing any last bits of junk and debris to a fine powdery mist.  
Feel the Breeze blowing through your emotions  
and clearing away the fine powdery mist,  
so your Emotions are 100% Free and Clear, Bright and Shining.  
See your Will, your Chooser, your Decider,  
choosing to step out of any last bits of junk and debris -----  
look at it and tell it that it is free to dissolve back into  
the wholeness of the Universe ---  
so your Will is 100% Bright, and Clear and Free.

Now see your Bright Free 100% Will, and your Bright, Free 100% Emotions,  
coming inside your body with your 100% Bright Free Clear Heart,  
and your 100% Bright Free Clear Mind  
ALL on the same team, each more powerful because of its team-mates –  
Synergistic – Integrated – the Whole greater than the sum of the parts.

See and Feel your Flame Spirit in the Core of your Being  
DANCING HIGHER and BRIGHTER and  
MORE JOYFULLY and VIGOROUSLY  
with another huge Oppression and Baggage removed from off of it.

See your Flame Spirit more open to the IN-FLOW of God and the Universe  
and Life Energy and Power and Creativity  
and Wholeness and Joy and Wonder and Confidence and Peace –  
FILLING every one of your 50 Trillion Cells  
and every Vibration of your Being completely FULL  
and OVER-FLOWING into expression through your  
Clear Pure Heart, Clear Pure Mind, Pure Clear Will,  
Pure Clear Emotions, and Pure Clear Body.

See every Blood Cell opening its cell doors, for this inflow of God, Life Energy and Power  
to wash through them – cleansing away any junk and debris – so every blood cell is bright  
and shining from the Core of its Being . . . and Smiling.

See every Bone Cell, from head to toes to fingers, every Muscle cell, every Skin cell, every  
Organ cell, every Gland cell opening its cell doors, allowing this inflow of God, Life Energy  
and Power to wash through them – cleansing away any junk and debris – so every cell in  
your body is bright and shining from the Core of its Being . . . and Smiling.

Now be STILL a moment, enjoying the wholeness...  
the power ...  
and the Smiling-ness of YOU ...  
(pause for a minute)

Now see the Road Into the Future. See your Self stepping out onto that road – whole,  
complete, more powerful, more free, more energized.

See your Self "meeting Life on its own terms" –  
easily and gracefully  
flowing and dancing.  
Firm when necessary.  
Flexible when beneficial.

Feel and see your Self making the purposeful decision  
to be free of being "hard on your Self",  
or criticizing your Self  
or being angry with your Self,  
knowing that Self Anger is a burden  
and a useless waste of energy.  
You now have better  
and more constructive things  
to do with your energy!

For 1 minute before you sleep,  
and 1 minute when you awaken,  
see your 9 year-old self in front of you.  
Forgive them and love them  
Melt them back into your heart  
whole and free and complete.

Feel the wholeness and warmth and power in your heart circulating out to every cell in  
your body, your Heart, Mind, Emotions, Will, freeing your Flame Spirit to dance higher and  
brighter – more open to the IN-FLOW of God and the Universe and Life Energy filling you  
and overflowing the excess out from you.

Now take 2 REMINDING Breaths,  
with the in-breath REMINDING you  
of the CONSTANT IN-FLOW of God and the Universe  
and Life Energy and Wonder and Power....  
Your out-breath reminding you of the excess of the OVER-FLOW  
being expressed out as you  
in everything you say, and do, and are . . .  
every minute of every day.

Now bring that Wholeness, Completeness,  
Power, Love, Acceptance and Joy  
forward with you as you open your eyes  
and CONTINUE on with the rest of your Life –  
Forever and Ever.

\*\*\*

Relax together a minute or two before you remeasure.

REMEASURE: "I have forgiven myself 100% for every self anger in my life."

"I am 100% Free of all Self angers."

"I give up the destructive habit of Self anger and criticism."

## **The KEY is to Be FREE!**

**JOURNAL** this week:

1. Start a section in your notebook for dreams, or waking with a Knowing.

Ask for a dream or to awaken with a Knowing.

Utilize this regularly.

2. Look for the benefits, and the detriments, in having self angers.

3. Look at ourselves and the parts we don't want others to know about.

Hiding what?

4. What do I condemn in others – this may shed light on something in our self.

We learn in the SPECIFIC, in regard to one person or one incident –  
then apply the learning in GENERAL to all parts of our life, and to everyone in it.



## **SECTION 4 “HOW TO” Clear God<sup>12</sup> Angers**

**“The weak can never forgive.**

**Forgiveness is the attribute of the strong.”**

*Gandhi*

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<sup>12</sup> Schools and individuals can be very sensitive to any word they consider to be “religious”. Some people are very wounded by church and religion. A lady like this could not find ANY word for the power of the Universe. Finally she acknowledged “tree” as having a life force beyond her. That worked! In schools we ask children about experiencing life force(s) beyond them – Billy, their teachers, their parents, etc. – and beyond that in trees, flowers, dogs and cats. Then we ask, “What are some of the many names, or nicknames, for that power greater than us? You have 2 or 3 names, and none of them describe all of you. So, none of these names describe the complete reality beyond us.” Once they use terms like World, Universe, Energy, the Field, God, Great Spirit, Source, Allah, Jehovah, Brahman, All and Everything, etc. then we can use them too – simply as a word to describe a reality of our world.





# Chapter 12

## Reality, Grief, Acceptance

Removing his hat at two gravesites, Boss says:

“You want to speak with the man upstairs  
you go on and do it.

“I’ll stand right here and listen – hat in hand –  
but I ain’t talkin’ to that son-of-a-bitch...  
and I’ll be holdin’ a grudge to him  
allowing this to befall a sweet kid like Mose”.

Charlie's "words": “Mose sure as hell wasn’t one to complain.

Woke with a smile, seemed like he could keep it there all day.

Kind of man that could say, Good Morning and mean it, whether it was or not.

“To tell you the truth, Lord, if there were two gentler souls  
in this world I’ve never seen them. Old dog Teige wouldn’t even kill birds.

“Well, Lord, you got yourself a good man and a good dog,  
and I’m inclined to agree with Boss here . . . to hold a grudge against you for it.

“I guess that means Amen.”

\*\*\*

This scene in the movie “OPEN RANGE”, and the “FORREST GUMP” scene of Lt. Dan in a storm on the mast of the boat, yelling angrily at God for losing his legs in war, are two of the few instances of “Anger at God” being acknowledged – anywhere.

In our culture, and many others, anger at God is not something we generally acknowledge or are permitted to express. Thus the anger is contained inside and is displaced onto our parents. When we get away with that, the anger is projected onto our siblings. When we get away with that, the anger is projected onto the rest of the world.

This is a very large area for people, and includes many aspects and ramifications. Most of us have never been “allowed” to be angry with God, so this is buried very deeply.

Now that you have forgiven others, littlest and biggest, and forgiven yourself, we can confidently venture into forgiving God as the next step of empowerment.

### **A REAL LIFE EXAMPLE**

Do you remember Jean, the stimulus to do Cellular Forgiveness? (Chapter 7) This is the rest of the story. At age 11, Jean was witness to her mother dying at home in bed with agonizing sounds that seemed to go on forever. She was left with 3 younger sisters, older sister, and her dad. Her older sister ran away. Jean became the primary caregiver (mother) at age 11 to her younger sisters and helping her dad.

At age 18 Jean became a nun. She faithfully performed as a nun for 18 years.

Then she returned to secular life to become a cell biologist, studying tiny aspects of living cells. Her career was rich and full. She retired after 20 years.

Next she became a PhD clinical psychologist, with many years experience in that field when we met at her age 72. During a conference break, I introduced 3 people, including Jean, to the budding process of Heart Forgiveness. Her current story was having attended a workshop where they worked from their hearts. Her heart acted up so badly, that she visited a cardiologist, who told her nothing was physically wrong with her heart. Her alarm and concern was not allayed.

Her biggest anger was her mother, since Jean measured as still angry at her mother for dying. In *Life Energy* by psychiatrist Dr. John Diamond, the heart is the acupuncture meridian for the negative emotion of anger. Jean did a very thorough Heart Forgiveness with her mother. She immediately looked much better, and felt much better.

The next day Jean pulled me aside to say she sensed something was not complete. We measured that she was angry at herself for the 11 year old’s behavior and 61 years of carrying anger at her mother and herself.

Jean’s very thorough Self-Forgiveness included Cellular Forgiveness, which she appreciated after 20 years in cell biology.

She has been fine since then, from periodic reports through her friend.

Reflecting further, I realized that Jean became a nun out of her anger at God. When her role as nun provided no “relief,” she left and shifted from the largest realm (God) to one of the smallest: cells in biology. When that provided no “relief,” she ventured

into the mind as a psychologist, with expansions into specific journaling. Still no relief . . . until she finally put down her burdens of anger at age 72, with Heart Forgiveness.

After realizing the core anger at God, I emailed her to suggest doing a Heart Forgiveness with God.

Amazing how our wounds or core angers even influence our choices of careers.

## **GRIEF**

Giving up angers, releasing angers, is like dying to something or someone. Grief is often experienced with loss or disappointment: Death, divorce, lost job, our best friend moves away, wisdom teeth out, we do not receive the promotion, and so forth.

Anger is a major component of the "Grief Response" developed by famed thanatologist Elizabeth Kubler-Ross and others. Let's take a look at the Grief Response in terms of effective use of our Life Energy.

### **5 STAGES OF THE GRIEF RESPONSE**

In terms of Life Energy – the stages we go through look like this:

1. Denial	"No, it can't be me."	Negative use of energy
2. Anger	"Why me?"	Negative use of energy
3. Bargaining	"Yes me, but..."	Negative (whining) or Positive most powerful: AFTER Acceptance
4. Depression	"Yes, me."	Negative use of energy
5. Acceptance	"Yes, OK."	Positive use of energy Get on with Life fully functional

Let's talk about the Grief Response in terms of the corporate structure, in terms of our spouse being transferred to Boston:

1. Denial – "No, not us."
2. Anger – "Why us?" . . . "Why not John?"
3. Bargaining – "Will you make more money, get a bigger title?"  
"Yes"
4. Depression – "Ok, it is us."
5. Acceptance – "When do we leave?"

Start packing the dishes. Call the Mover.

In terms of removal of Wisdom Teeth:

1. Denial – “No, not me, aren’t I different? Can’t I keep mine – I am attached to them!” NO.

2. Anger – “I don’t want to have them out.”

Answer: They can make your teeth crooked, or form a cyst.

3. Bargaining – “Can I wait until Summer, when school is out?” YES.

4. Depression – About the prospects, discomfort, scariness.

5. Acceptance – Talk with friends – they all survived – comes to acceptance.

Schedules an appointment and has them removed. Goes on with Life.

You can see how the traditional and normal Grief Response occurs. People rarely proceed smoothly through grief. They can jump ahead to one and back to another. They can repeat stages. They can become stuck in a stage, like anger or depression, for years and years. Since that is so, choose to be stuck in Acceptance!

Let’s look at the Grief Response in new ways. Denial does not get us anywhere, but expends energy. Anger is a negative use of energy. Bargaining is most effective after coming to Acceptance and having all of your energy for creative and powerful Bargaining. Depression literally means “pressed down” and we are immobile, ineffective and inactive – not a positive use of our energy. Acceptance deals with the reality of the situation. Acceptance is the only purely positive use of energy. With acceptance, we can apply our energy creatively and positively and powerfully to dealing with any issue – whether an accident, job loss, divorce, illness, transfer, or other.

What we have learned: **You do not HAVE to go through each Stage.**

You can leap to Acceptance immediately, and function fully from there. Since the others are not a positive use of energy (except Bargaining) we can choose to be free to leap to Acceptance and live there continuously. This frees our creative prefrontal cortex and 100% of our energy to be applied creatively and powerfully to resolving any life challenge.

Leap to Acceptance, jump over the others, and LIVE IN ACCEPTANCE!

Living in Acceptance becomes much more clear and doable later in the book, as we learn to live FREE of Anger – unoffendable.

## **ENERGY MEASURING**

These measures are done SYMBOLICALLY without revealing to people what the meaning is until the END of the session. This again demonstrates we are working deeper than our rational mind and our subconscious, in our energy system, which does know the meaning of the symbols.

Energy Measure:

- A. "Think of being a Birthday older." WEAK
- B. "Look at 2 Circles." WEAK (2 circles one above the other, not touching<sup>13</sup>)
- C. "Hold a newspaper." WEAK (More fun: hide it in a large envelope for a "blind to mind" experiment. Their energy responds though their mind is not aware.)

Our next measure is the "Umbilicus Test". All acupuncture meridians come together at the navel, then radiate back out again. This measure is done "In the Clear": not thinking of anything. Tester's finger on clothing in navel of Testee, Testee touching Tester's arm above the wrist – not touching themselves at all. Most test WEAK.

These measures are "put on hold" until the end of the class when they will be a demonstration of BONUS SHIFT: an issue cleared as a bonus, by doing something deeper and more profound.

Next are fun and exciting measures and discoveries, realizing there possibly are instances where we may be angry at God or the World. Calmly realize that you will measure differently after the Clearing Process. The initial ways in which people usually measure are listed after each statement. After clearing you test in complete harmony.

**Measure:** "God Loves me when I am good" YES

"God Loves me when I am bad." NO

Many have a "good-time" God (gets some laughs)

This is due to mixed messages, and the collective unconscious.

"God is in my head." YES

"God is in my Heart." NO

"I am smarter than God." YES (surprise, with smiles)

"I have to run the Universe." YES (often "I feel that way!")

"God is my Friend." NO

"God is my Enemy." YES

"God is against me." YES

"God is for me." NO

"I am angry with God." YES (is normal to our humanness)

\*\*\*

Now invest 8 minutes experiencing **CD 2 Track 2, Childhood Decisions.**

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<sup>13</sup> Appendix D, Symbols of the two circles.



# Chapter 13

## Forgiving God Angers

We now have the capacity to make an adult here-and-now new energy decision in this powerful area. The key is bringing to the forefront all the energy and energy packets surrounding the decision, so we can clear them completely. This is a MAJOR energy shift.

To accomplish this very thoroughly, we utilize the DTQ<sup>©</sup> Process – Deeply, Thoroughly, and Quickly – for creating a healthy new replacement energy decision. The Deeply Thoroughly Quickly<sup>©</sup> process engages the rational/objective mind, and the subjective/experienced energy of the individual so they can make an Energy Decision that is corrective and positive. The process is precise for each individual’s unique individual life and energy system.

With energy measuring, we can discover the Decision Point when we chose to separate from God and run the Universe, the Starting Point when we picked up the first piece of junk considering the decision, the Anchor Point when we reaffirmed the decision, and finally the number of Anchor Points. This brings forth ALL energies related to the decision to be cleared at one time, thoroughly.

For those who are not utilizing Energy Measuring: simply know that the same dynamics work in all human beings. Own this, and then utilize the clearing process to free your energy system of all unwanted negative baggage. Read through the process below for a more thorough sense of the dynamics, then join in the Freeing and Clearing Process.

Continuing with those who are Energy Measuring: now is the time to review Appendix E, The DTQ<sup>©</sup> Process. Become thoroughly familiar with the process and the statements so you can easily measure your partner. Doing this is much easier and faster than reading about it!

### HOW TO do the DTQ PROCESS

#### **Decision Point (DP)**

Have the person name and state the issue (ownership).

Utilize the positive statement rather than the negative.

In this chapter “**God is My Friend.**”

Measure the statement first at 5 years of age. YES/Strong.

See yourself at 5 years of age (pause) “God is My Friend.” YES/Strong.

See yourself in your Perfect Moment “God is My Friend.” YES/Strong.

See yourself at 10 years of age (pause) "God is My Friend." YES/Strong.  
The person now has a decade of pure core health energy to expand!

See yourself at 15 years of age (pause) "God is My Friend." YES/Strong.  
The person now has 15 years of pure core health energy to expand!  
In case they measure NO at 15 years of age, then go back to an earlier age 14.  
See yourself at 14 years of age (pause) "God is My Friend."  
YES/Strong or NO/Weak.

Continue until test strong at an age, say 12. They are strong at 12, weak at age 13.  
Thus the Decision Point is age 13.

Ask them to close their eyes and "Feel around in your energy for a bump or hitch around some event." Often it is around a disappointment in life – parents divorce, grandmother dies, family member diagnosed with a significant illness, change in schools, or family moves to another area, etc. Can also be around something extremely good like winning an award they are not sure they deserved, etc.  
Usually they will be able to locate an event.

When they need assistance, you can "narrow" the possible choices by measuring:

"This has to do with someone Inside my family." YES or NO.

When YES, inside the family, then:

"Male in my family."

Father, brother, grandfather, uncle, cousin, etc.

"Female in my family."

Mother, sister, grandparent, aunt, cousin, etc.

Note: The person can be alive, or have died years ago.

You can test several names to get the one that is strong.

Locate a specific event when possible.

With parents, there are millions, so hard to pick just one.

An event is not necessary, but it pleases our mind.

"Outside my family." YES or NO.

When outside, determine male or female or organization.

Then who: Friend, teacher, coach, police person, boss, etc.

You can test several names to locate the one that is strong.

Locate a specific event when possible.

Energy Measure right before the event "God is My Friend." YES

Measure right after the event "God is My Friend." NO

Now we know the age, the person, and often the event.

NOTE: Most people do find the event.

However it is not essential – simply the age works.

Especially with parents, there are so many events, that it could be the 9,047<sup>th</sup> one that is the straw that breaks the camel's back.

Knowing the age is sufficient to bring forth the energy for clearing.

The person or organization, and event,

simply please the rational mind in the beginning.

With experience, we begin to skip these details, and our mind is comfortable.



### **Starting Point (SP)**

Repeat process as above.

**"I have started down the road to making this decision."**

Select an age 2 years prior to the Decision Point DP.

Our example above is DP age 12, so select age 10.

See yourself at 10 years of age (pause)

"I have started down the road to making this decision."

Energy Measure:

1. YES/Strong, then measure at age 9, then 8.  
When go weak, is the year before when strong.
2. NO/Weak, then measure at age 11, or if needed, 12.  
A Strong result indicates the year they started down the road.  
Occasionally SP and DP are in the same year.
3. Locate the person, and event/stimulus: When they first "considered" picking up some "evidence" or junk that God may not be on the job or paying attention, so they'd best run the Universe.  
More pieces are added, until the Decision is made.

### **Anchor Point (AP)**

Repeat the process as above.

**"My first Anchor Point is age \_\_\_\_."**

This age is usually 2 or more years after DP. Rarely it can be the same year.

Locate year, person/organization, event or stimulus.

After the Decision Point, additional "evidence"/baggage/junk/wounds are accumulated. A subsequent stimulus causes reaffirming and anchoring the earlier Decision Point – "Good Decision I made to run the Universe."

### **Number of Anchor Points (#APs)**

Repeat the process as above.

"I have 5 or more Anchor Points."

"10 or more Anchor Points."

"50 (100, 1000, 10,000 etc.) or more APs."

Now we know how firmly we are anchored!

A sailing ship with 200 anchors overboard would go nowhere even with two jet engines fully powered up. Turn off the engines of "will power," cut the anchor lines, raise the sails, and you can sail off *easily* with a slight breeze.

We are now going to release EVERY anger we have ever had at God.

Whether real or imagined, remembered or not-remembered, child or adult – simply by experiencing our Heart talking to our younger selves at the SP age, the DP age, and the AP age representing ALL the Anchor Points.

Are you ready to be FREE of this huge burden of anger at God and the World – of this heavy oppression you have lugged around for decades? Your heart is talking to the pure part in your own heart, at your young age, buried beneath this "craziness" – clearing a childhood decision.

You can experience the PROCESS yourself, have someone read it to you, or utilize **CD 2 Track 3: Clear with God.**

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Now invest 18 minutes experiencing **CD 2 Track 3: Clear with God.**

\*\*\*

## **PROCESS**

Uncross your arms and legs.

Relax your eyes closed.

Take two relaxing breaths.

The in-breath carries peace and relaxation out to everyone of your 50 Trillion Cells.

Your out-breath carries away all tiredness, tension, and confusion.

Bring your DESIRE into your Heart to be 100% Free of childhood and adult angers with God, Real or Imagined, Remembered and not Remembered.

Bring your ATTENTION into your Heart.

FEEL the CONSTANCY of your Heart –

dependably beating every minute, every hour, every day, year after year.

SEE your Heart having Lips so it can speak.

In front of you, see your young Starting Point self.

SEE your Heart speaking to the Pure Part in their young Heart.

FEEL your self expressing to them that you are wiser and have come to free them and to free your self.

EXPRESS to your young SP self, that you realize how idealistic they are, and from that idealism, youth, and inexperience they made some childhood decisions.

TELL them that they no longer need to carry that huge bundle of oppression, they can let it slide off their back,

drain out of their body –

as it drains out of their body, see it being replaced with warm light.

SEE your Heart telling their Heart

that you FORGIVE them for every hurt, for every anger, for every separation, REAL or IMAGINED, KNOWN and UNKNOWN....

EXPRESS to your Starting Point Self that you are PROUD of them

for releasing all the junk they picked up and being FREE again,

the same as at 5 years of age, and in their Perfect Moment.

TELL them that you Love them totally and completely.

SEE their Hearts receive your Love with Joy, and light up and brighten up.

FEEL your Heart yearning to embrace your bright young Starting Point Self,

opening your heart's arms and moving forward

as they move forward with joy.

FEEL your arms wrapping around them,  
and their arms wrapping around your heart.  
FEEL love and joy and delight  
flowing from your heart to their heart.  
FEEL the celebration in their heart at being back home,  
and their love and joy  
flowing from their heart to yours.  
FEEL your hearts growing warmer and brighter  
warmer and brighter  
warmer and brighter – until they MELT into each other.

In your heart, FEEL that warmth,  
and brightness and wholeness  
FEEL that warmth, and brightness and wholeness  
expand to fill up your chest.  
FEEL that warmth, and brightness and wholeness  
expand to fill up your whole body.  
FEEL that warmth, and brightness and wholeness  
flow down through your legs out your feet.  
FEEL that warmth, and brightness and wholeness  
flow out through your arms and off your fingers.  
FEEL that warmth, and brightness and wholeness  
flow up through your head and off into the heavens.  
FEEL that warmth, and brightness and wholeness  
RADIATING out from you in all directions.

SEE every cell in your Heart lighting up from the Core of its Being,  
and radiating out with the joy of being 100% free,  
burning away all cobwebs, junk and debris ... and smiling.  
SEE every cell in your Brain lighting up from the Core of its Being,  
and radiating out with the joy of being 100% free,  
burning away any junk, darkness or debris ... and smiling.  
FEEL your Emotions pulverizing the last bits of junk and debris to a fine powdery mist.  
Feel the Breeze blowing through your emotions  
and clearing away the fine powdery mist,  
so your Emotions are 100% Free and Clear, Bright and Shining.  
SEE your Will, your Chooser, your Decider,  
choosing to step out of any last bits of junk and debris ---  
look at it and tell it that it is free to dissolve back into  
the health and wholeness of the Universe ---  
so your Will is 100% Bright, and Clear and Free.

Now SEE your 100% Bright Free Will, and your 100% Bright, Free Clear Emotions,  
coming inside your body with your 100% Bright Free Clear Heart,  
and your 100% Bright Free Clear Mind.  
ALL on the same team, each more powerful because of its team-mates –  
Synergistic – Integrated – the Whole greater than the sum of the parts.

SEE and FEEL your Flame Spirit in the Core of your Being  
DANCING HIGHER and BRIGHTER and  
MORE JOYFULLY and VIGOROUSLY  
with this huge Oppression and Baggage removed from off of it.

SEE your Flame Spirit more open to the IN-FLOW of God and the Universe  
and Life Energy and Power and Creativity  
and Wholeness and Joy and Wonder and Confidence and Peace –  
FILLING every one of your 50 Trillion Cells  
and every Vibration of your Being completely FULL  
and OVER-FLOWING into expression through your  
Pure Clear Heart, Pure Clear Mind, Pure Clear Will,  
Pure Clear Emotions, and Pure Clear Body.

SEE every Blood Cell opening its cell doors, for this inflow of God, Life Energy and Power  
to wash through them – cleansing away all junk and debris –  
so every blood cell is bright and shining from the Core of its Being . . .  
and Smiling.

SEE every Bone Cell, from head to toes to fingers, every Muscle cell, every Skin cell,  
every Organ cell, every Gland cell opening its cell doors, allowing this inflow of God,  
Life Energy and Power to wash through them –  
cleansing away all darkness, junk and debris –  
so every cell in your body is bright and shining from the Core of its Being . . .  
and Smiling.

Now be STILL for a moment, enjoying the wholeness...  
the power ...  
and the Smiling-ness of YOU ...

(pause for a minute)

SEE the Road Into the Future. See your Self stepping out onto that road – whole,  
complete, more powerful, more free, more energized.  
See yourself “meeting Life on its own terms” –  
easily and gracefully  
flowing and dancing.  
Firm when necessary.  
Flexible when beneficial.

Now be peacefully and easily in your Heart again.  
In front of you, experience God, Presence, Light, Spirit . . .  
As your young Starting, Decision, and Anchor Point selves were split off from you  
and you forgave them and brought them back into you in wholeness –  
acknowledge to the Presence, God, Light, Spirit that you now realize that  
because of childhood decisions, you split yourself off . . .  
that you are “now wiser” –  
and chose to come home again, just as your split off selves came home.

FEEL your Self moving forward into God, Presence, Light, Love –  
FEEL the warmth and Love surround you,  
FEEL the warmth and Love and God in you,  
and through you,  
and finally . . . AS you.

Relax into your peace and your power –  
all the peace and power of God and the Universe  
Rest there gently for a few moments, never to leave again.

(pause for a moment)

SEE the Road Into the Future. See your Self stepping out onto that road – whole,  
complete, more powerful, more free, more energized,  
completely integrated with God, the Universe, Spirit, ALL and Everything.  
See yourself powerfully “meeting Life on its own terms” –  
Easily and Gracefully  
Flowing and Dancing  
Firm when necessary  
Flexible when beneficial

For 1 minute before you sleep,  
and 1 minute when you awaken,  
see your young SP, DP, AP selves in front of you.  
Forgive them, and love them.  
Melt them back into your heart  
whole and free and complete.

Then feel your self immersed in the Power and Presence  
of God, the Universe, Great Spirit, ALL and Everything,  
around you, in you, and AS YOU.

FEEL the wholeness and warmth and power in your heart  
circulating out to every cell in your body, your Heart, Mind, Emotions, Will,  
freeing your Flame Spirit to dance higher, brighter, and more enthusiastically  
– more open to the IN-FLOW of God and the Universe and Life Energy filling you  
and overflowing the excess out through you.

Now take 2 REMINDING Breaths,  
Your in-breath REMINDING you  
of the CONSTANT IN-FLOW of God and the Universe  
and Life Energy and Wonder and Power...  
Your out-breath reminding you of the OVER-FLOW excess  
being expressed out as you  
into everything you are, you say, and do . . .  
every minute of every day.

Now bring that Wholeness, Completeness,  
Power, Love, Acceptance and Joy  
forward with you as you open your eyes  
and CONTINUE on with the rest of your Life –  
Forever and Ever.

\*\*\*

Relax together a minute or two before you remeasure.

MEASURE: "God Loves me when I am good"	YES
"God Loves me when I am bad."	YES
"God is in my head."	YES
"God is in my Heart."	YES
"I am smarter than God."	NO
"I no longer have to run the Universe."	YES
"I only have to run my Self."	YES (NOW Life is much easier!)
"I am angry with God."	NO
"God is my Friend."	YES
"God is my Enemy."	NO
"God is against me."	NO
"God is for me."	YES

You are now touching into your REAL POWER – In-POWER. (Inner Power)

All cultures have told us that we have great power within ourselves.

Jesus said, "I called you servant, now I call you ~ ~ ~ friend."

He also said, "YOU will do even greater things . . ." IN-POWER

"I am telling you the truth: whoever believes (KNOWS) will do what I do – yes, **they will do even greater things.** . ." John 14:12

However, like the "Glass Ceiling" in the corporate world – where women could only rise so high – people use Jesus as a "Glass Ceiling" . . . rather than as a jumping off place to do even greater things.

We have Externalized Spirituality – we now get it back into our Heart and every cell.

### **REMEASURE Symbols**

Birthday older, Circles, Newspaper – ALL at the same time! STRONG

Each one symbolizes DEATH.

A birthday older is one year closer to death.

A newspaper is full of death, disease, and destruction.

Two Circles not connected are separated –

separate from body -- normal people see as death.

The Fear of Death weakens (normal) people.

Now you are free of Fear of Death, not afraid to die,

thus you are not afraid of anything! Naturally strong!

Fear debilitates you and your energy.

Scare heightens your alertness and energy.

**Umbilicus** -- now you measure STRONG!

Umbilicus is where all your acupuncture meridians come together

then radiate back out again.

Umbilicus is a measure for **Subconscious Anger.**

Subconscious Anger is at God.

Since that is "not OK", we deflect onto Parents ...  
when we get away with that,  
then deflect on to brothers and sisters ...  
then deflect onto the rest of the world.

Free of Subconscious Anger, we can master AGAIN to living free  
of all anger – to live un-offendable.

BONUS SHIFT: Free of the Fear of Death, and Free of Subconscious Anger are both "bonus shifts". When you fix or clear something at your core – then the symptoms created by that distorted energy go away – because there is no more living energy flow to them.

The above are TWO examples of BONUS SHIFTS. When you clear a deeper energy level, then the manifestations generated by it simply go away (its children and grandchildren).

### **EVELYN'S PRINCIPLE**

Measure for:

"My name is \_\_\_\_\_.

"My name is (any male and female in group); tree, flower, grass, dog, cat."  
We are re-connected to all, ALL One.

"The name my mother gave me is (own name)." YES "John, Mary" NO  
AND we continue to recognize our unique individuality in the ONENESS.

"See yourself when you arrived tonight.

"My name is tree, dog, cat, Mary, John." NO

"See yourself now,

"My name is tree, dog, cat, Mary, John." YES

We have "become as a child again".

In our Perfect Moment,

we measure as being anyone's name, or cat or dog or flower or tree.

There is a scripture that reads, "Unless you become as a child,  
you cannot enter (live in now) the kingdom of heaven."

Now we live with the KNOWING of a Child, and the SKILLS of an Adult.  
The Best of Both!

The Core CAUSE of all illness, dis-ease: Separation from God.

### **HEALTH is UNION.**

Now we find it much easier to live in ACCEPTANCE: We value our energy –  
rather than waste on Denial, Anger, Depression – we LEAP to ACCEPTANCE.  
We look for the CREATIVE POTENTIAL in all situations, even making compost.  
Now we can put ALL our energy positively and creatively to work.

**The KEY is to Be FREE!**

**JOURNAL** this week:

1. Look for your healthy attractor fields.
2. Continue your Perfect Moment, Dreams and Knowings parts of your journal.
3. What is the HIDDEN motive in ME for holding onto a grudge?

Examples: Benefits of being a Victim –

fear of closeness – if I am open = I will get hurt again

4. Self defeating aspects of anger
5. Personal Fundamentalism or Terrorism
6. ACCEPTANCE: look for the CREATIVE POTENTIAL in all situations

Put ALL your energy positively to work

Journaling: DO IT!



# Chapter 14

## FORGIVING CHURCH AND RELIGION

Many of us are born into a faith or religion. At some level we are all seekers, some more avidly than others, guided by our own Inner Teacher. Our early upbringing can be a solid foundation, a stimulus for seeking more, a springboard into adventure, or a wounding and an albatross of oppression upon us.

Remember the lady in Chapter 8, page 47, number 3? She went into a screaming rage when I suggested she forgive her mother in order to regain her "Will to Live." When I suggested only trying it for 5 minutes, the rage scene repeated! The "cause" of her issue was her mother constantly telling her as a child, "Every time you do something wrong, God puts a black mark in His book by your name." By age 11, she figured she had so many black marks, that life was no longer worth living.

When parents use God or religion as a threat, or when churches and religions betray their sacred, sacramental roles and do us harm – either by justifying and sustaining oppressive social structures, or by exploiting us individually – we may feel cut off from God. We become isolated in the world, uncertain of our connection with God, and suspicious of all human expressions of sacredness.

A healthy and active reality is to discern the difference between the "religious" entity and the spiritual reality it signifies. Churches and religions are not God. Ministers, rabbis and priests are not God. Just as a therapist is a purveyor of mental health, but not an incarnation of it. Likewise, our parents, spouses, friends, ministers and priests have imperfections and confusions as we do – in some cases, more so.

Recognize that all human experience is a mix of positives and negatives. That we were harmed by an institution or representative does not mean every aspect of our relationship was negative. Like mining gold or diamonds, we have the power to sort for the positives, the gems, the nuggets, while releasing the negatives, the dirt, the debris – in all of life.

Retain your power to resonate with the sacred and permit that to emerge in you and teach you truthful realities. The more solid we become, the more we are capable of acknowledging that "sacred" people and institutions are, at times, merely dim reflections of spiritual truths – and may betray them.

This develops true spiritual expansion that brings us into our own continuing integration with God, the Universe, the Field. Now we do not confuse, and are not confused by, any earthly authority (however sacred or useful to us) with the truth of our reality, our True Self.

Sacred institutions can be a resource (provided we see them *only* as a resource) for cultivating our connection with God. With perspective, we can utilize the church and equivalents as resources without expecting them to be God.

My freedom came when I verbalized at a retreat, with a religious group strange to me: "I am part of the Whole, the Whole is part of Me. I can celebrate that with any group of people who are truly celebrating." I enjoyed my time with that group, and in American Indian sweat lodges, Jewish Bar Mitzvahs, Buddhist meditations, silent re~treats, in nature, and with my Mom at her Baptist church.

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For those who can benefit, utilize Heart Forgiveness

**CD 1 Track 7: Clear Biggest Anger**

12 minutes

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**The KEY is to Be FREE!**

## **SECTION 5 “HOW TO” Live FREE of Anger**

**“Only the brave know how to forgive.  
It is the most refined pitch of virtue  
human nature can arrive at.”**

*Laurence Sterne*



# Chapter 15

## Anger is a Learned Skill

Spill the milk, mop it up. Spill the milk, mop it up. Spill the milk, mop it up. Spill the milk, mop it up. Spill the milk, mop it up. Spill the milk, mop it up. Spill the milk, mop it up. Spill ... an endless repetitive loop.

What would it be like to be free of spilling the milk?

What if spilling milk were *optional*? We could make a new choice.

Wow, what an original and creative thought!

Think of all the time and energy available to us to be creative, loving, and powerful, and to do useful acts.

In dentistry years ago it was a revelation for my patients to know that decay and gum disease are *optional* diseases. They could give up both cavities and gum disease by flossing and brushing once a day. Wow. Think of all the time and money they would save. They had better things to do with their life, time and money than to sit in my dental chair and pay me to drill on their teeth and cut their gums to repair optional disease damage!

What would it be like to be free of getting angry? To live free of anger – to live unoffendable?

What would it be like to not have the multitude of diseases and ailments caused by anger and stress, and to not have to go to doctors, sit in waiting rooms, and pay doctors to provide drugs, surgeries and advice for what *we caused*? What if illness is optional?

What would it be like to not get angry, and not need to spend our time doing Heart Forgiveness?

Then Heart Forgiveness, like our hammer, saw and pliers – is another tool to put in the kitchen drawer or the garage tool box – in case we ever need it. Once mastering any tool, we forever know how to use it.

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The beginning of my recognizing my expanding freedom came in 1986 with Karate Kid II. I remember the original version like this.

Miyagi's father was dying in Okinawa, which Myagi left 40 years ago. Upon Miyagi's return, he and student Daniel were "kidnapped" by wealthy industrialist Sato's men. Miyagi was given the ultimatum to visit his father, then fight Sato to the death for the sake of honor.

Daniel asks "What is that about."

Miyagi: "Oh, Sato my best friend.

My father teach him karate when his father die.

Daniel: So why does he want to fight.

Miyagi: Both want to marry same girl. Sato family rich, insult when girl no want to marry Sato. Sato want to fight for honor.

Daniel: If you and Sato fight, would your father be the referee?

Miyagi: No referee.

Daniel: Then how do you know who wins?

Miyagi: The one who is dead, doesn't.

The movie continues with beautiful fishing village, drama of dying father joining the hands of Miyagi and Sato across his body to make peace, then dying. Sato snatches his hand away, and says "Three days to mourn, then fight to death, coward."

Daniel: If Sato hates you so much, why does he give you time to mourn?

Miyagi: Because, Daniel-san, Miyagi father was Sato's teacher.

Deep in heart, Sato still know right from wrong.

Daniel: Then why does he still want to kill you?

Miyagi: [*shrugging*] ... Because sometimes, what **heart** know, head forget.

In three days bulldozers begin destroying village because Sato owns the land. Miyagi stands in front of the bulldozer Sato is operating. Sato stops. They go off to talk together. Miyagi returns and walks with Daniel to village home.

Daniel: "What was that all about?"

Miyagi: "Daniel-san, fight this Friday at 9 in morning."

Daniel: "Fight? Fight is to the death. What if you lose?"

Miyagi: "Ah, Daniel-san, Miyagi already won!"

Daniel: "What do you mean, you already won?"

Miyagi: "Village get title to land, no matter who wins fight."

A typhoon comes, with the drama of Miyagi rescuing Sato, Daniel rescuing young girl trapped on a bell tower. Sato's apprentice turns coward, refusing to help anyone and being disgraced to himself and Sato. Sato and Miyagi work together, helping people.

The next day, the sun is out, the birds are singing, and Miyagi is in the garden practicing his Katas, karate forms. Sato comes to Miyagi, wearing his ceremonial robes. Bowing in humbleness, Sato presents Miyagi with the deed to the land.

Sato: "Here is deed to village land. My men will help rebuild from storm."

Miyagi: "Thank you for your generosity, Sato."

Sato: "Please forgive me, Miyagi." Bowing respectfully again.

Miyagi: "Oh Sato, my friend, nothing to forgive."

Sato: "Please, Miyagi, forgive me." Bowing respectfully again.

Miyagi: "Sato, my friend, nothing to forgive."

Sato: "How can you say nothing to forgive? 40 years ago you left the island because of my anger. I wanted to fight you to the death. I would not even make peace when asked by my revered Sensei. I destroyed part of the village. How can you say 'nothing to forgive'."

Miyagi: "Oh Sato, my friend, nothing to forgive,  
because **Miyagi no take offense.**"

\*\*\*

The power of not taking offense was enticing and a challenge. Living **un-offendable**, free of anger, became a life goal. Recently, watching *Karate Kid II* with my grown son and young grandson, I realized the entire movie has multiple themes around forgiveness and un-forgiveness.

Ten years after first seeing *Karate Kid II*, I heard Franciscan Monk Richard Rohr speaking of living un-offendable, and boldly stating that "God is un-offendable."

These two "teachings," and my own experience have confirmed the power of learning to live unoffendable. You also can master living free of anger – **unoffendable**.

### **Anger as a Learned Skill**

I always felt uncomfortable with the confusion in mental health about anger is good for you, anger is bad for you, anger is part of our nature, don't be angry, we have to get it out, pound on pillows, and I even read *Primordial Scream*. Always my sense continued to be that something was missing, the picture did not seem completely correct.

Finally, in 2004, a “gestalt” arrived in time for a presentation of Heart Forgiveness to 20 Christian Counselors for Continuing Education credits. We measured: “At 5 years of age, I value anger.” NO. “At 5 years of age, I know how to be angry.” NO. (Surprise!) “At 5 years of age I am experimenting with being angry.” YES.

Now we have the ability to find the exact moment any individual took on the social collective unconscious of valuing anger. Knowing when they made the decision, impacts and consequences of anger, they can make a new decision to live free of valuing anger.

Having come this far in the book and doing the clearing processes, amazingly you have already done this!!!!

Now is the time to be purposeful and attentive to practicing to live free of the habit of anger and to creatively develop multiple options for the constructive use of your energy.

Yes, untoward events happen in life. They stimulate a release of energy as a survival response.

Previously this energy only had one neural groove in which to flow: Anger.

Mastering Heart Forgiveness and living unoffendable, we are creatively capable of choosing multiple options, keeping our prefrontal cortex working for us, and being powerfully responsive developing effective resolutions.

I just discovered this information sent by a friend:

John Cassian (360 – 435 AD) wrote 36 books, 12 Institutes, 24 Conferences ... "These are wonderfully instructive versions of the teachings and practices of the early desert fathers and mothers", says author Sister Margaret Funk in *Thoughts Matter*. "According to the desert fathers and mothers, **anger is a learned behavior and can be unlearned.**"

This reality had been lost on our culture until it was intuitively brought to light again. With Energy Measuring, we tested for and proved the veracity of the statement ... full circle and truly exciting!

Now invest 6½ minutes experiencing **CD 2 Track 4: Unoffendable.**



# Chapter 16

## Living FREE of Anger

Toss a pillow to a friend. Our instinct is to catch the pillow. Do this several times together. Now realize that when someone tosses their garbage or pain to you – you do not have to catch it! *Catching is optional.*

Make a new decision to keep open your option to catch, or not-to-catch, the pillow. Practice a few times *not* catching the pillow, symbolic of *not* catching the negativity or junk of other people.

Now practice choosing to catch and to not catch the pillow at different times to increase your power of choice as an event is unfolding.

A wise friend and colleague, who is a PhD in psychology and an addiction specialist, utilizes as his email screen name "YourIssue@\_\_\_." This keeps the issue firmly with the other person, and we do not take it onto ourselves. We have enough to do handling our own issues!

Practice the pillow-tossing a few more times with this broader perspective.

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At the beginning of each *Kung Fu* television episode with David Carradine as Caine, his masters throw spears at him standing in front of a wooden wall. Rather than take offense, Caine relaxes, steps aside, ducks, and occasionally moves an arm up to deflect a spear.

We too can learn to step aside from the spears and arrows of life in the same graceful and gracious way.

Stepping aside, not getting speared, is much more effective than anger at the spear thrower! However, in our culture, people often step in front of the spear so it sticks in their heart, then show it to everyone to appreciate their woundedness, victimness. Carolyn Myss wrote an entire chapter on "Woundology" in her book *Anatomy of the Spirit*. Occasionally we get hit by a spear or arrow. Now we pull it out, heal, and go on with life.

In not taking offense, we do not derange our energy flow and there is no need for forgiveness. As we learn to live free of anger, we stop many, many energy leaks and become more highly effective individuals.

Pause here to play at throwing swimming noodles (symbolizing spears) at each other. Practice stepping aside, ducking, or deflecting the noodles with your arm. The first time you may be self conscious and a little tense. Do this several times, relaxing more each time until it becomes fun – like a child.

Actually do the pillow toss and the spear/noodle throw, so your body, mind, emotions and spirit become integrated in dealing with things coming at you from the outside world. There are energy arrows and spears, of which you are well aware. Develop your relation and grace at stepping aside or deflecting, while maintaining your energy to respond further in case necessary.

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Similarly, in the “Grief Response” developed by Elizabeth Kubler Ross, we do *not* have to go through Denial, Anger (note this is the second phase), Bargaining, or Depression, all negative wastes of our energy. Rather, we can leap to Acceptance, keep our energy flowing positively, then circle back to Bargain with our full ability, and deal with all the details with our full ability.

Now, whenever something untoward happens, practice leaping to acceptance to keep a healthy positive energy flow for maximum effectiveness.

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We can experience life challenges as “Energy Challenges” or “Energy Games”, challenges to how we are going to manage our energy. As we develop skill in not-taking-offense, we can use all of our energy creatively to find helpful solutions – even to run away. In running away, you want all of your energy to put into your choice so you run the fastest.

As we learn to skip the negatives (do not serve us) and go right to Acceptance, we respond positively and creatively from our center. Beginning from Acceptance, we look for the “Creative Potential” in every situation. Then, we put ALL energy positively to work.

Aikido as a “soft” or “gentle” martial art has no offensive moves like the hard martial arts. Rather, Aikido utilizes energy in the form of “blending.” The other person’s attack is seen as a gift of energy, is accepted, adding your own energy to it and redirecting a punch into a wall, or into a circular throw. Since you always have the opponent’s energy, PLUS your own energy to add to it, you always have the most energy and are the superior participant.

An example: large person running to break down a door to get to a small person. In hard martial arts, force against force, the small person tries to hold the door closed, and is overwhelmed. In Aikido, the small person receives the energy of the large person running as a gift, times opening the door at the right instant, and sticking their foot out (adding their energy) to trip the large person. By use of energy, the small person prevails.

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All anger is a form of abuse. Abuse of your self, abuse of others, and abuse of the Universe.

There are always creative alternatives to anger. We have just never been told that we have options. Thus we have now learned to look for creative options.

Dr. David Hawkins, in *Power vs. Force*, says there are many options to anger.

“Innumerable options are open to everyone – all the time –  
but are infrequently chosen –  
because people lack the context to make them attractive.”

(EC: Understanding Life Energy now makes forgiveness more attractive.)

“One’s range of choice is limited by ones vision.

Initially, it’s very challenging to understand that  
attitudes alter the world we experience –  
and there are numerous ways of experiencing the world.”

What you see, or experience depends completely on the *position* from which you view it. Like the blind men touching the elephant: the ear was a fan to one, the tail a rope to another, the leg a tree trunk to another, the elephant’s side a wall to another, the trunk a snake to another.

We can relax our position-alities to let our energy flow clearly into developing many options and possibilities. We can look for the diamonds and the nuggets in all the dirt. We can compost the manure into fertilizer to grow beautiful plants. Come join us in clearing all value of anger, and replacing with the freedom of living free of anger – unoffendable. This frees our energy to live a healthy, joyful and powerful life.

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## **PROCESS**

Invest 11 minutes experiencing **CD 2 Track 5: Clear to Live Unoffendable**  
to master living FREE of Anger.

## Energy Measuring

Measure for:

"I no longer value anger." YES/STRONG/TRUE  
See before you arrived today: "I value anger." YES  
See yourself at age 5: "I value anger." NO  
"I know how to be angry." NO  
(however, we are experimenting with anger)  
See yourself now: "I value anger." NO  
"I know how to be angry." YES

We have released valuing anger, yet we retain the skills of knowing how to be angry. A really scary angry person is one who can utilize the skills of anger, *without being angry*. 100% of their energy can go into the skills!

Now we have the knowing of a child, and skills of an adult.

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Anger is a "Learned Skill". Since we learned it, we can unlearn it.

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## The KEY is LIVING FREE!

### Journal

1. Look for, and appreciate your healthy energy fields.
2. Continue the Perfect Moments, Dreams and Knowings parts of your journal.
3. Continue instantly freeing yourself of any anger or energy-distortion that creeps in.
4. Practice living FREE of all anger – mastering being "Un-offendable".

Leap to Acceptance. Do not waste your energy on negatives.

Sift and Sort for the "Creative Potentials" in each situation.

Move forward boldly.

## Beautiful Heart

One day a young man stood in the middle of the town proclaiming he had the most beautiful heart in the whole valley.

A large crowd gathered. They all admired his heart for it was perfect. There was not a flaw in it. They all agreed it truly was the most beautiful heart they'd ever seen.

The young man was very proud. He boasted more loudly about his beautiful heart.

Suddenly, an old man said, "Why your heart is not nearly as beautiful as mine."

The crowd and the young man looked at the old man's heart.

It was beating strongly, but was full of scars. It had places where pieces had been removed and other pieces put in, but they didn't fit quite right – there were several jagged edges.

In some places were deep gouges – where whole pieces were missing.

The people stared – How can he say his heart is more beautiful, they thought?

The young man looked at the old man's heart, saw its condition, and he laughed.

"You must be joking, old man", he said.

"Compare your heart with mine."

"My heart is perfect, and yours is a mess of scars and tears.

"Yes," said the old man. "Yours is perfect looking, but I'd never trade with you.

You see, every scar represents a person to whom I have given my love – I tear out a piece of my heart and give it to them. Often they give me a piece of their heart that fits into the empty place in my heart, but because the pieces aren't exact, I have some rough edges, which I cherish, because they remind me of the love we shared."

"Sometimes I've given pieces of my heart away, and the other person hasn't returned a piece of their heart to me. These are my empty gouges – giving love is taking a chance. Although the gouges are painful, they stay open, reminding me of the love I have for them. I continue to hope some day they may return and fill the space I have waiting for them."

"Now do you see what true beauty is?"

The young man stood silently with tears running down his cheeks.

He walked over to the old man, reached into his perfect young and beautiful heart, and ripped out a piece.

He offered it to the old man with trembling hands.

The old man took his offering, placed it in his own heart. Then he took a piece from his old scarred heart and placed it in the wound in the young man's heart.

It fit, but not perfectly – as there were some jagged edges.

The young man looked at his heart, not perfect anymore, but more beautiful than ever – since love from the old man's heart flowed into his.

They embraced and walked away, side by side.

# **Things Happen, or “Oh, Shit!”**

## **Cultivating the Ability to Be NEUTRAL**

### **Managing Your Energy in the Face of Adversity**

One constant in life is Change. Some changes are welcome. Others, like car accidents, lost cell phones, financial difficulties, health challenges, are not. Heart Forgiveness and Core Health Session #3 present the Grief Stages of Elizabeth Kubler-Ross: Denial, Anger, Bargaining, Depression, and Acceptance.

Normally people pass through these stages in a circular movement or spiraling way (or get stuck in one stage for years) eventually coming to Acceptance (hopefully). We may vividly remember stages for a major life challenge. For minor challenges, we can go through them so quickly that we hardly realize it. Suppose you back into something and damage your car. “Darn, I can’t believe I did that! Why did this happen to me? It stinks. . . . Well, how bad is it? Let me check it out. This is going to cost.” You call the repair shop, get your car fixed, and move on. That’s Acceptance.

In Heart Forgiveness and Core Health, we learn that we can SKIP directly to Acceptance. We can bypass negative wastes of energy, skipping right to the positive use of energy in Acceptance. “Living in Acceptance” takes attentiveness and skills. We are taught “for” and “against”, positive and negative, moving toward or away. In addition, there is a huge, energy effective way to be: NEUTRAL. A line gives us a good way to visualize:

\_\_\_\_\_ + \_\_\_\_\_ **0** \_\_\_\_\_ - \_\_\_\_\_

On this line, + (positive) represents a *positive* energy response to a given situation, and - (negative) a *negative* energy response to that same situation. Zero is *neutral* or Acceptance.

No matter what the situation, as we remain positive or neutral, our Energy remains clear. Acceptance or neutral means that we recognize the reality of the fact or event. Take the car damage caused by our misjudgment: “I recognize/accept that this did happen, and I remain neutral as I arrange to have my car fixed.”

Acceptance means of the fact. It does not mean we accept or condone adverse behavior, or the situation as it is. For example, if another person is at fault for damaging your car, then you can remain Neutral, while taking steps to hold them accountable. Neutral/ Acceptance is a solid jumping off place for our **choice of actions**, including the choice to do nothing. Neutral is using our mind as the Magnificent Tool, rather than letting it become our Terrible Master, reducing us to the slavery of the negative. Neutral means our Energy is clear (not wasted on whining and negative complaining). Thus whatever action we decide to take – to right a wrong, remedy a situation, improve our world – is effective.

From *The Default Setting of the Universe is Positive*, we know that the Energy pouring into Creation is always positive. The human mind can lead us to spend miserable years in negativity, causing dis~ease, pain, and suffering. Even knowing this, sometimes events overwhelm us. “Neutral” is an option we can grasp like a welcome life preserver. Remain at zero without going into the negative.

**Rest in neutral while assessing the situation and creative possibilities.**

Sometimes the best action is no action (temporarily).

Seeing the Positive Energy Flow of the Universe as a vast river, then remaining neutral is resting on the riverbank a while. Determine a course of Action in harmony with the Universe, then jump into action from Neutral!

Many people spend large amounts of time worrying. This is a form of negativity. Worry can be subtle and occasional, or obvious and continuous. Worry is caused by our sense of having to "run the Universe", which is cleared in Heart Forgiveness and Core Health Session #3. The word *worry* comes from the Old English *wyrgan*, which means "to strangle"! Worry literally cuts off the Positive Flow to us and strangles our energy.

Neutral loosens the cord around our neck, so we can breathe and eventually free ourselves into Positive.

Positive, Neutral, and Negative have correspondences with our cells. Dr. Bruce Lipton, cell biologist, tells us that cells are always in one of three states: 1. Moving toward food and growth (positive); 2. Moving away from toxins (negative); or 3. Simply sitting and doing neither (neutral).

The nucleus of every atom contains at least one **Proton**, which has a **Positive** charge. Around the nucleus are **Electrons**, each of which has a **Negative** charge. It's interesting that the mass of an electron ("negative") is  $1/1836^{\text{th}}$  the mass of a proton ("positive"). (This shows the power of even a tiny amount of negativity.)

NEUtrons have no charge ("**Neutral**"). They are necessary in the nucleus because they bind strongly with Protons, which cannot bind with themselves. However, Neutrons are unstable outside the nucleus, reminding us that the true nature of the Universe is Positive.

We often involuntarily exclaim "Oh, shit!" when something adverse happens. ("Shit" is the most functional word in the English language.) A pile of shit just appears in front of us. Negative is stepping in that pile of shit. Some people even enjoy wallowing in a pit of shit. Neutral is stopping while you consider your options. With considered and effective action, Positive is going around it, hopping over it, or cleaning it up and composting it into fertilizer to make flowers grow. Positive is also letting the rain gradually wash it away, when you determine that to be your chosen response. Neutral/Positive keeps the shit out of your Energy System. If you do step in energy shit, wash it off as soon as possible with Heart Forgiveness and Core Health. Or simply correct miss-takes as we did as children by hollering, "Do over!"

### **Yes, But How?**

So . . . something happens. That pile of shit drops right in front of you. You want to remain neutral, but how do you get there? Neutral is acceptance, and acceptance is connected with our growing experience that Universal Energy is Positive. "**Vastness**" (CD #2, Track 7 of Heart Forgiveness or CD #2, Track 6 of Core Health) is effective in getting us to Neutral. As you hang out in the Vastness of Space, events and facts assume their miniscule proportion. Your Energy System expands, and you KNOW that in your Vastness you can "meet life on its own terms," and handle all of your Life challenges.

**In a hurricane, 100 fathoms deep the ocean remains still.  
The eye of a hurricane is still. . .**

Another effective approach is to create a clearing for yourself, designed around the special circumstances, such as when you damaged your car. Bring yourself into your heart, feel and sense the power and constancy of your heart beating. In that power and constancy, talk to your "accident" self as you were when the accident occurred. Tell yourself that, in your wisdom, you are choosing to achieve neutral. Tell yourself how upsetting the accident was and acknowledge lack of attention or judgment. Acknowledge that you are human and a % crazy. Forgive the pure part of yourself, and take yourself back into your heart, creating wholeness. Now see your car in front of you; apologize to it for damaging it, and tell it that you will find a skilled person to repair it. See the car being repaired beautifully.

Release tendencies to "perfection," when this is an issue. When another driver was involved, modify the process to include clearing with them. After insurance information is exchanged, you can do a short version of this clearing as you wait for police or rescue.

Suppose you argue with your partner or close friend. You are rapidly descending into hurt and anger. Maybe you begin beating yourself up. Bring yourself into your heart, see in front of you your partner and yourself, as you were during the argument.

Tell them that, in your wisdom, you choose to forgive yourself and your partner. Forgiving allows you to be Neutral with clear energy while you consider your best course of action. Realize that forgiveness is not condoning the behavior. Acknowledge your part in it. Acknowledge that you each have a human aspect and are a % crazy. And you each have a pure and Perfect Moment aspect. Forgive the pure part in yourself and in your partner, and take them back into your heart. When there are issues that recur, then deal with the behavior. Have a session to DTQ these. Using the freedom gained from the DTQ process, you can consider options with clear energy. Use the tools you have to BE Neutral, then take positive action.

**Whatever arises, KNOW that You ARE a Creative Transmuter of Energy!**

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"Some problems are so complex that you have to be highly intelligent and well-informed just to be undecided about them." *Dr. Lawrence Peter*

"Some problems are NOT solvable.  
Then, from neutral, we choose how we are going to go around them  
or neutralize their impact on us." *Dr. Ed*



## **SECTION 6 Applications**

**"As a man thinketh in his heart, so he is."**

*Proverbs 23:7*



# Chapter 17

## Relationships

One of the greatest evidences of something greater than our self, is *falling in love*. Many say this is the unreal state of love, when actually this is the real thing. We see the purity of the other person, who sees our own beauty.

As we walk further down the path, our past hurts begin to pop up as the other person does something that reminds us of them, or stimulates them. This can be the beginning of the end . . . OR, a great new beginning to learn to rid our self of this old information and baggage in the company of someone we love.

Our souls are attracted. Then our personalities get in the way. The “romance phase” is actually when we see the pure and true self of the other.

Then, life’s baggage in our personality, and in their personality, begins to jockey for position and control.

### **Couple's Fight Forces Emergency Landing**

A brawling couple aboard a flight forced the pilot to make an emergency landing after crews feared their fighting could crash the plane. The couple began fighting before takeoff about the husband's late work hours. In flight, the couple's kicking, punching and throwing bottles and safety equipment continued. Both are banned from flying the airline, and police could file public safety charges against them.

Research shows that even in longstanding relationships, less than 10% of issues are caused by the relationship! Over 90% of issues are from life’s baggage each person brings with them to the relationship.

Couples counseling or marriage counseling often focuses on the 10%, and is rarely successful, even after a lot of “working on” the relationship. A prerequisite for the “Couples Synergy” in the Core Health series is “Readiness for Relationship,” where each person first clears much of their own life baggage, so they can be clear and creative about a positive relationship.

Imagine a relationship where each person is fully and clearly powerful within their self. Their love rises up like a spring seeking an outlet, an opportunity to express its overflow. A relationship where  $1 + 1 = \text{ONE}$ , making each individual greater-than-one; not a toxic less-than-one *relationships*. A relationship where each individual enhances, synergizes, and cheers for the other, rather than diminishes them.

Carolyn Myss, author of *Anatomy of the Spirit, Why People Don't Heal, and Sacred Contracts*, writes brilliantly on "Woundology" in *Anatomy of the Spirit*. She clearly outlines how people seek to get "wound-needs" met in a relationship based on neediness. Unless both people remain needy, or both get healthy together, any divergence causes conflict and disintegration.

In preparing yourself for a healthy relationship, you must:

- Master clearing yourself of blocks, so you are clear to allow love to flow from your fullness as a gift.
- Be clear to receive love flowing to you as a gift.
- Be free of all strings attached, limiting or binding positions – yours or theirs.
- Master "surrender" rather than "sacrifice."
- In-power and enhance the other.
- Realize that in healthy relationships, *both individuals are more* because of their togetherness.
- Know that each can be *more* as an individual . . . and simultaneously *more* as a healthy and empowering couple.

These abilities are then extended to family, friends, business, organizations and community relationships.

"Preparing the terrain" for a healthy and synergistic relationship begins with your own self first.

Dealing with our self is a huge challenge. Integrating with another person over a long relationship is another challenge for which we have little preparation. There is certainly more to this than "falling in love and living happily ever after," just as there is more to parenting than being biologically capable of creating a child.

The best of intentions and dreams can become submerged in pettiness, control issues and power struggles. Over the years, how do we *continuously* flow from our power and creativity and lovingness, sharing enriching experiences together in life, while enhancing and empowering our partner and our self?

Beyond us, what distortions about love are caused by culture and society? Or, by the "collective unconscious" described by Carl Jung? What are the distortions that we personally bring to the relationship? Where are the distortions in the relationship itself?

Mastering Heart Forgiveness, clears us and keeps us clear, allowing us to handle anything that comes up currently or in the future. Unaddressed, stuffed down, covered up, a collection of unresolved issues continues to collect, until they erupt as unhealthy and destructive ways.

Far more constructive is applying Heart Forgiveness, then from our clarity continue developing and creating our healthy relationship. Heart Forgiveness is the most essential tool for a healthy relationship.

This is true of ALL relationships – with our children, our family, our friends, our business colleagues, our clubs and organizations, and our governments.

Heart Forgiveness is a tool for healthy living and loving. You have that tool, utilize it regularly. The more you utilize it, the more expert you become. The more expert you become, the less you need it – until one day you are living free of anger – unoffendable. Then, you have truly moved into living in relationship with everyone in a creative and powerful way.



# Chapter 18

## Sports and Business

In a Championship fight, boxer Mike Tyson became angry, bit off a piece of his opponent's ear, was disqualified, losing the championship and his boxing license. The Nevada State Athletic Commission additionally fined Tyson the maximum of \$3,000,000.

National Basketball Association greats Artest and O'Neal chased fans in the grandstands after being aggravated by them. The NBA suspended both without pay. The cost to Artest, approximately \$5 million in salary, he was suspended for 55 games. O'Neal's suspension would cost him 25 percent of his \$14.8 million salary. Combined, this is \$9,000,000 for a single display of anger.

"Keeping your cool" is definitely beneficial, whether in amateur sports, professional sports, or business.

"Football is 80% mental and 20% physical," the coach said. "When a player and girlfriend break up, it affects him and the entire team." The coach was describing an emotional and energy problem that cannot be corrected "mentally" – by the individual or the team. These are the incidents that become buried as time piles on more experiences, and they continue to accumulate as energy issues, with diminishing performance or inappropriate behavior.

"I managed a boxer to win a national title. Then he never fought again. He became an alcoholic," a manager told us. Another skilled boxer, who formerly devoted many hours to practicing, now lies about his training, is overweight, and has multiple illegitimate children. "They both lost sight of their dream, their vision – their drive to be the best."

Individuals in football, baseball, basketball, entertainment and business can become addicted to drugs of many types – all serving to numb their emotions. Fame, popularity and skills on the outside do not make up for the anxiety and misery on the inside.

Regardless of skills on the outside, optimum functioning is created by clarity and freedom on the inside with a full and free flow of energy. "Personal Energy Management" must now be added to the skills for peak performance and productivity.

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## **Teamwork**

Optimizing teams in sports and in business, adds a huge dimension of complexity. Interactions among players or colleagues, with coaches or managers, with fans or customers, with owners or boards, creates a multitude of dynamics. Heart Forgiveness greatly improves teamwork, so each individual is playing together for the good of the team. This creates a true expression of skills, in sports or business, rather than efforts clouded by emotional and personality difficulties.

One professional team is in such disharmony that the defensive team will not ride on the same bus with the offensive team because they "hate" them so much. Clearing those energy drains would make a big difference in their erratic seasons.

Whether Research and Development, Human Resources, Marketing or Sales, the healthy and clear interaction of employees with each other, with leaders, with clients and customers is essential.

## **Business**

Stanford University has a 13 year ongoing research project on forgiveness. One study involved three American Express offices. Dr. Fred Luskin and colleagues worked with the employees on simple forgiveness and stress, whether it was with a spouse or child at home, another driver on the way to work, fellow employee, or customer.

"Seven pilot projects suggest that training in emotional competence/forgiveness in conjunction with follow-up support significantly improves well being and productivity in financial advisors. The populations from which the participants were selected, three East Coast market groups of American Express Financial Services, produced an average increase in sales of 10% during the time of the projects. A sales increase of 10% is a good to adequate result for a financial services market group in normal to difficult economic years. Remarkably, the advisors who participated in this project demonstrated a 50%-400% improvement in productivity over their peers which led to an average increase in sales of 25%. This was coupled with a marked decrease in stress and a large improvement in life satisfaction. The implications for this level of improvement on a company wide basis are profound and should be explored with further research/training."<sup>14</sup>

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<sup>14</sup> The Training of Emotional Competence in Financial Service Advisors; Frederic Luskin, Ph.D., Rick Aberman, Ph.D., Arthur E. DeLorenzo, Sr. <http://www.learningtoforgive.com/researchfiles/research6.htm>



CEO to management, human resources to customer service to mail clerk, applying Heart Forgiveness is a dynamic tool to improve employee effectiveness, health, attendance, and thus productivity. Annual medical costs can decrease, while job satisfaction increases. Now we can truly improve “attitude.”

Most people do their best to accomplish whatever is before them, to function with the top method they know, at home, at work, and at play. However, all methods do not produce maximum results. By learning Heart Forgiveness, employees, managers, and CEOs can rapidly shift distracting and disempowering states of mind or emotionality. This is a natural, fast return to a strong grounded sense of “who they are” in their best moments. They easily adapt to new demands of the fast paced changing world of the work and business environments. They master the ability to “self transform” challenges.

Today’s business must have greater flexibility and fluidity than ever in history. The business structure and employees with the greatest flexibility and clarity will be the most successful. True forgiveness creates open-ended flexibility, and Heart Forgiveness can seamlessly integrate into any program a company now has in place.

Heart Forgiveness assists your company to:

- Gain and maintain a laser focus
- Create a tenacious commitment to results
- Develop innovative teamwork
- Be optimal in coaching, mentoring and managing
- Help employees master pressure and learn how to let “work stress” fade away
- Decrease sick days, increase attendance, reduce medical costs
- Increase enthusiasm and job satisfaction
- Own the how-to for exceeding corporate goals
- Enjoy employee satisfaction

Thriving in the current challenging business environment requires that “Personal Energy Management” be a top priority, feeding into all the rest of the business processes. Heart Forgiveness is the *primary* skill and tool for every employee to master.



# Chapter 19

## RESULTS

"I believe in RESULTS!" emphasized Grandmaster David Harris – Grandmaster in three Martial Arts and in Qi Gong – when asked if he believed in God.

"I trust God."

Measuring results demonstrates effectiveness, regardless of how the results are achieved. Western science has a sense that it must be able to take something apart, dissect it, and put it back together, to understand how it works, before they will utilize it. Eastern traditions simply observe that something works, then use it.

Results are measurable, and proof, even when we do not scientifically understand the mechanism of the process. Science can measure the objective, rational, and visible. Results measure the subjective, only experienced, and invisible. Energy measuring connects the two and demonstrates results.

Here are true results, written and shared spontaneously by individuals who have experienced freedom through Heart Forgiveness.

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"Five years ago, I learned how to forgive from my heart. This has wonderfully changed my whole life."

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"I have a very hard time expressing in words all the changes in my life – I am a NEW and much HAPPIER person! I wish everyone had the opportunity to experience what changes the Heart Forgiveness has made in my life."

\*\*\*

"Forgiving myself, and letting go of all anger toward and forgiving my ex-husband."

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"I feel Lighter, more at peace -- and more aware of Perfect Moments."

\*\*\*

"I came to HF with an open mind. I was hoping to learn new skills to make my life better – more accepting, more forgiving and less judgmental. I got that and more."

"I know HF skills help me communicate better with my husband. I see a difference in the way I talk and listen to him now. I listen more with my heart and not my head."

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"Today I am overflowing with love for me, for life,  
and (finally after most of my life) for beginning to enjoy my true identity.

"I have known and often said, 'I don't know who I am.'

"What a wondrous gift, beyond words, Heart Forgiveness is to so many – so huge,  
huge, huge a gift to the entire universe as those of us expand and ripple out to others in  
ways we will never know, 100s of years from today. Tears of joy for your brilliance,  
givingness, and BEING.

"Thank you for the realization of no longer having to be thrown off by the  
distractions of others.

"I will write a profound realization I just had in another email."

\*\*\*

### **Emotional Fevers**

Thanks for the review ... I am now so aware of "Union" vs. "Separation" and how  
people fear all that is around them.

Something I have been meaning to share with you is about "Emotional Fever" ...  
I am very much still playing with this new approach ... very effective . . . yet sometimes  
old ways can break back in .... the emotional fever of obsessive thinking and negativity.

Now having had multiple ... multiple ... experiences of Grace (Presence, Perfect  
Moments) .... When the fever begins ... I am able to catch it ... observe ... and stop ...  
by repeating "I am waiting for Clarity (Grace, Presence ...)."

Each time my mind wants to start the race of negativity again ... I stop and focus  
on patiently waiting for Clarity (also being in the Now) ... I know that in Clarity, these  
obsessive thoughts are meaningless.

I have even kept a list of questions to ask myself in those times of Grace ...  
How remarkably wondrous to find that in the times of Grace ... there are no questions ...  
everything "IS" and nothing needs to be figured out.

The marvel of it is to Experience this ... then again it allows additional Connections  
... those neurotransmitters to link and link more powerfully the Reality of Grace and  
seeing all else as temporary craziness ... soon it becomes so bizarre that it finally  
becomes recognized as illusion.

This brought up the vision of the bouncing balls in *What the Bleep?* movie, when  
Amanda had her back to the young boy bouncing the ball, and all of the places it could be  
bouncing. I saw that **we limit, with our belief system**, where it could be ...

That opened up my Knowing that no matter what I *think* I am experiencing on some particular 'muddled' day – the "Grace" that I know exists **is** still happening ... that I can think of those I feel separate from and my Heart connects immediately to the Grace-of-Union, and I know that it IS, even as the "doubting battle" of the day rages on ....

These are my observations on the question I asked over a year ago .... "How do we get out of the pit?" "How do we stay out of the pit?" ... in the immense Wisdom of the Divine I get to experiment by falling periodically into the "pit" to do research ... Life continues to open to more and more Mystery ... leading with delicious bits of Knowing and continual Expansion and Expression of Love ...

I keep reading from many sources that once you have Experienced the Love of the Divine ... there is no turning from the Path ... for it is beyond all Desire.

\*\*\*

A year ago we met in a small place with a group of seekers to learn about our healthy weight. During those four weeks with your expertise in energy measuring, you guided the class through, what for me was, uncharted territory. The learning was exceptional.

Your patient and thorough presentation about energy measuring/kinesiology and how it works to give us answers hidden from our conscious mind was enlightening to say the least. Finding out there is a way to have the body physically tell what our truth is, rather than how we have relied upon past family teaching, cultural history, conditioning by media, etc., was fascinating -- in some areas startling!

The results of that time with you were breathtaking. The changes in my life have continued to accelerate! The group that went from Tampa to St. Petersburg could hardly wait for the next workshop. Your kind response of coming to us in Tampa made it possible for an even larger group to experience this work.

Last month you led a group in the exploration on the subject of Heart Forgiveness. We had a huge class this time. As most of us searching for peace and fulfillment in our lives, I have researched the subject matter in many different ways.

The use of energy measuring brought a whole new perspective to an area that most of us struggle with during the course of our lives. We naturally want to be forgiven; yet to offer forgiveness to ourselves, others and the Universe at-large can be a daunting task.

When everyone realized that with the use of energy measuring it is not necessary to tell our "stories", we all relaxed quickly into the process. This was a moving time. To watch as each individual finds out answers, without revealing the situation, offers much feedback to each class member. We can see their body language; we hear their voice tone shift; their skin tones change; and see the actual muscle testing changes. This is exciting to watch, and truly phenomenal to experience.

Your individual work with each, led us through the questions into memories that were painful, sad, full of anger or whatever came up. With your patience and kind methods I found people, areas and situations needing to be forgiven, including forgiving myself, of which I was not conscious.

There are many tools, books, classes, and people that talk about authentic power. What your classes have offered to me is a way to recognize physically and consciously my own authentic power. After having spent these times with you, and thanks to the clearings – the revelations, the knowledge and knowing that the power of the Universe is within me continues to reveal Its Self to me.

Communicating with my soul, feeling the responses of my higher self, connecting into Source, are ways I would describe my time with you in the workshops. To say thank you is a cultural dignity that I offer you here. Yet the following is more appropriate to what I know about you: *Ex abundancia cordis, os loquitur.*

Translated: "From the abundance of the heart, the mouth speaks."

'Namaste', *Blanche*

\*\*\*

To prime you for Thursday's second round of Heart Forgiveness with teachers: S . . ., our music teacher, was GLOWING in the teachers lounge this noon! When I acknowledged it, she told me "I'm a different person!"

After one session of Heart Forgiveness!!!

She said that ONE SESSION made SUCH a DIFFERENCE for her!

She subsequently spoke to her boy friend in Arizona who was going on about how angry he was at various people for screwing him over, and Sara calmly told him of her experience with Heart Forgiveness. She said he acknowledged that she sounded definitely different, and said he'd like to EXPERIENCE it for himself. She said she's going to take him through the HF process herself when he visits her over Thanksgiving!!!

C . . . also in our HF series, was sitting there with her, agreeing at every turn, acknowledging that her experience is VERY similar!

C . . . said she was driving down the street the other day and noticed she was dwelling on an old irritation, chewing on an old, distasteful bone.

Suddenly she realized she no longer had to do that!

She immediately focused on her HEART and "cleared" the anger!

She, too, continues to GLOW!

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"Seeing how NOT to take on others' feelings or emotions -- very helpful with dealing with my church." Debbie D.

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"'Everyone has a pure core' is always in my mind. I feel more patient, compassionate when dealing with others."

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Continuing to carry yesterday's hurts with you hurts you *far* more than anyone else. Forgiveness means no longer scratching wounds so they continue to bleed. Harboring resentment towards another, or ourselves, festers in our bodies and causes a multitude of problems, including chronic and terminal conditions. Traumatic emotional issues literally eat away at the body.

Holding onto grievances is a decision to continue to suffer. Why would we *consciously choose* to do that? Forgiveness of ourselves and others is the ONLY way to release us from a painful past. Even though traumatic and upsetting events occurred in our past, this does not mean every day – from that moment on – has to be ruined. We don't go digging in yesterday's garbage to make our dinner tonight ... so why choose to let yesterday's injustices ruin our lives today? YOU have the power and the means of Heart Forgiveness to *choose a different future!*

After years in the forgiveness field, I experienced Heart Forgiveness. "I am blessed to report that I have *never* achieved such profound shifts in dealing with anger and forgiveness with anything else in my life! Anger that I didn't even know I had, or thought I had dealt with, was still lurking in areas of my sub-conscious mind, doing the damage it loves to do. Unresolved anger and ineffective forgiveness takes a toll in every area of our mental, emotional, physical, spiritual, and energetic health." Pamela

## **Internet Sandy** 2002 “Internet” Heart Forgiveness

Story Dynamics : Sandy is split between Mom and Dad, both urging her as a young adult to read the court file to prove each is “right”.

Having never met Sandy, this is the internet communication with her:

>I have experience/knowledge in divorce, custody battles, separation, false allegations, and the craziness that can be generated.

>As you recognize, details are a burden.

>Details are not relevant – what is relevant, is who Sandy is, and what you choose for your life.

>CHOOSE YOU, rather than listen to the details of both sides – that sets you up as a judge (both have "right and wrong" in them).

>You have succinctly stated your goal and who you choose to be:

"I just want to love my Dad!"

>Soooo, simply do it. **Details are irrelevant.** Let go of all details as fast as they pop up.

>Having a TOOL is helpful to expedite our process and journey.

>Here is your tool: HEART Forgiveness.

>“Head” forgiveness does not work.

>Early on we are taught forgiveness is for the other person.

>However, anger/upset puts the other person in control of our energy.

>Heart Forgiveness takes the keys to the ENERGY PRISON (of separation) WE MADE and we let ourselves OUT.

>Does not mean we condone what the other person did, justify it, excuse it, or that we ever want to have a relationship with them or see them.

>Powerfully does mean we FREE our self from the negativity of anger/upset/separation.

>When we are free, our energy is available to flow into what we choose:

“I just want to love my Dad.”

>When you are ready, close your eyes . . . take two slow relaxing breaths . . .

see your heart having lips, see your Dad in front of you, see the pure part in your Dad (everyone always has a pure part, child of God, underneath whatever craziness/pain/suffering their life has covered this with.)

>See your heart talking to your Dad's heart . . .

tell him how much you have suffered, how separating, how painful his actions have been to you

call him an s.o.b., b-----, jerk or whatever you feel like, pour it on, pour it out . . .



- >Now have your heart tell your Dad's heart you are wiser now, learning to manage your energy, and you are choosing a new way.
- >You choose to be free of all the details, free of the suffering, the separation.
- >You choose to relate with the pure part in him  
and let the crazy part go. . .
- >From your heart, tell your Dad's heart you forgive him.
- >Since nature abhors a vacuum, fill that freshly freed up space with love.
- >Tell your Dad that you LOVE him . . .
  
- >See your heart having arms  
see them reaching out to your Dad's heart
- >See your Dad's heart having arms,  
see your Dad's heart's arms reaching out to your heart.
- >See your heart moving forward to hug his heart,  
see your hearts hugging. . .  
Feel love flowing from your heart to your Dad's heart,  
Feel Love flowing from your Dad's heart to your heart,  
Feel the energy change and the beauty, and the love.
- >See both hearts blending into each other  
then turning into beautiful light.
  
- >Experience, feel, the energy of oneness, of wholeness . . .
  
- >Let his heart go, with a smile from your heart  
knowing all is well in the pure parts.  
(and we are each a percent "crazy" in our outer "personality")
- >See his heart walking off on his own path, on his own two feet,  
wave to him, bless him . . . as he disappears off into the distance.
  
- >Feel your own IN-Power and love ..... soak in that for a few minutes.  
(Can add deep Cellular Forgiveness - in every cell in your body and radiating out)
- >Move out into the remainder of your day in this fullness  
and love your Dad ..... and love yourself.

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- >HABITS are a challenge to shift; this energy of "separation" has been a habit for many years, so it takes time and attentiveness to shift into connection.
- >For ONE Minute do the Heart Forgiveness before going to sleep each night, and ONE minute when waking up in the morning ... for two weeks.
- >Use Heart Forgiveness each time you are "challenged" by "details" or by Dad.
- >Do it anytime anything regarding Dad jumps up and smacks you in the face -- you will become more sensitive to your energy shifts positive to negative, and negative to positive.
- >Regarding your Dad, you now have a tool to get yourself back into positive energy.
- >Note: You can love your Dad from afar if he is too obnoxious to be with in person – however, you will find that as YOU change ~ ~ your Dad may also!!

Amazing that we play a role in our own life!

Go LOVE your DAD. . .

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3 Months later, Sandy wrote that she and her Dad were enjoying a very positive and wonderful relationship – as she chose!

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I found this is a God-thing and not a me-thing. After I do the forgiveness and it is not reciprocated then it's time to let a Higher Power take over. I just hold the space with love and let the magic happen. Take my x-husband for example. I did the forgiveness, but nothing happened with our relationship improving until I finally got out of the way and let God completely into the situation. I am not sure I had completely forgiven him either. I still had a few hurts I was holding in my heart. However, when I came to the place of true forgiveness and letting God do the work, things changed. On my grandson's birthday we were all together and I was eating chips and salsa with his new wife and her mother and his mother at the end of the kitchen table, and we were having a good time. He was in the living room, but no animosity towards me was felt. I really enjoyed being there and everyone getting along as family. It was kind of cool. I winked at God and said, "Thanks."

I have also found that when I truly forgive something special happens. Like men in my past, including my father, not loving me as much as I loved them (according to my perception). Well, about four months ago something special happened. I no longer have any feelings of "they treated me so bad," "I am such a good person how could they," "Why would someone treat me like that?" Yadda, Yadda, Yadda kind of stuff. It's all gone now! Nope, don't know when it happened, it just happened. I am sure it's all the Heart Forgiveness I am doing with myself and others that is the trigger, but could not tell you specifically when it occurred. I just know that I can have a conversation with anyone in my past of the male gender and have no reaction to anything they say or think. God, what a blessing. There is no opening left for anything like that to enter.

My sister G. came for a visit yesterday. She used to drive me crazy – she is a Taurus, sound familiar? She is a sweet person as long as you do everything on her agenda. She doesn't set out to rule your life, it's just what she desires to do that is her focus. I get so tickled at her now – when before I wanted to push her out of the car as we are going 70 miles an hour down the interstate. So what has changed ... G.? I don't think so! What shifted is my perspective about what she is doing. She isn't really trying to control my Universe, she is just being G., who she is. I could tell you stories, but we don't want go there. I will say she is one of my best teachers.

I guess what it boils down to, is take a deep breath and relax, look at it from the outside and then see what is going on. Then let your Higher Power do the rest as you observe God working in and through your life stream. My life is so filled with Joy moments now that I can string them all together and have a big old necklace of love knots. The more I give up pushing the river, the easier life gets. I know there is potential in everything, so all I have to do is look at any situation in a calm way to see what is really going on.

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I believe as we keep doing the 'work', our cellular structure continues changing...

and once it happens ... it's THERE ... solidly inside our CORE ...

and further leaps into health continue.

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I had an epiphany last Thursday that I'll be discussing on the radio show. The day prior, hours before another show, I went to Peace Mound Park to relax and get my thoughts together... As I was leaving and approached my car, I saw that the back window had been completely smashed, and purse and wallet stolen. The very second I approached my car, I sensed there was a good lesson in why this happened, which revealed itself the next day. The bottom line is: I realized I was "UNOFFENDABLE!!!"

The police officer at the scene was more furious than I, saying how out of control he would be if this happened to him...yet it didn't cause anger in me in the least! I didn't even think about forgiveness, "nothing to forgive," though over a thousand dollars in loss. I didn't feel violated...I felt NOTHING negative, other than slight annoyance...I honestly laughed at myself for being so careless for leaving my purse in the car. I simply made the necessary calls for cards, license, police, etc. without the devastating effects of anger. What a gift to realize that when given this "test," how my be-ing at a place of peace and serenity did not waiver... My world wasn't rocked in the least. I REALLY AM FREE! :-)

What a wonderful tool HF is! I'm now more passionate and excited to share this with the world. I am blessed to have such a wonderful team to experience this all with!

Pamela Gregory

## Annette's Healing, Results 6 Years Later – an Instant Message exchange

ckv: make up a new word ... Soul-treat . . . reunion . . . Personal re~union

Ace: COOL!

In my letter to Annette on her High School graduation, I recounted to her that in a Breath Prayer session, she said:

"This is like getting together to exercise our souls!"

Ace: Having focused time is a treat to our Soul – in addition to waking in the morning.

ckv: By the way how was Annette's College Graduation Celebration on Monday?

Ace: Led by lady Episcopal priest (who is "suffering"), was good listening with my heart. Annette is such a magnificent human

graduated *Magna Cum Laude* from Auburn in 3 years.

Dual masters program, U of Washington and United Nations U. in Costa Rica and Washington DC, in International Relations and Sustainable Development, seems to have flowed out of Annette volunteering to give a 2 minute speech at a Public Hearing to protect a local lake -- she went back to her high school and formed an Environmental Club!

ckv: How grand ... this new generation is surely stepping up ...  
did you get a chance to talk with her?

Ace: Annette went to college to be Architect and/or engineer, switched to Political Science -- now this -- wow.

Told you of her background in Breath Prayer series . . .

Has Deep and Wonderful Eyes, wide eyed, innocent, eager, sponging in information, enthused.

Annette: "Feels like I am in a car and someone else is driving"

(EC: secular for "God is moving my Life along.")

ckv: wow ... how did she come to do the Breath Prayer series?

Ace: We spoke several times, including *Secret Life of Plants* which I sent her as a gift, Amazon John's work in the Amazon, karate with her new step-dad, etc.

Ace: Her Mom was with the environmental group we started for the lake.

Mom was interested in BP series for herself and for Annette, as Annette was sexually abused by a step-grandfather – he was arrested, plea bargained, etc.

Harder for Mom than for daughter.

My goal was getting both past it and on with life.

3rd session we did so directly.

ckv: I remember now ... she went by herself to see her step-grandfather

ckv: What a powerful individual ... talk about not becoming a victim!!!

Ace: After a year at university, she told her mom she was going alone to see step-grandfather, so he was not intimidated, to tell him she forgave him, and was moving on with her life totally free. She was expecting nothing of him.

Rather, she was fully completing her own process.

Ace: People CAN move past victim-hood.

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Quotes from a family that took HF:

"I see my kids talk to each other more. There are more smiles in our house right now and less bickering. I saw the difference in my daughter after the first session; it is like night and day. She is more open, less angry and resentful. She now seeks out other members of the family; she is happier. That in itself was worth the cost of the class."

"I caught my son grinning for no apparent reason plus he is spending more time with me and his sister. I like what HF has done for the kids and me."

## Something Amazing to Share

I want to share something really incredible that happened over Labor Day weekend. I'm a gardener, finding great joy in my garden. For several years I wasn't able to have an outside garden. When I moved into my new home last year, the first thing I did was start a garden in my front yard. I designed an eclectic space and because I loved it so much, bought a really nice set of resin wicker furniture for it, and lots of statuary and art. My garden continues to be a work in process. Last Saturday I left my house in the morning and knew I would be gone until evening. When I returned home just past dusk, I saw that my furniture was gone. All of my statuary and art was gone. The 12 bags of mulch I had just bought (and not yet spread) were gone. All of my garden tools were gone . . .

Someone had come during broad daylight and stolen my stuff – my garden stuff! This was a lot of stuff – it would've taken a fair amount of time to load all this into their vehicle – what gall in broad daylight! I was furious. More than that, I was livid. I wound up not sleeping well, and woke several times in a very foul mood. I felt so violated, victimized and hurt and nothing was shaking my frame of mind.

I didn't feel like going to church the next morning, but forced myself grumpily to go ("keep moving forward"). During the meditation I began to practice Heart Forgiveness. I reached out to the thief or thieves and blessed them. I sent love and forgiveness. I blessed and released my stuff. I asked silently that my beautiful angel statues would bring positive energy to wherever their new homes would be. In an amazingly short time I felt my rancor begin to lift. My sadness departed. By the time the service was over I was in a space of relative tranquility.

Tranquil as I was, I still didn't feel like going directly home after church to see emptiness where my stuff had been. I decided to come to the office and work and stayed until dusk so I wouldn't feel the loss of my stuff so much when I went up to my front door.

Driving home, imagine my absolute amazement when I drove into my driveway and saw my furniture placed exactly where it had been the day before. The statuary was returned – and one angel that I had not even taken out of the box yet was placed lovingly in a place of honor in the garden. All the mulch was returned. Garden tools returned. Nothing was missing. I was stupefied.

What the hell was going on? First all my stuff was stolen in broad daylight then returned in broad daylight 24 hours later. Somebody was playing with my head and I didn't like it. But then I began to think about it and I think my stuff was returned because of the change in my energy after I practiced Heart Forgiveness. This was my ONLY explanation. I had amazed myself with how totally utterly and completely I had been able to let the stuff go (this was stuff I really liked!), and how totally at peace I felt about it without even a hint of remorse. I believe the change in my energy infiltrated the energy field of the thieves and they had a change in heart. I don't have any other explanation. This is a mystery.

I shared this with my good friend a few days later, and she thought I had been hallucinating. I had not. This stuff was gone, then returned. True story. I just wanted to share this, because I really believe it was Heart Forgiveness that made it happen.

Have a great weekend, R.

Hello Dr. Ed,

You know, it's interesting. I came home after the incredible weekend and that last training you did with me and I was very emotional - very tired and weepy. I did the clearing for large angers as suggested, and being very tired I went to sleep immediately.

When I woke up in the morning I realized that I have a photo - the only one - of my dad holding me at age 8 - 12 months and my mom and dad are both dressed up as am I. This is my only photo of us as a family before my mom had the rest of my siblings. I have it with me too - most everything else is in storage. Just me, Mom, and Dad. I looked at that photo and for the first time I saw the love my dad felt as he was holding me. I saw and felt his pride in his family. I saw how young he and Mom were. I am the first born and they were ages 19 and 22. I saw me - myself - differently for the first time in my life. A young girl with two parents who truly love her. Miraculous...lovely.

My mom and I left when I was three and a half. I remembered a perfect moment in the car with Dad riding in a convertible he owned before Mom left and took me west to AZ. I have remembered that goodbye ride before but I never realized it was a perfect moment - and my only one with him that I consciously remember. I was standing up in the car right next to him and he told me to hold on to his neck. It was a nice sunny spring day. Wow! I am so happy to have that. I am so thrilled to understand how much that moment means to me. It is a blessing. The photo and the moment....I didn't see him again or hear him mentioned until I found my birth certificate at 14 and started asking questions. I was raised with my step dad's name. I consciously forgot Dad and he and my step-dad merged in my mind. They even resembled each other! It was very confusing.

Monday Oct 12th 2009 was the first time I acknowledged Dad as my father and him and Mom as my family - IN MY HEART! The first thirteen years of my life I thought my step-dad was my dad until he and Mom divorced when I was 16. Now... You have no idea how warm and wonderful I feel inside to have this feeling of MY Real Dad. What a great gift. Both my parents are dead, yet right now I love them both more than ever before in a clean, clear, pure way that is fully connected. I never had that.

This is probably TMI but I wanted you to have some idea of how much this means to me and how much I needed for this to come up as it did.

I realized what triggered the anger in the car too. It was reading aloud to my husband about Dr. Naomi Remen and her mom dying while she was going through a lot of crap. Been there. Just didn't know about the residual anger. That was amazing AND a good learning experience for me as a Facilitator-to-be.

Thank you! Thank you! Thank you. I don't know what else to say. I feel so much happiness that I never had and I feel wholeness.

Big HUG and Smiles,  
Alexandra

# CONCLUSION

## Heart Fire

Heart Fire comes from living energetically, fully, and passionately from our heart – constantly available to inflowing Infinite Cosmic Energy.

The primary way we cut ourselves off from this inflow, and distort our personal energy, is through anger. Setting our self free through Heart Forgiveness is done to benefit our self. Yes, doing positive things for your self IS permissible – and healthy. True forgiveness benefits us primarily, then secondarily others, and the Universe. Since energy knows no bounds or time, everything we do to benefit our self, benefits the energy of our world and Universe. Our personal secondary gain is recognizing “All that you do for your self, you do for others.”

Utilize Heart Forgiveness attentively by clearing angers immediately, and preventing new ones from creeping in. Becoming a Master of Heart Forgiveness, progresses naturally into the next step – a life free of anger. We have the power to choose other options for the energy that rises up when untoward events occur.

We have more wonderful things to do and create with our energy than: get angry – forgive – get angry – forgive. . . Eventually we break the cycle and live unoffendable. This is when we can store the tool of Heart Forgiveness in the kitchen drawer or garage toolbox in case we need to utilize it in the future. We enjoy living life totally free of anger.

The challenge now becomes: WHAT to do with all the extra energy from plugging the multitude of energy leaks that anger caused. Have fun adventuring and exploring your creativity with your re-established excess of energy flow.

Living in the flow. . .





## **SECTION 7 Appendices**

In the beginning was Stillness  
And the Stillness began to move  
And the Vast Vibrating Universe  
poured out of the Stillness . . .  
and remained within.

*Gregorian Chant*

“Every person must be their own leader now.”

*Sri Aurobindo*



# Appendix A

## Glossary of Unique and Original Terms Created for Heart Forgiveness and Core Health

In the research and creation of Heart Forgiveness, Core Health, DTQ and Life Applications, we have been called upon to create unique and descriptive terms.

**“Core Health”** describes the innate, inborn spiritual, mental, emotional, and physical health in an infant and in a young child.

**“Perfect Moment”** is experienced by every individual at a young age. A Perfect Moment is a conscious awareness of being connected to all, and that all is good. This is the experienced beginning of Core Health.

**“DTQ”** or **“Deeply Thoroughly Quickly”**: proprietary process to clear energy glitches, traumas, or poor decisions, allowing Core Health to expand positively into all areas.

**“Reciprocal Benefits”** describe the new phenomenon of increased energy in both the person assisting and the participant or client. This contrasts to the loss of energy and down-drag on traditional counselors.

**“Ongoing Benefits”** describe the continuing and residual improvements in baseline measures for weeks and months, even years, past the final session.

**“Energy Measuring”** describes the kinesiologic measuring of a muscle to determine what enhances life energy, and what diminishes life energy.

**“Energy Decision”**, in contrast to mental decision or emotional decision, is at the much deeper and more thorough energy level. An energy decision flows through mind, emotion, and body with positive effect. Energy Decisions are transformational.

**“Assisted ReActivation”** is the process of DTQ by which the person identifies via energy measuring the exact date and event of the negative energy decision. Then, based on new information and wisdom they make a new energy decision, unloading the unconscious of old baggage, traumas, wounds (physical, emotional, spiritual) into in-powered creativity.

**“In-powered”** describes being open to the inflow of universal life energy and flowing it out to the world. Living from the inside-out rather than from the outside-in.

**“Iceberg Process”** describes the phenomenon of being able to clear away ALL the similar negative items in our life (e.g. self-anger for our entire life) by one short process.

**“List Process”** clears negatives of everything on list, including the attachment to the list!

**“Bonus Shift”** is a beneficial energy clearing of an issue without directly addressing the issue! This occurs naturally, on its own, from accomplishing a deeper energy transformation that corrects all energy distortions that flowed from it.

**“Skills Not Pills”** and **“Explore the More”** are slogans we utilize in our promotions.

# Appendix B

## Art and Science of Energy Measuring

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Life Energy flows through plants, animals and people as a function of aliveness.  
This shows on a heart EKG, and a brain EEG – no waves no life.  
When you cut a flower from the bush, it begins to wilt.  
We can measure what strengthens your Life Energy and what weakens it.  
The simple measuring instrument is your arm!

1. Confidence:
  - A. I am 100% confident in Energy Measuring.**
  - B. I am 100% confident in my ability to learn to EM well.**
  - C. I can 100% keep my beliefs out of my EM and test clearly.**
  - D. I can 100% be immune to Testee's energy and beliefs.**
  - E. ReTest after understanding the processes below.
2. Making STATEMENTS with a Yes or No answer.

Be Clear: you are NOT "asking a question" – you are "making a STATEMENT."  
Test a positive statement. Double check by testing it as a negative statement.  
*"Smoking benefits my health." "Smoking injures my health."*
3. Influence:
  - A. Take your self out of the energy/loop – look at light switch, etc.  
Initially the person says the words. Later you can say and test statements.
  - B. Be aware of their energy and beliefs not affecting your energy and measuring.
  - C. Keep their Elbow STRAIGHT. Bending uses additional muscles, thus "cheats."
4. Play with EM. Begin slowly.

**Calibrate:** To "calibrate" your participant, on a negative (No/False) statement, you MUST PUSH FIRMLY ENOUGH to sense weakness. For my Mom, age 90 and 90 pounds, this is 5 pounds; for 320 pound 6'7" weight-lifting Sheriff, this is 55 pounds. Calibrate amount for each Individual to show weak.

**First:** Measure in the Clear (not thinking); YES/NO responses; True/False.  
Next measure THINKING negative thought, then a positive thought  
Demonstrates our responsibility for what we think!  
This may be PLENTY for the initial introduction –  
"Don't give people too much too soon."

**Second** time: re-check YES/NO; TRUE/FALSE.  
In a group, have the person close their eyes while indicate to 2-3 people to send negative thoughts – will test weak.  
Next have 2-3 people send positive thoughts – will test strong.  
Demonstrates other people can affect our energy (until they don't).  
Individual: have them THINK of being around negative people, EM.  
Then think of being around positive people, Energy Measure.

**Third** time: Blind study to show Energy knows more than their Mind.  
Energy Measuring is deeper than Mind, deeper than Feelings and Emotions.  
Hidden in an envelope is a packet of refined sugar.  
EM with the person holding envelope, not knowing what is in it. Weak.  
Do several or all people in the group. (Rarely a person may test strong.)  
Show them the sugar packet. Ask "Is sugar good for you or bad for you?"

Most people will say "bad."

Agree: "that is ONE of the things we have been taught – causes cavities, sugar blues, overweight, etc."

"Like most things, we have been given mixed messages."

We ALSO know that our bodies have a blood sugar level that must be in balance -- too low is hypoglycemic, too high is diabetic.

Our brain only runs on glucose -- fats and proteins do not cross the blood/brain barrier. If we miss a meal or fast, we get light-headed or headachy. Muscles use glucose.

**Sugar is essential for our well-being.**

Like our friends, sugar has some harmful or noxious habits that we can go around for the good parts – like we do for our friends.

Knowing this, "Make Sugar Your Friend." Value the healthy aspects and trust your wisdom to go around the negative aspects.

Measure the statement: "*Sugar is my Friend.*" Strong

Give them the sugar to hold, Re-measure: Strong

**What changed? The sugar ... or you?**

And what was it about you that changed?

Your ATTITUDE toward sugar!

You shifted an attitude from separation to friendship/union.

NOT the substance – but our ATTITUDE toward it – that causes weakness. Change our attitude and we change our energy!

**ATTITUDINAL CHANGE** is the KEY to Heart Forgiveness, Core Health and DTQ (Deeply, Thoroughly, Quickly). This is an "Energy Decision."

The sum total of a Spiritual, Emotional, Mental and Physical decision resulting in a change in your Life Energy direction. This describes an "Energy Decision."

**PRINCIPLE:** On TV, a weight-lifter lifts 300 pounds. Host: "Put this white substance on your tongue." Weight-lifter was not able to lift same weight!! People are still doing this...

Our research discovered:

Like Sugar, no matter how you first test, **you will NEVER be left weak!**

**You will always be Strong after clearing the issue!**

**Summarize:**

1. What we think affects our energy.
2. Others affect our energy (until they don't!).
3. We can change our attitude and thus our energy.

**Foundation + Principles** are now established upon which to use Energy Measuring as:

1. Tool of **Discovery**: What is going on in us.
2. Tool of **Experiential Learning**: As we Experience/Learn things in our Energy System they become part of us and are easily recalled and reactivated.
3. "**Ask the arm**": Energy Inner-Net **search engine**, as Google® for the internet.

**Note: MUSCULAR Person**

Practice for *energy* to be measured (not muscle – this is a test, not a contest).

A. Arm Straight – bent elbow incorporates additional muscles, "cheating."

B. "**Show a YES response.**" Strong      "**Show a NO response.**" Weak

**DEHYDRATION**, a rare issue, causes mushy or inconsistent testing.

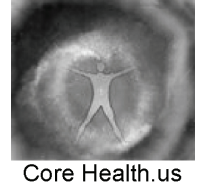
Test while person pulls their hair. When weak, they drink water until strong.

(How Veterinarians test animals: skin does not snap back when dehydrated.)

**Appendix C**  
**Personal Progress Journal Pages**

# Heart Forgiveness Session 1

## "Forgiving Others"



### 1. Perfect Moment:

My Perfect Moment:

**"I am 100% healthy physically, mentally, emotionally and spiritually."**

\_\_\_\_\_ Weak \_\_\_\_\_ Strong

### 2. Little Anger at a person: \_\_\_\_\_

	Initial Testing		Self		Heart Clearing	
	Weak	Strong	Weak	Strong	Weak	Strong
"I am angry with this person."						
"I have forgiven this person."						
"I am in control."						
"This person is in control."						
"I've forgiven this person 100%."						

### 3. List of Big Angers

*	*	*
*	*	*
*	*	*
*	*	*
*	*	*

### 4. CD 1, Track 7: "Clear Biggest Anger."

"I am 100% Free of anger at \_\_\_\_\_."

Remainder on my list are homework this week,  
using my new tool of Heart Forgiveness.

## 6. Homework and Journal

1. Continue listing Perfect Moments in your journal.  
Include Perfect Moments that come from memory  
and those that occur in your life each day.
2. Continue clearing the list of angers with others.  
Utilize the process of connecting their heart to your heart, work through your  
list. Bring the list with you next session to cross off ones you have cleared  
completely.
3. A further look at anger
  - a. Who and why you hold anger – as many and as specific as you can.
  - b. Explore the benefits of anger
  - c. Explore the costs of anger – social, emotional, health, dollars, peace of  
mind.
  - d. Do the release process - use your new ability to effectively Forgive  
experientially from your heart.
  - e. Record your victories.
  - f. Record any challenges or reversions.
  - g. Insights

**Immerse yourself several times in CD 1, Track 7: “Clear Biggest Anger.”**

### Daily Process

A minute before you go to sleep tonight and a minute when you wake up in the  
morning to **naturalize** this as the true you:

See the person you are forgiving.

See the pure part of them. Forgive them, and see them lighten up, feel your hearts  
hug. Release them to move forward on their own path.

Feel your wholeness, your completeness and joy circulating through your entire  
body. Every individual cell – resonant – clear – pure.

Every vibration of your Being, every frequency of your Essence is in harmony.

Take two slow reminding breaths.

Your in-breath reminds you of the constant in~flow of God, the Universe, Power  
and Creativity . . . Life Energy . . . Wonder, Joy and Wholeness.

Your out-breath being expressed as you into everything you are and say and do,  
as you live each moment of your life.

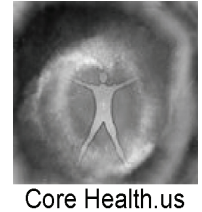
Enjoy another slow reminding breath with the in~flow of God, the Universe, Power  
and Creativity flowing in to you filling you up and over-flowing out through you on  
your out-breath – flowing into everything you are and say and do.

Bring your wholeness, your completeness and your power forward  
as you continue on with the rest of your life. Forever and Ever.



# Heart Forgiveness Session 2

## "Forgiving Our Self"



**1. Big Angers List, measure each: "I am 100% FREE of all Negative Energy."**  
 Strong \_\_\_\_\_ Weak \_\_\_\_\_ Continue with \_\_\_\_\_

### 2. Five Self Angers

- 1.
- 2.
- 3.
- 4.
- 5.

Age of First Self anger				
	Initial Testing		Heart Clearing	
"I still energetically carry my first self anger."	No	Yes	No	Yes
Number of self angers.				
"I have forgiven myself 100% for every self anger I have ever had in my life."			No	Yes

### 3. Clear with CD 1, Track 9: "Clear All Self Angers."

**ReTest: "I release being critical and angry with myself."** Yes \_\_\_ No \_\_\_

**"Miss-takes are learning opportunities."** Yes \_\_\_ No \_\_\_

### 4. Homework and Journal

- A. Start a section in your notebook for dreams, or waking with a Knowing.  
 Ask for dream or to awaken with a Knowing.  
 Utilize this regularly.
- B. Look for the benefits, and the detriments, in having self angers.
- C. Look at ourselves and the parts we don't want others to know about.  
 Hiding what?
- D. What I condemn in others - sheds light on something in my self.

## Daily Process

A minute before you go to sleep tonight and a minute when you wake up in the morning to **naturalize** this as the true you:

See yourself in your heart, talking to the young age self-anger part of you.

Tell them how proud you are of them for releasing all self angers,  
known and unknown.

Forgive them and love them, and see them lighten up, feel your hearts hug.

Blend them into you.

Feel your wholeness, your completeness and joy circulating through your entire body

Every individual cell – resonant – clear – pure – and smiling.

Every vibration of your Being, every frequency of your Essence is in harmony.

Take two slow reminding breaths.

Your in-breath reminds you of the constant in~flow of God, the Universe, Power  
and Creativity . . . Life Energy . . . Wonder, Joy and Wholeness.

Your out-breath being expressed as you into everything you are and say and do,  
as you live each moment of your life.

Enjoy another slow reminding breath with the in~flow of God, the Universe, Power  
and Creativity flowing in to you filling you up and over-flowing out through you on  
your out-breath – flowing into everything you are and say and do.

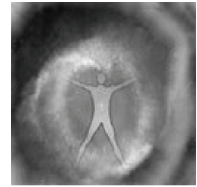
Bring your wholeness, your completeness and your power forward  
as you continue on with the rest of your life. Forever and Ever.

\*\*\*

Immerse yourself several times in **CD 1, Track 9: “Clear All Self Angers.”**

# Heart Forgiveness Session 3

## "Forgiving God"



Core Health.us

### 1. Dreams or a Knowing to share

Other journal areas to share

### 2. Review

#### A. Big Angers List: "I'm 100% FREE of Negative Energy for the entire List."

Strong \_\_\_\_\_ Weak \_\_\_\_\_ Continue with \_\_\_\_\_

#### B. Self Angers, "I am 100% FREE of all Self Angers.

**"I FREE myself of the habit of Self Criticism and Self Anger."**

Strong \_\_\_\_\_ Weak \_\_\_\_\_ Continue with \_\_\_\_\_

### 3. Pre-measures

	Initial Testing		Heart Clearing	
	Weak	Strong	Weak	Strong
Another Birthday older				
Looking at the two circles				
Holding the envelope				
<b>UMBILICUS</b>				
"God Loves me when I'm good."				
"God Loves me when I'm bad."				
"I'm smarter than God."				
"I have to run the Universe."				
"God is my friend."				
"God is my enemy."				
"God is for me."				
"God is against me."				
"I am angry with God."				

### 4. Childhood Decisions: "God is 100% My Friend."

	Age	Notes
Decision Point		
Starting Point		
Number of Anchor points		

## Clear with CD 2, Track 3: “Clear with God.”

ReMeasure:

1. God is My Friend, I only have to run myself. STRONG
2. All at same time: holding newspaper, looking at circles, and being 3 birthdays older. STRONG
3. Umbilicus. STRONG

### 6. Homework and Journal

1. Look for your healthy attractor fields.
2. Continue your Perfect Moment, Dreams and Knowings parts of your journal.

### Daily Process

A minute before you go to sleep tonight and a minute when you wake up in the morning to **naturalize** this as the true you:

In your heart, see your Starting Point Self, Decision Point Self, and Anchor Point Self, representing all Anchor Points, that separated from God.

Forgive and love each one, and see them brighten up with joy.

Hug each one and blend them into your Heart, and feel your wholeness.

See God, Presence, Light in front of you.

EXPERIENCE yourself being forgiven . . . coming home . . .  
and moving forward into God, Presence, Light and Love.

Feel Love around you . . . in you . . . through you . . . AS You.

Feel Your wholeness, Your completeness and joy,  
circulating through your entire body.

Every individual cell – resonant – clear – pure – and smiling.

Every vibration of your Being, every frequency of your Essence is in harmony.

Take two slow reminding breaths.

Your in-breath reminds you of the constant in~flow of God, the Universe,  
Power and Creativity . . . Life Energy . . . Wonder, Joy and Wholeness.

Your out-breath being expressed as you in everything that you are and say and do,  
as you live each moment of your life.

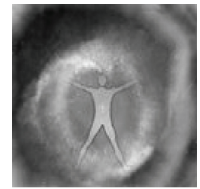
Enjoy another slow reminding breath with the in~flow of God, the Universe, Power and  
Creativity flowing in to you filling you up and over-flowing out through you  
on your out-breath – into everything you are and say and do.

Bring that wholeness, that completeness and that power forward  
as you continue on with the rest of your life.

Forever and Ever.

# Heart Forgiveness Session 4

## “Living Free of Anger ~ Not Taking Offense”



Core Health.us

### 1. Review

**A. Measure: “God is 100% My Friend.”**

Strong \_\_\_\_\_ Weak \_\_\_\_\_ Continue with \_\_\_\_\_

**B. Measure Umbilicus.**

Strong \_\_\_\_\_ Weak \_\_\_\_\_ Continue with \_\_\_\_\_

### 2. Pre-measures

	Initial Testing			Later Testing	
	Weak	Strong		Weak	Strong
"Love is Separation."					
"Love is together."					
"My Heart and my Head are together."					

### 3. Anger

	Weak	Strong
"At 5 years old: I value anger."		
"At 5 years old: I know how to be angry."		

Anger is a “Learned Skill.” Thus we can unlearn it!

**Clear with CD 2, Track 5, “Clear to Live Unoffendable.”**

**Remeasure:** #3. Pre-measures

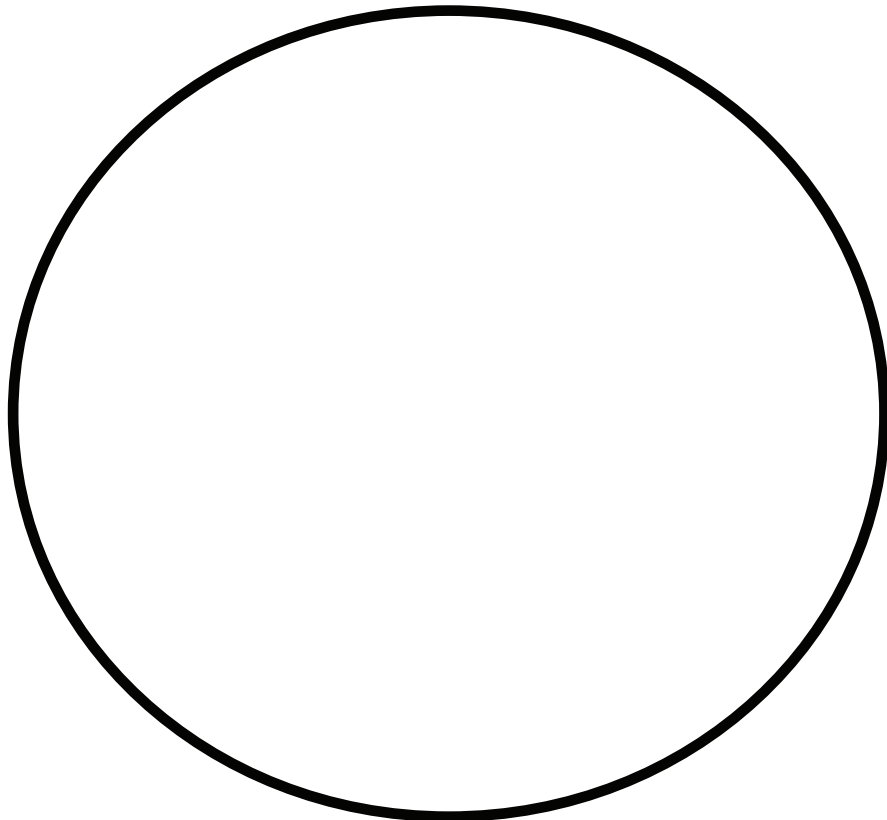
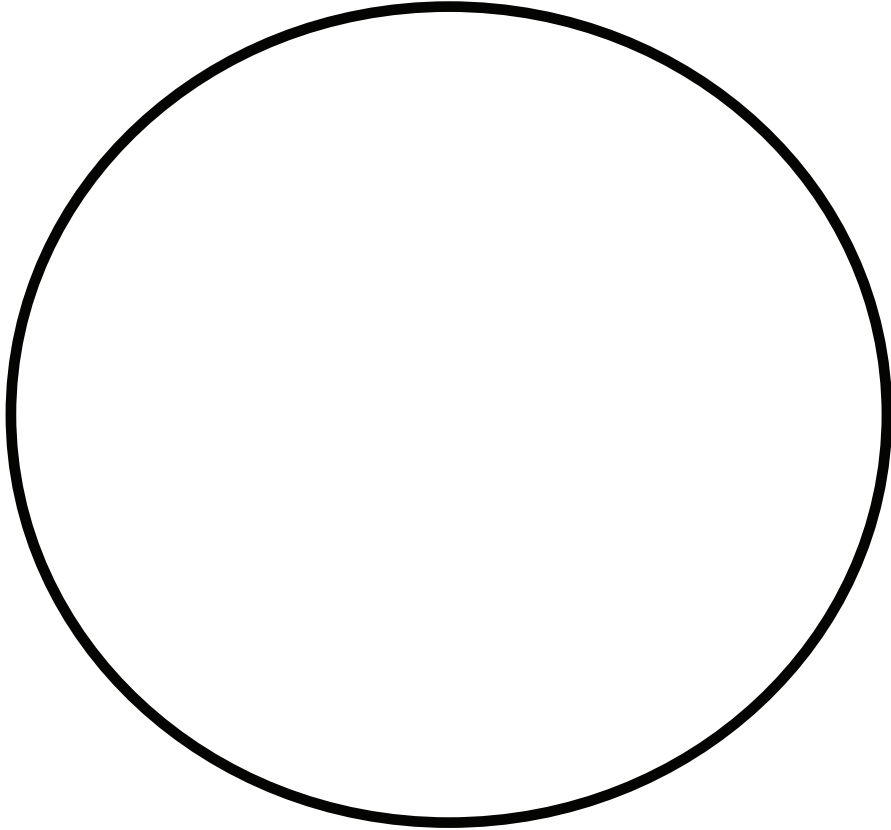
“I no longer value anger.”

“I know how to be angry.” (Release the value, retain the skill.)

### 4. Homework: Immerse self in CD 2, Track 5, Clear to Live Unoffendable Journal

1. Look for, and appreciate, your healthy attractor fields.
2. Continue Perfect Moments, Dreams and Knowings parts of your journal.
3. Continue instantly freeing yourself of any anger/energy-distortion that creeps in.
4. Practice living free of anger – being “Unoffendable” –  
 Leap to Acceptance and do not waste your energy on negatives.  
 Sift and Sort for the “Creative Potentials” in each situation.

## Appendix D



# Appendix E

## The DTQ Process

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"Deeply Thoroughly Quickly" process engages both the objective/rational mind and the subjective/experienced energy of the individual so they can make an Energy Decision that is corrective and positive.

**Decision Point:** Migraine Headaches, bulimia, cancer, emotional "wounds", weight issues, all have a Decision Point when the person non-consciously decided to have the problem. *A negative energy "finds" a stimulus event to which to attach itself.*

**Starting Point:** Earlier in Life, the person had never even considered the issue, then comes their first awareness of it. They "Start down the road" to making the decision by picking up the first bit of "evidence", the Starting Point. Pieces of "evidence" picked up along the way eventually attach to and coalesce around a stimulus/drama/trauma into the Decision Point. *The Starting Point is the initiation of the negative energy – collects more "evidence" – then seeks an event around which to coalesce.*

**Anchor Point:** Following the Decision Point, additional baggage/"evidence" is collected, then there is another stimulus that creates an Anchor Point – a reaffirming of the Decision. *This anchors the Decision more tightly in the energy system.*

**Number of Anchor Points:** Repeated life events, traumas, dramas cause added reaffirming of the Decision. There can be dozens, hundreds, thousands, 100s of thousands of Anchor Points. The number is not relevant – they will all be cleared. The key is bringing up all points by acknowledging them, so they can be cleared.

The Decision Point has a greater quantity of energy in it, thus is easier to locate. Once the energy system knows what you are looking for, it can locate the weaker initial energy of the Starting Point. Locate Decision Point first, then go back in time to locate the Starting Point.

This negative distortion of the individual's energy field by the Decision begins to flow energy into creating all kinds of dis-ease, signs, symptoms, discomforts in an effort to get the person's attention to heal the distortion.

The DTQ process of identifying the DP, SP, AP and # of APs brings ALL the energies around an issue up to be cleared. This re-establishes our original healthy energy flow and allows this to **naturalize** in us as a way of living.

Q. Which to clear The Starting Point? or Decision Point? or Anchor Points?

A. ALL – the beauty is the Decision Point is caused by a stimulus that brings all the baggage pieces collected since Starting Point into one big lump – carried thereafter as a specific burden. This is reaffirmed periodically by Anchor Points. We are clearing the SP, the DP, all the APs, then "connecting the dots" from Perfect Moment through the SP to DP to AP to Present – NOW we again have an energy flow foundation that is solid.

A major reason people "fall back in the pit" is that all the bits and pieces of the SP or APs are still in their system when they deal only with the Decision Point. With a new stimulus, they can coalesce back into the PATTERN. When they are ALL cleared out, there is NOTHING to coalesce into a pattern even with stimulus. This is HUGE!

## HOW TO Do the DTQ PROCESS

### Decision Point

Have the person name and state the problem (ownership), **"I have bulimia."** EM YES.  
Then make the statement in the positive. **"I am Free of bulimia."**

See yourself at 5 years of age (pause) **"I AM Free of bulimia."** YES

See yourself in Perfect Moment **"I am Free of bulimia."** YES

See yourself at 10 years of age (pause) **"I am Free of bulimia."** YES

The person now has a decade of pure core health to expand!

At 20 years (pause) **"I am Free of bulimia."** NO

(could be earlier age, so test at 15, when YES keep going up in age, 16 etc.;

when NO, go lower in age 14, etc.)

**Exact year will EM as NO/WEAK.**

Ask them to close their eyes and "Feel around in your energy for a bump or glitch around some event." Usually they will be able to find the person and event.

When assistance is beneficial, Energy Measure:

**"Has to do with someone inside my family."** Y/N

When inside the family: **"Male in my family."** **"Female in my family."**

Mother/father, sibling, spouse (or ex) grandparent, aunt, cousin, etc.

**"Outside my family."** Y/N

When outside, determine male or female or organization.

Friend, teacher, coach, police person, boss, etc.

EM right before the event **"I have bulimia."** NO

EM right after the event **"I have bulimia."** YES

Now we know the age, person, and event.

NOTE: Most people find an event. However it's not essential – simply the year works.

Especially with parents, there are so many events, that it could be the nine hundred thousand and forty-seventh one that is the straw that breaks the camel's back.

Knowing the year is sufficient to bring up the energy.

The other person/organization, and event, satisfy the rational mind in the beginning.

With experience, we will begin to skip these details.

### Starting Point

Repeat process as above.

**"I have Started down the road to making the bulimia decision."**

Age is earlier than the Decision Point.

Locate year, person, event/stimulus: When they first "considered" bulimia, and picked up the first piece of "evidence" or junk. Additional pieces were added to the collection until a stimulus occurred and the Decision was made.

### Anchor Point

Repeat the process as above.

**"My first Anchor Point is age \_\_\_\_."** Age is later than the Decision Point.

Locate year, person/organization, event/stimulus.

Following the Decision Point, additional "evidence"/baggage/junk/wounds are accumulated, then another stimulus and reaffirming of earlier Decision.



## Number of Anchor Points

Shows how firmly the decision is anchored!

**"I have 5 or more Anchor Points."**

**"10 or more APs."**

**"50 (100, 1000, 10,000 etc.) or more APs."**

## Iceberg Process

Now you can free and clear the SP, DP, all APs, and all junk between – all at the same time!  
See APPENDIX D "Clearing Process: SP, DP, APs" or **CD 1, Track 4: "Clearing All Points."**

You have reestablished Health from your foundational core – you have reactivated the "Sea of Me", Ocean of Being, Essence of You.

However, there may be some ICEBERGS of frozen issues floating around.

Smaller ICEBERGS are easily 1. Identified, 2. Melted into the flow (released/erased/cleared).

\*\*\*

**Example:** History of the Development and Discovery of the Process

BEFORE the Decision Point ("I am Funny with Money", "Money is my Friend") there is a point you **start down the Road toward that decision.** "Money is my Enemy" **DECISION** was made at age 14. However the **STARTING POINT** was age 9. You took 5 years of "collecting" evidence and junk to get to the **stimulus** for the DECISION to coalesce all the pieces of junk into a Decision to be "Funny with Money" – rather than "Money is my Friend."

Very Powerful to correct STARTING Point AND the DECISION Point, connecting those two Dots to the Perfect Moment and current time, creating a positive flow foundation – this makes scraping away any additional junk very easy. We now have added Anchor Points to the process to make this more thoroughly effective and durable – "naturalizes."

The Starting Point Principle was used previously, on when we "began giving power away or living for others" – age 2, the first time you are spanked or rebuked, and it sinks in that others have a say in your life. Some children learn to "balance" it with their own power (Resilient Children study), and some acquiesce to the power of "others."

\*\*\*

## NOTES:

EVENT / STIMULUS can be Negative or Positive, Large or very Small.

TIME until the Energy Shift MANIFESTS as Dis-Ease, Addiction, or Behavior in our Life can be many years after the Decision Point.

Behaviors can be part of the progression toward making the Decision.

Example: A person may have stolen several times before the Decision to be a criminal, or experimented with drugs several times before the Decision to be an Addict.

EVENT can be 1. REAL, 2. Recognized in your Energy before it happens (divorce), or 3. IMAGINED.

# Appendix F

## Heart Scriptures

If any man was wronged by another and he neither rebukes, nor hates, nor bears a grudge against him, but forgives him with his whole **heart**, this is a saintly virtue...

*Code of Jewish Law*

"Forgive your brother from your **HEART**."

Matthew 18:35 GNB

"Forgive each man his brother's faults from **your HEARTS**."

Matt. 18:35 Lamsa B

Matthew 5: 23, 24                   CLEANSING/PURIFICATION

23. So if you are about to offer your gift to God at the altar and there you remember that your brother has something against you,

24. leave your gift there in front of the altar, go at once and make peace with your brother, and then come back and offer your gift to God.

"**A new heart** also **will I** give you,  
and a **new spirit** will I put **within** you:  
and **I will** take away the **stony heart** out of your flesh,  
and **I will** give you a **heart of flesh**."

Ezek. 36:26 KJV

"For God {sees} not as man sees, for man looks at the outward appearance,  
but **the LORD looks at the heart**."

1Sam 16:7 NAS

"Sadness that is merely human causes death." (non-life)

2 Cor7:10 GNB

"Sadness that is used by God brings a change of **HEART** that leads to salvation."

2 Cor7:9 GNB

"Apply your **HEART** to instruction, and your ears to the words of knowledge."

Proverbs 23:12 KJ

As Jesus said, "If a kingdom is divided against itself, it cannot stand."  
(Heart and Mind divided -- lacking wholeness)

Mark 3:24 KJ

"As a man thinketh in his **HEART**, so is he."

Proverbs 23:7 KJ

"The first is ... love the Lord your God with all your **HEART**,  
all your soul, all your mind, and all your strength."

Mark 12:29 KJ

"Out of the believer's **HEART** shall flow rivers of living water."

John 7:38 GNB

"The good man, out of the treasure of his **HEART** brings forth what is GOOD...  
his mouth speaks from that which fills his **HEART**."

Luke 6:45 NASB

"For where your treasure is, there your **HEART** will be also."

Luke 12:34 & Matt 6:21 NASB

"He who searches the **HEART** knows what the mind of the Spirit is..."  
(The True Heart reveals the SPIRIT.)

Romans 8:27 NASB

# Appendix G

## Opportunities

Each individual's path is unique and Life is a journey. Along the way we have a variety of opportunities to expand our learning, experiences and wisdom. You have chosen to do so with this self~assist book and CDs. Great power and additional benefit is gained from participating in a weekly group or a weekend re~treat (treat yourself again). I encourage you to visit [www.CoreHealth.us](http://www.CoreHealth.us) to explore its riches, and view the opportunities by clicking on RESOURCES. Facilitators will travel to groups, see the list on [www.HeartForgiveness.us](http://www.HeartForgiveness.us).

**Heart Forgiveness™** is a "Life Application" of Core Health. Click on APPLICATIONS to view all nine "Life Applications."

**Core Health™** is a non-cultural, non-religious expansion of our inborn core of health – what is right in us! Advancing from studying disease to understanding Health, this innovative process goes beyond treating symptoms to truly freeing individuals by new energy decisions. Core Health leaps to the core of pure health, removing energy distortions for free flow of positive energy. The highly-effective DTQ Process (Deeply, Thoroughly, Quickly) dynamically achieves precise, experienced, permanent re-activation of a person's innate healthy core.

Core Health begins at our core of pure health, Perfect Moment, and progressively clears each of 12 expansion levels outward from our core, recreating our natural flow of energy and health. Self~Assist books and CDs, similar to Heart Forgiveness, are available fall of 2009.

Explaining experiential realities in words is a challenge. These are from Facilitators:

- CORE Health is an easy, effortless process that works energetically to clear out years of accumulated "junk": junk that exists in the forms of beliefs, ideas, patterns, emotions, and even physical ailments. Core Health enables you to release what is "not yours" in order to live authentically in your natural state of health: CORE Health.
- Core Health is the process of reconnecting to the inherent center of ourselves that is 100% healthy spiritually, mentally, emotionally, and physically.
- Core Health offers an easy way to let go of limiting beliefs.

Core Health unveils our natural self. Core Health is all about being free and clear.

- Helping people find their happy place and learning to live and love the world like you were a kid again.
- Life's lessons can splinter a person's energy system like bad data on a fragmented hard-drive. Core Health is a process that easily erases life's glitches, freeing life's energy to again flow freely in you. The benefits include pure health and well-being.

- Core Health has helped me to return to my authentic Self.
- Core Health is a very unique experience allowing you to forgive yourself and others. This natural process is very gentle, non-invasive and works quickly to rebalance your energy system. Life begins flowing more freely through and you. You will feel many emotional and physical benefits as your energy system begins to naturalize.
- Assisting people to find their true self again.
- The Core Health process assists you in restoring your inborn core of health that has been covered by layers of life experiences, family and social conditioning. These layers affect how your mind, body, emotions, and spirit function on a daily basis. Core Health assists you in clearing these energy layers to restore your Pure Core of Health to its rightful place as the One in charge of Your Life.
- A simple, powerful tool to help change the world. One person at a time.
- Core Health is a comprehensive system of energy measuring and applying attitudinal shifts of beliefs to enable growth, clarity, and cohesiveness in one's body systems.
- The smile of my mother, the day fishing with my dad, the fun at grandma's house, my first love, the birth of my children, the beauty of a butterfly, the puffy clouds in blue sky . . . these are Perfect Moments in my past.  
Core Health frees me to fill my days again with wondrous perfect moments.
- Core Health is the customized owner's manual for the operation, maintenance and repair of our spirits. When we find gum on our spiritual shoe, Core Health is the chewing-gum remover that works!
- Core Health is the process that facilitates our personal re-discovery of the innate pure energy with which we were born, and that allows us to live 100% free spiritually, mentally, emotionally, and physically.

# Journey of Self

We are all interested to some extent in the meaning of life and our unique individual purpose. Many people are eager to sell you their ideas of what you should think, act, do . . . to “achieve your dreams and goals.” Many utilize the notion of being stuck in the endless swamp of working on your self. Few assist you in being solidly and uniquely You, living life in power and joy . . . **beyond** your dreams.

Evaluation and assessment of the myriad and confusing possibilities for change – sifting and sorting for the truly effective, transformative, simplest, quickest, with results – includes these questions:

## 1. **Basic Concept?**

Is it “Outside In?” (Em-power) Or, “Inside Out?” (In-Power)

Does someone have to “do this **for** you or **to** you?”

Or, do you gain **In-Power** to master it for your self?

Are we seen as basically bad – or good? The Default Setting of the Universe is POSITIVE.

Chip away at pain and negatives in the pond of dis-ease? Or, leap into the Ocean of Health?

## 2. **How To?**

Telling is not teaching. Learning is not Being. Information is not transformation.

Are there only more “words about” the area, or sign posts, band-aids and patchwork, fake-it-til-you-make-it, and throwing darts at isolated issues that keep popping up?

Or, is this an **Effective PROCESS** for you individually with **RESULTS** that are

**Measurable** and **Demonstrate** your Personal **PROGRESS**?

## 3. **How long will the results last?**

Is this a temporary emotional release, like pus from a boil?

Or, is this a clearing that is durable and permanent? Demonstrated and Measured?

## 4. **When will I be finished?**

Is this a “never ending story?”

Or, does each aspect have a finality and mastery to use creatively for life?

## 5. **Then what?**

**When I am finished, then how do I live as my True Self from the Essence of my Being?**

Are you left on your own, or, are there Life Applications?

There are very few articles or books about living powerfully and joyfully from fullness.

Be in Love with Life, and Live with Joy.

## **CORE HEALTH PERSONAL PROGRESS JOURNEY**

You are not broken and do not need to be fixed. Neither is the world.

Like perfect genes, we are each born with pure health, our powerful core.

Clouds of confusion begin to cover this: from parents, school, church, society, organizations, friends...

A Facilitator (“one who makes the way easy”) walks with you on your path for a while as you clear away the clouds of confusion to **re-gain** the **in-power** to walk your unique path powerfully.

## **OPTIMAL SEQUENCE**

1. **Heart Forgiveness:** Master clearing your energy in regard to others, self, God, then live free of anger – unoffendable. This is the mastery level and finish of Heart Forgiveness.
2. **Core Health:** Master creating a Solid Self, then freeing your energy from parents, family & culture.
3. **Funny Money:** Master total harmony with Money as a Symbol for the RICHNESS of ALL LIFE.
4. **Continuous Meditation:** Master living 24/7 with razor sharp focused energy and attentiveness.
5. **Core Creativity:** Experience, Evoke, Express your natural inborn creativity.
6. **Silent Re~Treat:** With clear mind and clear subconscious mind, Master “Be Still and Know” as your Inner Teacher communicates the Cosmos to you in your personal language.

Prerequisites: Minimal: Core Health Expansion Levels 1, 2 + Heart Forgiveness 1, 2, 3.

## RESULTS

We come spinning into existence as expressions of the Universe.

Clearing away the clouds of confusion, we re-gain the KNOWING of a child to combine with the SKILLS of an adult, living powerfully, confidently and effectively.

We shift into BEing, which flows into our DOing.

Dr. Ira Progoff was aware we are all called to be Holy Books. His final *Intensive Journal* workbook section is “Testament” – when you personally experience and KNOW with your whole being, you write in this section.

On the Core Health Personal Progress Journey, you achieve the capacity to write in this section ... then CLOSE the book and walk on ... living in the fullness and richness of Life in daily Awe and Wonder – **beyond** your dreams and wildest imagination – with ever emerging new pages as you stride confidently forth in the Mystery of Life.

You have met the challenge of the Oracle at Delphi: “Know Thy Self.”

You have transcended the fear of Zusa, a wise man who returned to his village white and shaken from his time alone on top of the mountain.

“What is wrong, Zusa?” villagers inquired.

“Why are you shaking with fear?”

“I know what God is going to ask me when I die,” replied Zusa.

“What could be so terrible?”

“I know what God is going to ask me when I die,” choked out Zusa.

The villagers all agreed, “You have been a wonderful person, Zusa, helpful and caring . . . what? . . . what could God ask you that is so terrible?”

Still shaking, Zusa replied,

“God is going to ask me . . .

‘Why were you not Zusa?’”

**BE your SELF.**

**Journey with KNOWING.**

\*\*\*

## OPTIMAL PROCESS

Most Optimal individual process is in a group once a week. (Practice for a week to master.)

Next Most Optimal is once a week individually with a Facilitator.

Next Most Optimal is telephone with a Facilitator once a week.

Next Most Optimal is weekend series.

Practice each session for a week in the month following. (Requires greater discipline.)

Next Most Optimal is Book/CDs with a friend or small group you organize, once a week.

Next Most Optimal is Book/CDs individually. (Requires the most discipline.)

Come further master your energy by participating in Core Health and Life Applications.

Visit [www.HeartForgiveness.us](http://www.HeartForgiveness.us), [www.CoreHealth.us](http://www.CoreHealth.us), [www.FunnyWithMoney.us](http://www.FunnyWithMoney.us)

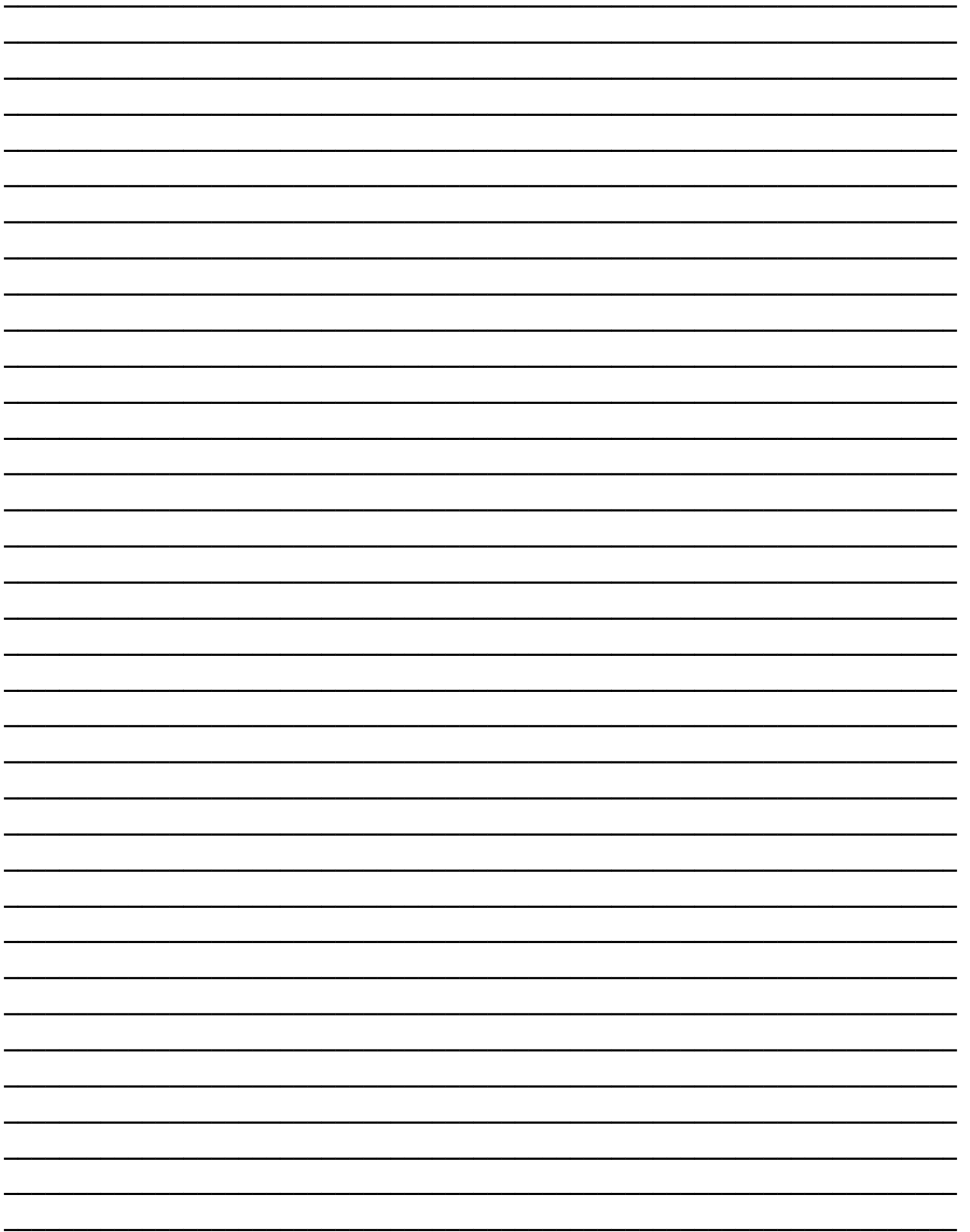














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My heart has become capable of every form:

it is a pasture for gazelles,  
and a monastery for Christian monks,

And a temple for idols,  
And the Pilgrim's ka'ba,  
and the tablet of the Torah,  
and the Book of the Koran.

I follow the religion of Love:

whatever way love takes,  
That is my religion, my faith.

*Al-Arabi, Sufi mystic*