Burt Goldman Presents

The Workbook

Quantum Absolution
Note to the Reader

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SECTION 1 THE ABSOLUTION SOLUTION

MODULE 1 Quantum Jumping refresher

Before we begin the Quantum Absolution program let me refresh the Quantum Jumping concept for those of you who have been through the Quantum Jumping program. And for those who do not know about the Quantum Jumping material the following is a must before you could really appreciate the usefulness of Quantum Absolution.

To understand Quantum Jumping you must first be aware of the concept of infinity. Not so easy to do; that word, infinity, has baffled people for centuries. It is difficult to imagine a never ending line of events and situations of every type. In an infinite universe whatever can be imagined is. In an infinite universe whatever the number, whatever the object, there is always, one more.

One more million, one more septillion, one more octillion, one more and then again one more. In an infinite world there is a multitude of you’s. Whoever you are, you are duplicated again and again; beyond counting, in every form, in every occupation, with every talent, in every religion, in every time. A never ending line of facing mirrors. There is a prehistoric you and a renaissance you and a future you. In an infinite universe there is a young you and an old you, a sick you and a healthy you, a homeless you and a royal you with a retinue of thousands. Whatever can be imagined is; in an infinite universe. In an infinite world there is a you who is Christian, Muslin, Buddhist, Shinto, Jewish, atheist, and every one of the thousands of religions and beliefs that abound.

In an infinite world the big bang was not the creation of the universe but only an explosion of the implosion of a duplicate universe that had contracted into a singularity. That other universe had receded into the size of a marble and with all that mass just burst out again creating the universe as we know it. And what of God in an infinite universe? Ah, in an infinite universe, we can come closer to a better understanding of the creator of that infinite universe, for God is infinite. All religions accept that. But if you accept the fact that God is infinite, then you must look to infinity itself to comprehend the why’s of our confusing world. For if God is infinite, then he is in all, in everything, every universe, every dimension, every galaxy, every world, every person, every molecule, every atom. God is in every experience in an infinite universe. God is experience and every experience that you have God is sharing that experience. This concept is almost as difficult to understand as infinity but bear with me perhaps it will become clearer by the time you have completed this program.

When God said, I am that I am, to Moses, in Exodus 3:14 he said it all. But scholars have interpreted those words in a variety of ways. The words were spoken to Moses in the ancient Hebrew language. The ancient Hebrew language does not have a present, past, or future tense. No indications of time. And so the
words come to have a different meaning in the context of an infinite universe. The words are better understood with the simple addition of a pause after the word ‘that.’ I am that, I am. That would signify all that is. An infinite God would be, ‘all that is.’ He would be that, and that, and that, and everything else. That is

Our quest will skirt the spiritual dimension for the present. For now let us examine how this knowledge can help you to be a better human being. A secure, satisfied, happy human being with the knowledge that you would have had if you had a mentor of superhuman abilities, for that is what you will be seeking in the quest.

In our program you will find techniques and methods of using your mind as never before presented by anyone. The methods and techniques are so unique, and useful, that it would be a wonder if you did not see a major change in your attitude, your decision making, your health, and your life in general.

One of the prime techniques of Quantum Jumping, as it is in many of my seminars, is the use of the Bagha. This is an ancient technique that I learned during the early days of my training in Yoga when I was a disciple of the great swami Paramahansa Yogananda. The year was 1949, I was introduced to the technique that enabled me to instantly relax and meditate. Now I use the Bagha to smooth the progress of a goal; an objective, either major or something simpler like traffic control, or parking places. Sounds unusual I know, but it works. I’ll explain the technique in more detail in a bit. The method is quite simple it is touching the tip of your tongue to your palate, the roof of your mouth, for just a moment, while thinking of what it is you want to happen.

For those familiar with the chakra points of the body the Bagha is the Talu chakra but it is not necessary to know that, only to use it. The Bagha is so important, and people find it so very useful, that it is programmed during every one of the meditations.

But for now please allow me to tell you how I used the concepts you are about to learn, what I am about to say will at first appear to be confusing, but it happened exactly as I say. I will tell you a tiny bit about a few of my experiences.

I am a hall of fame photographer but I know nothing about photography.

I find myself a fantastic vocalist and yet I can’t sing a lick.

My art work hangs in galleries but the skill of painting eludes me.

My books are sold all over the world but as I barely squeaked through high school and scarcely know a comma from a semi-colon.

My seminars are filled to capacity throughout the United States and Europe but I’ve never been a public speaker.

My therapeutic hypno-therapy practice is renowned in the U.S. and Europe but I know nothing about hypnosis
I am considered a world class healer but I don’t have a clue how alternate healing methods work.

I’m one of the most relaxed people I know and I’m under a great deal of stress.

My poems have been compared with some of the greats but I know nothing about poetry.

My Feng Shui classes are world renowned and many people consider me a master of the art but I have no training in Feng Shui.

The list goes on and on.

How is it possible to make sense of what I just said, and yet—it does all come together when you apply it to Quantum Jumping. Let me tell you a story.

It all began over eighty years ago. I was just about two years old at the time. I had many angel like helpers, they were all in my mind but I had no way to judge the reality of that, for me the world of the mind and the physical world were one and the same. All my angelic helpers were women, that’s probably because at that age I only knew women, my mother, my cousin, my aunts and my grandmother. So it was no wonder that they would be in my inner world as well. There were eight or ten of them. It was as though I lived in a harem of angels. All I had to do was to close my eyes and there they were. Helping me, guiding me, implanting information in my infantile brain. Nothing sexual, I was after all on the planet barely a blink. But I do recall feelings of warmth, syrupy warmth spreading throughout my body whenever they visited me, which was often. Every day. They were with me a full year before they vanished. I now believe that my infantile mind was still attached to a spiritual tie, perhaps a former life and as I became more and more familiar with words and the world around me, the tie was broken. With their leaving so went the memory of my informational harem. The recall came much, much later in life when one of my doppelgangers brought the scenes back to me, and suddenly, I understood.

I realized how I became a photographer, an artist, a hypnotist, a philosopher, a writer, a healer, a musician, a lecturer, a poet and all other things that one is and does, often without realizing the source of the talent, the foundation of one’s life. What I would call a Source Foundation.

A source foundation is a point of time, or a specific event, that opens you to a choice. As there is choice involved, there are divisions of your life events that leave the main stream and have far reaching effects. To give an example of this: You’re twenty one years old. You’re invited to a New Years Eve party. When you
arrive the host asks you to contribute twenty dollars to cover the cost of the liquor and food. You become insulted feeling that as you were an invited guest it was poor manners on the part of the host to ask for money. You leave and go to another party where you meet the person who eventually becomes your spouse. You have three children who grow into adults and they have children. You have seven grandchildren.

The source foundation for that family is a twenty dollar bill. The fork in the road of life that you were on was taking you to a particular place. You would have met different people at the party and the road you were on would have led you to a different life. Instead you chose a branch of the road that took you away from what might have been. If you had paid the twenty dollars and stayed at the first party, you would not have met your spouse and would have had no children with that spouse and etc. So that twenty dollar bill actually represented a fork in the road so to speak, a turning point of the major factors in your life, and chances are you would not even know it.

There are as many source foundations in one’s life as there are opportunities for choice. Each time a choice presents itself, a source foundation is created. These source foundations are like endless branches of the road you happen to be on at the time. But each one of those choices happened. Each time you made a choice your reality split off into another dimension.

In a Parallel Dimension, you made a different choice and paid the twenty dollars, enjoyed the party and did not meet the person that you ultimately wed and raised a family with. You may have met someone else and had a totally different family, or no one and remained single. The Source Foundation of the Parallel Dimension is the one that you will be learning to jump into as we progress into the material.

In your life there are an infinite number of probabilities, there are also a number of possibilities. The probabilities will come to be when you stay on the road you are most comfortable with and make no changes. Of course this is impossible for you to know. Only in retrospect can you look back and see the times you branched off and took the left fork in the road instead of the right.

As example: Ronald Reagan was a contract actor who played in mostly B pictures in 1945. He was a liberal democrat but spent most of his time not in politics but in reading scripts; generally westerns. It was more likely that he would turn out to be a romantic lead in motion pictures than it was that he would become the President of the United States but those forks in the road are infinite; anything that can be imagined is happening, now, in a parallel dimension. Ronald Reagan’s presidency wasn’t a probability, but it was a possibility, or it could not have happened. What was the original source foundation that led him off the actor’s road that he was on? Even he could not tell you that. It may have been a chance meeting with someone who made a
chance remark about nothing unparticular, but whatever it was it put the future president on the road to the presidency.

Imagine a wide road in front of you with thousands of forks or branches that curve off the main road. Each branch of the road leads to a split off of dimension and carries you into an alternate dimension. Most are insignificant leading nowhere in particular, but many others are significant leading to success, happiness and peace of mind. It’s up to you to choose when you come to a turning point but whichever you choose, a twin self has chosen a different branch and with that choice has had different outcomes.

Take a choice you have at a restaurant. You have to make a decision between a fish entrée and a meat entrée for dinner. No life changing Source Foundation there. Just a tiny fork off the main road.

But what if you chose fish and the fish were tainted and made you ill, and the doctor that attended you had you stay at home for two days and you missed an opportunity to purchase a commodity that would have eventually made you wealthy, then the SF would not be a small offshoot but a large one.

The main road is always there, the branches appear whenever there is choice involved. All of the new Source Foundations have a hierarchy. On a scale of one to one hundred, a source foundation that has no effect whatever would be a one, while a life changing Source Foundation would be in the eighties or nineties and a terminal Source Foundation would be a one hundred.

We will be examining these source foundations, these branches of the road, especially those that are creating problems in your life. Also important are those that have created benefits for you. The mental conditioning exercises that I call ‘meditations’ will enable you to get inspiration from a parallel dimension.

In addition you will be learning about your Doppelgangers. This is a word that signifies a double, a twin self, your twin in another dimension, a counterpart. In an infinite universe there are many duplicates of yourself. Some good, some not good. What we will be seeking out are the successful Doppelgangers. The duplicate selves that are already successful in the endeavor that you wish to master and to get stimulation and motivation from.

With the use of the meditations you will learn a technique to tap into this other you, the doppelganger, a twin, but more than a twin, another you. Brought up differently perhaps, educated differently yes, in a different culture possibly, a genius in what it is you are trying to correct, absolutely. This twin is in another dimension, what the scientists call a parallel universe. You will always choose the success parallel dimension, and the reasons will be clear as we progress. The jumping off place for reaching this parallel is being at the relaxed level of mind, meditation. The technique for reaching the success dimension is called Quantum Jumping.
When you build a ‘conscious’ Source Foundation you are creating the ultimate in goal setting strategies. The concept of jumping into a Parallel Dimension is that all of the Source Foundations you can imagine, have already taken place; in other dimensions. Infinity is all there is, everything. When you visit a parallel dimension where your doppelganger is successful and doing the thing that you are going after then the Source Foundation has already been set, used, and manifested into the goal completed.

You will be learning to set these seeds of life that we call Source Foundations by using the skills of a double, a twin you, a doppelganger in a parallel dimension. Your doppelganger will give you the inspiration you need to achieve success in whatever area of your life you choose to use the new energies from your ‘Quantum Jump.’

The Napoleon Hill master mind group touches on that but he never knew that’s what he was doing. Just as the Silva method counselor concept does. The laboratory represents an alternate universe and the counselor your doppelganger. Many success philosophies offer similar things just as many psychologists will use a particular method of concentrating your attention on the present and reducing regrets. It is possible that our method of using doppelgangers in other dimensions is just another psychological method of having a person search out and develop their own latent powers. Well if it is, then here is a whole new psychology, because it works.

Jumping into an alternative dimension takes advantage of the many choices in front of you. At the moment you go along with things as they are; but every time that choice comes along, and there are hundreds of decisions to be made each day, there is a split off as one of your selves chooses. These choices branch off the main road of life; Quantum jumps give you more control over the choices that you make.

What you are about to experience has been called meditation, it has been called going to level, or the Alpha level, it has been called an altered state of consciousness, it has been called hypnosis or trance, its been called so very many things because no one really knows exactly what it is. I call it meditation. When you meditate you are concentrative on your thought and are more likely to become aware of the many choices that lead to different places.

Meditation is not hypnosis; and yet it is an altered state of consciousness. I first studied yoga many decades ago and so I know something about meditation, hypnosis is not meditation, and yet it is as they are both altered states of consciousness. I’ve been teaching people all over the world about alpha thinking and going to the alpha level but it is always just meditation; the way we will be using it will be as a jumping off place for what comes next.

Meditation is an inward feeling of a concentrated sense of attention. The more concentrated that attention is, the more you are in – a trance – meditating –
in the Alpha state – an altered state of consciousness – prayer. And so we find that no matter what you call it, if you can concentrate your sense of attention, you will be in a place where your holographic energies are open to input.

Your first excursion to Quantum Jumping is to lay a foundation for what comes next. All you have to do is to follow my instructions. I will be your guide. I will guide you to a Parallel Universe to greet one of your doppelgangers for the first time and to see if you can get that twin self to talk to you, to give you a piece of advice. But first just a toe dip to get you used to the idea of Quantum Jumping. This first one is just a peek into the infinity of possibilities. And now, the Quantum Jump. We begin on the following module so find a comfortable place where you will be undisturbed for ten minutes or and we will experience together, Quantum Jumping.

For now make yourself comfortable. When we do this Alpha exercise you will just follow along with my words as I guide you. You will find yourself, after getting to the relaxed alpha level, in front of a door; a transit door. Beyond the door are all the different dimensions; an infinite numberless amount of dimensions. In one of them you your twin self is going through the situation that is causing you problems; in another dimension your twin self is going through a different situation; one that is not causing the problem. You will be observing both situations and you will remember the one that is not causing the problem. To get through to the other dimensions you have only to open the door, and jump through. The other dimensions are on the other side.

Following this is the first meditation. Only a practice meditation so that you get comfortable with my voice and just simply relax. Don’t judge if your deep enough or what you feel. Whatever you feel is right for you. Your intent however is to feel relaxed. Don’t be concerned about the meditation level or even what it means. Just look at it as a relaxed mind.

During this meditation you will allow a source foundation to come to mind. Just considering this is helpful as before you can control a thing you must be aware of its existence.

But before we begin the meditation, a few words about the sound in the background of the meditation.

What you will be hearing is the sound of three hundred students of the mind chanting the word om. I recorded the sound many years ago while training the group in self realization. It was hours of chanting while concentrating on the light of the spirit. Many find that simply listening to the chant many problems cease to exist. Here’s a good hint for you to take advantage of, the very last module in this Quantum Absolution program, module 48, is the pure sound of 300 voices in deep meditation chanting Om. I have found that simply by playing and listening to this
chant of the 300 you will find cares and stress disappearing from you and a relaxed and enhanced immune system is just a few of the benefits.

**Module 2  Meditation Source of problems**

At this time relax,

We will start getting to the meditation level with a 3 to 1 count.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

To help you enter the relaxed level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant, level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed state, know that you are getting better and better in every way. Whenever you enter this relaxed meditation state, you will mentally say, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER."

Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

(Pause.)

Repeat mentally after me: "Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do."

Relax. At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed. At the alpha level. With that thought you are as comfortable as you can possibly be.

Still holding that image in your mind, with a closed mouth, take the tip of your tongue, and touch it to the roof of your mouth and hold it there while I count from one to three.

1, 2, 3. That’s fine, in touching the tip of your tongue to the roof of your mouth you were programmed that whenever you do touch the tip of your tongue to the roof of your mouth you are striving for success in something. This is an ancient technique we call the ‘Bagha.’ Use it when you wish to strengthen intent. The Bagha is a means of telling your mind to come to attention, you want something. TO HERE IS THE OPENING MEDITATION

There are many source foundations in your life. Some of them are clear, some of them are hidden deep within your subconscious. Sometimes it takes a highly relaxed state to consciously reach these areas, a state of alpha. The state that you are now in.

In a moment you will allow yourself to go back to an incident that was at the time, seemingly insignificant, but turned out to be the cause of problems in your life.

I am going to count from one to three and a door will appear in front of you. One, two three, imagine now that there is a door in front of you. This is the transit point, the jumping off point to get you wherever your intent directs you to go. Beyond the door there are an infinite number of dimensions, an infinite number of universes. In one of those universes you took a different path, the incident of the past that is causing you problems now had a different conclusion. A positive conclusion.
Anything that you can imagine, is, in one of the infinite number of dimensions now available to you on the other side of that door. Millions upon millions of you, each one a twin self of yours who is experiencing a different reality than you are now. One of those selves of yours is experiencing the source of problems in your present life.

I am going to count from one to three and at the count of three the door will open and you will jump through it. You will then be back to that scene that was the source of problems in your present life but it will be your twin self in the scene. Just view the scene as an observer. Your twin self is going through the scene just as you did.

1, 2, 3, the door is opening, and now just jump through it. You are now back at the long ago scene that is causing you problems in the present. Imagine it. View the scene as an observer only.

Relax

The scene was instigated long ago by that thing that was said, or done, either by you or by others. In a parallel dimension there is another you, a double who had a different outcome to that incident.

At the count of three you will be back to the other side of the door to infinite dimensions. You will be once again facing the transit door, 1, 2, 3.

Now I am going to count from one to three and you will again jump through the doorway and you will find yourself observing the scene that you would like to change. Except the scene has already changed. In the infinity of choices your doppelganger made a different choice. Imagine that. View the scene as you would have liked it to be; as it is in another dimension.

View your doppelgangers handling of the same scene that is causing you problems in the present, but observe it as your doppelganger handled it in a positive way. A way that would cause your present to be a joyful place, with success and all the best in life. At the count of three imagine that scene as you would have wished it to go; as it did go in that other dimension.

1, 2, 3, begin.

Silence, twenty seconds.

Relax. That was fine. Now I will count from one to three and you will be back on the other side of the transit door. One, two three. You are back on the other side of the door, back in this dimension.

Relax.

In a moment I am going to count from 1 to 3, at that moment you will open your eyes, be wide awake and alert, feeling better than you did before.
Module 3  Asking the right question

OK, that last meditation was beginning and if it helped you see things a little differently all the better. Once again Quantum Jumping is based on the idea that we all have many counterparts. Many twins, in many dimensions, in many universes. An infinite number of universes with an infinite number of counterparts. These doubles known in the scientific community as ‘Doppelgangers’ are each acting out a different reality. In some instances similar to your own, in other instances completely different. At this point we must ask the question, “If you had a mentor, an adviser who you knew was the wisest person on the planet and if you could ask that person questions, would that be of help to you?”

During a seminar I did for children and adolescents the concept was that of an all wise computer, a God-like computer who knew everything. This computer had all the knowledge of the ages within its hard drive. It knew all about you and everyone else on the planet. Then I asked the youngsters if they could ask the computer three questions, on any subject whatever, and the computer would give them the wisest answer possible, what should their first question be?

There were many hands up and everyone had something to say about the first question but there was only one twelve year old who was intelligent enough to give the correct answer. “The first question,” he said, “should be; what should my next two questions be?”

If it is the wisest computer on the planet wouldn’t it be best if it chose the next questions? Point being that often the question is just as important, if not more so than the answer. Ask the right question and you may very well get the right answer. But let us examine a few wrong questions.

As example, take a person with what would be considered a bad habit. Drinking too much alcohol, or drugs, or smoking, or whatever. Asking the question: Why do you drink? Will not get you any kind of an answer as the question lends itself to an abstract answer. However if you change the question to: What would your life be like if you didn’t drink? You may very well stimulate the thought processes of that person as he/she is forced to think before answering. That is considered a high level question.

Why do you do the thing that you do? Wrong question. What would your life be like if you did not do that thing? A much better question.

Before engaging your Doppelganger you want to consider what it is that you need that your double has. Remember infinity. Anything that you can imagine for your Doppelganger already is. What would your life be like if you could get help from an already successful self? Your double has what you need
and is willing to share with you. But you will not get specifics from him/her. As example, I was explaining this to a class I had in San Diego, California. The group wanted me to show them by me talking to my Doppelganger and getting information of value. A demonstration. They wanted me to prove to them that I could be good at something I knew nothing about. After quizzing me they decided on photography. I knew nothing more than pointing a camera and clicking. OK, I like challenges and so I went into a deep meditation, and visited my great photographer self in a parallel dimension. I got an impression of a man bending over an old fashioned portrait camera with a black velvet hood over the back of the camera and his head. I imagined myself asking him, ‘Can you tell me how to become a great photographer?’

I seemed to hear him say ‘Take a lot of pictures.’

That was it. I asked again but he just waved me away. I told the class what had happened and that I didn’t know what it meant but that I would buy a new camera and take a lot of pictures. I did, and when I looked at what I had taken it was just a lot of pictures, nothing unusual there at all. Just a bunch of snapshots.

Back to my Doppelganger I went. I imagined myself saying, ‘I took a lot of pictures but they weren’t that good. Any other advice?’

‘Plant yourself.’ I heard him say.

‘What do you mean by that?’ I asked. But the only answer I got was him waving me away again. I started to think that the whole thing was crazy but I had the class to think of and so two weeks later I went back to San Diego to finish the last day of the class. I got there a day early and as I still had three rolls of film I went to the marina to get some photos of boats. I climbed down a slope of rocks looking for a good point of view and started to slip as the rocks were at the edge of the water and slippery. I slammed my feet down to get a secure grip and as I did so I thought, ‘I’m planting myself.’ And so there I stood planted on the rocks with three rolls of film to use up, this was in the days before the digital cameras. I stood in the same spot and swung the camera from left to right, and up and down, until I used up 108 pictures. That time I really did take a lot of pictures, and I did it while I was standing in one spot; planted. Well one of them surely will come out, I thought.

And so there I stood planted on the rocks with three rolls of film to use up, this was in the days before the digital cameras. I stood in the same spot and swung the camera from left to right, and up and down, until I used up 108 pictures. That time I really did take a lot of pictures, and I did it while I was standing in one spot; planted. Well one of them surely will come out, I thought.

I had the rolls developed and took them up to my hotel room. I lay the pictures out on my bed looking for the best one but as I lay them out something was emerging. It wasn’t a hundred pictures, it was one gigantic photo. Kind of like a jigsaw puzzle. It turned out to be one of the most unique photos ever.

Well that gave me an entirely new perspective towards photography. After that I took photo after photo, taking lots of pictures, always planting myself first and six months later 24 of my photographs were hanging in the museum of the international photography hall of fame in Oklahoma City, Oklahoma.
Does that mean that you can also become a great photographer? Not necessarily. There are talents within you, latent energies, that up till now have been hidden from you. Photography may be one of those talents, but maybe not. If it’s not there your photography expert Doppelganger won’t help at all, but maybe your piano, harp, business or trumpet doppelganger will. Once you get used to using the PDQ techniques and get comfortable with your new attitude you will find yourself attempting things you didn’t consider because your self esteem in that avenue was very low. Here is a way to strengthen that confidence. One of the things you are getting from your Doppelganger is the energy to succeed. There is an energy form that we all have, a person successful at something radiates a confidence that others do not have. You can attract that energy by a visit to a Doppelganger who has been successful and has a strong sense of self esteem with respect to the thing you are looking for.

I’ve never been an artist but three years ago, when I was 78 years of age I decided to see if the Doppelganger energies concept would work for art. I was aware it didn’t work for every talent but I thought I would give it a try. Back to a parallel dimension and my great artist self I went and started painting simple scenes. Once I got the hang of it I was painting every day for months. Soon people all around the world started to buy my art.

Another way I used a different Doppelganger was to sing. I was doing research and wanted to learn as much about the process as possible. I was also of the impression that I wasn’t visiting a different dimension but the whole thing was psychological. ‘Well,’ I thought, ‘what’s the difference?’ as long as the end result is a benefit, call it what you will. I call it Quantum Jumping and the Doppelganger.

I wondered if I could learn to sing from one of my Doppelgangers. And so back to a parallel I went, to where I was a celebrity vocalist. Deep into my meditation state my intent was to visit my Doppelganger celebrity singer. I imagined myself on stage, in a tuxedo with a band behind me. I was kind of a Frank Sinatra type. I visualized myself walking over to my Doppelganger and said to him/ me, ‘teach me to sing.’

‘Sure,’ he said, ‘jump into my body and see what I do.’

So I slipped into his body, remember this is like a controlled daydream, and just relaxed as he/me sang on stage in front of an audience, with the band playing behind us. I wondered if I was having some kind of a breakdown to even think about this, but then I just relaxed and enjoyed my imaginings. I visited that Doppelganger a few more times and then bought some music tapes and began to sing just to see if I would do it. This was still in the research stage.

If you are reading this you’ll just have to take my word that I discovered I had quite a voice. If you’re listening, here is about 7 seconds of me singing.
Now the point of this is not that I am a singer because I’m not a singer. I did get all this from my Doppelganger. But then again maybe I could always sing but because I never sang I didn’t know it, maybe I always had it in me to be a photographer. Maybe. But even so, if the PDQ idea can bring out what was potentially there, what’s the difference? Maybe it’s some kind of a super placebo, what’s the difference? If a placebo works, it works.

Can you become a great photographer, artist, singer, politician, actor?? I don’t know, maybe you can, and maybe you can’t, but then again I don’t know that you can’t. If the parallel dimension and the Doppelganger idea works for you great. If it doesn’t, you are no worse off than you were before. Do it; but first decide what it is you want. At the very least you will learn through your Doppelganger that there are lots of talents inside you and all you have to do to bring them out is to want to. Intent. That’s the key factor here. If it’s your intention to sing, then sing, if its to be a doctor, or cook, or politician or whatever, this may well be the road that will lead you there. This could be the door that when you open it, you will find new choices, choices to take you right to the top in your chosen field.

Whatever it is that is holding you back is something that happened in the past. It may have been in the recent past, or more likely it took place in your preteen years, but wherever the foundation of the problem lies the solution is to absolve yourself of any regret or guilt regarding the problem.

MODULE 4 Overcome your limitations

You can lump together all the problems you have ever had, have at present, and will have in the future to one idea and that idea in its entirety is limitations. When you have economic problems you are limiting yourself to a restricted amount of money, have a problem with pain, or problems of the mind or body, you are limiting yourself with respect to health, have problems with family, friends, or spouse—than you are limiting yourself with your relationships; feel depressed and your positive side is limited. You can narrow all those pesky problems down to that one word; limitations. Love, depression, hate, fear, self sabotage and virtually every other emotion is bound to the fact that you are limiting yourself in various areas of your life—sometimes consciously but more often than not; subconsciously. The problem is, you limit yourself, but are unaware of it. All these limitations are self imposed.

The big reason for those self imposed limitations is the sin, guilt, punishment factor. Even a slight guilt, or regret, can cause the limiting factor of ‘I only deserve so much’ to come into play. Self limitations cause and create the wrong kind of attraction. Books have been written on how to use the ‘law of attraction’. What those books do not address is that attraction works both ways. You can attract the negative things in life as well as the positive.
Let me take the case of an actual student, Tom Wood. Tom came up to me after a class and told me that he had read just about every book ever written on self improvement and thinking to grow rich. He agreed with them all but he just couldn't get out of the rut he was in. He knew he had a poverty consciousness and especially, he felt, a kind of self sabotage, what was he doing wrong?

And so I told him the story of Quan Heng.

Quan Heng was a Zen Buddhist archer; that is he practiced his religion with archery. In his order a Bowman went into the forest, set a small target up on a tree and stood exactly twenty paces back. He then took an arrow from his quiver, put it to his bow, and pulled back the string. His entire consciousness was on the tip of the arrow. He elongated the arrow in his mind until the tip of the arrow and the center of the target was one. Then and only then he released the string. The arrow flew directly into the center of the target and Quan Heng went back to his monastery to begin another day.

But if the arrow missed the mark, it would have been said he had sinned for in his order missing the mark was a sin. To sin was to cause a new feeling in his mind, that of guilt. The guilt was a compulsion to do it again, to repeat the act correctly by hitting the target. And so he did. Before leaving the forest he would draw another arrow from his quiver and once again elongate the arrow in his mind until the arrow and the target was one, and release it. Hitting the mark that time his guilt was released, he had hit the target thereby releasing him from the guilt and the subsequent punishment of limitations.

Now what, you may well ask, as Tom did, has that story got to do with real life? When I first heard the story of Quan Heng I was an initiate monk; the year was 1950, I asked my mentor that very question. I recall the answer somewhat dimly after all these years but it affected me deeply. ‘Quan Heng’ he said, ‘represents everyone. The arrow is your attitude (your like or dislike for a thing and how you react to it,) the target is the things of this world that fill you with desire. When you draw out your attitude, your likes and dislikes, and associate them with the thing you are directing your thoughts to, the target, you have control over your thoughts. Just as Quan Heng stays with the target until he hits it, so you must stay with your objective until you reach it. If you do not, then you will bring about a third emotion that is neither like or dislike and that emotion, called apathy, will block all the good energies that you require to advance in life.’

What my brother monk was telling me was that there was no such thing as failure. When you aim at a target; or to put it another way, when you set your goal, you are to keep at it, letting nothing stop you. When something doesn’t work, that is not failure but a learning incident. You have learned what doesn’t work. Do it again but do it differently. When you do the thing the same way you will invariably get the same result. When you realize that there is no such thing as failure, only learning experiences, you grow, you evolve, and ultimately, you become successful.

However, when all else fails; look to that inner conscious of yours and seek out absolution.

Self imposed limitations keep people from achieving their goals. There are other things as well that create this event we call self-sabotage but all things stem from some past event.
Allow me to speak of past events if you will. All events of the past are memories only; they don't exist. They survive because you allow them to survive. They live only in your mind. Your mind is a creator, but it’s also a destroyer. Your mind creates and your mind destroys. The good part is that you can control your mind but you must first understand that the things that make you the person you happen to be are all things of the mind. Mental images in both the conscious mind, and the subconscious mind. The conscious mind can easily be controlled; the subconscious mind is another story. That one can also be controlled but only when you decide that some of the things you believe you need are needs of a past you, not those of the present you. If there are things at present that you need and for some reason cannot seem to get, then there are probably subconscious needs that are overriding it.

Mental needs will always prevail over physical needs.

Let me put that another way for a better understanding. When the imagination, and the will are in conflict, imagination will win every time. Imagination is a mental thing of course. Here is a story that I’ve told thousands of times to illustrate that point. Picture a board that is one foot wide, and twenty feet long. Let me put that board on the floor and then I will say to you that I want you to walk the length of the board twice to illustrate the will and the imagination. If you walk the length of the board twice, you will receive a thousand dollars. Now then you want the thousand dollars and so your will is to walk the board, you want to, and so you do. Just to show how easy it is, you walk it backwards. You even hop across it on one foot. But so far the imagination is not in play. Now I am going to take that same board and change only one thing. It will still be a foot wide, it will still be twenty feet long, but the height will change. I will now put the board as a plank between two buildings. One end of the board is now on the roof of an eight story building and the other end is on the roof of the eight stories high building next door. The board is now eight stories high with nothing but lots of air and the ground far below.

Now try to walk across the board. You won't be able to do it. But why? You just did. It's the same board. What has changed is that your imagination has come into play. You think, ‘but I might fall.’ And a fall like that could kill you. But why should you fall? You just hopped over the board with one foot. You walked it backward. Aha, then your will was to walk the board, your imagination didn't come into it. Now your imagination is telling you all kinds of things; negative things.

I repeat, when the will and the imagination come into play, imagination will win every, single time.

The trick my friend is to get your imagination working for you, not against you.

Past programs, guilt, resentment, regrets, are all neutralizers of the getting of goals. There is no point in setting a goal if there are buried programs in your past that are keeping those goals from manifesting.

With the Quantum Absolution process, you can use your conscious mind to reach your subconscious mind to clear away those things that are preventing you from getting the things you want. Also how to utilize goal setting as a resource that you will be using not just for the things you think you want and need, but every single day of your life. And when you find yourself redeemed you will find life truly getting better and better.
MODULE FIVE  ABSOLUTION SOLUTIONS

Absolution brings about forgiveness for sins. But what is a sin?

There is a great power in absolution. To absolve you of some deed is to forgive yourself—to give up the notion of punishing yourself either by act or thought. Absolution in the church is the remission of sin or of the punishment due to sinning. In our Quantum world we look at self absolution as the idea of letting go of an event of the past that is causing problems in the present. Releasing the effects of an event that is creating limitations in the present and releasing any hidden agendas the action that causes the limitation has created. The agenda being a thing that has to be done. Limitations imposed by the self such as, you’ve been a bad boy—or girl and only deserve so much in the way of health, friends, money and so on.

The church feels that only a sanctified priest can do the job of absolving one of sins. While we have no argument with that our self absolution method is one of ridding you of whatever limiting factors are holding you back in one area of your life or another. Absolution of the sin is only a link in the chain of events that is causing a problem in one area of your life or another. Proof that Quantum Absolution is working is that of seeing the problem have a lesser effect or to disappear altogether. A dozen angels can forgive you but until you forgive yourself limitations remain.

As the Quantum world is infinite with all things taking place one of your twin selves has the power to absolve you of sin, this doppelganger self is known as the Redeemer; that is the twin self you will be visiting during the Absolution meditation, and that is where you will get redemption. As the quantum universe is infinite, you are the Redeemer, this is one of the basic tenets of Quantum Jumping.

During the absolution meditation you will mentally speak to your redeemer. Tell your redeemer all about that event. Leave nothing out. No one else can hear you, it is all mental. Acknowledge and make a clean breast of everything. Mentally speak out every word distinctly. The event that comes to mind during the meditation may not seem to have anything to do with any problems you are having, don’t be concerned with that. Just speak about the event, and the person or persons if any who are part of the event. Talk mentally to your redeemer. Remorse, apologies, regret, gratitude, and many other emotions may come up. Acknowledge it all. And do remember, your redeemer is you, a you that developed in an alternate universe, but a you that could have been, as well as a you that is.

Let me explain Quantum Absolution simply through an anecdotal event. Although the event has to do with weight control you can easily see how the concept fits virtually any problem.

Marcy Mayfield was overweight. She’s been on dozens of diets and every time a new one sprung up she went for it, she would lose thirty or forty pounds and then before she knew it the pounds would be back along with an additional pound or two. Marcy was a typical case of a person limiting themselves subconsciously. Her inner conscious viewed the weight differently than she did on the outer conscious level. Why? When we answer that question for Marcy Mayfield you will find the answer to many of those nasty
little subconscious feelings that you do not deserve more than you already have. The problem, and the solution is in what you yourself regard as sinful; something you did or did not do that you regret. All those things in your past that you regret, every single one of them, is an issue that absolution can help you with when they are dealt with.

Marcy Mayfield’s one big regret in life was an event that took place in high school. At the time she was average size, average weight, average looks, average intelligence and had an average family life. Nothing about her stood out but she did have dreams of some day having a family of her own. One day something happened that would change all that; it was a simple thing. What we in Quantum Jumping would call a Source Foundation. Her SF was a key, a house key. Marcy’s parents took her with them on a holiday when she was sixteen years old. Marcy, thinking she was being helpful, asked her friend Nancy if she would feed her goldfish every three or four days. Nancy said she would and not thinking of any consequences, Marcy gave her good friend Nancy a key to the house.

Nancy brought a few friends with her on one of her goldfish feeding visits and before you knew it, it was party time. To make a long story short, when Marcy and her parents returned the house was a disaster area. Graffiti on the walls, accessories missing, trash all over the place, curtains torn, and generally speaking it was a very large mess. Marcy couldn’t bring herself to tell her parents that she had given a key to a friend and eventually the incident was passed over by her parents who believed that they had been burglarized, Marcy never spoke to Nancy again, nor did she mention to her parents that she was responsible. Needless to say Marcy felt terrible about the incident. She couldn’t undo it however and so the guilt that she felt was never resolved. In came old man punishment. In thinking about it later on she noted that her weight problem started when she was seventeen; a short while after the ‘key’ incident. Her inner conscious was punishing her for being a bad girl. She had sinned when she gave Nancy the key—which seemingly has nothing to do with weight or health. One never knows by what means the inner conscious chooses as a punishment; for Marcy who was concerned about her appearance, the punishment, the limiting factor came in the form of overweight.

To simplify, a sin is something you do that either on the outer conscious or the inner conscious level you feel you should not have done; or something that you neglected to do that you feel you should have done. To put it another way a sin is due to your acceptance of a range of thou shall and thou shall nots. Thou shall not do this or that, or think this or that way, or eat this or that, or whatever some outside agency has set as the manner in which you should live. Or things you should do. These shalls and shall nots are integrated into your believe system and form the basis for your attitude.

Here’s how Marcy corrected the situation. She went into a deep meditation state and visited with her twin self who was a Redeemer. How did she reach her redeemer? Simple, before she relaxed into the meditation her intent was to visit with her redeemer and so she did. Intent is everything.

She had not spoken about or even thought about the incident for many years but when she imagined that she was with her Redeemer she unburdened herself. She mentally spoke to her redeemer telling her all about the friend, the key, the messed up house. She heard the redeemer saying, you are now older, wiser, and more mature, whatever benefits
that came out of that incident you have other ways to get. I give you absolution. You no longer have a need to regret this.

Now then you might ask, ‘What about penance?’ Shouldn’t Marcy pay for her mistake? She already has. Limitations were her penance, the fact that she can now address the issue by mentally admitting her mistake and bringing it out into the open by mentally speaking the words is the indication she is ready for absolution.

The key to absolution is the knowledge that you are now older, wiser and more mature than you were when the initial event that your subconscious considers as sinful occurred. A sin as we are looking at it is a simple thing; it is something that you did that you feel you should not have done, or something that you did not do that you thought you should have done. Sin is an act thought or behavior that an outside agency has set for us all. Outside agencies being parents, religious leaders, friend, mentor, media, government or any individual or group that holds some degree of sway over you.

With Marcy it might not have seemed like a sin; after all she acted in good faith. She was seeing to her goldfish having food and trusted her friend to feed them. Had she thought about any consequences she would have thought you do not give the key to your parents home without getting their permission; which they would not have given. There are many ‘sins’ in everyone’s life that are buried in the subconscious. Some major sins, and some seemingly insignificant but the insignificant often have momentous consequences. Whatever you feel even the slightest regret for, or the slightest guilt over, can be causing major problems in your life. Marcy’s regret was a simple one; she wished she had not given her friend the key to her house.

But whether the limitations in your life are caused by a slight you did to a friend or robbing the church poor box, all problems in your life stem from those limitations caused by the sin, guilt, punishment complex.

To correct the limiting factors we use Quantum Absolution. Here’s how it works.

Your intent is to think about something in your past that you regret, or feel guilty about, or would change if you could. Your thoughts may surprise you with what your mind comes up with. Whatever comes up, deal with it. You may find that you hurt your kid brother or sister when you were a preteen. Tell that to your redeemer. When you jump through the door and are with your twin self redeemer there will be nothing to feel ashamed about, you can let it all out. It is important to mentally speak each word as you acknowledge the things you wish you could change. I will help you to do that during the video meditation exercise.

Your intent during the Absolution meditation is to acknowledge the original event that is causing you problems; you may not know what that event is. Don’t be concerned about that, just allow your consciousness to be directed to the place, wherever you go is the right place; let your inner conscious be the guide.

The next module is a meditation exercise to reach your redeemer doppelganger; your twin self who can listen, and relieve you of the limitations of guilt, resentment, and regret.

You will find that after doing this exercise you have a feeling of great release. It’s almost as though you have lost a great weight. After you do this two or three more times,
you will find more and more things will be coming into your memory. You will find yourself more and more relaxed and much better equipped to take a positive view of things. With your guilt’s gone so are your limitations. You’ll find that your feeling changes as your viewpoint changes. Your health life will change, your social life will change, your economic life will change, and you will change.

You will go beyond the place you dreamed of!

**MODULE SIX**

Meditation. Absolution

We will start this meditation with the 3 to 1 method.

Find a comfortable position, close your eyes, take a deep breath and, while exhaling, mentally repeat and visualize the number 3 three times.

Take another deep breath and, while exhaling, mentally repeat and visualize the number 2 three times.

Take another deep breath and, while exhaling, mentally repeat and visualize the number 1 three times.

To help you enter a deeper, healthier level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a deeper, healthier level of mind. To reach a deeper, healthier level of mind at any time, just take an occasional deep breath.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed state, you know that you are getting better and better in every way. Whenever you enter this relaxed state, you will mentally say, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER."

Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

(Pause.)

Repeat mentally after me: "Every day I am improving my image of myself, my self-esteem. I am a unique human being; there is no one else on earth exactly like me. Every day I grow stronger in the realization that I can: I can think; I can create; I can do."

Relax. You are now at the level of mind where you will be most effective in reaching your redeemer self.

Don’t judge the depth of the meditation just simply relax. Imagine the hallway and the door to other universes where a twin self who can redeem you resides, that is your intent, to diminish and get rid of limitations in areas of your life; to visit with your redeemer self.

Relax and imagine the front door of your home, you’ve seen it many times, you know what it looks like. Visualize it. At this time the door will be a door to other dimensions, other universes. When you step through the door you will be with your Redeemer. Your redeemer is you, your twin self, as you might have been had you made different choices, if you had different role models, different educators. In one of the infinity of universes you are that self.

Relax.

At the count the door will open and you will step or jump over the threshold and imagine that you are in another universe with your Redeemer self.

1, 2, 3, the door is opening. Step over the threshold, and you are now with your twin self who has the ability to resolve all conflicts you have, to absolve you of sin, to redeem you. Know that you are there. Imagine it, visualize it, create it.

What does your redeemer look like? It is you after all. How is your redeemer dressed. How does the appearance of your redeemer strike you?

Relax.

Now is the time to mentally speak to your redeemer. Tell your redeemer all about that event. Leave nothing out. No one else can hear you, it is all mental. Acknowledge and make a clean breast of everything. Mentally speak out every word distinctly. The event may not seem to have anything to do with any problems you are having, don’t be concerned with that. Just speak about the event, and the person or persons if any who are part of the event. Talk mentally to your redeemer.

I am going to count from one to three—at the count of 3 you will suddenly think about something in your past. It may appear to have nothing to do with any problems but mentally speak about whatever comes up with your redeemer. If you have any regrets, speak about them. If you feel guilty about anything you did, or something you should
have done but did not; speak about that. Perhaps gratitude is the thing you should do; give thanks to someone if you feel it necessary.

Take your time; begin.

Pause for thirty seconds. (When you do this alone take as much time as you need.)

Relax. Now imagine your redeemer is placing a hand on the top of your head and saying, you are absolved of all guilt’s, and limitations that this event has caused in the past, and is causing in the present; you are redeemed.

Relax and allow that to permeate your being. You have received absolution.

In a moment I will count from one to three you will then open your eyes and feel wonderfully refreshed and ready to get on with your life.

You will feel a lightness as though a great burden has been lifted from you, as indeed it has.

1, 2, 3, eyes open, wide awake and feeling wonderful.

SECTION TWO
Redemption

MODULE 7
Dealing with guilt.

There are many things in life that people do and should enjoy but instead feel guilty about. There are only two reasons that you would not enjoy a thing that you like. The first is fear of the consequences of partaking of the thing you enjoy and the other is guilt; the feeling that you shouldn’t be doing the thing.

Let us examine guilt for guilt puts perhaps the heaviest burden upon us, both spiritually and mentally. The heaviest burden then, More than any other concept, guilt has been placed on our shoulders by so very many authority figures; by the parent, by the teacher, by the friend, by the media, by the institutions, government, educational, religious, and by many others. The burden of guilt is placed for one of two reasons; control and/or punishment. Most of the time the burden is placed there to control. When someone sets parameters for you they do it to have a measure of control or power over you. This could be a parent, sibling, family member, religious organization or any of a dozen other people or organizations. The rest of the time to punish. You’ve done something bad and so now it’s time to take your medicine. You’ve been a bad boy, or girl, you only deserve so much out of life.

But exactly what is this thing called guilt? My simple definitions are to help you become more aware, to help you to understand not only how a word is defined, but how people relate to that definition of the word. And so we wish to answer the questions not
with an abstraction that is relative to each individual’s interpretation of the word, but rather to something so simplistic and at the same time so general in its meaning that it encompasses all aspects of the word. Our definition of guilt is such a definition, but to understand the defining of the word guilt we must also define what precedes guilt and what comes after guilt. For guilt travels as a threesome and guilt’s siblings are sin and punishment. The trio is known as sin, guilt and punishment.

Let’s define the three words. Sin is a missing of the mark. Guilt is a compulsion to repeat the act correctly. Punishment is a reminder. Now let’s examine these three one at a time. When an outside agency sets a mark for you telling that this is the way that it must be, and if you do not accomplish successfully the doing of what I am telling you, then you are doing something wrong and you will be punished for it. Generally this concept is set on a young and growing mind. A child who, hearing this from the great authority figure accepts it as valid information, and so all of the very many thou shalts and thou shalt nots come into play. And when the young person does something that they were not supposed to do or does not do something that they were supposed to do, they feel as though they have done something wrong. They have in fact sinned. Nature has installed within the human framework a great many fail safe systems, systems that are safe from failing, which is pretty much what sets us apart from the animal kingdom along with our awareness of self.

When we feel that we have missed the mark, done something wrong, then we have what has been placed there by nature, this compulsion to repeat the act, this time correctly. This compulsion to repeat the act correctly we will call guilt.

However, most sinful acts are unrepeatable. From the simple sin of eating something that you are not supposed to eat, to being nice to your mother’s brother when you don’t particularly care for the gentleman, to varying degrees of marks or say rather targets that have been set by outer agencies. All of these little guilts or compulsions to repeat these unrepeatable acts build and are ultimately released in a punishing action, which does not truly absolve the individual. For punishment is simply nature’s little reminder, her way of telling you that you didn’t do that correctly.

Now how strong is the punishment? That depends on the degree that you feel you have missed the mark. On the physical plain, and we are not relating this now to spiritual sin and guilt, on the physical plain, a person killing a butterfly, or stepping on a bug may feel more remorseful and more guilt about that act then in killing a human being. For that individual the killing of the butterfly is a worse sin in that he believes it is a worse sin.

Not to get argumentative over this, we realize and recognize that the ultimate sin is the taking of a human life. And please do not hear this as my condoning that in any degree. I am simply stating that what you believe to be is for you and I’m certainly not making judgments as to right or wrong. I’m simply making you aware of a concept, a concept of sin, of guilt, and of punishment. Just as surely as night follows day, guilt follows sin, and punishment follows guilt. When the guilt has not been released then the reminder, the punishment comes in, generally in the form of limitations. The individual
with guilt piled upon burdensome guilt begins to limit themselves in life and a feeling of I only deserve so much, whatever so much represents happens. I only deserve so much money. I only deserve so much good health. I only deserve so much in the way of a home, of a spouse, of friends, of clothing, and on and on and on. Self-imposed limitations that the individual is scarcely aware of due to the fact that the person has unresolved issues in their lives that have not been rectified and resolved.

Sin and guilt are imaginary in that they stem from the imagination. It is mental. Punishment is mental as well. However, it manifests on the physical plain, thereby creating and causing problems.

I have found, over the years, the best manner in which to quickly eliminate guilt by neutralizing this subconscious compulsion to repeat an act that is no longer repeatable. In neutralizing guilt of course we are eliminating guilt and therefore neutralizing the negative affects of guilt. We neutralize the guilt by absolution.

So then, guilt is self-punishment, and so the opposite of that would be self-forgiveness, and therein lies the key to overcoming guilt. How easy, how difficult. It is very easy to say forgive yourself. But before you can forgive yourself, an understanding must come to be. Know that whenever you do a thing, whatever that thing is, you are doing your best at that thing. We always do our best. At no time do you ever go out and say, I'm going to do the worst that I can at this. If a situation were to come up where it is beneficial for you to do your worst then you would do your best to do your worst.

Say that somebody you respect asks you to do something and you agree, but you don’t do the thing and you feel guilty about it later on. At the time that you didn’t do it, the reasons that you didn’t do it, the emotional state of yourself at that particular time caused you to choose to do something instead. Given the same emotional state, given the same circumstances, the same mood, the same you, given the same opportunity, you would have done or not done exactly the same thing again. The very fact that you feel at the present time that you had done something wrong in the past, is a measure of your present maturing. You have grown. You have evolved. You are more aware, more mature.

Of course, the new mature you looking back at some past error, at some past mistake, at some past missing of the mark, can say, well that was dumb. Why did I do that? I wouldn’t do that today. Of course you wouldn’t do that today. You are not the same person you were then. And so, therefore, know this, whatever we do, we do our best at that thing. Whatever you did in the past, given the maturity of you at that particular time, you could have acted in no other manner. There is nothing to feel remorse about. There is nothing to feel guilt about. The fact that you do feel it is a measure of the fact that you have grown to be the individual that you are today. You are older, wiser, and more mature.
You may forgive yourself, for all your past errors for you are a different person today. Forgive yourself, for you could not have done it in any other manner. Forgive yourself, for you will not do it that way again. You are more mature. Forgive yourself. Use the Absolution meditation as often as you feel it necessary.

Let the whole world condemn you but forgive yourself, then you are forgiven. The key lies within your own imagination, for this is where the guilt or the sin and the punishment reside in that image making capacity of your mind known as the imagination. Imagine that you have forgiven yourself and you will be forgiven.

The following absolution meditation has been created to help to alleviate any guilt feelings you may be carrying with you. Use it.

**MODULE 8**

**Guilt Relief MENTAL CONDITIONING EXERCISE**

Relax. Relax your eyes. Relax your lips, your jaw. Relax your head. Relax your neck. Relax your body, your arms and hands. Relax your legs and your feet. You are now completely relaxed. Repeat mentally, “My body rests and refreshes itself when I consciously relax. I am relaxed now.”

Repeat mentally, “Every day I am improving my image of myself, my self-esteem. I am a unique human being. There is no one else on earth exactly like me. Every day I grow stronger in the realization that I can, I can think. I can create. I can do.

Relax. Guilt is a feeling you have that you have sinned, that you are obligated to repeat some act correctly. When you fell that you have done something you should not have done or that you should have done something that you did not do, then the impulse to correct the experience comes into being. Many guilts stem from rules that were laid out for you by parents, by your peers, teachers, the media, and institutions, both religious and educational. And in many cases, many years ago these rules were set by authority figures and accepted by you as valid principles to guide your life by.

To release yourself from these feelings so that you may become the controlling factor, as well as the responsible party, think of what you have done in the past that you feel that you should have done differently or should not have done at all. Think of what you have not done in the past that you feel you should have done. Examine those experiences. Begin.

The you of today, of now, is not the same person you were then. The you of today has changed, just as the you of tomorrow will have changed. Each day brings growth. You always do what you feel is the best thing for you at the time that you do it. Everyone wants to do the best at the time. Whatever you have done in the past, whatever you have not done was done or was not done because at that time you felt that was the
best choice. You always have a choice of doing or of not doing given the exact same circumstances, the same emotional and physical circumstances that you, of then, would have done exactly the same thing. The very fact that you feel you did the thing incorrectly, the very fact you feel guilty about the thing, is a measure of the fact that you have matured, that you have grown, that you have evolved into a more caring, better person.

Guilt is a measure of your maturity in that the reason you feel that the thing could have been done better is because of that fact that you have grown. You are not the same person you were when the thing happened. To feel uncomfortable about the thing is unnecessary as it was a learning experience and necessary to your life. You did or did not do because of the circumstances of the moment. Given the same set of circumstances, the same mental outlook you would have done the same exact thing.

Relax. Allow your mind to drift back to a time that you feel you should have done something differently. Relax. Bring the event into focus. Visualize it. Now sense what the you of today would have done under the same circumstances.

What would the result have been with respect to today if you had acted differently? How would you be different today? How would other people be different? Correct whatever you feel can be corrected mentally. All guilt is mental. If you feel guilt it is because your mind is telling you that you have sinned, that you are guilty, that you should have done the thing differently. If your mind tells you that you are not guilty, that you did not sin, then you will not be.

Determine what you can do today to be a better person, and with the mind of that better person, how would you have acted on that situation? How would you be different? What would you be doing differently?

Relax. You are in control. You were in control yesterday. You are in control and you will be in control tomorrow. It only remains for you to realize that fact.

Because you are more mature, more aware today, you can forgive yourselves from any past actions that you fell guilty about even on a subconscious level.

Repeat mentally after me, “I hereby forgive myself for all past actions. I am now more mature. I would not do those things today. Today I will not do those things I felt guilty about doing in the past. And therefore, I release all my guilt feelings. I forgive myself. I forgive me.” Relax. Visualize a happy secure tomorrow. Set yourself guilt free and desirous of happy contented experiences. What would make you happy during the coming year? What would you like to be doing? Where would you like to be if you had no limitations whatever? With whom would you like to share this tomorrow? Examine a tomorrow that you would like, that you would enjoy, a guilt free, happy, contented tomorrow.
Relax. What would you have to accomplish, to achieve that goal of your tomorrow? What would you have to do? To do a thing it remains only to do. Why aren’t you doing it? What are the reasons you aren’t doing it? How can you do it? What are the reasons you are doing it mentally? Think of the happiness involved with doing what you are thinking of. That is your goal. Think of how you can accomplish that goal. Relax. Take your time. Begin.

Relax. Repeat mentally, “I feel better and better. I see the good in myself. I have a positive viewpoint toward myself. Everyday I get more and more confident in my abilities.”

In a moment I am going to count from one to three. At that moment you will open your eyes. You will be wide awake, feeling fine, in perfect health, feeling better then before. One, two, coming out slowly now. At the count of three you will open your eyes. You will be wide awake, feeling fine, in perfect health, feeling better then before. Three. Eyes open, wide awake, feeling fine, in perfect health, feeling wonderful, feeling better then before. It is a wonderful feeling to be deeply relaxed. A very healthy state of being.

**MODULE 9_Dealing with Anger.**

Of all human acts, those prompted by anger can be the most destructive. The so-called police blotters are covered with incidents of death and maiming, injury, battered children, all kinds of horror, mostly performed by otherwise ordinarily law abiding citizens. Certainly not lawbreakers in any of the usual senses. These good people do things that sometimes would shock the most hardened criminal. How can this happen? Could it be at the moment of their deed they were literally possessed by emotions that overcame the usual restraints? Most often these are the emotions of anger. These are of course extreme cases, but this self-same anger lurks in most of us at all times.

It is certainly something that must be dealt with. Best to chain this monster at a quieter moment before it is roused to a point where it can no longer be contained. However, it must be noted that anger is a natural survival process, much like fear. Once again, we hearken back to the fight/flight situation that our early ancestors were all too often faced with. If fear is the fuel that powered a speedy flight, then anger provided the extra edge if fight became the mode of necessity.

Further, anger crowds out the fear that could interfere with the fight. But today, as with fear, we now also have the false misdirected anger that serves not purpose at all. It is this that we will be working with in this section.

If fear is a negative expectation, then anger might be called a negative reaction. Fear and anger often work together, but fear is not the root cause of anger. Indeed, both of these are most often effects of an even more fundamental cause, and that of low self-esteem. However, even a person with a strong self-esteem can be angry at times. We’d call this righteous indignation.
The anger, however intense that one might feel at the sight of a child being beaten, or an animal abused, or something similar, certainly is justified and cannot be assumed to be the product of self-esteem. It is hoped that such an energy will be routed into channels that will have some lasting effect, preventing more such events.

Let’s study the anatomy of false anger through the activities of two imaginary persons, one we will call Harold, the other Raymond. Harold has a weak sense of self-esteem for whatever reason. He doesn’t think a whole lot of himself. His sense of ego is low. Because the word him is used throughout this it should not suggest that the ladies have been left out of this. The him is merely a language convenience.

Because of Harold’s low self-esteem, he angers rather easily. Now Raymond, quite likely, has an equally low self-esteem and here he is compensating for that by being aggressive. His actions, we would quickly agree, are scarcely those of a mature well-integrated person. For whatever reason Raymond approaches Harold and says, “You’re an SOB and your mother was an SOB as well.” He then waits for a reaction. He doesn’t have to wait very long.

I suppose that we all know that SOB means son of a bitch, and we all know further that a female dog, a bitch, has yet to produce anything remotely resembling a male human offspring. Viewed like this in the cold light of reason, such a statement is of course meaningless. Harold also knows this, as well as the fact that his mother was actually one of the more outstanding members of the community. For her to be insulted in this manner is ridiculous. As such, a rational person would treat these remarks like the barking of a dog from a fenced yard. But not Harold.

He has a typically low self-esteem and reacts to the statement by becoming angry. He is of such a mind that during his morning jogs whenever a dog barks at him he tends to take it personally and yells or throws something at the dog. Occasionally, even barking back.

But here he is faced with quandary. He perceives Raymond as being bigger and probably quite a bit stronger. As we have already seen, another manifestation of a low self-esteem is fear of being less then others. In this case, his fear is not entirely unfounded. If he institutes a physical attack, he might just end up the loser. Though he seethes with rage, he doesn’t dare poke this unpleasant person right square in the nose, much as he would love to. He mutters all sorts of foul things about Raymond, but under his breath so that Raymond won’t poke him in the nose. He turns and walks away and Raymond laughs. This has made him, Raymond, feel good for he is in the habit of bolstering his own flagging self-image by belittling other people. He feels that if someone else is smaller, he must be bigger.

Meanwhile Harold without an outlet turns the rage inward. He is intelligent enough to understand what happened and he hates himself first for his reaction to this bit of stupidity, and then his sense of inadequacy, his cowardess as he sees it to do anything
about it. This and any number of similar incidents serve to ever drive his opinion of himself, his ego, lower and lower. A truly unfortunate situation.

What would a mature, self-confident individual, let’s call this guy Frank, do under these same circumstances? First of all the charges are so wildly untrue that there is really nothing to get angry about. Frank might just grin at Raymond and go on his way. If he is physically capable, he might decide to teach Raymond a lesson and rough him up a bit.

This is what most of us enjoy seeing in the movies, the villain getting his just desserts. Satisfying, this might be. Wise, it is definitely not. Supposing that Raymond gets in a lucky blow and breaks on of Frank’s teeth. The pain of this, plus the fuss and expense of going to the dentist are certainly not worth the moment of satisfaction he might have had. Worse yet, what if Raymond accidentally sticks a thumb in Frank’s eye damaging it beyond repair? Is it worth it?

It is a sad commentary on our civilization that final decisions so often have to be made in physical contests. Whether a fist fight between two individuals or war between two countries, one would thing that with the amazing intelligence man can at times display that this would not be remotely possible.

With people like Hitler, Stalin, Napoleon in positions of power in the past, whose egos must have been right down there in the bilges, but look how they compensated. I supposed this is a natural outcome. As we have already guessed, most people lack a really strong sense of self. Thus, a gifted orator with great skill and cunning can play upon this weakness and offer the golden hope of being part of a super race. What a different opinion of one’s self that is; to be part of a super race. You join the mass movement and acquire instant ego enhancement and all responsibility is shifted to the leaders and the movement itself and the masses flocked to hear more.

If we learn anything at all from the various methods of controlling your mind, it is that we are responsible for our actions. When an individual does not wish to accept this responsibility, problems arise. The believers in the mass movement generally feel that the responsibility for their actions has been transferred to the movement, the leader of the movement, or to a fixed symbol of the movement. In wars, as example it’s the flag, millions of men have died fighting for and protecting the flag. And so with the movement responsible, any action becomes acceptable.

Those who understand something of the ego process and who are willing to take the time and effort to build the self-esteem back to a more healthy level, will be like guiding lights illuminating the path through the darkness. We can hope that in the course of human events there will be enough time.

It is a well-known fact that if there is a grain of truth in an insult, it will be far more effective. One of the reasons that there is more resentment and long-standing anger and other negative emotions in family situations is due to the family member, knowing where the bones are buried, usually insults with some truth attached to the statement.
When an immature Aggressor makes all those false claims to a logical thinking adult, part of the reason the adult doesn’t anger is that they are impossible untrue. Supposing though that the Aggressor makes some caustic claims about Adult’s intelligence, which let’s say isn’t awfully great, and Adult is only too aware of this. This hits a nerve and Adult feels the beginning of some anger. At this point the outcome is in direct proportion to the strength of the Adult’s self-esteem. We will assume that it is strong enough. The Aggressor has just informed adult that he is so dumb he couldn’t count all the fingers on both hands. Poor Adult dropped out of school way back in the early grades and is quite conscious about his math intellect.

So what does he do? First of all, grade intelligence or a college degree isn’t necessary for a strong ego. Adult’s parents were very plain working folks, no genius’s either, but they loved their child enough to treat him like a person in his own right. Thus, though, he may have had little else, he did grow up with a pretty good feeling about himself. He walked through life feeling he was equal to everyone.

Okay, Adult’s sensitive point has been hit square in the middle by Aggressor’s barbs. What is he going to do? As the adult that he is, he has already dealt with his own shortcomings. Further, he has never tried to be something he isn’t. He never felt the need to. Aware of the hazards and the ultimate worthlessness of physical combat over this, he declines Aggressor’s tacit invitation to violence. Probably the best tactic in a situation like this is to make light of it and try to defuse it with a bit of humor.

So Adult agrees with Aggressor. You got me there pal. I never really got past my left hand. This, of course, is the last thing that aggressor expected and he was taken aback long enough for Aggressor to make a graceful exit. Indeed, there is an element of judo in this. Sidestep and let the attacker’s momentum carry him well past the point of contact. Agree and then counter.

Thus, Adult, using what you might say a mental Judo has diffused the situation that had some potential of trouble. What Adult has actually is to recognize that he does not have to react to Aggressor. By forgiving Aggressor for his actions, he can calmly deal with this situation.

The streets and highways of the nation make marvelous backgrounds. All kinds of issues arise here and many are settled with a great deal of heat. How does Adult react under this kind of circumstance? Let’s watch him. He is just making his way out of a large parking lot when somebody backs into him slightly denting a fender. Guess who? Our friend Aggressor. “You stupid, no good, so and so and so and so!” shouts Aggressor, mindful of the fact that it was his fault, but subscribing to the theory that the best defense is often a good offense. Adult instantly realizes he is not dealing with another adult who would apologize and offer to help resolve the problem. So all he can do is to make the best of a bad situation. He first realizes that he will probably never get a penny out of Aggressor to pay for the dent.
So he takes the bull by the horns, forgives Aggressor, and then apologizes. He asks how can we best settle this? Whatever Aggressor shouts at him Adult agrees and returns to the question, how can we best settle this? To be sure Adult hasn’t the least idea of paying anything to Aggressor, but the words of agreement don’t cost a thing. All along, it has been as if Aggressor has been swinging at a lot of air as Adult skillfully backs away after each verbal onslaught. He finally gets into his car muttering to himself, Aggressor does, and drives away.

If the city streets are good place for combat, the crowded roadways and expressways are even better. Have you ever been breezing along minding your own business when some jerk cuts in front of you, practically disemboweling your front bumper? If you are typical, you will first lean on your horn, which has become much more of a tool of anger, then one of warning, and then you will follow him for some miles until you finally simmer down again, still tooting, perhaps shouting some choice epithets out of the window.

Later you feel kind of silly. You might even feel some remorse at having behaved so dumb. And the first step to not doing it again has been taken. Here is a clue to the elimination of guilt. The knowledge that the incident we feel guilt about, the missing of the mark, the sin, was a learning experience and not to be repeated.

Our Adult might also feel a moment of anger in this same situation. He is, after all, human too, but he would quickly realize the cause of his momentary anger, that his own ego had been stepped on. The guy in front didn’t think enough of him to offer a little courtesy as if he worth unworthy of the effort. Perhaps he was also trying to boost his own faltering sense of self by lowering someone else’s.

Adult’s ego is strong enough to recover from this almost instantly. So he refuses to enter into combat and settles back again as best he can enjoying the thought that he will soon be home.

Anger is very often an act of habit. Quite often it originates far back in the early childhood, perhaps as a reaction of the child when he feels in innate sense of justice is being violated. What makes this so difficult for the child is that he can’t fight back, the parent is too big and strong. The parent may withdraw love and care as the parent may have even suggested at times. Then there is the guilt feeling that might result of the child does something to retaliate. This habit pattern usually persists throughout life. Anger now is often aimed at substitutes, often inanimate things, for these cannot retaliate. Or worst of all, anger itself, anger aimed inward, well laced with guilt and remorse at being so dumb to feel this way is one of the most devastating things a person can do to himself as it can just tear the self-esteem apart.

There is a wonderful story about the late John Barrymore who in the early part of the last century was considered one of the world’s greatest Shakespearian actors. After a performance of King Lear he went to the front of the stage to take his bows amidst thunderous applause. The applause stopped finally and a voice cried out, ‘You stink
Barrymore.’ The audience was appalled, they waited for Barrymore’s reply. Barrymore looked in the direction of the voice and said ‘I agree with you my friend; but what are we two against so many.’ And the applause thundered forth once again.

MODULE 10
Bringing on Creativity

There is a story about Christopher Columbus. He was brought before King Ferdinand and his advisers. They felt that because no one had ever made a journey such as he was proposing that it could not be done. Columbus took an egg out of his pocket and asked the advisors to stand it on its end. None of them could do it. Columbus then proceeded to take the egg, tapped the end of it hard against the table to flatten it and stood the egg on its flat part. The advisors all scoffed saying well they could have done it that way as well. “Yes,” said Columbus, “now that I’ve shown the way, its simple. All things are easy when you know how.”

Creativity is simply doing something differently. Take yourself out of the box. It’s good to learn from experience but it is not necessary to be bound by it.

I recently completed a novel. I write to amuse myself and for my friends who love my work. I came up with an outlandish proposition. My hero had to be involved with major events that changed the world’s history, he had to have a 2,500 year life span, he would not to eat, he would not require oxygen to live, he had to be handsome, strong and likeable, he had to be invincible, he had to have a mate who was the most beautiful woman on the planet, and the story had to have a villain who was more than his equal. In addition the tale had to be plausible, logical, and real. His name turned out to be Zyclo, which is also the title of the book. It is by far my best work of fiction.

Point being, to be creative, one must simply do the thing a little differently. Not to please the world, but to please oneself.

Forty-odd years ago the most respected and certainly one of the most famous authors in America offered to teach a class in one of the Ivy league colleges. The university notified its alumni of the course, which was to be in creative writing. The response was far beyond wildest expectations. So many students wanted the benefit of this great man’s knowledge that the college auditorium had to be used as a classroom. The semester began and the great day was at hand.

The auditorium was filled to overflowing. All the students, pencil and notebook in hand, waited in hushed and excited anticipation. The famous man strode out to the lectern, leaned upon it, looked out upon a sea of faces intent on what he was about to say. He took off his eyeglasses, huffed on them gently, wiped them for a bit, seeming to heighten the almost electric energy in the air.
He replaced his spectacles carefully, cleared his throat, and then asked a question: “How many of you truly want to be writers?”

One could have strolled across the auditorium on the tips of the upraised hands. Not a single arm stayed on the owner’s lap.

The great man was quiet for a long moment. He walked to the center of the stage, stopped, placed his hands arrogantly upon his hips and commenced to speak: “Then why aren’t you at home writing?”

With that Sinclair Lewis, arguably the most famous author of the time, turned, strode off the platform, out of the auditorium, off the campus, and was never to be seen at that university again.

That was the entire creative writing course.

All things in life are really quite simple. It is people who complicate. To be creative, create! What is creation? Creation is original thought. Creation is causing something to come into existence. You create every hour of your lives. You are a creator. We are all creators. To create, create.

But you have an edge. You now know that you are the most creative person in the world, at least your doppelganger is. Visit him or her.

Tonight, the first thing before you drift into sleep, say to yourself, “Tonight I want to visit with my twin self who is fabulously creative.” Then go to sleep. Sound too simple; it’s not. QJ is supposed to be easy. This one works on your subconscious when you are in the dream state.

In the morning, when you wake up focus your thoughts on creating. Today you will say, “I am going to be creative. Today I am going to think.”

As you have your breakfast, decide where you are going to direct those thoughts. At what are you going to be creative? To what extent are you going to think about that creativity? Will it be with your job, your occupation, your profession? Will it be with your family? Will it be with your friends? Will it be spiritually? Perhaps with a hobby that you have. Perhaps you’re going on a vacation and you want to be creative there. Perhaps you’re delving into the stock market or gambling or writing or any one of a thousand other things. You make the decision, for all things stem from you, from your initial thoughts.

This is the day for you to be creative. At what? And how? You want to be creative. This day will be a very bright day in your life. It’s not possible to be bored while being creative. For to be bored is to be doing something with a tint of sameness. It is repetitious because you have done it before. To be creative is to cause something new to come into existence. Boredom and creativity cannot live in the same house. They cancel one another. One of the first things you will see happening is a new appetite for the day. A new appetite for living. And with this appetite will come satisfaction.

Generally, without realizing it, you are creating constantly, from the moment you arise in the morning. You get up out of bed. When you take a shower, you are creating a new you. Look in the mirror the moment you get up.
And then look into the mirror just before you walk out the door. You’ve created a new you. You work on creating things when you get into your car and drive down the street because it isn’t the same street. Every morning some things have changed. The weather may have changed somewhat, or the cars parked along the street are different. You are creating a new path for your car as you drive down the street.

Breakfast is a creation. If you make your own breakfast, you’re creating that food. To take an egg, crack it, and place it in a frying pan is creation. Is it the sameness? Is it habit that you’ve gotten into? Create! Make it different.

You go to a restaurant and you order something. Here too there is creating. You are creating a meal. What type of a meal are you creating? Are you creating a well-rounded, balanced meal? Are you creating a meal for looks? Are you catering to the taste buds? Are you catering to your stomach? Or are you catering to your health? Every decision you make is, in a manner, creation.

On your job there is constant creation. You’re always creating. You’re always making decisions, some major, some minor. Everything is a decision. You decide to use a pencil or a ball-point pen. You decide to clean up your desk or to leave it as it is. You decide to go to lunch five minutes early or ten minutes later. Everything is creation. The knowledge that you are involved with creation, however, opens you to a new understanding, and understanding is the key to all.

**MODULE 11**

**Creative Power – Role Playing**

We are all role players. When you accept a suggestion that you have two left feet, then you assume the role of someone with two left feet. You automatically imagine how they would walk, or run, or dance.

When you accept a suggestion that you are unimaginative, unoriginal, or a realist, you assume the role of what you imagine a character with those attributes would be.

You can override any information that keeps you from using all your creative resources.

Imagine being creative and productive and you will be creative and productive.

How would someone who was creative act? How would someone who was productive act? Who was inventive, original? How would a person who was inventive act?

Assume the role of an inventive person. Assume the role of an original person. Someone who is imaginative, and visual. Assume the role of a creative person.
Assume the role of someone who is creative, original, inventive, and imaginative. Assume this role. You are now productive. You are now creative. You are now originative and inventive. You are now imaginative.

You are now a true original. You are creative, imaginative and inventive.

If those words described you, how would you act? What would you do differently in your life?

Whatever needs you had that prevented, or blocked your creative urges, those needs are no longer necessary to your well being. You now have a new need. You now have a need to be creative. To be original. This new need will take precedence over the old needs. You are now creative.

A creative person is not bound by past points of reference. A creative person uses points of reference as a guide only. A creative person asks questions of themselves. Questions like: What would happen if it were upside down, larger, smaller, more colorful, six instead of four, a hundred instead of one, inside out, lower, higher, water instead of oil, dirt instead of mud? A creative person seeks to go beyond what others have done before.

Consider a thing that you had been involved with, are involved with at present, or will be involved with in the future. See this thing from your new perspective - that of a true original. You will see this thing as a creative, imaginative, inventive person.

From now on you will think of yourself as a creative person. A person who can solve problems in a unique, and correct fashion. From now on your need to be creative will override any need that hampered that creativity in you.

Here are three words to start the process.

The words are, ACT AS IF. Allow me to explain.

What is it that makes a great golfer, tennis player, football star, baseball pitcher, boxer, or any other sportsperson? What is it that makes a great actor? It’s the confidence they have that they are the best. As soon as they lose that confidence the edge is gone. That sharp line that defines a champion. It’s easy to regain that confidence, they simply act as if they are the best. You can test this right now, this is a standard test that many hypnotists use to judge compliance although it is not hypnosis, it is however suggestion, and you are constantly involved with other peoples suggestions, that includes the media, medical people, friends, colleagues and family. Acting as if, however means you are acting on the only suggestion that is meaningful, and that is self suggestion.

Let’s do an experiment.

Right now, act as if your weakest hand is stuck to your lap.

Now try to lift it.
If you did lift it then you’re not acting as if it is stuck to your lap. Do it again, this time—but act better. The better the action the more you will be able to control your life. Now then, once again, act as though your hand is stuck to your lap. Think that the harder you try to lift it, the more it sticks to your lap. Still acting as if your hand is stuck to your lap, try to lift it.

You know you could lift it if you wanted to, but you are acting as if you can’t. Now act as if your hand is back to normal and you can lift it. Lift your hand.

Once you have shown that you can take the suggestion you are ready to use self suggestion in a more helpful way. Suggest to yourself that you can’t lift your hand and try to lift it, if you cannot, then you are ready for the next step and that is — Acting as if you are loaded with energy. Once you’ve done that you can, act as if, virtually anything. You can act as if the quantum absolution program is the greatest ever conceived and that it will change your life profoundly for the better, and I promise that it will. You can act as if anything you wish. If you’re overweight you can act as if the foods that you feel are causing your problem are suddenly distasteful to you. You can act as if you are satisfied with less.

If smoking is a problem simply act as if you do not need a cigarette to relax you or for whatever reason it is that you used to smoke. If procrastination is a problem, act as if you have a strong desire to do the thing you are putting off.

Feel tense? Act as if you’re relaxed and comfortable.

Learn to act as if and the world is yours. As Zorba said in the movie Zorba the Greek, ‘I have so much appetite for life I feel like I can devour the world.’ That’s acting as if. You can do it.

A creative person is simply someone who uses their imagination to create new ideas or things. Imagination. Image making. Therein lies the key to creativity. Making images with your mind.

You already know how to do that. As a matter of fact you do it all the time. You can’t tie your shoelaces without first having tied them in your mind. Everything you do, you’ve done in your mind first. But now, you are controlling those mind images.

Here’s how. What is it you want to be creative about? In the children’s class that I taught some years ago, during the creativity segment I drew a circle on a chalkboard and asked the class what it was. They all said it was a circle.

Now use your creativity, I said to them, think about something else it could be. One child said it’s a snake with his tail in his mouth. And that started them off. The circle, which was really just a chalk mark on a board became an umbrella, a wheel, the sun, a hat, a piece of pineapple and on and on. One child came up with a whole scenario. He was standing on top of a building looking
down and saw a couple under their umbrella. They were going to the bank to get some money for a car.

Creative thinking is opening your mind and considering options with no regard to reality. Especially important in today’s age of technology with the internet opening doors that didn’t even exist a few years ago.

And of course you have as an advisor the most creative person on the planet; your twin self. Do a quantum jump to that creative self of yours and you may be surprised and delighted with what you discover there.

12-Creativity

Creative problem Solving – MEDITATION

1. We will start this exercise with the 3 to 1 method. Find a comfortable position, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize the number 3 three times.

2. Take another deep breath and while exhaling mentally repeat and visualize the number 2 three times.

3. Take another deep breath and while exhaling mentally repeat and visualize the number 1 three times.

4. To help you enter a deeper, healthier level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.

5. 10 - 9  feel going deeper

6. 8 - 7 - 6 - deeper and deeper,

7. 5 - 4 - 3 - deeper and deeper,

8. 2 - 1.

9. You are now at a deeper, healthier level of mind. To reach a deeper, healthier level of mind at any time, just take an occasional deep breath.

10. You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time your wish to be.

11. Every time you enter this relaxed state, you know that you are getting better and better in every way. Whenever you enter this relaxed state, you will mentally say, “Every day, in every way, I'm getting better and
better." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

12. Visualize improvements in your life as you mentally repeat the words, "Every day, in every way, I'm getting better and better."


14. Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

15. (Pause.)

16. Relax.

17. When you say I have a problem, you are also saying you have a solution for the opposite of every problem is a solution. What is the problem you are working on now?

18. What would it be like for you if the problem were solved? What would your life be like if you were to resolve the problem?

19. Is that what you would like for yourself?

20. You get what you settle for. Have you settled for your problem?

21. If you have not, if you have really decided to resolve the problem, do this.

22. Visualize the problem.

23. Examine the problem, picture it clearly so that you are familiar with all aspects of it. And now, ask yourself questions about the problem. Questions like, what would my life be like if the problem did not exist? And what would be a solution to the problem?

24. (pause, 15 seconds.)

25. Visualize the solution.

26. Examine the solution, picture it clearly so that you are familiar with all aspects of it.

27. Now imagine your twin self, your doppelganger in another of the infinity of universes. That self has solved the problem, has found the solution. That self is going through life without the problem you are working on. That self’s life is different. How is it different? Is that what you want for yourself?
28. Consider the solution.
29. Problems are pebbles. Solutions are boulders.
30. Problems are hills. Solutions are mountains.
31. The problem is a mouse. The solution is a lion.
32. The problem is a single note. The solution is a symphony.
33. The problem is a bad odor. The solution is the smell of a fresh rose.
34. The problem is the feel of sand. The solution is the feel of velvet.
35. Solutions are good. Solutions is what you will think about, solutions are what you will dream about.
36. Think about a different problem.
37. (pause.)
38. Now think about your twin self involved with the solution. Observe your twin self and then merge and step into the solution and allow it to saturate you with the problem solving rhythms of energy.
39. Solutions are more beneficial than problems. Benefits are good. You have a strong need for a solution.
40. Whenever you wish a solution to come to you, take a deep breath, exhale slowly through your nostrils while touching the roof of your mouth with your tongue and as you exhale desire a solution to the problem.
41. The solution should come by the time you have taken and released your breath 5 times, very slowly.
42. Do it now. Take your time, you will have plenty of time. You may use your twin selves at any time, for any problem. Begin.
43. (Silence. 1 minute.)
44. Relax.
45. That's the way to solve problems.
46. Relax.

47. In a moment, I am going to count from 1 to 5. At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.
48. 1-2, coming out slowly now.

49. 3 at the count of five, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

50. 4-5. Eyes open, wide awake, feeling fine, feeling better than before.

SECTION 3
PROSPERITY

Module 13

Goal setting involves establishing a specific, quantifying objective that is time oriented and realistic. For your personal development there is nothing better than becoming so goal oriented that you begin your day knowing what, in general, going to be acting upon. Goal setting involves defining expectations and concentrating your attention on a specific area. There are realistic goals and there are fanciful goals. To put it in another manner the realistic goals are your controlled daydreams whereas your fanciful goals are recreational daydreams.

Goal setting requires you to become motivated. Motivation is important enough to be included in this module—but please allow me to define motivation as I see it; not necessarily as the dictionary does. Motivation, purely and simply, is a strong desire. When you are motivated to do something you have a strong desire to do the thing. As with all things the question is often more important than the answer, and so the question is not how do I motivate myself to go after my goals, but rather, how do I strengthen my desire to go after my goals. When you have a strong desire to do a thing, you do it; you don’t need any motivation techniques. But what is desire?

Simply put, to desire something is to want it. Do you want your goal to come to fruition? If you do, then what is standing in your way? Is it a person, a thing, money, a relationship, a lack of desire, what?

To enhance desire we must go to the instigator of wanting something, or someone, the mind. Desire is a mental thing that manifests on the physical level. Now the question becomes how do I enhance my desire for a thing or person?

Let’s say that you have a good reason for wanting your goal to come to be. Something that you simply must have because of that reason. Now the reason may be physical, or it may be emotional but it should be rational. The rationality of the goal is what will build your intent, and intent is a powerful force. For many years I’ve taught
people that when your intention is pure you’re likely to get the thing you’re programming for. I’ve demonstrated that for years during my classes on alternate healing. Every alternate healing method has behind it the intention of the healer to heal. If the healers’ intent is strong and pure, unadulterated by negative beliefs, that healer will be effective no matter what method they use.

To some degree, your own intent when setting a goal, if it be strong and pure, it really doesn’t matter what technique you use as a goal setting devise; so long as you make use of something.

And so with respect to the meditation exercises that you will find in these modules, they are equal in strength so long as it is your firm intention that you want the thing that you are programming for. You may feel you like one of the meditation exercises more than the other; use it. Use whichever you like. Or use them both, a day apart. Yes you may use different techniques in pursuit of the same goal.

But what keeps people from attaining their goals? There are those who will tell you how to achieve success with a variety of methods and techniques. There are hundreds, no, thousands of books written on a variety of ways to reach your goal. Virtually all of them say the same thing in a different way. Visualize the end result is by far the most popular concept. Visualize the goal completed. But if that was all there was to it no one would ever have a problem in setting and getting their goal. Everyone would have a fine car, a fantastic home, great relationships, money, and all the things that make for the good life.

Is there an answer to this puzzle? Let’s just see.

Logic tells us that two people using the same technique and methodology should get the same result. Well then why would one person using a goal setting technique be successful and another unsuccessful? One answer, probably the correct answer, would be that the unsuccessful person is resistant to the idea of getting the goal in the first place. This resistance we call ‘self sabotage.’ But if they are resisting, then why do it in the first place?

Could it be they do not know they are resisting?

Picture two people at a tug of war. Each has the end of a rope in hand and each is resisting the other by pulling with all their strength. Now picture what would happen if one of the two simply lets go. The other person would, still tugging, with the resistance suddenly having disappeared, fall back. With no resistance; there is no conflict. Conflict, whether in war, play, or business, requires resistance. Let me repeat; with no resistance, there can be no conflict.

To determine whether or not there is resistance to the goal, thereby neutralizing the effect we must go to the mind. We cannot see inside the mind at this time but we can see the result of specific and general thinking. The result is that of the beat of the brain which changes with thoughts. Commonly and scientifically known as brain waves the frequency pattern of the brain is determined by the emotions of the moment. Emotions, to be more easily understood, are simply thoughts that are either negative or positive. A neutral thought, one that is neither negative nor positive, produces an emotionless state.
An emotionless state of mind is a state of no resistance. There is an old homily that says, ‘Things in general, whether water, electricity, or thoughts, will follow the path of least resistance.’ The more resistance, the least likely the product of that thought will come to pass.

When you set a goal, it is your intent to have the goal successfully manifest. Resistance to the positive end result of the goal setting will hamper the manifestation. But what, in this case, is resistance comprised of? It would seem that the simple desire for the goal to take place would preclude any resistance. But does it? Does desire rule out resistance?

If a surgeon’s infant son requires major surgery, will that surgeon operate, or would fear of failure bring on resistance and cause the surgeon to bring on a qualified colleague to perform the operation? The answer is obvious; the surgeon would be emotional about the infant and that emotional state would cause great resistance that would only be obviated by someone else operating.

You’ve no doubt heard the saying ‘a lawyer who defends himself has a fool for a client,’ bringing about that same situation. Emotions would defeat the successful outcome. To put it in another manner the person cares too much, and in caring too much brings about strong emotions that tend to resist a successful outcome.

As a healer of some note I learned long ago that the more I wanted a healing to take place the less likely it was to happen. Long ago, I was told by one of my mentor’s to first clear my mind before I adjusted the problem of the person I was working on. That clarity of mind stumped me for many years until finally I learned the secret. The secret was not to care. It took some time for me to realize that but when I trained myself to become emotionless and uncaring whether I succeeded or not, all resistance was gone, and healings took place.

And now we come back to two people using the same goal setting technique with one of them successful, the other unsuccessful. Logically, all things being equal, as mentioned before, the outcome should be the same. But all things are not equal. Two people programming for the same goal would have two different mindsets or attitudes. The mindset with the least resistance would be the one more likely to succeed.

The meditation exercises in this goal setting program are designed to take you to that resistant less state of mind emotion free and uncaring about the outcome.

Now there are some philosophy’s that say the opposite; that you should be filled with emotion and desire before you do any goal setting; that you should want your goal above anything else; that you should pursue it with every fiber of your being. I agree, and I also disagree. Does that sound like an inconsistency? Illogical? Above all, I deal with logic. I measure everything by its reason and common sense. So why do I say that I agree and disagree with the premise of desiring a thing above all else, while in the same breath I say you should be emotion free when goal setting; why?

Because we are talking about two different things; two separate issues. On the one hand you are programming at the meditation level and concentrative on something you do not have, but want. It’s a mental issue.
On the other hand you are taking an action to help your goal come to pass. It’s a physical issue. This is the meaning of that ancient question ‘What is faith without good works.’ The faith is the goal setting and requires concentration and a stress free mind. The good works is the action you must take in seeing to it that your goal will come to pass.

The faith in the goal setting is the expectation that your goal will come to pass. When you expect something to happen you do not have to get emotional about the thing. You expect the sun to rise tomorrow, you expect your car to start, you expect to eat breakfast or dinner, you expect a whole host of things. But you’re not emotional about the sun rising. You know it will rise. That’s the kind of attitude that is best for programming. Do your programming and expect it to succeed. That’s taking emotions out of it. You intend for it to succeed and so do not have to be apprehensive about it.

After you have set your goal with one our mental goal setting meditation exercises then you can bring in your emotions and activate the physical aspects by taking an action and following the six facets of our Goals and Controls in Disk three.

Once again allow me to address fun money. Along with your goal plug in what in the political world would be called earmarks, additives to the bill. Well along with your goal always add an earmark; that can be your fun money if money is part of the goal, or a thing, a reward for your completion of that goal. Make that a particular part of every objective and watch your motivation grow.

Module 14 STEA

Stimulus Thought Energy Action

In a previous module of this program you heard that the big thing people who have tried all this and still seem to be ‘stuck’ with respect to achieving their goal is resistance. Resistance weakens goals. In this module I will show you how to ‘let resistance go, and to just let it flow.’ For when you have done that you will have taken the major step towards getting yourself out of the quagmire. And that my friend is where you are if you find yourself stuck in a job you hate, or stuck with a relationship that is causing you indigestion, or stuck with economic conditions you don't like, or stuck in a place below your pay grade. A quagmire is a place where people are stuck. You have to put that picture in your mind; that picture of a quagmire that represents the place you are programming to get out of. Once the picture is there you can deal with it; you cannot deal with a situation that you will not admit exists. There too we find resistance.

In the modules that preceded this one you learned to use the meditation exercises to build intent and desire. You learned that a strong desire instigates motivation, and you learned that motivation will bring you to an action to stimulate the getting of your goals.

Here's the formula: STEA. Stimulus creates Thought that builds an Energy for a specific Action. Stimulus, Thought, Energy, Action. The stimulus is the meditation exercises on these modules, the thought is the mental images, the visualizations you create while doing the meditation exercises. The Energy that is created depends on your attitude, your intent, and your will to succeed. That energy is either dissipated through
disuse, or through an action designed to further your goal. Let me tell you how Shirley Cassoff got her goal using the STEA formula.

Shirley had what she considered an easy goal. She wanted a raise; she hadn’t had one for twelve years. The attorney she worked for was penurious, don’t bother looking the word up, it means he was a cheapskate. She had great skills, typed over a hundred words a minute, took dictation, could operate a stenotype and was extremely neat and efficient. In other words; an attorney’s dream secretary. But Shirley was afraid to ask for a raise; she thought she might be let go and that terrified her. She was fifty five years old and believed that only the younger, prettier women were being hired.

She showed up at one of my seminars and when we got to the goal setting part she told me that she needed the raise but didn’t think any amount of programming would get her employer to give her one. When she told me of all the skills she had I was frankly amazed. I thought about hiring her myself and putting her to work but that wasn’t what I was about. I had to have her do it for herself and so told her that she was a classic case of a shy person, having abilities even beyond the norm, but who found themselves stuck in place because they shied away from taking any action due to fear of the consequences.

Shirley’s problem was a mental one, she saw herself a little mouse with her boss given the position of the cat. Whichever way she would jump would be very bad for the mouse and so she became a fixture, doing her work, and growing older with each passing year. She had to get that image out of her mind. The thought had to be changed; but before that could happen there had to be some stimulus, something to change the thought.

Stimulus, or something that motivates you to do a thing is generally uncontrolled. You see a billboard with a picture of a man eating a piece of pizza and suddenly you too feel like having a slice. Or you smell something that reminds you to do something. Things like that are automatic. Even a traffic light stimulates as it causes you to stop or to go. An experiment was done in New York City where a traffic light was set up on a busy sidewalk. It made no sense to be there but when the light turned red, people on the sidewalk stopped walking and waited for it to turn green. It wasn’t logical, or even sensible, but it did show how programmed we are to certain stimuli.

When Shirley was in her bosses presence he was like a giant in her mind and the motivation was to keep quiet, go about her business, and keep the status quo. We had to change that. The stimulus was the meditation exercise RPC which would have to be designed to change the thought of herself as a mouse willing to take whatever her boss did. I called the new exercise Mice to Lions. It was a modification of an RPC course I taught to golfers and tennis players to enhance their abilities by taking on the attributes of champions. Shirley did the meditation exercise and saw herself grow in stature until she was a giantess. She diminished the size of her employer with a visual image until he was the size of a mouse. She saw herself walking up to him and demanding a pay raise or she would go elsewhere and then she imagined him saying that he would give her the raise.

The exercise that Shirley used is still another bonus and is on the next module.

Shirley was going to confront her boss the next day which was Monday. I asked her to call me and let me know how the meeting went. I must admit I was a bit selfish
there as if she did get fired I intended to hire her myself; but alas it was not to be, I still remember her words when she called me Monday afternoon.

“I did just like I learned in your class. First I closed my eyes and imagined I was a giant, then I imagined Mr. Fleming as though he was a little bitty mouse. Then I got up, walked into his office and said, Mr. Fleming, I’ve worked for you for more than ten years and I think its time for me to get a raise. And Burt, what do you think he said?”

I asked her what did he say and I could hear the marvel in her voice as she went on. “He said I wondered if you were ever going to ask for one. How much do you want? Well I was so flabbergasted that I blurted out; ‘How about doubling my salary?’ and he did. He actually doubled my salary. I still find it hard to believe. But after that we had a long conversation and he told me that he couldn’t do without me and he thought I was satisfied with what I earned and as long as I was satisfied he wasn’t going to rock the boat.”

I was a bit disappointed in that one; I was kind of hoping to hire Shirley myself but the story did have a positive ending. Shirley had allowed people to take advantage of her for years and when you turn yourself into a doormat you should not be surprised if people wipe their feet on you.

See how the STEA process worked here. The stimulus was the mediation exercise that brought in new visualizations to her mind. Those thoughts brought her a new energy that manifested in the action of her confronting her employer and asking for the raise. Stimulus, Thought, Energy, Action.

This is the process at work during every goal setting method or technique. Shirley had resisted asking for a raise by the fear of being discharged. There was no flow of energy and therefore no action. When the resistance was removed with the help of a new stimulus the flow began and she lost the shyness that had been built by the resistance to change.

People who fear change do so because they fear the unknown. The status quo is comforting, even when it creates negative results. Consider an infant who is confronted almost daily by changes. Constant changes. New people coming and going, new foods as the infant grows older, changing the crib for a bed, perhaps getting a new room. The terrifying prospect of going off to school. It’s no wonder the youngster grabs a hold of a raggedy blanket or torn up doll and hangs on to it for dear life. Its comforting because its familiar. Anything familiar in a world of constant change is valuable.

Resistance to change is common in the world and that is why it is important to utilize our meditation exercises to enhance goal setting as getting ones goal always involves change. Yes the change is good as a rule; no one wants to set a negative goal, but even with the objective achieved something is lost. And that is what people resist. So do ask yourself before you begin any goal setting exercise. Are you sure you want it? If the answer is yes, then utilize every means at your disposal to get it.

You can do no better than to listen to all these modules two or three times and do the exercises after you decide on the goal you wish to come to pass. Good luck with your programming, on the next module is our meditation exercise Mice into Lions.
Module 15
MEDITATION
Mice to Lions

We will start this meditation with the 3 to 1 method.

Find a comfortable position, close your eyes, take a deep breath and, while exhaling, mentally repeat and visualize the number 3 three times.

Take another deep breath and, while exhaling, mentally repeat and visualize the number 2 three times.

Take another deep breath and, while exhaling, mentally repeat and visualize the number 1 three times.

To help you enter a deeper, healthier level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.

10 - 9 feel going deeper,
8 - 7
6 - deeper and deeper,
5 - 4
3 - deeper and deeper,
2 - 1

You are now at a deeper, healthier level of mind. To reach a deeper, healthier level of mind at any time, just take an occasional deep breath.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed state, you know that you are getting better and better in every way. Whenever you enter this relaxed state, you will mentally say, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER."


Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

(Pause.)
Repeat mentally after me: "Every day I am improving my image of myself, my self-esteem. I am a unique human being; there is no one else on earth exactly like me. Every day I grow stronger in the realization that I can: I can think; I can create; I can do."

Relax. You are now at the level of mind where you will be most effective at reprocessing the cause of the problem with the goal you are setting and seeking to resolve.

This meditation exercise is to help you to understand and use the concept of Mice into Lions.

Whenever you have to be more assertive think of yourself in the future. Imagine that you have used the new techniques at your disposal and you now have control over the things that you visualize. Things of the past, when you had no power, are all in your memory only. They no longer exist. The future has not yet occurred but you can peek into the future with the help of your imagination.

Now is the past of the future. The point of power is now. The point of control is now. Imagine if a future you could advice and direct you. Imagine what it would be like if you had the ability to receive advice from your future self, a self who is assertive; a lion. Imagine that you’re sitting comfortably in receptive mood and that your lion like self is about to give you advice. You are sitting comfortably. Imagine yourself receptive and ready to gain information. Relax. At the count of three your lion self will counsel you and advice you. Imagine it. Visualize it. What would you, a future you, a successful, adventurous, assertive you, tell the present you? What would yourself of a future time tell you? How would your future lion like self advice you.

One, two. At the count of three your successful future self with more knowledge and maturity will communicate with you if you desire communication. Three.

Relax. Take your time. Begin.

You have now been advised by your future self. You have now advised your past self. Consider how best you can act on this advice. Does the advice coincide with your own goals? Do you believe you’d be happier more satisfied by following this advice? Consider this outcome of this advice? Sense how it coincides with your own programming, your own goals and those of whom you love and respect. Now with all this advice you are better able, better equipped to make a rational decision to effect any changes in your life, any future changes, any present changes.

Relax.

At this time visualize one of your goals. See the goal successfully completed. Imagine that you are enjoying the benefits of your goal completed. Bring a date into the imagery. Begin.

(Pause twenty seconds.)

Relax
Repeat mentally, “I feel better and better. I see the good in myself. I have a positive viewpoint towards myself. Every day I get more and more confident in my abilities.”

Relax.

In a moment I am going to count from 1 to 3. At that moment you will open your eyes. You’ll be wide-awake feeling fine and in perfect health. One, two. Coming out slowly now. At the count of 3 you will open your eyes. You’ll be wide-awake, feeling fine and in perfect health. Feeling better than before. Three. Eyes open. Wide-awake. Feeling fine. In perfect health. Feeling better than before. It’s a wonderful feeling to be deeply relaxed, a very healthy state of being.

MODULE 16
Self sabotage and limitations

There are three basic things that prevent a person from reaching a prosperous lifestyle, they are self-sabotage, guilt, and ego. The first thing that prevents a person from reaching a prosperous lifestyle is self sabotage. That insidious feeling that you don’t deserve the good things in life.

Limitations due to guilt and the feeling that ‘I only deserve so much,’ is the other and ego the third. I’ll address these one at a time, first, self sabotage.

Roland Webster was a prime example of a person whose thinking kept him from the success and easy life he dreamed about but just never could quite attain. He was intelligent, educated and very well brought up by loving parents. He had two younger siblings, a brother and sister who had both done very well in life. His sister was an executive in a major corporation and his brother Marvin a successful attorney in West Los Angeles. Whenever there was a family gathering Roland felt like hiding in a closet he felt so demeaned by the fact that his younger brother and sister were successful while life for him was a constant struggle. Marvin was nominated to be the City of Hope’s man of the month the year before and Roland didn’t even attend the ceremony as there was a sixty dollar a plate charge for the celebratory dinner and Roland couldn’t scrape up the money.

He had heard it said that Marvin could fall into a pile of manure and come up smelling like roses and Roland snorted when he heard that. Roland was of the opinion he could fall into a pile of roses and come up smelling like manure. Roland was a prime example of a fellow who just couldn’t get out of his own way. He sabotaged himself at every turn and try as he might just could not seem to find his niche in life. He would start a project and something would invariably go wrong with it. His last scheme seemed like a real winner but as usual, it turned out sour and he lost time as well as money. About ready to give up he came to one of my seminars and told his story; as he spoke I noticed a lot of sympathetic nods as though many of the others in the class were having similar problems. As self sabotage was the topic of that hour I decided to use Roland as a subject to see if we could discover his problem.
Often when one is looking for how negativity started if a person concentrates on a single subject with the intention of uncovering and identifying the cause of a problem such as self sabotage the origin comes to mind. Sometimes it’s obvious and sometimes it isn’t but when your intention is to discover the reason for the problem it usually comes through loud and clear.

I helped Roland to get to the concentrative state by concentrating on the OM meditation sound and when he was there I told him to relax and allow his mind to go back to the time the problem of self sabotage first came about. Roland was in front of the class, seated, deep in meditation. I asked ‘Where are you?’ His answer was that he was with his little brother Marvin, they were playing in the backyard. It seems as though he had gone back quite a few years. Roland was about ten years old, his brother five. The family cat had been tormenting a mouse and brought it over to the brothers as cats will do sometimes. Roland cringed and backed away from the mouse but Marvin ran over to it, chased the cat away and squished the mouse with a big rock.

Roland reported this incident to his mother. It didn’t appear to have anything to do with the problem of self sabotage but I had long ago learned you never knew why a person went to a specific experience. What was important was to walk through the event and examine all the aspects of the scene. This Roland did. He made the scene brighter, reported every movement. He was in the meditation state about five minutes. Finally he opened his eyes and came out of the meditation.

By the time the seminar was over, which was the next evening, Roland had seemingly undergone an epiphany. He said that he felt a wave of energy come over him after the meditation. He thought about that event of his pre-teen years and said that he realized he had lorded over his brother and felt much superior to him all that time. Years later, when his little brother had decided to become an attorney Roland had laughed and demeaned him and in his own mind had still carried the thought of his brother as a mouse killer, helpless and ignorant, dependent on him to be helped through life. What this had to do with anything is anyone’s guess. Psychologists and other medical professionals will have different opinions some guessing one way others bringing up some other reasons depending on their training and experience. My experience through many sessions similar to Roland’s lead me to believe there is a release of some sort simply by walking through the incident that comes up during a deep meditation when the intent is to neutralize and get rid of the factors that are creating that which we call ‘self sabotage.’

Why did this simple, over simplification work? It doesn’t seem as though anything of consequence happened. Roland simply pulled a long buried memory out of his mind during meditation.

Over the years I’ve seen it work again and again. When the individual who has a problem goes into a meditation state and then tell themselves that they want to go back to the incident that is causing the problem, whatever that problem is, and then they allow their mind to drift back to an early incident in their lives, that will often resolve the problem.

We can speculate for weeks as to the whys of this method but what for? If it works, it works. If you have a problem with prosperity, and you just can’t seem to get out of your own way, chances are the solution is in a past event, some experience that is
preventing you from getting around the obstacles in your life.

Another major factor is guilt. Allow me to explain that because you may not consciously feel any guilt or regrets in your life and yet you are still nagged by the feeling that there is something beyond your control that is holding you back.

When some event in the past, something you did, or didn’t do, bothers you to the extent that if you could go back to that event you would change it, then an urge to repeat the action in a different way comes about. This urge to repeat the act in a different way, we call guilt. Think about this, if you feel guilty about something and you had the ability to change the past, to go back into the past so to speak, and correct the thing, then you wouldn’t feel guilt. Understanding that, it is easy to see how guilt can be defined as an urge to repeat an act we feel is wrong.

If this urge is not repeated correctly nature brings in a reminder, the reminder is a prodding to go back and do it right but often you can’t do that. Because you feel that you have done something wrong, you bring about self punishment in the form of limitations. Feeling you’ve wronged yourself you limit yourself in some area of your life; prosperity as for example. And then the inner consciousness comes into play, you’ve been a bad boy, a bad girl, and you only deserve so much. You only deserve so much money, or friends, or looks, or relationships, or whatever. You know the best way to punish you. The limitation you unconsciously choose is generally known as self sabotage.

Limitations are a major factor in the lives of every person with any experience at all. If a person limits themselves in the way of health and constantly find themselves with a cold, or the flu, or feelings of discontent they have imposed health limitations feeling they only deserve so much good health. Limitations with respect to money will find a person believing that they only deserve so much money, or that they are just unlucky, or some other excuse as to why they can never seem to get out of the pit they are in. Limitations with respect to friends will invariably lead to selecting the wrong partner in life or in business. Whenever there is a problem in ones life you will generally find that the person has subconsciously placed a limitation in that area.

The third factor that keeps a person from the prosperity mode is ego. To understand this factor it is essential that you understand exactly what your ego is. People think of it in a variety of ways but few offer a definitive definition. Allow me to do so now. Your ego is your opinion of yourself. How you think of yourself in the various aspects of your life defines what you regard as the real you. Consider this, you have a variety of egos. You have an opinion of yourself with respect to money, it either comes easy or hard is what is in your mind. You have an opinion of your state of health, you have an opinion about the way that you look at the food you eat, the people you know and on and on. You have many egos and each one affects the part of your life that it is directed to.

As example, consider your present life as the product of your experiences. The experiences you had and have with other people, with your parents, with your culture, your schooling—all have had a significant effect on the present you. Each one of those experiences had a great many tributaries or choices that lay before you. You chose the direction you would take mainly due to your beliefs at that time. Focus on the belief that some of the choices you made were damaging and negative and those choices will flow
into your present to keep you from getting what you hope to acquire. However the power that you have to change is in the now. Your point of power is now. If your present thinking is that it is difficult for you to attain the prosperous lifestyle you would like then you will be forever affected by that belief.

The problem with those negative beliefs of the past is that you view those past events in the light of your current convictions. As the power to change is now you must use the now to change those negative beliefs about prosperity and begin to program experiences that require affluence and prosperity.

MODULE 17
CONTROLLING YOUR MAGNETIC ATTRACTION

Leon was a telephone solicitor. He worked for Global Marketing in the San Fernando Valley, a section of Los Angeles. He was stuck in the same dead end job for years selling ads in a business register, and he seemed to attract all the garbage in life. The law of attraction worked very well for Leon, only problem was it worked in reverse. Leon joined the army after graduating from high school and one night, when in basic training he was on guard duty. He’d only been in the army two months and was strolling back and forth on a field that had a flagpole in the middle of it. Leon marched with his rifle at right shoulder arms thinking whatever thoughts a man would think while marching in a field with a rifle at his shoulder. But that flagpole was like a magnet to him and without realizing what was happening, Leon marched right into the flagpole and knocked himself unconscious. True story although I will admit it is a bit over the top. I heard the story from Leon’s’ cousin, a student of mine, who told me that Leon walked through life with a black cloud over his head.

Leon hated his job but it was a job and he went about his day listless and limp as a dishrag with respect to any thoughts of a creative nature. He, like so many others just accepted his lot in life not realizing there was a world out there. The only joy in his life was the horse races. Leon lived in Alhambra, a suburb of Los Angeles not too from Santa Anita, and when the track there was closed, Hollywood Park race track was open so for half the year his every thought was that of the weekend so that he could gamble at the race track. The race track was Leon’s’ security blanket. And win or lose it was the only thing in life that gave him even a sliver of enjoyment. His world was his hated desk, the hated telephone, and his beloved horse races; and so he lived, a senseless, stagnant life.

What changed Leon was a story he heard me tell during a class he attended. Leon’s’ cousin Bebe brought him to one of my seminars. Bebe said that Leon was really affected by the story of the Mud Hen; it goes like this.

Once upon a time there was a man who made his living selling newspapers on a downtown street corner. He lived in a damp, single room apartment that was too hot in the summer and too cold in the winter. He was aware of his newspapers, his simple room, his ill-fitting secondhand clothing, the simple food he ate, and little else. Other people he knew lived differently, but it was difficult for him to imagine that other world. How could a mud hen hope to aspire to the grandeur of the eagle, slowly circling higher and higher, working a swirling updraft, wings spread proudly in magnificent flight?
The Mud Hen’s name was Bobby, and every morning when he awakened, eyelids still clogged by the effects of sleep, his first thought was to see himself standing on his corner hawking newspapers. The visualization was always the same, half a dozen under his left arm and a single newspaper held in his right hand as he shouted out the headline in a raspy voice hoarsened by years of abuse. Some mornings, still half asleep, he would see a customer give him a dollar, saying “Keep the change.” On these mornings he would open his eyes and smile it would be a good day. As he ate a simple breakfast of biscuits, bacon, and coffee, he would think about how many newspapers to buy. If he really felt good he’d order half again his normal quota. If he did not feel good he would order only half as much.

Seeing a beautiful woman on her way to work, he’d visualize himself selling her a paper. Seeing a well-dressed man, he’d think, “That one’s gotta be good for a dime tip.” If he saw a policeman, he would see himself handing the officer a paper and the policeman smiling at him. Passing a stockbrokers’ office, he’d imagine the brokers busily engaged in reading one of his newspapers.

He related everything to newspapers. They were his life his world, his reality. Everything he was conscious of he would in some manner relate to newspapers.

He believed himself to be a small, raspy-voiced failure of a man capable of selling only newspapers and so he was, for he accepted only information which reinforced that belief. He enclosed himself in a structure he himself had built, brick by brick by brick. Every time he bought himself a worn-out pair of second-hand pants he added a brick. Every time he brought home a stale, crusty, day-old bread to save fifteen cents he added a brick. Every time he sold a newspaper he added a brick.

In the mornings, as he slowly pushed himself out of bed, he saw himself selling papers and being tipped for his efforts. In the evenings he thought over the day’s events and smiled because of tips or sulked because of torn papers. It was then he added the mortar.

And so he lived, and so he died, never knowing that he was an eagle all the while. An eagle bound with the most senseless chains of all. Those of limited awareness. For what good is being an eagle if you believe yourself to be an earthbound mud hen? Believe yourself to be a mud hen and you will not only see one in your mirror, you will view the world from that perspective.

After I told the story Leon raised his hand. He asked, ‘How could Bobby have changed? He was who he was.’

‘No Leon, he was who he believed himself to be. He was who he thought he was.’

‘Well what’s the difference?’ Leon asked.

‘The difference is that you have control over who you think you are. Let’s take the story apart to see how our mud hen could have turned into an eagle.’

The message in the story is simple; if you keep thinking and doing things the same way, you should expect the same result. When a person gets up in the morning and the images in mind are of the day and the job and the work you set up energies that bring about the very thing that you object to. The story of Bobby is an old one. I first told it in
1955 more than fifty years ago. And it’s a true story although it seems to be a made up one. At the time I lived in West Hollywood.

On the corner of my street was a middle aged man who sold newspapers, his name was Bobby and I bought a paper from him just about every morning. The thing I remember most about him was smoking. He always had a cigarette between his lips keeping it there until it burned down to a lip burning stub at which time he would put his papers down, take another cigarette from his pocket and light the new one with the butt of the old one. I saw this fellow every day for almost a year and never, ever saw him without a lit cigarette, between swollen lips, in a corner of his mouth. I asked him once, as I’m sure many others did as well, ‘how many cigarettes do you smoke a day?’ and he just shook his head and shrugged saying, ‘I don’t know but I know they’re killing me.’

And then one morning, there was a new person on the corner selling newspapers. I bought one and asked him where Bobby was. ‘He died last night,’ was the reply. That was one of the last times I heard about Bobby but I thought about him and asked around. He had been on that corner for twelve years; more than a decade of building himself a place in life that he walled himself up in. A hidey-hole. Cigarettes were his security blanket and his only joy in life. They eventually killed him but he could no more give them up then he could breathing. He was stuck in that place he had created by repetition over the years.

Leon didn’t smoke, his security blanket was the races and he understood that right off. ‘How do you let go?’ was his question. And although it seems like a simple enough question it is not. It’s not easy to let go of something that is familiar to go into the world of change with all the unknown qualities. He may have hated his work but it was routine and familiar. Familiarity is comforting; change is going into the unknown and takes a bit of courage. The longer one hangs on to the familiar, even though you know it stagnates you, the harder it is to let go. To tell Leon to find a job he liked and to stop going to the race track would be akin to telling Bobby to stop smoking. First you have to offer something better and then show him how to go about getting it.

Leon’s problem was that he had an inner need to compete with his high school friends who had gone on to college and made it big in the world. One of them was a real estate developer, another a doctor, and his childhood best friend was a wealthy internet merchant. He felt that it would be impossible to achieve what he felt was the heights of his friends and so simply gave up. In doing so he turned himself into a negative magnet, attracting the refuse and debris of life.

Well he was at my seminar and so had taken the first step. Next was to do things differently. Once again, do the same thing you did and you will get the same result. The step that Leon had to take was to make a change. What kind of change? It really doesn’t matter—so long as his intention was that the change would have a positive effect on his life. The first change he made was in competing. He decided to compete not with his friends, nor for that matter with anyone else; he decided to compete with himself, and that was his key to change his life forever.

His first change was his car. He couldn’t afford a better one and so he sold his car and got an older one but the difference was that this time the purchase was done with intent, he decided the car was to be the vehicle that would carry him to success. He
energized some water as he learned in the seminar and sprinkled it over his new, older car. Now every time he got in the car he felt the new energy, something good was going to happen today was were his thoughts every morning as he drove to work. As he drove to work his thoughts were no longer on dreading the telephone but on what he could do to better his life. He knew all about telephone soliciting why not put that knowledge to good use?

As he drove along Ventura Blvd a main street in Encino he noticed a restaurant that had just opened up. He stopped the car and went inside ideas still forming in his mind. The restaurant wasn’t opened for lunch as it was too early but Leon asked for the owner who appeared and looked at Leon questioningly. ‘What would it be worth to you if I could show you how to double your business?’ Leon asked.

The man smiled and asked what Leon had in mind. By then Leon’s mind was racing he told the man that he would call every single household in the neighborhood and tell them of a special that the restaurant had that week. The restaurant owner asked how much it would cost and Leon replied ‘ten percent of your increase.’

Two weeks later there was a line in front of the restaurant and Leon was on his way. He quit his job at Global Marketing and started his own company. Soon he had ten phone solicitors working for him, his specialty, restaurants.

And the mud hen turned into an eagle.

On the next module you will find the meditation exercise that Leon and hundreds of others have used to break from their old way of life that was keeping them from the things they wanted and the catalyst to change for a newer, better self.

The module is to eliminate the negative programming of the past that is causing you problems now and will tend to cause more problems in the future. Just go along with the meditation and I will help you to get to the point of concentration where you will get to that original cause that is creating problems for you now. When you reach that point don’t judge or critique where you are imagining you are. Whatever you come up with just imagine it and walk through the scene as though you were invisible to whatever and whoever is involved.

So find yourself a comfortable place where you will be undisturbed for fifteen minutes or so and we will begin.

**MODULE 18**  
**MEDITATION – Destroy negative programming**

Make yourself comfortable and just relax,

We will start with a 3 to 1 count. Meditation exercises are not to be played in a moving vehicle; this is a meditation exercise.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.
Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

To help you enter the relaxed level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, relaxed level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,
8 - 7
6 - deeper and deeper,
5 - 4
3 - deeper and deeper,
2 - 1

You are now at a pleasant, relaxed level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way. Whenever you enter this relaxed meditation state, you will mentally say, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER."

Relax. Relax and direct your attention to your eyes. Now direct your attention to your lips and jaw. Relax your lips and your jaw. Direct your attention to your head and neck. Relax your head and neck. Direct your attention to your body. Relax your body. Direct your attention to your arms and hands. Relax your arms and hands. Direct your attention to your legs and feet. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

(Pause.)

Repeat mentally after me: "Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do."
Relax.

In a moment you will go back to an earlier time; an earlier you. It will be a time when something happened to create a problem that you are having with prosperity and good fortune. It may be something obvious, it may not. It may not seem to have anything at all to do with the problem. Do not judge it or critique it or question it. Just walk through the scene as though you were invisible. View the scene, imagine it, but don’t interfere with it just imagine it.

I am going to count from one to three and at the count of three you will go back to an incident that is having a negative effect on your reaching a state of prosperity.

Whatever you sense, just allow to happen. Imagine it, daydream it, create it, sense a scene in the past.

1, 2, 3, allow yourself to go back.

You are now back to an earlier you. Walk through the scene that you are imagining. Take your time.

(pause) 30 seconds.

Relax.

At the count of three come back to the present.

1, 2, 3, you are now here in the present. Recall the scene you walked through. Get a sense that the scene is a photograph. An entire book of photographs. Imagine that book of photographs of the past event that was causing you problems. Now see the book moving away from you getting smaller as it goes. Imagine the book of photographs is getting smaller, smaller as it flies off into the distance. And now the book of photographs has disappeared, never to reappear.

And so the incident has been wiped out. If ever that scene comes back mentally yell out ‘stop’ and hurl the scene into the horizon. The scene has now been erased.

And now you can start the journey back, the journey back to the land of prosperity, affluence, and success.

Relax.

In a moment I will count from one to five and snap my fingers. At that moment you will open your eyes be wide away and raring to go.

1, 2, 3, coming out slowly now, 4, 5, eyes open, wide awake. And today is truly the first day of the rest of your life.

**DISK FOUR**

**HEALING**
Module 19
The dynamic thrust

Basically there are three forms of consciousness, the physical, the mental, and the spiritual; why not come up with healing methods and techniques for each of them. Here are three methods of healing each one dealing with a specific consciousness. What would the world be like with no illness, no disease, and no health problems? Probably we would all be like the wonderful one horse shay that was built in such a logical way it ran a hundred years to a day. Every screw, every nail, every piece of wood was built perfectly. When one thing went, it all went, and after a hundred years and a day, a screw went, and then the nails, then the wood itself and then it simply fell apart.

We are all meant to be like that wonderful carriage. Every organ working perfectly until it wears out totally, and because they would be perfect every organ would wear out at the same time. You’d be in perfect health lasting not a hundred years and a day but 149 years. Where did I get that figure from? An octave has 7 notes and then we go into another octave. Our lives are set as octaves. We change every 7 years. When a person is 3 octaves old, or 21 years, that person is considered having entered the threshold of maturity in every society on the planet. Living for 21 octaves, or 147 years should be the norm. Instead it borders on the impossible, now why is that? Let’s see if we can discover the reason. These first modules will deal with the physical healing of the body. Then we will deal with Emotional healing after which we will take on spiritual healing.

There are thousands of examples and theories of how to achieve good health and longevity, a recent one about Okinawans who are supposed to have an average life span which exceeds eighty years of age, which I personally do not think is remarkable but it is longer than other countries. The Okinawan life span is attributed to diet and a stress free environment. Well, I have to look at a few facts. I have been on Okinawa; I was there in 1946 as part of the American occupation force. The people I met at that time were my age or a bit older which would put them in their 80s at the present time. During their formative years they certainly did not live in a stress free environment; what could be more stressful than planes dropping bombs near you and on your loved ones? Or an invading army with machine guns blasting away and fire spewing out of flame throwers? No it wasn’t the stress that did it although I will be the first to say that a stress free environment is paramount in achieving a healthy life, but there’s more to it than that.

Eubie Blake, the great pianist and composer lived to be one hundred, he even played a concert on his hundredth birthday. His favorite food was a jelly doughnut which he usually ate about three in the morning after puffing away on a last cigarette. It seems as though no single factor leads to a long and healthy life. Food is important yes, a relaxed life style is important, yes, moderation in all things is important yes. It’s best to avoid tobacco, sugar, alcohol and processed foods, yes. Exercise is important, yes. But none of those things guarantee good health, or a long life. There have been approximately 17,500 books written over the years on diet, health, energy, and longevity, most of them contradicting the other; and all written by genuine authorities.
So very many books on the subject of health that one author, Paavo Airola, wrote a book about health and diets and titled it, Are You Confused? Few people knew more about health than Mr. Airola; he was 65 years old when he died.

Jim Fixx was the prince of exercise, he ran more miles than I drive, few people were in better shape, he didn’t smoke, ate right and jogged every day of his life until he died, while running, at age 52.

George Osawa, quite possibly the one man you expected to hit the 100 mark unfortunately left this world at age 73. Osawa was the creator of Macrobiotics, the diet that dominated the 60s and is still an important factor in health stores today.

I could go on and on, but you kind of get my point by now. Sure genetics has a hand in it but that’s no guarantee that you will live longer than your grandmother. What, oh what then is the answer? After all you are listening to my healing methods and you are entitled to an answer. I’m going to tell you when and how I discovered I could heal other people and what healing power has to do with health and longevity. You will also learn that you too are a healer and how to use Quantum Absolution healing method.

What I’m about to tell you is not to tell you what I can do. It’s what you can do. If you just do the same thing that I am now going to tell you I did, you should get a similar result; providing that your intent was there, you were emotion free, and you used a catalyst. More on that in a moment.

It was a pleasant Southern California day when I started teaching my Supermind seminar in the San Fernando Valley section of Los Angeles. I had been a Silva instructor, a professional hypnotist, a teacher of Feng Shui, a trainer of the great hermetic principles and a yoga practitioner. My first exposure to healing came while I was stationed in Korea in 1946. I questioned much of what I had learned and in doing that developed many variations of the various healing methods. I first realized this when my friend Ken Hodgekiss walked into my office with his wife Carolyn. She looked like she was in pain and I asked what the matter was, she told me she had a very bad migraine headache. Filled with positive energy, I had just begun to teach the ‘Supermind techniques’ I asked her if she would like me to take her headache away. “Don’t touch me!” she said.

I didn’t. I put my hands over her head and imagined energy flowing out of my left hand, going into her head, and flowing back into my right hand. I held my hands over her head for ten seconds or so. A funny look came over her face and she said, “It’s gone. What did you do?”

As I didn’t know what I did, it was difficult for me to answer. It did get me thinking though. Was it a coincidence? I didn’t really think I did anything spectacular but her headache was gone. The following day I was invited to hear a pianist friend give a private concert for a small group. My friend stopped in the middle of a Chopin sonata; she excused herself saying she had a shoulder problem and couldn’t play any longer. I asked if I could help and soon found myself with my hands a few inches away from her shoulder while I imagined energy pouring from my hands into the shoulder. She smiled, and a minute later was playing and grinning like a Cheshire cat.

I walked into a store that same day and the sales lady wanted to know if I had any aspirin, I said no and asked if she had a headache. She said yes and a moment later I had
my hands above the head of a very confused lady. After a few seconds she looked at me funny and said, “What did you do? my headaches gone.” I just walked out. This happened again and again. Many, many times. Then I started to teach the technique to hundreds of students every month. After a few years I began to experiment with a variety of methods. Everything seemed to work. During the National Guild of Hypnotists annual convention in New Hampshire I was lecturing on Quick and Easy Healing techniques and asked for everyone with a problem to come up to the stage. Thirty five people out of the five hundred there had some sort of pain. I had to do something different or I’d be there all day. And so I borrowed a scarf from a woman and using it as a catalyst, with the end of it in my right hand I grabbed it with my left and drew my hand over it eight or ten times. I told the group I was sending my healing energy into the scarf. And then one by one people came up to me and told me where their pain was. I drew the energized scarf over the painful area once or twice and soon all 30 reported the pain was gone. I must say I was as surprised as anyone there. The scarf was a channel or catalyst for the energy; I called it an energized catalyst.

It seemed as though just about anything I did would work. I told that to a class and decided to demonstrate a new method I had thought of; it was based solely on intent. A student of the class had been limping for many years due to a gunshot wound during one war or another and had a painful toe since the incident. I really didn’t think anything would help and so I thought of the wildest thing I could at the moment. He stood in front of me and I said watch my eyes. He looked into my eyes and I took his right hand and squeezed the web between his thumb and forefinger. Gently rubbing I asked him if he thought it was going to rain tomorrow. He said, ‘huh’ and looked confused, which was exactly what I wanted. I didn’t want him thinking about what I was doing. My mind was on other things as well. I squeezed gently for about fifteen seconds. When I stopped squeezing he tested his foot and started to walk, no pain.

Then I thought I would try something else and at my seminar in Hawaii, during the healing portion of the seminar people were asking about self healing. Sometimes, when healing oneself, many other factors come into play. I’ve always felt it had to do with the magnetic field of the individual and when they work on themselves the field is neutralized. Kind of like putting the positive with the positive ends of a magnet together; you would not get any kind of cohesion. I thought about using a catalyst. Something like the scarf I used at the NGH convention. You may have seen me do that on youtube. Put the healing energy into something else and allow the subject to draw the energy from that.

An example of that being carried out on a mass basis was done in London on September 1, 1992 by Uri Geller. He energized, or put healing energy into orange printers ink for the Daily Star, a local tabloid newspaper. In the middle spread of the paper was a large round, orange dot, the text alongside the dot read “Touch the Dot and think of the wonderful things that could happen to your family.” The next day the paper reported, “Hundreds reported astonishing happenings after touching a special orange dot printed in yesterday’s paper. People desperately seeking work suddenly got job interviews. Others wracked with aches and pains which doctors could not cure were miraculously relieved of their suffering.”
It was a remarkable demonstration of the power of a healing catalyst. Two days later the paper was flooded with calls from people who reported healings, thousands of them. I happened to be in London at the time after presenting seminars with Geller and can personally attest to the phenomenon.

Thinking about that I decided to do something similar but on a smaller scale, actually one on one. During that seminar in Hawaii a woman had a problem with a lump on her head. She was fearful it was going to be a major problem. At the time I was demonstrating the fact that as long as the healer had confidence it didn’t really matter what they did, so long as they did something, and their intent was to help. Intent, is vital.

I went to the front of the room and drew a figure on the board. Just a scribbled figure that took about ten seconds to do, with an extra circular scribble where the head would be. It was sort of a stick figure with many extra lines. It was ultimately to be known as a ‘Dwadle’. I asked the woman to stare at the Dwadle for 30 seconds which she did. Feeling for the lump she very excitedly reported that it was gone. After that I used the Dwadle extensively for a multitude of problems. I even put a headache Dwadle on the internet for a while and many people reported looking at it and having a headache disappear.

So then, what does all that mean? How will any of that be of help to you? Let me tell you what I believe. I believe that everyone can heal. All it takes is a sincere desire to help someone. But not to the point of strong emotions. That means that the hardest people to heal are those closest to you.

But what is most important to this art of healing are a few things you must have to be effective. The first is INTENT, you must intend to heal. The next point is the clearing of emotions. In addition I find the energized catalyst to be a helpful resource so let’s bring that into the equation as well.

The second thing you need is to be EMOTION FREE. You must get your mind off what you are doing. Oh I know that most practitioners tell you the opposite, that you should visualize the problem and then the solution… that’s fine so long as you view the problem and solution with a neutral mind, emotion free.

The more involved you get emotionally, the less likely you are going to think logically, and the more you are open to stress. This makes it a bit less likely you will be in a position to heal.

It’s the reason that a surgeon will not operate on their immediate family. They care so much, they may make a mistake. And I suppose everyone has heard that old homily, attorneys who represent themselves have a fool for a client. For the same reason. They care too much.

One more important thing is the ENERGIZED CATALYST. This is what you utilize to act; and to heal. You might call it a physical healing metaphor. I sometimes use water as a catalyst, sometimes a scarf or handkerchief; I’ve even used a sheet of paper and a squiggly stick figure drawing. And every one of them worked. To get the catalyst to work you must first energize it. Here’s how:
1. Clear your mind, you want to be emotion free.

2. Think about the palms of your hands. That will energize your palms.

3. Rub the cloth through your hands five or ten times.

4. If using water fill a glass put it on the table and standing a few feet away thrust your extended fingers at the glass of water stopping about an inch or two away. At the same time create a one word though such as ‘heal’ or ‘energy drink’ or ‘blessing’ or whatever it is you want to energize the water for.

5. Rub the cloth on the affliction or problem.

6. Sprinkle, rub, or drink the water.

I recommend keeping each healing technique to no more than thirty seconds. I will be telling you that again and again. It doesn’t take a lot of time with any of these techniques that you will learn here.

Now then to use the catalyst you must take an action; you have to do something. What? It’s the taking of an action whose design is to send healing energy. What kind of action? People will ask. My answer, it doesn’t matter. A healer will heal no matter what method they use.

Case in point. Next time you have a headache get a handkerchief or a small cloth or towel, wet it, then slap it on your right hand, and slap it on your left hand, and slap it on your right hand, back and forth for 30 seconds. And then put the cloth on the part of your head where you feel the ache. Take it away and put the cloth in the sink. Obviously the cloth is the catalyst. Slapping it back and forth energizes it.

Do the same thing with any problem you have, or any friends have. You can also use the same method for a pet.

Once again, an energized catalyst is any object you use, after giving it healing energy, that transfers that energy into an affliction; it could be water, an icon, a cloth a candle, an image on a sheet of paper; or just about anything. I’ve even used cake as a catalyst when I worked with a woman who was having a problem getting her child’s problem resolved. I taught her the procedure and it worked as well as any technique I could have taught her. You might wonder how in the world cake can be used to heal. I stood in front of the cake and thrust my extended fingers in the direction of the cake and spoke loudly the word ‘HEAL.’ Her little girl who had a stomach ache ate a forkful of cake and smiled. The pain had left.

Module 20

PLACEBOS

Healing is a relatively simple matter. Some time ago I learned that people could heal other people from a distance as well as in their presence. I was amazed! Before my first healing event took place, I would have avoided anyone claiming such powers. I did not believe it was possible. All of the healers—the popular healers, faith healers, spiritual healers—I did not feel they really healing I thought there was some sort of
hysteric mode set up in the arenas where they seem to perform. I just couldn’t relate the
healing to anything but a sort of mass hypnosis, or trickery of some sort. I was so amazed
the first time I healed someone that I didn’t quite believe it myself. I felt that they were
saying they were healed only to make me feel better. The second time it happened, I had
the same feeling. But when it happened again and again, I had to stop and consider
exactly what was happening. And then when I healed two people who had no knowledge
that I was even working on them, I began to realize there was more to this business of
healing than meets the eye.

As I became more and more successful with healing people, my reputation grew,
and people called to ask me to correct certain situations in which they were involved,
and, much to my amazement, the success ratio was extremely high.

What was doing it? Was there some sort of exotic energy that I had accidentally
tapped into? I didn’t know.

I read about the various healers, the methods they used, to see if there were some
sort of tie, a common denominator that everyone was more or less involved with. I read
of the psychic surgeons, of the etheric surgeons, of faith healers, spiritual healers, the
ancient healers of Hawaii, the witch doctor of Africa, the aboriginal healers of the
Americas, and various primitive societies throughout the world.

They all seemed to be working quite differently, and yet they all healed. They
certainly worked differently from me. Or did they?

After much study and after years of working with people, I came to understand
that there was a common denominator that all healers seemed to have, and that was our
familiar trio of intent, emotions out of the way, and using some thing as a catalyst.

It seems that for a healer to be successful the primary requisites are: 1. Intent, you
must as a healer, have an intention to heal. That is your purpose. If your intention is to
heal then you will heal.

2. Emotion free. You must keep your emotions out of the way.

3. Energized catalyst to facilitate the healing.

Having taught my method of healing to thousands of people, I would say that by
simply reading about it and utilizing this method, you too can heal—providing of course
that you have the desire to heal. If you do attempt this, I would recommend trying it the
first time on a simple headache. There are energies that are put into action through the
imagination, which are stronger than most people think them to be. Where do they come
from? We are not privy to this information at the present time. Perhaps, at some time in
the future, someone will make a discovery and it will be a relatively simple, physical
thing.

This is how I go about healing. Let us say I am working on a person with a
headache. First, I have that person relax. It isn’t important that he or she believes I’m
going to be successful in healing. The other’s belief is not what is doing it. My belief is
important. My belief, of course, is quite strong. I have the person stand or, in some cases
lie down. For a headache I will have the person stand. I ask what part of the head
affected.

I take my two hands, and rub them together. I do this because the energy that
pours into the afflicted area I feel as a warm ray. To start the feeling of this warmth I rub
my hands slightly. It is not the physical warmth that I want, but I am stimulating the
feeling, my memory of the warmth, and so I rub my hands together. In this case my hands are the catalyst, rubbing energizes them. I take my left hand, hold it over the affected area, perhaps an inch from the head, and hold my right hand about six inches away from my right hand. Also an inch or so away from the head. Now I visualize a healing energy in the form of a light, and I just see my left hand turn into a flashlight. That healing energy is going into the person’s forehead. I don’t touch the individual. I hold my hand from one to three inches away. Sometimes my hands are one-half inch away, sometimes six inches away. It doesn’t seem to matter. I will visualize this healing light, or energy, coming out of my left hand into the affected area and coming out into my right hand.

During this period, with eyes closed, in a highly relaxed, concentrative state the outer senses are blocked so that the inner subjective senses can work. By total concentration on the visualization, great energies spring forth.

So we have a horseshoe effect of this healing energy. I hold my hands as described, and visualize this energy going into the affected part (in this instance, the forehead) for ten seconds. While I am doing that I view the pain as something. What does pain look like? Pain doesn’t look like anything actually, so you have to turn it into something. This is symbolism. It doesn’t really matter what you turn it into. I generally see a headache pain as a knot. What do you do with a knot? You untie it, of course And so my imagination I untie the knot. After the knot is untied I see the person five or ten minutes from now smiling, very happy, shaking his head and saying, “The headache’s gone!” My expectation of the healing had taken place!

That is the entire method. My intent is strong. I do intend to heal. My emotions are at neutral because my belief is strong. I know that I can do it. I’ve done it often. Expectation is visualizing the knot untied and seeing the person happy in the future. Whether that point in the future is five minutes or five months depends on the degree of the illness.

That is how most healers work. There is one more factor in healing that a lot of primitive societies understood and we’re just beginning to understand. That factor is confusion. It’s not important for the individual to believe the healing will take place but occasionally the person stubbornly blocks the healing. When that happens, a great many healers open the mind to healing thoughts through confusion. We confuse the mind. I generally use a nonsense question. If I feel the person is blocking, I will ask a question that has no answer, or I will ask a mathematical question such as, “Oh, by the way, how much is three and three-quarters by two and a half?” At that instant, the mind is wide open and I will visualize the healing.

See how well this fits into healing procedures of primitive tribes where a shaman or a medicine man dances around his patient with all types of paraphernalia: grotesque mask, beads, bells, spears, perhaps drumming and yelling. This is primarily to confuse that individual. When the individual is confused, the healing thoughts go in quite easily, and a healing takes place.

There’s much ado now about the placebo effect in the medical world. What is the placebo effect? No one knows. But when a person is given a pill that has no intrinsic value whatever—a pill composed primarily or exclusively of inert ingredients—and is told that it is a drug that will help an affliction, the patient responds in many cases as though that particular placebo is the actual drug.
No one quite understands exactly why this should be. Apparently, the body’s system has the ability to create chemicals to respond or effect a change in parts that would be benefited by the actual drug if it were taken.

One example of this effect took place quite recently. Two hundred people were involved, all who believed in the beneficial aspects of vitamin C when taken in heavy dosages during a cold. These two hundred people were separated into two groups, one hundred in each group. All of these people had colds. One hundred of them were given a placebo and told that it was Vitamin C. The other one hundred were given vitamin C and told it was a placebo. The hundred people who were given a placebo and told it was vitamin C had a much shorter period of illness and were back about their business very soon. However, one hundred who were given the actual vitamin C and told they were given a placebo had to run what was apparently the entire course of the cold. The mind is the overriding factor with respect to a placebo—a further demonstration of belief.

Carrying the placebo effect a step further, we find that the mind is the overriding factor in all illness, in all problems. Not only illness of the body, but also illness of the pocketbook, social life, or any area of your life that you have problems.

The percentage of people who are affected strongly by placebos is rather small at the present time. However, the fact that a percentage can be established at all lends a great deal of credence to the fact that placebos do have an effect on the mind which, in turn, produces a beneficial effect on the body of the person.

Is it the placebo effect at work during a healing in the mind of the healer or the one being healed? No one really knows. We don’t quite understand why the percentage of healings when a healer is involved is vastly higher than when placebos are involved.

When a person takes a placebo and believes it to be a drug and does indeed have a cure or an efficacious result of the placebo, then, of course, expectation is coming into play. The placebo is expected to have a beneficial effect, and so it comes about.

Of course, there are a great many people taking pills who don’t really expect any benefits from them. If an individual like that took a placebo, there would be no effect whatever. And chances are the actual drug would have little effect, although the body has learned certain responses to chemical materials. The body forces would produce chemicals, but whether those chemicals would have a strong beneficial effect without the expectation of the individual is one of those questions being studied at present.

When a healer works on an individual—a psychic healer, a faith healer, a spiritual healer, or any of the other varied and sundry healers of the world—one of the strong forces at play in the healer’s bag of tricks is expectation. Is this a mental placebo? We don’t have the answer yet. Perhaps soon, hopefully soon.

What the healer does is set up the expectation of the event already having taken place. During the absent healing techniques we bring a great deal of expectation into play. Much expectation, much belief, and also, of course, much desire. See how much desire comes into play when an individual uses one of the healing techniques at the meditation level.

Module 21

Meditation  Before the healing. The emotion free zone.
Close your eyes, take a deep breath, and when you exhale mentally repeat and visualize the number three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times. Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times. You are now at a deeper healthier level of mind. To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you reach the proper depth of meditation imagine that you are on the top of a stairway, there are fifteen steps. You are going to mentally walk down those steps one at a time, each time you descend another step you will allow yourself to go deeper into the meditation. You’re at the fifteenth step, step down to the fourteenth, the thirteenth, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, and one.

You are now at a deeper healthier level of mind. You are now and always in complete control of your state of mind. You can open your eyes. You can be fully alert anytime you wish to be. Every time you enter this relaxed state you know that you are getting better and better in every way. Whenever you enter this relaxed state you will mentally say, “Everyday in every way I’m getting better and better.” When you say these words sense yourself improving in all areas of your life. Sense yourself getting better and better.

You are now completely relaxed.

Allow the following words to be remembered and recalled whenever you need them.

Repeat after me. I am a healer. I can help others. I can help myself. My intention is to heal. I will keep myself emotion free while doing the healing. I will use an energized catalyst.

That’s fine. You may use as a catalyst water, cloth, or anything else you can conceive. To energize it rub it through your hands, or direct a beam of light out of your forehead into the water or whatever you are using.

At this time imagine that you have a glass of water in front of you. Pick it up and hold it at your forehead. Imagine a beam of light coming out of your forehead into the water. Now imagine the water is a healing water to heal whatever you want to heal with respect to yourself. And now imagine drinking the water.
That’s fine. And that’s all there is to it. Do it again at the physical level. Relax.
Allow that material to enter your subconscious so that you will understand and be able to use it whenever you wish.
You may listen to this module again and will gain even more information as you consider how many ways you can use the concept.
In a moment I will count from one to three, at that moment you will open your eyes, be wide awake, feeling better than before.
1, 2, 3, eyes open wide awake.
Thank you.

EMOTIONAL HEALING
Module 22

Health is one of those elusive issues on which few scientists can agree. What causes ill health and what are the causes of good health? It’s generally accepted that many of the effects of both poor and good health are initially caused by an experience, an emotion. We call this the “mind getting in the way of the body.” The Psyche getting in the way of the soma, or psychosomatic illness. Some scientists come up with various figures with respect to psychosomatic illnesses. Some say fifty percent of all illness is psychosomatic others say seventy-five. Some scientists rather liberal with respect to illness state ninety to ninety-five percent. Some of the metaphysical practitioners have reached the conclusion that all illness is psychosomatic, that it stems initially from the mind.

Why? Few scientists can explain any phenomenon. As an example, no one can explain energy. No one can explain light. No one can explain how a cut heals, or why a cold flares up, or the reason for the cold in the first place.

No one can explain gravity. All the scientific community can do is describe the effects of these phenomena.

Smoking is detrimental and has been proven to have an adverse effect on health and longevity. And then there was George Burns who smoked a five cigars practically every day of his life and passed away at the age of 100. Was it attitude that kept him active for virtually all of his hundred years in spite of the smoking?

Let us pursue this train of thought and describe the effects of an illness and also a healing. It seems that in a great many cases a healer, whether called psychic, faith, spiritual, kahuna, witch doctor, metaphysician, practitioner, or whatever, does in many cases heal the person on whom he or she is concentrating.

How? There is an apparent energy that is somehow exported from the healer to the subject, and the subject is cured of whatever the problem might be.

When we describe the effects of an illness, those effects are obvious. In the case of a cold, sniffles, clogged passages, moisture, mucus, aches, pains and so on. When we
describe the effects of other illnesses, there is generally some sort of discomfort associated with that particular disease.

In the case of healing, of course, the effect is the negation of the discomfort; the discomfort is gone. In some cases the discomfort, even though seemingly chronic and having appeared years before, is nonetheless corrected by this apparent transferal of energies from healer to subject, or patient.

Why? What is happening? To simply say that germs or viruses cause illness is not enough. Indeed, they are the mechanism to create the discomfort, but they are involved in the atmosphere of everyone. We all breathe in air laden with germs or viruses. Someone coughs or sneezes in a crowd, and trillions of germs, perhaps beyond count, suddenly dissipate into the air and in many cases are inhaled. Why doesn’t everyone in the area get ill? It’s not enough to simply say that germs cause illness. We have to look further.

Metaphorically speaking each body has a germ proof enclosure, an energy field, that we will call an envelope. The envelope is a system of immunity that surrounds each individual from the top of the head to the bottom of the feet. It is there for the protection of the body against attack by the free-floating germs and virus.

Let us say further that this envelope has a specific thickness to retard the germ community. The natural function of the virus is to multiply and to recreate itself. To do that it must attack a weakened cell. Let us say that these germs, testing the strength of the field, find it impossible to enter and so grow and die, going through their complete cycle, never realizing their full potential, which would be to attack, multiply, and recreate themselves.

This envelope not only protects the physical but also the mental. Whenever there is an extreme attack, the envelope thickens in the part that is being attacked to ward off the invader. By thickening in one area, of course, the envelope thins in others. Normally, the individual, even with an envelope of extreme thinness, has enough energy to retard the attack of the germ community. The envelope is weakened to a great degree by the emotions of the person, for it also protects the mind. The primary consideration of this protective envelope is the mind, for therein stems the strongest area of potential damage to the individual.

So we come to the fact that emotions play an important role in the health of a person. When we have an exceptionally high emotional state, still speaking metaphorically, the envelope covers that portion of the mind to protect it. Let us say that a person has a death in the family, a very close loved one. The emotions stimulated by that experience weaken that individual mentally, and to strengthen that portion of the person the envelope thickens about the mind. When the envelope is strengthened at the mind, it is weakened throughout the rest of the body. And so the germs or viruses find easier entrance in the person who is emotionally unstable for a period of time.

When an individual reacts in a situation with a tremendous surge of fear or anger, the emotion creates a situation of great stress. More than one emotion comes into play and the envelope weakens still further, to the point where occasionally there is a tear and the germ community finds easy entrance to attack the individual.

As long as the weakening effect is there the person will remain ill. The illness peaks at the restoration of the envelope. Then the part that allowed the entrance of the germs thickens, once again lending support to the good health of the individual.
A headache generally comes when the individual is undergoing some tension, a dislike of something, a negative viewpoint, feeling of being trapped, that there is no way out of a particular situation. Much of the thinning occurs in this proximity of the disturbed area. Headaches and colds are among the first ailments to respond to a weakened envelope, or energy field. Is it a germ that causes a headache? Not necessarily. Here there is a straining of the field, and the strain acts as pain. The envelope looks to protect itself, keeps itself at a certain thickness to protect the body, reacts by creating this particular pain as a warning to the individual.

It might be saying something like, “Hey, cut it out! Stop this type of thinking! Stop this tension that is causing me, the envelope, to develop a weakness and so perhaps allow something in that is not wanted.”

Some people are so adept at moving this envelope around that they can indeed create their own reality in the form of illness, and there are other people who seem to require an illness for one reason for another. Some people use a symptom or illness to get something, either physical or emotional, out of the people with whom they are involved.

To some degree we all do something like this—just one more reason for the weakening of the envelope. Many people rid themselves of the illness either through standard medical practices or through psychic or spiritual healings.

However, if that person were using the illness for some sympathy game from another person or group of people and suddenly found that the illness had been removed, that person in all probability would find another symptom, another effect, another problem to elicit the same sympathetic response as the first time. This, of course, is using illness as a form of control over family or over the social environment. A type of physical problem instigated by the mind. You might say this is a form of mind power—a control of other people, providing these other people allow it to happen.

Continuing with the analogy of the envelope (which may turn out to be more than just a simple analogy), we find that to some degree the medical community accepts similar ideas. Many medical people accept the fact that sometimes before an onslaught of a disastrous illness or disease there is a highly traumatic experience in that individual’s life. A study of terminal cancer, going back eighteen to twenty-four months, shows there had been a high emotional, a negative emotional, experience in that individual’s life. Did that experience weaken the envelope to such a point that these particular viruses gained entry?

What happens in simple illnesses as colds, flu, and certain illnesses in children? What if these germs were very strong and were able to penetrate a normal envelope and the envelope had to be at full thickness to withstand the onslaught of these particular germs? Suppose the envelope were vibrating at a particular rate that would allow easy entrance to a germ colony with matching frequency. In the case of terminal illnesses, the leukemia or cancer cells, are weak and require an extreme thinning of the envelope or perhaps even a tear before they are allowed entrance. Not only would they be allowed entrance through a tear, but that tear would have to remain open for a time to allow the illness or disease to take hold in the individual.

Still using that analogy, consider an extremely emotional experience. When there is a death in the family, there is a great loss in a particular person’s life. A business partnership dissolves, a business goes bankrupt, or a marriage breaks up. The individual is affected in a highly negative manner. The way the person views the situation will
create the experience to which we are seeking to find the answer. If the individual views the experience in a totally negative manner then the envelope has to thicken considerably around the mind to protect it from insanity. The thinning or tearing takes place over a period of time. Ultimately the illness gains entrance in the form of germs, viruses, or some unsuspected element and builds to the point that results in the dread disease.

That being the case, is there any way of strengthening that metaphorical envelope of protection that is more commonly known as the immune system?

**Module 23**

**HEALING LOCATIONS**

Here is one of the great resources of healing. Every thought is projected by your brain, to a specific location on your mind/screen. Allow me now to get into this concept more thoroughly. This is one way to strengthen that metaphorical envelope of protection that I have been speaking about. Metaphorical in that it is created, built and is either strengthened or weakened by your attitude and that means how you react to things you like and to things you dislike.

When you think about something you dislike it has a specific location on your mind/screen. And when you think about something you like, it too has a specific location on your mind/screen. Your mind/screen is that area usually in front of you that you visualize things.

Imagine that in front of you is a giant clock. The locations are designated by the numbers 1 through 12. Twelve o’clock is on top, three o’clock is to the right, six is on the bottom, and nine is on the left. Or you can see them as 12 is north, 3 east, 6 south, and 9 west.

One of the great uses of this idea is that of controlling the locations of thought. This gives great power to the brain. You can test this right now by thinking of something you neither like, nor dislike. Something you are neutral about, like a fresh orange. Whatever it is you are thinking about you will notice the location is pretty much in the center of your mind/screen. That is providing there is no strong emotion involved. An emotion is any thought that has like or dislike attached to it. If you are thinking about cheese and you either like or dislike cheese it will be off center. When you determine the location, if you tie it in with the image projection you have established the location for that emotion. Let me simplify this as an understanding can be an extremely useful resource for a weight control.

Food is what we are using as an explanation concept but the location on your mind/screen can be people, events, or anything you dislike, or like. In other words, anything that you are even the slightest bit emotional about.

Say that you like cheddar cheese and you sense the cheese at the ten o’clock location on your mind/screen. Ten o’clock would be higher than the center and to the left of the center. Then think of a cheese that you dislike, say limburger cheese. You will find
that the thought of limburger is in a different location. Let’s say that you sense the location of the limburger to be at five o’clock; lower than the center and to the right.

Fine. You have learned that the brain projects things you like to one location on your mind/screen and things you dislike to a different location. When you have established the various locations for different things, you will have control over the foods that are causing you to gain weight. To recap: The cheese you like is sensed by you at the ten o’clock location on your mind/screen. The cheese you dislike is sensed by you at the five o’clock location on your mind/screen.

If you were to consciously move the cheese you like to the five o’clock dislike location you will find an immediate dislike for cheddar cheese. Move the limburger to the ten o’clock location, (the like location) and you will find an immediate liking for limburger cheese.

Once you are aware of this, and begin practicing with foods that are causing you trouble you will find you can use the resource to change your likes to dislikes, your dislikes to likes. You will have control over your emotions because you will control the location of your thoughts.

First you must identify your locations. There are no fixed mind/screen locations. Everyone is different. Mind/screen locations are like fingerprints, no two are alike. Your locations may change with emotional adjustments but they will remain pretty much the same.

To change an emotion, consider the thing you are emotional about. Determine how much like or dislike is involved. Project the opposite emotion on your mind/screen by thinking about the other thing or event.

Content is not necessary once the locations have been established. Say there is a person in your life you think about too often. You want to neutralize the thought as it bothers you. If the person is disliked, establish the location on your mind/screen. Say you come up with the three o’clock location. Now think about a person you are neutral about. You can take that person or leave him/her. You don’t care. That person is at location six on your mind/screen. TO NEUTRALIZE THE PERSON YOU DISLIKE, THINK ABOUT HIM/HER AND CONSCIOUSLY MOVE THE IMAGE FROM ITS THREE O’CLOCK LOCATION, TO SIX.

You will find you no longer think about that person, the thought has been neutralized.

Different things have different positions. The position five location may be dislike for food, but not for a person. Keep as close to the nature of the thought as possible. Work out the mind/screen locations for food, people, anger, relaxation, events, past occurrences, and for any other thing you sense with either dislike or like.

As with anything, the more you use your mind/screen, the more effective you will be at controlling your emotions, and utilizing the power of your brain.

Say that you have a festering dislike for your employer, or your work, or your home situation; that emotion, that dislike will weaken the metaphorical envelope of protection you have. If that dislike makes you angry as well the envelope tends to develop holes that foreign bodies such as viruses can get through. The negative emotions must be controlled to strengthen the envelope.
To control anger you must first establish the location of comfort on your mind/screen. When you are comfortable that is when the envelope of protection is at its strongest. To do that think of a time when you were completely comfortable. With that image on your mind/screen get a sense of the location. Say that it is at one o’clock just above and to the right of the center of your mind/screen. That’s your location for comfort. Now, whenever you feel anger, resentment, or stress, focus your attention at the one o’clock location and you will find comfort. Every time you feel any of those negative emotions coming to you, think about the location on your mind/screen and concentrate on that location.

There is a virtual infinity of positions for things on your mind/screen. The establisher of the position is your dislike, or like for the imagined item. The more like or dislike the easier to find the position. Once you get used to using the various locations you will indeed have developed true healing power and emotion control.

Now for the general emotional healing.

Your basic emotions are: Joy, Trust, Fear, Surprise, Sadness, Love, Hate and Anger. There are however a great many other emotions when you use our definition of an emotion being any thought that has like or dislike attached to it. Other emotions but by no mean all of them are, affection, lust, longing, pride, optimism, pessimism, imitation, exasperation, rage, envy, disappointment, shame, relief, enthusiasm, guilt, anxiety, worry, and so on.

As you may see, everyone, at one time or another will display most of these emotions. Virtually all of them will cause problems. Emotions will cause problems on the physical level as they will chip away at your immune system, the envelope I spoke of, and allow foreign bodies such as viruses and other germ communities to enter your system and wreak havoc with your cells.

Emotions also cause problems on the spiritual level where they lie about and create insidious problems. Dreams and subconscious dissatisfaction are cause by problems on the spiritual level.

The question will come up as to how to heal emotions. Or better yet, how to control them.

Quite possibly one of the most important things in our bag of keeping healthy resources is the ability to control emotions and remain calm when forces outside ourselves come in to disturb tranquility. When that happens stress enters the picture and virtually all health providers agree that stress is the number one reason for illness. It is said that a virus will cause the flu no matter what the state of mind is in some people but if that were the case why doesn’t everyone in the vicinity of the person spreading the virus get the flu; or a cold for that matter. People will say that it is the immune system that is at fault and that some people have a strong immune system and others a weaker system that protects against the invading viral forces. Stress, it is said, depletes and weakens the immune system. That being the case the question would not be how do I restore and remain in good health but rather how do I get rid of stress. So allow me to talk about that.
Stress is insidious. You may well be under a great deal of stress and not even know it. True when something of a highly negative nature happens you know it’s stressful but that unremitting stress that creates the most problems is one that few people know about but it is there, waiting, undermining all the positive things in your life. The cause of this number one cause of stress will surprise you; it’s not in any of the books, nor does anyone address the issue.

The number one cause of stress, and the one element that is sure to weaken the protective envelope is, and I’m speaking of the worse kind of stress, unremitting stress, continuous and unrelenting; that element is uncompleted tasks.

I told you it would surprise you. Uncompleted tasks. Things you have to do that haven’t gotten done, things you’ve been putting off. Most people aren’t even aware of the fact that they do indeed put things off, and I’m not talking about procrastination although that is a definite part of it. But what is the reason people put things off? The two basic ones are that it is distasteful, or that there is something else you would rather do. I personally have occasionally fallen into the trap of putting things off. I usually have four or five things that must be done and I jump from one to the other never quite finishing one before I get bored and start another project. When that happens I stop everything and make a short list. I’ll put a minimum of three things on the list.

Then I will meditate and concentrate on each of the things. When I have decided which of the three was most important, and I do this while meditating, I come out of the meditation and tackle the thing I consider most important. I do not spend any more time on anything else until that one is finished. When it is complete I meditate on the two remaining things to be done and when I decide which of the two is most important to do I come out of meditation and do that one, when it’s complete… well you get the idea. This is a great stress buster. And that makes it one of your prime Emotional Healing techniques.

**Meditation, clock healing.**

**Module 24**

Relax.

Close your eyes, take a deep breath, and when you exhale mentally repeat and visualize the number three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times. Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times. You are now at a deeper healthier level of mind. To reach a deeper healthier level of mind at any time, just take an occasional deep breath.
To help you reach the proper depth of meditation imagine that you are on the top of a stairway, there are fifteen steps. You are going to mentally walk down those steps one at a time, each time you descend another step you will allow yourself to go deeper into the meditation. You’re at the fifteenth step, step down to the fourteenth, the thirteenth, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, and one.

Relax.

You are now at a deeper healthier level of mind. You are now and always in complete control of your state of mind. You can open your eyes. You can be fully alert anytime you wish to be. Every time you enter this relaxed state you know that you are getting better and better in every way. Whenever you enter this relaxed state you will mentally say, “Everyday in every way I’m getting better and better.” When you say these words sense yourself improving in all areas of your life. Sense yourself getting better and better.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet. You are now completely relaxed.

Allow the following words to be remembered and recalled whenever you need them.

Every one of your thoughts is projected by your brain, to a specific location on your mind/screen. Your mind/screen is that area in front of you that you sense things. Imagine that in front of you is a giant clock. The locations are designated by the numbers 1 through 12.

When you think about something you dislike it has a specific location on your mind/screen. And when you think about something you like, it too has a specific location on your mind/screen.

One of the great uses of emotional healing is that of controlling the locations of thought. This gives great power to the brain. You can test this right now by thinking of something you neither like, nor dislike. Something you are neutral about, like a fresh orange.

Whatever it is you are thinking about you will notice the location is pretty much in the center of your mind/screen. That is providing there is no strong emotion involved. An emotion is any thought that has like or dislike attached to it. If you are thinking about ice cream and you either like or dislike ice cream it will be sensed somewhere on your mind/screen. When you determine the location, you have established the location for that emotion.

Once you are aware of this, and begin practicing with things that are causing you trouble you will find you can use the resource of Emotional Healing to change your likes
to dislikes, your dislikes to likes. You will have control over your emotions because you will control the location of your thoughts.

First you must identify your locations. There are no fixed mind/screen locations. Everyone is different. mind/screen locations are like fingerprints, no two are alike. Your locations may change with emotional adjustments but they will remain pretty much the same.

To change an emotion, consider the thing you are emotional about. Determine how much like or dislike is involved. Project the opposite emotion on your mind/screen by thinking about the other thing or event.

Content is not necessary once the locations have been established. Say there is a person in your life you think about too often. You want to neutralize the thought as it bothers you. If the person is disliked, establish the location on your mind/screen. Say you come up with the three o’clock location. Now think about a person you are neutral about. You can take that person or leave him/her. You don’t care. That will have a different position.

Think now about a person you like a lot. Imagine that person. Where on your mind/screen do you sense that person. If the mind/screen had numbers like a clock indicating the time; where would the person you like be?

That is your position for people you like. People you do not like have a different position. Now think about a person you are neutral about, that you neither like or dislike. The position you sense that person at is your neutral position.

TO NEUTRALIZE THE PERSON YOU DISLIKE, THINK ABOUT HIM/HER AND CONSCIOUSLY MOVE THE IMAGE FROM ITS DISLIKE LOCATION, TO THE NEUTRAL LOCATION.

You will find you no longer think about that person, the thought has been neutralized.

Different things have different positions. The position five o’clock may be dislike for food, but not for a person. Keep as close to the nature of the thought as possible. Work out the mind/screen locations for food, people, anger, relaxation, events, past occurrences, and for any other thing you sense with either dislike or like.

As with anything, the more you use your mind/screen, the more effective you will be at controlling your emotions, and utilizing the power of your brain.

To control anger you must first establish the location of comfort on your mind/screen. To do that think of a time when you were completely comfortable. With that image on your mind/screen get a sense of the location. Say that it is at one o’clock just above and to the right of the center of your mind/screen. That’s your location for comfort. Now, whenever you feel anger, resentment, or stress, focus your attention at the one o’clock location and you will find comfort. Every time you feel any of those negative emotions coming to you, think about the location on your mind/screen and concentrate on that location.

There is a virtual infinity of positions for things on your mind/screen. The driver of the position is your dislike, or like for the imagined item. The more like or dislike the
easier to find the position. Once you get used to using the various locations you will have developed true Emotional Healing.

Relax.
Allow that material to enter your subconscious so that you will understand and be able to use it whenever you wish.
You may listen to this module again and will gain even more information as you consider how many ways you can use the concept.
In a moment I will count from one to three, at that moment you will open your eyes, be wide awake, feeling better than before.
1, 2, 3, eyes open wide awake.
Thank you.

SECTION FIVE
SELF ESTEEM

MODULE 25 Self Esteem Training
A strong sense of self-esteem is generally due to feeling equal to other people, feeling that few people, if any, are better, or more comfortable with life than you are. Along with the feeling of equality, neither being better nor worse, higher nor lower than any other person comes the opinion of self that you're OK. When you feel neither better nor worse, higher or lower, then you feel equal to everyone. The one way we are indeed all equal is in what we are. How you see yourself and others. We obviously are not the same as other people. We are not the same as the opposite sex. We are not the same as a king, or a homeless person. We are however equal in that we all are human.

Every person in the world is a human being and in that respect we are all equal. A human being is just that – human as opposed to non-human. Every president, king, queen, emperor and empress is a human being. Every judge and homeless person is a human being. Every sanitation worker and millionaire, every pauper, every tailor and architect is a human being. Every attorney, artist, doctor, clerk is a human being. Every foundry worker, farmer and miner, every tramp and every captain of industry, every businessman and every housekeeper is a human being. You are a human being and therefore equal to every other human being on this earth.

Every human has their own unique qualities that make them different. Not better, different. You have your qualities. Everyone has their own qualities. There are things that you can do that no other human being on earth can do. There are things that every other human being on earth can do that you cannot do. The things that you can do are unique unto you. You are unique. You are equal to everyone else on this earth. You are a human being and therefore equal to every other human being on earth. You have
unique qualities that make you different. They have their unique qualities that make them different. No human being is better than you are. They are only different from you.

And in the infinite world of quantum jumping you are all of these people; every single one. You are a prince, princess, a president a famous actor, a singer, a musician, a doctor an architect. You are a judge a clerk, a ditch digger, a coal miner an unemployed carpenter. You have a twin self with every aspect of your imagination.

Imagine yourself at a gathering of people. A social gathering. There are all kinds of people at this social gathering. There’s a prince, a president, a famous actor, a singer, a musician. There’s a doctor, an architect. There’s a judge and a clerk, a secretary, a ditch digger, a plumber, a sanitation worker, a farmer, an unemployed carpenter and many others.

You and they are all human beings. You and they are all equal as human beings. You’re not better than or worse than the prince or the judge. You are not better than or worse than the farmer or the ditch digger. They are human. You are human. You are all equal. Every one of these people can do things that you cannot do. You can do things that they cannot do. You’re all different. Think of the things that you can do that the prince cannot do. Think of the things that you can do that the judge cannot do. Think of the things that you can do that the coal miner cannot do. Think of the things the coal miner can do that you cannot do. These things do not make the coal miner lesser than or better than any other person at this social gathering. You are all unique and have your own quality. You are unique and have your own quality. Your mind is unique and has its quality. You are equal to every other person on this earth.

During the following meditation exercise you will imagine this gathering of people with different professions and occupations. Mix and speak with them mentally. You are all equal. They are all you. Tell them about the things that you do. What you do. The things that you do that they cannot do. Speak about the positive nature of what you do. Mix with this group. Imagine that you are there.

Whenever you think of your occupation, what you do, think of the positive aspects of what you do. Everything that everyone does in some way adds to the whole and is a contribution. Think of the ways that you contribute. Think of the things that you do that help humanity. Even a leaf that falls to nourish the earth below makes a contribution. You make a contribution. Let every man be as a brother. Every woman a sister. If you are not willing to go that far, see them as cousins. And once again remember; they are all you.

When you view all people as either sons or daughters, fathers or mothers, and brothers or sisters, your view of the world changes and you can truly love your neighbor. You can truly see the positive aspects of your neighbor. They are no better than you. You are no better than them. All are equal. All are different. Accept people for what they are. They are they. You are you. Sense the positive nature of everyone and the world will be a better brighter place for you for everyone has a positive nature. When you are involved with a negative individual, remember that they are negative because they feel an inequity in life. They do not feel equal. You know better. You know that all are equal. You know that things are different, but equal in that we are all human beings. And you know that they are all you.
But is that all there is to it? Just changing an attitude? Let’s see. Your attitude is a way of thinking, the way that you think. Everything in life revolves around your attitude, when you change your attitude; you change you. Now the question becomes, do you want to change yourself? The answer to that would have to be yes, for why else would you be listening to a CD about raising your self esteem. It could be curiosity, I would agree, but even so, there’s a glimmering in all of us for change. Positive change, good change, a change that we’re satisfied with. The kind of a change that, when you looked back on it with a decade from now perspective, you would nod your head and be happy that you took that road. The problem with all the positives that go with change is a polarity that exists. What if the change turns out to be wrong, what if it’s a negative change, a change for the worse?

And that thought my friends is why change is such an ordeal. Does the word ordeal sound too harsh? A great contemporary philosopher, Eric Hoffer, wrote an entire book about, ‘The Ordeal of Change.’ It is difficult to change. Change represents the unknown; and the unknown is fearful because it’s unknown. When you deal with change, you also deal with fear. How much fear? Now we’re back to our old friend Attitude. The degree of fear is dependant upon your attitude. Ask the right question and you may get a helpful answer and the question is not how can I boost my self esteem and confidence, that will come about automatically when you tackle change, and to do that you have to have the right attitude. Now we come into the right question: How can I change my attitude? First of all know that even the unknown has been broken through and known by one of the infinity of twin selves of yours. And attitude is the key to just about everything.

And that is what the meditation exercises are all about; attitude change. When you reach the meditative state and visualize the equality of all people you are setting a pattern. It is believed by many in the scientific community that the brain cannot differentiate between the real and the imagined. When the imagined is under your control, you can manipulate your thinking, and therefore your attitude.

Kathy Pembrook is an executive in a large industrial company. She sits on the board of directors and was a student in a class I was doing on Self Esteem and confidence. She agreed with everything she heard but still had a problem. Kathy told us that during board meetings she would sit quietly and even though she felt she was bright enough, and had creative ideas, she never spoke up, just sat and listened without contributing anything to the discussions. I asked her why and she said that everyone at the table was a giant and she felt intimidated. She agreed that all the directors were indeed human beings as were all the rest of the workers in the plant but still, the board meetings scared her, ‘How,’ she asked, ‘can I change my attitude. It’s easy for you to say, but is there any kind of a technique I can use?’

Yes there was. A simple, almost childish technique, but one that worked very well. I call the method the ‘Polarity Switch.’ Here’s what I told Kathy to do the next time she attended a board meeting. “Kathy, you see yourself as a little mouse when you’re with the board. You said yourself that they are all giants, so what does that make you?”

After a moment, she smile, and nodded sheepishly, “A mouse?”
“Exactly. Here is what you do. Get to the meeting a few minutes early. Use the Bagha and as you meditate, visualize yourself as a giant. Create a mental image of the other executives of the board as small, diminished in size. Make them all tiny beings while you are the giant.”

Kathy later reported it worked so well she is using the Polarity Switch for many other things in her life.

That basically was it. The Polarity Switch is simple reversing the roles that you have accepted that cause a loss of confidence. Do recall that the brain does not differentiate between the real and the imagined. When someone is intimidating you it is because you have accepted their dominance. When you sense yourself as the dominating figure, even within your own mind, your attitude changes and you are better equipped to deal with the person and/or situation.

Here’s the way to use the Polarity Switch for other things in your life. Say that there is a person who bothers you when you think about him, or her, and it is having an effect on your self esteem. Think about the person, get a good image of that person, then using the Bagha, with your tongue touching the roof of your mouth, imagine the person first on the right side of you, and then the left side. Switch the person back and forth rapidly; this mixes up the person in your brain. Stop. Think of something that makes you feel good. Now back to the person who makes you feel bad. Mentally say, ‘switch’ and change the image to the thing that makes you feel good. That’s it.

Anytime someone intimidates you, switch the image of the person back and forth rapidly in your mind, from the area around your left ear to the area around your right ear, and mix the person up in your mind. Say switch and see yourself, briskly walking along the street with a smile on your face.

MODULE 26
‘Self Competition.’ 1,530 Words

Generally speaking, when a person competes with other people they automatically set up a better/worse situation that affects self esteem. When you compete with someone else you will either win, or lose. You will either be better than, or not as good as. Not a shred of equality there. The answer is simple. Do not compete with anyone. But wouldn’t that cause stagnation? Not if you compete with the only person it makes sense to compete with; yourself.

Bobby Zuniga worked as a carpet installer for Coast Carpet Inc. a firm in Los Angeles California. He was the slowest of the fifty or so carpet layers in the firm and was worried about his job. He heard about self competition and decided to use it to see if he could better himself and possibly keep his job. He worked on a project known as Barrington Plaza in West Los Angeles. Hundreds of apartment units and all of them
basically the same. He went to the job that day to establish his base line. He plodded through the day as he normally did and took his usual nine hours to complete the apartment. Other carpet installers were doing the apartment in 6 and 7 hours but that didn’t bother him that day, he was going to see what he could do and the base line was set, 9 hours.

The next day in another apartment he set up a time objective hoping to beat his time of 9 hours. He did the apartment in 8 hours and 30 minutes. The next day he figured out a way to spread the padding faster and cut another 30 minutes from his time. He started to move faster. He had a goal every day. He would cut the time down even more. A month went by and Bobby was practically flying through the apartment, one eye on his timer. Faster and faster he became until one day he discovered that he had just broken all the company records for Barrington. He completed an apartment in just 4 ½ hours.

Beverly Sanders dreaded Saturdays. That was the day she did all her house work and she hated housework with a passion. She was unwilling to hire a housekeeper and kept a tidy house but the chores were overwhelming. She became depressed and moody. The weekend was supposed to be a restful period, instead it became something she grew more and more anxious about. After listening to and reading about our self competition techniques she decided to try it herself. Her normal routine was to change the bed linens, do the weeks washing, vacuum the floors, tidy up the kitchen, and shop for the weeks groceries.

She hated the work so much that she procrastinated through every chore. She often found herself still doing housework at six in the evening when she should have been relaxing with a good book, or going out with a friend.

But Saturday, March 1, she had a goal. She would set her base line. She went about her work as she usually did but there was no procrastinating this time. She needed to know what her base line was. She started the house work at nine in the morning and was finished at four. Seven hours with a thirty minute lunch break. That was her base line.

She looked forward to the coming Saturday for the first time in years. Finally Saturday March 8, came along. She had breakfast and watched the news until 9:00 am. She started in the kitchen and worked her way through the house finishing everything by three o’clock. Six hours with a thirty minute lunch break. Wow.

The week seemed to drag as she waited for the next Saturday, finally it came around. Still competing with herself and not being able to wait for nine o’clock she started her chores at eight. Now she was flying through the house. Her entire attitude had changed. She whistled, and sang, and even danced as she whipped through the day. No lunch break needed that day as she finished all the work at twelve o’clock on the dot. Double wow. Four hours.

Beverly’s attitude towards her Saturday housework changed completely, not only was she finished by noon but she actually looked forward to it. She kept the competition going finally settling on three hours and fifteen minutes. That was the best she could do but the spark was still there. At eight o’clock exactly, she would start flying through her
chores now seeking to break her record by a minute or two, but the goal was always there. She had taken self competition to the edge, and she won. She began to use the concept in many other areas of her life.

Here’s the process I use. 1. Set up a base line. That’s when you do just do the job as you normally do, neither slowing down, or speeding up. 2. The next time you do the job you have a goal to beat the time of your base line. 3. Continue to do the job with the idea of bettering your time each time you do the thing.

Lori Johnson was a real estate broker in Glen Rock, New Jersey. She attended a class I did in nearby Ridgewood. Her problem was that she couldn’t stand rejection. It turned out that for ever twenty calls she made, nineteen of them didn’t buy. Nineteen rejections for every one she sold. It was getting so she was anxious about every call. She began to prejudge every person she called on thinking ‘they’re not going to like the house, or the price, or the neighbors, or the neighborhood, or anything else of a negative nature that would pop into her mind. Her closure rate went down and she went through a period where she called on forty two people before one of them bought. Her boss sent her to a seminar I was holding at the Holiday Inn. She asked how she could change her attitude towards her job when she could count on virtually every client rejecting her offers?

I asked, “How many people do you call on before you make a sale.”

“Well lately it’s all of them. My self esteem is in the pits. I haven’t made a sale for two months. Before I went into this slump it was about twenty. I don’t know how I can compete with myself. I can’t work any faster or smarter.”

“No you can’t,” I replied, “but you can change your attitude. Let me show you how to do that. You say you make about ten thousand dollars every time you sell a house and you call on twenty people average before you sell one. How about if I show you a way that you can make yourself five hundred dollars on every person you call on, whether they buy or not?”

Lori looked at me with a grimace on a screwed up face and wise cracked, “Yes and next you’ll be telling me how to make caviar out of chicken eggs.”

“No, I mean it. I will show you how to make five hundred dollars on every single call you make. Even if they show you the door after five minutes.”

She shrugged and said, “All right, I’ll bite. Show me.”

“Well Lori, I don’t have to show you, you already told me. Just listen for a moment. You call on twenty people and you make ten thousand dollars. Now you can’t just call on the one who will buy as you don’t know that yet. But as long as your average of twenty calls to one sale will hold up; and apparently it will, then you will be making your five hundred on every sale. You’re just looking at it the wrong way. Look at it this way. Twenty people called on means ten thousand dollars. Ten thousand divided by twenty, is five hundred, therefore you are making five hundred dollars on every sale, whether they buy, or not. You just have to adopt a different attitude.”

Lori Johnson was quiet for a few moments. You could almost see the gears meshing in her head as she thought about it. Finally the light went on. She smiled, and
then laughed. She immediately saw the logic in what I had told her. Her attitude changed right there and then.

I heard from Lori a few months later and she said she was a new person. It was all in the way of looking at it, which of course, most things are. She had a complete attitude change and looks forward to making calls now. After all, why not. Every time she makes a call, whether she spends five minutes or five hours with her client, she makes five hundred dollars.

Often with a simple change in the way you look at things you can control your attitude, and when you control attitude, you also are in charge of your self esteem.

How many areas of your life can you change with a simple change of attitude, or self competition? Think about it. You may surprise yourself. The following Meditation Exercise will help.

MODULE 27
Meditation Self Esteem

We will start this exercise with a 3 to 1 count, Not to be played in a moving vehicle this is a meditation exercise to help in building your self esteem.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

To help you enter the meditation state of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,
8 - 7
6 - deeper and deeper,
5 - 4
3 - deeper and deeper,
2 - 1
You are now at a pleasant, meditation level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way. Whenever you enter this relaxed meditation state, you will mentally say, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER." When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, "EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER."


Repeat mentally, "My body rests and refreshes itself when I consciously relax. I am relaxed now."

(Pause.)

Repeat mentally after me: "Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do."

Relax.

A strong sense of self-esteem in generally due to feeling equal to all people. Neither feeling better nor worse, higher nor lower than any other person. When you feel neither better nor worse, higher or lower than any other person, you feel equal to everyone. Every person in the world is a human being and in that respect we are all equal. A human being is just that – human as opposed to non-human. Every president, king, queen, emperor and empress is a human being. Every judge and garbage collector is a human being. Every sanitation worker and millionaire, every pauper, every tailor and architect is a human being. Every attorney, artist, doctor, clerk is a human being. Every foundry worker, farmer and miner, every tramp and every captain of industry, every businessman and every housekeeper is a human being. You are a human being and therefore equal to every other human being on this earth.

Every human has their own unique qualities that make them different. Not better, different. You have your qualities. Everyone has their own qualities. There are things that you can do that no other human being on earth can do. There are things that every other human being on earth that you cannot do. The things that you can do are unique unto you. You are unique. You are equal to everyone else on this earth. Repeat mentally after me. “I am a human being. I am equal to every other human being on earth. I have my own unique qualities that make me different. They have their own unique qualities that make them different. No human being is better than I am. Their only different from me.
Relax.

Imagine yourself at a gathering of people. A social gathering. There are all kinds of people at this social gathering. There’s a prince, a president, a famous actor, a singer, a musician. There’s a doctor, an architect. There’s a judge and a clerk, a secretary, a ditch digger, a plumber, a sanitation worker, a farmer, an unemployed carpenter and many others. You and they are all human beings. You and they are all equal as human beings. You’re not better than or worse than the prince or the judge. You are not better than or worse than the farmer or the ditch digger. They are human. You are human. You are all equal.

Every one of these people can do things that you cannot do. You can do things that they cannot do. You’re all different. Think of the things that you can do that the prince cannot do. Think of the things that you can do that the judge cannot do. Think of the things that you can do that the coal miner cannot do. Think of the things the coal miner can do that you cannot do. These things do not make the coal miner lesser than or better than any other person at this social gathering. You are all unique and have your own quality. You are unique and have your own quality. Your mind is unique and has it’s quality. You are equal to every other person on this earth.

Relax.

Imagine this gathering of people with different professions and occupations. Mix and speak with them mentally. You are all equal. Tell them about the things that you do. What you do. The things that you do that they cannot do. Speak about the positive nature of what you do. Mix with this group. Imagine that you are there. Relax. Begin.

Relax.

Whenever you think of your occupation, what you do, think of the positive aspects of what you do. Everything that everyone does in some way adds to the whole and is a contribution. Think of the ways that you contribute. Think of the things that you do that help humanity. Every leaf that falls makes a contribution. You make a contribution. Let every man be as a brother. Every woman a sister.

When you view all people as either cousins, sons or daughters, fathers or mothers, and brothers or sisters, your view of the world changes and you can truly love your neighbor. You can truly see the positive aspects of your neighbor. They are no better than you. You are no better than them. All are equal. All are different. Accept people for what they are. They are they. You are you. Sense the positive nature of everyone and the world will be a better brighter place for you for everyone has a positive nature. When you are involved with a negative individual, remember that they are negative because they feel an inequity in life. They do not feel equal. You know better. You know that all are equal. You know that things are different, but equal in that we are all human beings.

If there is a person in your life who bothers you when you think about him, or her get a good image of that person. While thinking about this person that bothers you -- with your tongue touching the roof of your mouth, imagine the person first on the right side of you, and then the left side. Switch the person back and forth rapidly; this mixes up the person in your brain.

(Pause)

Stop.
Now think of something that makes you feel good. Now back to the person who makes you feel bad. Mentally say, ‘switch’ and change the image to the thing that makes you feel good.

Anytime someone intimidates you, switch the image of the person back and forth rapidly in your mind, from the area around your left ear to the area around your right ear, and mix the person up in your mind. Say switch and see yourself, briskly walking along the street with a smile on your face.

Relax.

Repeat mentally, ”I feel better and better. I see the good in myself. I have a positive viewpoint toward myself. Every day I get more and more confident in my own abilities.”

Relax.

In a moment I am going to count from 1 to 3. At that moment you will open your eyes. You’ll be wide-awake feeling fine and in perfect health. Feeling better than before. One, two. Coming out slowly now. At the count of 3 you will open your eyes. You’ll be wide-awake, feeling fine and in perfect health. Feeling better than before. Three. Eyes open. Wide-awake. Feeling fine. In perfect health. Feeling better than before. It’s a wonderful feeling to be deeply relaxed, a very healthy state of being.

MODULE 28

Meditation. Chant of the 300.