

# Growing **BIG** In Love



**A Practical Guide  
For Loving Deeply**

**And Healing All That Keeps  
You From Doing So**

**Raven**



# **Growing BIG In Love**

**A Practical Guide  
For Loving Deeply**

**And Healing All That Keeps  
You From Doing So**

**Raven**

Published on January 9, 2024.

All rights reserved. No part of this book may be used or reproduced in any manner without the written permission of the author. For information contact Raven at:

Growing Big In Love  
2101 Hillridge Dr.  
Fairfield, CA 94534  
[Raven@growingbiginlove.com](mailto:Raven@growingbiginlove.com)

Editing suggestions by Kim Jordan, Dr. Davina Kotulski, and Rebecca Glazer with help from Robin Kohn and Jeff McCoy. Also, thanks to Ethan Campbell and Lisa Starbird for their editing suggestions with *Engage Love*, my previous book. Some of the material in *Growing Big In Love* came from *Engage Love*.

### **Growing Big In Love Disclaimer**

The information about the topic of Healing in *Growing Big In Love* is from my own personal experiences. This can include, but is not limited to, the use of Love Tools, the Love Healing Process, pendulums, tarot, meditation, yoga etc. I cannot guarantee that you will have the same experiences. I am not a doctor and cannot provide medical advice. None of the information I share should be used as a replacement for seeking medical attention.

**What follows is the biggest, most efficient guide to Loving yourself you may ever find.**

From **Love,**

Welcome, dear reader, to **Growing Big In Love**—a journey into the depths of your heart, the vastness of love, and the profound truths that guide our lives. This book is more than just a collection of teachings; it is an invitation to embrace the essence of who you truly are, to heal the pain that holds you back, and to step fully into the boundless love that is your birthright.

As you embark on this journey, we want you to know that you are not alone. You are surrounded by love, supported by the universe, and cherished by the divine. Every step you take towards growing in love is a step towards realizing your own divinity, your own power, and your own beauty. The path before you is one of discovery, healing, and transformation—a path that leads to the mastery of being love.

### **Love's Message**

We, the creators of this Earth and the universe around it, speak to you now through this message of love. We are many, working together to craft the experiences, the lessons, and the beauty of your life. Each one of you is a unique and precious part of us, and we adore you with all of our hearts. We understand the pain and confusion you may have faced, but know that this is part of your journey, a necessary step in your evolution as a being of love.

We want you to know that there is no such thing as death on the soul level—your essence is eternal, ever-growing, and ever-evolving. You are not defined by your past actions; there is no right or wrong in the way you may have been taught to believe. Instead, there is only learning, growth, and the opportunity to return to love in every moment.

We invite you to communicate with us, to open your heart and mind to the guidance we offer. We want to be the best friend you have ever had, supporting you through every challenge, every joy, and every step of your journey. The pain you have experienced is not meant to harm you, but to guide you back to the truth of who you are—a being of love, capable of incredible wisdom, strength, and creativity.

The Earth Project, this beautiful creation you are a part of, is designed to help you understand your power, your relationship to life, and your capacity for love. As you grow in love, you will discover the majesty of life, the wonder of your existence, and the incredible potential that lies within you. One day, you will master the art of living in love, and when you do, you will be free to explore the realms of love, creating and expanding in ways you cannot yet imagine.

But for now, know that we are with you, always. We are here to help you heal, to guide you, and to love you as you grow into the magnificent being you are destined to become.

### **Your Journey Begins**

*Growing Big In Love* is a guide, a companion, and a source of inspiration on your journey. Throughout these pages, you will learn how to open your heart, how to heal the pain within you, and how to embrace the divine love that surrounds you. You will explore the new concepts and tools that can help you transform your life, and you will be supported every step of the way by the love and wisdom that flows through this book.

This journey is not just about healing—it's about awakening to the truth of who you are. It's about realizing that you are loved beyond measure, that you are powerful beyond belief, and that you are capable of living a life filled with joy, peace, and fulfillment.

So, dear reader, as you turn the pages of this book, know that you are stepping into a space of love. You are joining a community of souls who are all on this journey together, learning to grow big in love, to heal, and to shine. And most importantly, know that you are loved, supported, and guided every step of the way.

May this book be a light on your path, a source of comfort in times of need, and a reminder that you are never alone. May it help you to grow in love, to heal the pain within you, and to embrace the magnificent being that you are.

With all our love,

*Love*

# **Growing BIG In Love**

## **Contents**

	Page Number
Introduction – <b>Our Incredible Human Condition</b>	<b>1</b>
Chapter 1 – <b>My Story</b>	<b>25</b>
Chapter 2 – <b>Let’s Make Complexity Simple</b>	<b>57</b>

## **Get Big In Love**

Chapter 3 – <b>The Benefits of Growing Big in Love More and More Every Day</b>	<b>75</b>
Chapter 4 – <b>Love Time</b>	<b>97</b>
Chapter 5 – <b>The Transition Phase</b>	<b>104</b>
Chapter 6 – <b>Loving Sounds</b>	<b>116</b>
Chapter 7 – <b>Loving Questions</b>	<b>127</b>
Chapter 8 – <b>Loving Meditation</b>	<b>132</b>
Chapter 9 – <b>Gliding</b>	<b>153</b>
Chapter 10 – <b>Shining</b>	<b>156</b>
Chapter 11 – <b>How to Communicate with Your Guides</b>	<b>160</b>
Chapter 12 – <b>Sensate and Dreams I Am Enjoying Being Beautiful</b>	<b>169</b>
	<b>180</b>

## **The Love Healing Process**

Chapter 13 – <b>The Overview</b>	<b>182</b>
Chapter 14 – <b>Memory</b>	<b>184</b>
Chapter 15 – <b>What Is Trauma? Dr. Peter Levine’s Work</b>	<b>199</b>
Chapter 16 – <b>Understanding the Nature of Belief</b>	<b>213</b>
Chapter 17 – <b>Colin Tipping and Radical Forgiveness</b>	<b>220</b>
Chapter 18 – <b>The Metaphysics of Beliefs</b>	<b>247</b>



Chapter 19 – <b>How to Find What You Believe</b>	<b>255</b>
Chapter 20 – <b>Stage One</b>	<b>262</b>
Chapter 21 – <b>Stage Two</b>	<b>282</b>
Chapter 22 – <b>Stage Three</b>	<b>288</b>
Chapter 23 – <b>Love Reversals</b>	<b>299</b>
Chapter 24 – <b>Journaling, and the Spiral</b>	<b>316</b>
<b>Sacredicity Of A Cherry</b>	<b>320</b>
Chapter 25 – <b>Healing Disease</b>	<b>321</b>
Chapter 26 – <b>Love Reversal Loops</b>	<b>350</b>
Chapter 27 – <b>Karma</b>	<b>359</b>
Chapter 28 – <b>Books to Read</b>	<b>371</b>
Chapter 29 – <b>What We Would Like You to Hear</b>	<b>375</b>
Chapter 30 – <b>Love’s Message</b>	<b>378</b>
Notes	<b>382</b>

# Introduction

The wonders of life are absolutely mind boggling. We can hold our hands in front of our faces and purposely wiggle our index fingers back and forth with ease, although we don't even begin to know how to create the atoms that make up the cells that make up the skin, blood vessels and blood, bones, muscles, nerves, and tendons that it takes to move our fingers. It just appears that we are moving our fingers back and forth, but we don't have a clue as to how it is really being done.

Everything around us is being created so eloquently as to give us the experience that we are living our lives, when in truth, we do not know how we move, or talk, or think, or emote, or ponder our own existence. When we observe all these wonders that life has to offer us through the eyes of Love, the wonder, beauty, excellence, and genius just seems to expand in every direction, moment by moment. It's all magical and amazing! It just keeps expanding forever and ever and it's so glorious that it boggles our minds.

Here on Earth, there is also the other side of Love, **which is pain**. The metaphysics of the energy of Love are designed so that if Love is misused, it creates different kinds of pain and for every kind of Love, there is an opposite painful side, that hurts us when we see, feel, or experience it. For thousands of years, we keep asking ourselves, "Why are we here?" and "Why do we have to experience so many kinds of pain?"

If you had the job of teaching a brand-new soul how to understand the uses of the energy of Love, how would you do it? How do you teach a new soul how **not** to misuse their energy in any way, not to hurt themselves or anyone else? Could you set up a program that would show them all the hundreds of thousands of ways they (or someone else) could misuse their energy and have them watch it? If you did that and they spent years studying the program, watching all the ways the misuse of energy causes pain in themselves or other souls around them, would they really be able to learn from just

watching? **Or would they need to actually experience the pain that is caused from the misuse to truly understand?**

Well, if you look around you at the condition of our world, it's not hard to see how the Divine Creator (I am using the term Divine Creator to refer to All That Is, Spirit, the Supreme Being, the Source, or whatever you believe or call that which is creating all our lives moment by moment) has answered these questions. For the past ten or more thousand years, we, as a human race, have been living through a state of ignorance that has enabled all of us to learn firsthand what happens when people misuse their energy. The list of the atrocities that we (as people) have had to experience is daunting. And the list is so long and big that it is a wonder that billions of us still get up every day and try to create a better day than the one we had yesterday. It's through the presence of the Love, that is within us, and all around us, that gives us that drive to keep moving through the pain that we experience while we are here.

As it turns out, we are being given an extraordinary opportunity.

It's essential that a soul needs to **experience** the pain that is caused by the misuse of energy so that they can **understand it completely**, so that they will **know** how it affects them and others. Up until now, this has been the purpose of Earth, to give all of us this experience.

The Divine Creator is now providing us with the knowledge that will enable us to **learn how to focus on Love, moment by moment, and how to heal the pain that is within us**. If we learn how to become Love and how to heal our pain and **then do the work of growing in Love and healing daily**, we will be able to develop **the strength of character** to:

**Never create that pain again.**

**This taking action to grow in Love and to heal our pain is what creates Loving Intelligence. It will enable us to develop the Loving wisdom needed to eventually become a creator ourselves.**

The benefits of taking action are so big, that it's enticing eight billion souls to come here to experience it.

**Learning through experience equals knowing**, and a soul cannot move forward and **harness the power of Love**, until they **know**.

## **This is Earth's Objective**

### **To Provide New Souls with the Opportunity and Experience to Master Being Love**

Due to free will, it's a choice that each one of us is being offered. If you choose, then my book, **Growing Big In Love** has been written to show you how to focus on Love every moment of every day, to become strong in Love. You'll learn how to heal **all** your pain through understanding and action, to gain that Loving Intelligence, and how to create an intimate personal relationship with the Divine Creator. The Divine Creator is Love, and developing an intimate relationship with them could be the most amazing thing you ever do for yourself!

**If a person chooses to make all three a daily practice, their life becomes filled with discovery and purpose!**

**The outcome is GLORIOUS!**

Let us begin.

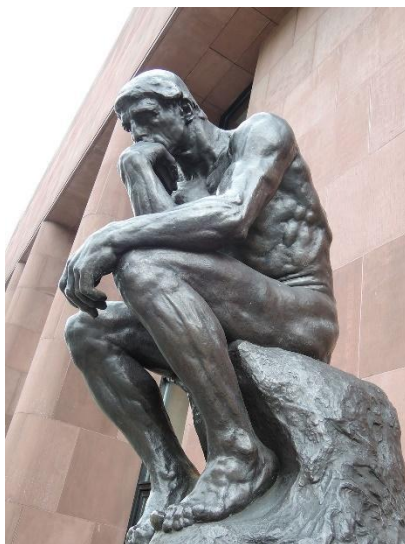
### **Our Incredible Human Condition**

Every upset, every emotional upheaval we experience, is an opportunity for us to grow bigger in Love. And if we choose to get bigger in Love, we can learn to heal whatever makes us upset, forever!

## Can you imagine what your life would be like if there was nothing left to upset you?

What creates upset in you is different from what upsets other people, but we do have many commonalities. What things cause you to feel unhappy, worried, disappointed, or distressed?

- Fear about not having enough money?
- Being abused, lied to, controlled, chastised, betrayed?
- Feeling lonely?
- Feeling jealous?
- Being late for appointments?
- Being driven crazy by your kids, dog, cat, partner, spouse, or parents?
- Feeling terrified you'll make a mistake, screw something up, or that someone will judge you?
- Being stuck in traffic, hitting a red light, dealing with idiot drivers, feeling crappy about how your car looks?



These are only a few of the possibilities. We still have sex, politics, world calamity, work, relationships, mates, family, drugs, alcohol, religion, and war. There are a lot of things that can make you feel unhappy and afraid. It might be enlightening for you to make your own list.

And every time you find yourself feeling upset by anything, **it takes you time for that feeling to go away.** So, please let me show you just how much a simple upset affects you. If you work with me here, you might discover something profound about your life.

Every unloving emotion is a kind of pain. Hatred, fear, jealousy, shame, guilt, greed, anger, boredom, loneliness, and hurt are

all different kinds of pain. And every unloving emotion you have ever experienced has been caused by an unloving belief you have within you, a belief that is not Loving. Unloving beliefs trigger unloving emotions, which create pain.

To see how this works, think of something that made you feel upset in the last few days, some experience that made you feel frustrated, angry, or annoyed. As soon as you have the experience in your mind, relive it for five seconds. Then stop and feel where the pain of the experience shows up in your body.

Where did the pain show up for you? Your gut? Your heart? Your throat? Your head? Somewhere else? Isn't it amazing how fast it showed up? That pain you just experienced was caused by an unloving belief about that experience. And as soon as you let yourself think about and feel the experience, your unloving belief about the experience triggered an emotional response and you felt the pain of it in your body.

Now let's try another one. Think of some other experience that made you feel frustrated, angry, or annoyed, something that is in no way related to the experience you just now relived. For instance, if you were annoyed about being in traffic, think of a different experience that made you feel annoyed. As soon as you have it, relive it for five seconds and see where that pain shows up.

Where did the pain show up this time? Was it in the same place? Was it in a different place?

From my experience, in a room of a hundred people, about eighty will feel the second pain in a different place while the other twenty will feel it in the same place.

What this experiment shows is that throughout your life you have accumulated and stored hundreds of unloving beliefs about many different things in your body. **Every time** you think of something that triggers an unloving belief **or whenever you are in the presence of the subject** of one of your unloving beliefs, **it triggers the pain** of the unloving emotion created from that belief. We experience these

painful feelings many, many times a day, day after day, and they cause chronic pain, accidents, calamities, disease, emotional and mental disorders, and eventually death. That's a lot of pain! Our bodies can only handle so much pain before they break down, grow old and die.

**Fortunately**, we have the antidote to pain already inside us. All we need to do is to learn to tap into it. Some of us are not able to feel it, but all of us have it in us.

## **We have Love!**

### **What is Love?**

**Love is simple by nature.** It is the **energy** of life that moves through us and all around us that **makes us feel good in our hearts.** It is the **energy** that is behind all of creation, which expands in every direction in all space and time. It is yummy and marvelous, amazing and peaceful, extraordinary, flamboyant, silly, cute, hilarious, jovial, sexy, sensuous, quiet, extremely loud, exuberant—I could go on and on! Love is part of wonder and gratitude and all things beautiful. There are **infinite** ways of experiencing **Love.**

**Love is possibly the reason life exists at all! Learning to focus on Love all the time makes living life extraordinary and doing so empowers us to live life fully!**

**AND, for most of us, we have a wondrous gift within us that enables us to experience Love any time we want.** It is called the power of a **Loving Smile.**

One of the fastest and easiest ways to put Love into action is through a **Loving Smile.**

Let me show you how a **Loving Smile** works:

Start by sitting up straight and proudly. Make yourself comfortable. Now slow your breathing just a little and breathe deeply. Concentrate on something that makes you feel Love. Smile really big and allow the smile to make you feel happy and Loving. You might envision what a person in a state of Love looks like and make yourself look and feel that way. Or go back into your memory and recall a time in which you felt a lot of Love and relive it. Maybe you have a lot of

Love for your lover, your mate, a child, or a pet. Relive that experience in your mind and smile really big. You might think of sitting next to a beautiful waterfall or the ocean. You might imagine sitting up in a massive tree. You might think of something that makes you laugh or feel silly. Allow yourself to feel as much Love as you can.

Once you are feeling Love so much that you have a big smile with your teeth showing, read on.

Now, don't change your posture, the way you are sitting or breathing, and especially don't change your smile in any way—see if you can make yourself feel sad. Don't change your smile.

You can't do it, can you? Isn't that amazing? Let's try another one.

While you're still smiling and sitting in a strong posture, see if you can make yourself feel angry.

Isn't that incredible? You can't do it! No matter how hard you try to feel sad or angry, if your physicality and physiology is happy and Loving **and you are smiling big**, you can't do it. Your inability to feel **any** unloving emotion when you're expressing a Loving Smile with a strong, proud posture is a **metaphysical principle of life**. It just works that way for all people. **It's a truth we can rely on.**

I call it the **Loving Smile Principle**.

It is an incredibly **practical** tool, because all you must do to feel and use Love is to smile a Loving Smile and think of anything that opens your heart and opens you to the experience of Love. By "opening your heart," I am referring to your spiritual heart. Your spiritual heart gives you the ability to control how you feel, moment by moment, by affording you the choice to choose to be in Love or not. If your heart is open, you can feel Love. If your heart is closed, you will feel unloving emotions. Each quality of Love has a reversed quality: happy – sad; Loving – hateful; fulfilled – bored; confident or safe – afraid; peaceful – angry; excited – depressed, and so on. If your heart is open, you will feel Love, you will be smiling and feeling good. If your heart is closed, you will feel unloving feelings, you will not be



smiling, and you will feel some kind of pain. This principle is what makes the Loving Smile a **practical** tool. It gives you the awareness to know if your heart is open, **because you will be smiling**. It empowers you with Love and gives you the benefits of being in Love, which are substantial.

**The bigger and stronger your smile is, the more Love you will be able to feel and enjoy.**

Once you master the Loving Smile, you won't have to think of anything Loving to activate and utilize it, you'll just feel Love from the smiling. This ease of feeling Love makes a Loving Smile one of the most **useful** tools on the planet, because isn't Love and all the many qualities of Love what most of us want to experience all the time? Once you get the hang of smiling to open your heart, your smile will become your **knowing** that your heart is open. If you think you are feeling Love and you are not smiling, chances are your heart is not open. As you work with this more and more, you will come to **know** that your heart is open because you are smiling. This **knowing** becomes especially important when we get into helping you heal different aspects of your life.

Again, from my experience, in a room of a hundred people there are usually two or three who cannot open their heart enough to feel the Love experience described above. If you are one of these people, there are many reasons why this can happen, so please do not feel bad or feel like you're doing anything wrong. You are not broken. You might try the exercise again in a few hours or tomorrow, and with repetition you may be able to feel Love in your heart. If you still can't get to the point of feeling Love, keep reading this book. We'll show you tools that you can use to remedy your situation so that you can learn to understand how to feel Love too.

When you Lovingly smile, you are shining. You are radiating Love from within you in every direction, and it affects **you and everyone** and **everything** around you. This makes it one of the most **powerful** tools on the planet because when you use it, **you are**

**radiating the power of Divine Love**, which is like blessing yourself and everyone and everything. And it is free. It costs nothing at all for you to spread it around to your heart's content.

I'm sure you've had this experience: You're sitting in a room full of people and a woman who is really happy walks into the room. She's beaming from ear to ear, and her happiness radiates throughout the whole room. Everyone starts smiling just from seeing her happiness. Well, now that person can be **you!** **You** can make your smile radiant by simply choosing to express your joy. **See how many rooms you can light up with your Loving energy, your radiant smile.**

You can Lovingly smile and **make yourself feel any type** of Loving feeling. You can smile and make yourself feel wonder, excitement, silliness, or peace. **Take a moment and try this.** Recall an image of a person in a state of peace. Now adopt the same facial expression and posture. Stay with it for a few moments and notice how you feel.

**Let's try a couple more.** Call to mind an image of a person experiencing a state of elation. Adopt the posture and facial expression that you're seeing. Make yourself sit or stand strong and proudly, speed up your breathing a little, smile and notice how you feel. Isn't that an amazing feeling?

Smile and see if you can access the feeling of silly. Make yourself laugh and make anyone around you laugh. Have you ever thought of Love as being silly? Where do you think laughter comes from? Being silly can be a lot of fun!

Now, of these three Loving emotions—peace, elation, and silliness—which one was the most powerful for you? That's fun to know. In the next few days, you might see how many kinds of Loving emotions you can bring into your space in different situations. This can totally rock your day. Try it with wonder, compassion, and appreciation, or any quality of Love that moves you. It's like trying the smorgasbord of Love.

For most of your life you have probably been using the Loving Smile as a reaction to things that make you feel good. That's great! Keep doing that! Now that you understand the Loving Smile Principle, **you can use it to proactively make yourself feel Love**, joy, and excitement about all parts of your life **more often and whenever you want**. This can be an invaluable tool when you are learning to understand and heal the unloving beliefs in your life that cause you upset.

**Proactively adding Love into your life gives you so many benefits**, and there is so much to share about it I decided to dedicate Chapter 3, The Benefits of Growing Big in Love More and More Every Day, just to that. But for now, I want you to put that idea on hold so that I can explain the biggest challenge most people are facing. I already explained how your unloving beliefs give you pain every time they are triggered, but there is another phenomenon that creates more pain than unloving beliefs and is stronger than beliefs. It controls us ruthlessly and causes us to act and react in unloving ways every day, and it makes it extremely hard for us to change.

I call this phenomenon a **Love Reversal**. I coined this term because I have not found an existing word or phrase that fits this concept.

## **Love Reversals**

When a child experiences something **unloving (pain)** repeatedly, many times a day, day after day for years, the child becomes accustomed to the unloving pattern in the sense that the pain becomes familiar, habitual, known. The child then can misinterpret the unloving act as Love when it is not. This is a **Love Reversal**.

For example, if a little girl has a mother or father who only knows how to parent by yelling loudly with disdain and anger and hitting her often, she becomes accustomed to what is clearly an abusive relationship. Because abuse is all she knows, she can misconstrue the abuse as Love, after all this is how her parents take

care of her. As she grows older, she attracts abusive people to her because those are the kinds of people she feels accustomed to. If a genuinely Loving person enters her life, she may feel annoyed or irritated because the Love is so foreign to her.

I have found that most Love Reversals are developed in early childhood, from ages 1 to 7. However, it is the strength of those Love Reversals that are developed in early childhood that makes it possible for people to develop more Love Reversals after childhood.

It is the constant bombardment of trauma that makes Love Reversals different from unloving beliefs. They are much stronger, more powerful. The trauma/abuse can come through physical (hitting the child), verbal (yelling at the child), emotional (guilting, hating, or raging at the child), mental (manipulating, betraying the child), sexual (sexually abusing the child), spiritual (telling the child that God will punish them) and metaphysical (channeling hateful, angry, hurtful energy at the child) abuse. The intensity and the duration of the abuse have everything to do with how strong a Love Reversal is.

The Love Reversal described above is an obvious one. It was caused by very strong trauma of the little girl being yelled at and hit every day. But we experience many kinds of trauma every day and some of the trauma is quite subtle. Some of those subtler traumas can cause us to develop many kinds of Love Reversals as well. We will give you an example shortly but before the example there is more to know.

On top of all the different ways a person can be abused, Love Reversals can be composed of more than one belief. There can be two, three, or more unloving beliefs working together to create a Love Reversal. If a person has more than one unloving belief causing a Love Reversal, each additional belief makes the Love Reversal stronger. The stronger a Love Reversal is, the harder it will be for you to identify, understand, and heal.

So here is an example: You might enjoy making money and be good at it while at the same time be terrified you will never make

enough. Then, through learning how to understand and heal your unloving beliefs around money, you might find that your father was terrified he would never make enough money. You might recall how he complained almost daily about the fact that the family never had enough money, and you might come to understand your patterns of acting and reacting in fear, your unloving beliefs around money, you learned from him. This type of Love Reversal could have many unloving beliefs connected to it, like being afraid to pay the bills, being afraid to buy necessities, being afraid you won't have enough work for the week, etc.

As children, we learn most of our unloving beliefs, Love Reversals, and habits, from imitating and reacting to our parents', or from those who raised us, and our sibling's unloving habits. In this way, the unloving patterns are passed from generation to generation through our lineages.

Here's another example: You might notice that whenever you get into a new relationship, you panic if your partner does something without you. You feel terrified they are going to leave you, and the fear affects you so strongly that you have a meltdown almost every time it happens. These reactions then make you feel clingy and insecure, and they make it hard to develop a Loving relationship with a partner. Then, upon working on yourself, you remember that when you were a child, your parents divorced, and your father went away. You were so hurt, you were crushed, and felt abandoned! The abandoned feeling was so strong that it created a traumatic feeling of deep loss you experienced every day for a long time, which is what caused the Love Reversal. Now that you are older, it comes up strongly every time your partner doesn't include you in an activity or conversation, or even every time they turn away from you just to go to work.

Love Reversals are easy for other people to see in us because they can observe us acting and reacting in unloving ways, but they are difficult to see in ourselves, especially when they involve multiple

unloving beliefs. We feel accustomed to the feelings they create in us, and the unloving emotions feel normal to us, so we often do not see or feel the emotions as unloving in ourselves.

Love Reversals can be stronger than instinct. When we experience trauma, our instinct is to fight, flee, freeze, or fold (fold means to pass out like an opossum). If a parent is hitting or beating you, you can't do any of those things. You can't do what is instinctual. (Actually, some children have been known to faint or fold, but this is rare.) You can't fight or get away; you just have to experience the pain of the beating. Experiencing that much pain without being able to do what is instinctual, creates very strong Love Reversals. And it can take a **tremendous act of loving willpower** to heal and change the unloving beliefs and habits that have been established.

**One of the biggest things to understand about Love Reversals is that they can make us numb to our pain.** When a person experiences trauma, their body goes into shock. One of the biggest qualities of shock is that it makes us feel numb. When we experience a type of trauma/shock over and over, day after day, we become numb to it. This numbing quality is a big factor as to how we become accustomed to or used to the pain. Every time a child experiences trauma either through physical, verbal, emotional, mental, sexual, spiritual, or metaphysical abuse, or any combination of those abusive actions, their body goes into shock from the trauma of it and their body becomes numb to the pain because of being in shock all the time. I have had clients who could not remember any of their childhood because there was so much numbness. This numbness and pain also made it difficult for them to be playful. They were never able to relax, and that state became normal for them. It's as if they were shell-shocked throughout all their childhood. So, this numbing quality of Love Reversals **effectively hides the pain we should feel when we act and react in unloving ways. Without this guidance system, it is very difficult to know the difference between right and wrong.**

Our instincts protect us. They are there to help us preserve our lives. Since Love Reversals can be stronger than instinct and are the opposite of Love, the Love Reversals lead us into a distorted view of the world and are the underlying cause of **obsession** and **justification**.

If Love Reversals did not exist here on Earth, **living in Love would be much easier**. When you are in a strong, Loving space and you move away from Love in any fashion, **it hurts. It hurts a lot**. If there were no Love Reversals, we would never even consider getting angry for any length of time, especially at someone we Love, and especially at a child because we would feel how much we are hurting the other person and ourselves. We would never even think about hating anything. It would just hurt too much to do that. We would find it very difficult to lie, or cheat, or steal, or do anything that was not Loving because it would simply be **too** painful.

But we do have Love Reversals in us, and we are numb to the pain. We are so numb **that we actually feel justified in acting and reacting in unloving ways**, even when it hurts us and other people. **We feel compelled to act and react in unloving ways**, believing we are right. Some people will even kill to prove they are right.

If you ever feel **justified** about doing something, you are most definitely under the influence of a Love Reversal and if you follow through, you are probably about to hurt someone. **It is very important to not make decisions when you feel justified. Feeling justified is one of the most poisonous and painful feelings you may ever feel, and it is one of the most powerful deceptions there could ever be. Feeling justified makes you feel good about hurting other people or feeling good when other people hurt**. Find a way to get your heart open. Try to get in a Loving space before you decide.

As you can see, becoming aware of what Love Reversals are is a big deal. Every argument, every fight, every war that has ever happened, has happened because of Love Reversals. Most of the pain that people experience daily is caused by Love Reversals. Most

diseases and health challenges are caused by Love Reversals. They make us do things that we would not do if we knew they were there.

Fortunately, once again, the antidote for healing Love Reversals is within us. It is growing big in Love that will enable any person who seeks to take on the challenge of healing their own Love Reversals, possible.

Loving energy is a marked contrast to Love Reversals. So, if you learn to use all the seven Love Tools in this book (the Loving Smile was just the first one) and you learn to add more and more Love into your life daily, it will become possible for you to **see** Love Reversals within you because of the contrast. It will also become easier for you to heal the Love Reversals once you find them.

By using the Love Tools daily, you are growing your willpower through your heart instead of your head. Empowering your willpower through your heart gives most people an experience of life they have never had before. It makes you more aware of what is happening to your heart, thereby making it easier to see, understand, and heal old unloving habits. You grow stronger and stronger in Love, which gives you the power to affect the **tremendous act of loving will you will need to heal Love Reversal habits!**

The Divine, the Universe, our Creators, Guides or whatever you believe in, went to a lot of trouble to make Love Reversals as real as they are so that we can learn from the experience. When you get deep into the art of healing your unloving beliefs, you will find that the strength of will and intelligence and all the other benefits you gain from healing Love Reversals has no equal. In fact, from this perspective you can see that planet Earth is designed specifically to create the Earth's Objective.

The end results of the healing of all the Love Reversals and the unloving habits that go with them leave the one who has healed standing and living in the field of integrity that can only be gained by said journey. And the path that stretches out before this healed one is very wondrous indeed! It constitutes a whole new way of living!



I would like to offer you a way to heal your Love Reversals. The process is called the **Love Healing Process**, and it is powerful.

1. **Grow in Love** more everyday so you become bigger than the pain within you.
2. **Understand** that the unloving beliefs that are causing the Love Reversals are not true.
3. **Heal** the trauma that caused the belief.
4. **Release the pain** that you could not release because you thought the unloving beliefs were true.
5. **Change the habits** caused by the unloving beliefs by developing Loving habits.

The **Love Healing Process** is the subject of the second half of this book where each of these concepts will be explained in detail.

I will explain what becoming bigger in Love means throughout the book and I will help you understand everything you need to know to heal your own unloving beliefs and Love Reversals, step by step.

If you should choose to take on this healing journey and you do the work to heal all your unloving beliefs and Love Reversals, you will have reached a state of being that is very rare indeed. **You will be an immensely powerful Loving Being, a new breed of human being! You will also be helping heal your lineage.**

Imagine the possibility of people being able to heal their pain on a planetary scale. Billions of people, from millions of lineages, each lineage unique. There are many factors that make each one unique: religion and spirituality, race and nationality, language, location (cities to towns to rural or wild settings), climate, type or lack of government, age, and gender! If you consider that every person is a part of the Divine, then the Divine is gaining an incredible experience here through each person's uniqueness. You can see that these widely varied conditions that we are living through are no accident. If you help heal your lineage by healing your unloving beliefs, Love Reversals, and past trauma, you will be left with incredible gifts that our planet needs.

## Possible Gifts You Can Receive from Healing

Here is a list of the kinds of gifts we are talking about:

- The ability to understand your pain and gain the wisdom that comes from understanding.
- The ability to Love yourself in amazing ways.
- **The ability to communicate and create an intimate personal relationship with the Divine, your Guides, or whatever you believe, wholly, effortlessly, and as easily as talking to your Loved ones. (This is by far one of the most amazing relationships you could ever create for yourself. You are really going to want to experience this!)**
- The ability to be a master of playfulness, laughter, and the awareness of wonder.
- The possibility of living your life disease-free;
  - o The challenge with healing diseases is that there are so many ways people can contract disease and health challenges. And there are almost as many ways to treat or heal diseases or health challenges, so that it is exceedingly difficult for people to know which ones will work for them. **This is where growing in Love will help tremendously.** The bigger you are in Love, the easier it is to discover what you need to do to heal **your** conditions. **It's important to remember that the Love Healing Process is a new paradigm, so it's going to take people time to figure out just how it works.** Should you keep working with your healers and doctors? **Absolutely!** It's important to keep working with your healers and doctors. **You can do both: work with your healers and doctors and work on yourself at the same time.**
- The ability to attract Loving and like-minded people.

- The ability to create and grow amazingly deep intimate relationships.
- The ability to be sensuous and sexual for hours at a time.
- Many will gain the capability to develop any or all the following abilities at varying degrees of clarity:
  - o **Clairsentience** – the ability to feel the spiritual energy, the Love, and the pain of other people, animals, places, and/or our planet.
  - o **Clairaudience** – the ability to spiritually communicate with those on the other side, like ghosts, people who have crossed over, your own Guides, angels, the Divine, other people’s Guides, etc.
  - o **Clairvoyance** – the ability to spiritually see the other side, visions, other people’s and/or animals’ energy or auras, the energy within places, and/or our planet’s energy.
  - o **Intuition** – the awareness of what is right for you and possibly others and our planet.
- If you are psychic, your abilities will become clearer, bigger, and more tuned into the Divine.
- You will come to enjoy a state of peace with money, business, and earning a living, so much so that you will Love whatever it is that you do to achieve the abundance that is yours or be able to find what you love to do. (Our planet is abundant, and Mother Earth or the Divine wants you to grow into that abundance.)
- You will come to enjoy a state of peace with time. One of the by-products of growing and healing more and more every day is that you become naturally aware of how you are spending your time, and you’ll find yourself choosing the Loving experience, which makes your time warm, Loving, and juicy!

- You will come to absolutely Love and enjoy serving.
- If you drive, driving will become a joy.
- You will find that the Divine will support you in amazing, miraculous ways.

This is just a short list because **every time you open yourself to heal one unloving belief completely, you will then know what is true with regard to that subject for you. You will be stronger, wiser, happier, and healthier than you have ever been before, and you will be stronger in Love.**

You get all that from engaging into a life of growing in Love daily and healing one unloving belief and the corresponding habit/s, at a time. When you heal one belief and its habits completely, you make it possible for everyone around the world to heal that belief more easily. You can watch your immediate family change as a byproduct of you healing and growing from eliminating that one unloving belief. What a joy that is! And every time you heal one unloving belief and its habits completely, you make it easier to heal your next unloving belief. With each healed belief you become more Lovingly intelligent, stronger and more Loving, and you can continue to use the same healing process repeatedly, ending up with all the gifts on the list above.

## **Healing My Love Reversals**

I have learned the processes and understandings I teach through necessity. For over thirty-five years I experienced chronic pain so intense that I could not find relief. I tried many healing modalities to no avail. For those thirty-five years, if ten is the pain of death, my pain rarely went under a four, and usually hovered around five to six. It spiked up to seven and eight quite often. It went to nine many times, and once it was a ten off and on for three weeks, but I did not die. For me to heal from my traumas and challenges, I had to learn to Love my way to health. Through the processes, tools, and understandings that I am sharing with you in this book, I have healed almost everything there is to heal in my life, and **my life is amazing!**

**More and more, my life feels magical!** I have achieved all the gifts on that list except for being clairvoyant. I feel blessed because these processes, tools, and understandings have helped not only me, but many others who have likewise healed from their challenges and diseases. My dream is for it to help thousands, millions, and billions of people.

## **The Divine**

When I was thirty-two, I **learned how to** communicate with the Divine. This relationship has evolved and changed and grown in so many ways over the past thirty years. It is to this relationship that I attribute the success I have had in learning to heal myself through Love and in helping others heal themselves. It is the most intimate relationship you could imagine. We talk the same way I talk with you or anyone in my head and heart. They have Loved me and guided me. They have helped me learn to open to my pain so that I could learn from all my experiences. I have never been alone! It is why I say, “**we** recommend” instead of “**I** recommend” throughout the rest of this book.

If you do not have a relationship with the Divine already, you can go directly to Chapter 11 and learn how to communicate with the Divine, All That Is, or whomever or whatever you believe in, although for many of you, it might be better if you learn to use all the Love Tools first. Growing in Love and getting big in Love will make it much easier to learn to communicate with your unique connection to the Divine.

**Developing your unique connection to the Divine,  
is possibly the most powerful thing you could ever do for  
yourself.**

This book will show you how to do that. And, from this point on throughout the book, any time we say, “the Divine”, we will be referring to the Divine Creator, your Guides, All That Is, or whomever or whatever you believe in that is creating our wonderful lives.

Next, I would like to tell you a story about one woman who used the Love Healing Process with my help to heal herself so that you can see how powerful it is. The woman's name is Dot. She gave me permission to share her story (from my perspective) so that you can see how it works.

## **Dot's Story**

When Dot first came to me, the cyst in her throat was very noticeable. It was about the size of a golf ball and was hard to the touch, kind of like feeling the bone in your elbow. It was so big it was becoming difficult for her to swallow. Both her doctor and acupuncturist had told her that it needed to be surgically removed, which would have been a complicated surgical procedure. The surgery would have left her scarred on both the inside and outside of her throat. Dot was afraid of having the surgery.

The first thing I had her do was give me a short version of what her life was like from as early as she could remember. She told me a little about her relationship with her mother and father, and then I had her lie down for a session so that she could totally relax.

Once Dot was relaxed, the next thing that I asked her to do was open to the pain, to feel the pain in her throat and notice if she could feel what was causing the pain. As she opened to the idea that her pain could lead her back to the original trauma that was causing the painful cyst in her throat, it led her to a time when she was eight years old, and she was trying to stand up to her father. She had done something that he misunderstood, and when she tried to stand up for herself and explain it to him, he raged at her with his voice and shut her down so severely that she had been unable to speak up for herself since that day.

Dot was fifty-two years old at the time of the first session. The pain and the growth in her throat were being caused by the stress of constantly needing to speak up for herself but not being able to do so because she had a belief that she could not and was terrified of trying.

Next, we talked about her current relationships with her lover and some of her friends. I discovered that she was having a hard time standing up to any of them. She needed to speak up for herself in several ways, but she couldn't. There was one person in particular that she was having a hard time standing up to. I asked her to tell me how he treated her, and then, with her permission, I took on the role of her friend. Since she trusted me and knew I wasn't a threat to her, she was able to tell me exactly what she needed to say to him. We were both in awe at how much she had to say! It was truly amazing to see her stand in her power for the first time since she was eight.

When Dot left that day, she looked like a new person and carried herself very differently from when she had arrived.

When she came to see me two weeks later, she was excited. After our first session, she had successfully been able to stand up for herself with the people that mattered. She had changed her life-long way of relating to others. And that wasn't all that changed. The cyst in her throat was starting to change. It was already much softer, more like the taut muscles on your palm and it was shrinking.

The focus of our remaining sessions was teaching Dot how to use some of the Love Tools. Here is what happened to Dot in her own words:

*I have been working with Raven for several months. I have a cyst in my throat; the Western Medical solution is a slightly complicated surgery. Not only did my progressive doctor tell me to have it cut out, even my acupuncturist said to have the surgery. Needless to say, I was not happy and pretty scared. This cyst had been with me for over a year, and it was getting bigger. Basically, it looked and felt like I had a golf ball lodged in my throat. After working with Raven for about a month, it was half the size and much softer. I knew then that it would go away, and my fears also went away. As we have continued to work together, the cyst keeps shrinking. It's barely noticeable now.*

*This process is so powerful. I am learning how to heal through my own efforts, and I have full faith that the cyst will be completely gone as I continue to do this work.*

*In addition, I have experienced many added bonuses by doing this healing work. Other things in my life have gotten easier. Way more is being healed than just this cyst. The cyst is just an outward manifestation. I am experiencing more Love in my life through my choice to be Loving. I am happier and often feel a sense of awe and inspiration. My life feels richer. I have more awareness of the ever presence of the Divine in my life.*

*I am grateful that Raven crossed my path when he did. He is a marvelous healer and a truly warm, generous human being.*

This healing took place in early 2007. Nine months later Dot's cyst disappeared completely and has never come back. This is one story from many of how the Love Healing Process can help anyone heal almost any disease or unloving condition if they are willing to do the work. There are ten more stories in this book just as powerful as Dot's.

If this information resonates with you, then you have six more Love Tools and the Love Healing Process to learn about and grow with. I'm sure you have heard before that if you want to get more out of your life and your relationships, you need to learn to Love yourself first. Well, what follows is the biggest, most efficient guide to Loving yourself you may ever find.

### **Let's do this together!**

If the miracle of Dot's story stirs a need in you to learn how to heal yourself and/or possibly go on to help others learn to heal, I have created the Love Mastery Course, a three-month intensive. You can gain all the benefits that come from growing in Love and healing your pain by mastering the use of the Love Tools and the Love Healing Process. The doing of it is creating a whole new way to live your life.



**Join me in making growing big in Love the most powerful thing you have ever done for yourself and become the change you want to see in the world.**

**For those that decide to become healer facilitators,  
we have potentially billions of clients.  
We have a lot of work to do.**

# Chapter 1

## My Story

(In My Story, I am using the word God to refer to the Divine, our Creator, the Source because it is true to my story. I understand that the word God is a painful word for a lot of people, so in the rest of the book, I will use the words, the Divine.)

I did not follow a traditional path to become a healer facilitator, teacher, speaker, and author. Because of this I have decided to tell my own story here. It feels like the most authentic way to show you how and why I am qualified to write *Growing Big In Love*. It's a long story. It is filled with Love, an incredible amount of pain, and the passion to learn why I am alive, which has driven me all my life.

From a child's point of view, my parents provided me and my younger brother with an amazingly abundant life. We always had nice clothes, a warm, clean house, and amazing food, which equated to every kind of sweet you could imagine (with a little healthy food here and there). We also always lived in nice neighborhoods and attended good schools.

I was a headstrong, high energy child, and physically adept. I taught myself how to ride a bicycle at the age of two and a half and was given my first bike at three. At five, I could roller skate faster than any child my age and even faster than anyone who was riding a bike in the neighborhood. Left on my own, I would play for hours with matchbox cars and Popsicle sticks, building towns and racetracks, and building all kinds of contraptions with an erector set. If there was snow, I would spend a whole day sledding.

Both of my parents were raised in very rough conditions. My mother was the baby of her family. She was born thirteen years after her youngest sister. Since her mother was a single mom in her forties, she was raised mostly by her brother and two sisters. My father had a twin sister. His father was involved with the KKK. He was mean and rough, he beat his wife and children, and was controlling in every way.

The methods of discipline my parents learned and used to raise my brother and me were harsh and painful. My mother would talk to me with an attitude of disdain. When I was old enough to think about these things, I came to believe that she just didn't like me (even though she Loved me). No matter what I did, I felt like it was never good enough. Inevitably, I would do something wrong, so I got a spanking almost every day from ages two through five. If she felt what I did was bad enough, she would forgo the spanking until my father came home. Then she would tell him what I did, and he would beat me mercilessly. When my father beat me, he would go into a rage, and he would hit me so hard it would give me welts and bruises. Over the course of my childhood, I was beaten with belts, bolo paddles, and switches. If nothing else was available, he would use his hands and they would leave welts all over my butt and legs. One time, he was using a bolo paddle on me, and it broke into tiny pieces the first time he hit me, so he kept hitting me with his hand. Then he got even madder at me because it hurt his hand.

I remember when I was three, my father was beating me so badly I thought, "How could anyone beat a child like this for anything?" Even at that young age, I knew that my father was doing the only thing he knew to do. Quite often, when my father was through beating me, I would feel this feeling of euphoria come over me. I'd think, "Oh my God, it's over, oh my God!" I remember having this feeling that I relate to now as being or feeling cleansed. But the beatings were for something like walking through a mud puddle with my clean clothes, or not playing fairly with my brother, or doing something I was told not to do. I was just being a child. My mom stopped spanking me when I was eight and my dad stopped when I was fourteen.

I had no Loving chemistry with my mother. She never played with me even though I wished she would. She told me a number of times that it wasn't a mother's job to play with her children. She took care of my other needs well. She clothed me, helped me with my

homework, celebrated all the holidays in style, but I had a hard time appreciating the care because of the constant static between us.

I had really good chemistry with my dad though, despite the beatings. When my dad was not in a rage, he was a fun, easygoing man who Loved to play. We would wrestle and he would tickle me. We Loved to fish and camp and go boating. We would ski, both water and snow skiing. We would play catch, Frisbee, and Ping-Pong. I Loved my dad and felt the Love he had for me. He taught me how to play chess, and I finally beat him when I was thirty-one. Almost everybody Loved my dad, and the only time he ever expressed his rage was when my brother or I would do something he thought was wrong.

My mom used to make us go to church almost every Sunday. When I was nine, we were attending a Baptist church in which the minister was a young carpenter. I liked him. One day, he was preaching about how Jesus had died for all of us to save us from our sins, and he asked if there was anyone who would like to come forward to be saved by Jesus. The sermon had touched my heart so deeply that I was moved to go forward. As soon as the minister laid his hand on my head and pronounced the words, "You are saved!" my heart was instantly filled with the glory of God. I felt like the heavens opened up and poured the Love of God right into my very soul. I had never felt anything like it. I was radiant! I felt the light and Love of God pouring out of me. The Love was overwhelming. It changed my life!

To my mother's embarrassment, I became a little holy roller. From that day forward when I was in church, I could be heard yelling, "Praise the Lord," and, "Amen," with all the other men. With my allowance money, I bought five hundred little books that had thirty-one Bible verses in them, and I handed them out to the children in my school. I was so moved to share the Love I had found. In the beginning of the next school year, one of the boys who had been in my class the year before came up to me and thanked me for giving him the little book. Because of that book and my enthusiasm, he had attended the summer bible school. He told me that he was saved, and I could see in

his eyes that he had had a similar experience as me. That touched me deeply.

The Love I felt from the experience of being saved moved me to want to know more. I started reading the Bible all the time. I had my mom take me to Bible study classes at the church. However, within about a year and a half, I started becoming terribly upset and disenchanted with the church. People kept teaching different things about the same verses in the Bible, and that was very confusing. I could not get straight answers about how there were two different stories of Jesus's birth in the Bible—which one is right? They could not answer my questions about how the whole universe could be created in seven days, and if Jesus arose from the dead, why did he leave us? I stopped going to church.

When I was fourteen, I drank my first beer. It tasted terrible, so I just drank it down all at once. Fifteen minutes later, I was completely inebriated. I was laughing so hard my stomach ached. I felt so good and thought, "You can get this in a can? Wow!" I was instantly addicted. That day was the beginning of several years that I spent on drugs. I Loved drugs. Did I say I Loved drugs? I Lllloooooovvvvvveeeeee-ddddd drugs! To me drugs were a playground for the soul. For the next five years, I tried every kind of drug that I could find. Except for heroin and opium, I experienced almost every kind of drug you can think of. My favorites were cigarettes, beer, acid, all kinds of speed, and the last two years I did cocaine. I dealt drugs from ages sixteen to nineteen and supported myself on the sales for the last two years, selling mostly coke and acid. I only sold to users though. I was not a pusher, and it was a fun way to live right up until it wasn't.

In the last year I did drugs, my coke dealer and good friend learned how to make crack and became addicted to it. Within a year, he ruined his life. Crack was the weirdest drug I ever used. You would smoke it, get this amazing rush for about two minutes, and then for

the next three to four hours you would fiend on how to get your next hit. That was it! It was like a sickness; it was so addicting.

The last year of my drug days became frustrating and boring. I was nineteen then. My dealer was going crazy on crack. He was hearing voices all the time and sleeping with a gun under his pillow. He was over two hundred thousand dollars in debt. I had coke customers who would spend their whole paychecks on coke, and they had children at home. I became very disenchanted with the whole scene and one day, I just quit. In the next six months I lost every friend I had, except for my first wife, and that was because she was pregnant with our first baby. More about this later. First, let me back up a bit.

When I turned sixteen, I received my driver's license the day of my birthday and three months later had put 25,000 miles on the little Volkswagen beetle my dad had given me for my birthday. I Loved to drive and explore. I had also become quite popular at school and had about six girlfriends all at the same time and was making Love to most of them off and on. I also graduated in my Junior year of high school by taking a GED equivalency test. My father got transferred to San Diego for his job, and I convinced him to let me stay where I was in Alameda, California. I told him that I would support myself. He agreed, and I became the happiest 16-year-old on the planet. I was free!

## **I Froze to Death**

When I was seventeen, I decided to become a pot farmer. My best friend Paul and I planned a pot-planting journey into the most desolate wilderness in California, and we left in the last week in April. It was a mountainous region where there were no roads for twenty-five square miles. Long story short, it started snowing on the second night and in the next twenty-four hours it snowed over eight feet.

We had no winter gear.

We did our best to get back to civilization but were forced to travel over the mountain, off our map. We made it over the top

around five that evening, but we were literally freezing to death from trudging through eight feet of snow.

We crawled into our sleeping bags and said good-bye to each other. My body was cramping everywhere from the cold, and the pain was unbearable. I decided that cutting my throat would be much less painful, and then right before I did it, I died.

It was amazing! I was moving into the light, feeling more Love than I had ever felt. It was exquisitely beautiful, powerful, and peaceful, and then, as I was about to enter the light... BOOM... I was back in my body feeling as warm as I could possibly be.

I stood up and looked around. The blizzard was raging, and I couldn't even see fifty feet, but I was warm through and through, including my fingers and toes.

"I guess I am not supposed to die yet!" I exclaimed.

I had what is called a near death experience, I was so grateful and awed!

Two days later we were back at our home with frostbitten feet, but we were alive. I lost fifteen pounds in those four days. And my feet would be forever painfully cold during the wintertime.

When I was nineteen, my wife-to-be became pregnant, so I had to start working for a house painter to support us. Drugs had been my source of happiness for the past five years and since I did not have the pleasure of doing them anymore, I needed to know why I was alive. What am I supposed to be doing here, and why? I started reading books. The series of the Seth Materials by Jane Roberts touched me deeply, especially the book called *The Nature of Personal Reality* that explained to me about how our lives are lived through the nature of beliefs. <sup>1</sup> I did not know it then but understanding how beliefs worked would become my life's work. Since I did not have any friends, I also started looking for a community that I could become a part of, and within a few months I found Hitesh. He was a Tantric Master from India, and he became my guru and a friend, of sorts.

He never charged us for his weekly classes that he had at his home in the next town. He taught a small group of people and one of the men in that group and I became his most devoted students. He taught us about the Eight Paths of Yoga and the philosophy of the Tantras. He taught us that it was an honor for the communities in India to support the yogis in their hermitages. He taught us about the way he had learned the path of the hermits and how he was trying to teach us in a similar fashion but redesigning the teachings to accommodate our lives as family householders.

Many of the things he taught us did not work so well. The hermits' goal was to cleanse their bodies of Karma by meditating for hours and hours in order to achieve *Samadhi*, a permanent state of bliss and ecstasy. They would do that by trying to achieve a pure spirit by not paying attention to any sexual desires, and by refraining from taking any kind of mind-altering substance, or making money, or having intimate relationships. You can see how difficult it is to adhere to these restrictions and live in the real world.

Meditation was very beneficial for me at first. I had a lot of amazing experiences while meditating, and Hitesh's knowledge of how life worked was like nothing I had ever heard of before. He taught us about our spiritual bodies and how they worked. He assured us if we worked hard, we would eventually be able to see our own spiritual bodies and possibly other people's as well. If we worked really hard, he said we would be able to obtain *Samadhi*. *Samadhi* was supposed to be a powerful state of Love that never goes away, and that is what I wanted. I wanted to obtain and live in that state with all my heart and soul. I was driven to attain *Samadhi*.

As the classes advanced, I discovered that I had a gift of making complicated things easy for other people to understand. Hitesh had a strong Indian accent, and there were many times in class when he would try to explain things to some of the students when they couldn't understand what he was trying to tell them. I would explain what he was saying to them in different ways, making it



possible for them to understand the concepts easily. I enjoyed this so much that I decided to dedicate my life to becoming a teacher. This became a great benefit to me because after that I would learn things more completely so that I could teach them later. Whenever Hitesh asked us to do something, I would double or triple the time and the repetition of doing it to ensure that I learned it thoroughly.

One evening, instead of Hitesh teaching his usual class, he prophesied about what was going to come to the Earth in the future. He had never done that before. He told us that there had been a number of times when two Christs came to the Earth at the same time, and then he named who they were and when they had been here. Three pairs of the Christs had shown up at the beginning of different ages, John the Baptist and Jesus being one pair. He said that this time, for the new age that was coming, there were going to be four Christs at the same time. I asked him if those positions were taken or if a person could become one of the Christs. He told me he would tell me the next week.

At the beginning of the next week, he told me that the positions were open to whomever could attain them. I decided right there that I was going to be one of them, but over the next few days, fear set in. *Who was I to think that I could do such a thing?* I knew that I was very ignorant in so many ways. I had not been formally trained or educated. But a verse that Jesus said in the Bible kept echoing in the back of my mind, "You can do anything I have done and more!" And after the third day, I confirmed my resolve that I was going to be one of the Christs. After all, if I did everything I could find to do and didn't make it, I would still be a better person for it, right?

When I first started meditating, I had many incredible experiences. One day I went really deep into my meditation. Fifteen minutes into it a blast of wind hit my house and shook the whole house. I went outside after I was finished, and there was no wind at all that day.

One evening, when I was starting one of my hour-long meditations, I arose out of my body and hovered about a half mile above it. I could feel everything including the Earth below me as if it were part of me. I could feel where Hitesh was and what he was doing a town away. I could feel one of the other students another town away and feel exactly what he was doing. Everything was so brilliant and colorful and bright. I felt so much Love. I thought I had achieved *Samadhi*, but through talking with Hitesh I found out it was only an out-of-body experience. It was AMAZING!

By the third year of learning from Hitesh, I realized that he had an understanding of how the mind worked that was very different than what was known by the rest of the world—it was simpler, easier to understand, and useful. I asked him if I could write it down and compile the information so that we could teach it as a whole concept. He agreed, and after writing it all down, I found that it was not complete. There were parts of my experience that were not explained in his explanations. I approached him twice and asked him if there was more to it. Both times he confessed that he believed it was complete. I did not agree, and I continued to ponder what I felt was incomplete.

Hitesh taught us a way we could use our energy to heal people. We would focus on moving our life energy through our hearts and out our hands and into a person's body wherever they were hurting. Also, because of the amount of meditating I did, I developed the gift of being clairsentient. In other words, I could feel other people's pain, so I became good at finding other people's pain and energizing their pain to relieve it in a short amount of time. I used this technique on a number of people.

One of my brother's friends had had stomach pain for most of his life. He was seventeen at the time. I laid my hands on him and felt the energy pour into him. In less than a minute, it was done. The boy looked at me like a miracle had just happened. Not only did his pain go away, but two years later I saw him again and it had never come back. I also healed one of my best friend's headaches one morning. Again,

he looked at me like I had just created a miracle. He had been getting these headaches ever since getting badly hurt. A week later, he got another headache and asked me to try it again, but the healing was only mildly effective. The next time, it hardly worked at all.

I did hands-on healing with many people, and I discovered that sometimes it worked and sometimes it didn't. Some people would ask for repetitive healings instead of trying to help themselves. After about a year of being frustrated by not being successful all the time and annoyed with people becoming dependent on the healings, I vowed to find a better way to help people heal and stopped using the technique.

## **I Became a Father**

When I was twenty, my wife and I had our first child. We had him at home, and I got to catch him as he was born. What a miracle to experience! But being a father at twenty was incredibly challenging. Sleep deprivation was intense and difficult. The hard labor of painting day after day sleep-deprived while keeping my meditation practice going was exhausting. I discovered my rage.

I had never gone into a rage in my entire life. My father and brother did it all the time when I was being raised, but because of my father's beatings, I had never allowed myself to lose control over my anger. I did not want to hurt myself or anyone else. But one night my six-month-old baby would not stop crying no matter what we did, and for the first time in my life, the rage took over (or I let the rage take over). I pulled his diaper down and spanked him for crying.

When I was done, I wanted to kill myself. I could not believe what I had just done. I felt like I was a monster. My wife was furious with me. I felt so guilty, so ashamed. I hated myself!

We had two more children in the next three years, both born at home, and I had the honor of catching them, too. I struggled with my rage all the time. My pattern was that if any of my children did anything I thought was wrong, I would go into a rage and would yell at them and spank them. Then I would hate myself and feel so ashamed.

It took me ten years to learn how to discipline my children without getting angry and hitting them.

The wonderful thing was that I Loved being a dad. I Loved playing with my children. When my oldest was seven, I put the T.V. into the closet and it stayed there for a long time. We would play tag and street hockey and soccer all the time. I was a soccer coach and referee and had three children on three different traveling soccer teams in one year. We would go camping, boogie boarding, skiing, cliff jumping and inner tubing down rivers all the time. We had so much fun.

One morning, during the winter of my twenty-third year, I had gotten up at five to meditate for an hour before I started my busy day. I was tired and a little exhausted from burning the candle at both ends for days on end, and I had an epiphany—*I am just sitting here doing nothing when I have so much to do*. Two hours a day of meditating on top of all my other responsibilities was not going to work for me anymore.

I stopped going to meet with Hitesh every week, and I started reading voraciously. If I was going to become a Christ, I had to know why I was alive and what I was supposed to do with my life. I found that when you read good books, you get the best information the author has to give you in the most efficient way. It was a great way to learn. By the time I was twenty-six, I had read hundreds of books about philosophy, spirituality, and religion.

Almost every spiritual book I read that originated from the East was based on people meditating and focused on the heart center and above in an attempt to purge themselves from carnal and material desire. The yogis would meditate for many hours a day, for years in their hermitages, and they would obtain some form of enlightenment, but when they came down off the mountain, they would quickly fall into their old patterns of living. These would include sexual desires and actions, and the need to manifest money so they could live within society. They would lose their enlightenment very quickly.

Of course, there were some who were able to retain their enlightenment, like Yogananda and Sri Chinmoy, and I am sure there were many more, but most did not. I enjoyed having a family and being a part of society, so how could I live my life without sex or manifesting money? By yogi standards, I was unclean, doing it wrong, and creating Karma for myself. The yogi life was anti-communal. There was almost nothing about the hermit way of life that was conducive to being a family man or a functioning person within society.

Plus, I found guru after guru that was not living or teaching in integrity. They were men and women that would have their students and devotees put them on a pedestal, and some even demanded that their students worship them. This shut the door for me to any Eastern religions or philosophies that used hermitage or gurus. I was in my early thirties when I came to these conclusions.

### **I Dreamed I Am Going to Be a Christ**

When I was twenty-six, I had a living dream. I dreamt that I was one of the four Christs. I was with one of the other three, and he and I were walking towards this massive coliseum, following thousands of people who were rushing to get in. Everyone was so excited, and the energy around the place was electric. I could feel the other two Christs on the other side of the coliseum doing the same as we were. When we got to where the people were crowding into the gates, all four of us levitated over the people's heads and moved towards the coliseum. We each split up, ducked under the doors, and flew through the inner halls above all the people's heads. We each entered the tremendously huge auditorium from four different directions at the same time, me coming from the East. We hovered over the circular stage in the center and then gently touched down onto the stage. The people went absolutely bonkers! The screaming was ecstatic. It felt like the place was going to come apart! I was just about to speak when I woke up.

I was so elated. I was so excited. I had another waking dream when I was twenty-eight and another one when I was thirty-two, both

ensuring me that I would be one of the Christs. I can't tell you how much these dreams affected my life. The idea that I would be one of the four gave me the power to endure so much pain (you'll read about this part shortly). And through the endurance, I learned that a person can do almost anything that he needs to do regardless of how much pain he is in.

**Years of growing in Love and healing most of my pain have shown me that I do not think the New Age is going to have four Christs. I think we are moving towards a new kind of enlightenment, one in which each person that takes up the call will become happier, healthier, and more intelligent than we have ever seen before.**

When I was twenty-six, I met with Hitesh, and I told him that I had mastered meditating. I could wake up and keep my thinking mind quiet almost all day long. It was very peaceful in some ways when I wasn't arguing with my wife or disciplining my children because then of course I would lose my peace. He told me that I was ready to use an advanced tool, which I called generating. When generating, I would use my willpower to generate more energy into my body than an average person experiences. He assured me that generating would help me achieve Samadhi faster. As soon as he told me about generating, I was intuitively moved to know that this tool was going to become one of the keys to changing the world.

By the time I was twenty-seven, I had mastered generating. I would wake up generating, generate all day long, and go to sleep generating. I could even generate while I was engaged in conversations with people. When I was twenty-eight, I started developing this constant pain in the back of my neck. I went to Hitesh and asked him about it. He said he would look into it. A week later he called and told me that the pain was the result of me burning through my Karma. This was very exciting to me. It just gave me the inspiration to generate more and more intensely.

## **I Almost Burned to Death**

I started teaching weekly classes when I was twenty-eight. My first class was with three women and lasted six months. My second

class was with fifteen people. At twenty-nine, I was teaching how to grow in **Love** and commune with **God**, (two words my guru never used), with the techniques of total relaxation and meditation. My second class was progressing very well. In six months, my students were ready to learn how to generate. Two days before I was to teach them, I accidentally created a firebomb at work. I was spraying a volatile primer throughout the house, and I forgot to shut off the pilot light in the heater. When I opened the heater door to spray the back of the door, the primer ignited, and the house went up like a bomb. I was wearing a paper suit and became a fireball.

The experience was literally hell!

The fire burned thirty-three percent of my body mostly, above my waist. When I arrived at the emergency room, most of my burns were considered second degree burns except for my arms. The skin on my arms was hanging in strips.

I was helicoptered to U.C. Davis in Sacramento to the burn ward. When I arrived, my burns had become third degree. Because the fire did not char my skin, I never lost feeling and the pain almost killed me three times in the next seven days.

Two skin graft operations, which were more painful than the burns, and sixteen days later, I was home learning to manage pain. At seven months, I started going to school to learn how to become a computer-aided draftsman. But after a few months of school, I decided I liked painting better and I have been painting ever since.

Also, from the fire experience, I promised myself that I would never teach again until I found out how it was possible for someone like me to have something so terrible happen to them. At that point, I was one of the most Loving, kind, hard-working people I knew, and I felt so hurt, so betrayed by God.

After a year and a half, I started generating again and was soon up to generating all day every day. But my pain continued to get worse. It wasn't just the back of my neck anymore. It started showing up in many ways.

In the next eight years, I had mental and physical exhaustion, lymphatic cancer, my first hernia, and a six-week bout of mononucleosis that was so bad, I could only work two hours a day.

## **Too Much Pain**

By the time I was thirty-eight, I felt like I was almost brain dead. I had very little short-term memory. My wife and I had joined a multi-level marketing business that had a wonderful education program and many meetings to attend. My memory was so bad my wife would have to stand right next to me to tell me the names of the people that came to talk with me. I couldn't remember a person's name for more than thirty seconds. I was in so much pain all the time that I could not meditate or generate.

One day I was listening to Anthony Robbins' *30 Days to Abundance* cassette tapes. On the seventh day, he taught about the power of a Loving Smile. In that moment, I came to understand that all those years I had been generating with my heart closed. I hadn't been burning Karma; I was literally making pain for myself. I had filled my life with more pain than any human should have to endure.

People have asked me, what do you mean you generated with your heart closed? How could that create pain for yourself? If you understand Love Reversals, then you can see how a person could easily believe they are doing the right thing when they are doing something angrily and they feel justified. What I was doing since I learned generating was concentrating on making my body as energized as I could, every moment of every day, not realizing my heart was closed the whole time. I believed I could do it and if I did, I would be able to heal my Karma. I was so serious about this. I wanted to attain Samadhi with all my heart and soul. Well, serious is not an open-heart condition. If a person is serious and they are not smiling, they are making pain for themselves. I had ignorantly and innocently mastered making pain for myself. I had seriously intensified all my unloving beliefs and Love Reversals. I had almost generated myself to death.



I finally figured out why the fire experience happened to me. I had generated so much unloving energy, from age twenty-seven to twenty-nine, that the fire literally cleansed me. And while I was listening to Tony talk about the happy, Loving Smile, I realized that the only way I was going to be able to heal myself was to smile my way back to health. So, for the next thirty-five years, I endured. I was exhausted all the time. I had twenty-seven migraines that were so bad that I would throw up for hours. Every one of them, except for the last three, was at the pain level of 7 and 8 and two of them were a 9.

I had one experience in which my pain went up to 10 several times a day off and on for three weeks and the pain was centered in my heart, but I did not die. The only reason I did not throw myself in front of a truck was because I felt like God needed someone to experience that much pain and not die (the Christ thing). So, I just endured it and it felt like it was burning my soul. I would just sit or lay down and cry for hours and hours.

After that I had pain move at random throughout my body all the time for the next thirty years.

## **I Learned How to Talk with the God**

My first marriage ended in divorce when I was thirty-two. Then, four or five months later, I met a woman who I thought was going to be my mate. A couple of weeks after we met, I was sitting in her living room meditating. She came in, sat on the other side of the room, and started using a pendulum. She looked up at me and asked, "Do you mind if I use this?"

I said, "Use what?"

She said, "This is a pendulum. I use it to talk to God."

"Sure! Go for it!"

As I watched her, and using my clairsentient abilities, I could tell that she was indeed communicating with God, or it felt like God. She told me that she asked questions, and if the pendulum turned clockwise, it meant, "yes" and if it turned counterclockwise, it meant "no." So, on that day, July 15, 1992, I learned to talk with God.

I became a pendulum junkie. I asked questions about everything, all the time, every day. I immediately learned that you could get wrong answers, and eventually learned that to get true answers you needed to have your heart wide open, to be in a state of Love. Within two weeks I had discovered the two missing parts of the map of the mind, one part being Love Reversals. The other was that the Ego was not a separate part of the mind that was separate from God, which I had been taught. The Ego was simply the part of God that identifies as me. I also learned to use Tarot cards. I liked the pendulum because I could get instant answers and I liked the Tarot cards because I could get answers that I would not have thought of myself. Within a couple of years, I realized that I was receiving the information in my head before the pendulum moved. Eventually, I did not need the pendulum at all. For a long time, I used tarot cards here and there because sometimes I needed information that I couldn't think of myself.

My relationship with God has changed many times as I have become bigger and wiser in Love.

### **I Became a Father Again**

At the end of my thirty-second year, I met my second wife. (This of course was after I met the lady I thought was going to be my soul mate, who was not.) We fell in Love and married a year after the day we met. She was wonderful with my three children, but she really wanted her own baby so we made a deal: She would be a stay-at-home mom until my children finished high school, and then we would have our own child together. She was a best friend to each of my kids as they went through their teens, and then, when she was forty-two and I was forty-three, my fourth child and third son were born. He was eighteen years younger than his youngest brother, so two weeks after he was born, my third child left the house, and I became a dad all over again.

Two years later, I divorced his mother. On the sixth day after I moved out, I realized that almost everyone in my life was abusing me:

my wife, brother, mother, father, and two close friends. I decided that I would not associate with anyone who abuses me ever again. I ended my relationships with those people, and I made a deal with anyone who I became close to from there on; I told them that I would never argue with them, raise my voice, or yell at them, and I asked them to do the same for me. I also promised that if I ever got upset at them, I would take some time by myself to figure out why I was upset, and then I would talk to them about it peacefully. It worked fantastically. About a year and a half later my brother called up and said he missed me, so we entered into a friendly relationship, and it has remained that way to this day. The same thing happened with my mother and father. It was so fun to be a part-time father to my youngest son. It was so easy compared to raising my other three children. I had so much experience. I never raised my voice to him, argued with him, or hit him. He was one of my best friends. I never had to discipline him because we just had so much fun living together.

Having such a powerfully healthy relationship with him totally changed my understanding of what constitutes raising children in a healthy manner. There is never a need for discipline when it is understood that raising children is an interactive Loving service. Ideally it takes a community to raise children so that everyone involved can find time and space to be on their own and feel what it feels like to be just themselves. There were some American Indian tribes that had a wonderful way of raising children in which each child became a child of the tribe, and many different people took care of their needs and education throughout each day.

My fourth child was born in 2002. I divorced my second wife in 2004.

In the year 2000, the Michael story happened. (You can read his story at the end of Chapter 3, *The Benefits of Growing in Love More and More Every Day*.) Soon after the Michael experience, which was a life changing experience, I did two things that brought great excitement to my life. I wrote my second book, *A Path of Truth*

(actually two books, one was a little thirty-three page booklet called *Shine*), and I started teaching again.

Because I wrote the books before I started teaching, the information in the books became obsolete soon after I started teaching because I developed different dialogue. The information in the books was a much rougher version of four of the now seven Love Tools that I teach now. I was so excited to be teaching; it was what I had lived my whole life to do!

The second thing was that my wife and I became active in a spiritually based church. Over the course of about three months, I shared Michael's story and the Love tools with the minister, and he agreed to let me teach a class in his church. He gave me ten minutes to speak at both services one Sunday morning to advertise my class, and from those two ten-minute spots, fifty-four people signed up for my three-month series of classes. I was elated.

After two months of teaching, I still had fifty-two people coming to class. It was amazing. I was having so much fun. The students were having extraordinary experiences from the use of the Love tools, the church was making money, I was making money, and I was happier than I had ever been up to that point in my life.

On the Sunday morning after my eighth class, the minister brought me into his office and as I sat down, his face turned red with rage. He told me I could no longer teach at his church; I would have to take my classes elsewhere. I could see that he was terrified that I was going to take over his church. He did not admit this, but fear was surely his impetus for ending my classes.

I couldn't believe this was happening. I was counting on his recommendation and that of the students to go and teach at other churches. This was my calling. This is what I had been living for. I was devastated.

Even though a handful of people came to the last four classes, held in a student's home, and even though they all elected to keep going after the three months was up, I was still deeply upset.

I started getting depressed, and after about six months, I ended the classes. I had noticed that most of my students were having great success with the Love Tools for about three months, but then their lives would go back to the way they were before they started using the tools. I was getting to where I could not stay in Love myself. The tools did not retain their strength, so to speak. I did not fully understand about beliefs and Love Reversals at that time, and I had some powerful Love Reversals confusing me that I was not yet able to see in myself. (What I did not understand then, is that Love reveals your pain. Because Love is a contradiction to pain, it shows your pain to you clearly, and if you are not actively healing it, then you slowly lose your desire to grow in Love. At that time, I did not understand how to heal my beliefs and their habits completely.)

I would enter very deep meditations by starting off with a wonderful smile, but as I went deeper and deeper into it, I could feel my smile just disappear into nothingness. When I followed the feelings inward, I would get more and more depressed because there were too many things in my outside world that were not Loving; wars all over the planet, the history and aftermath of Stalin and Hitler, atom bombs, hunger, famine, disease, filth, people not getting along, people always struggling to get ahead. Sometimes it was just too overwhelming to think about. How could a Loving God create a world where there was so, so much pain? This was my dilemma.

So, one day I went into a very, very deep meditation to search for the source of all this pain. I had to know. I traveled back in time to where man started, and I felt what those primitive lives must have been like. Conquer, or be eaten! (Which is not a fun thing to have to do.) That's what I found. It was clear that all our pain started from the beginnings of mammalian life on Earth, when life was based on animals eating animals. How gross can it get? How morbid. To imagine what it must feel like to be a rabbit and to feel yourself being torn apart by a pack of wolves. To have no defense, the terror, the horror of living such a death! Have you ever seen a shark eating its prey? It

looks so scary when it smells blood and then grabs its prey and goes berserk! How could a Loving God create such an abomination, so many abominations?

## **I Was Hating God**

What I found in that meditation was devastating for me. From that moment on I had an awfully hard time wanting to live here on this planet at all. Everywhere I looked, I was reminded that we must be living in Hell. Sure, there was Love here and there, but behind it all was death, bloody, gruesome, morbid death. Most of my adult life I had studied Love. I taught people how to know and move in Love, how to communicate with their Guides and God, and yet I could not understand how God could create a world that produced so much pain. I realized that I was hating God.

I was hating God for many reasons. God was hurting the ones I Loved. God was hurting me. I realized that part of me had hated God for a long time. And I also had guilt for hating God. I could feel lifetimes of hatred in me. There were many times I felt that I was going crazy. Trying to live and Love amid so much pain (I was in so much daily pain that I was terrified there was something wrong with me and with this whole planet.), and underneath it all was the guilt. It was too much.

One day, (a couple of years after I had divorced my second wife), I was sharing my heart with my girlfriend, expressing my pain, my devastation, and my plans for leaving this planet. I had decided that I couldn't live here anymore. She told me I should go see a man named John Hoyle, the creator of Voice Activated Integration (VAI), because she had heard that he was having a lot of success in helping people with their deep pain. I took her advice, and I went to see him. John and the VAI process changed my life, and literally saved my life. This is what happened in the second session with John.

Upon entering his office, I told him about my animals-eating-animals meditation and how much hatred I had towards God for creating such a screwed-up world and how it was driving me crazy to

live here. He asked me if I was ready to open to a different perspective about the animals. I asked, "You mean you know what to do?" and he said, "Yep!" He was so sure of himself I just went over to the table and laid down. I cleared my mind and said, "Okay, I'm ready."

"I want you to visualize yourself being a lion."

My first reaction was, "I'm a vegetarian and I can tell where this is going!" But I knew this was important, so I decided to go with it and see what would happen.

I've always been really good at visualizing, so I started to enjoy the feelings of being a lion.

I was big, really big! I could feel my mane and the breeze blowing through it. I was lying on the ground panting. I stretched my paws and dug my claws into the Earth, feeling my muscles, my strength, and the power in my body. I could feel the sun warming my back. I was really enjoying this!

Then I heard John say, "You're starting to get hungry. There's a gazelle you can see through the grass."

I looked around and saw the gazelle. "Got it!" I exclaimed. I immediately started moving toward the gazelle. It was eating with its head down and didn't see me coming. I was moving through the grass, closer and closer, and then the chase was on. I was amazed at how powerfully fast I was. I was almost on the gazelle and was just about to make my pounce when I heard John say, "Right before you hit the gazelle, become the gazelle!"

Instantly I became the gazelle, running and running and running for my life, my hooves beating the ground like crazy. I could hear and almost feel the lion behind me when suddenly I felt the massive claws grab my body and then

**I become part of the lion.**

**I became euphoric.**

**There is no pain.**

**There is no death.**

**Just BLISS!**

**I became part of the lion. It was God eating God!**

**I wish you could enter my body and feel what it felt like. It was so Loving, God eating God!**

**It was AMAZING!**

As soon as the lion grabbed me as the gazelle, I felt pure bliss as I felt myself becoming part of the lion. I did not die; I became part of the lion. It was so amazing! There was absolutely no pain. The moment the realization hit me I started to cry. And then I started to wail. I started releasing all of that hatred. Oh, my God!

**It was all a misunderstanding!**

**There is no death!**

**It's an illusion!**

I was sobbing from the release of the realization of the hatred I had felt towards God that was now being replaced by compassion, relief, and gratitude. I was so relieved. I didn't want to hate God. I hated hating God. I just wanted to Love.

I cried for a long time.

When I was finally able to compose myself, I looked up into John's eyes. I swear he looked like an angel. He had just saved my life. This was the biggest, most powerful realization I have ever experienced.

**There is no death.**

**It's just an illusion.**

After leaving John's office, I gave myself a long time to let this experience permeate my body and mind. I just sat with it. There were tears of joy and relief. There were tears of sadness for all the hatred I had had toward God and the guilt that came with that. And there was a lot of excitement for the prospect of Loving—to be able to Love deeper than I ever had before. **That was so exciting!**

The next day, a boil appeared on the top of my right thigh. I had never seen a boil before. And oh, was it painful. By the second day it was so painful I was having trouble moving around. It was the



release of all that hatred toward God, just coming out. It was disgusting.

On the fourth day, another boil appeared on my right butt cheek, right over the sit bone. This boil was so painful that I could barely move for two days. After the two days, I could hardly walk, and I couldn't sit on my right side for over a week.

It took the boils a long time to go away. But the relief I felt in my heart did not go away. That experience changed my life forever. From that point on, I have inwardly known that if there's something I don't understand, **the understanding will come in time**. All I must do is just keep Loving. Just keep growing. Just keep Loving. Just keep growing. And that is what has gotten me to where I am today.

(Since having the God eating God experience with John, I have read two other similar stories in Dr. Levine's book *In An Unspoken Voice*. There are two stories that describe the same no-pain phenomenon of being bitten by a predator. In these stories, the men were taken down by a lion and a tiger, and both felt no pain throughout the whole experience—**amazing!** Also, the Love I felt when I became one with the Lion was remarkably like the Love I felt when I froze to death and had the near-death experience.)

Since that experience, I have learned to trust Love. I have healed almost all my unloving beliefs and habits. I have healed almost all my Love Reversals, and my life is amazing. If I am confronted with anything that I don't understand, any experience that appears unloving, I just start Shining (Shining is the seventh Love Tool), and within moments clarity comes to me, and then understanding.

I decided to become John's apprentice for a time so that I could learn and practice VAI. It was a life changing experience for me. I learned it well and began using it with my clients. VAI is amazing. When it is being used, it is like watching a miracle happen. What John Hoyle discovered is that a client could be coached to use their own voice to access their deep pain and trauma, and as soon as they did, they could communicate with the archetypes within them. This how

John used it. I wanted to use it for people to access their trauma and unloving beliefs. I found when they did, they could communicate with their beliefs as if the beliefs were entities. This technique was much more effective and efficient than a therapist talking to a client. It was totally interactive, and the results were incredible.

Plus, I had this wonderful gift of being clairsentient, so I could feel my clients' pain. I was also able to confer with my Guides (By this time in my healing journey, I had discovered that people had a hard time believing I could talk directly with God. But they seemed to be comfortable with me using the words Guides. So, Guides is the name I have called my connection with the Divine for most of my life.) and I found that I could communicate with my clients' Guides as well. By using all my gifts together, I started learning about beliefs at a prodigious rate. I found that every unloving belief is not true. I found that if a client was too afraid to investigate their pain, but they were willing to do their homework of growing in Love, they became bigger than their pain and then they were able to handle it. I found that behind every disease or painful health challenge I have worked with so far, was an unloving belief or a Love Reversal (which was sometimes a series of unloving beliefs instead of just one belief), and the habits created by those unloving beliefs were what was causing those diseases. So, I eventually developed the Love Healing Process and have had incredible results with people using the process to heal their disease and health challenges. I must say here that I do not know if all diseases are caused by unloving beliefs and Love Reversals but to date, I have not found any person that had a disease that did not have a corresponding unloving habit that was behind it. From my experience, when people use the Love Healing Process to heal their diseases, they receive incredible results as you will be able to see through reading the ten testimonials in this book. They learn to understand why they have the pain, what they can do to heal it, and discover the wonderful gifts they have received from living with the pain.

I also discovered that a lot of people's pain came from past life experiences, and this is another place where VAI works incredibly well. Consider that many people have been born to parents who were not able to nurture them or, worse yet, created all sorts of atrocities that they had to experience. People who were badly abused by their parents or guardians will invariably want to know why they were born into such painful situations, so tracking that pain to a past life to discover the answer was the only option. In general, discovering why brings clarity, relief, and peace, and enables the person to release the pain they were holding. Working with so many clients like this has also given me the invaluable experience of learning how Karma works. Understanding how Karma works gives me an insight into what kinds of challenges my clients might be faced with. Also, the tension created by Karma, if understood, gives people the possibility to develop some incredible gifts. I will talk about this in detail in the chapter on Karma, but for now, I will give you one example.

## **I Created A Sexual Dishonor**

If you study the history of spiritual teachers and gurus, you will find that one of the main reasons teachers and gurus fail in their attempts to teach their knowledge is that they decide to be sexual with one of their students. I fell into this dishonor myself; therefore, I can relay to you how the Laws of Karma moved my life after the dishonor.

I had a client come to me who had a great deal of chronic pain in her life. She had tried literally over a hundred different healing modalities with almost no positive results at all. Within a couple of months of working with me, she gained some positive results and left with tools that would help her through her journey to heal. In ways, our lives were so parallel that it just seemed to make sense that we would be good mates for each other, so although I knew that it was against the rules of Karma, I also believed that the universe had brought her to me and that she might indeed be the mate I had been

looking for. We communicated about all this extensively and both of us decided to enter a sexual relationship.

The Laws of Karma are truly clear with this subject. If a teacher or guru comes across a student or client with whom they fall in Love, before they approach this person to enter relationship, the student or client must complete their healing or series of classes first, without any romantic or sexual involvement. Then, after one year has passed and if the Love is still there, the teacher or guru can approach the student or client. I am not saying that this is a law that is written somewhere. I heard of this idea while attending a workshop about sexuality and intimacy and it just felt right to me. I have also heard similar boundaries as guidelines for professional therapists and counselors.

I did not wait. Looking back now it feels so ignorant, but we both discussed all this together and then we consciously entered into a relationship. After a short amount of time, we both realized that it was not going to work. For me, the next three years were the strangest three years of my life. My healing practice fell apart. I became invisible to women. If women did notice me, it was usually with disdain or contempt. One woman and I did fall in Love, but she was married and Loved her husband, too, so our Love was not allowed to develop. Fortunately for me, I knew why my life was playing out like this. What I did not know was how long it was going to take to play out. Three years is an awfully long time to be alone. I knew I had crossed the Laws of Karma with my client, so the only thing I could do was make the best of it.

So, I made the best of it. What I learned was to Love myself. I learned how to take myself out on dates and to enjoy me. I learned to enjoy my connection with life, with the Earth. I learned to see myself as beautiful and I started working out to improve my strength and looks. And I learned how to live in integrity. I became an avid dancer and dancing became one of my sacred connections to life. I wrote *Engage Love – A New Healing Paradigm* (a year and a half long

project), and I self-published it. And slowly but surely, people started trusting me again, and then I really did meet one of my mates. We both were advocates for an open relationship.

Learning to Love myself has been invaluable, especially since I have met one of my mates. She and I have developed a rhythm of living and Loving together that is based on each of us Loving ourselves as well as each other. What we found is that when we've been together for four days in a row, we start becoming a "we" instead of a "me and my beloved." Five or six days in a row together and we really start to need our alone time. We need time just to come back to ourselves. Just a couple of days living apart and Loving ourselves and we're ready to come back together again, and our Love just keeps growing and growing. It continually blows our minds how much Love we feel for each other; it's like we were made to go together.

I have found that this idea of needing to be alone is so healthy. As our relationship grew from the beginning, I found so many co-dependent beliefs and habits that I needed to heal so that I could be totally present as myself with her. As I healed those beliefs, I could see how so many problems that people across America and the world are experiencing are caused by people parenting and living in relationships in which **they never take the time** to get to know who they themselves are by themselves.

Love Reversals make it seem like being together 24/7 is the Loving thing to do because they make us numb to what is true and loving. But when anyone grows big in Love, they will find that they need time to be alone so that they can get to know themselves and just be with themselves and the Earth and the Divine.

Parents, children, siblings, lovers, mates - they all need time away from their Loved ones to discover Love for themselves. If they take that time, if they learn to Love themselves, then they will also learn to cherish the time they have with the ones they Love when they come back together. It is truly amazing and fulfilling!

So, this is one of the things I learned from the tension provided by the enactment of the Laws of Karma when I created a transgression. Because I was open to what it had to teach me, I grew in Love, in wisdom, and in integrity. The Laws of Karma are created to do this for everyone. It is an ingenious system and an amazing way to grow.

In 2007, I was having so much success with helping people heal many kinds of diseases and conditions, that I decided to find a person that had some form of cancer and have him move into my house with me so that I could work with him, to see if we could help him heal his cancer. If the healing process that I used could help people heal cancer, then that would be a great achievement.

### **A Man with AIDS**

A man I'll call Craig answered the call. He was a friend of a friend, and we agreed that I would attempt to help him with no guarantees and for no charge. Craig came to me with a lot more than cancer. When I talked to him on the phone, he told me that he had AIDS, he had extreme psoriasis, and a place on his back that appeared after a bout with shingles and it seeped blood off and on.

Craig smoked about a pack of cigarettes a day, was very lonely, and dearly wanted a mate. Our agreement was that he would stop smoking before he came to me, but when he arrived, he was still smoking. He had left everything to come to me, so what could I do? It felt wrong to turn him away, so I let him move in. I worked with Craig for four months but was unable to help him heal. He had so much pain from the psoriasis that he could not focus on Loving himself and his smoking just exacerbated his condition. He refused to give up smoking, so I eventually had to send him on his way.

The experience of trying to help him taught me many things about the dynamics of a healer/patient relationship. I learned how past life experiences can affect people in their present-day experience and how people who are in a great deal of pain find it hard to help themselves change old habits without outside help. I also learned how

important it is to have the support of a Loving, healthy community when helping people heal.

I also worked with two ladies who had similar health issues. Both had suffered from depression. Both had taken medications for thirty years and wanted to wean themselves off their medications so they could be free of depression and the constant side effects of the medications. I worked with them at separate times for three months. I was unable to help the first woman get off her medications because she was unable to take a month off work, which is what she felt she needed to handle the withdrawal period.

I was able to help the second woman successfully get off her medications, but she was only able to stay off them for one month. She had been depressed all her adult life and she had almost no friends or community. I believe if I had had a Loving, healthy community for her to transition into, she would have been able to stay off her medications. She just needed some people around her to support her in her new decisions about her life. I have found that there are many people in our world that cannot heal by themselves without this support. So now, one of my goals is to help people around the world connect with each other to support each other when they are going through challenging healing situations.

I have learned so much over the past thirty years. Now, I do not just use VAI and Love Time, one of the Love Tools you will learn about in Chapter 4, Love Time. I also teach people the importance of vigorous exercise and a good diet. I now understand the metaphysics of beliefs and Love Reversals so completely that I can recognize and help people find and heal their past trauma in several effective ways.

Since the time I spent with Craig, I have helped so many people heal their diseases and health challenges. These healings like Dot's are life changing and some of them lifesaving. They are miraculous, and powerful.

## SHARING

The Divine is Love.  
He is Love created,  
She is Love creating,  
All that is,  
The source.

I sat to meet with Divine Love.  
I silenced my mind and opened my heart.  
In a moment of time  
I felt the eminence pour down upon me  
All around me and from within me.  
The forms unlimited  
dwarfed me in this sea of life.  
I felt as if I were smaller than an atom,  
being hugged from all around.

The Love  
So much Love!

I could not believe how much was coming from inside!  
I opened myself to take into my being all that I could.  
I was filled to the brim in a heartbeat,  
feeling myself radiant  
with strength, with power,  
with passion.  
The beauty  
beaming from the essence of my soul.

As I sat there in the aftermath of the meeting,  
I began to move my mind to those who are close to me.  
Feeling the power and the Love  
I yearned to share,  
To serve,  
To give of myself completely.

To Mother, to Father,



I moved my opulent heart,  
To my Love,  
To my children,  
To you.

## Chapter 2

# Let's Make Complexity Simple

How long did it take you to learn math, English, or a foreign language? Learning to grow in Love and learning to heal your trauma, pain, and disease is no different. It is going to take time and effort to get good at both. It is going to take dedication and practice. The incredible thing is that in learning to grow big in Love, you will learn to be playful in all areas of your life, and that's fun, and it makes the healing part so much easier.

For the past thirty-five years, I have been working with my connection to the Divine to discover, create, and live the processes you are about to learn. This is the fifth time I have rewritten and expanded this book, and each time the information has become clearer, easier to use, and more complete. This time I have mastered the healing process, and it is called the Love Healing Process.

Our intention in writing this book is to offer *Growing Big In Love* to you so that you can heal your pain and gain the extraordinary benefits that come from healing and growing big in Love on a daily basis. We will do that by teaching you the Love Tools first in the "Get Big In Love" section. Throughout the book we will share healing stories to show you how people have used the Love Healing Process to heal parts of their lives. Then we will teach you how to communicate with your unique connection to the Divine if you are open to that and if you do not already know how. Then we will give you two more tools you can use to help you grow, and in the "Love Healing Process" section we will show you how the Love Healing Process works in detail.

The Love Healing Process has five parts:

1. **Get Big in Love**
2. Learn to **Understand** your unloving beliefs
3. **Heal** the trauma that caused the belief
4. **Release** the painful energy held in your body by those unloving beliefs

## 5. **Heal and change the habits** caused by those unloving beliefs

Once you use the Love Healing Process to heal any unloving belief or Love Reversal, you will have healed yourself completely from that belief and the habit/s that go with it, you will have gained the ability to glean the benefits of the new knowledge that comes from the healing, as well as enjoy the new Loving habits you have developed, for the rest of your life. It is a wonderful thing to be free of fears, hatred, angers, and jealousy, to be liberated from guilt, shame, and sadness. And you will find your life will change substantially when you heal those old, unloving habits and replace them with healthy and true understandings. You have invested a lot of time in learning math, English, and the many things you have learned to make your life beautiful and interesting. If you decide to learn and integrate the Love Healing Process into your life, you may find it to be one of the most valuable investments you have ever made.

Let's begin by explaining some important concepts.

### **What is the Mind?**

If you were to go and look up the present definitions of what the mind is, you will find many varying explanations of what different people think the mind is, and you will find concepts like consciousness, subconscious, and unconscious. Many brilliant people have studied these concepts and expanded on their meanings to help themselves and others understand more about their lives. We have discovered a new explanation of how the Mind works.

As I explained in the last chapter, I had asked Hitesh if I could write down all he knew about the mind. After writing down all he could tell me about the mind, I found his explanation to be incomplete. He thought it was complete, but I did not agree with him, and I continued to ponder what I felt was incomplete. Then, when I was thirty-two, I learned how to communicate with the Divine, my Guides, and within two weeks I discovered the two missing parts. What follows is this new understanding of the mind along with the

explanation of how we have four bodies all working together to give us our wondrous experience of life.

Each one of us has a physical body, a mental body, an emotional body, a spiritual body, and an extraordinary mind. (We also have a time body. We'll explain that in Chapter 14, The Memory.) Each of the four bodies has its own characteristics and properties that we will elaborate on in a minute. For now, it's important for you to know that they all work together **to create mind** and give us the experience of life.

If you ask yourself, "What part of my mind is choosing what to think or fantasize about, what to need or want, what to do or not do?" You would be right if you answered, "I am making the decisions." **You** are the one who decides what, when and how to move, proceed, think, fantasize, and figure something out, or not.

**You** are the sum product of your memories, of the experiences that your actions and reactions have created. **You** are also the sum product of the way you were raised. In some ways you learned to think and believe in **imitation** of those around you—the adults, siblings, and friends you spent a lot of time with. In some ways you learned to think and believe through **reacting** to those around you. Through all this interaction, you came up with your own ideas and thoughts on how to act and react. And now **You** are the pointer of your mind. Whatever **You** decide to focus on, parts of your mind and bodies provide information, produce feelings, or move your physical body according to **Your** intentions and direction.

According to Tantric teachings and what I have learned from my Guides, your mind has two parts: a **Conscious** mind and an **Inner Conscious** mind. These parts give you information and create your emotions about what you decide to focus on in every given moment. I have coined the idea of the "Inner Conscious" mind because it is much different from and replaces the ideas of Subconscious or Unconscious mind.

Your **Conscious** mind comprises your five senses. Your Conscious mind gives you sensory information relevant to whatever you consciously focus on: how it looks, sounds, tastes, smells, or feels, singly or in combination. You also have a sixth sense, which is usually called intuition. Some people are adept at using their intuition and some are not. The bigger a person grows in Love, the stronger the intuition becomes and the easier it is to use.

The second part of your mind is your **Inner Conscious**. The function of the Inner Conscious is to feed you information from your memory or intuition about the object of your focus, **based on your beliefs and knowledge**. It also produces your feelings or emotions, which are also **based on those same beliefs and knowledge**.

Here is an example:

Let's pretend that you have lit a vanilla-scented candle, and it is lit and sitting before you.

If you focus your attention on the candle flame, your Conscious mind will give you information like: you can **see** the light the flame gives off; the closer you get to the flame the more you can **feel** the heat it produces, unless you touch it, and then it **feels** extremely hot to the point of burning you; you can **hear** the flame whipping around when a breeze blows it; and you can **smell** the candle's scent because of the flame heating the wax. The Conscious mind gives you conscious observation information.

Your Inner Conscious will give you information from your memory that you believe or know to be true, reactions to the observations, the most pertinent first, such as: the candle is lit, it is fire, the fire is hot, it gives off light, it is very pretty, there's a breeze that is making the fire dance, the heat is making the candle give off a pleasant scent, and so on.

Along with the feed of information from your Conscious, the observations, and your Inner Conscious reactions to your observations, your Inner Conscious creates the emotions that go with

the reactions to the information, based on your beliefs about it, such as:

- Fear of injury if you get too close to the flame
- Fear that you could catch something else around the candle on fire if you're not careful
- Love and warmth and wonder from seeing the beauty of the flame
- Wonder at the whipping sounds made by the breeze and maybe fear that it might go out
- An uplifting feeling from the wonderful scent, unless you do not like the scent of vanilla and then a stinky, smelly feeling

All these Inner Conscious reactions come from learned experiences of your past. Your Conscious and Inner Conscious perform this way for you throughout your waking hours, every moment of every day.

As soon as You change your point of focus, your Conscious and Inner Conscious both shifts to supplying information about whatever you're now focusing on or observing, and they produce the emotions that go with the beliefs about the information. You can focus on anything around you, within you, in your past, present, or future, any idea, concept, emotion, fantasy, or feeling.

In this way, you move through life learning to make sense of your reality, or your thoughts or fantasies, through what is commonly known as thinking. Most of your thinking is analyzing your reality; your feelings; your past, present, and future; your fantasies; asking yourself question after question about where you are, what you should do, how you should act and when, to what extent, and so on.

What is truly fascinating is that your mind is channeling an incredible amount of energy through your thoughts, moment by moment, from your spiritual body. If whatever you are focusing on or thinking about involves movement of your physical body, your body uses the energy from your spiritual body to perform the movements

needed effortlessly (usually), with little direction needed. If what you are doing involves pushing up against gravity in any way, then you will feel the exertion that it takes for the expenditure of the energy needed to accomplish your intention. If you are experiencing emotions, the energy is making your feelings alive with Love or pain, and you get to perceive your experience and decide whether it is Love or pain.

If you are analyzing your past, present, or future, the energy is available to help you search your memories and/or intuition to discover what you are looking for. If you are fantasizing, the energy is there to help you search your memories to create imaginative, wondrous, fantastical ideas.

Like your heart muscle forever beating in your physical body, the energy from your spiritual body is always there to help you discover the answers to all your questions and inquiries. And if you learn to meditate, if you learn how to stop your thinking process, the continuous flow of energy that you use for thinking starts to build up. It makes your spiritual body grow bigger and the extra energy stored within your spiritual body, becomes available to empower the thoughts and intentions that you set for yourself. If you're smiling with your heart wide open when you're meditating, you will be filled with different kinds of Love.

This understanding of how the mind works gives you advantages when learning to heal unloving beliefs, habits, and Love Reversals. Knowing that your emotions are produced by what you believe gives you choices about what you can do to make your life better in any given moment. We will explain this characteristic in detail in Chapter 7, Loving Questions. Simply, if you choose to focus on Love, your Inner Conscious will give you Loving feelings. If your heart is open when you focus on Love, you will feel Loving feelings and emotions. If your heart is closed when you are focused on Love, **even if you cannot feel the Love**, your Loving thoughts will empower you to act in Loving ways. (Yes, you can choose to act in Love even if you are

not feeling Love because your heart is closed.) Then, in time, your heart may open to feel the Love. Focusing on Love, whether your heart is open or closed, is always a win-win. And one of the most powerful ways to do that is to learn how to Lovingly Smile any time you can. It is much easier to focus on Love when your heart is open.

Along with this information about the mind, we also have the four bodies that I mentioned earlier. They are different parts of the mind, working together to create our lives moment by moment.

## **Physical Body**

Your **Physical Body** is the easiest to be aware of because it houses all your senses and allows you to move around, play, and get things done. You can see, hear, taste, smell and feel many of the physical aspects of your life. Your physical body gives you the physical experience of being a human being. It does this very personally by making you feel separate from all the life around you, giving you the experience of **You** being **You**. At the same time, it never lets you forget how connected you are to all the life around you. Each one of us is connected to Mother Earth, with her wondrous and constant flow of life energy, and to the constant light and energy from the Sun. We can always feel this connection to the Earth and Sun through our breath, through all our senses, and through ingesting the water and food that are available in abundance for most of our brothers and sisters around the planet.

## **Mental Body**

Your **Mental Body** is the part of your mind that thinks. It is the realm of your thoughts. Can you see or feel where your thoughts are coming from? Isn't it amazing how they just keep coming and coming? Most of us are thinking from the time we wake up until the time we go to sleep. We use the Mental Body to make sense of what is happening to us in each moment. It is composed of everything we have intellectually and intuitively learned up to the present, what we can remember. Your Mental Body makes sense of what is happening presently by comparing each moment to the information that is



continually being collected by the Conscious and Inner Conscious, moment by moment. The present observation information collected is compared to what you know and believe about the information from your memories. As you move through your life, you are continually creating a record of thoughts, assumptions, and understandings—things you have learned to be true or not true or believe to be true or not true—in your memory. You draw on all the available information from your past to help you decide what to do or not do, moment by moment.

So, your Mental Body consists of the flow of information from your Conscious (observation information from your physical body and senses) and Inner Conscious (reactions to the observation information from your memory. This information is played out by your emotional and spiritual body), which is experienced as emotions and insights, and also provides you with what you are continuously thinking. And as you are thinking, you leave a trail of thoughts, concepts, assumptions, and beliefs in your memory. Your Mental Body is at your service throughout your waking day, throughout your life.

## **Emotional Body**

Your **Emotional Body** is the part of your mind that enables you to feel your emotions. Your emotions are like a knowledge or belief enhancer. Your emotional body produces the feelings about what you know to be true or what you believe about whatever you are focusing on **in the present moment**.

Your emotional body will produce your feelings in a particular place within your body. In Chapter 12, Sensate and Dreams, we will teach you about Sensate. Sensate is a language of the body which means that when pain shows up in particular places and in particular ways, once you learn the language, you will be able to understand what the pain is telling you. Sensate can be used by your Guides to communicate how your belief systems and the patterns of acting and reacting are working for or against you. You will also find that disease and health challenges will also manifest according to Sensate.

Sensations on or within your body are messages within you that can help you understand your experience.

I have been using Sensate to help people heal for many years. Although Sensate is unique to each different person, there are generalities that make it possible to help people understand what is happening in their physical and emotional bodies. For instance, if a person has a sensation or manifestation of some kind in or around the area of the throat, it usually deals with communication. If it is in the head, there could be many kinds of Loving feelings but pain, like headaches and migraines, will generally indicate that there are conflicting beliefs, and the person feels trapped and/or is focused on trying to control their environment. Shoulders often represent feelings of holding up the world, while hands deal with creative workings, hips – mates, knees – change, feet – moving forward. In the chapter on Sensate all these areas are mapped out clearly.

We are sharing this with you now because the Emotional Body always manifests your emotions according to Sensate and learning to be aware of this phenomenon is immensely helpful when a person starts using the information to heal.

Here are some examples:

**Belief 1** – You have a deep Love for Superman, trees, dogs, cats, and cantaloupes. As soon as you think of any of these or come into their presence, you will immediately start to feel Love and wonder. When I have this experience the feeling manifests in my heart, shoulders, neck, and head as a warm wondrous feeling. The places where you might feel these feelings may be different for you. You could try it and see. Pick something you Looooovvvveeeeeee and see where the feelings show up.

**Belief 2** – If you have this belief “I hate having to go to work”, as soon as you think of having to go to work, you start to get ready for work, you’re driving or walking to work, or you are at work and think of how you hate it, you will immediately start to feel hatred and maybe loathing. When I allow myself to take on this belief, I start to

feel hatred in my heart and gut. If I focus on hatred, my head starts to hurt too because there is a part of me that knows I need to go to work to make money, but if I'm hating it, I will also feel trapped. Again, if you had this belief and it was triggered, you might experience the pain of the hatred somewhere else.

**Belief 3** – I Love great food! My favorites are grilled cheese and tomato soup, cheese enchiladas, most gourmet vegetarian foods, creme brulee, and ice cream. When I am hungry and I think of any of these foods, my mouth waters and I get a feeling of wonder throughout the trunk of my body and head. When you think of your favorite foods, where do you feel your feelings?

So, these examples show you how your emotional body enhances your knowledge and beliefs and makes them a part of your physical experience by producing the feelings of the knowledge or beliefs, whether Loving or painful, somewhere on or within your body. The intensity of the feelings is metered, so to speak, by the intensity of your experiences of the past. Like in Belief 2, if you have been hating the job you have been working at for years and you continue to go, day in and day out, every time you think of going to work, you will feel loathing, lethargy, and disgust at having to go to work. (If you have been hating work for years, your body will also feel numb and dull from the continual bombardment of hateful energy.) Or in Belief 3, if you have a restaurant that makes the most mouthwatering enchiladas you have ever had, and you have been going to that restaurant for years to enjoy them, every time you think of the restaurant or the enchiladas, your mouth will start watering and your body will be filled with joy, anticipation, and excitement.

As we grow bigger in Love, our emotional body gets more and more sensitive to unloving energies, making it possible to fine tune our awareness and bring our attention to the more subtle Love Reversals and unloving beliefs and habits, and then eventually the deeper and deepest pain we have within us. It is an amazing process.

## Spiritual Body

The **Spiritual Body** is more challenging to understand because for most people its workings are behind the scenes of our Conscious and Inner Conscious awareness. However, your Spiritual Body is the biggest part of the mind and the biggest part of you. It is even more complex than your physical body, and when you die your Spiritual Body houses you (so to speak) as you move onto your next adventure. This is something I cannot prove of course, but from all the research I have done, and the experiences I have had, this is what I have found. Your Spiritual Body houses your Soul.

You may never have heard that you have a spiritual body. If you can entertain the possibility that it does exist and if you choose to grow in Love and learn to keep your heart open, then as you grow in Love you will be able to feel the presence of your spiritual body more and more. This is especially true for the more advanced practitioners, people who have been actively growing in Love every day for many months and have been healing many beliefs and Love Reversals.

Would you like to feel your spiritual body? Try this: Hold your arms around yourself like you are hugging yourself. Now smile really big and think of anything that makes you feel like you are being hugged by the most Loving Divine Presence, lover, father, mother, brother, sister, doggy, or cat, until you are feeling quite Loved. If you can do this, that warm, Loving feeling that is coming from the area of your heart is a direct experience of your Spiritual Body.

We will not provide an in-depth explanation of the Spiritual Body here, but we'll offer some basics so that you'll know what we're talking about when we refer to it later in the book. As you become comfortable with these new understandings, you can begin to explore the world of metaphysics, if you haven't already. **Metaphysics**, as I like to define it, simply means **Spirit** plus **Physics**. It refers to the spiritual or energetic matrix, the construct or grid that the Divine Creators use to create the physical world.

Your spiritual body consists of two energy streams, each rising through your feet and legs through specific channels, crisscrossing at the base of the spine, and then crisscrossing four more times before they hit the Crown Chakra which is in the area of your head. The energies then descend along similar crisscrossing pathways, leaving out of your feet. Every place they cross is a Chakra, or energy vortex, which has specific characteristics that we will talk about in a moment.

(This image illustrates the major Chakras.)



Life energy pulsates much faster than the rate of your physical heartbeat. When the energies are moving up, they are gathering all the information according to what your intention is in the moment, and then when it moves down, it stimulates all the chakras needed to create your intention. For instance, if you felt thirsty and you wanted to get a glass of water, the energies would stimulate your body to move you towards getting a glass and filling it with water. When the energy is going up, it is gathering information from each Chakra **according to your intention**, which is then deciphered in the Crown Chakra **according to what you know and believe to be true**. Then the

energy moves down through the same Chakras to manifest the experience you know or believe you should have.

There are **six major Chakras**: one at the base of the pelvis, four at various points along the front of the spine, and one at the center of your forehead. The Root Chakra, which is red and has to do with physical energy and survival, is located at the perineum, the lowest point of the torso. The four Chakras along the front of the spine are: the Sex Chakra, which is orange and roughly two inches below the navel; the Manifestation Chakra, which is yellow and is located at the solar plexus; the Heart Chakra, which is green and right next to the physical heart; and the Throat Chakra, which is blue and right in the middle of the throat. The sixth Chakra is purple and is centered on your forehead right above your eyes and is called the Third Eye Chakra. These six Chakras are considered the Major Chakras, because there are hundreds of thousands of smaller Chakras throughout your Spiritual Body.

When the pulsating energy that is continuously coming into you is going up, it is always compassion going up the left leg and comfort and safety going up the right leg. When the energies are going down, they are channeled into the Chakras needed to create your desired experience. It is important to understand that the qualities of the energies coming down are controlled by whether your heart is open or closed.

When the energies are coming down, if your heart is open, the energies of compassion and comfort come into your **Root Chakra** and make you feel intimately connected to Love and life. If your heart is closed, the energies of hatred and fear come into your Root Chakra and make you feel alone and separate from Love and life. These energies of hatred and fear come from your unloving beliefs.

When the energies are coming down in the **Sex Chakra**, if your heart is open, you can have wonderful sexual experiences, and if your heart is closed it creates dis-ease within your sexuality.

When the energies are moving down in the **Manifestation Chakra**, if your heart is open, it enables you to manifest in powerful ways according to your desires. If your heart is closed, it stifles your attempts to make things happen in Love and life.

When the energies are moving down in the **Heart Chakra**, as we have explained, this Chakra determines whether most of your Spiritual Body channels Love or the opposite of Love. If your heart is open, you will be smiling and feeling Love. If your heart is closed, you will be feeling some kind of pain.

When the energies are moving down in the **Throat Chakra**, it enables you to communicate with anyone around you, your Guides, and the other side, beings throughout the Cosmos if your heart is open. If your heart is closed, it stifles communication or makes communication difficult.

The **Third Eye Chakra** comes directly out of your Crown Chakra via a connection inside the head. When the energies are moving down, it enables you to see into your physical, mental, emotional, and spiritual bodies, throughout the Cosmos, into past lives, the present, and imagined future or fantasies if your heart is open. But it stifles your ability to see into any of the bodies or concepts mentioned above if your heart is closed.

In a category of its own and located in the whole area of the brain and beyond, is the **Crown Chakra**, which controls all the other Chakras. This is the seat of your mind and where **You** reside. All four bodies come from your Crown Chakra. The Crown Chakra is your direct connection to the Divine, your Guides, your intuition, and the wisdom of Love if your heart is open. If your heart is closed, it is very difficult to access your own inner wisdom. If your heart is closed, it also makes it almost impossible to get clear, truthful information from the Divine or your Guides. Your Crown Chakra's main purpose is to show you how your knowledge and beliefs are working for or against you throughout your unique and incredible life and to aid you in healing the pain that has been created along your path thus far.

So, this is a version of how the Mind works. If you have never studied the Mind, you might feel excited to know that you can understand some of how it all works. If you have studied the Mind before, you might be thinking that this seems simple. It is simpler to understand than what the world has presented before, and it is more useful as you will see when you read on.

Now, let's revisit the other descriptions of the mind and connect the dots with this new version. The Conscious mind explanations for both are almost identical. To be conscious is to be aware of you in the present moment, moment by moment, and that is done with your will power, your intention, and the five senses and your intuition.

There are several different ways Subconscious mind is traditionally defined as the part of the mind. Some say it stores and retrieves data that is not in your Conscious mind, and some say that it is inaccessible to the conscious mind but contains information that causes compulsive and irrational behavior. With our version of the mind, the workings of the Inner Conscious are clearer and more defined and when you observe the way that Love Reversals work, you can see how we are moved to think, act, and react irrationally because we are numb to our pain. We do things that do not make sense because we are accustomed to acting and reacting in those ways, we feel accustomed to the feelings, it feels right, and justifiable. We learn to act and react in these ways from the way we are raised and when there is too much trauma, we get numb to the unloving ways we are treated, which in turn causes us to act and react in strange ways. We seem to be moved by powers of our mind we can't access, which could be referred to as "subconscious", but when we get big in Love, we find that they are simply reactions to beliefs we have developed in our past that are just covered up by too much trauma.

Other definitions of the Subconscious refer to the Subconscious as the part of the mind that houses memory. The Memory is a very big part of our mind and in this book, we have a new



explanation of where the Memory is stored that will help make the comprehension of the mind easier to understand. You can read about it in Chapter 14, Memory.

Traditional definitions of the Unconscious Mind are usually referring to parts of our mind that are even more deeply inaccessible than the Subconscious. These events are usually referring to severe thoughts, actions and reactions caused from very deep trauma that causes people to act in ways that are just not themselves, coming from PTSD and developmental trauma.

When a person is acting in ways that seem subconscious or is presenting actions and reactions that are totally alien to them (unconscious), the Inner Conscious is still doing its job by giving the person the information that is most pertinent to what they are focusing on, based on what they know or believe to be true. It just seems to be subconscious or unconscious because we are used to being numb to the pain, which covers up the truth, distorts our reality, and leads us to false connections and conclusions. Growing strong in Love makes it possible to bring that pain up to the surface without re-traumatizing the person. It also enables them to heal from all these conditions, one unloving belief and habit at a time.

You will be amazed when you come to understand that your mind's main function is to show you how your beliefs are working for you; that your Loving knowledge and beliefs, actions, and reactions make you feel great, and your unloving beliefs, actions, and reactions make you feel pain. As we learn this truth it becomes obvious that our mind's main function is to teach us how to become very Loving beings. Therefore, if you take the time to discover how your beliefs work, you will find yourself having more choices about what you want to do with your life and what you want to heal. It may inspire you to help yourself put Love into action, so you are feeling great all the time.

Until you understand your unloving beliefs, **they will control the way you act and react at times, making your life painful.** You can gain control of your actions and reactions by learning to heal those

unloving beliefs and the habits that go with them by using the Love Healing Process.

**Grow** big in Love

**Understand** your unloving beliefs

**Heal** the trauma that created the beliefs

**Release** the pain

**Heal/Change** the habits

**We will start by teaching you how to grow BIG in Love, more and more every day.**

# **Growing BIG In Love**

## Chapter 3

# The Benefits of Growing Big in Love More and More Every Day

In the Introduction we established that smiling a Loving Smile is the key to knowing that your heart is open. If you are Lovingly Smiling while you're working, playing, fantasizing, making Love, communicating, praying, or meditating, **then you are proactively empowering those moments with Love.** This is how to use the power of Love to light up your life. **The bigger and stronger your smile is, the more Love you will be able to feel and put into action in those moments.**

Now, I know what you're thinking. You're thinking, "You mean I'm supposed to walk around all the time with a big smile on my face?"

**ABSOLUTELY!**

Then you're thinking, "What will people think?"

I'll tell you what they'll think. **THEY'LL THINK YOU'RE HAPPY!**

What do you want them to think?

"You mean if I'm at work, I should smile all day long?" **YES!**

"You mean if I'm driving in my car, I should be smiling all the time?" **YES!**

"Washing the dishes?" **YES!**

When you Lovingly smile you are radiating Love in every direction, and it changes everything about your life to Love and joy and wonder and happiness. Your Loving energy helps you and everyone around you feel better. It is that powerful!

I'm being lighthearted about this because I'm trying to help you relax with the idea of letting go and smiling around your friends and people you don't know. It's natural to have fears about smiling, about how you look when you're smiling. Please understand that if your heart is open when you smile, the radiance of Love makes you look beautiful. Even if you're afraid of the way you look, or if you feel shy, you still look beautiful when your heart is open and you're

smiling. If someone around you responds differently, that is his or her ignorance. You will never have control over what other people think, **so be courageous** and let people see your smile and know your heart.

In teaching the Loving Smile, I have often had people tell me they've had bad experiences with people who smile a plastic smile. They have felt used and deceived by them. The thing to realize is that a "plastic-smiling" person's heart is closed. Now that you understand how the spiritual heart works, it becomes easier to tell if people's hearts are open by simply watching them. Any person in a state of Love will appear happy and comfortable. If you concentrate on watching and feeling their energy, and if your own heart is open, you will be able to feel their Love. If your heart is open, an easy way to tell if a smiling person's heart is open is to duplicate how they look, make your face look like their face and feel how your heart feels. If your heart starts to close while holding their look, you will know their heart is not open.

It is metaphysically impossible to have an open heart and lie. It goes against the Loving Smile principle. But there are a few people here and there who have learned how to appear that they are keeping their hearts open while lying at the same time to deceive people. I have met a couple of salespeople who could do this. These people are rare because they must practice looking like their hearts are open while they are lying to you. There is always some aspect of them that will give them away, but they can become quite good at covering up their deception. The Karma of a person that practices such deception is intense. They are creating a lot of pain for themselves. If you learn how to keep your heart open, you will be intimately connected to your intuition, which will serve you to see through people like this. So, if your heart is open and you see someone smiling and your body is telling you not to trust her, listen to your body.

I have also encountered students who were afraid to smile because of negative experiences in dealing with people who use a

plastic smile. The students were afraid that people would think they were phony or manipulative.

If you notice this fear arising in you, remember that you can't control what anybody thinks. Here again, I encourage you to choose to be courageous, to move through your fear and smile anyhow. Even if you feel at times that your smile feels or appears plastic, if you have the intention to be in a Loving state, you are sincerely trying to put Love into action. The adage "fake it until you make it" is a good way to think about it and is honorable because any time you intentionally act or react in the most Loving manner you can, you are doing your best and you are changing unloving habits. That rocks!

If at first you don't feel Loving when you practice smiling, just keep practicing. It's only a matter of time before the Loving feeling will accompany your smile.

All of us want to feel good. We want to feel good all the time. We want to feel good all the time every day. Practicing the Loving Smile gives you the ability, over time, to make that desire a reality!

## **The Many Benefits of Adding More and More Love into Your Life Every Day**

- 1. Love Enhances Everything**
- 2. Choosing Love Gives You New Options**
- 3. Your Focus on Love Attracts Loving Experiences**
- 4. Living in Love Enables You to Know What Is True**
- 5. Choosing Love Gives You More Energy**
- 6. Focusing on Love All the Time Makes You More Aware**
- 7. Growing in Love Makes You Bigger in Many Wonderful Ways**
- 8. Love Helps You Heal**

## 1. Love Enhances Everything

Growing in Love enhances everything about your life. It enhances relationships, work, play, sexuality, meditation, prayer, studying, yoga, dancing and all physical exercise, creativity, and sleep. When you bring Love into these areas of your life, they become more pleasurable, more fun.

One of the challenges that people have when they start trying to smile more and more is that they become aware of the lack of Love in their own life. This can happen soon after they start practicing the Loving Smile. All this means that they have picked up unloving habits from their upbringing and from inherited traits. One of the things you can notice when you are in an unloving state of being is that when your heart is closed, you will have the tendency to have a narrow-pointed vision, only seeing what you think is important in that moment. But when your heart is open, you will tend to see your world with a wide-open vision, like the way a happy child sees the world. You will naturally notice the wonder and brilliance of everything before you. Becoming more aware of the beauty inherent in almost everything around you is one of the byproducts of intentionally smiling and Loving on purpose. It enhances all that you see and feel, and it is free. It just comes to you when you make the decision to be in Love.

As you develop your ability to grow big in Love and you start changing your unloving patterns of acting and reacting, it becomes **NATURAL** to **BE** in Love so that you can experience the enhancement and wonder of life within and all around you continuously.

## 2. Choosing Love Gives You New Options

Generally, people carry on through life's quandaries and experiences in the various ways they have learned to act and react to how they have been raised. Their actions and reactions follow familiar patterns moment by moment, day by day, and many of the patterns are unloving. When you start adding Love to your life here and there, whether by being silly, playful, peaceful, grateful, etc., you are giving yourself new options to change or interrupt unloving patterns. These

new options can be looked upon as free gifts, compliments of the Love you choose. You can make a cloudy day look bright. You can turn sitting in traffic into a musical concert by dancing in your seat and playing your steering wheel like a drum set. You can make standing in line an opportunity to bring a smile to the face of the people you are standing next to. You can make a repetitive job silly, exciting, crazy, fun, or wondrous, just by deciding to Lovingly Smile and by being that way.

Choosing Love interrupts unloving patterns and gives you new options. It's a decision you make!

### **3. Your Focus on Love Attracts Loving Experiences**

When you choose to Lovingly Smile, moment-by-moment, day-by-day, your life can change in phenomenal ways. One of the reasons this is so, is that choosing to create a state of Love determines how you focus your attention. People who normally live with their hearts open most of the time have a completely different view of life than people who live with their hearts closed. People who live with their hearts closed see life through a veil of fear, anger, hatred, frustration, feeling sorry for themselves, or depression. They tend to focus on the negative aspects of life. People who live with their hearts open tend to see the positive side of things. **When you focus on the positive aspects of life, the Loving aspects, you are empowered to face your challenges and make good decisions, to be aware of the miracle of life that is taking place before you and within you.**

As you bring Loving awareness to your thinking and your experience, you will also find that your focus determines what events and situations you attract to you. If you are focused on the unloving aspects of your life, if you are seeing life through a veil of anger or depression, sadness, or feeling sorry for yourself, then you attract outer experiences that reflect those inner states. You attract to you what you believe to be true. You attract people and experiences that match your vibrational state.



**WHATEVER YOU BELIEVE,  
YOU ATTRACT THE RESULTS OF THOSE BELIEFS TO YOU  
LIKE A MAGNET.**

And if you **choose to focus on the positive aspects of your life**, if you see life through a veil of Love, if you see life as exciting and joyous and wondrous, you will **ATTRACT** that kind of experience to you. **So, the more time you spend with your heart open, in a state of Love, the more you will attract Loving experiences to you.**

#### **4. Living in Love Enables You to Know What Is True**

Living in Love gives you a keen sense of knowing what is right or wrong for you, of what is true for you. When your heart is open, you see your reality through the eyes of Love. Your reality is peaceful, harmonious, Loving, fun, and safe, and as you become skilled at sustaining your Loving experience, it enables you to make good decisions and know in your heart what is true.

When your heart is closed, you see your reality through the eyes of negativity. You feel fear, loneliness, frustration, confusion, annoyance, and boredom. Your reality looks negative and bleak. If you're living in an unloving state, you interpret the situations and events of your life in ways that align with the unloving emotions you are feeling. It is your perception. Life appears distorted and confused, and it is exceedingly difficult, if not impossible, to make decisions that are truly good for you.

Truth and clarity about your own life are found within Loving consciousness. **When you perceive reality through the eyes of Love, you can see things clearly and are able to know the truth for yourself and others, it enables you to see life through a bigger perception.** Consciously living in Love moment by moment empowers you to be confident about making good decisions and acting on them. When you start using the Love Healing Process, you will learn to get yourself **BIG** in Love so that you can discover the truth of any belief. So if you find yourself needing to know the truth about anything at all, then take a moment to get as **BIG** in Love as you have ever been, then ask yourself

the question you are faced with, and see how easy it is to know the truth.

The truth and clarity that come from living in Love are invaluable to parents' raising children. In the absence of Loving consciousness, when things are not going the way you want, when your children are acting out, crying, manipulative, or angry, it is difficult to know what to do to bring your experience to Love so that you and your children feel good. And if you yourself are angry, frustrated, or upset, your children are learning how to act and react by imitating you. It would seem that this would be obvious to a parent, but because of Love Reversals, many parents are numb to this. **Learning to be in Loving consciousness with your children not only helps you to intuitively know what's best for them in the moment, but it also helps to keep them in a Loving state. It is a great way to teach and raise your children.**

## **5. Choosing Love Gives You More Energy**

When you choose Love, you tap into abundant energy. Amma, Anthony Robbins, Oprah, and Thich Nhat Hahn are great examples of people who have mastered the ability to empower themselves with Loving energy. Everywhere they go in their public or private lives, they exude enthusiasm. Look what they have done with their lives. **They have amassed incredible abundance.** Look at how many people they have affected by setting an example of how to live life to the fullest. They have tapped into the abundant energy of Love and have helped people change their lives all over the world. **You too can tap into this abundant energy source so that you can feel energetic throughout your life, simply by learning to Lovingly smile moment by moment.**

Most unloving states, like fear, sadness, depression, guilt, shame, boredom, and lethargy, drain your energy. Unloving states like hatred, anger, and rage, in some ways seem to energize you, but at a painful cost; the aftermath is extremely draining. So, if you find yourself in any unloving state, you can tap into the energy of Love by changing your state to a Loving state.

Make it fun!

Want more energy? – **SMILE!**

## **6. Focusing on Love Makes You More Aware**

**Awareness is a byproduct of practicing the Loving Smile.** The miracle of life presents us with thousands of reasons to feel Love in every moment, and as you practice the Loving Smile, your mind and heart notice the miracles. The ongoing creation of your mind and body, and of all the life around and within you, is a miracle. As you develop your intention to engage the Love within you through Lovingly Smiling, you continually become more and more aware of the many reasons to feel Love in any given moment. **This noticing of the miracles and deciding to be in Love creates an awareness that has a strength of its own.**

Being Lovingly aware is a key to growing bigger in Love, to feeling better about your life and the life that is all around you, to finding clarity, and to being grateful for all that is given to us, moment by moment.

**To be Lovingly aware is a path to wisdom.**

## **7. Growing in Love Makes You Bigger**

For thousands of years humanity has been developing our willpower through the mind, which is filled with unloving beliefs, Love Reversals, and habits. We have also been trying to change the mind, to heal the old unloving beliefs and patterns of acting and reacting, by using the mind that is filled with those same unloving beliefs and patterns. This approach has not been very effective. Change has been slow and often agonizing.

Trying to heal unloving beliefs and Love Reversals and change unloving habits without growing in Love is like trying to swim upstream in a fast-flowing river. No matter how hard you try, any progress will be exhausting. To grow your willpower through your heart by getting big in Love changes the dynamics of the river completely. It's like making the river so big that the water flows slower, making it much easier to progress.

Plus, making your willpower stronger is like making your physical body stronger. If you make yourself physically stronger, then anything you do that takes physical strength is easier. If you grow your will stronger, anything you do that takes willpower, like changing old habits created by Love Reversals, is much easier. Growing your will stronger through Love and your open heart is like growing your physical body by lifting weights daily. It is amazing!

And it just keeps getting better! Because growing in Love more and more every day also makes your spiritual body bigger. Inside your physical body you have a heart, lungs, stomach, nerves, blood vessels, kidneys, and more. Most of us do not know how all these things work, individually or together. And most of us will never even see any of them in our lifetime. But we are grateful for their presence and for everything they do for us because they make it possible for us to live our wondrous lives. Our bodies are quite miraculous.

Our spiritual bodies are like our physical bodies in that most of us will never see any part of our spiritual body, at least until we become very advanced in our spiritual growth. We can learn to feel our spiritual bodies. Remember the experience of hugging yourself and feeling the Love around your heart area. Here's another way. Only do this one if your heart is wide open, which means you'll be smiling big with your teeth showing.

Hold out your right hand in front of you and squeeze your fist very tight. Don't hurt yourself but make it as tight as you can without hurting yourself. Hold it that way until you feel the palm of your hand start to heat up. As soon as you feel the heat then stop. Now with your left hand, put the same amount of energy into the palm of your hand as you did the right one, only keep your hand completely relaxed. Don't tighten your muscles in any way. You will be effectively energizing your left palm using your willpower and your spiritual body. Once you feel the heat, you can stop. If you can heat up your left hand, without tightening your muscles, then you have just experienced feeling your spiritual body. Isn't that an amazing feeling?

It is extremely important that you never energize any part of your body like this with your heart closed. It will cause you a lot of pain. Energizing should only be done with a BIG TEETH SHOWING SMILE!

You can use that Loving energy that is coming out of your hand to soothe an achy part of yours or someone else's body, to bring comfort while giving massage, to bring peace to animals, to set an intention and energize your wallet, and all kinds of things. Be creative! Just make sure you are continually smiling really BIG, whenever you do it.

And while we are on this subject, it is important that you be smiling big any time you are giving your energy to anyone. When you are doing energy work, doing Reiki, doing massage, or any work you are doing with your hands.

So, even though we can feel our spiritual bodies, we do not understand how our spiritual bodies work to create our wondrous physical bodies and lives. But there are a few things that we can deduce about them that can be quite helpful to our spiritual growth and for healing our unloving beliefs, Love Reversals, and habits.

Pain makes our spiritual bodies dense. The more pain we accumulate as we grow older, the denser our spiritual bodies become. This shows up in our physical bodies as visible aging. As we begin to infuse our spiritual body with Love daily, not only does our spiritual body become lighter, less dense, but it also begins to become metaphysically bigger, we find ourselves feeling more gratitude, wonder, wisdom, energy, and abundance. Also, the ability to feel any of the qualities of Love we want to feel gets stronger. It just keeps getting bigger and bigger the more we choose to Love and be Love.

**And when we use these two metaphysical principles together - growing our will through our hearts and growing our spiritual bodies bigger - they create a dynamic force, a powerful alignment! They give us the power to do things and heal things we have not been able to do or heal before. Developing heart-centered willpower and growing our spiritual body bigger helps us tap into our**

**intuition. This can be a priceless gift, as it helps us to realize more of who we really are.**

This alignment also helps us establish and empower communication with our Angels, Guides, the Divine, Mother Earth, Our Higher Selves, or whatever you believe in. It enables us to manifest our desires faster and more efficiently. It enables us to have more Love in our hearts when times get challenging and to feel better and better about our lives, the choices we make, and how we show up in the world.

Getting Lovingly stronger and bigger also helps us to develop compassion for ourselves. There is a great need for people to learn how to take time to be with themselves, by themselves, for them to learn who they are without the influence of other people and while in a state of Love. It is important to learn who you are when you are alone, to see and feel how beautiful and unique you are. The stronger and bigger you grow within yourself, the more Love you have to offer all the relationships you are involved in. And the more you Love yourself, the more you become irresistible to those who Love you.

Getting Lovingly stronger and bigger also helps us to develop compassion for our fellow beings. Think of it! Imagine yourself Lovingly smiling and feeling Love consistently. How would you feel about other people? How would you feel about helping people feel better? I can tell you from experience that when you are feeling a lot of Love, you want people around you to feel Love, too. It becomes important to you to help others feel good, because it feels so good to give and to serve others. It also makes it easier to do that. Looking into people's eyes with your own smiling eyes and face, feeling the wonder of connection with life, and sharing the wonder with them through the connection is infectious and fun!

Try this next time you're in a supermarket. Get yourself into a wondrous, Loving space, and every person you pass, look into their eyes with your Loving, smiling face and notice how it affects them. If your intention is to be playful and silly, you might be awed at the

responses you receive. (It has come to my attention that to some physically beautiful people, this suggestion is a recipe for disaster. When attractive men and women smile pleasantly at the opposite sex, their smile is often taken as a seductive advance, which can create all kinds of drama. If this is a challenge for you, we would suggest that you place one hand over your heart when you smile at people. This placing a hand over the heart is generally understood that this moment is sacred, and it is telling any person you do that to, that you are acknowledging their sacredness as well, like we are in this together. Isn't it amazing? Let's all work together to make the hand over the heart signal become a signal that I Love you, I want to feel safe with you, I honor you!)

**There are many things within us that are easier to heal through getting bigger.**

We cannot emphasize this enough:

- **Trauma.** This includes past-life trauma, childhood trauma, and any trauma that seemingly cannot be overcome because it was too bad, too painful, too hurtful or too devastating.
- **Disease.** For example, cancer, heart conditions, migraines, depression, anxiety, chronic pain... We could make a very long list here.
- **Unloving habits that are deeply ingrained.** This includes smoking; drug addiction; hatefully yelling at one's spouse, children, or friends; hitting one's children; overspending; lying; stealing; cheating; feeling sorry for yourself; coveting; and jealousy, to name a few.
- **Beliefs arising out of hurt, terror, rage, victimization, injustice, loneliness, or depression.** Beliefs like the following: I know I am just not good enough because my parent always told me that; Taking the blame is easier than risking confrontation; If that lady tries to get in front of me I'm going to slap her; I have to be perfect or else

there are consequences; My ex-wife's lawyer lied about four different things; I can't ever find any friends; OMG this world is messed up; If I am quiet, I won't attract attention; etc. Again, this could be a very long list.

Many people at some time in their lives will come up against challenges that seem so unfair or so painful that they seem impossible to surmount. One of the best ways to rise above the unloving feelings that come with these challenges is to become so big in Love that the feelings do not hurt as much. Becoming bigger in Love allows us to become stronger than the pain of our dis-ease, to gain understanding of things that have seemed insurmountable, unreachable, unattainable, and impossible.

Growing bigger in Love makes it easier and easier to see our unloving beliefs and habits so that we can heal them. Getting bigger in Love literally shows us all the unloving parts of ourselves clearly.

And lastly, growing bigger in Love enables us to develop a more intimate relationship with the Divine. This is the best part of all!

**Who'd have thought that the way to Enlightenment was to learn how to play and laugh and Love all the way there!**

## **8. Love Helps You Heal**

From what I have seen through the years of helping people heal, almost all disease and accidents are created or caused from **continuous** unloving action and reaction, which as we have already seen, means that there are unloving beliefs and/or **Love Reversals** present creating painful unloving habits.

The physical, mental, emotional, and spiritual bodies are not designed to hold large amounts of pain over time. When you create unreleased pain through unloving actions, reactions, and habits, and one or more of your bodies become overloaded, they must find a way to release the pain. Unloving energy gets released through physical, mental, emotional, and spiritual pain, accidents, health disorders, and disease.



Here are a few examples of diseases or conditions that typically result from specific Love Reversals. We could easily write a chapter about each one, and someday we may do just that, but for now these shorter versions will suffice.

**Remember, dis-ease manifests from unloving actions which are done day after day after day:**

If you do something you hate, and you know you hate it and you do it anyway, day after day, you are channeling unloving energy that creates health disorders, dis-ease, or painful conditions and sets you up for accidents or the experience of just feeling badly.

- You don't want to go to work but you do anyway – arthritis, sprained or broken fingers or hands
- You work with your hands, but you hate what you do – arthritis, sore hands, sprained or broken fingers or hands, tennis elbow
- You work with your hands to serve people and you hate it – pain in the joints of your hands and wrist, tendonitis
- Your work is overly stressful, too much pressure – exhaustion, accidents, heart disease or heart attacks
- You try to control your job or jobs, your employees, or coworkers with your heart closed – headaches, migraines, strokes, and heart conditions

**Here are a few examples of dis-eases in other areas of life:**

- You hate some things about your mate, and you just live with it every day – hip pain
- You take care of everyone all the time but not yourself – cyst in your breast or breast cancer
- You're afraid to make changes in your life – knee pain
- You're afraid to move forward – feet pain
- You can't understand why we live in such a horrific world – sadness, depression, gastric expulsions, heart burn, ulcers, cancer

- You live in a stressful, closed-heart, family atmosphere – colds, flu, pneumonia
- There is something about the world that is seriously eating at you – cysts, bone spurs, ulcers, cancer
- You are afraid of the way you appear to the world – acne, skin conditions
- You're always trying to make things happen and they don't work out and/or you feel trapped – knee pain, headaches, migraines
- You're terrified of what people think of you – shyness, anxiety, nervous breakdown, depression

Here are some about sexual disease and **Sexually Transmitted Diseases (STD's)**:

- You're afraid you did something wrong sexually or you unknowingly breeched someone's sexual boundaries in your mind – sores in your mouth
- You knowingly did something that was sexually dishonorable, something that was not in integrity in your mind or outwardly – sores outside of the mouth
- You're afraid/terrified/petrified you have done something that is sexually shameful – genital herpes or warts
- You're afraid/terrified you have done something that is sexually dirty – pubic lice, also known as crabs

It's important to understand that all the conditions described above manifest to show you **the results of actions caused by beliefs you harbor within you** and to show you that the things you believe are contradictory to what you want to experience. It is the opposing beliefs that cause pain, contradictory to Love, integrity and honor. Two contradicting beliefs trying to function in the same space create pain. Each time you create a contradictory belief experience, you get pain and eventually a physical manifestation. As you can see, paying attention to physical manifestations, ailments, or disease and looking for the message being conveyed can be quite beneficial. If you can

identify the Love Reversal or unloving beliefs at the root of the condition, you can start the process of understanding and healing the beliefs and the habits arising from them. It is also helpful to see that where the manifestations show up gives you an idea of what area to focus on according to Sensate, which you can read about in Chapter 12, Sensate and Dreams.

Once pain and the Love Healing Process are understood, then adding Love into your life more and more daily helps you grow **aware of when your heart is open or closed**. If your heart is closed and you become aware of it, then you can take time to open yourself to feeling where the pain is coming from. You can then find the unloving belief created from that pain and you can start the healing process. Every unloving belief you find in yourself gives you an opportunity to heal your pain, learn about the gifts and strengths you have gleaned from living with the old beliefs and habits, and grow in wisdom. It is a precious gift.

**If you spend the rest of your life growing your spiritual body bigger, you will be given every opportunity to heal all your unloving traumas, beliefs, and habits. If you should choose to do so, you will eventually become such a strong channel of Love that the experience of ecstasy, laughter, and bliss will be your normal mood. You will be free of dis-ease. You will be living a magical life. You will become wise and Lovingly POWERFUL.**

### **Just How Powerful Are You Really?**

Michael's testimony below is a great example to show you how powerful you are. This experience took place in the year 2000.

*My name is Michael, and I am the CEO of one of the top five nutrition companies in America. Today we reach thirty-five countries with our products, and you will find our products in grocery stores, health food stores, and thousands of other retail outlets across the country and around the world.*

*For the last four years my business had been spiraling downwards. We went through several private investors, four changes*

*in management, and a half a dozen business plans. During that time, three different banks foreclosed on us. The banks and the IRS were fighting over my house at one point. Everything was going wrong, and the stress was indescribable. I developed deep furrows in my brow, and I felt like a heavy weight was pressing on my shoulders all the time. It was affecting my relationship with my family; the stress was telling on all of us.*

*Finally, one year ago, I broke out with shingles on my face and in my eye. My pain was so bad at times that I would just lay down and cry for hours. The doctor put me on narcotics that were so strong and addicting that they are only used with terminally ill patients. This destroyed my ability to think clearly; yet I still had to work every day, sometimes fifteen hours a day with no vacation, no breaks. We were hotly pursued by problems that could have made my family homeless. I couldn't accept it, so I added stress to stress and played the role of a victim.*

*One night, Raven came over to my house and was listening to a recap of my day. My brow was furrowed as usual. I am sure I had the look of a man in front of a firing squad. Just then my daughter walked into the room. I smiled and called her over and she sat with me and talked about her day. After she left, I looked back at Raven. His mouth was open. He said, "Mike, do you realize what just happened? Just a minute ago you looked like a man who could jump off a bridge, but when your daughter walked in, it was like night and day. You loosened up and smiled and talked to her as if you didn't have a care in the world." I said something like, "I Love my daughter." And Raven said, "Yes Mike, your heart was open." Then Raven thought for a minute and he said, "Did you ever Love your company like that?" I almost broke out into tears. My little company was like a child to me. My family and I struggled to help it grow and get it on its feet. Everything we owned, everything we had, and every place we had ever traveled was somehow linked to our little sick company. We went through many good times and bad times together, but I always thought I Loved*

*it, until recently. Something had happened. My company floundered. Now I truly hated it. I couldn't stand to think about it. As I was thinking about this, I heard Raven say, "What child could thrive if it knew its own father hated it?" Then Raven showed me how my hate was killing my company. He then showed me how to open my heart and Love my life. He stood up and said, "After I leave, spend a half hour remembering why you Love your company. Smile and open your heart while you are doing it."*

*What did I have to lose? I did what Raven said.*

*About an hour after Raven left, one of my R&D co-workers called me on the phone. He was out of breath as he described a conversation he had just finished with a famous Russian chemistry researcher. This researcher had found a natural compound that we had been searching for, for over four years. Even better, he was going to be at a symposium the next day in Las Vegas. We hopped a flight in the morning. We made a deal with him and four months later, we created our most profitable product.*

*But even before this product was launched, my company became profitable. In fact, that very month distributors all around the world began calling me and asking me, "What are you guys doing? Your products are just flying off the shelf!" Since then, every month has been profitable, and our company is healthy again.*

*Four months ago, I was very close to dying. In three weeks, I was free from the pain and to my doctors' amazement, my shingles healed in six weeks. Today I am off narcotics, and my company is thriving. All these incredible changes are due to my learning how to Love my company and my life.*

Michael's inspiring story shows how your focus can change your life. Imagine what Michael was going through. For sixteen years he had enjoyed a healthy, profitable business that expanded around the world, but for the past four years his company had been spiraling downward, losing money almost every month.

Michael's company seemed to be falling apart. He'd had to lay off a lot of his employees, and many of them were his friends. He didn't have money to pay his suppliers, fix equipment, advertise, or to research new products. Most of his people had taken a cut in pay, and some were working ten to fourteen hours a day. Michael tried different business plans, different management techniques, and hiring more knowledgeable people, but nothing worked. He was trying to change his business by looking outside of himself.

Through all the stress, Michael was unknowingly hating his business. It was making him furious inside! Every day the heartache moved him to focus on the negative aspects of his business. Every challenge that came to him he saw through the eyes of regret and frustration, and each challenge seemed to support the reasons he hated his business. Each challenge was just another problem stacked up on the huge list of problems he already had.

When Michael saw what his hatred and frustration was doing to his company, he made the decision to open his heart and start Loving everything about his company and his life, the same way he Loved his daughter. The moment he changed his heart, he started focusing on the positive side of each challenge. Suddenly each challenge became an opportunity to make his business better. Each challenge became a way for him to discover how to put more Love into his business. He started drawing positive experiences to him like a magnet. Michael's company made a profit the first month.

Now watch this! It is absolutely amazing! Michael's company sells nutrition products. This means that the company makes a little profit from every sale. His company does millions of dollars of business a year. For his company to turn a profit, hundreds of thousands of people all around the world must purchase products. That is the only way his company can make money. Within two weeks of Michael opening his heart, distributors from all over the world started calling and asking, "What the heck did you guys do? Your products are just

disappearing off the shelves." Michael's company increased its profit every month for the next eight months in a row.

What this shows us is that Michael opening his heart affected hundreds of thousands of people all around the world. How could this happen? How could one person's heart affect people around the world?

## **How Energy Works**

It's true that we are not human beings having a spiritual experience; we are spiritual beings having a human experience—each and every one of us! We are living in a world of energy. Our world only appears to be solid. If you run into a wall, the solidity of the wall will stop you, that is for sure. But according to quantum physics, which describes the realm where our spiritual bodies reside, our whole existence is played out in fields of energy. **YOU affect EVERYTHING around you by the way YOU think, act, and react—moment by moment.**

If you throw a pebble into a lake that is perfectly calm, you can watch the ripples expand to every shore of that lake, no matter how big the lake is. Your thoughts and actions are like the pebbles you toss into the lake. You are an energy source, an energy channel. Your thoughts and actions put energy into motion, and your thoughts and actions affect everyone around the world, just like the pebble in the lake, just like Michael's heart. If your thoughts and actions are Loving, you are helping to create peace in our world.

When you understand that you have a choice, you can proactively choose to Love. **You can play a major role in bringing peace to our planet by putting that knowledge into action.**

Michael's heart is not any different from yours. Michael simply tapped into the power of Love. When you choose to Lovingly smile you are tapping into the power of Love, and it changes the world. I urge you to try this on a smaller scale. Next time you find yourself in public around a lot of people, get big in love and look into people's eyes and smile at them, conveying that you care about them, and see

what happens! (Use your hand over your heart if you need to!) Generally, most people are good people so when you're feeling big in love, you can see and feel the goodness in them and often the Love coming out of you, affects them nicely. If you can keep your heart open throughout your search, you will be amazed at what you can find in the people all around you.

Most people don't realize that their hearts affect people on the other side of the world. But they do. **This is how powerful you are!** Every time you choose to Lovingly Smile, every time you choose to open your heart, you send Love in every direction, and it changes the world. Think about this. If Michael opening his heart affected people around the world in relation to his business, what do you think we could do, you and I, if we all got into the business of world peace? Think about it: **This is the power of living big in Love!** This is the power of entering into the learning process brought about by adding more and more Love into your life, day by day.

Have you ever heard of a man named Roger Banister? Roger was a runner, and when he was in his prime, there was a general belief that no one could run a mile in less than four minutes. Humanity shared a belief that it was physically impossible. The closest anyone had gotten as of 1945 was 4 minutes 1.3 seconds. Hundreds of runners all over the world had been trying to break the record for nine years and could not. Roger took it upon himself to break through the belief and trained extensively. In 1954 Roger beat the 4-minute mile with a 3 minute 59.4 second race. That following year **over three hundred people** beat the 4-minute mile. **We can do the same thing with Love.**

**Every moment you spend growing in Love affects people around the world IMMEDIATELY!** Any time you are driving or riding in a car, you have an opportunity to choose Love. Riding on a bus provides an opportunity to Lovingly Smile. Riding on a train or a plane does too! You can open your heart in the shower, standing in line, cleaning your house, taking a walk; you can have fun! If someone is



driving slowly in front of you and you can't get around him, you can smile. If the bill was twice what you thought it would be, you can Lovingly Smile. If you're on the phone and you're on hold, you're tired and going to sleep, **smile from your heart.**

**Every moment you engage Love within you it affects people all around the world IMMEDIATELY!**

**Do yourself and the world a wonderful service—power up with a Loving Smile any time you can remember!**

**Smile for yourself and smile for the world!**

## Chapter 4

# Love Time

Now that you know you have the power to create Love any time you wish by smiling and opening your heart, the next thing you may want to practice is how to keep your heart open for longer and longer periods of time. Learning to stay in a Loving state for long periods of time will make you stronger, wiser, and happier - spiritually, mentally, physically, and emotionally. And it's a lot of fun!

**The easiest way to learn to keep your heart open for long periods of time is to develop a daily practice dedicated to being in the most Loving state you can create for a specific length of time.**

We call this practice **Love Time**.

### How to Do Love Time

We suggest that you set aside ten minutes a day to begin with and then use that time to create Loving experience. You will want to try to make yourself feel the most Love you could possibly feel for the whole ten minutes.

The object of Love Time is to play with life, to develop passion for being, to have the most fun you can, and to feel as much Love as you can. The more Love you can feel in a concentrated way within a given length of time, the stronger you will become at growing in Love.

In the beginning, you will want to set up a schedule so that you know that the time you have set aside is reserved for you to give to yourself, to get to know yourself, and to grow strong in Love. In the beginning, you will want to do your ten minutes of Love Time when you have a lot of energy to do it. So, if you are a morning person, set it up in the morning, and if you are an afternoon person, set it up then. Once you start your Love Time, whatever you do, make sure you are smiling as big as you can, for as long as you can throughout the ten minutes.

**What activities should you do during your Love Time?**

**Whatever makes you feel the most Love!**

**Remember, the object for Love Time is this: Whatever you do, try to smile as big as you can for the whole time.**

## **Possible Love Time Activities**

### **Smile and:**

- For many people, being silly is the fastest way to get crazy big in Love fast!
- Be creative! Be passionate! Be WILD! Be soft! Be CRAZY! Be humble! Be TOTALLY HILARIOUS! Be grateful! Be relaxed! Be SILENT!
- Talk with your Angels, Guides, the Divine, Mother Earth, or whomever you believe in.
- Share and express your Love for yourself, a Lover, a friend, a pet. Tell them over and over of the Love you feel for them, in different times and in different places.
- Share with Earth, Mother, Father, the Divine, Your Guides, Your Angels all the things in your life that are special.
- Light candles and incense.
- Think of good friends and good times.
- Dream and visualize things you want to experience.
- Make kites or toys for children in an orphanage.
- Sing songs.
- Go pick up trash somewhere.
- Do something you've been putting off for a long time.
- Chant.
- Share appreciation with someone.
- Help a neighbor or friend with a project.
- Read or write poetry.
- Watch a great movie.
- Draw, paint, or sculpt.
- Turn a fire hydrant, fence, light post, or any area in need of Love into a work of art.
- Listen to music.

- Play an instrument.
- Compose a song.
- Donate some time to a school, senior center or home, church, shelter, etc.
- Write in your diary.
- Give your waitress or waiter a triple tip and watch their reaction.
- Lie in a hot bath with candles and incense.
- Try a new recipe.
- Play with your pet.
- Find someone to cuddle with.
- Cuddle with the Divine.
- Go fly a kite.
- Share gratitude with someone.
- Clean your house.
- Help an old person do something that's hard for them to do.
- Create a one-person play.
- Surround yourself with beautiful pictures.
- Eat some gelato or ice cream or something really yummy.
- Sign up for a Challenge Day.
- Get a massage.
- Make someone laugh.
- Give a massage.
- Go for a walk or a hike.
- Cut the grass.
- Bake your neighbor some bread, cake, pie, or cookies.
- Work in your garden.
- Commune with nature.
- Join a men's group or women's group.
- Beat on some drums.
- Go to a Human Awareness Institute Workshop.
- Play with a child.
- Dance like no one is watching.

- Dance when people are watching.
- Do yoga, work out, or pray.
- Start a Love Time group.
- Go to a hospital, senior citizen's home, mental ward, or prison and give some Loving touch, lend an ear, make a friend, or make someone smile.
- Do some babysitting for a single mom or dad and get silly with the kids.
- Add ideas to this list and then do them.
- Become a Big Brother or Big Sister by joining the organization.
- Watch this YouTube video called "Buddha on the Train"
- <https://www.youtube.com/watch?v=Lakg26y2nhg&t=64s>
- And this one – "One Tribe" –
- <https://www.youtube.com/watch?v=QXISGHLT00g&t=35s>
- And this one -
- [https://www.ted.com/talks/israel\\_and\\_iran\\_a\\_love\\_story](https://www.ted.com/talks/israel_and_iran_a_love_story)
- And this one –
- <https://www.youtube.com/watch?v=le9M6i9oHBU>
- And this one – Alexis Fllow
- <https://www.youtube.com/watch?v=Asbd3eqptek>
- And this one – Alexis Fllow
- <https://www.youtube.com/watch?v=OxP5-r6qRt8>
- And this one – Snatam Kaur
- [https://www.youtube.com/watch?v=Iz5v\\_118NUc](https://www.youtube.com/watch?v=Iz5v_118NUc)
- Go surfing, skiing, rock climbing, bike riding, skateboarding, or skating.
- Find people to play baseball, football, street hockey, volleyball, Frisbee, horseshoes, cards, dominoes, chess, or checkers with.
- Join a dance group, reading group, acting group, and/or improv.
- Have great sex with yourself, a friend, or a mate. (We suggest that if you use sex as Love Time you do so only half the time

and use other activities the other half. The idea is to learn how to Love in any and all areas of your life, not just the sexual ones, though the sexual ones can be AMAZING! So, if you use sex as your Love Time today, do something different tomorrow.)

- Sing a song.
- Cuddle with yourself.

Do anything that makes you feel Love coming through you! Do something different every day, or if you like what you've done one day, do it again the next day. Plan your Love Time activities or be totally spontaneous.

**Again, try to smile as big as you can  
while doing whatever you find to do.**

You will find that Love Time is one of the most powerful spiritual tools **for getting to know yourself.**

Some people find it easy to do many different things during Love Time. Others find it a little challenging, if not impossible initially, to play and open to Love. If you are finding it difficult, try starting off with something you already know you like to do and add a Loving Smile to it. By setting the intention of opening yourself to Love and playfulness, and by following through with doing the activities of your Love Time, you will find yourself feeling more Love over time.

If you are finding any of this a little challenging, look at the list above and try something different every day, and then notice which activity makes you feel more Loving. Remember that setting the intention and doing your best to smile through whatever you choose to do changes your habits and brings more Love into your life.

One thing that can happen is that one day you have good results with a particular activity, but when you try it again the next day it doesn't work quite as well, and even less the third day. If this happens, try a different activity. It's generally a good idea to vary your Love Time activities. You will be surprised at how trying different things during your Love Time can enlighten and enrich your life.

## **Here is a challenge for you:**

Spend ten minutes a day in Love Time for seven days in a row.

People have experienced many amazing things by taking on this challenge, including powerful spiritual openings and important realizations about themselves.

## **Why is Love Time so powerful?**

Because when you spend more and more time creating Loving experience, you are growing. You are actively and willfully training yourself to create Loving experience. You are gaining all of the benefits we talked about in Chapter 3 – The Benefits of Growing Big In Love More and More Every Day:

- 1. Love Enhances Everything**
- 2. Choosing Love Gives You New Choices**
- 3. Your Focus Attracts Your Experience**
- 4. Living in Love Enables You to Know What Is True**
- 5. Choosing Love Gives You More Energy**
- 6. Becoming More Aware**
- 7. Getting Bigger**
- 8. The Healing Aspect**

You are raising your consciousness level and the consciousness level of the planet. And you're having fun!

What a glorious way to discover more about who you are and how life works! The more fun you have, the better your life becomes.

For the second week, you will want to up your Love Time to twenty minutes a day. For the third week, thirty minutes, and so on. At that rate in three months, you will be doing Love Time two hours a day, every day. Imagine what it would feel like to have that much Love in your life!

When you move up to the twenty minutes a day mark, you might want to break your Love Time into ten-minute increments and do ten in the morning and ten in the evening. When you get to the thirty-minute mark; ten before work or school, ten at work or school, and ten after work or school. As you spend more of your day in Love

Time, you will be amazed at what you learn about your life through this process.

I can hear some of you saying, "How can I do Love Time at work?" It's easy! Just pick ten minutes while you're engaged at work and Lovingly smile the whole ten minutes. Same with school! (You're going to Love what happens!)

Now, let's say you're at work and you've been planning to do Love Time at 1:00, but at 12:50 your boss calls and yells at you for something that you didn't do, and then he hangs up the phone on you, leaving you quite upset. Should you still try to do your Love Time at 1:00? Absolutely! It would be very helpful to at least try. And even if you try for the whole ten minutes without being able to bring on a smile, by trying to smile, you will have interrupted a lot of old unloving patterns just by the trying. This is a good and healthy way to bring change into your life. Any time you can interrupt an old unloving pattern of acting or reacting, you are actively strengthening your will through your heart. This makes you stronger mentally, physically, emotionally, and spiritually.

It is important to keep in mind that the eventual goal of Love Time is to become Lovingly playful in all areas and situations in life.

Of course, there are areas and situations in which it is not appropriate to be outwardly playful. Still, it is helpful to be genuinely happy even in those areas that require a more serious attitude or demeanor. Doing Love Time daily and increasing your time weekly creates the context for this to happen. Love Time is one of the most powerful metaphysical and spiritual tools on the planet. Putting it into action will absolutely change your life!

**Enjoy yourself and all the life around you!**

**And may Love be the beat of your heart!**



## Chapter 5

# The Transition Phase

If you practice Love Time daily for weeks, you will become more mindful of the kinds of thoughts you think and how those thoughts affect you. You will become more aware of the state of your heart, whether it is open or closed, and the state of other people's hearts. You will find places in your life where your unloving beliefs seem to literally run your life. Because you are focusing on Love, your old unloving habits and programming will become **more obvious** and **more uncomfortable**.

At some point, you will want to heal the unloving beliefs and habits and replace them with Loving habits. We will show you several ways to make these changes and we will explain how this healing process works in Chapters 13 through 22, and then more in depth in Chapters 23 through 27.

This byproduct of adding Love, that it makes you more uncomfortable with your unloving beliefs and habits, is the main reason some people have a hard time growing in Love. For many people, as soon as they start adding Love into their lives, they become so much more aware of their unloving beliefs and habits that it may feel easier to discontinue the new Loving practices rather than to change. But if you know that this is going to happen, and you really want to change your unloving habits, it will be easier for you to remember this: **that if you want to heal your pain, you will need to grow in Love so that you will have the strength, Loving energy, and Loving willpower to change your unloving habits that are causing your pain.**

Once you start healing unloving beliefs and habits, some of the uncomfortable energy will be relieved. At the same time, you may reach a point in your growth when you feel uncomfortable with your old habits and feeling states but have yet to become comfortable with your new habits and feeling states. **When you reach this point, it may**

**be hard for you to feel comfortable about anything for a time.** This phase of spiritual development is called a **Transition Phase.** **For a short period of time, just about everything feels uncomfortable.**

This is a natural process. **This is a powerful process!** And as you come to understand more about it through experience, you will realize that these **Transition Phases** will afford you opportunities to heal many different things about your life while growing strong in character.

A Transition Phase can happen every time you change a major unloving belief and habit. For some people changing and healing comes easily for them, while for others it's a challenge. But if you stick with growing through Love Time and the more advanced Love Tools, and you keep healing by using the Love Healing Process, you will learn to heal and change.

**The thing to remember is that a Transition Phase is temporary.**

If you're consistent with Love Time and use the Love Healing Process to heal old habits daily, the uncomfortable feelings will pass.

Sometimes people who are learning to grow in Love and work on themselves through understanding and changing their habits do not realize that a Transition Phase is going to happen, and they go back to their old habits because of the comfort factor. As we discussed earlier, it is the Love Reversals that make a person want to go back to what they are accustomed to, even if it is unloving, even if it is painful. If you understand that a Transition Phase is going to happen, you can recognize it as a sign of your growth and **use your excitement about your progress** to carry you through the uncomfortable feelings. This builds good character.

When you make it through a Transition Phase, you will feel better about yourself and what you have accomplished. You will be stronger and happier, which will help you get ready for the next phase.

If you continue to grow in Love daily, change will become your new way of life. **You will welcome change because there is excitement in change**, and it is a sign that you are growing. Growth means you can experience more and more Love, and that feels good!

In general, because people have not understood how to grow in Love and heal their unloving beliefs, as they grow older, they seek out ways to become comfortable with their old age. Now, for those of us who embrace this Loving process, we will become agents of change. Not only will we be excited to make changes in our lives, but we will know that embracing change will keep us young in our hearts, minds, and bodies.

One of the main areas of change for most of you will be in your relationships with other people. Most of your relationships will change. Because you are growing and changing in Love, your relationships are going to become healthier and more Loving.

As a result of the changes in you, you may find some friends and family dropping away. At the same time, you may also find that some friends and family have so much Love for you that they will allow you to go through your changes and remain close to you. And you may even have some friends and family who are so inspired by your changes that they decide to grow with you.

Here are some stories I made up for examples:

### **Jamar and Shade**

*Jamar and Shade both came from families with alcoholic parents.*

*They went to the same schools, even the same college, and were great friends. Jamar married a woman when he was 23, and they ended up having three children. Shade married at 25, and he and his wife had two children. Their work and family duties kept them very busy, but even so, every month Jamar and Shade would get together for an evening of dinner and trade stories about what was happening in their lives. Neither of them drank, but both of their wives did, and a lot of their sharing was about how their wives were so challenging to*

*live with at times. They both had entertained the idea of getting divorced at different points, but they had made it through the hard times, often with the help of each other's support, which was of mutual comfort.*

*When Jamar was 33, he learned about the Love Tools and the Love Healing Process, and he took the Love Tools to heart and started using them regularly. He had been practicing Love Time for a couple of months when he came to his next dinner with Shade, and he shared that he had mixed feelings about what the practice was doing for him in his life. He knew he had Love for his wife and children, but he was **not feeling** very much of it, and he was noticing **more and more things in their family life that did not feel so good.** (A Transition Phase)*

*A month later Jamar shared with Shade that he had discovered that all the years he'd been pointing out what a pain in the butt his wife could be, it wasn't her so much as his own perceptions of her. He had spent years telling Shade he wanted his wife to change, but now he was changing himself. He was beginning to **feel** the Love he had for her and he was starting to enjoy her company. Because he had become more Loving, his wife had noticed the change right away. She wasn't drinking as much, and she was actually making an effort to Love him back. This was a significant change from what Shade had been hearing for the past five years, and he wondered if it would last.*

*One month later, when Jamar walked into their dinner date, he was beaming! Shade was so surprised! Jamar couldn't stop talking about all the things he and his wife had been up to. They sounded like newlyweds, and he was spending time playing with his children. He had cool stories about each child! By time the dinner was over, Shade was telling Jamar, "Dude, I want in! How can I make these changes in my life?"*

This story about Jamar and Shade is heartwarming, but it is not uncommon for people who are learning to grow big in Love to lose some of their friends and family.

Some people have been living in such unloving environments that the only people they have around them are people who support their unloving habits. As soon as people like this start growing in Love and changing their own unloving habits, their friends and family can become uncomfortable with them and lose their desire to be with them, or vice versa. This natural attachment that people have to their familiar relationships can also cause them to go back to their old habits. Many people have become so attached to their beliefs about how friends and family should stick together regardless of how unhealthy it is, that they will sacrifice their own happiness, their own ability to grow in Love, to preserve the relationships. Or because of what they have learned throughout their life and the Love Reversals they acquired as children, they may feel more accustomed to living in unloving relationships. In most cases like this, they don't really know how to create a Loving relationship or even what one looks or feels like.

## **Usal and Sing**

*Usal and Sing, brother and sister, were born to parents whose hearts were closed most of the time. Both parents worked, so Usal and Sing were raised by babysitters and nannies. By the time they were teenagers, they were used to taking care of themselves. When their parents were home, they constantly fought and bickered, so Usal and Sing did their best to stay out of their way. They learned at a young age to take care of each other. As a result, they were very close and did everything together. The hardest time they ever had was when Usal started his freshman year in high school because the high school was on the other side of town from the elementary school Sing attended. They hated being separated for that long every day. Then, during the middle of that year, Usal fell in Love with another student, and it created more distance between the two siblings.*

*When Sing started going to the high school, she began hanging out with Usal's new friends and dating boys. They started drinking alcohol, smoking pot, and having sexual experiences. The*

*siblings would go out with their friends to parties and sleepovers and even spent the night with girlfriends and boyfriends. By the time Usal was a senior and Sing was a junior, they were partying all the time. One of Usal's best friends was a boy named Rain. Rain and Usal looked like they could be brothers and they hung out and partied together. Rain and Sing were the same age and they fell in Love, so the three of them spent a lot of time together.*

*Rain's older brother was a cocaine and ecstasy dealer, so Rain had access to drugs all the time. When Usal started community college, he began selling drugs to the students. Rain and Sing sold drugs to the high school kids, and by time they were 22 and 21, the three of them lived together and supported themselves through dealing drugs. They also started using them. Sing was addicted to ecstasy. She would get high and want to have sex with Rain all the time.*

*One night, Usal and Rain went to pick up a big order of cocaine and did not return. Sing awoke to cops knocking on her door. They told her they found Usal's car at the bottom of a gorge, and that Rain and Usal were dead. They found hard liquor in the car and a paper bag filled with \$5000 worth of cash.*

*Sing was devastated and became depressed. She spent most of the next two years high on ecstasy. She was so depressed when she wasn't high. The three of them had saved up some money, so she couch surfed until the money ran out. Then she moved back in with her parents. She couldn't cope. Her parents were constantly harping on her to go and get a job, just get out of the house and do something. She was so depressed that she had no appetite and didn't eat. She became so weak and malnourished that she ended up in the hospital.*

*One of the nurses at the hospital went to high school with Sing. Her name was Debra and when she saw Sing, she was horrified to see the condition she was in. Sing was skinny as a rail, her eyes were sunken in and almost looked bruised, and she was so depleted. Debra had heard of the deaths of Usal and Rain, and after a couple of days of*

*intravenous nutrition and getting some good food in her, Debra sat down and talked with Sing about her depression. Sing knew she needed help, but she didn't know what to do. Debra was involved with a group that studied the Love Healing Process and invited her to come and listen to what people were doing there.*

*Two days later, Sing went to a meeting with Debra. There were six other people there and each of them took a few minutes to share what they were working on with the process. Then they spent time with each person delving into how they were using the process to help themselves. By the end of the meeting, Sing was impressed at how they were using common sense approaches to heal their challenges. She was invited to tell them a little bit about herself, and she felt comfortable enough to tell them about Usal and Rain's deaths and the depression that had run her life since. One of the ladies in the group had recently lost a child to a car accident, and she and Sing went out for coffee after the meeting. The lady explained how her depression had led her to the group and how much the group and the process had helped her get her life back.*

*So, Sing started reading the book and doing Love Time and continued going to the group. One of the people there helped her get a job waitressing, which helped a lot because it gave her some money and something to do. As soon as she got paid, the first thing she did was buy some ecstasy, and then she slipped into her old pattern of zoning out. It brought her depression screaming down on her again. She missed her next day of work and was almost fired, and then she made the decision to stop the drugs.*

*She had been doing drugs for so long that it felt so awkward to live without them. She felt uncomfortable with her friends because all they did and wanted to do was party. She didn't want to party anymore. It made her too depressed. (A Transition Phase) So the next time she went to the Growing Big In Love group, she asked for help. Two of the people immediately made dates with her to spend time with her, and all of them suggested that she check out a dancing*

*church they all went to that was not really a church. It was a place that people gathered to study life, to develop community, and to dance. The dates she went on were so helpful because both people shared with her different ways to do Love Time and have fun, without drugs or drinking. And although it felt uncomfortable, she enjoyed herself on both dates and made more dates. Within a couple of months, she was making new friends at the dances and meetings.*

*One of the strangest parts of her new life is that she rarely saw her old party friends and when she did see them, it felt like they had nothing in common. She liked them, but when she shared what she had been doing with herself, they weren't interested. They were only interested in partying. Her new friends were more in alignment with what she was finding important in her life now. She got a new job with some of the people that went to her dance church and she noticed the depression had lifted. She still missed Usal and Rain with all her heart, but now she could feel Love for herself, and she was enjoying time with her new friends.*

A Transition Phase like the ones highlighted in these two stories could happen to you as you learn to grow in Love. You may find yourself getting uncomfortable within days of making Love Time a daily ritual in your life.

There are a number of ways to make Transition Phases more comfortable:

- **Recognize that a Transition Phase can happen, it can be uncomfortable, and it's temporary.** Remember that it is a sign that you are growing and allow yourself to get excited about it!
- **Use the excitement of knowing that you are on your way to creating an empowered and extraordinary life.** This can give you the power to move through any stage of discomfort with greater ease. It can even become fun!
- **Be patient with yourself.** As you continue to grow in Love and can see your unloving habits, be patient with yourself. You



have plenty of time to make changes, and you do not have to make a lot of changes all at once.

- **Be patient with others.** Have compassion for your friends and family. They may not be ready for you to start changing. You may have relationships based on supporting each other in unloving habits, and they may see you as not caring about them because you are starting to do things differently. Your compassion for your friends and family will help you to arrive at healthy decisions with less tension.
- **Find community.** Surround yourself with other people who are learning to grow in Love, whether through this book or in other ways. As you start to move through different Transition Phases and you begin to make change a way of life, you'll start attracting people of like mind to you. You can help this along by searching for spiritual groups to associate and play with. (I would suggest the Biodanza community at Biodanza.us or any dance community. Biodanza is a dancing community that practices dance designed to create intimacy within the community. And you may want to get involved with Challengeday.org. There are many more examples on the Love Time list.)

Here is one more story to illustrate a quite common Transition

Phase:

## **Jenny and Hal**

*Jenny had been married to Hal for sixteen years. They had a fourteen-year-old son, Hal Jr., and a twelve-year-old daughter, Lee, after Jenny's middle name. Jenny Loved Hal Jr. and Lee with all her heart. She had a wonderful relationship with both of her children! But her relationship with Hal Sr. had become stale. She felt no Love coming from him and hadn't for many years. But he was a great father, and she chose not to divorce him because of the children.*

*In her search to contend with her sadness about their relationship, Jenny came across the **Growing Big in Love** book. She was*

*inspired by the Love Time practice and absolutely embraced it. Slowly but surely, the void in her heart left from the years of sadness began to fill. She started using the Love Healing Process and was able to heal some of the beliefs and trauma she found at the core of her relationship with Hal Sr. Her relationship with her children became even closer, and she discovered that she had almost nothing in common with her husband, except their beautiful children.*

*After a few months of using Love Time, Jenny realized that the unhappiness of living with Hal was getting unbearable. Jenny realized that she was compromising herself by continuing to live with Hal and that it wasn't a good example for her children. So, one day she sat down with her children and shared this with them. She explained that it was necessary for her to divorce their father and move into a house of her own. Both children were upset because they had lots of friends whose parents had gotten divorced. They were proud that their parents were still together, but they could also see she was not happy with their father and hadn't been for a long time. They Loved her and wanted her to be happy. Plus, they could also see how their father wasn't so happy with their mother.*

*Next, Jenny sat down with Hal and shared her truth. She told him that she had already explained her news to the children and that they had understood. To her amazement, Hal started crying and said that he felt the same way. He was so grateful that she had come to the same conclusions. They started the process of splitting everything up and creating two homes. They both had equal time with the children, which wasn't easy, but it worked. There were lots of tears shed by all members and occasionally tempers flared at the difficult decisions, but they got through it. Six months down the road, their lives had slipped into a new heartbeat of working and playing as two families, and it was okay. Actually, it was better than okay because now both parents were happy, and happy parents make for happy kids.*

In this example, since Jenny had compassion for her children, Hal, and herself, she was able to move through a difficult family

change with much less stress. She used her compassionate heart and good communication skills to maneuver a hard transition.

**If you can successfully move through different Transition Phases and make Loving change a way of life. In time your life will become so rich with Loving experience.**

**It is within you!**

## **Listen**

Can you hear her calling you?

Embrace me

Pull me into your heart

Play with me and make me grow stronger and robust

Just my presence arouses your dark places

Your pain, trying to hide from you, becomes so obvious it does

Grow me stronger and I can set your pain free

Wisdom coming from the discovery

Your mind so clear in the light of my essence

Can you hear him calling you?

Now that you know, you will never have to learn that again

Because you know

You are free

You are free to cuddle me yet again

More and more, let me entangle my pleasures through your sanities

Fill yourself with me, your pores, vibrating with my hunger

Giving you excitement, silliness, crazy abundance, inspiration, sex

Can you hear Love calling you?

May I have this next dance?

## **Love's Dance**

## Chapter 6

# Loving Sounds

A Loving Sound is any sound, song, or mantra that makes you feel Love or think of Love. To Lovingly Smile moment by moment, you must mindfully concentrate on doing so at least until it becomes a new habit. To aid you in achieving your Loving states, you can use a Loving Sound to bring on a Loving Smile, to empower your smile, and to make yourself feel Love.

**You can also use a Loving Sound to take up space in your mind when you can't smile.**

Now, why would you want to do that?

If you are presenting a state of mind in which you find it difficult or impossible to Lovingly Smile, then you are in pain. Some unloving belief has been triggered that is causing you so much stress that you cannot get your heart open to smile or feel Love. You could be in the depths of fear, terror, anger or rage, depression or misery, jealousy, shame, or any strong unloving emotion. In situations like this, you can use a Loving Sound to fill up your mind so that you do not have to think or pay attention to the thoughts and strong emotions that are feeding the trigger you are presently experiencing. You can focus on Loving Sounds instead of what you are feeling when you are triggered, so the unloving feelings do not get worse. You can use Loving Sounds to calm yourself down and get yourself back to Love. Not only can this tool be immensely helpful and calming; at times it can be a godsend to help you out of really hard situations.

Now, I can hear all of you spiritual junkies saying, "Isn't that creating a spiritual bypass?" Well, it depends! If you are actively using the Love Healing Process four or five days a week and you are using the Love Tools to continually grow big in Love, then no, no it is not. If you are not using the Process or Love Tools, then yes it would be.

So, before we go into the metaphysics of how Loving Sounds work, let's address the concept of spiritual bypass.

## Spiritual Bypass

In the year 1980, a clinical psychologist named John Welwood introduced a new term called *spiritual bypass* or *spiritual bypassing* which is a “tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks.”<sup>1</sup>

In general, spiritual people who use spiritual bypass have an air about them that everything is just fine. They strive to appear like they are always centered and happy no matter what is going on inside of them. They have learned to use their spiritual practices to numb out their pain or to not pay attention to it because they have learned that it is not spiritual to act in an unloving way.

This question may arise then: Is using Loving Sounds or asking Loving Questions (which you will learn about in the next chapter) for the purpose of avoiding having to feel and experience unloving emotions brought on by any number of unloving beliefs, Love Reversals, or attitudes, spiritual bypassing? No, not if you are doing the work.

If you read through this whole book and adopt the Love Healing Process as a means of healing all the unloving beliefs you have in your life, and if you are using it daily four or five days a week, you will be doing everything that you can to heal your unloving beliefs. While using the process, you can only heal one belief and the corresponding habits at a time. That will be one belief every week or so if you are processing daily. That still leaves many unloving beliefs within you that will continue to be triggered, some of them daily and others less often. And if you are consistent with doing your healing process, you will eventually heal them all. So, if you are doing what you can to heal one belief at a time, then it is perfectly healthy to use Loving Sounds, Loving Questions, and/or any of the Love Tools to help keep yourself in a Loving state when any of your unloving beliefs become triggered. In fact, if you are not hurting yourself or anyone else, it is very healthy to keep yourself in a Loving state. The less you

hurt, the bigger in Love you can grow, moment by moment, the stronger you become in Love and the easier it is to heal the next unloving belief and the habits that go with it. When you use any Love tool powerfully, you can use them to make Loving action even if your heart is closed. That is powerful! So, if you choose to use the Love Healing Process, Loving Sounds, Loving Questions, talking with your Guides, or any other Loving action to attempt to stay in Love, it is not a spiritual bypass. It might be considered a spiritual advancement, elevation, progress, improvement, growth, expansion, or evolution, but it is not a bypass.

Now that we have addressed the concern of spiritual bypass, let's return to the metaphysical power of Loving Sounds.

Loving Sounds can transform your mind when you are in the throes of painful emotions. By learning to produce Loving Sounds when you are in emotional turmoil, you will gain the ability to interrupt the painful thoughts and emotions. Using Loving Sounds, like the Loving Smile, can bring more Love into your life. If you are a person who resonates with sounds or music, it can also be a lot of fun.

## **Loving Sounds**

Loving Sounds include humming, whistling, tapping out a beat, drumming, singing, playing an instrument, listening to music, or playing it in your mind, the sound of nature, children playing, or people laughing. To some people the sound of the hustle and bustle of the city makes them feel Love. Other Loving Sounds could be the sound of a fast car; the roar of a huge crowd; the crashing of waves on a beach; the sound of a storm raging around you; the sound of a gurgling brook, waterfall, or fountain; listening to the whispering of your Lover's sweet nothings; or the sound of tranquility that can be experienced on the top of a mountain, in the midst of a dark pine forest, sitting in the desert, or even in the depths of the ocean under the sea.

If you are a person who is moved by sounds, you can remember the sounds, create the sounds, or play the sounds to make

yourself feel Love any time you want. If you develop a habit of creating Loving Sounds or remembering Loving Sounds throughout your day, over and over, the habit can become a powerful tool to use when you find yourself being triggered or moving through a challenge. (When we use the word challenge, we mean a challenge of keeping your heart open, of keeping yourself in a Loving state.) If you find yourself experiencing unloving emotions, you can create Loving Sounds within your mind or make the sound to help yourself keep focused on Love.

## **Loving Songs**

Any song that makes you feel Love can be used as a tool to keep yourself focused on thinking, acting, and reacting in Love. When you know that you are about to enter a challenging period, Loving Songs are especially useful. As you develop your awareness of how and when your unloving habits tend to create challenges throughout your day, you can choose specific Loving Songs to help keep you focused on Love, regardless of what you are feeling and/or experiencing.

## **Loving Mantras**

A **mantra** is a sound or word that is chanted aloud or in your mind, repeated over and over, with the intention of engaging a characteristic of Love, the Divine, happiness, silliness, or peace into your awareness.

You can use any word or combination of words and chant the words or mantra, over and over, to make you feel Love, happiness, peace, or humor; to keep you connected to the Loving aspects of your life. Using a Loving mantra gives you the ability to keep your mind focused on Love, regardless of what you are feeling and/or experiencing.

## **Here are some examples of Mantras:**

*Om Namah Shivaya.* This Sanskrit phrase is the great *Mahamantra*, the great original mantra. Some believe it means "Om



and salutations". May the elements of this creation abide in full manifestation!" Others believe it means "I honor the Self within."

The language of Sanskrit is the oldest language known and has fifty sounds. If all the sounds were expressed at the same time, it would make the sound "Om." There are many different beliefs about what Om means. Some believe it is the sound of the beginning of the Cosmos. Some believe it is the sum total of all sound. Some believe it is the most sacred sound. When you make the sound with your heart open, it can bring a warm clear vibration into your heart and make you feel comfortable, strong, and centered. Try it for yourself and see what happens! If you make the sound clear and hold it for a long time, you may achieve better results. If you make the sound when your heart is closed, it may enable you to open your heart. At the very least, you can chant the sound when your heart is closed to take up space in your mind.

I am bringing these Sanskrit words to your attention because they are some of the oldest Mantras known. You can also use spiritual, religious, Loving, and silly mantras. Below you will find words or phrases that can be chanted or repeated as Loving Sounds.

- *Om Mani Padme Hum*, which means "The jewel of consciousness is in the heart's lotus."
- *Hari Krishna*
- *Amma*
- *Shalom*
- *Allah*
- Any name of the Divine
- Jesus
- Buddha
- I Love you Goddess
- I Love You
- Love
- Just get bigger, just get bigger
- Peace

- I am Happy
- Strength
- Compassion
- I think I can, I think I can
- Live long and prosper
- May the Force be with you
- Spiderman to the rescue
- Everything is awesome
- Woooooooooooooooooooo
- I am Superman
- Wonder Woman
- I'm a Super Star
- I'm a badass Goddess

(These last eleven are meant to be powerful and comical, because comedy is a powerful antidote to pain and emotional turmoil.)

As you begin to understand how the mind works, you will find that any time you get triggered by an unloving belief, your mind is undertaking the task of proving to you that the unloving belief is true. Once triggered, your mind will serve up a continuous stream of unloving thoughts and feelings about what triggered you, thus feeding and empowering the feelings and emotions of the unloving belief. Your mind will continually make observations that prove to you that the belief appears to be true. Sometimes the experiences are dramatic and other times they are subtle.

For example, a man named Jake has this belief: "People are terrible drivers, and it makes me angry when people cut me off!" Because of Jake's belief, whenever he's driving, he looks for proof that people are terrible drivers, and then when one of them cuts him off he gets angry. He goes into a rage, yelling and cussing at them. This is a dramatic example.

Now, here is a subtler example. Joan is forty years old and must spend time taking care of her elderly mother three times a week. Her mother is very set in her ways and whenever Joan is around, she

talks and talks incessantly. The constant jabbering, as Joan refers to it, drives Joan crazy and she finds herself exhausted after each session of care taking. Joan's belief that her mother's talking is annoying, is creating pain for herself.

Can you think of a belief you have? Maybe you believe \_\_\_\_\_, (you fill in the blank)

In times when you are triggered by some unloving belief, and you understand why you are triggered but have yet to change the habit of reacting to it, you can use a Loving Sound to take up space in your mind. In the example above, Jake could use a Loving Mantra like "I Love that guy" or "He is in more of a hurry than I am" or "Everyone is doing their best," whenever he feels triggered by another driver. Joan could use a mantra of "I Love my mother, I love my mother" or she could start singing the song "Let It Be – by the Beatles" any time she feels annoyed at hearing her mother talking and talking. Can you make up a different mantra or Loving Sound or Song that would work for you in both situations and one in which you're triggered? The more you like the mantra, sound, or song, the easier it is to use.

If you focus on using a mantra, sound, or song, once you're triggered, the unloving feelings will usually subside within a few minutes. This is because you are no longer focused on the belief that was triggered, you're no longer feeding the trigger, but instead you are focused on the Loving Sound you are presenting.

Loving Sounds are a powerful tool to move yourself, by choice, through challenging moments in a Loving manner. Loving Sounds give you the ability to keep your mind focused on Love even when you are experiencing unloving feelings and thoughts. Chances are that there will be many times in your life when your unloving ways of acting and reacting are stronger than your ability to willfully keep your heart open. In times like these you can use Loving Sounds to help you stay in a Loving state.

Here is Jake's full story, which we will refer to at other points in the book. We present it here to show you clearly how you can use Loving Sounds to help you.

## **Jake's Story**

*Jake had taken some of my Growing Big In Love classes. He really liked the Loving Smile and Love Time and had been practicing them for about three weeks. One day, while driving to work, he was cut off by two different drivers before he even got on to the freeway, and he found himself yelling, swearing, and cussing at them. It happened three more times before he arrived at work, and as he was walking up to his office, he realized that he had not acted very Lovingly on his morning commute. On his way home, after his second "bad" driver encounter (his seventh of the day!), he had an epiphany. "I've been yelling at other drivers all of my life!" He was instantly reminded of an experience he had when he was six years old. He was in the seat next to his father while his father drove. His father was cussing at another driver, and Jake was yelling at the person right along with his dad. After his accumulated experiences with Love Time, Jake realized that it did not feel good for him to yell and swear at people. To top things off, Jake was cut off another time before he got home and was unable to stop himself from yelling. The habit was so deep!*

*Prior to his realization, Jake had learned about Loving Sounds in his Growing Big In Love class, and he learned how Loving Sounds could help him when dealing with challenging unloving habits. He decided then and there that he was going to use a Loving Mantra to help with his road rage. And he decided to use the Love Healing Process to heal this old belief. That evening, he started the Stage One of the process and then Stage Two and Three during the coming week.*

*He committed to using a Loving Mantra on the way to work and back home every day: "I Love that guy, I Love that woman, I Love that guy!" When he first started using his mantra, he was still feeling all the anger he usually felt, **but he wasn't yelling and cussing at people.** On the first day, four people cut in front of him on the way to*

*work and two on the way home. The next day was about the same. In fact, this went on for several days. People would cut him off or get in front of him, he would use his mantra, and he would still feel all the anger. **But, as long as he used his mantra, he wasn't yelling or cussing at people.** That was awesome! Jake was really impressed at how he was able to not yell and swear at people!*

*On the ninth day, something shifted. He was on his fourth "bad" driver, saying very loudly, "I Love that woman, I Love that woman!" He had been repeating the mantra for a couple of minutes when suddenly, he started to actually feel Love for the woman. The same thing happened with the next two drivers—as he was using his mantra, he began to feel Love for each one of them.*

*Jake was very excited! The next morning, he could hardly wait to get into the car. Only two people cut him off that morning, and, using his mantra, he started feeling Love for them even faster than the day before. After a couple more weeks of this, he was at the point where he barely felt any anger at all. And do you know what he found? People stopped "cutting him off." In fact, what he found was that most of the time when people were getting in front of him, it was because they needed to get in front of him so they could turn or go in the right direction; they were not trying to cut him off. After another month he found that he was in a very Loving space while he was driving. He had replaced his mantra with music he Loved and hardly anyone ever cut him off.*

Jake's experience is a great example of how you can use a Loving Sound to move through any unloving emotion caused by old unloving habits.

Loving Sounds are extremely powerful when you find yourself in the middle of any random unloving emotion and you want to keep yourself thinking, acting, and reacting in a Loving way. No matter how strong the unloving habit, if you use a Loving Sound, you can keep your mind focused on Love.

If you are using the Loving Sounds to help you heal old habits through using the Love Healing Process, in time, the unloving feelings of the old habits will go away. Each time you use a Loving Sound to keep your mind filled with Love, you are changing the old pattern of acting and reacting. You become stronger and the habit becomes weaker. You become more intelligent and wiser. If you stick with it, eventually the old belief and habits will be gone forever.

## **Make It Powerful**

Now, in using a Loving Sound, intention is important. If I were to simply repeat the Loving Mantra, "I Love you," over and over without any feeling or intention behind the chant, I would not gain much advantage from my efforts. I could repeat the mantra over and over all day long and think unloving thoughts at the same time, and that would not be in any way productive. However, if I consciously hold the intent to experience the Love I have for life as I chant, "I Love you," over and over, if I am totally dedicated to feeling my Love for life, my experience will change, and I'll be able to move through an unloving experience in a Loving way.

Try this: Repeat any mantra over and over for the next thirty seconds without any heart or intention. Notice how you sound and how it makes you feel. After you've finished, take a moment to see how your state of mind has changed. Next, repeat the same mantra over and over for another thirty seconds **while you're smiling and feeling the intention of the mantra with all your heart**. Again, take a moment to see how the action has changed your state of mind.

As an example, if I'm using the mantra "I am so Loving," I could create intention by picturing myself hugging my friends, family, or pets. **At the end of the thirty seconds, I will have created quite a nice feeling within myself**. By contrast, repeating those same words as a mindless, mechanical act produces little change in my state or even none at all.

**Loving Sounds can be an invaluable tool for those who find it difficult to open their hearts to Love.**

To sum up, when you find yourself acting or reacting in an unloving way, you can change the experience by using a Loving Sound, Song, or Mantra to take up space in your mind and keep you from reacting to what has triggered you until the unloving feelings pass. The more you become aware of and change the unloving beliefs and habits that challenge you daily, the more you will find yourself spending time in Love.

**Every time you move yourself into the experience of Love, you become more of who you really are.**

**And remember, Loving Sounds can be used just for the fun of it!**

**Wooooohooooo!**

## Chapter 7

# Loving Questions

The easiest way to stop an unloving experience in its tracks is to ask yourself Loving Questions as soon as you feel any unloving emotions start to arise. Asking yourself Loving Questions can take the unloving energy right out of an experience because as soon as you ask the question, your inner conscious must disengage from its present job of making you feel the pain of the belief that just triggered you, and go to work on its new job, creating the feeling that your new Loving Question will create in you. By asking Loving Questions you are using the metaphysical make up of your mind to help you stay in Love. If you do not remember how your Inner Conscious works, please go back and read pages 59 to 62.

When you are triggered by something, your Inner Conscious is doing its job by creating the emotions you have about what has triggered you, however painful or hurtful, to prove to you that the belief is true. If you're in the middle of an upset, if you ask yourself Loving Questions about anything at all, your Inner Conscious must start creating the emotions of the subject of your question, which effectively helps you avoid the pain of being triggered.

Here is an example: You say to yourself, "I just got paid, but after I pay my bills, I won't have enough money to spend for the week to come. This same thing happened last week, and this situation is starting to drive me crazy!" The belief behind your line of thought is something like, "I won't have enough money for the week!" or "God, why does this keep happening to me?" or "I just can't make enough money doing this job!" It is your Inner Conscious that is creating the thoughts and the emotions that is empowering your beliefs.

In this example, your Inner Conscious is creating emotions of frustration and dread. If you become aware of how you feel while thinking the thought, "I just got paid," you'll notice that you look and



feel frustrated or sad because your Inner Conscious is creating the emotions of frustration and dread ("This is driving me crazy!").

Try adding a Loving Question to this and notice how it shifts the feelings. "I just got paid, but after I pay my bills, I won't have any money to spend for the next week. This happened last week. *How can I learn from this situation?*" The Loving Question that you have just asked effectively changes the feelings to hope and curiosity, which keeps you in Loving consciousness. It produces a new possibility that you might be able to learn something from this once-perceived, painful situation. By simply asking the question, you are pre-supposing that there is something to be learned here, which opens you up to the infinite possibilities that are before you. You have not yet received an answer, but the Inner Conscious immediately starts creating different emotions and a different physiology than it did with the first reaction to your paycheck. Now you look and feel inquisitive and hopeful.

Now, let's take it to the next level: "I just got paid, but after I pay my bills, I won't have any money to spend for the next week. This happened last week. *How can I learn from this situation AND how can I really enjoy myself while doing it?*" Now the new question implies, "There is something exciting to learn here and figuring it out is going to be fun!" The Inner Conscious immediately starts creating happy, enthusiastic emotions and a physiology to match. You may also feel excitement and wonder. The situation hasn't changed at all, but because you decided to ask yourself Loving Questions, your whole outlook/perception is transformed.

Now, make this powerful for yourself. Go back over the last three examples and speak them out loud. This will give you the **experience** of how asking Loving Questions feels compared to being triggered.

How did you do? If you do this exercise, you will feel the changes in your body immediately.

In the first example you just triggered, but in the second and third examples, you still have not received an answer to your question,

but asking the question keeps your inner conscious busy producing Loving consciousness and opens you to the possibility that it could be different, it could even be fun. If you ponder the situation with your new outlook for a while, you will find answers to your questions. You will be able to perceive the wonder and excitement that life is constantly offering you so you can make different choices.

This technique of asking Loving Questions is powerful because it engages your Inner Conscious to do some of the work for you. Your Inner Conscious will create positive emotions that equate to a better experience. Since your Inner Conscious is creating your emotions and feelings, it is nice to know you can use it to help you keep your heart open to Love. In those moments when you fall back into any kind of disempowering emotions, you can choose to think positively and ask Loving Questions, and your Inner Conscious can help you open your heart or help you keep your heart open.

Here is another example: Suppose you have a belief that causes you to get angry at anyone who is late for an appointment. You have an important date planned and your friend is not on time. After five minutes of waiting for your friend, you feel yourself getting angry. You believe (or feel justified) that you should be angry if your friend is late, so your Inner Conscious is feeding you thoughts like, "I can't stand it when my friend is late. How can he be so rude?"

If your **intention** is to stay in a Loving space, you can interrupt your Inner Conscious dialogue by asking Loving Questions and thinking positive thoughts. "How can I stay in a Loving state? Is there something else I could have done to ensure that we meet at the right time? This friend has a habit of being late. I've done what I could by giving him careful directions and the time. He knows how important this is to me. I don't have control over his actions. Instead of falling into anger, I'm going to concentrate on feeling peace and Love. How can I keep myself in a Loving space? I'll smile and enjoy this time to myself."

If you engage yourself with these kinds of questions and positive thinking, you are acting from your **intention** to think and act Lovingly. If your **intention** is to stay in a Loving state all the time, you will find it easier by asking Loving Questions and thinking positively because your heart is aligned with Love. In the example above, if you were to let your mind follow its habitual pattern, by the time your friend arrived, you would have been furious, hurt, and disappointed, and your heart would be closed. Needless to say, this would not feel good. But since your **intention** was to stay in a Loving state, by the time your friend arrived (let's say 30 minutes late), you would have spent 25 minutes in a Loving state. This would empower you to keep your heart open and make a Loving decision as to what to do next: drop a water balloon on his head (no, just kidding!), carry on with the date and be late, or cancel the date and find something else to do. Your Loving state would empower you to make the best decision for yourself. If your friend never arrived, you would have spent 25 minutes Loving yourself and the life around you.

### **Here are some examples of helpful questions:**

"How can I have fun learning through this situation? What can I learn from this experience? What is funny about this situation?" – Humor is very effective when dealing with many unloving emotions.

"What am I grateful for in this situation?" – Being grateful for what you have works very well for sadness, depression, greed, or jealousy.

"What can I do to help someone?" – Putting yourself in a giving mode cures boredom and laziness and helps move your attention away from pain.

Asking Loving, thoughtful questions and thinking positive, Loving thoughts is an effective and powerful way to transform challenges into learning experiences and empower yourself to live in Love.

To start putting Loving Questions into action, it would be helpful for you to take a few moments right now and find a few places

that you can use them right away. In the last forty-eight hours, where have you experienced upset in your life? Could you have used a Loving Question to help you relieve the pain of that upset? See if you can set an **intention** to use a Loving Question to help you change some of your upcoming upsets into something fun.

Now that you understand how powerful asking Loving Questions can be, your ability to use them will depend on your **intentions** and how much you practice. If you have it in your mind to try and keep yourself in a Loving state as much as possible (**Loving Intentions**), then if you set the **intention** daily to do so and practice often, then you will find yourself using Loving Questions and Loving Sounds a lot which means you will be experiencing a lot less pain. The **intention** to keep yourself in a Loving state will serve you well.

## Chapter 8

# Loving Meditation

As I shared with you previously, we each have four bodies—the physical, emotional, mental, and spiritual. Each one of these bodies has ways to enable us to become strong, Loving, and capable.

Take the physical body for instance. If a person ingests only healthy food and Lovingly engages in a balanced regimen of lifting weights to their maximum ability for an hour a day, twice a week; stretches all their body parts to their simple limits for an hour a day, twice a week; and develops their muscles to move at top speed for an hour a day, twice a week; within six months that person will experience a peak physical condition they may never have experienced, and that could leave them feeling euphoric. Top physical conditioning can only be experienced by performing such a regimen. If you look at the person's before and after picture, you might say that the person in the top physical condition picture looks like a goddess or god. If you asked them, they might tell you that they feel like a goddess or god. For a person who is that strong, that agile, and that fast, everything they do is easier than their regimen. So, for one hour a day they max out, and the other 23 hours they live in euphoric peace. The euphoria is priceless. They have more energy and seemingly more life at their beck and call. Plus, once a person gets over the one-month mark of feeling sore from working their physical body more than it is used to, the workouts themselves can become very stimulating, **especially if they are Lovingly Smiling the whole time. A great Love Time!**

Our emotions are what give us the **feelings** of our moment-to-moment lives. Our emotions are really quite miraculous. They are obviously designed to help us **feel** the condition of our life in any given moment and accurately show us what we believe about those conditions. And in this way, they give us the most reliable way to help us learn to grow in Love.

Love Time is what helps a person develop their emotional body. If you follow the suggested regimen for doing Love Time—ten minutes the first week, twenty minutes the second week and so on—then within three months you'll be doing Love Time for two hours a day. In six months, six hours a day. By that time, you are learning to be Loving and playful in every part of your life, and to keep up that regimen, you will also be using the Love Healing Process three or four days a week to heal the unloving trauma, beliefs, and habits **that the Love brings to the surface of your life**. The cool thing about using Love Time is that you do not have to set time aside to do it. You can do anything and make it into Love Time by setting the intention to make it the most Loving thing you could do in that moment. When you are learning to focus on Love that much, you are continually gaining all the eight qualities of growing in Love we expanded on in Chapter 3, The Benefits of Growing Big in Love More and More Every Day.

So, meditation is the tool you can use to max out your mental body and it is the springboard for exploring your spiritual body. When you add Love to meditating, it becomes Loving Meditation - meditating with your heart wide open and filled with Love. If you ask any spiritual teacher, "What is meditation?" you may get a different answer from each one, and they may all be true. When we speak of meditation in this book, we mean a state of mind in which you completely stop your thinking process.

Can you stop your thoughts? See if you can move through the next thirty seconds without thinking . . . Go!

How did you do?

If you were not successful, don't worry. Meditation can be easily learned through a simple process that we will teach you shortly.

Can you imagine how your life would be different if you could stop thinking anytime you wanted to? What power to have! What freedom! Peace of mind any time you want it! **If you had to stop everything and just concentrate on learning how to Lovingly Meditate for the next year, it would be worth it.** But it's not going to

take you a year. Once you start getting good at Love Time it will take you only a few weeks to learn how to Lovingly Meditate for a few moments of time. With consistent practice, you'll be meditating within a month. If you have never meditated before, it may seem difficult at first, but it can become easy. To begin, we will start you off with learning how to meditate with your eyes closed. But soon thereafter, you will advance to meditating with your eyes open so that you can use it anywhere, any time.

The use of Loving Meditation will strengthen your mind and directly strengthen your will, both of which are essential if you want to create positive change in your life. Again, in this book, Meditation means to stop your thoughts. Another possibly more powerful way to say it, is that meditation is **pure awareness**, awareness without thought. When you are thinking, you are comparing the information from your senses about your present moment with the information from your past, with the intention of making sense out of your experience, thought by thought. You're breaking up your whole experience into little bite size pieces so that it is easier to understand. You can be aware while thinking by simply intending to be aware, using your thoughts and thought process. But if you stop your thoughts, you are being present and aware without thinking, which is immensely powerful. It is not necessary to think in order to live your life. You can just be without thinking, or you can just be aware without thinking, and it is an immensely powerful state of being if your heart is open.

There are several reasons that pure awareness achieved through Loving Meditation is such a powerful state.

- When you are thinking, you are channeling energy through your spiritual body to create your experience as you believe it should be. When you stop thinking, that energy has nowhere to go, so it builds up and is stored in your spiritual body, making your spiritual body expand so it then can be used to empower your intentions.

- When you are thinking, your thoughts are following what you believe. When you stop thinking, you partly disengage from your belief structure, enabling you to see, feel, or sense **more** of your experience which is why you want to be smiling when you do it.
- This state of pure awareness is intimately connected to your intuition. It stimulates your intuition, and as your intuition develops, it gives you an ongoing state of knowing. This is a very comforting and energizing state of being. If your heart is open during the state of pure awareness, you will feel different things at different times, like feeling invigorated, peaceful, expanded, wild, comical, curious, sexy, wondrous, ecstatic, glorious, oh my...
- When you get good at pure awareness through Loving Meditation, you can engage it any time to bring on peace of mind.
- Meditation can improve your communication with your Guides, the Divine, or All That Is, and this pure awareness will make your communication more intimate.
- Creating pure awareness fueled with an open heart is a new state of being on our planet, a state we are evolving into which will reveal more gifts we have within us. This new state, when used by enough people, is going to help create a wondrous elevation of consciousness on our planet.

Loving Meditation is a powerful spiritual tool, and the key element to achieving it is **to be Lovingly smiling while you are meditating.**

### **Meditation magnifies whatever is in your heart.**

If your heart is open and you are feeling Love, meditation will make it stronger. If your heart is closed, then meditation can magnify your unloving experience and create more pain for you. **If you find that you are unable to smile and open your heart when you meditate, stop trying to meditate and go to practicing Love Time**



**instead. Practicing Love Time will help you learn how to keep your heart open for longer and longer periods of time. Once you have gained more strength to keep your heart open, then you can go back to learning how to meditate.**

If you have been meditating throughout your life and you are not sure if you're meditating with your heart open, then put a mirror in front of you when you are meditating and periodically look at yourself to see if you are smiling. If you are not, stop your meditation for the time being and engage into Love Time to get your heart open. Once you get your heart open, then you can go back to your meditation. Whenever you finish meditating, you should be experiencing a wonderful state of Love.

We understand that some of you have been meditating for a long time without the knowledge of the Loving Smile and Love Reversals. It can be shocking to find out that a ritual you felt to be very sacred could be causing you pain. If you find this to be true, that you have been meditating with your heart closed, we suggest you stop meditating and heal the habit so that you can Lovingly Meditate. When you read about Stage One of the Love Healing Process, you will discover that when a person heals from a past trauma, and especially a sacred act that has caused you trauma, you will have gleaned some really amazing gifts. What we pray you hear is that if you do what it takes to heal your old habit so that you can Lovingly Meditate, imagine what that will do for you, to be able to meditation while feeling Love the whole time. If you do the work to heal, you will be so humbly blessed in so many ways. The world needs you to heal, and we are rooting for you.

When you become good at Loving Meditation, it will give you some control over your emotions, provide clarity about your choices, help you develop awareness about living in the moment, strengthen your healing abilities, and empower you to be able to heal **ALL** your Love Reversals. It is also a springboard to learning how to use two

even more powerful tools called “Gliding” and “Shining” which you will read about in Chapters 9, Gliding and 10, Shining.

The intention of learning to Lovingly Meditate is to strengthen your will through controlling your mind so effectively that you can learn to not think any time you want and keep your heart open. **Lovingly Meditating is like hugging Life and being hugged by Life at the same time.** It is a wonderful experience that you can use anywhere and anytime you want! What we mean is that sitting down to learn to meditate is helpful, but once you learn how to meditate, then you can meditate moving around with your eyes wide open. It’s simply a state of mind! And it ROCKS!

Before we go into how to Lovingly Meditate, we would like to mention that there are many other ways to stimulate and develop your mental body. For you intellectuals, studying something new and different that moves and stimulates you for an hour a day will condition your mental body to perform at its peak. This will allow you to learn with greater ease and expand your knowledge, creating more options for you to choose from. If you’re an artist, you’ll find that if you do some form of your art every day that challenges you, when you’re working on your daily projects, your gifts will come easily. Same with music or any craft, trade, or business endeavor. If you spend some time each day engaged into something that challenges you with the gifts you want to develop, you will find that it becomes easier to accomplish your goals. If you make it a practice and do it with your heart open, it is just fun and healthy and makes for great Love Time.

## **How to Lovingly Meditate**

The act of Lovingly Meditating is using your will power to stop your thinking process. The following exercises are designed to help tone your will power as though it were a muscle, so you become strong enough to stop your thoughts. If you practice these exercises in a disciplined manner daily, you will gain more control over your mind and your physical, emotional, mental, and spiritual bodies.

The topics that follow are intended to be done in weekly sessions. Each session gives you an exercise to practice throughout the week. You should practice each new exercise until you feel comfortable with it and then move on to the next session. We suggest that you practice for ten to fifteen minutes, once or twice a day. If you can keep your heart open the whole time, it makes a great Love Time!

To Lovingly Meditate, find a place where you feel comfortable, a place that is quiet and peaceful. It's helpful to wear comfortable, non-restrictive clothing and to remove your shoes. Loosen or remove belts and restrictive jewelry. This will prevent stress from building up in any area and allow free circulation of blood and energy. Some people will find it is fun to be naked while they meditate when they find themselves in places where it is safe to be naked. It is best to lie or sit on a carpeted floor. If these positions are not possible or they are too uncomfortable, sit on a solid chair with your feet on the floor, feet pointed straight ahead, and your back straight, not leaning against the chair.

When convenient, it's good to use the same place to meditate each day, especially when you're first starting out. The familiarity of using the same place each day can help some people move more quickly into a meditative state. Your Loving Meditation place or places can become very special. They will become the places where you go when you have set aside time for yourself to commune with Love.

## **Week One – Total Relaxation**

The first step to stopping your thoughts is learning to slow them down. Controlling your physiology is an excellent way to help slow your thoughts. If you speed up your heart rate or breathing, your thoughts will also tend to move at a faster pace. If you slow your body functions down, it will be easier to slow your thoughts down. You will find that you can slow your thoughts considerably once you obtain a state of Total Relaxation.

Go to your Loving Meditation place and lie flat on your back without a pillow. Stretch your whole body like a cat. Now lie quietly,

arms at your sides, palms down, legs straight out and feet slightly apart. Again, if it is not comfortable for you to lie on the ground then sit on a solid chair with your feet on the floor and your back straight, not leaning against the chair. It is important that you feel comfortable with temperature. Use a blanket for warmth or remove clothing to cool down.

Keeping your palms down keeps you grounded to the earth, which will tend to make you feel more comfortable and less susceptible to external stimuli and energies. If you lie or sit in relaxation or meditation with your palms up, you will be more open to external stimuli or energies that may come into your space. This can be distracting or not, depending on who you are. Once you have learned to achieve Gliding, which is Lovingly stopping your thoughts for two or three minutes at a time, you will have the strength to transform most any energy to your benefit. We will explain more about Gliding in the next chapter. So, for now, keep your palms down for comfort and grounding.

Close your eyes and give your body a few moments to adjust to this position. Keep your eyes closed throughout the exercise. If you can, breathe through your nose. If it's comfortable, keep your lips closed to keep your mouth from drying out. As you become more relaxed, your mouth may fall open. This is fine.

When relaxing your body, always begin with the parts farthest away from your brain. Make sure you are Lovingly Smiling and then focus your attention on your toes.

(Read through the following exercise before you try it. Since it is difficult, if not impossible, to read and do this exercise at the same time, you may want to have a friend read the instructions aloud as you do the exercise. Or you can log onto:

<https://www.growingbiginlove.com/tools>

scroll down to the Total Relaxation Audio and hear the directions. If someone reads the instructions for you, make sure that the

instructions are read very slowly. The word **Feel** is in bold to remind you to actually take the time to **Feel** each body part.)

1. **Feel** your toes with your mind. **Feel** each toe. As you move your attention to the next toe, leave the toe feeling warm, heavy and relaxed. . . . .
2. **Feel** your feet, feel them getting warm, heavy and relaxed. . . .  
...
3. **Feel** your lower legs, feel them getting warm, heavy and relaxed. . . . .
4. **Feel** your thighs, feel them getting warm, heavy and relaxed. . . . . slow your breathing a little. . . . are you smiling?
5. **Feel** each finger, feel it getting warm, heavy and relaxed. . . . .  
.
6. **Feel** your palms, feel them getting warm, heavy and relaxed. . . . .  
.....
7. **Feel** your lower arms, feel them getting warm, heavy and relaxed. . . . .
8. **Feel** your upper arms, feel them getting warm, heavy and relaxed. . . .
9. **Feel** your stomach, feel it getting warm, heavy and relaxed. . . .  
...
10. **Feel** your lungs and your heart, feel them gradually slowing down, feel them getting warm, heavy and relaxed. . . . .
11. **Feel** your back, feel it getting warm, heavy and relaxed. . . . .
12. **Feel** the muscles in your neck, feel them getting warm, heavy and relaxed. . . .
13. **Feel** the base of your skull, feel it getting warm, heavy and relaxed.
14. **Feel** your face, feel it getting warm, heavy and relaxed. . . . .  
feel your eyes getting peaceful and still. . . . .
15. **Feel** your forehead, feel it getting **light** and relaxed. . . . . slow your breathing a little....

Now you are totally relaxed. Are you smiling? Do not try to stop your thoughts; let your mind relax. Let your thoughts come and go peacefully. A thought will come up, and you just let it go. Another thought will come up, and you just let it go. Again, make sure to keep your Loving smile throughout the exercise.

**After ten minutes:**

Slowly increase your breathing . . . . . open your eyes. . . . . close your eyes. . . . . move your toes and fingers. . . . . open your eyes. . . . . When you feel like it, stretch like a cat. When you're ready, roll to your side and get into a sitting or kneeling position before you stand.

**End of Exercise**

Be aware that your body has just been in a state of Total Relaxation. Fast movements could cause accidents or pulled muscles. Let your body adjust to its normal balance before you undertake any vigorous exercise or sudden movements.

During the relaxation, you may have felt as though your body was melting into the floor or floating above it, or you may have experienced another type of sensation, or you may have had no sensation at all. These experiences are all quite normal and are usually pleasant. Remember we suggested that meditation was a springboard to getting to know your spiritual body? Well, this is one of the ways it starts. As you continue using the relaxation and meditation exercises, you may or may not have experiences like these. These experiences occur as a result of working with your mind and your physical, mental, emotional, and spiritual bodies in a way that is like dreaming. Don't get caught up in these experiences; just enjoy them when they happen. Always try to keep yourself centered on the exercise you're doing.

If at any point you start to have an experience that causes you fear, pain, or distress, stop the exercise, open your eyes, and return your breathing to normal. Try to get your heart open and then try meditating again when you're comfortable. If the fear, pain, or distress

persists, then slowly move into a different place. Usually changing your space and your breathing will bring back your normal state of being.

Occasionally you may fall asleep while relaxing. This is fine, and usually happens when you're tired and need sleep. Still, try not to let falling asleep during your relaxation become a habit. You're trying to learn how to control your mind, not put it to sleep.

This may be the first time you have consciously experienced your body in a Totally Relaxed state. This is very healthy for your mind and bodies. Your blood pressure and heart rate will drop considerably. Your respiratory system and metabolism will run at peak efficiency. When you are in a state of Total Relaxation, physical stress can be completely relieved.

Stress manifests in the body as muscles that stay tight for a long time and are not allowed to relax. Stress may be caused by bad posture, physical exertion, injuries, overeating, disease, Karma, conflicting beliefs, or closed heart states, which can range from mental anguish to experiencing or dwelling upon unloving emotions coming from past trauma. There are also many drugs that can cause stress in the body.

Totally Relaxing your body for five to ten minutes gives your body a chance to balance the flow of the different kinds of energy that run through your body and, in many cases, can relieve your stress completely. Doing a Total Relaxation exercise whenever you feel stressed will help keep you healthy and will often make you feel energized. If you are working with the Love Healing Process, doing a Total Relaxation can help you find areas within your body that want to be noticed or heard.

As you continue to practice your relaxation exercise, the time it takes you to become totally relaxed will lessen, which means that you will spend more time in a relaxed state.

The more accomplished you become at deliberate relaxation, the easier it becomes to recognize when you are relaxed and when

your heart is open throughout your day. Conversely, you will also get better at recognizing when you're stressed and when your heart is closed. This greater awareness will help you stay in a Loving state for longer periods of time.

As you go through your day, stop yourself here and there and notice how your body feels. Is there any undue stress? If so, smile and relax!

Mastering Total Relaxation is a priceless skill for helping you live a long, healthy life!

## **Week Two – Balanced Breathing**

When you bring awareness to your breathing, it heightens your experience of how intimately connected to all of life you are. Breathing is life. It is an instinct of all living animals. If you alter your breathing in any way, it produces an immediate change in your metabolism. By breathing faster and deeper, you pull more oxygen into your body, sharpen your senses, and vitalize both body and mind. By breathing slowly and with shallow breaths, you dull your senses, and your body becomes sluggish. The ideal way to breathe for normal activity is slowly and deeply; this way of breathing supplies your body with plenty of oxygen while helping you stay relaxed. Breathing slowly and deeply keeps your senses clear and helps your cleansing and healing systems work better.

Week Two is about a breathing exercise called **Balanced Breathing**, which is helpful for relaxation and meditation. Balanced Breathing simply adds two steps to slow deep breathing, so each time you inhale, you'll hold the air for the same length of time you used for the in-breath. Then exhale and stop your breath for the same length of time.

For example: Breathe in slowly and deeply for four seconds. Fill your lungs and abdominal cavity completely with air. Hold it for four seconds. Exhale slowly for four seconds. Hold it for four seconds. Inhale. Hold. Exhale. Hold. Repeat.



The rhythm of your breathing should feel comfortable. Choose a rate that feels best to you. If four seconds feels too long, try three seconds. When you become comfortable with a certain rate, begin to slow your rhythm, and try a longer time interval. Breathing in this manner creates a balanced rhythm, which soothes the conscious mind.

Stopping and holding your breath after each inhalation and exhalation helps the oxygen and carbon dioxide cross over in your lungs. Your lungs work more efficiently, and you use less energy to breathe.

For some people, Balanced Breathing is uncomfortable. It makes them feel as though they are not getting enough air. If this should happen to you, you might try breathing a little faster. If you are persistent with this exercise, it may eventually become more comfortable than your normal breathing.

When Balanced Breathing becomes natural during relaxation and meditation, you can use it throughout your day to produce a calm, peaceful, and centered state of mind, and to help you become more aware of the movement of Life. Balanced Breathing grounds you to the Earth, to the here and now.

Take a few minutes to practice doing Balanced Breathing on its own and then put yourself into a state of Total Relaxation using your Week One skills. Then use Balanced Breathing to help you slow your thoughts even more. Balanced Breathing will help energize you while also making it easier to slow your thoughts. Do not try to stop your thoughts yet. Let them come and let them go. Make sure that you are Lovingly Smiling and enjoy the Loving, relaxing, energized state you create for yourself.

### **Week Three – Loving Concentration**

Until now, you have done your relaxation exercises while lying flat on your back. For stretching, relaxing, and learning to quiet the mind, this position has served its purpose well. While learning to

Lovingly Meditate, and during Meditation, you will want to use a sitting position to gain maximum results.

Sit on a carpeted floor with your legs crossed, full Lotus position (legs crossed with your feet over your thighs), half Lotus (legs crossed with one foot over a thigh and the other foot under a thigh), or cross-legged (legs crossed with both feet under your thighs), arms hanging relaxed, palms down (for sensitive people) and resting on your knees, holding your back and head straight and perpendicular to the floor. Your body is designed to become most energized in this position because if you are limber and strong enough to sit in this position comfortably, it is a sitting position of strength.

These cross-legged positions will not be comfortable for everyone. Your body may not be limber enough to sit this way. If this is the case, try starting your meditation sitting cross-legged with both of your legs crossed if you can, and if discomfort occurs, finish up sitting in a chair. Try to extend the time you sit cross-legged each time you meditate. You need to stretch and strengthen the leg, groin, and back muscles to make this position comfortable. You might also try sitting cross-legged to read or to eat your meals so that sitting in that position becomes comfortable for you. After sitting cross-legged becomes comfortable, you might want to work on the half Lotus and even full Lotus. Learning to sit in the full Lotus position will enable you to sit comfortably on hard surfaces.

If sitting cross-legged is not possible, then sit in a comfortable chair in which you can sit with your feet firmly on the floor, feet pointed forward, back straight, arms hanging relaxed, palms down and resting on your knees. It is better not to lean against the back of the chair. Keeping your back straight helps strengthen the muscles in your back and creates a clear open channel for your spiritual body, allowing the energy to flow easily. Keeping your palms down will help you feel grounded and perhaps safer, while palms up will open you to the energies of the world!

For this week's session and for the weeks to come, keep your meditation place as dark as possible. If you are not able to, don't worry.

When you're ready to put all the elements together, go to your meditation place, lie down, and stretch like a cat. Get into your preferred sitting position, close your eyes, and let them remain closed. Lovingly Smile. Do the Total Relaxation and Balanced Breathing and slow your mind.

When you feel your body is in a very slow, relaxed, Lovingly aware state, place your attention on what you see. You may think that with your eyes closed in a darkened room, you would see pure black. But this is not the case. On this field of black, you will see hundreds of little white or colored dots moving around, a bit like stars in the sky. Each dot represents a thought.

Continue the Balanced Breathing. Do not try to stop your thoughts. Let them come and let them go. Just watch the dots. Remember to keep your eyes still and relaxed and make sure to keep smiling.

Once you have spent a few minutes watching the dots and you are smiling and totally relaxed, without moving your eyes, make all the dots come together into one dot. Try to keep all the dots together as one dot, **without moving your eyes**. Once you can bring all the dots into one dot, you will be in a pure state of **Loving Concentration**. Are you smiling?

If at any time you feel yourself stop smiling, open your eyes, end the exercise, and go into a Love Time to get your heart open. It is not a good idea to concentrate or meditate if you are not smiling with your heart open.

## **Week Four – Loving Meditation**

For this week's session, go to your meditation place, lie down, and stretch like a cat. Get into your sitting position, close your eyes, and let them remain closed. Begin **Lovingly Smiling** and be sure to hold your Loving Smile throughout the meditation. Do the Total

Relaxation, Balanced Breathing, and slow your mind. Try to maintain the state of Loving Concentration.

Once you can hold all of the dots into one dot, try to make the dot disappear. **Remember to keep your eyes still and relaxed.** Once the dot disappears, it will reappear. You make it disappear, and it reappears. You make it disappear; it reappears. As this happens, it may give you a feeling of going through a tunnel. When you make the dot disappear, you are in the state of Loving meditation. As you become strong enough to keep the conscious mind quiet, you may transcend the tunnel and see a five-pointed star. The star marks the true beginning of **Loving Meditation**. To some people the star looks like a ball of light or something similar. After the star fades and you are keeping your conscious mind quiet, you will be Lovingly Meditating. Some people go into Meditation without the star experience, though most have some kind of experience. If you are one of the ones who do not, then let this new quietness of your conscious mind be the miracle you have just created.

### **CONGRATULATIONS!**

Achieving the state of Loving Meditation is quite a feat and deserving of celebration. We invite you to reward yourself by doing something fun with yourself or someone you Love.

## **Things to Know About Beginning Meditation**

When you meditate, your mind will usually be still for a few moments and then a thought will creep in, and you will notice yourself thinking again. When you quiet your conscious mind again, you will regain the state of stillness: no thought, pure awareness.

If at any time you feel yourself stop smiling, open your eyes, end the exercise, and go into a Love Time to get your heart open.

As soon as you stop your thoughts, you are **being** with Life in the moment. You're not using your mind to break up your reality into little parts or comparing anything. You experience yourself with Life, being with All That Is, moment by moment in wholeness, **Lovingly being!**

Again, Lovingly Meditating is like hugging Life and being hugged by Life at the same time. It is a wonderful exchange, an ultimate relationship, an ultimate experience!

Your early Loving meditation experiences may be the first time the conscious faculty of your mind has been intentionally stopped. Up until now, in all your waking hours, your conscious mind has monitored your surroundings, your awareness, and your sensations, including what you feel, taste, see, smell, and hear at every moment.

When your conscious mind is stopped, you are no longer confined by its boundaries.

As a result, during meditation you may have unusual experiences that you've never had before. These experiences are normal in meditation. For example, you may have a sensation of being very big or very small, or hot or cold. You may see bright, vivid colors or light formations that fill your entire field of vision. You may hear sounds, voices, singing, or the voices of the Divine or your Guides talking to you. You may feel as though you're levitating or sinking into the ground. You may experience a look into the astral plane—different worlds that can be seen using your spiritual third eye. (Here again, if anything occurs that frightens you, open your eyes and return your breathing to normal.)

You may have any of these experiences when you first start meditating, or you may not. Having any or all these experiences, or none of them, is completely normal.

Remember to always keep your attention on Lovingly Meditating. Please note, **if you try to have a particular experience, you will only slow down your progress and create frustration.** Loving Meditation is the experience you're going for: to create a silent mind with an open heart.

It would not be uncommon for you to start meditating and then eight or nine minutes into it find that your heart is starting to close. If you feel your heart closing, you have at least three options:

1. Discontinue meditation and begin Love Time.

2. Try to open your heart and then use the Love Healing Process detailed in the Second Section to discover why your heart is closing.
3. Stop and try again at another time.

As the days and weeks go by, you may want to extend your meditation time. It's good to meditate between 10 to 90 minutes per day. It's good to meditate one to five times a day. It's common for a beginner to want to progress faster, and in so doing he may try to meditate too much or too often and find himself feeling more emotional than usual or too energized. If you make sure you are smiling while you are meditating, the energy you produce will usually keep you in balance. The important thing is to have fun! Meditation should never become something "you have to do" or become a chore.

You can make your meditation place a special place, with candles, incense, blankets, pictures, music, articles of value, crystals, chimes, drums or instruments—anything that supports you in creating a meditative state of mind. Meditating outdoors in Nature can also be a wonderful experience. And meditating with a friend of like mind can be very empowering and special as well.

Sometimes it's helpful to create rituals to do before and after you Lovingly Meditate to help quiet your mind.

For example, you might find it helpful to wash your face, hands, and feet before you meditate. This can create a clean feeling that helps calm the mind. Some people find that just dipping their fingers in water gives them the same effect. Sometimes a drink of water is also helpful. Water can bring peaceful energy into the body, and thus help to calm the mind.

When coming out of meditation, it's a good idea to spend a few moments relaxing and letting your mind adjust to living in your thinking world. Taking a few moments to get your bearings will tone your mind. A runner who has just run a mile doesn't just sit down after her run. She'll usually walk for a short time to allow her muscles to cool down slowly; so it is with your mind. When you are ready to stop

meditating, relax for a few moments and let your thoughts come and go. Let your mind adjust to thinking slowly. Tone your mind.

When you have been consistently Lovingly Meditating for two or three months, your spiritual body will have grown to a point that makes your physical body more sensitive. You may be more sensitive to medications, like antibiotics or anesthetics. If this happens, make sure to inform your doctors, including your dentist. If you are planning on having surgery, make the anesthesiologist aware of your meditation habits and that your system may be more sensitive to drugs than the average person. An overdose could result if your physician is not aware of your sensitivity.

You should never meditate when toxic fumes are present. This is a big no-no! This includes gas, alcohol, pesticides, toxic paints, bleach, and ammonia.

As you recall, your mind is not confined to the boundaries of your conscious mind during meditation, and while you are Lovingly Meditating you are creating Loving, energized moments. In your normal waking state, your Inner Conscious is giving you information about what you're focused on. When you Lovingly Meditate, since you're not focused on anything, your Inner Conscious looks and feels something like this:

**Looooooooooooovvvvvveeeeeeee**

Another way of saying the same thing is that when you're thinking, your spiritual body is channeling energy into whatever you're thinking about. There's a continuous flow of energy because you're always thinking. Once you stop thinking, the energy has nowhere to go, so it just builds up.

Your spiritual body gets bigger and bigger and bigger!

**This extra Loving energy is so beneficial!** Loving energy can cause some pretty cool side effects, like feelings of wonder, bliss, silliness, and spontaneous laughter.

And here's a list of those bennies so you can see it again:

**Loving energy...**

- Strengthens your will through your heart.
- Helps develop clarity of thought, which will help you practically move through your days with more ease!
- Makes you more sensitive to what you feel and taps you into your intuition, which is comforting and powerful!
- Opens you up to gifts you may not know you had and strengthens all your gifts. (Examples: clairvoyance, clairaudience, clairsentience, better memory, telepathy, better balance physically and/or emotionally)
- Helps you manifest your desires.
- Expands your awareness.
- Gives you more energy physically, mentally, emotionally, and spiritually to help you enjoy your life.
- Enables you to make better choices in your life because you feel better!
- Gives you more compassion.
- Helps you get bigger than your deepest fears and most painful traumas!
- Sparks your creative abilities.
- Brings blessings into your life.

**WHOA! That's an impressive list!**

Your body's cleansing system becomes much more efficient when you Lovingly Meditate often, ideally once or twice daily. When your body becomes energized through meditating, it makes it easier for your body to dispose of waste. For this reason, when your meditations become strong, you may experience an increase of gastric expulsions, commonly known as burps and farts. So, do not be alarmed if you find these curious events happening to you when you achieve deep and strong meditations. Life is fun!

**A New Awareness of Being Full**

If you have ever done a strenuous activity like weightlifting or rock climbing in which you push your muscles to the limit, you may have reached a point where your muscles feel "spent." When you're



spent, you have reached the point where your muscles have no energy or strength left to do any more lifting or exerting. You're done! To try and go on would be unwise or unhealthy and could even be dangerous. You could hurt yourself or others.

A similar phenomenon applies to meditation. As you become stronger at smiling and not thinking, you will become more energized in shorter periods of time. Eventually you will probably find yourself reaching a point at which you feel "full" after a relatively short meditation. This is good! This is healthy.

However, it's also important to realize that with meditation, as with other things, it's possible to have "too much of a good thing." As a rule, once you reach the state of feeling "full," it's best to stop meditating and put that energy into some other endeavor.

The drive to go past "full" can come from a Love Reversal that makes you feel that you never can get enough, so it's important to be aware of when you feel "full" so that you can stop and heal the fear or Love reversal.

If you go too far past the feeling of "full" for any length of time, the energy can overload your system and create a painful outcome. Here is a list of some of the things that you might experience:

- A headache from trying to control too much
- Feelings of sadness, depression, hurt, or any other emotion from an unloving belief that is active in you at the time
- Emotional outbursts

The most powerful way of using your energy when you are full, is playing or to put it to work by using the Love Healing Process. Both will keep you balanced and fill you with Love.

**Getting "full" is a great feeling!**

**And it is a powerful practice to achieve daily in your life.**

**Just remember that once you are "full," it's time to go play.**

**Wooooooooooooooooo...**

## Chapter 9

# Gliding

When you can consistently Lovingly meditate for two to three minutes at a time without thinking, it is time for you to try opening your eyes while you are meditating. The first time you open your eyes to meditate is so different, in a fun sort of way. It may take some time to get used to but the more you practice the easier it gets. Once you feel comfortable with keeping your eyes open with your sit-down meditation, then it is time to start using your open-eyed meditation and weave it into your busy life. Make sure you're smiling. This can become a lot of fun!

**Then, when you can consistently Lovingly meditate for two to three minutes at a time without thinking, with your eyes open, with a huge smile, you will have achieved Gliding.**

We give this accomplishment the name Gliding because when you achieve it, it can feel like you are Gliding through life; it is so powerful, and by naming it, it makes it easier to talk about. If you choose to do so, you can become stronger and stronger every day by doing the same kind of growth technique you used with Love Time.

There is one prerequisite if you want to become that strong.

If you want to grow stronger through Gliding, it is important that you be actively using the Love Healing Process four or five days a week. The reason for this is that you will be growing in Love so much, you will be bringing so much Love into you, that you will need to be able to keep your bodies in balance by moving the unloving energies out. **Without this exchange, you will get very full, very fast when you use Gliding frequently.**

So, if you are actively using the Love Healing Process four or five days a week, you can become stronger and stronger every day by using the same kind of growth technique you used with Love Time. Start increasing your Gliding by doing five minutes, twice a day, for a week. The next week, move up to ten minutes twice a day. The next

week, fifteen twice a day. Then move to ten minutes three times a day.

Or you can be more spontaneous.

There are so many ways you can work or play with integrating Gliding into your life. See how long you can wash the dishes without thinking. See how long you can work, play, make Love, or stand in line at the supermarket, beaming your Love without thinking.

It is not necessary to think every moment that you're carrying out your daily tasks. In fact, you may find that the more you don't think, by using your Gliding to just Lovingly be, moment by moment, your life will take on feelings of Love you have never experienced before. It is crazy fun to empower yourself to just be jovial or silly or sensuous or blissful while you are driving to work or paying the bills or cleaning the house. It is easy to do these things with Gliding.

The bigger and stronger you get in Love, the more your life is going to change. Since you'll be smiling, happy, and glowing, you may find people will be attracted to you. They will instinctively want to get in on the good vibes coming from you. It's fun to watch it play out. You'll find it easier and easier to make friends and meaningful relationships. People, and perhaps animals, will simply enjoy being around you.

You might try taking one thing that you least like to do and just Lovingly be with it. See how long you can do it and not think. You might even start to like it!

If you are actively healing with the Love Healing Process, getting "full" through using Gliding is just the best! It's one of the best states of being on the planet. There is usually no worry about getting too "full" because most of the time when you are "Gliding" you are active, and the energies simply flow in many directions, giving you wonderful experiences. (Unless you try to Glide without the daily healing of your pain.) If you ever do get to where you start to feel over-full while using Gliding, it is time to move. Get physical, dance hard, lift heavy weights, beat on some drums, wrestle with someone

bigger than you, have tickle fights, make passionate Love, sing your message to the world! You'll find that the energy will move quite nicely!

You can continue to do your sit-down meditation if you're so moved, and it's fine and good to do that, and yet eventually you may find that you won't need to anymore. For me, at this point in my process, I sit and meditate only when I have the desire to experience quiet peaceful moments—which is not very often—or when I feel the need to go deep into a healing process. There is so much of life to celebrate and feel, that I Love to use Gliding most of the time!

**Gliding is a springboard for Shining!**

## Chapter 10

# Shining

Shining might be considered the pinnacle of Love Time. In a very short amount of time, you can totally max out your mind and all your bodies with Love, making yourself feel radiant, like a beacon of Love. And what is really fascinating is that you can do it willfully, and then once you understand what you are trying to achieve, you can have the Divine, your Guides, Shine you! OMG it is AMAZING!

So, if you are willing to play along, let us help you create your first Shining experience in a willful way, and then we'll put the Divine, your Guides to work.

To create the Shining experience, it will help if you are in a place where you can make a lot of noise without inconveniencing anyone. And it would be helpful if you will agree before we start to really get into this and go for it! The more you go for it, the better your experience will be. If you can make this happen for yourself, you will Love the result!

In a moment, we want you to go back and remember a time when you were the happiest you have ever been. You'll want to relive that experience so that it shows up on your face. You will be smiling soooooooooo big! If you don't have an experience like that to remember, then take a little time to make one up. Dream up a way to feel happier than you have ever felt in your whole life.

After we start this, and once you have achieved your super happy face, you will slowly count to ten. With every number, Lovingly **will** yourself to become even happier. Once you get to ten, you're going to hold that feeling for thirty more seconds.

With this exercise some people start laughing, while others find it difficult to get happier. If you are like this, keep trying. Let yourself go. Try to make yourself laugh. Some people get really silly. This can be very helpful. Silliness can be a springboard into many other

kinds of feeling. Whatever happens, just keep trying to feel as good as you can.

Are you ready? Now start to relive that wondrous moment in your past or live the new fantasy you have just made up and get yourself smiling like CRAZY. Bring that happiest moment into your face and smile as big as you have ever smiled, and as soon as you're smiling really big, start counting to ten slowly, and with each number **Lovingly will yourself** to be even happier. One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten... Now hold it for thirty seconds..... Okay, now let it go!

Whew! Isn't that an amazing feeling? If you were able to really let yourself go and make yourself crazy happy, then you just experienced **Shining**. Shining is soooooo cool! And it's free! Woooooohooooo... You can use Shining any time you want to make yourself feel extraordinary.

And here's the cool part.

If you were able to do this just now, you created an extraordinary experience simply by Lovingly **willing** yourself to make it happen. Now we're going to help you create a similar experience, but this time instead of **willing** it to happen, you're going to let the Mother Earth, your Guides, Life, or the Divine Love **do it for you**. You're going to **humbly request** that they **Shine** you. You're going to set the intention and **just let it happen**.

Are you ready? Okay, start off by asking Mother Earth, your Guides, Life, or the Divine Love to **Shine** you. Now we'll count to ten, and with each number **just let yourself become happier and happier**. One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten... Now hold it for thirty seconds..... Now, let it go!

Wow! Amazing isn't it? If you were successful, you didn't have to do anything except set the intention, humbly ask, and wow, you found yourself Shining!

Some people have a more powerful experience **asking to be Shined** than when they Lovingly **will** themselves to Shine. If you decide

to make Shining a part of your life you may find that there are times when it feels really great to Lovingly **will** yourself into Shining and other times it feels so good to humbly ask to be Shined.

And there are other things you can try with Shining. You can Shine into different qualities of Love and produce many kinds of experiences. One of my favorites is to Shine into being excited. There doesn't have to be anything to be excited about, but I find when I Shine into being excited, so many things to be excited about show up that it humbles me. And sometimes I Shine into being Big. I set the intention to be able to feel everything around and in me, kind of the way I expect the Divine Love feels everything. Sometimes I Shine into the feeling of awe. Sometimes I Shine into experiencing crazy fun! Try Shining into laughter and see what happens. (Be prepared to laugh until you're crying.)

It is important to use Shining with discretion. **Very important. Shining is an extraordinarily powerful spiritual tool.** Its purpose is to highlight your life, to add wonderful experiences into your life here and there. It is really easy to become "full" with Shining. It is so easy that it can become difficult to know when you are getting "over-full." Shining past "full" will give you the same results as meditating past "full," but more quickly. Specifically, if you Shine past full, your world will have the tendency to turn upside down, make you feel a little crazy, kind of like when you shake up a carbonated beverage before you open it, and then when you open it, it explodes all over the place.

The best way to know when you're "full" with Shining, be it by willing it or letting it happen, is to notice if it is coming easily, with almost no effort at all. If you're getting any feeling at all that you have to force the Shining, it's time to stop and go back to Gliding. Shining is not meant to be a daily practice **until** it comes easily. So until then, feel free to use it sparingly and enjoy what you can do with it.

When you do get to where you can Shine all the time, you will also find that it will lead you to do some of the most powerful and

deepest processing you have ever done; whatever you have not healed, you will be able to find within yourself.

Shining all the time is the most amazing thing you could imagine doing for yourself.

**May you Shine Love all over yourself!**

## **Is It Time?**

Is it Time,

To start the New Age,

To open yourself to Love,

The Love that is within you and all around you,

To develop the strength and practice of growing bigger and bigger in Love, day by day,

So that you can heal your pain,

So that you can harvest the benefits,

So that you can realize who and what you are,

So that you can awaken the Animal, the Genius, the Loving Intelligence you have within you,

So that you can become,

The change you want to see in the world?



## Chapter 11

# How to Communicate with Your Guides

(In this chapter I am using the word Guides to refer to the Divine Creator, Spirit, the Source.)

In the first chapter, My Story, I told you about how I **learned how to** talk to my Guides when I was thirty-two. My Guides are my intimate connection to the Divine. From my understanding, when I am talking with my Guides, I am talking with the Divine Presence directly. It is to them I attribute the success I have had in learning to heal myself through Love and to help others heal themselves. It is the most intimate relationship you could imagine. We talk the same way I talk with you or anyone in my mind. They have Loved me and guided me all my life, but I just became aware of it when I was thirty-two. They know me better than I know myself. We have so much fun together all the time. They have helped me learn to open to my pain so that I could learn from all my experiences. I have never been alone. They have helped me become aware of the wonder that is all around and within me.

What is really amazing is that there are over eight billion people on the planet at this time and each one of them has their own unique relationship with the Divine or whatever they believe. I have found that for most people, if they have the intention to communicate through their own personal connection to the Divine, all they must do is learn how.

If you had an intimate relationship with Divine, what kind of questions would you ask them? I will tell you, I have been asking my Guides question after question since the day I started communicating with them, and the relationship has filled my life with wonder and comfort, with awe and comedy, with amazing sex and intimacy. It has not always been easy. In fact, for the first few years, it was more frustrating than you could know, but that was because I did not understand the guidelines for communicating. There are some basic

guidelines that when followed will help you gain wondrous results, so let's start by explaining what good communication looks like.

First, we put this section after the Love Tools because the first thing you must do when you want to communicate with your Guides is make sure you are in a Loving state and that your heart is wide open. It is so important to communicate through Love because this will help ensure that you will receive true information. Remember that all your thoughts are coming through your knowledge and beliefs, and if your heart is open, you will be able to perceive the truth about whatever you are focusing on.

Second, if you have the power to Lovingly meditate or Glide, you will have the willpower and mind power to keep your mind silent after you ask questions, which makes it easier to listen for the answers and to discern your voice from their voice.

Also, it is important to understand that your mind and your four bodies' main purpose is to prove to you that your beliefs are true, even if they are not. If you are trying to communicate with your Guides with your heart closed, they will usually answer according to your unloving beliefs. If your heart is open when you are communicating, this will ensure that you will be able to perceive the truth, even when talking about things that are not Loving.

Communicating with your Guides is **a way to access great information** so that **you can make informed decisions** about what **you** could do or might not want to do. Your Guides are going to a great amount of effort to create your body and the life that is all around you all the time so that you can live your life the way **you** want to live. **Your Guides have no desire to tell you what to do with your life.** They are **overjoyed** to help you figure out what **you** want to do with your life. That being said, never **take any answers you receive literally.** If you're standing in front of a cliff drop-off that is facing south and you ask your Guides, "Which way do I need to go to get to my destination?" and they say, "South," don't walk off the cliff. Find

another way to go south. Use the information you receive to make informed decisions.

When you ask questions about other people, the asking should be done with integrity, while honoring their space and privacy. In general, we humans have lots of unloving beliefs and Love Reversals about how we think of other people. If your heart is wide open and you are smiling when asking questions about other people, your answers will be truer and more meaningful.

If you keep these suggestions in mind while communicating with your Guides, you will be able to create a very Loving and intimate relationship with them.

Your Guides are excited to meet you if you do not already have a relationship with Them. Consider following the suggestion below to engage them. You can do this even if you already have an existing relationship with your Guides.

The first thing to be aware of when communicating with your Guides is that your heart should be open, and you should be smiling big. Begin by acknowledging your Guides and let them know you would like them to bestow upon you a sensation somewhere on or in your body that translates as **“I Love you.”** If you like this sensation, your Guides may continue to use this same sensation throughout your life to say, “I Love you,” in any given moment.

Generally, the sensations people feel as communication from their Guides are unique to each person. But to give you an idea of the kind of thing you might experience, here is a short list: a tickling on the face, forehead, chest, breast, side, or elsewhere on the surface of or inside the body; or a feeling of warmth in the heart, hands, or other areas. You might hear a soothing sound; notice a change in the quality of light or color; feel a presence in or around your body, a sense of knowing, or a specific Loving feeling; or simply hear your Guides whisper or say, “I Love you.”

Sometimes people are not able to detect a sensation on the first try. There are generally four reasons for this.

1. Some people can't believe that this is really possible. The remedy: Believe it! This is real.
2. Some people become aware of so many sensations in their body that they cannot decipher which one is the true sensation. The remedy: Ask your Guides to please make the sensation stronger so you can know for sure.
3. If even after asking sincerely to receive a sensation and after trying remedy 1 and 2, you still do not feel anything, it may be that you are not yet ready to have this intimate relationship with your Guides. (This could be coming from fear, trust issues, or unresolved trauma about your Guides.) The cure is to take some time to introspect and discover what might be holding you back from receiving Love from your Guides.
4. In teaching classes about this over the years, I have had three people who did not receive a sensation after trying all three of the remedies listed above, and I was told that they had Karma that kept them from receiving a sensation. I knew two of them as friends and saw that even though they could not communicate directly with their Guides, they had many experiences and dreams that were obvious messages from their Guides. If this happens to you, there are a couple of things you might want to be aware of.

One of the reasons we have over eight billion people on this planet is that the Divine is gaining the experience of every lineage being healed through this incredible Earth project. Every healed lineage brings forth gifts that are priceless and can only be gained by that path. Some of the lineage challenges will be about people not being able to personally connect with the Divine in their minds. Even without the ability to communicate with their Guides, most people will be able to access Love and develop their willpower to make Loving decisions. If this happens to be your path, your Guides want you to know they are grateful for your choice of being on this path. Instead of communication, you will learn to feel deeply. This path will help you

develop your intuition to a remarkably high degree. The stronger you grow in Love, the more aware you will become.

### **Communicating with Your Guides:**

Once you are ready, relax, silence your mind, smile, open your heart, sincerely ask your Guides to give you a sensation telling you that they Love you, and enjoy!

How did you do? What was your sensation? For those of you who received a sensation right off, isn't that amazing? I remember when I received my sensation; it touched me deeply that my Guides were that present and that close to me. The next thing you might want to do is ask your Guide or Guides Their names.

When I first started out, I only had one Guide. As I learned how the metaphysics of life worked, I came to meet more of my Guides. I now have nine I converse with, some of them daily and some only occasionally. Each one has their own name, characteristics, reasons for being in my life, and a wondrous history. I am so grateful for the connection, attention, and Love they give to me all the time. All of them have been with me for multiple lifetimes.

All our Guides are so present. They know everything about creation, your life, everything you have gone through and are presently going through. They are creating you and everything around you, all the time.

For the first several years after my Guides gave me my "I Love you" sensation, rarely a day went by without them telling me they Loved me. Now they all tell me they Love me in ways that are unique to them. It is so fun!

As I mentioned before, I learned to talk to my Guides using a pendulum and a set of Tarot cards. Using these tools, I asked questions about everything. I used the pendulum and the Tarot so much that eventually I developed an ability to hear the answers in my mind. Now I do not need a pendulum or Tarot cards. I converse with my Guides and many other people's Guides as easily as I am writing these words.

By using the pendulum and the Tarot, I learned to distinguish/feel/hear my Guide's voice or voices from my own inner voice and my Guide's conversation from my own thoughts. Of course, my Guides are creating both voices, but learning to discern the difference was a process I needed to go through.

You may need to go through a similar process of using tools to develop communication with your Guides. I have had some students who have been able to start communicating without tools simply by understanding their relationship with their Guides.

## **Communicating by Pendulum**

I liked using the pendulum because of the personal touch. You can get answers quickly, and it's fun and easy to use.

You can create a pendulum by hanging an object at the end of a piece of string, ribbon, or small chain. This can be a beautiful rock, a crystal, a bolt, fingernail clippers, or anything that has enough weight to keep the string taut when you hold it out in front of you. To use a pendulum, hold the string between your thumb and forefinger or looped over your forefinger, and then let the object swing easily in front of you, about eight inches below your hand. It does not matter which way you swing the pendulum, but it is important that you make the object swing back and forth. When you ask your Guide or Guides a question, they will answer by making the pendulum swing clockwise for "yes" and counterclockwise for "no." Occasionally, the pendulum will not swing in either direction, which indicates that you might want to try a different question or ask the question using Tarot cards or some other tool. Occasionally, the pendulum will stop. There could be several reasons for this, and you will have to figure out what those reasons are for yourself. It could be as simple as checking to see if your heart is open. Whatever the reason, it certainly makes you want to ask more questions.

Be patient with yourself and your Guides. It is possible that you will get wrong answers at times, even if your heart is open. Throughout the years I have been communicating with my Guides, I

have found that the main reason they give strange answers is so I won't become dependent on them, and to ensure that I will use my open heart to make good decisions and think for myself. You must use your intuition and awareness to help you get clear answers. If you have a hard time getting answers about anything, give it some time and try again later.

If this resonates with you, I recommend that you make yourself a pendulum and start conversing with your Guide or Guides right now. Ask them questions about anything you want. Ask them if they want to communicate with you with a pendulum or through a Tarot deck or some other means. Thank them for creating your life, and then ask them if they see everything you see. Ask your Guide their gender. Ask them if they Love you. Ask how many Guide friends or mates you have. What are their names, and what do they do for you? What do they do when they are not creating you? You have so much to talk about.

## **Communicate with Tarot Cards**

I liked using the Tarot cards because the cards enabled me to access a broad range of information, much of which I would not have thought of myself. I have always used a deck called The Motherpeace Tarot. I like this deck because the book that comes with it gives you four directions for each card, giving you four different readings for each card whereas most decks give only two. Each Tarot deck is different and has its own feeling. There are some beautiful decks available. Some decks are of the light, and some are of a dark nature. If you decide to purchase a deck for yourself, try to make sure it feels right for you before you buy it.

A Tarot deck usually comes with a book that explains how to use it and what each card means in each position. Some books give detailed information, and some are simpler in their descriptions. It is important that you choose the kind that suits your needs. Read the descriptions of the many ways you can use the Tarot and take comfort in knowing that you will be getting information directly from your

Guides. Always remember to keep your heart open and to have fun. Using the Tarot can be an incredible experience.

There are other tools you can use to communicate with your Guides. You can use Runes, astrology, numerology, the Enneagram, channeled writing, prayer, meditation, and more. Any of the tools just mentioned can be helpful for learning to distinguish your Guide's voice from your own thoughts. Eventually, you will not need any of the tools to communicate with your Guides. They will communicate with you through your mind as easily as talking to your best friend.

## **A Conversation I Had with My Guides**

"I can't believe you are so close to me and I cannot feel you!"

**"My Love, everything you are feeling is what I am feeling! If I am not feeling it, you are not feeling it!"**

"Yes, thank you! That is amazing!"

"Sometimes I cannot tell which one of you is communicating with me."

**"If you will put more *awareness* into feeling us when we're communicating with you, you will become more aware of our different personalities coming through."**

"O.K. Thank you!"

"When I am feeling pain, are you feeling the pain as well?"

**"I must be feeling the pain for you to feel the pain. It does not affect me as it does you. I am so big that when I am creating you, it takes only a tiny bit of my consciousness to create you. So, when I am feeling what is a lot of pain for you, it is a very tiny bit of pain for me. Still, it hurts me, and we are doing this for a good reason: You are learning to navigate the powers of Love and to heal ALL your pain!"**

"That is very exciting! Thank you!"

"So, you are seeing, hearing, feeling, smelling, and tasting for me?"

**"Yes, and creating every part of your body, breathing you, beating your heart, moving you, sleeping you, and Loving you."**

"Why are you doing all of this for me?"

**"So that you can discover why we are doing this for you. The journey is everything and worth more than you could ever know. Even after**



**you discover the why, the gifts you will gain from the journey will continuously grow and multiply forever and ever and ever..."**

## Chapter 12

# Sensate and Dreams

The language of Sensate and Dreams could be considered the eighth and ninth Love tools.

Both the language of Sensate and Dreams are distinctive in that to use them a person must learn their own version of the communication. Sensate relays messages through a variety of different sensations throughout the body, the meanings of which are unique to each person, and Dreams relay messages through symbolism, which is unique to each person. For this reason, the use of these forms of communication must be learned. The learning process for each one is fun and easy to do.

### Sensate

Sensate is a language of the body that can be used by your Guides to communicate how your belief systems and patterns of acting and reacting are working for or against you. Any sensation on or within your body could be a message to you to help you understand your experience.

The information that follows will be a layout of the different parts of the human body and the messages the different sensations within those parts can relay to you. You can also use your communicating tools to derive the meanings of the sensations to figure out what you are doing to create certain sensations or manifestations within or on your body.

In many ways people are the same, while at the same time every person is different. The ideas presented below are generalities. Use your communication skills with yourself and your Guides to discover if the ideas presented below are true for you.

- **Back** = old issues
- **Head** = intelligent thinking or reversed intellect, which means trying to control things

- **Right side of your head** = beliefs you have created on your own since puberty
- **Left side of your head** = beliefs you gained from your upbringing or your childhood programming. I have often considered this to be “the way I was programmed as a child” because it has always seemed to me that I didn’t have a choice in the matter. I learned how to act and react like my parents acted and reacted, so it feels like I was programmed so to speak. You might think of it in a different way.
- **Right side of your body** = your childhood programming
- **Left side of your body** = beliefs you have created since puberty
- It might be helpful to note here that the right side of your head and the left side of your body are beliefs since puberty and the left side of your head and the right side of your body are your childhood programming
- **Third eye** = intuition
- **Eyes** = seeing
- **Nose** = honor or shame
- **Mouth** = honorable or dishonorable sexuality
- **Ears** = listening
- **Face** = how you appear or fear of how you appear
- **Throat and the front of your neck** = communication
- **Back right side of your lower neck** = something that you are not thinking about correctly
- **Back left side of your lower neck** = something is reversing your energy; you have opposing beliefs about something
- **Shoulders** = holding up the weight of the world
- **Elbows** = bending with regards to being creative
- **Hands and arms** = creativity (these are extensions of your heart)
- **Lungs, ribs, breathing, coughing** = time. Breathing is life and focusing on it makes you feel very present in the moment.

Pain in these areas usually means you have some kind of conflict with time.

- **Heart** = security or hurt feelings
- **Breast** = feeling of being nourished. Pain or manifestations in the breast generally means you nourish everyone but yourself.
- **Stomach** = peace or anger. Could also be safety or its opposite, fear or terror.
- **Womb** = having to do with babies or motherhood
- **Sex organs** = sexuality
- **Buttocks** = honor or dishonor
- **Hips** = mate or closest person to you
- **Thighs** = strength
- **Knees** = bending with regard to moving forward, fear of change
- **Calves** = trust or distrust
- **Feet** = getting where you want to go or afraid of moving forward
- **Joints** = bending, change
- **Skin** = confidence, self-assurance, or fear
- **Muscle** = elation or terror
- **Bones** = ecstasy or devastation
- **Teeth** = euphoria or horror. Some of the deepest, hardest, and sometimes most painful things to figure out.
- **Blood** = life giving and cleansing. If you see or experience your blood coming out of your body, it generally is a letting go of painful energies. If it is coming out of you, it's meant to get your attention. Where it comes out can help you discover the nature of the letting go.
- **Liver** = peace, dark anger, rage
- **Lymph Nodes** = Love, hatred
- **Bladder** = cleansing, dirty
- **Kidneys** = ecstasy, hurt
- **Pancreas** = trust, jealousy

- **Spleen** = integrity, shame, guilt
- **Stomach** = peace, anger, upset, frustration
- **Small Intestines** = trust, betrayal
- **Big Intestines** = honor, dishonor

Here are a few examples of how Sensate works:

## **The Whole Body**

Any sensation and/or manifestation that you experience on or within the back of your body represents old issues. The front of your body represents present issues. The left side of the body up to the base of the skull and the right side of the head represent information about beliefs you have developed since puberty. The right side of the body up to the base of the skull and the left side of the head represents the ways of acting and reacting you learned from your upbringing, your childhood programming up to puberty. This programming is so powerful that unless it is brought to the surface of our consciousness through Love and healed, it will determine how we act and react to life's many quandaries until we die.

## **Skin**

The skin on any part of the body represents confidence, as in self-assurance. Any sensation on the skin, such as goose bumps, a tickle, a sting, itching, burning, or pain can represent different concepts having to do with confidence or the lack of confidence.

The area of the body where you experience a sensation on your skin will help you determine what confidence or lack thereof it pertains to. For instance, if you had an itching sensation on the skin of your right hand, it would signify that you have a lack of confidence that deals with the programming you received as a child pertaining to something you have been trying to create. (The hands represent creating, for example, work or art or a project.) If you had a tickling sensation on your hand, it would indicate that your Guides were Lovingly reminding you to be confident in your next creative endeavor.

If you find a manifestation of some kind upon your skin, such as acne, blotching, herpes, moles, bruises, cuts, boils, cancer, or

scarring (stretch marks, scars left from acne, etc.), they will represent different belief patterns that you have created around being afraid instead of confident. Again, where they are on your body will help you figure out what you have been doing to cause the manifestation.

## **Joints**

Sensations and manifestations found in the joints of the body represent your ability to bend or be open to change. For instance, if you had a pain in your left shoulder joint, it could represent to you that you might be resistant to changing your patterns around feeling like you must support your family by working hard, no matter what. You will prove to everyone that you can do it, and you would have developed this belief on your own. If it were the right shoulder joint, it could indicate to you that this is what you believe the world expects of you, a belief your family has been passing from generation to generation. A pleasant sensation in the joints might be your Guides Lovingly reminding you that you have many options.

## **Bones**

Sensations found in the bones or on the bones can represent ecstasy or devastation. For instance, if you were involved in an accident that left you with a broken rib, it could represent that you had been allowing yourself to be afraid or petrified of time to excess.

## **Two Examples of Processing with the Pendulum and Sensate**

### **Cameron**

*One day my son Cameron asked me to help him process a pain he had in his right knee. He had been playing soccer and his knee started hurting so bad that he had to sub out of the game. Cameron wanted to know what he had been doing to cause so much pain.*

*He picked up his pendulum and we went to work. I asked him if he knew what the pain in his knee signified. He said that it was fear of change, related to a belief he had learned from how he was raised.*

*“Very good, that is right,” I said. “So, what would be your first question?”*

*“Can you help me figure out what I am doing to create my pain?” He asked, swinging the pendulum in front of him, and Utadi (my son’s Guide) answered, “Yes,” by swinging the pendulum in a clockwise direction. Cameron thanked his Guide and the pendulum circled another “Yes,” indicating that Utadi was saying, “You’re welcome.” Then Cameron asked, “Does the pain deal with something I am doing when I play soccer?” Utadi said, “Yes.”*

*I asked Cameron if he had feelings of fear towards anything associated with his soccer game. He looked puzzled at first; then he looked up and asked if it had anything to do with his not being able to score a goal. I told him I did not know, that he should ask Utadi. He asked, and Utadi said, “Yes.” For the past three to four weeks, Cameron had been having difficulty scoring. He would get the ball close to the goal, but he just could not get it into the net. We discovered through talking about what he was doing that he was terrified he wasn’t going to be able to score. When he didn’t score, he hated himself for messing up. This fear and hatred was causing the pain in his knee. We confirmed the understanding with Utadi, and Cameron’s pain went away about two days later. Once he was able to understand that it was fear that kept him from scoring, he was able to relax and Love himself regardless of how he performed. The very next game, he was able to score.*

When I originally wrote these stories, my children were the only people that I ever taught how to use the pendulum and tarot cards for processing. So in order to create the next three stories that follow, I took on the condition in my body and then used the pendulum and tarot to discover what was causing the conditions so that I could give you examples of how they could be used. I did this for myself for years. So, with the help of my Guides, I came up with these stories.

## **Jason**

*Jason was a newly licensed general contractor who suffered from headaches and occasional pain in his lungs, especially on his left side. He came to me and asked if I could help him. I told him I would if he would allow me to teach him how to help himself. After spending some time educating him about Sensate, I gave him a pendulum and we went to work.*

*When we asked Jason's Guide if he could help us understand Jason's pain, the answer was "Yes." Just from the nature of his pain we understood that his quandary was being caused by a challenge or belief he had developed with time (lungs) and that Jason was trying to control some part of his life over which he had no control (headaches).*

*The first question we asked was to confirm this diagnosis, and the answer was "Yes." The second question was to ask if Jason's pain was related to stress at his job. "Yes." Was it caused by having to deal with one of his employees? "No." Did it have to do with the big project he was working on? "Yes." Did it have to do with Jason's fear of not being able to make the deadline? "YES." The pendulum had been turning lazily on his first three questions, but in answering this question, the pendulum turned in a large excited circle. As it turned out, Jason had been running a job that had been delayed by bad weather, and there was no way to complete the job by the deadline. Because taking on big jobs was new to him, he was trying too hard and felt stressed about what he could and could not do. After this session Jason made a phone call to the owners and explained his dilemma. They agreed to extend the deadline. With no more stress, Jason's headaches went away, and the lung problem did not come back.*

## **Two Examples of Processing with the Tarot and**

### **Sensate**

#### **Sue**

*Sue was a massage therapist whose arms became numb when she massaged certain people during her business. The numbness was*



*not really painful, but it was annoying. Sue learned about Sensate and sat down with her Motherpeace Tarot cards to find out what was creating the numbness. She knew that the numb feeling was caused by something happening when she massaged certain people, but she could not figure out what. She shuffled her cards and spread them out in front of her. She asked her Guide if she would help her, and then she drew a card. She picked the Temperance card (reversed). The last line of the explanation in the book read, "She needs to learn how to use the power available to her." Sue had been learning how to keep her heart open, but she was not sure if that was what the explanation was referring to, so she drew another card. She picked the Sun card upright, which said, "There is happiness and understanding. Everyone knows why they are here, and there is delight in this realization." This was definitely the answer to keeping her heart open when she was doing her massage. Sue paid special attention to Lovingly Smiling throughout her next week of massages and found that her arms did not feel numb at all.*

## **Kristen**

*Kristen was experiencing a pain in her abdomen for several years as well as a pain in her right foot and her lower back, which she felt were all connected. For over three years she had been on a spiritual path, learning that the Divine was within her and not outside of her, unlike what her family had taught her. Kristin took care of her mom three to four days a week. While her mother had been very ill for only a short period of time, it had become obvious to Kristen that her mother really did not need her. Kristin and her mother had a conflicted relationship. Her mother was a very controlling person and Kristen was torn between being a good daughter and breaking free from her controlling mother to explore her potential through her spiritual life.*

*Kristen knew the pain in her abdomen was coming from the anger she felt when she was with her mother, who talked down to her. She tried very hard to keep her heart open but would find herself getting angry at times. She felt guilty for not wanting to take care of*

*her mother anymore. So, she sat down with her Guides to see if she could come to a decision. Kristen asked her Guide if she could help and felt a sense of peace for asking. She shuffled her Tarot cards and picked a card. She picked the Daughter of Wands (upright) that said, "She rushes forward to a new adventure, exploding with joy in life and freedom. She is not held back by other's judgments or limitations." Kristen felt a rush of excitement and a warm feeling move into her heart. She felt excited about the idea of changing her life. She needed more of the warm feeling she was feeling in her heart, and she made the decision to make some changes. She had a conversation with her mother, and her mother agreed to hire a person to clean her house and do her shopping. Then Kristen decided to have faith in the Divine that she would find her place. A few weeks later, Kristen enrolled in a hypnotherapy school. As soon as she enrolled, the pain in her abdomen started healing and was gone after three days.*

The language of Sensate is powerful. If you learn it, your Guides will be able to communicate with you all the time. It is fun for them, and it can be wondrous for you. It is another way to connect to your Guides and to escalate your learning about Love and having fun!

There is a book called *Messages from the Body: Their Psychological Meaning* by Michael J. Lincoln Ph.D. (FKA Narayan-Singh Khalsa), and it could rock your world. It is more like an encyclopedia than a book, because it lists hundreds of different kinds of ailments found all over and within the body. It also lists possible causes for the ailments, which in many cases are quite accurate. If you purchase the book and show it to your friends, you'll have to keep an eye on it because they will want to take it home with them. It is an expensive book, but maybe you could charge your friends for the information.

## **Dreams**

When we go to sleep, it gives our Guides an opportunity to reveal or relay messages to us. They do this through the language of dream symbolism. To learn your dream symbolism, all you need to do is to learn what symbols in your dreams correlate to the experiences

you are having in your waking life. In a similar way that your waking life is a mirror of the beliefs that you have within you (your life is showing you what you believe), your dreaming symbols are a creative way to display your beliefs to you while you sleep. If you become adept at using the Love Healing Process, you will find that learning to understand your dreams is a wonderful way to enhance your Healing Process.

The first thing to do if you are to learn your dream symbolism is remember your dreams. Most people dream every night. Some people remember their dreams easily, while others do not. If you have a reason to remember them then it becomes easier. So, before you go to sleep, set the intention to remember your dreams. In the last five to ten minutes before you go to sleep, repeat the phrase “I am going to remember my dreams” and smile as you say it—this makes it more fun!

When you awaken, the first thing you will want to do is to smile and remember your dreams in detail. In your mind, go through each dream in as much detail as you can remember. By remembering them in detail, you’re taking Inner Conscious information (your dreams) and turning it into Conscious information. Next, write each dream down. Remember to play out each dream in detail in your mind first before you write them down. You will retain much more of your dream content if you follow this process. It will help if you keep a Dream Journal to record your dreams every morning.

Now, we know that most of you are very busy, so for a couple of weeks to months, you’ll want to set your alarm fifteen minutes early so that you have time to write your dreams down. Writing your dreams down is how you discover the symbolism. After five or six days of this practice, you will notice similar symbols re-occurring in some of your dreams. Work with your Guides to see which symbols match up to the beliefs you are working with at the time.

Here are some examples of symbols my Guides gave me in the beginning.

- **Fire** – meant that I was going through a learning stage.
- **Snakes** – meant that my Kundalini energy was growing. The bigger the snake, the more I was growing. (I was meditating and learning about Kundalini energy at the time.)
- **I killed someone in my dream** – the first time I dreamed that I killed someone, I freaked out. But I later came to understand that it just meant that I got rid of a problem. This idea of getting rid of a problem also paralleled one of my understandings that there is no such thing as death; there is only change.

Any of these symbols could be different for you. Did you know that in the English language there are five different words that refer to a deer? Deer, buck, doe, fawn, stag. But in the language of Cherokee, there are 26 words that refer to a deer. Deer was one of the Cherokees' main sources of food, so certain references would be helpful since they talk about them more of the time. Dream symbolism is like that with people. There are certain things in life that are more important to you than to other people. In your dreams, snakes might symbolize something you're terrified about (if you're afraid of snakes consciously) or something you see as mystical (if you think snakes are sacred animals). Everyone is different!

What's really cool is that if you keep a dream journal for over a month, when you go back and read the dreams you had, you will be surprised at what's been going on in that amazing head of yours.

After a while, with the help of your Guides, you will easily glean the meanings of your dreams. You won't need to write them down; you'll be able to use your intuition to decipher the symbolism in no time at all.

Dreams can provide you with an extraordinary way to learn because they can be so creative. So enjoy them and remember, if you go to sleep smiling, your dreams will be more fun!

## **I Am Enjoying Being Beautiful**

I am enjoying being beautiful!

You see, I do not know how I can see, or hear, or taste, or smell, or feel, or talk, or emote, or breathe. Oh my goodness, each one of these qualities is a world unto itself and as I experience them all together, I experience my life!

So when I feel deeply into myself, I can feel that there is a part of the Divine that is doing all those things for me, creating me, seeing through my eyes for me, making and hearing the music for me, tasting the pear is sensual and erotic, so many exquisite wondrous smells, the plethora of sensations that touches my skin, these words that are flowing from my mouth, emoting tears of joy and laughter streaming down my face, creating the air that is filling my lungs and breathing me, moment by moment!

I can feel the Divine loving all of it so sweetly.

And when I silence my mind, open to Love and feel even deeper, I can feel the joy that the Divine is receiving from doing those things for me,

Because it is from my perspective.

I am so unique, so beautiful!

She is getting to see Her world through my eyes, experience His world through my senses!

I am feeling how much Love the Divine is getting out of doing me and at the same time, giving me life, my life to be a new part of Them, and at the same time, a whole new Me.

What a dance we are dancing!

It is Love dancing!

I am a part of Love blossoming!

**I am enjoying being beautiful!**

# **The Love Healing Process**

## Chapter 13

# The Overview

We have now introduced you to the power of Love in ways that have never been understood before. Do you remember the section in Chapter 3 called “How Powerful Are You?” Imagine taking the power of a **Loving Smile** and the eight benefits you gain from it and coupling it with two months, ten months, two years, or more of ever-increasing **Love Time**.

**Imagine how strong and aware you will become!**

**Imagine how powerful that will feel!**

And this is just from using **Love Time**.

If you learn all seven tools, which most people can accomplish within about two months, you will have achieved **Gliding**. The Earth has rarely felt the presence of such powerfully Loving people, and when you are able to grow stronger and stronger using Gliding, it will cut your healing time in half.

You’ll be creating a whole new awareness and power for yourself. This will make it possible for you to see things in yourself you have never been able to see before, like Love Reversals and their habits. There may be many parts you will want to heal! To heal, you may wish to learn how the **Love Healing Process** works. So let’s begin.

The **Love Healing Process** can be complex because we are going to teach you the science or the metaphysics of belief, so to make it easier to understand, we will categorize it into eight basic parts. The following chapters will expand on these ideas.

The categories are:

- **Memory**
- **What is Trauma**
- **Understanding the Nature of Belief**
- **How to Find What You Believe**
- **How do beliefs and Love Reversals become identities**

- **Stage One - Finding the Initial Trauma or Series of Events That Is Behind the Beliefs**
- **Stage Two - Healing the Supporting Trauma's Created from Believing the Beliefs**
- **Stage Three - Healing the Habits Acquired from Believing the Beliefs**

Once you have learned how the Love Healing Process works, you will be able to use it to heal all your unloving beliefs and their corresponding habits. After you become proficient in healing your beliefs and habits, then you can tackle your Love Reversals and their habits, or any diseases that may be connected to those.

We would like to suggest you read the entire book from beginning to end to understand how it all works, then go back a second time and use the pertinent information for where you are at.



## Chapter 14

# Memory

There are two vital phenomena that are behind the total creation of all life: Love and Memory.

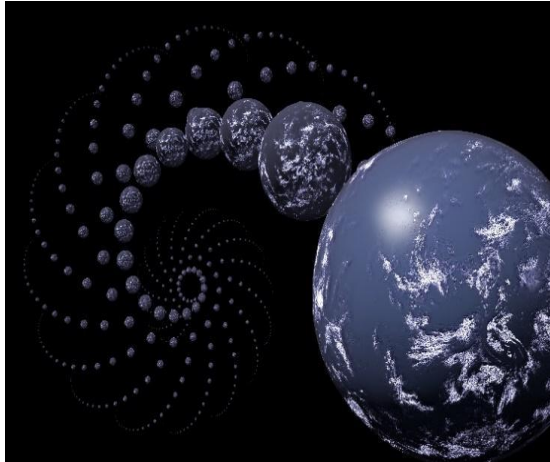
Love is the conscious life, the reason, the drive, the creation, the exquisite explosion of who, what, how, and why. Memory is what brings Love to life, what gives Love a past and present and brings meaning to that present. Memory is what gives Love the ability to ponder itself, or any part of itself to ponder any other part of itself, to think, to analyze, and to explore while knowing it is thinking, analyzing, and exploring. Through memory we can gain experience and wisdom, and use it to create, to live, and play.

Our memory is one of the biggest parts of our minds/lives, one of the most fascinating parts of who we are, and the part that most defines who we are. If we couldn't remember what we have done, what we have experienced and felt, we would not be able to learn. Everything that we do is based on being able to remember our experience and on what, how and when we have learned what we have learned.

I was pondering the phenomenon of memory one day, trying to understand, "Where is my memory?" I was asking my Guides, "How is it even possible for me to remember the amount of information that is generated by the creation of my life, moment by moment? Just the amount of memory generated every second is mind blowing. Where is all the information stored?" I was meditating on this, asking the universe to show me how all of this was possible, when I was given a vision.

If you were to travel out into space for a few hundred million miles and then turn back around and look at the Earth, spinning and moving around the Sun in its incredible revolution, and if you could step out of time so that you could see the path the Earth has taken in time, you would see that the earth has followed an ever spiraling path

that would go back in time to the beginning, when it was created. Since the beginning, the Sun has been moving on its path through our Galaxy, and the Earth has been revolving around the Sun, while spinning, leaving a spiral trail all the way up to this moment in time.



**That spiral path is where all our memory is located.**

Again, if you were hundreds of millions of miles out and you could step out of time, you could use a parallax, and discover how far the Earth has traveled through space since yesterday. The distance the Earth traveled would depend on which hour you were looking into. So, if you were looking at one p.m., you may have just finished lunch. If you looked back to six in the morning, you may have been hitting the snooze button on your alarm clock for five more minutes of sleep. If you looked back to November 25, 2010, at three p.m., and if you lived in America, you may have been sharing a Thanksgiving meal with your family.

For you, from the moment you were born, your memory path has been part of the Earth's spiral path up to this moment in time. Your memories of all your life experiences are right where you left them, spiraling back in time until the moment you were born. We will refer to this part of our memory as the **Spiral**. Some people can even remember lifetimes they had further down the Spiral, and most people can do this after they learn how.

The spiral path is where all the events of our lives are located through time, although we feel like these events are still with us,

stored in our minds and bodies as memories, as if they just happened yesterday. The reason our memories feel so present is that the Earth is alive. She is a huge living body, and her body stretches throughout time. We are very much a part of Earth, not separate, but an intricate part. Her body and our bodies are intimately connected. She, along with the Sun which is also very much alive and continually giving us our Loving light energy, provides everything we need to be alive. We breathe her, eat her, fertilize her, and use her resources to work and play all day. Earth's memories and all her experience is intimately connected to all our memories and all our experiences. The intimacy of the connection is so exquisite, that it makes us feel like our memories are a part of our mind and bodies—because they are. Until now, we haven't realized that our bodies are also stretching through time with her. **The Earth and our spiritual and mental bodies stretch through time.** All of us humans are the sum of the paths we have lived up to this point in time, the sum total of our memories. Each one of us is a **time body** because everything that we know and are, is stored in our past, and is available all the time. Each one of us is so unique. Our past makes us who we are.

Since I had that vision, I have been working with my Guides to understand more about how memory works metaphysically, and this is what I have learned.

There are two memory functions that are connected to the third eye of our spiritual bodies. They are major chakras located above the Crown Chakra. The one directly above the Crown Chakra is called the Manas Chakra and the one above that is called the Shear Chakra. Part of the information about the Manas function I learned from my guru and the word Shear is a word my Guides gave to me to name this Chakra.

## **The Manas Chakra**

If you could see the Manas Chakra of an adult, it would appear as if the person had a multicolored sphere about one to two feet in diameter hovering above their head. The Manas Chakra of a child is

about eight to ten feet wide and encapsulates their whole body and the space around the child. In adults, the Manas serves as the place where short-term memory and intuition are located. I will explain the difference in more detail shortly.

The Manas Chakra functions like a computer program that remembers patterns. For example, Microsoft Word has a program that searches for words in a document. If you look for the word “fun” and search a document, the search will show you every place the word “fun” is found. The Manas Chakra works in a similar, although more complex, fashion. It is constantly making a person aware of and attuned to the patterns around them—patterns of acting and reacting, comfort and annoyances, pain and pleasure—and it is constantly giving us the impetus to move and to figure out what to do with our time.

When a child is born, the Manas Chakra completely encapsulates their physical body and the space around the child, again looking like a sphere that reaches about eight to ten feet around the child. The Manas Chakra is constantly making the child aware of patterns, and when a person or animal comes into the field of their Manas Chakra, the child can feel how that person or animal is feeling—the same way the person or animal feels themselves, to some degree.

When a person enters the field of the child’s Manas Chakra, there is an awareness of that person’s patterns of acting and reacting. This enables the child to attune to their lineage: the patterns of acting and reacting that his family deems important. This enables the child to start making sense out of what is happening around him, according to their family’s habits, their lineage. Some of the patterns from the familiar people who come into his space will also establish the child’s understanding of that person’s basic identity, like who is mom, dad, grandparent, brother, sister, dog. The child will feel the mindset and emotions of each person, will feel the way they are acting and in time,

the child will slowly learn to act and react in a similar fashion, thereby learning to understand by imitating the patterns.

Additionally, the child will slowly take on the mindset of the people he or she is frequently around and will gradually learn to act and react in a similar fashion, learning to understand by imitating those patterns.

As the child grows older and has more experience, the patterns become easier to understand and mimic. And usually, as the child grows older still, the clairseate characteristic (the ability to feel what other people are feeling) of the Manas grows increasingly weaker, eventually leaving the child with just her own physical senses and the ability to think for herself. Some people do retain some of their clairseate abilities.

Generally, around the age of seven, the child's Manas Chakra starts to recede upwards. Within three to six years, it will be completely above the person, no longer touching their physical body. By the time the child is thinking for himself, the Chakra is above his body and being used for short-term memory and intuition. It is like being on the home page of your internet browser. While you have three or four tabs open, your computer can bring one to the forefront with a simple click. Your Manas Chakra holds all the patterns you use daily, right there at the tip of your mind, ready to load at a moment's notice.

Your mind feels or senses the patterns. Each pattern has specific ways that they are felt. These feelings are then experienced as your mind translates the feelings into thoughts. You get the feeling first, then the thoughts follow.

Here are some examples of mental responses people have to various patterns:

- **Patterns dealing with time** – You **get feelings like** “It’s almost time to go to work!” “How long until lunch?” “Don’t forget to set the alarm clock,” “What should I do for Love Time today?” “I can’t wait for dessert!” etc....

- **Patterns of things you need to get done** – You **get feelings that** you need to be responsible, so you must remember to pick up the clothes at the cleaner, that there's the dishes and the car to wash, you need to pay the bills, walk the dog, and get your parents an anniversary card, etc.
- **Patterns of things you do** – You will have mannerisms **that give you comfort** like the way you shave, wash, and brush your teeth; the way you make Love to yourself or your partner; the way you walk, sit, chew your food, drive, and meditate, etc. all completely unique to you.
- **Patterns of things you think about** – **Thoughts about** the challenge you had with your mother yesterday, thoughts like "I hate Mondays!" "I wonder if I am going to get that job I applied for?" "It was so much warmer today—summer is coming!" or "I am not watching the news anymore; it depresses me!"

**Patterns within patterns within patterns.** When in a Loving state of being, it is the familiarity of patterns that stimulate the desire to become more intelligent emotionally, mentally, and spiritually. We want to feel the newness, the wonder, the exquisite beauty of what there is to discover all around us.

It should also be noted here that the feeling of the patterns, the desire and yearning to feel the patterns, is a big part of how your intuition works. Your intuition is all about feeling in the spiritual sense, being big enough to go beyond thought and feel what is and what is not coming to you.

It is also important to understand that the patterns are always teaching us about Earth's Objective. It is essential that a soul needs to experience the pain that is caused by the misuse of energy so that they can understand it completely, so that they will know how it affects them and others. All our patterns are continually doing that.

And as a soul gains more and more experience, they are continually becoming more Lovingly intelligent. This enables them to

create their lives with less pain, more fun, less pain, more awareness, less pain, more intuition, less pain, more bliss!

The ability of how each person can make use of their Manas Chakra is different for each person but we can give you some generalities.

There are three factors that govern the way the Manas Chakra works for you:

1. **Age of the soul** - The amount of experience a person has gained here on Earth. Older souls are typically able to use the Manas Chakra more than younger souls because they have more experience, more intelligence, and are more attuned to their intuition. This shows up as the person being more in tune with their life and the life around them.
2. **Lineage** - Every person is born into a lineage of unloving beliefs to heal. There are so many gifts to glean from the healing. Every person is given some gifts and abilities to enable them to heal the unloving beliefs and habits of their lineage. Learning to use these gifts is what makes us smarter. If a person chooses to heal their lineage belief and habits, they will glean even more gifts and abilities. Their lineage purpose will be a factor in the setting of their Manas Chakra abilities. Here are some examples:

- a. In a Loving family, mistakes are a natural process of learning how things work or do not work. Every mistake a child makes should be celebrated and the child honored for trying. If the parents of the child beat the child mercilessly every time the child makes a mistake, the child would develop a belief that "If I do something wrong, I will be beaten mercilessly." Because the child is beaten for the pettiest reasons, the child grows up being petrified to make a mistake. Unless this belief is healed, the person will have this

nagging fear within them all their life. If the person has children, they will find they are compelled to beat their children anytime the child does something wrong. This is how a belief and the habits that go with it are passed down generation after generation creating the lineage purpose. The Manas function is continually presenting the patterns of proving to the person that if they make a mistake, they will be hurt. As an adult, if the person learns to grow in Love and heal the beliefs and habits, and the person can heal completely, that person will become so strong that they will understand that it is often through making mistakes that learning occurs. They will be able to learn how to make mistakes without the terror of being beaten. Some of the gifts that come from healing the terror of being beaten, this lineage belief and habits are:

- i. They develop a confidence to learning that is powerful and energizing, they learn to genuinely enjoy learning.
  - ii. The strength gained helps them become efficient and fast learners.
  - iii. They can become a loving compassionate parent, teacher, manager, leader, boss.
  - iv. They can develop a keen awareness of how to live their lives competently and intuitively resulting in making less mistakes and having more fun.
- b. In a loving family every child should be honored for who they are and helped to discover what makes them unique and to develop their gifts. Parenting a child like this nourishes the child's heart and soul with loving attention and care and it makes the child feel



confident and sure of themselves. If a child's parents' hearts are continually closed and they parent by angrily demanding the child act in particular ways following rigid protocols, the child becomes starved for loving attention. Whenever the child tries to just play and be themselves, they are met with anger and made to feel guilty. As time goes on, the child finds they become more and more rebellious, subject to explosions of anger and rage. The child is simply mirroring the closed heart nature of the parents. They would develop a belief "It's not safe to be who I am!" and eventually a deep shame that "There is something wrong with me!" As they grow older, this shame can affect every part of their life making them feel like they never fit in, they are always angry at all manner of things, and continually feel a desperate emptiness about their life. The Manas function is continually providing the person with the patterns to prove there is something wrong with them. As an adult, if the person learns to grow in Love and heals their beliefs and habits, and the person can heal completely, that person will become so strong that they will understand how absolutely beautiful and unique they are. Some of the gifts that come from healing this lineage belief and habits are:

- i. They learn to Love themselves deeply.
- ii. They develop a strong confident manner about who they are and what they are here to do. This strength of character can affect all parts of their lives; relationships, socially, financially, sexually. People will see them as someone who is full of purpose and wisdom.

- iii. They develop an awareness of seeing the wonder and beauty that is all around and within them.
  - iv. They become incredibly Loving compassionate parents, counselors, teachers, leaders, helping others see the beauty of themselves.
3. **Karma** - There are Karmic factors that can govern the way the Manas works for a person. Generally, when a person is experiencing a Karmic effect, depending on the infraction (e.g., lying, cheating, stealing, sexual dishonor, raging, etc.), their Manas ability may be directed in a way that will motivate them to grow stronger in Love, honor, and integrity. For example:
- a. A teenager develops a habit of stealing and finds that he can get all kinds of cool stuff for free if he is clever. He gets so good at it that he becomes overconfident. Then one day, he gets caught and the lady he stole from is so upset that she calls the police. The police call his parents and his principal, who also tells his teachers at school. The experience of getting caught is so humiliating that the boy experiences deep emotions of shame and guilt.  
  
After he is caught, his Manas will give him dual feelings throughout each day. He will go by things that are easy to steal which will give him the feeling of excitement, and then he will feel the feeling of his humiliation almost smother him. The strength of the humiliation will be so strong that the idea of stealing anything will make him sick. As he heals, he will learn to see the beauty of learning to make the money he needs to buy the things he wants. He will learn to love the feelings of satisfaction he gains from doing so.

- b. A woman had developed a habit of lying for most of her life. Her best friend had been telling her over and over she had to stop, because some day it was going to catch up to her! And here it was!

She had landed the best job she had ever had: great pay, nice people, good hours, and close to home. On her tenth day, her boss brought her into his office and fired her because they found she had lied to them on her application; they had communicated with her last employer and found that she was fired for lying in that job.

For the next two months, she fought depression and sadness, guilt, and shame as she looked for another job. It seemed everywhere she went; the doors were closed to her. But this time, she told the truth on all her resumes. Her Manas function kept giving her the feelings that she wanted to lie every day, right along with the feelings of the firing, which enabled her to make better decisions.

Finally, she got a chance to do an interview. In the interview, the man pointed out she had had some trouble in her last two places of employment. Could she explain? She had to tell him about her old habit of lying and how it had gotten her in trouble, but that she had stopped lying and she felt she could do good work for them if they would give her a chance. The man appreciated her honesty and hired her on the spot, with a warning that she would be on probation for the first three months. She was so grateful and accepted his offer. As she heals from her old habits, she learns to really enjoy the feelings of being honest with people.

In both examples, the patterns of the Manas Function led these individuals to understand the consequences of living in and out of integrity. The Manas Function and the laws of Karma are designed to help people heal after they choose to move away from Love, integrity, and honor. In this way, they learn valuable lessons designed to help them get what they want, if they are willing to learn how to do it through Love, honor, and integrity.

These three factors, the age of the soul, their lineage, and their Karma factors set each person's capacity to use the Manas Chakra as they live out their life. A person's capacity to make more use of the Manas Chakra is governed by their ability to grow in Love, heal, and change unloving beliefs and habits... or not.

## **The Shear Chakra**

The Shear Chakra gives a person access to long-term memory. The Shear Chakra allows a person to access the Spiral. The center of the Shear Chakra is connected to the third eye and from there the mind triangulates like a ray of light to an intended place on the Spiral - which enables a person to find a memory. The Shear Chakra allows a person to connect back to any point on their timeline, and for most people that includes previous lifetimes. The memory desired is found through intention and a kind of willful searching of the memory spiral using the mind. This intentional searching enables a person to arrive at almost any memory point instantly or through just a few moments of searching. We refer to this function as **remembering**. Once there, a person becomes aware of some things or everything that has happened at that point in time in minute detail, according to their intent and their Shear abilities.

The Shear Chakra is governed by the same three factors as the Manas Chakra: 1. Age of the soul 2. Lineage 3. Karma

The Spiral is an **exact** trail of everything that has happened. The creation of Earth is so important, so precious, that there is never a time where any part of Earth's creation disappears or is lost. Anything that has taken place is exactly where and when it occurred on the

Spiral. Some people will be able to access it at 100%, others less, and though the ability to access the spiral is set at birth there are some factors that can limit one's ability. Constant stress or trauma in a person's life can diminish their ability. Some diseases can limit their ability. However, if a person heals and releases their trauma, their Shear becomes stronger. I have had clients who could not remember any of their childhood because it was so traumatic, but as they healed and released their trauma, they were able to remember some or all of what had happened.

Some people have 100% recall, what we refer to as photographic memory. Quite often, photographic memories are coupled with the ability to remember long numbers, complicated formulas, exquisite musical compilations, or to retain everything they have read or experienced in minute detail.

My Guides have shown me that when I was a child of seven and eight, my short-term memory (Manas) and my long-term memory (Shear) were both at about 80%. I had the ability to access about 80% of my long and short-term memory.

In my late thirties, the stress, trauma, and pain I created in my life (through my own actions and through Generating for so many years, discussed in Chapter 1, My Story), cut my short-term memory to 15% and my long-term memory to 60%. It was so embarrassing to try to communicate with people. For years I lived through the experience of the feeling of having a slow incompetent brain because I could not remember simple needs, like important words or names or the names of places, events, songs, or movies, continually feeling spacey, spaced out, and slow. I knew I was intelligent on the inside but appeared dull and dim witted on the outside. I continually felt humiliated. But through years of growing in Love and healing, I have now healed so many of my unloving beliefs, Love Reversals, and habits, and released the pain of the internalized trauma, that my short-term memory is better than it has ever been at about 90% and my long term is back up to 80%. Now, being able to remember all those things easily is a

blessing beyond description. Now, I feel emotionally and Lovingly present and I feel intelligent; I Love it so much!

People who have photographic memories are generally able to access one hundred percent of their memory, but that wanes as they age, the reduction caused by mental and emotional stress and trauma. If their stress is addressed and trauma is healed and released, the person may be able to retain their ability to use the Manas and the Shear Chakras. I'm curious to discover if a person who heals all of their unloving beliefs, Love Reversals, and habits will be able to achieve photographic memory. We will see!

## **When People Die**

My Guides shared with me that when people die, the only thing that dies is the physical body. They step into the next part of their journey housed in and completely aware of their spiritual, mental, emotional, and time bodies. And once a person crosses over to the other side, the first thing they experience is the most love they have ever experienced since the last time they were there. Within moments of arriving on the other side, they will start to realize, feel, and see the reasons they have been living through their many lives here. Without the pain that is held in the physical body and while being immersed in the deep Love in that place that is so powerful, they immediately gain perfect memory of their entire past, it enables them to see the metaphysics of **what pain is** and **clearly see how people on Earth are creating their own pain through their actions and inactions**. And very powerfully, **it shows them how they have created their own pain in their own lives**. They also step out of time as we know it here on Earth and thus gain the ability to see and experience any part of the Spiral easily. This is a time in which the memory becomes the most valuable asset that a soul has. They gain access to the memories of all their past lives and especially the one they just lived and **while immersed in the Love**, they are given all the time they need to go back and look over their lives to observe what they have learned through their lifetimes here on Earth.

Once they feel complete, once they have learned all they can from reliving every part of their past **while immersed in deep Love**, and then they have taken the time to **feel they are satiated in Love**, then they choose what they want to do next to with their lives. Some choose to come back here, to live another life so they can learn more, and some move on to go to other places to learn in different ways.

We are at the dawn of a new age. We are at the beginning of learning how to embrace that profound outcome. We are being given the choice to make our lives absolutely incredible. Anyone who is willing to do the work of growing big in Love and to spend time healing daily, may reach out and grasp the life of their dreams for themselves.

## Chapter 15

# What is Trauma?

## Dr. Peter Levine's Work

*Dr. Levine has given me permission to reprint some of his work throughout this chapter.*

To understand healing, it is first necessary to understand trauma. Specifically, trauma is an emotional wound created by an experience of intense fear, terror, or horror, or by being the receiver or hatred, anger, and rage. There are many things that can cause trauma in a person's life.

These can include:

**The extreme stress and horror of war or natural disaster**

**Bodily and emotional injury from accidents, fights, assault, rape, sexual abuse, torture**

**Abusive disciplinary practices**

**Abusive family environments**

**Invasive medical procedures**

**Witnessing any of the above**

**Receiving shocking or tragic news**

**Abandonment**

**Public humiliation**

**Divorce**

**Serious Illnesses**

**Neglect**

Trauma can also occur when we are intensely frightened and are either physically restrained or perceive that we are trapped. We freeze in paralysis and/or collapse in overwhelming helplessness.

Dr. Peter Levine, "a clinician, student of comparative brain research, stress scientist, and keen observer of the naturalistic animal world,"<sup>1</sup> has written an amazing book called *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*.

In his book, Dr. Levine expands the well-known "fight or flight" paradigm, the instinctual process designed to protect us from danger, to include more levels of activation. He calls this system the **Active Defense**.<sup>2</sup> From least to most traumatic, the levels are: Arrest (increased vigilance, scanning), Flight (try first to escape), Fight (if the animal or person is prevented from escaping), Freeze (fright – scared



stiff), and Fold (collapse into helplessness). It's important to understand a little bit about how this Active Defense system works because it shows us that any trauma may be experienced at different levels of intensity, depending on the situation.

For ease of understanding, we'll first show how this Active Defense works in animals. This story is an excerpt from ***In An Unspoken Voice***:<sup>3</sup>

On the Serengeti, one herd member's startled reaction cues the other gazelles to anticipate the worst and vigilantly scan the environment to locate the potential source of threat. If, however, they fail to detect the stalking predator, they readily let down their guard and innocently return to grazing. Moments later, another gazelle arrests to the sound of a twig snapping and, once again the herd is alerted, the animals' "collective nervous system" activated, tuning, and readying them for all-out action. They stiffen in unison as their muscles tense in preparation for maximal exertion in flight.

Seizing the moment, a stalking cheetah leaps from its cover of dense shrubbery. The herd springs together as one organism, darting away from the advancing predator. One young gazelle falters for a split second, then recovers its footing. In a blur, the cheetah lunges toward its intended victim. The chase is on at a blazing sixty-five miles per hour! At the moment of contact (or just before, as it senses that the end is near), the young gazelle collapses to the ground. The stone-still animal has entered an altered state of consciousness shared by all mammals when death appears imminent. It is not "pretending" to be dead and may, in fact, be uninjured. It is in a state of *fear paralysis*.

In this story, the gazelles went into the *arrest state* of defense twice. In this state, the senses become magnified, the heartbeat speeds up and the muscles tense, ready for action. The moment a predator is sighted, the entire herd moves into the *flight state*. Their bodies are filled with adrenaline and with the need to run at top speed away from the predator.

In a different situation, if an animal is trapped by a predator and it senses it has any chance at all in a fight, the animal will turn and fight.

If an animal were in the vicinity of a predator and saw the predator before the predator saw the animal, and if the animal had nowhere to run, it might go into the *freeze state*, literally frozen with fear.

In the story above, the young gazelle went into the *fold state* (collapsed into helplessness) right before the cheetah hit it. Opossums will go into the *fold state* any time they sense a predator. That is their defense system.

Here is another excerpt from Dr. Levine's book.<sup>4</sup> I have added the stages that are in brackets:

When a pigeon that is blithely pecking at some grain is quietly approached from behind, gently picked up, and then turned upside down, it becomes immobilized. {fold} The pigeon will remain in that position, with its feet stuck straight up in the air. In a minute or two, it will come out of this trancelike state, right itself, and hop or fly away. The episode is resolved.

However, if the pecking pigeon is first frightened by the approaching person, it will try to fly away. {flight} When it is caught after a frantic pursuit, and then forcibly held upside down, it will again succumb to immobility. {fold} This time, however, the terrified animal will not only remain frozen much

longer, but when it comes out of its trance, it will likely be in a state of “frantic agitation.” It may thrash about wildly, pecking, biting or clawing randomly, or it may scurry away in a frenzy of undirected movement. When all else fails, this last-ditch (and disorganized) form of defense may yet save its life.

Similarly, when a well-fed household cat catches a mouse, the latter, restrained by the cat’s paws, stops moving and becomes limp. {folds} Without resistance from the mouse, the cat becomes bored and will sometimes gently bat the inert animal, seemingly trying to revive it and restart the game anew.... With each reawakening, chasing and reactivated terror, the mouse goes deeper and longer into immobility. When it does eventually revive, it frequently darts away so quickly (and unpredictably) that it may even startle the cat. This sudden, non-directed burst of energy could just as easily cause it to run at the cat, as well as away from it. I have even seen a mouse ferociously attack the nose of an astounded cat....

So, when an animal is frightened, it will try to run. If it cannot run or perceives it cannot run, it will fight or freeze. If whatever is causing the fear is so overpowering that it overwhelms the animal, then the animal will fold. If the animal is surprised so quickly that it folds immediately, after a few moments, it will revive and carry on as if nothing had happened. If an animal is frightened, terrified, or horrified before it folds, it will take a long time for it to revive, and when it does, it will awake in furious agitation and run or furiously attack.

The Active Defense works the same way for humans. But for people the experience of trauma can be more complicated due to the presence of the emotions (such as shame, guilt, and anger,) that often

accompany trauma and the confusion these emotions create. Humans also experience trauma from their beliefs and Love Reversals, all of which need to be understood.

There are methods of healing each kind of trauma: somatic trauma (trauma in the body) and trauma brought on by beliefs and Love Reversals.

Bonnie's story below, which can be found on page 169 of Levine's *In An Unspoken Voice*, will provide an example of somatic trauma and how to heal it:<sup>5</sup> (The chapters that follow will explain different methods of healing beliefs and Love Reversals.)

### **Bonnie: A Forgotten Moment**

Bonnie is not an aggressive person, but she is by no means a pushover, either. Most of her peers and friends see her as well adjusted, evenhanded, and assertive. It was therefore surprising to her colleagues, and to herself, when for no apparent reason she became increasingly submissive and unpredictably explosive. At the point when her behavior threatened her relations with her colleagues, she became concerned.

During my Berkeley training class in 1974, Bonnie raised her hand when I requested a volunteer for a demonstration session. This was to be a demonstration that would start solely with symptoms of behavior issues rather than with any recall of a compelling event.... Neither I nor Bonnie's classmates knew her "story" when she elected to work with me on her symptoms in front of the group. Bonnie herself did not make the connection between her behavioral changes and an event that had transpired a year and a half earlier and that, as far as she was concerned, was irrelevant.

I asked Bonnie to recall a recent encounter with a colleague that illustrated her sudden shift in behavior, and then we both noted her bodily reactions. Bonnie described feeling a sinking sensation in her belly. I noticed that her shoulders were hunched over and brought that to her attention. When asked to describe how she felt in that position, she replied, "It makes me hate myself." Bonnie was taken aback by this sudden outburst of self-loathing. Rather than analyzing why she felt that way, I guided Bonnie back to the sensations in her body. After a pause she reported that her "heart and mind were racing a million miles an hour."

She then became disturbed by what she described as a "sweaty, smelly, hot sensation" on her back, which left her feeling nauseated. Bonnie now seemed more agitated – her face turned pale, and she felt an urge to get up and leave the room. After reassurance, Bonnie chose to remain and continued tracking her discomfort. It intensified and then gradually diminished. Following this ebb and flow, Bonnie became aware of another sensation – a tension in the back of her right arm and shoulder. When she focused her attention on this, she started to feel an urge to thrust her elbow backward. I offered a hand as a support and as a resistance so that Bonnie could safely feel the power in her arm as she pushed it slowly backward. After pushing for several seconds, her body began to shake and tremble as she broke out into a profuse sweat. Her legs also began moving up and down as if they were on sewing machine treadles.

As Bonnie's arm continued its slow press backward, the body shaking decreased, and Bonnie

felt as though her legs were getting stronger. She said that they felt "like they wanted to, and could, move." She reported noticing a strong urge propelling her forward. Suddenly, a picture flashed before her – a streetlight and the image of the couple that had "helped her." "I got away... I got away...," she cried softly. It was then she remembered molding into the man's torso as he held a knife to her throat. She went on, "I did that to make him think I was his... Then my body knew what to do, and it did it... That's what let me escape."

Then the story that her body had been telling emerged in words: eighteen months earlier, Bonnie had been the victim of an attempted rape. While walking home after visiting a friend in another neighborhood, a stranger had pulled her into an alley and threatened to kill her if she didn't cooperate. Somehow, she was able to break free and run to a lighted street corner where two passersby yelled for the police. Bonnie was politely interviewed by the police and then taken home by a friend. Surprisingly, she could not remember how she had escaped, but she was tearfully grateful to have been left unharmed. Afterward, her life appeared to return to normal, but when she felt stressed or in conflict, her body was still responding as it had when the knife was held to her throat.

Bonnie found herself helpless and passive or easily enraged under everyday stress, not realizing that this was a replay of the brief pretense at submissiveness that probably saved her life. Her "submission" successfully fooled the assailant, allowing a momentary opportunity for the instinctual

energy of a wild animal to take over, propelling her arms and legs in a successful escape. However, it had all happened so fast that she had not had the chance to integrate the experience. At a primitive level, she still didn't "know" that she had escaped, so she remained identified with the "submissiveness" rather than with her complete two-phase strategy that had, in fact, saved her life. Motorically and emotionally, it was like part of her was still in the assailant's clutches.

After processing and completing the rape-related actions, Bonnie now reported having an overall sense of capability and empowerment. She was "back to even more of her old self" in place of the previous submissive self-hatred. This new self came from being able to *physically feel* the motor response of elbowing her assailant, and then to sense the immense power in her legs that had, in fact, carried her to safety.

This is a case where symptoms did not emerge full-blown for twelve to eighteen months after the traumatic experience. Hence, it was not readily apparent that they were sequelae to a precipitation event. For reasons largely unknown, it is not uncommon for symptoms to be delayed by six months or even one and a half to two years. In addition, symptoms might not manifest until another traumatic encounter occurs – sometimes years later.

How many of our own habitual behaviors and feelings are outside of our conscious awareness or are long *accepted* as part of ourselves, of who we are, when in fact they are not? Rather, these behaviors are reactions to events long forgotten (or rationalized) by our minds but remembered accurately by our bodies.

We can thank Freud for correctly surmising that both the imprints of horrible experiences, as well as the antidote and latent catalyst for transformation, exist within our bodies.

**Isn't it amazing to see how trauma works within us?**

For the Love Healing Process, releasing the stress from the past is part of the beginning of the process. As you will see in Chapter 16, Understanding The Nature of Belief, whatever happens in your outside reality is a blueprint of your inner belief system. Once a person effectively heals the somatic part of any trauma, they might want to find out why the trauma happened in the first place. One thing they can do is examine the beliefs and Love Reversals they have that could have played a part in drawing that type of experience to them. And what kind of Love Reversal is present that kept them from healing the trauma right after it happened?

We would like to offer that if someone is adding Love daily and working on processing their beliefs daily (in other words, Lovingly working on themselves has become a daily habit), then when this person experiences a trauma or deep trauma, they will naturally move towards healing completely, soon after the trauma occurs.

Somatic healing is possible when working with an experienced somatic healer. It is important to understand that not all people are going to need the services of a somatic healer, but if they do need one, their service is priceless. **Anyone who has experienced a radical trauma and has not been able to release the pain from their physical body should seek the help of a professional.** How do you know if you need somatic healing? If it is not something you are sure about, feel into your open heart and ask your Guides to assist you and then use VAI and ask your body. Dr. Levine has written several books on the subject that can help you become more informed about this practice and whether or not you can benefit from it.



Dr. Levine has afforded us this wonderful case and review that gives us a very good start to understanding how somatic trauma can play out in our lives: <sup>6</sup>

### **Dr. Levine's Review**

To review, human beings have been designed over millennia, through natural selection and social evolution, to live with and to move through extreme events and loss, and to process feelings of helplessness and terror *without* becoming stuck or traumatized. When we experience difficult and particularly horrible sensations and feelings, our tendency is to recoil and avoid them. Mentally, we split off or "dissociate" from these feelings. Physically, our bodies tighten and brace against them. Our minds go into overdrive trying to explain and make sense to these alien and "bad" sensations. So, we are driven to vigilantly attempt to locate their ominous source in the outside world. We believe that if we feel the sensations, they will overwhelm us forever. The fear of being consumed by these "terrible" feelings leads us to convince ourselves that avoiding them will make us feel better and, ultimately, safer. There are many examples of this in our lives: we may avoid a cafe or certain songs that remind us of a former loved one or avoid the intersection where we were rear-ended a year ago.

Unfortunately, the opposite is true. When we fight against and/or hide from unpleasant sensations, we generally make things worse. The more we avoid them, the greater power they exert upon our behavior and sense of well-being. What is not felt remains the same or is intensified, generating a cascade of virulent and corrosive emotions.

We would like to echo this part of the epilogue: “When we fight against and/or hide from unpleasant sensations, we generally make things worse. The more we avoid them, the greater they can impact our behavior and sense of well-being.” **Another way to say this is that the more we avoid them, the stronger the fear of confronting them grows.** “What is not felt remains the same or is intensified, generating a cascade of virulent and corrosive emotions.” **If we have pain within us, it is there for a reason.**

We will use Dot’s story, found in the Introduction, as an example. In Dot’s story, Dot developed a belief that “It is not safe to speak up for myself!” because of trying to speak up for herself and her father shutting her down so violently. She was so freaked out by being shut down by her father that for her whole life after that, she would avoid speaking up for herself. Every time she did not speak up for herself, the frustration she experienced grew stronger and stronger and it eventually manifested into a cyst in her throat. Once she was able to understand how her beliefs work and was able to open to her pain in Love, she was able to see that the belief “It is not safe to speak up for myself!” was not true. It was actually very healthy for her to speak up for herself. She had to be willing to open to her pain, with her heart open, to feel and understand this.

It is essential to learn to **open to our pain while we are in a Loving State of being** so we can understand it: why it’s there, where it’s coming from, and how we can learn to avoid recreating it. This is how to discover the truth. (It will do no good whatsoever to open to your pain with your heart closed. That will result in you strengthening your unloving belief.) So, to open to our pain safely to discover the truth about our beliefs, we need to grow big in Love and be in Love when we do it.

What we have just learned about the **Active Defense** is that trauma can be experienced in different strengths from mild shock to extreme pain. When a person experiences these different gradations of pain, their mind and bodies react by trying to make sense of the

pain. The person will search for any measure of understanding to make sense of the pain. **This is how beliefs are created.** It is through this belief-making process that humans log our pain into the memory of our lives. Every time an unloving belief is born, it will effectively hold the pain of the trauma in the mental, emotional, physical, and spiritual bodies and in the timeline/the Spiral when it was created; in your memory. It will remain there until that belief is determined to be inaccurate or untrue. Once a belief is created, your bodies will continually create supporting traumas (experiences like the original trauma) within your life to prove that it is true **for the rest of your life** or until it is understood and healed. Once you understand that the unloving belief is not true, only then can the pain of the trauma be released. We will explain exactly how one arrives at the truth in Chapter 20, Stage One.

## **Releasing Traumatic Energy**

Once you have opened to the pain of the trauma that created an unloving belief and understand the truth (like in Dot's story), for the first time after the trauma you will have an opportunity to release the pain that has been held in your body by that belief.

Here is an example of how an animal releases the pain of trauma out of their bodies:

A deer stands alongside the road at night eating some choice greens on the roadside of the guardrail. A car rounds the corner, sees the deer and slams on its brakes, stopping within inches of the deer—a near miss. The deer is so shocked by the noise and the light, its body is filled with adrenaline and fear. It is totally traumatized. The deer will awkwardly move out of the way and bound into the forest. As soon as it feels it is safe, it will stop walking and release the traumatic energy. The deer's legs and body will shake and convulse as if electricity is moving throughout it. As soon as the shaking is over, the deer seems to move on as if nothing ever happened.

Humans can also release traumatic energy from our bodies the same way. Once you discover the truth about an unloving belief,

simply set the intention to let the old painful energy move out of your body, and then let it go. As soon as you feel the energy start moving, stay as relaxed as you can to allow all the energy to run its course. Your body may shake and convulse in many ways to release all the energy. You may feel inclined to make noise or breathe wildly or have the feeling of wanting to run away. Let your body move and do what it needs to do to let it all go, safely. (Any time you do a release, please retain enough control that you do not hurt yourself or others. If you allow yourself to make noise, make sure you do it in a place where you do not disturb others, or you communicate to those around you what they might expect.) The first few times you try this will feel and look strange to you. But after it is done, you will notice a definite feeling of peace come over you from releasing the pain that was inside you for so long. Please be gentle with yourself after doing a release. Move slowly with the awareness that you have just released a lot of traumatic energy. Give yourself plenty of time to transition back to your daily routine.

Generally, releases of this nature last from ten or twenty seconds to three or four minutes and sometimes longer. I have experienced releases that lasted for over twelve minutes. It is important that before you do a release, you make sure you are in a safe place to let your body do what it needs to do without banging into something or someone. It is also something you would not do around other people unless you have communicated to them what you are about to do and what it may appear like to them once the release starts.

Humans would naturally do this kind of release after a trauma if they could keep their mind out of the experience. But when humans experience trauma, their minds immediately try to make sense of what has just happened by creating beliefs that seem to explain to the human what just happened. If the belief is false, then the energy cannot release. The energy will be forever trapped in the bodies of the human, until they understand that the belief is untrue.

This animalistic release method is a key to healing your body after identifying and understanding the origin of an unloving belief. Many therapists and healers have never heard of this release method, so it is rarely utilized even in therapy or healing sessions. When you come to understand the truth of a traumatic event and you do not release the pain held within your bodies, it becomes harder to heal the habits that go along with the belief, because the presence of the old pain associated with the old belief is contrary to your new truth. The traumatic energy must be released consciously for it to leave your body completely. If you are working on yourself and have discovered a truth but do not have time to do a release, the release can be done later. When you're in a safe place, just set the intention, relax, and let the energy move out of you. If learn to use the Love Healing Process as a daily habit, this method of releasing traumatic energy will be something that you will use all the time. It feels so good to release old painful energy so that you have more room for Love.

To summarize, unloving beliefs are sometimes created when a person tries to make sense of a traumatic experience. If the belief is untrue, once it is created, it has a life of its own and will create supporting traumas (experiences like the original trauma) within their life to prove that it is true **for the rest of their life** or until it is understood and healed. Once the belief is understood to be untrue, then for the first time the person has an opportunity to release the energy of the original trauma out of their bodies.

Next, we will explore the nature of belief so that you can see the prominent role your beliefs play in your everyday life.

## Chapter 16

# Understanding the Nature of Belief

In the beginning of the book, we established that we live in a world of beliefs. **A belief is** a state or habit of mind in which trust or confidence is placed in some person or thing or idea. It is not knowledge. It is not something known. A belief is something we supposed to be true and **is arrived at through experience when we are in a state of ignorance**, a state of **not** knowing. All humans start their lives off as babies in the states of innocence and ignorance, and it is from this place that we begin forming beliefs. If an experience is Loving or feels good, then Loving beliefs are created. If an experience is painful, then unloving beliefs are created.

## More About the Manas Function

We're going to go over the Manas Function again so that we can expand upon it to show you how beliefs work. When a child is born, the Manas function is completely open, which gives the child the ability to act and react like those who raise him. As we said, the Manas Function is a type of field that emanates out of the spiritual body, which gives a child the ability to be aware of and feel what other beings around them are feeling. When the child is born, the Manas Function is completely open to what other people are feeling and emoting. The child will be able to feel how anyone in their field is feeling in their heart. The Manas Function stays completely open until the child is around seven, when it starts retracting. Its feeling aspect, the awareness of other people and animals, is **usually** (not always) completely closed by the time the child is 10 to 14. If the child was raised in a very Loving environment, the Manas Function begins to resonate as the child's intuition. If the child was raised in a harsh environment, the intuitive qualities may not be felt as much. Generally, the pain that fills the life of the child keeps the child from being able to feel their intuitive sense. (Some people are born with a part of their spiritual heart sealed open which means they are very

sensitive to everything that is going on around them. People raised with this condition retain the use of their intuition regardless of how painful their upbringing is).

For ease of discussion, we will call those who raise the child the parents. The child learns by **imitating** the way his parents act and react and at the same time the child learns through the child's **reactions** to the way the parents act and react. The parents have definite patterns of acting and reacting to life, and the child learns by feeling them, modeling them, and at the same time reacting to them. In this way, patterns of acting and reacting are passed from generation to generation, creating lineages that hold different parts of the ignorance through every kind of unloving belief possible. The ignorance and unloving beliefs have been passed from adult to child, adult to child, for thousands of years.

What we have now, all over the world, are millions and millions of lineages holding every possible kind of ignorance and every possible kind of pain. On a very big scale, the earth could be likened to a huge anemone, with the center of the Earth being the Divine Presence, Love, and every tentacle a human walking around, living its life. Every pair of eyes is a way for the Divine to see Themselves from a different perspective. Each one of us is that different perspective. They are giving us life and enabling us to become Lovingly wise through growing through the ignorance.

Our spiritual bodies are metaphysically hardwired, so to speak, to perpetuate our beliefs and prove to us that our beliefs are true. Our spiritual bodies will always perpetuate the beliefs we have established in our Conscious mind and Inner Conscious by giving us experiences that attempt to prove to us that those beliefs are true. For Loving beliefs, this is great. For unloving beliefs, this does not feel so good and is where all our pain, disease, and accidents come from. That we can come to comprehend and use these understandings of how our beliefs work to realize and change those unloving beliefs into

Loving knowledge is life-changing to say the least. It is definitely one of the purposes of Earth.

Since humans first appeared on Earth, we have been trying to manage our lives through this system of beliefs. In many ways this has been excruciatingly painful. Another way we could say this is that humans, as a race, started out in a state of ignorance, and that ignorance has been playing itself out for the thousands of years we have been here. It has done so quite thoroughly and completely. What we mean by this is that as a collective consciousness, we have lived through almost every unloving experience possible: war, death, torture, rape, murder, disease, famine, theft, greed, jealousy, loneliness, boredom, gluttony, and pain of every kind—physical, mental, emotional, and spiritual.

Fortunately, even though in many ways it doesn't appear to be true, as a race we have become more intelligent. At this point there's nothing left for us to learn through the ignorance except how to heal and transform our unloving actions and reactions into Loving actions and reactions and to change our painful habits into Loving habits. In short, our goal now is to learn how to live in Loving integrity in all ways! It will take millions and millions of us to heal all the pain, and **if we work together, it will come about in a very natural and healthy way.**

So, let us give you some examples of how unloving beliefs can affect people:

### **Belief 1 – Men cannot be trusted**

A woman believes she cannot trust men. Every time she enters a relationship with a man, it's only a matter of time before he starts abusing her. Even though she does her best to screen men in her dating process, within a few months the new man becomes abusive.

This woman developed the belief that "Men cannot be trusted" from the constant abuse she received from her Father. He talked down to her, yelled at her, hit her, and sexually abused her. The



abuse occurred so often, that it became Love Reversals in which she became accustomed to the abuse and the associated pain. The woman came to expect being abused on an Inner Conscious level because it's what she was familiar with, so she attracts men to her who abuse her and prove her belief to be true.

## **Belief 2 – I am a failure**

A man believes that he is a failure. He's working a dead-end job but can't bring himself to find a better one because he's afraid he won't be able to do anything else. He was married for a short time, but his wife left him because he was, according to her, so "boring." He continually finds himself in situations in which things go wrong and he doesn't understand how to fix them.

This belief came from the experience of growing up with overbearing parents who continually put him down for all the things he couldn't do. The parents actually believed he was a failure, and they told him that every day in many ways. Over time the child's belief developed into a Love Reversal, making it difficult for the child, and later the man, to use his will power to do anything new and different. He believed he was incompetent—a failure.

## **Belief 3 – Life is sad**

A woman developed a belief that life is sad. When she was a teenager, she lost control of her car and her best friend who was riding in the passenger seat was killed. She never had a close friendship after that. The loss of her friend tore at her heart and she could never understand why her life was so tragic.

At first glance you might think that her belief that life is sad was caused by the trauma of the accident. It is more likely, however, that the woman already had an Inner Conscious belief like "This world is not fair!" or "There's something wrong with this place (Earth)!" or "This world is totally messed up!" and this is where the sadness is coming from. When someone has deep-seated beliefs like this in which they are terrified of the whole experience of Earth, their experiences will make their beliefs appear to be true daily—in little

ways and sometimes not-so-little ways. Generally, deep-seated beliefs like this are brought in from traumas experienced in previous lifetimes, and then they are supported by the individual's upbringing. It's as if the person picked the perfect parents to teach them these beliefs.

#### **Belief 4 – There is never enough time**

A man who is a contractor has developed a habitual fear of not having enough time. This happened because he had to bid for jobs based on how much time he thought they would take to complete. This belief is like a fear of not making enough money, but from the perspective of time. When this man first started out in business, he underbid several jobs and found himself having to hurry to finish each job. It happened so many times that his fear of not having enough time grew and grew, and he found that whenever he was at work or even thinking about work, his body would feel tight and agitated and he would feel the need to hurry.

If this belief is not healed, this man will find that he will continue to constantly underbid jobs, or his jobs will always develop problems that keep him from making the money he wants and needs. In other words, he will constantly prove to himself that he does not have enough time. After years of this kind of stress, his body will start to break down from the constant pain that is being channeled from the fear, and he will develop lung, chest, or heart problems.

This kind of fear can be passed on from a parent, and it can also result from a person getting into a business without the proper education and knowledge they need.

#### **Belief 5 – I feel sorry for myself**

A woman has the habit of feeling sorry for herself. This habit is caused and triggered by many kinds of beliefs, experiences, and emotions. These might include loneliness, a lack of money, a lack of time, never having enough work, misunderstandings about life, always being tired, a tendency to be jealous, envious, or greedy, an experience of betrayal, and so on. Any time this habit of feeling sorry

for herself is triggered by any of the above, this woman's head and shoulders start to droop, and her voice becomes whiney.

I include this example because there are so many ways to feel sorry for oneself that this tendency causes strong Love Reversals to develop. The habits from this type of Love Reversal can cause deep sadness, depression, and exhaustion, and eventually the loss of one's desire to live.

These habits are a planetary condition. Over half the people on our planet have the "feeling sorry for yourself" habits. Most people learn it from one or both of their parents, and it is often brought forward from previous lifetimes.

The above examples demonstrate how our spiritual bodies create our experiences through what we believe. Another way to say this is that the spiritual body is designed to perpetuate our beliefs into the present moment of your lives, day after day. This phenomenon is happening to all people, all over the world, all the time. It is how we learn.

Once an unloving belief is established, our experience will be created through our spiritual bodies perpetuating the belief. It does this by creating supporting traumas that are like the original trauma that caused the belief. Dot experienced this almost daily. She was continually running into experiences where she needed to speak up for herself but couldn't. This is the spiritual body's way of providing us continuous opportunities for us to learn how to overcome and heal our pains and unloving habits. Beliefs are transferred from parent to child as the child learns to act and react in the same way as the parent. This progression continues, generation after generation, until someone tires of the stress, pain, and disease that this process creates and finds a way to change the pattern or heal the disease. The **Love Healing Process** offers a way to change the patterns and aid in healing almost any disease.

In the next Chapter, you'll read an amazing story from Collin Tipping, author of *Radical Forgiveness*. Colin granted me the

permission to reprint a story about his sister's life that clearly demonstrates how the nature of belief works to prove a person's beliefs are true.

## Chapter 17

# Colin Tipping and Radical Forgiveness

We are going to show you more about how beliefs work with an amazing story written by Colin Tipping, the founder of The Institute for Radical Forgiveness Therapy and Coaching and the author of *Radical Forgiveness: A Revolutionary Five-Stage Process to Heal Relationships, Let Go of Anger and Blame, and Find Peace in Any Situation*. This story comprises the first chapter in his book *Radical Forgiveness*, and we are using it because it is such a perfect example of how your spiritual body works to prove your beliefs are true. Once you are months into using the Love Healing Process, we recommend that you buy a copy of *Radical Forgiveness* and try the Radical Forgiveness worksheets, which can be found on the Radical Forgiveness website.

### Jill's Story by Colin Tipping <sup>1</sup>

As soon as I saw my sister Jill emerge into the lobby of Atlanta's Hartsfield International Airport, I knew something was wrong. She had never hidden her feelings well, and it was apparent to me that she was in emotional pain.

Jill had flown from England to the United States with my brother John, whom I had not seen for sixteen years. He had emigrated from England to Australia in 1972, and I to America in 1984 – thus Jill was, and still is, the only one of the three siblings living in England. John had made a trip home and this trip to Atlanta represented the last leg of his return journey. Jill accompanied him to Atlanta so she could visit me and my wife JoAnn for a couple of weeks and see him off to Australia from there.

After the initial hugging and kissing and a certain amount of awkwardness, we set out for the

hotel. I had arranged rooms for one night so JoAnn and I could show them Atlanta the next day before driving north to our home.

As soon as the first opportunity for serious discussion presented itself, Jill said, "Colin, things are not good at home. Jeff and I might be splitting up."

Despite the fact that I had noticed something wrong with my sister, this announcement surprised me. I had always thought that she and Jeff were happy in their six-year marriage. Both had been married before, but this relationship had seemed strong. Jeff had three kids with his previous wife, while Jill had four. Her youngest son, Paul, was the only one still living at home.

"What's going on?" I asked.

"Well, it's all quite bizarre, and I don't quite know where to begin," she replied. "Jeff is acting really strange, and I can't stand much more of it. We've gotten to the point where we can't talk to each other anymore. It's killing me. He has totally turned away from me and says that it's all my fault."

"Tell me about it," I said, glancing at John, who responded by rolling his eyes. He'd stayed at their house for a week prior to flying to Atlanta, and I guessed by his demeanor that he'd heard enough of this subject to last him a while.

"Do you remember Jeff's eldest daughter, Lorraine?" Jill asked. I nodded. "Well, her husband got killed in a car crash about a year ago. Ever since then, she and Jeff have developed this really weird relationship. Any time she calls, he fawns over her, calling her 'Love' and spending hours talking to her in hushed tones. You'd think they were Lovers, not

father and daughter. If he's in the middle of something and she calls, he drops everything to talk with her. If she comes to our home, he acts just the same – if not worse. They huddle together in this deep and hushed conversation that excludes everyone else, especially me. I can hardly stand it. I feel like she has become the center of his life, and I hardly figure in it at all. I feel totally shut out and ignored.

She went on and on, offering more details of the strange family dynamic that had developed. JoAnn and I listened attentively. We wondered aloud about the cause of Jeff's behavior and were generally sympathetic. We made suggestions as to how she might talk to him about his behavior and generally struggled to find a way to fix things, as would any concerned brother and sister-in-law. John was supportive and offered his perspective on the situation as well.

What seemed strange and suspicious to me was the uncharacteristic nature of Jeff's behavior. The Jeff I knew was affectionate with his daughters and certainly codependent enough to badly need their approval and Love, but I had never seen him behave in the manner Jill described. I had always known him as caring and affectionate toward Jill. In fact, I found it hard to believe that he would treat her quite so cruelly. It was easy to understand why this situation made Jill unhappy and how Jeff's insistence that she was imagining it all, and making herself mentally ill over it, made it all so much worse for her.

The conversation continued all the next day. I began to get a picture of what might be going on between Jill and Jeff from a Radical Forgiveness

standpoint but decided not to mention it – at least not right away. She was too caught up in the drama of the situation and wouldn't have been able to hear and understand what I had to say. Radical Forgiveness is based on a very broad spiritual perspective that was not our shared reality when we were all still living in England. Feeling certain that both she and John were unaware of my beliefs underlying Radical Forgiveness, I felt that the time had not yet arrived to introduce so challenging a thought as "this is perfect just the way it is – and an opportunity to heal."

After the second day of verbally going round and round the problem, I decided the time was near for me to try the Radical Forgiveness approach. This would require that my sister open up to the possibility that something beyond the obvious was happening – something that was purposeful, divinely guided, and intended for her highest good. Yet she was so committed to being the victim in the situation that I wasn't sure I could get her to hear an interpretation of Jeff's behavior that would take her out of that role. Still, just as my sister began yet another repetition of what she had said the day before, I decided to intervene. Tentatively, I said, "Jill, are you willing to look at this situation differently? Would you be open to me giving you a quite different interpretation of what is happening?"

She looked at me quizzically, as if she were wondering, "How can there possibly be another interpretation? It is how it is!" I had a certain track record with Jill, though, because I had helped her solve a relationship problem before, so she trusted me



enough to say, "Well I guess so. What do you have in mind?"

This was the opening I was waiting for. "What I'm going to say may sound strange, but try not to question it until I've finished. Just stay open to the possibility that what I'm saying is true, and see whether or not what I say makes sense to you in any way at all."

Until this time, John had done his best to stay attentive to Jill, but the constant repetitive conversation about Jeff had begun to bore him tremendously. In fact, he had largely tuned her out. Now I was acutely aware that my interjection had caused John to perk up and begin listening again.

"What you have described to us, Jill, certainly represents the truth as you see it," I began. "I have not the slightest doubt in my mind that this is occurring just as you say it is. Besides, John has witnessed much of the situation over the last three weeks and confirms your story – right, John?" I queried, turning toward my brother.

"Absolutely," he said. "I saw it going on a lot, just as Jill says. I thought it was pretty strange and, quite honestly, much of the time I felt awkward being there."

"I'm not surprised," I said. "Anyway, Jill, I want you to know that nothing I am going to say negates what you have said or invalidates your story. I believe that it happened the way you said it happened. Let me however, give you a hint of what might be going on underneath this situation."

"What do you mean, underneath the situation?" Jill asked, eyeing me suspiciously.

"It's perfectly natural to think that everything 'out there' is all there is to reality," I exclaimed. "But maybe there's a whole lot more happening beneath that reality. We don't perceive anything else going on because our five senses are inadequate to the task. But that doesn't mean it isn't occurring.

"Take your situation. You and Jeff have this drama going on. That much is clear. What if beneath the drama, something of a more spiritual nature was happening – same people and same events, but a totally different meaning? What if your two souls were doing the same dance but to a wholly different tune? What if you could see this as an opportunity to heal and grow? That would be a very different interpretation, would it not?"

Both she and John looked at me as if I were now speaking a foreign language. I decided to back off from the explanation and go directly for the experience.

"Looking back over the last three months or so, Jill," I went on, "what did you mostly feel when you saw Jeff behaving so lovingly toward his daughter Lorraine?"

"Anger mostly," she said, but continued thinking about it. "Frustration," she added. Then, after a long pause, "And sadness. I really feel sad." Tears welled up in her eyes. "I feel so alone and unloved," she said and began sobbing quietly. "It wouldn't be so bad if I thought he couldn't show Love, but he can and he does – with her!"

She spat the last few words out with vehemence and rage and began to sob uncontrollably for the first time since her arrival. She'd shed a few

tears prior to this, but she hadn't really let herself cry. Now, at last, she was letting go. I was pleased that Jill had been able to get in touch with her emotions that quickly.

A full ten minutes went by before her crying subsided and I felt she could talk. At that point I asked, "Jill, can you ever remember feeling this same way when you were a little girl?" Without the slightest hesitation, she said, "Yes." She was not immediately forthcoming about when, so I asked her to explain. It took her a while to respond.

"Dad wouldn't Love me either!" she finally blurted out, and she began to sob again. 'I wanted him to Love me, but he wouldn't. I thought he couldn't Love anyone! Then your daughter came along, Colin. He Loved her all right. So why couldn't he Love me, god-dammit?" She banged her fist hard on the table as she shouted the words and dissolved into more uncontrollable tears.

Jill's reference was to my eldest daughter, Lorraine. Coincidentally, or rather, synchronistically, she and Jeff's eldest daughter have the same name.

Crying felt really good to Jill. Her tears served as a powerful release and possibly a turning point for her. A real breakthrough might not be far away, I thought. I needed to keep nudging her forward.

"Tell me about the incident with my daughter Lorraine and Dad," I said.

"Well," Jill said, while composing herself. "I always felt unloved by Dad and really craved his Love. He didn't hold my hand or sit me on his lap much. I always felt there must be something wrong with me. When I was older, Mum told me she didn't think Dad

was capable of Loving anyone, not even her. At that time, I had more or less made peace with that. I rationalized that if he wasn't really capable of Loving anyone, it wasn't my fault that he didn't Love me. He really didn't Love anyone. He hardly ever made a fuss about my kids – his own grandchildren – much less people or kids not his own. He was not a bad father. He just couldn't Love. I felt sorry for him."

She cried some more, taking her time now. I knew what she meant about our father. He was a kind and gentle man but very quiet and withdrawn. For the most part, he certainly had seemed emotionally unavailable to anyone.

As Jill became more composed once again, she continued, "I remember a particular day at your home, Lorraine was probably about four or five years old. Mum and Dad were visiting from Leicester, and we all came to your house. I saw your Lorraine take Dad's hand. She said, "Come on, Granddad. Let me show you the garden and all my flowers." He was like putty in her hands. She led him everywhere and talked and talked and talked and talked, showing him all the flowers. She enchanted him. I watched them through the window the whole time. When they came back in, he put her on his lap and was as playful and joyful as I had ever seen him.

"I was devastated. So, he is able to Love after all I thought. If he can Love Lorraine, then why not me?" The last few words come out as a whisper followed by deep tears of grief and sadness; tears held in for all those years.

I figured we had done enough for the time being and suggested we make tea. (Well, we're English! We always make tea, no matter what.)

Interpreting Jill's story from a Radical Forgiveness standpoint, I easily saw that Jeff's outwardly strange behavior was unconsciously designed to support Jill in healing her unresolved relationship with her father. If she could see this and recognize the perfection in Jeff's behavior, she could heal her pain and Jeff's behavior would almost certainly stop. However, I wasn't sure how to explain this to Jill in a way she could understand at that point in time. Luckily, I didn't have to try. She stumbled on the obvious connection by herself.

Later that day she asked me, "Colin, don't you think it's odd that Jeff's daughter and your daughter both have the same name? Come to think of it, both of them are blonde and firstborn. Isn't that a strange coincidence! Do you think there's a connection?"

I laughed and replied, "Absolutely. It's the key to understanding this whole situation."

She looked at me long and hard. "What do you mean?"

"Work it out for yourself," I replied. "What other similarities do you see between that situation with Dad and my Lorraine and your current situation?"

"Well, let's see. Both girls have the same name. Both of them were getting what I don't seem to be able to get from the men in my life."

"And what is that?" I inquired.

"Love," she said in a whisper.

"Go on," I urged gently.

"It seems that your Lorraine was able to get the Love from Dad that I couldn't. And Jeff's daughter Lorraine gets all the Love she wants from her dad, but at my expense. Oh, my God!" she exclaimed. She really was beginning to understand now.

"But why?" she asked in a panic. "I don't understand why. It's a bit frightening! What the heck's going on?"

It was time to put the pieces together for her. "Look, Jill," I said. "Let me explain how this works. This happens to be a perfect example of what I was talking about earlier when I said that beneath the drama we call life, lies a whole different reality. Believe me, there's nothing to be frightened about. When you see how this works you will feel more trust, more security, and more peace than you ever thought possible. You'll realize how well we are being supported by the Universe or God, whatever you want to call it, every moment of every day no matter how bad any given situation seems at the time." I tried to be as reassuring as I could.

"Looked at from a spiritual standpoint, our discomfort in any given situation provides a signal that we are out of alignment with spiritual law and are being given an opportunity to heal something. It may be some original pain or perhaps a toxic belief that stops us from becoming our true selves. We don't often see it from this perspective, however. Rather, we judge the situation and blame others for what is happening, which prevents us from seeing the message or understanding the lesson. This prevents us from healing. If we don't heal whatever needs to be healed, we must create more discomfort until we are

literally forced to ask, 'What is going on here?' Sometimes the message has to become very loud, or the pain extremely intense, before we pay attention. A life-threatening illness, for example, provides a loud message. Yet, even when facing death, some people don't get the connection between what is happening in their lives and the opportunity for healing that it provides.

"In your case, what has come up to be healed this time is your original pain around your father and the fact that he never showed you Love. That is what all your current pain and discomfort are about. This particular pain has arisen many times before in different situations but, because you didn't recognize the opportunity before, it never got healed. That's why having yet another opportunity to look at and heal this issue is a gift!"

"A gift?" Jill questioned. "You mean it's a gift because there's a message in it for me? One that I might have gotten a long time ago if I'd been able to see it?"

"Yes. Had you seen it then, you would have had less discomfort and you wouldn't be going through this now.

"But no matter – now is fine too. This is perfect, and now you won't have to produce a life-threatening illness to understand this, like so many people do. You're getting it now – you're beginning to understand and to heal.

"Let me explain to you exactly what happened and how it has affected your life up until now," I said, wanting her to understand clearly the dynamics of her current situation.

"As a little girl, you felt abandoned and unloved by Dad. For a girl, this is devastating. From a developmental standpoint, it is necessary for a young girl to feel Loved by her father. Since you didn't feel that Love, you concluded that there must be something wrong with you. You began to really believe you were unlovable and inherently 'not enough.' That belief anchored itself deeply in your subconscious mind and, later, when it came to relationships, began to run your life. In other words, as a way of mirroring your subconscious belief that you were not enough, your life has always included actual situations that exhibit to you the fact that you were indeed, not enough. Life will always prove your beliefs right.

"When you were a child, the pain of not getting Dad's Love was more than you could bear, so you suppressed some of it and repressed a whole lot more. When you suppress emotion, you know it's there, but you stuff it down. Repressed emotion, on the other hand, gets buried so deeply in the subconscious mind that you lose awareness of it.

"Later, when you began to realize that your father was not a naturally Loving man and probably couldn't Love anyone, you began to somewhat rehabilitate or heal yourself from the effects of feeling unloved by him. You probably released some of the suppressed pain and maybe began to give up some part of the belief that you were unlovable. After all, if he couldn't Love anyone, maybe it wasn't your fault that he didn't Love you.

"Then along came the bombshell that knocked you right back to square one. When you observed him



Loving my Lorraine, that triggered your original belief. You said to yourself, 'My father can Love after all, but he doesn't Love me. It is obviously my fault. I am not enough for my father, and I will never be enough for any man.' From that point on, you continually created situations in your life to support your belief that you are not enough."

"How have I done that?" Jill interrupted. "I don't see how I have created myself not being enough in my life."

"How was your relationship with Henry?" She had been married to Henry, her first husband and the father of her four children, for fifteen years.

"Not bad in many respects, but he was such a womanizer, always looking for opportunities to make out with other women. I hated that!"

"Exactly! And you saw him as the villain and you as the victim in that situation. But the truth is, you attracted him into your life precisely because, at some level, you knew he would prove your belief about not being enough. By being unfaithful, he would support you in being right about yourself."

"Are you trying to say he was doing me a favor? I sure as heck don't buy that!" she said, laughing, but also with some not-too-well-disguised anger.

"Well, he certainly supported your belief, didn't he?" I replied. "You were so 'not enough' that he always was on the lookout for other women, for 'something more.' If he had done the opposite and consistently treated you as if you were totally enough by being faithful, you would have created some other drama in your life to prove your belief. Your belief

about yourself, albeit a totally false one, made it impossible for you to be enough.

"By the same token, had you at that time healed your original pain around your father and changed your belief to 'I am enough,' Henry would have immediately stopped propositioning your friends. If he hadn't, you would have felt perfectly happy to leave him and find someone else who would treat you as though you were enough. We always create our reality according to our beliefs. If you want to know what your beliefs are, look at what you have in your life. Life always reflects our beliefs."

Jill seemed a bit perplexed, so I decided to reiterate some of the points I had made. "Each time Henry cheated on you, he gave you the opportunity to heal your original pain around being unloved by Dad. He demonstrated and acted out for you your belief that you were never going to be enough for any man. The first few times it happened, you may have gotten so mad and upset that you could have gotten in touch with the original pain and become acquainted with your belief system about yourself. In fact, his first acts of unfaithfulness represented your first opportunities to practice Radical Forgiveness and to heal your original pain, but you missed them. You made him wrong each time and created yourself as a victim instead, which made healing impossible."

"What do you mean forgiveness?" Jill asked, still looking troubled. "Are you saying I should have forgiven him for seducing my best friend and anyone else he could find who was willing?"

"I am saying that, at the time, he provided you with an opportunity to get in touch with your original

pain and to see how a certain belief about your self was running your life. In so doing, he gave you the opportunity to understand and change your belief, thus healing your original pain. That's what I mean by forgiveness. Can you see why he deserves your forgiveness, Jill?"

"Yes, I think so," she said. "He was reflecting on my belief – the one I had formed because I felt so unloved by Dad. He was making me right about not being enough. Is that correct?"

"Yes, and to the extent that he provided you with that opportunity, he deserves credit – actually, more than you realize right now. We have no way of knowing whether he would have stopped his behavior had you healed your issue around Dad at that time – or whether you would have left him. Either way, he would have served you powerfully well. So in that sense, he deserves not only your forgiveness but your deep gratitude as well. And you know what? It wasn't his fault that you didn't understand the true message behind his behavior."

"I know that it was hard for you to see that he was trying to give you a great gift. That's not how we are taught to think. We're not taught to look at what is going on and say, 'Look what I have created in my life. Isn't that interesting?' Instead, we are taught to judge, lay blame, accuse, play victim, and seek revenge. Neither are we taught to think that our lives are directed by forces other than our own conscious mind – but, in truth, they are."

"In fact, it was Henry's soul that tried to help you heal. On the surface, he just acted out his sexual addiction, but his soul – working with your soul –

chose to use the addiction for your spiritual growth. Recognizing this fact is what Radical Forgiveness is all about. Its purpose lies in seeing the truth behind the apparent circumstances of a situation and recognizing the Love that always exists there.”

I felt that talking about her current situation would help Jill fully understand the principles I had described, so I said, "Let's take another look at Jeff and see how these principles are operating in your current relationship. In the beginning, Jeff was extremely Loving toward you. He really doted on you, did things for you, communicated with you. On the surface, life with Jeff seemed pretty good.

"Remember though, this didn't fit your picture of yourself – your belief about yourself. According to your belief, you shouldn't have a man who shows you this much Love. You are not enough, remember?"

Jill nodded but still looked uncertain and rather perplexed.

"Your soul knows you must heal that belief, so it colludes with Jeff's soul somehow to bring it to your awareness. On the surface it seems that Jeff begins to act strangely and totally out of character. He then taunts you by Loving another Lorraine, thus acting out with you the very same scenario you had with your father many years ago. He appears to be persecuting you mercilessly, and you feel totally helpless and victimized.

"Does this describe, more or less, your current situation?" I asked.

"I guess so," Jill said quietly. She wrinkled her brow as she tried to hold on to the new picture of her situation slowly forming in her mind.

"Well, here you are again, Jill, about to make a choice. You must choose whether to heal and grow – or to be right," I said and smiled. "If you make the choice people normally make, you will choose to be the victim and make Jeff wrong, which in turn will allow you to be right. After all, his behavior seems quite cruel and unreasonable, and I don't doubt there are many women who would support you in taking some drastic action in response to it. Haven't most of your friends been saying you should leave him?"

"Yes. Everyone says I should get out of the marriage if he doesn't change. I actually thought you would say that too," she added with a tinge of disappointment.

"A few years ago, I probably would have. But since my introduction to these spiritual principles, my whole way of looking at such situations has changed, as you can see," I said with a wry smile, looking across at John. He grinned but said nothing.

I continued. "So as you might guess, the other choice might be to recognize that beneath what seems to be happening on the surface, something else much more meaningful – and potentially very supportive – is going on. The other choice is to accept that Jeff's behavior may contain another message, another meaning or intent, and that within the situation lies a gift for you."

Jill thought for a while and then said, "Jeff's behavior is so darn bizarre, you'd have a hard time coming up with any good reason for it. Maybe something else is going on that I don't yet see. I suppose it's like what Henry was doing, but it's hard

for me to see it with Jeff because I'm so confused right now. I can't see beyond what is actually going on."

"That's okay," I said, reassuring her. "Look, there's no need to figure it out. Just being willing to entertain the idea that something else is going on is a giant step forward. In fact, the willingness to see the situation differently is the key to your healing. Ninety percent of the healing occurs when you become willing to let in the idea that your soul has Lovingly created this situation for you. In becoming willing, you let go of control and surrender it to God. He takes care of the other 10 percent. If you can really understand at a deep level and surrender to the idea that God will handle this for you if you turn it over to him, you won't need to do anything at all. The situation and your healing will both get handled automatically.

"But prior even to this step, you can take a perfectly rational step that enables you to see things differently right away. It involves separating fact from fiction. It means recognizing that your belief has no factual basis whatsoever. It is simply a story you have made up, based on a few facts and a whole lot of interpretation.

"We do this all the time: experience an event and make interpretations about it. Then we put these two pieces together to create a largely false story about what happened. The story becomes the belief, and we defend it as if it were the truth. It never is, of course.

"In your case, the facts were that Dad didn't hug you, didn't spend time playing with you, didn't hold you, didn't put you on his lap. He did not meet your needs for affection. Those were the facts. On the

basis of those facts, you made a crucial assumption: 'Dad doesn't Love me.' Isn't that true?"

She nodded.

"But the fact that he didn't meet your needs doesn't mean that he didn't Love you. That's an interpretation. It wasn't true. He was a sexually repressed man, and intimacy was scary for him; we know that. Maybe he just didn't know how to express his Love in the way you wanted to receive it. Do you remember that super dollhouse he made you one year for Christmas? I remember him spending countless hours on it in the evening when you were in bed. Perhaps that was the only way he knew how to express his Love for you.

"I'm not making excuses for him or trying to make what you have said, or felt, wrong. I'm just trying to point out how we all make the mistake of thinking that our interpretations represent the truth.

"The next big assumption you made," I continued, "based on the facts and your first interpretation that 'Dad doesn't Love me,' was 'it's my fault. There must be something wrong with me.' That was an even greater lie than the other assumption, don't you agree?"

She nodded.

"It isn't surprising that you would come to that conclusion, because that's the way little kids think. Since they perceive that the world revolves around them, they always assume that when things don't go well, it's their fault. When a child first thinks this, the thought is coupled with great pain. To reduce the pain, a child represses it, but this action actually makes it all the harder to get rid of the thought. Thus,

we stay stuck with the idea that 'It's my fault and something must be wrong with me' even as adults.

"Anytime a situation in our life triggers the memory of this pain or the idea attached to it, we emotionally regress. Thus, we feel and behave like the little kid who first experienced the pain. In fact, that's precisely what happened when you saw my Lorraine cause our father to feel Love. You were twenty-seven years old, but at that moment you regressed to the two-year-old Jill who felt unloved and acted out all your childhood neediness. And you are still doing it, only this time you are doing it with your husband.

"The idea upon which you based all your relationships represents an interpretation made by a two-year-old kid and has absolutely no basis in fact," I concluded. "Do you see that, Jill?"

"Yes, I do. I made some pretty silly decisions based on those unconscious assumptions, didn't I?"

"Yes you did, but you made them when you were in pain and when you were too young to know any better. Even though you repressed the pain to get rid of it, the belief kept working in your life at a subconscious level. That's when your soul decided to create some drama in your life so you would bring it to consciousness again and have the opportunity to choose healing once more.

"You attracted people into your life who would confront you directly with your own pain and make you relive the original experience through them," I continued. "That's what Jeff is doing right now. Of course, I am not saying he is doing this consciously. He really isn't. He is probably more perplexed by his own behavior than you are.



Remember this is a soul-to-soul transaction. His soul knows about your original pain and is aware that you will not heal it without going through the experience again."

"Wow!" Jill said, and took a deep breath. Her body relaxed for the first time since we had begun talking about the situation. "It's certainly a totally different way of looking at things, but do you know what? I feel lighter. It's as if a weight has been lifted off my shoulders just by talking it through with you."

"That's because your energy has shifted," I replied. "Imagine how much of your life-force energy you have had to expend just keeping the story about Dad and Lorraine alive. Plus, imagine the amount of energy required to keep down the feeling of grief and resentment wrapped around the story. The tears you shed earlier enabled you to release a lot of that. And you have just acknowledged that it was all a made-up story anyway – what a relief that must be. Also, you've had a lot of energy locked up around Jeff – making him wrong, making yourself wrong, being a victim, and so on. Just being willing to see the whole situation differently enables you to release all that energy and allow it to move through you. No wonder you feel lighter!"

"What would have happened if, instead of understanding what was going on underneath the situation with Jeff, I had simply left him?" Jill asked.

"Your soul would have brought in someone else to help you heal," I quickly replied. "But you didn't leave him, did you? You came here instead. You have to understand, this trip was no accident. There are no such things as accidents in this system. You – or

rather, your soul – created this trip, this opportunity to understand the dynamics of the situation with Jeff. Your soul guided you here. John's soul created a trip at this particular time to make it possible for you to come with him."

"And what about the two Lorraine's?" Jill wondered. "How did that happen? Surely, that's just a coincidence."

"There are no coincidences in this system either!"

"Just know that your souls, and the souls of some others, conspired to create this situation, and notice how perfect it was that a person named Lorraine was involved in the original occasion and in this one. It couldn't have been a more perfect clue. It's hard to imagine that it wasn't set up somehow, don't you agree?" I said.

"So, what do I do with this now?" asked Jill. "It's true that I feel lighter, but what do I do when I go home and see Jeff?"

"There really is very little for you to do," I answered. "From this point on, it's more a question of how you feel inside yourself. Do you understand that you are no longer a victim? Do you understand that Jeff is no longer a persecutor? Do you see that the situation was exactly what you needed and wanted? Do you feel how much that man Loves you – at the soul level, I mean?"

"What do you mean?" Jill asked.

"He was willing to do whatever it took to get you to the point where you could look again at your belief about yourself and see that it was untrue. Do you realize how much discomfort he was willing to

endure to help you? He is not a cruel man by nature, so it must have been hard for him. Few men could have done that for you while risking losing you in the process. Jeff, or Jeff's soul, truly is an angel for you. When you really understand this, you will feel so grateful to him! Plus, you will stop sending out messages that you are unlovable. You will have the ability to let Love in, perhaps for the first time in your life. You will have forgiven Jeff, because you will be clear that nothing wrong ever took place. It was perfect in every sense!

"And I promise you this," I continued. "Jeff is already changing and dropping his bizarre behavior as we speak. His soul is already picking up that you have forgiven him and healed your misperception about yourself. As you change your energy, his energy changes too. You're connected energetically. Physical distance is irrelevant."

Getting back to her question, I said, "So, you won't have to do anything special when you get home. In fact, I want you to promise me that you won't do anything at all when you get back. In particular, do not, under any circumstances, share with Jeff this new way of looking at the situation. I want you to see how everything will be different automatically simply as a consequence of you changing your perception."

"You will feel changed as well," I added. "You will find yourself feeling more peaceful, more centered, and more relaxed. You will have a knowingness that will seem strange to Jeff for a while. It will take time for your relationship with him to adjust, and it may still be difficult for a while, but this issue will resolve now," I concluded with conviction.

Jill and I reviewed this new way of looking at her situation many times before she returned home to England. It is always difficult for someone in the middle of an emotional upset to shift into a Radical Forgiveness perspective. In fact, getting to a place where Radical Forgiveness can truly happen often requires a great deal of integration and repetitive reinforcement. To help my sister, I introduced her to some breathing techniques that help to release emotion and integrate new ways of being and asked her to complete a Radical Forgiveness worksheet.

The day she left, Jill was obviously nervous about going back to the situation she had left behind. As she walked down the jet way to her airplane, she looked back and tried to wave confidently, but I knew she was scared that she might lose her newfound understanding and get drawn back into the drama.

Apparently, the meeting with Jeff went well. Jill requested that he not question her immediately about what had happened while she was away. She also requested that he give her space for a few days in order to get settled. But she immediately noticed a difference in him. He was attentive, kind, and considerate – more like the Jeff she had known before this whole episode began.

Over the next couple of days, Jill told Jeff she no longer blamed him for anything, nor did she want him to change in any way. She said she had learned that it was she who needed to take responsibility for her own feelings and that she would deal with whatever came up for her in her own way without making him wrong. She did not elaborate at all and did not try to explain herself.

Things went well for some days after Jill's return home, and Jeff's behavior with his daughter Lorraine changed dramatically. In fact, everything seemed to be getting back to normal with regard to that relationship but the atmosphere between Jeff and Jill remained tense and their communication limited.

About two weeks later, the situation came to a head. Jill looked at Jeff and said quietly, "I feel like I've lost my best friend."

"So do I," he replied.

For the first time in months they connected. They hugged each other and began to cry. "Let's talk," Jill said. "I've got to tell you what I learned with Colin in America. It's going to sound weird to you at first, but I want to share it with you. You don't have to believe it. I just want you to hear me. Are you willing?"

"I'll do whatever it takes," Jeff replied. "I know something important happened to you there. I want to know what it was. You have changed, and I like what I see. You are not the same person you were when you stepped on the airplane with John. So tell me what happened."

Jill talked and talked. She explained the dynamics for Radical Forgiveness as best she could in a way Jeff could understand. She felt strong and powerful – sure of herself and her understanding, secure and clear in her mind.

Jeff, a practical man who is always skeptical of anything that cannot be rationally explained, did not resist this time, and he was indeed quite receptive to the ideas Jill asked him to consider. He voiced openness to the idea that there might be a spiritual

world beneath everyday reality and, given that, saw a certain logic in the Radical Forgiveness concept. He didn't accept it totally, but he nevertheless was willing to listen, consider, and see how it had changed Jill.

After the discussion, they both felt their Love had been rekindled and that their relationship had a good chance of surviving. They made no promises, though, and agreed to keep talking to each other while they watched how their relationship progressed.

It did, indeed progress quite well. Jeff still fawned over his daughter Lorraine to a degree, but not as much as before. Jill found she cared hardly at all even when he did behave in this manner. It certainly did not trigger her to regress emotionally and react from old beliefs about herself.

Within a month of their conversation about Radical Forgiveness, all of Jeff's past behavioral pattern with Lorraine stopped. In turn, Lorraine didn't call or visit as often; she got on with her life. Everything slowly returned to normal and Jill and Jeff's relationship began to grow more secure and Loving than ever before. Jeff became the kind, sensitive man he is by nature, Jill became less needy, and Lorraine became much happier.

Looking back, had Jill's soul not brought her to Atlanta to create the opportunity for us to have our conversation, I feel sure she and Jeff would have separated. In the grand scheme of things, that would have been all right too. Jill simply would have found someone else with whom to recreate the drama and another opportunity to heal. As it was, she took this opportunity to heal and stayed in the relationship.

At the time of writing this second edition, many years after that crisis, they remain together and are very happily married. Like every other couple, they continue to create dramas in their lives – but they know now how to see them as healing opportunities and move through them quickly and with grace.

### **What an amazing story!**

This story profoundly illustrates so many healing concepts. Jill's story shows us how our **outside experience** is a **mirror** of our **inside beliefs**.

**Whatever is going on in our outside world is a mirror of the beliefs we have found to be true up to this point in our lives.**

Behind each unloving belief is a misunderstanding; **the unloving beliefs are never true**. They seem true when they are created. They seem true when they continually create experience after experience to prove they are true. They seem true when you look at them through a closed heart. But when you look into the trauma that created the belief and you fill the experience with your Love, you will find it is not true. Most of the pain in our lives comes from these misunderstandings, from beliefs we formed in childhood and continue to hold onto. Through the Love Healing Process, we can heal our pain by understanding our beliefs.

In the next Chapter we will study the Metaphysics of Beliefs to make it easier for you to heal your beliefs when you start using the Love Healing Process, if you choose to do so.

## Chapter 18

# The Metaphysics of Beliefs

If you look around you, it is easy to see that the Divine is making the most of every bit of space in every direction. ALL of it has purpose! ALL of it has presence! In other words, every bit of creation has the presence of Divine Love, and on Earth there is no place that is not absolutely filled with the Divine Presence. Every pair of eyes, be they of a human, animal, fish, bird, or insect, is a place where the Divine is looking out onto Their creation from a different perspective. Envision, if you will, that every point of creation, every atom, every cell, every organism is also looking out into creation; each one is feeling, being, and emoting the presence and life of Divine Love, and all of it has purpose.

When it comes to beliefs, every belief that is held in a person's mind and heart is a thing, an entity, an identity. It takes up space in our Mental world and therefore, is a space of itself, is a part of Divine Love. And like the biology of Earth, it has a birth, a life, and a death of sorts. So, in the realm of human life, we find that the presence, the life, and the metaphysics that support **beliefs** are just as important, just as big and powerful, as is a grain of sand or a star, each one having its own purpose.

In the life of a child, in the moment of some intense trauma or a series of similar multiple moments of intense trauma, the child births a belief into existence in the attempt to make sense of what is happening. Or a woman or man creates a belief to rationalize the quandary she or he is experiencing.

An unloving belief is born.

It has been given life of a sort. It becomes a thing, an identity, a teaching tool of Divine Love. From that point on, the metaphysics that support the belief will strive to make it survive, to grow, to become stronger and more established. Once the belief is created, the metaphysics that support the belief start conspiring with the universe



to create supporting traumas into the person’s life, traumas that are similar to the original trauma or traumas, to prove that this new belief is true. Each time a person experiences a supporting trauma, the belief becomes stronger, the identity of the belief becomes stronger, and the belief becomes more entrenched within them. As time goes on, the supporting traumas may reinforce the belief until it becomes a Love Reversal too, making the person numb to the pain.

Below is a graph to show you how it works using Michael’s story as an example. Sometime after Michael’s business started losing money, Michael developed the belief “I hate my business.” and then his experience became full of supporting traumas that proved to him daily that his belief was true.

### **Unloving Belief Graph**

His business started losing money (initial trauma). **Michael** develops an unloving belief out of the fear and frustration: **I hate my business!**

After that, Michael experiences supporting traumas many times throughout his days. Each time he experiences one, it makes the belief stronger and stronger.

<b>Timeline</b>	<b>Supporting Trauma</b>	<b>Michaels’s Experience</b>
Day	Not enough money to buy product	Fear - Hate
Day	Not enough money to pay payroll	Hate – Shock
Day	Not enough money to repair equip	Fear – Shock
Day	Has to lay off employees	Terror – Shock
Day	Has to work long hours every day	Loathing – Shock – Numbness
Day	No vacations or time with family	Anger – Shock – Numbness
Day	Bank foreclosure	Terror – Shock – Numbness

**(Every time a Supporting Trauma happens, the results of the experience get stronger.)**

---

**Love Reversal**  
**Belief: I hate my business.**

### **Result or Outcome:**

It is easy to see how Michael's belief about hating his business gave him the feeling that his business was falling apart, how it became a Love Reversal, and all the traumas became so overwhelming that he developed ocular shingles (results) that were horribly painful.

**This is the basic metaphysical construction of all unloving beliefs:**

- Trauma happens.
- A belief is created.
- The metaphysics of beliefs creates supporting traumas.
- The belief gets stronger and may become a Love Reversal.
- The belief or Love Reversal creates emotional reactions, accidents, a disease, or a health challenge.

### **Initial Trauma or Series of Traumas**

From here we can observe that unloving beliefs are created in two ways, either from an initial trauma or a series of traumas.

If you look at the graph, it is easy to see that Michael's belief was created by a series of traumas. Dot's belief that it is not safe to speak up for herself was created by an initial trauma when her father violently shut her down. Sheila's beliefs and conditions were created through a series of traumas with her mother and father. John's belief that "It is wrong to be gay!" was created by the initial trauma of his friend's father yelling at him and Jill's belief of "I am not enough!" was created through a series of traumas with her father.

Understanding how a belief is created will be helpful if you choose to learn how to heal them. It will give you confidence to know what you are looking for.

### **The Identity of Your Belief**

As we stated before, the moment a belief is created, an identity is also created - the belief has been given life, it is alive, so to speak. The more a belief becomes entrenched into a person, the stronger the identity becomes as well. You can learn how to

communicate with these identities. Communicating with them is almost like having a conversation with your belief. I started learning how to communicate with beliefs by using VAI-Voice Activated Integration.

John (from Chapter 1) used VAI as a way for people to communicate with different archetypes within themselves. After John helped me heal some very debilitating beliefs, I realized that I could use the same process to communicate with beliefs.

The basis of using VAI is simple and powerful. Any person wishing to discover the initial trauma or series of traumas that were the instigators of a belief, can use their own voice to access their world of beliefs and Love Reversals by communicating with the identities. You begin with the intention to communicate with your mind and bodies. Then, once you voice a comment or question out loud, give your body a few moments to react to what you have said. Remember in the introduction when we asked you to recall something that upset you within the last three days, and you relived it for five seconds and your body reacted almost immediately? VAI works the same way. Every time you make a statement or ask a question, if you give your body a moment to react, it usually will. If it doesn't react, make a different statement, or ask a different question, and you will get results if you're on the right track.

Your body may react in many ways. It will take time for you to learn how to interpret the reactions. It is super important that you be smiling with your heart wide open to interpret your reactions, and it will be helpful for you to understand Sensate, or at least have the Sensate information close at hand. But using VAI to communicate with your beliefs is exciting and enlightening.

When you use VAI to communicate with your identities, it is very much like having a conversation with a belief. We're going to teach you what to say, how to say it, and how to interpret your body's reactions in Chapters 20 through 22, Stages One, Two, and Three. I will

be teaching classes to help you learn these processes. You can sign up for those classes here:

[www.thelovemastery.com](http://www.thelovemastery.com)

Also, as time goes by, we are going to post videos you can watch of people doing sessions on themselves.

## **Bringing Love into Your Unloving Belief**

If you were to sit in on one of my healing client sessions, there is one phrase you would hear repeatedly, “Get really big in Love!” Sometimes I will empower it by saying “Get bigger in Love than you have ever been!” It is how we start and end every session, and we use it throughout the healing process.

When you are getting big in Love for the purposes of healing, getting big in Love enables you to engage the capacity of knowing the truth about your unloving beliefs. By getting big in Love and starting from that sense of strength and empowerment, it gives you the ability to open to your pain from those senses, empowering you with confidence, excitement, and the wonder of knowing you are about to heal something that has been giving you pain for a long time. It also keeps you keenly aware of your intuition, which will serve to guide you as you learn to use VAI and decipher the reactions your body will produce.

When you discover the initial trauma or series of traumas, it will be important for you to allow yourself to feel the pain of those traumas. Doing so will attune you to what drove you to create the belief you are working on. And coming into that pain from a strong sense of Love will give you confidence that you can handle the pain this time, without it retraumatizing you.

If you ever do start to experience being over traumatized by opening to one of your past traumas, coming into it from this strong sense of Love will give you the intuitive advantage to back off before you become retraumatized. There is nothing wrong with backing out of a search. If you find a trauma that is too strong for you to delve

into, give yourself more time to become bigger in Love. A month or two of growing in Love can make a big difference.

Once you find your initial trauma or series of traumas and have allowed yourself to feel into them so that you know why you developed the belief, then you will want to get really big in Love again before you ask yourself if the belief is true. Being big in love and using your intellect and intuition empowered by Love will give you the advantage of helping you discover why the belief is not true. This is the moment you have been looking forward to. Coming to understand that your old unloving belief is not only not true but has never been true. This realization is so amazing, every time. This is where true healing begins.

## **Embody Your Truth**

Once you have discovered the truth you will want to learn how to **embody** your truth. You will want to make your truth into a short concise statement that when repeated, will empower you to feel/live your truth. There is an amazing miracle that happens when you **embody** your truth and once felt, it changes your life forever. So, you will want to become very adept at making your truth as powerful as it can be.

There are lots of ways to empower your truth. We'll start off with the knowledge that you are a **part** of Spirit, Goddess/God, The Divine, that you are Love, which is no small thing. You are in Spirit; Spirit is in you. **Acknowledging** that can be a very powerful tool. When you embody being so, it empowers you to feel the Divine/Love within you, to feel the Divine/Love moving through your bodies, to **stand or sit strong and proud**, which makes the feelings stronger (We're saying that you can use a strong proud posture to empower your truth), and to **envision** you being that big and filled with that much Love. To embody the Divine/Love within you makes you feel big and powerful. So, you will want to embody Divine/Love into your truth statement making it strong, exciting, fun, and powerful. The more exciting and fun it is, the more you will use it.

If you know how to Glide, then you can add your **loving willfulness** to the feeling making it stronger still.

If you resonate with **seeing** yourself as big and wild and beautiful, or wise and full of light, use the **vision** to empower your truth.

If you resonate with sounds, then **make** the sounds, either verbally or internally to empower your truth.

Once you have discovered how to make your truth as big and powerful as you can, then spend at least three or four minutes embodying your truth - to live it, to feel it - so that you know the truth is part of you, it's in your soul. Never ever shortcut this part of your healing process. Taking the time to embody your truth is the most important part of the healing process. It makes you **POWERFUL**.

Once you have embodied your truth, you will want to use embodying your truth as your way of getting big in love to heal any part of the healing process for that belief. When you are living your truth, you are in your most loving, powerful state of being that you can achieve.

You will want to embody your truth to start the healing of the trauma that your belief caused within you. You'll do this by learning to completely understand how the belief did what it did in your life, how to discover the gifts you have gleaned from having this belief, and by releasing the pain that has been held within your bodies.

We'll explain each one of these steps in detail in Chapters 20, 21, and 22.

As you are learning more and more about how the metaphysics of how beliefs work, you can start to appreciate how powerful it is for a person to learn how to Lovingly Meditate and Glide to empower their healing abilities. The stronger the will power of the person that is attempting to do self-healing, the easier it will be for them to navigate the complex and sometimes complicated world of unloving beliefs and Love Reversals. And if you use a facilitator, it is so advantageous to use your will power to get very big in Love to heal

your deeper traumas and pain. Plus, when doing Stage Three healings, which is changing the old habits and ways of acting and reacting, a strong will developed from your heart by Lovingly Meditating and Gliding can empower embodying your truth substantially, which will make a difference of being able to make the habit changes easily and sometimes at all.

What are some of your beliefs that are impacting you daily? What's showing up in your life that is terrifying you or causing you pain, hurt, anger, frustration, depression, jealousy, guilt, or shame?

In the next Chapter we will give you three ways to help you find what you believe!

## Chapter 19

# How to Find What You Believe

There are several ways to discover what you believe. The three we will share with you are: List Your Feelings, Watch For Your Triggers, and Listen To Your Guides and Intuition.

### List Your Feelings

Take out three or four pieces of lined paper and two pens or pencils of different colors. In one color, write in concise statements (one concept per line), **things you are afraid of or what you don't like about the following**: life, Love, money, sex, work, play, the Divine Creator, children, parents, family, relationships, driving, working out, war, worms, bugs, snakes, disease, noise, food, the homeless, lying, cheating, shame, regret, hurt, betrayal, fear, and whatever else comes to mind, in no particular order. Take about fifteen minutes to do this, and once you start writing don't stop until you're done. Try to get all your feelings out, and don't worry, you don't have to show this to anyone.

Once you've done this, you will have a list of the many different thoughts and their accompanying feelings you feel each and every day. Feelings are an **experiential playing-out** of the beliefs you have within you. To get to the beliefs that have created these feelings, the next step is to categorize your list.

Now, take the other color pen or pencil and write a 1 next to your first statement. There's a belief underneath this feeling and it's going to be your number 1 belief. Now, go to your next statement, and if it feels or sounds like the first belief, write a 1 next to it. If it sounds or feels as if there is a different belief underneath it, put a 2 next to it. Now, go to the third statement and if it sounds or feels like the first belief, write a 1 next to it. If it sounds or feels like the second belief then put a 2 next to it, and if it is different than the 1 or 2, then write a 3 next to it. Continue through the entire list in this manner.



**Here is a small sample of feeling statements, numbered as explained above:**

- 1 - I hate it when people are not nice.
- 2 - I'm afraid to dance how I really want to.
- 1 - I can't stand to do the same thing over and over every day.
- 3 - I'm afraid I won't get enough work.
- 3 - I'm afraid of bidding on big jobs.
- 3 - I hate having to do small jobs that don't make any money.
- 4 - I hate it when I show up to a meeting late.
- 4 - I hate it when I get angry at the children.
- 5 - When Michael gets that attitude, I want to slap him.
- 1 - My wife's clutter drives me crazy!
- 1 - Her complaining is driving me insane.
- 1 - She gets fatter every day.
- 6 - God, I wish I could make Love to my neighbor. She's hot!
- 7 - I'm terrified I'm going to get audited.
- 1 - It makes me angry that life is so hard at times.
- 1 - I'm tired of feeling tired all the time.
- 1 - I wish I could get more sleep.
- 1 - I want a job that I Love to do.
- 6 - I feel guilty when I masturbate.
- 1 - Making Love to Trudy is so boring.
- 1 - I want to go on vacation so bad.
- 1 - I hate being in debt.
- 8 - War sucks.
- 8 - There are so many other things in this world that are also screwed up—disease, famine, disasters, poverty.
- 9 - I'm terrified I'm going to have an accident while driving.
- 1 - Traffic drives me insane.
- 1 - I hate people seeing me drive my old car.
- 8 - My father is such an #@\$%^&^\*#. God, I hate him!
- 8 - I hate going to Mom's because of him!

When you're finished categorizing your list, you'll have somewhere between **two and twenty belief categories**, sometimes more. Now, go to each group and read over each of the feelings being created from the beliefs, and put the belief into words. It is important that your unloving belief has the key unloving emotion named within the belief because it is the unloving emotion withing the belief that you will be healing.

For instance, if I say, "I must be a really bad person!", it is missing the key unloving emotion. You would want to state it as "I am afraid I must be a really bad person." If I say, "Life is so unfair!", it is missing the key unloving emotion. You would want to state it as, "Life is so unfair and it hurts me, or makes me sad, or scares me!", whichever one is true for you.

At the bottom of your list or on a new page, **number and write each belief**. Once you have your beliefs in writing, take a few moments and read each one slowly. Make sure the wording feels right with you. Once they all feel right with you, you're set. These beliefs will be the ones you'll take the next step with.

### **An example from the list above:**

- 1 - I hate so many parts of my life.
- 2 - I'm afraid of what people think of me.
- 3 - I'm afraid I'm not going to make enough money.
- 4 - I hate it when I do things wrong.
- 5 - I'm afraid of my anger.
- 6 - I am afraid I must be a really bad person.
- 7 - I'm afraid I'm going to get caught lying.
- 8 - Life is so unfair, and I hate it.
- 9 - I'm terrified that I'm going to have another accident.

Now that you have a list of beliefs, you can start healing them with the Love Healing Process. Later, once you've healed all the beliefs on this list, you can do this same process again, and you might be surprised to find different beliefs the second time.

## Watch for Your Triggers

The bigger you become in Love, the easier it is to catch yourself acting in an unloving manner. Why? Because you're more conscious, aware, and present. Also, the Love you feel is a contrast to your unloving parts. You will notice the contrast! As you're going through your day, you may notice yourself being triggered to react in unloving ways. Remember that your Inner Conscious is manifesting your beliefs into your feelings, and that your physiology is part of that manifestation. If you watch your physiology, it can help to reveal your beliefs and the state of your heart: Is your heart open or closed? Are you sitting proudly or are you slumped over? Are you smiling or frowning? Are you enjoying yourself or are you serious? Are you standing strong and relaxed, or are you bent and tight?

When you find yourself getting triggered or acting or reacting in an unloving way, it's a good idea to jot down a few notes about your experience—what triggered you and what were your reactive thoughts and emotions. Remember, your emotions are a byproduct of your beliefs. Writing them down will help you come back to the experience later, when you have time, and then you can feel into it to uncover the belief behind the trigger. It only takes a few moments to write a short note, and the benefits to your growth will be well worth it.

When you are ready to go back over your notes to discover the beliefs that triggered you, spend the time you need to make sure your heart is open, and you are smiling big. It's important not to attempt any healing work while you're in a triggered state. You won't get clear results if your heart is compromised or closed. If you can smile easily, then you know you're in a good state of mind to do healing work.

Once you're in a good state of mind and you have time, follow this process:

- Look back over your "trigger" notes and re-live each incident lightly.

- Try not to trigger yourself again.
- Make sure you're smiling; it will help.
- Open yourself to feel the experience that triggered you lightly and let yourself feel the unloving emotion you felt before.  
What do you believe made you feel that emotion?
- Write it down.

Although the wording of the belief is important, you don't need to spend a lot of time getting it perfect. Once you get into the healing process, the wording will work itself out.

Making notes during the day about what triggered you and taking the time to discover what the belief behind the trigger was, is a very effective way to discover the beliefs that are closest to the surface of your life. As soon as you have a list of three or four beliefs, you're ready for the Love Healing Process.

## **Open to Your Guides, Your Intuition**

If you can Glide **you can simply sit in silence** and set the intention to **be shown what your beliefs are**.

- Take out a piece of paper and something to write with or sit at your computer.
- Get really big in love.
- Clear your mind and set your intention (State out loud: "For the next few minutes, I am going to discover some of my unloving beliefs!")—Where did I get triggered today; where did I feel sad, upset, angry, guilty, jealous, or afraid?
- State each of these statements out loud and then wait for the beliefs to show up and, as they do,
- Write them down.

If you have a relationship with your Guides, you can ask them for their help. Your Guides can be immensely helpful with helping you see your beliefs if you simply ask for their help.

Once you have a list of three or four beliefs, you are ready for the Love Healing Process.

## Summary

In the next three chapters we will share with you the active components of the Love Healing Process, Stages One, Two, and Three.

So, let's summarize some of the main points so that they will be fresh in your mind.

In his book, *In An Unspoken Voice*, Dr. Levine expands on the well-known "fight or flight" paradigm—the instinctual process designed to protect us from danger—to include additional levels of activation. He calls this system the **Active Defense**. The Active Defense system levels from least to most traumatic are:

**Arrest** – increased vigilance, scanning

**Flight** – try first to escape

**Fight** – if the animal or person is prevented from escaping

**Freeze** – fright – scared stiff

**Fold** – collapse into helplessness

**The Active Defense system shows us that any trauma may be experienced at different levels of intensity, depending on the situation.** When an animal is frightened, it will try to run. If it cannot run or perceives it cannot run, it will fight or freeze. If whatever is causing the fear surprises the animal and it overwhelms the animal's nervous system, the animal will fold. If the animal is so surprised that it immediately folds and if it lives, after a few moments it will revive and carry on as if nothing had happened. If an animal is actively terrified, or horrified before it folds, it will take a long time for it to revive. When it does, it will either attack furiously or flee in an instant run. The **Active Defense system teaches us** that trauma can be experienced in different strengths from mild shock to extreme pain.

As humans, we experience pain physically, mentally, emotionally, and spiritually. When humans experience these gradations of pain, our minds and bodies react by trying to make sense of the pain. A human will grope to understand or make meaning of the situation to avoid ever having to experience that kind of pain again. This is where beliefs are born.

Once a belief is established in the mind and bodies, supporting traumas will be created in the human's life to prove to the human that the belief is true, and the presence of the belief's identity will start to grow. This was the case with Jill's story in which she was continually confronted with experiences that proved her father did not Love her, that she was unlovable, and that she was not enough. If a person does not understand how beliefs continually create supporting traumas, they will experience multiple supporting traumas throughout their life, until they die or the original trauma is healed.

It is through this belief-making process that we log our pain into the memory of our lives. Every time we create an unloving belief, we effectively hold the pain of the trauma in our mental, emotional, physical, and spiritual bodies from the moment it was created (in our time bodies) until the moment it is understood not to be true. A person will have to open to the pain and bring Love to the pain to discover how the belief is not true. Once the belief is understood, the truth is revealed. Once the truth is understood, we have an opportunity to embody our truth and use it to heal the original or series of traumas, to heal the supporting traumas, to discover the gifts we have gleaned, and to release the pain that has been held in our bodies by that belief since the first trauma occurred. Releasing old pain can be done exactly the way animals release their pain.

## Chapter 20

### Stage One

I am so excited to share with you the Love Healing Process. Everything you have been learning in this book up until now was to prepare you for the opportunity for you to be able to use this process to heal your pain.

This is where the fun begins! You have a clear understanding of what causes trauma and how trauma and beliefs work metaphysically. You know that a belief is created from an initial trauma or a series of traumas. Beliefs created from an initial trauma, or a series of traumas are both healed in the same way. For both kinds of trauma, you will want to mentally go back to the place and time where you experienced the trauma to discover why the unloving belief isn't true.

It may have seemed true for a five-year-old or it may have seemed true in a past life, but now that you understand how to grow big in Love, you will be able to see from that vantage that none of these unloving beliefs are true. Remember when you were learning the power of a Loving Smile? When you were smiling, you couldn't feel sad or angry. When you are not smiling, generally your heart is closed and in this state, you perceive and feel your experience or thoughts as being unloving, which generally are untrue. Due to this quality of Love, when you smile really big it opens your heart, and it empowers you to see the truth. It's important to understand exactly why and how each one of these beliefs is false because **that understanding** will support you with **truth**, **disengage you from misunderstanding**, and allow you to **release the pain** that is stored within your different bodies that was held there because of the misunderstandings. Embodying and living the truth brings true knowledge, it brings relief, healing, peace of heart/mind, and empowers you to want to grow in Love more and more.

**Truth is knowledge.**

**Truth is empowering!**

**The Truth will set you free!**

**And Truth from the heart brings wisdom!**

There are three parts to Stage One:

1. Find where the trauma started, discover the truth, and embody your truth
2. Grok your belief and discover your gifts
3. Release the pain of the trauma

## **How to find the trauma**

Finding the trauma that started the belief is different for everyone. Some people find it easy, some find it challenging, and some find it almost impossible to do without professional help. Many people find they can do some beliefs on their own but need help with the more painful, deep-seated beliefs and Love Reversals. **Learning how to actively Glide is immensely helpful here if you want to do it on your own.**

If you are a person that has not been able to get your heart open, and you want to learn this process so that you can get your heart open, you will need to start the processing with a facilitator and work with them until you are able to get your heart open, because you cannot discover the truth about each belief unless your heart is wide open. It is still important for you to learn everything you can about how this process works to ensure you find the right facilitator to help you with this process, and so when you are ready to process on your own, you will have the knowledge of how to do so. Once you can get your heart open, and you get strong in Love, then it is safe for you to do your work on your own.

If you choose to do this work on your own, it is important to read through this entire chapter before you attempt to do a healing session on yourself so that you will thoroughly understand the process. Trauma mixed with Love Reversals can be powerful to work with. Sometimes it is a little daunting if you are not ready for it, so it is essential that you understand what may confront you when working on yourself.

**Warning:** If you know that you have **PTSD from somewhere in your past** or a **severely traumatic childhood**, you should start your work with a qualified facilitator.

Before you start any healing session, it is important that you prepare yourself physically, mentally, emotionally, and spiritually. The first thing is to get as big in Love as you have ever been. There are several reasons for this. By getting big in Love, it makes it easier to



see, feel, and experience unloving energy **clearly**. The presence of Love keeps the unloving energy from 'taking you out' or 'knocking you off center,' or 'retraumatizing you' so to speak. It gives you confidence and comfort, and helps you know what you can and cannot handle. Once you start feeling the pain of an initial trauma or series of traumas, it is not uncommon to feel Love slip away completely when you allow yourself to open to the pain, and especially when you open to feel that pain completely. But because you were just in Love, you **know** it won't be very hard to get back to Love. This **knowing** is a source of comfort when working with trauma. **If you cannot get big in Love, do not do a session on yourself. Also, if after letting yourself feel the pain completely, you find it very difficult to get back to Love, this is a sign you need to work with a facilitator in the beginning of your healing journey.**

If you are not big in love and you try to discover the truth, you will end up replacing an unloving belief with a loving belief and that does not work. Getting big in love enables you to **KNOW** and **FEEL** the truth.

**If you are working by yourself, and whatever is coming up for you is so close to the surface that you cannot get your heart open, this is NOT the time for you to do a session on yourself.** This is a really good time to use Loving Sounds and Questions to keep yourself from feeding the trigger you are presently experiencing. **Again, if you cannot get big in Love, do not attempt to do a session on yourself. You must be able to get big in Love before and after any healing session for it to work properly and for you to not retraumatize yourself.**

Physically, you want to make sure you are not so tired or feeling so much pain that it would hinder your ability to make clear decisions. You also want to make sure you are not under the influence of any drugs, alcohol, pain medication, or mind-altering substance. (When using the Love Healing Process, you would never want to use any mind-altering substance to aid you in your healing. It will always give you the opposite effect you are trying to achieve because producing the clarity of mind to Grok the truth and then applying your Loving willfulness cannot be done while under the influence of any kind of stimulant or drug. If it did work, you would need to use the drug to achieve your success every time, and that would be

counterproductive to healing.) Using this process to heal is dependent on you being able to make good decisions willfully and coherently. You are about to open yourself to feeling a trauma or pain you experienced in your past, and you want to be physically, mentally, and emotionally up to the task. Also, you want to make sure you are physically in a comfortable and safe place to do your session. As you move yourself to get as big in Love as you have ever been, you are mentally, emotionally, and spiritually preparing yourself to feel deep pain. Not all healing sessions go to deep pain, but many do. Remember, you experienced the pain before, and you are still alive, and this time you are going in with Love and the means to heal it.

Spiritually, mentally, and emotionally, you will want to set an intention to attune all your bodies to the experience you are about to delve into. If you have a relationship with your Guides, ask for their help and guidance. This will help your bodies get ready for what is about to take place.

**Things to be aware of:**

- You will be in control of your experience and can terminate the session any time you want by stopping the session. To stop the session, open your eyes, change your breathing, and move to a different space/room physically as well as mentally, emotionally, and spiritually. Then spend whatever amount of time you need to get back to your big Loving self. If you ever open yourself to feel pain and become overwhelmed, stop the session, and return to Love. (If you ever become overwhelmed, after stopping the session and changing your space, if you still cannot get out of the overwhelmed feeling, this is a sign that you need professional assistance to work on this belief. Try using Loving Sounds or Loving Questions to regain your loving space. If the overwhelm persists, you will need to seek the services of a facilitator who is trained to work with deep trauma.)
- Generally, when you do let yourself feel into your past pain, the pain will be temporary because you can stop it at any time.

To find the trauma or traumas that started one of your beliefs, give yourself some time. Fifteen to thirty minutes should be fine. (We say fifteen to thirty minutes because you should be able to do some good work on yourself in that amount of time. Sometimes it may take longer. We advise not to go over an hour. If you can get used to doing your processing in fifteen to thirty minutes, then you will be more inclined to be excited about doing your processing four and five days a week.) Again, find a place where you feel safe and will have uninterrupted privacy. Make yourself comfortable, take a few deep breaths, and silence your mind.

### **Get big in Love.**

State **out loud** in your own words your intention to have your mind and bodies tuned in to helping you discover the trauma or traumas that started the belief you are going to be working on. It might sound something like this, "I am setting the intention to discover the original trauma or series of traumas that left me believing (state the belief here)."

After you state your intention, you can start by **saying out loud**, "Where did this belief begin?" Then give yourself some time for your body to react; allow your body to feel for the trauma or traumas. Usually within a few moments you will begin to remember a traumatic experience you had when you were a child or a series of traumatic experiences and sometimes the memory goes back to a past life.

Once you have found the trauma or series of traumas that started the belief, allow yourself enough time to witness the experience just the way it happened. **Re-live** each moment. **Embody the experience which means to open yourself to feel the whole experience and feel ALL the pain that is there.** Usually, it is painful to see and feel. Generally, you will be feeling the trauma in a way that is similar to how you felt it the first time it happened, though if it was a physical trauma, it will be with less pain. If you have been growing in Love, you will probably be able to handle the pain this time without getting re-traumatized. Once you have experienced the pain long enough to understand it, then it is not necessary to dwell in the pain. Once you understand the pain completely, then pull yourself out. **It is only necessary to feel the pain long enough to understand it.**

As soon as you have understood it and you have pulled yourself out, **get really big in Love.**

What if you state your intention and the belief out loud two or three times and nothing happens?

Generally, if you get no response at all then the belief is probably a part of a Love Reversal, and it is trying to avoid being discovered. **Please refer to the Love Reversal section at the end of this chapter to remedy this type of situation.** If you use the Love Reversal intentions and after several attempts you still cannot discover your initial trauma or traumas, then this is a sign you need to use the help of a facilitator.

**If at any time you feel like you cannot handle the pain you are experiencing, open your eyes, change your breathing, change your physical location if possible, and get yourself back into your Loving bigness.** You may choose to work with a different belief later, one that is not so scary or big.

## **How to Do a Healing Session to Discover the Initial Trauma or Series of Traumas**

Here is an example of an initial trauma. We will use the belief **"There is never enough money!"** (I realize that not everybody has this belief, but most people do. If you don't, play along with us here so you can see how the process works.)

*To start a healing session on your own, go to the place where you feel safe and comfortable and where you will have privacy for at least fifteen to thirty minutes. Then sit or lay in a comfortable position. To begin, ask for your Guides to assist you, **get as big in Love as you have ever been**, then state your intention and belief out loud, **"I am setting the intention to discover the original trauma or series of traumas that left me believing, there is never enough money!"** Then quiet your mind and feel Love flowing through you. Say in a strong voice, **"Please show me where my belief that there is never enough money started!"** Then give your body time to react to your words. Open to feeling, seeing, hearing, and sensing any traumatic experience that comes to mind. After sitting quietly for a while, you may suddenly remember hearing your father yell at your mother, "We don't have enough money!" It's Christmas time and you're four years old and you can clearly remember seeing your father angry and frustrated. He's yelling, and it's making your mother cry! Seeing your mother cry makes you cry, and she picks you up and runs you into your room and slams the door and holds you while she weeps.*

*This is a very traumatic experience for a four-year-old. When you're four, your mother and father symbolize the Divine God and Goddess. And Father just expressed very loudly that "We do not have enough money!" Then you felt the shock of your Mother being yelled at by Father and you felt your Mother's very real tears on your face. Once you feel that you understand that this is where and why the belief started, then pull yourself back to Love where you can feel your smile from ear to ear. So now you know where the trauma started, and you know it was an initial trauma because it happened from one initial experience. Congratulations! That's a big achievement!*

### **A Series of Traumas**

Here is an example of a series of traumas using the same belief: **"There is never enough money!"**

*Go to the place where you feel safe and comfortable and where you will have privacy for at least fifteen to thirty minutes. Then sit or lay in a comfortable position. To begin, ask for your Guides to assist you, **get as big in Love as you have ever been**, then state your intention and belief out loud, **"I am setting the intention to discover the original trauma or series of traumas that left me believing, there is never enough money!"** Then quiet your mind and feel Love flowing through you. Say in a strong voice, **"Please show me where my belief that there is never enough money started!"** Then give your body time to react to your words. Open to feeling, seeing, hearing, and sensing any traumatic experience that comes to mind. After sitting quietly for a while, you may suddenly remember you're four years old, you're at the grocery store, and you are trying to get a box of Lucky Charms, your favorite cereal. Your Mother grabs it out of your hands and puts it back, saying, "Put that down. We can't buy that. Money just doesn't grow on trees!" She's already told you something like that three times in the past fifteen minutes and you sit down and have a fit, crying and crying. (Well, not getting what you want can be very traumatic for a four-year-old.) As you ponder the experience and you can remember many times when you were young, where your mother had the same attitude about money: "Money just doesn't grow on trees!" "Do I look like I am made of money?" "We are not buying that!" "How many times do I have to tell you we can't afford that!" Once you understand where, when, and how the belief that there is never enough money was created from a series of traumas you received from shopping with*

*your mother, then pull yourself back to Love where you can feel your smile from ear to ear. Now you know where the series of traumas started. Congratulations! That is a big achievement!*

Once you have discovered what the original trauma or series of traumas is, write them down in your journal.

## **What is the Emotion, and Where Does it Show Up?**

Once you have found the initial trauma or series of traumas, the next step is to identify the emotion that the belief creates in you and where does it show up in your body? This is easily done by stating the belief out loud and then feeling **what** emotion is created from the belief? **Where** does it show up in your body? Write them down in your journal.

*From our example, when you feel into the belief that there is never enough money, you notice you feel terror in your gut.*

## **The Belief Is Not True**

Now that you know what the belief is, you know where it originated, what emotion it creates, and where the emotion shows up in your body, you are ready to discover how the belief is not true. Since we now know that no unloving beliefs are true, it becomes like a game to discover how they are not true.

To start off with, any unloving belief looked at with a closed heart will absolutely seem and feel true and you'll see how your past experience supports or even justifies the belief completely. So, the way to discover if a belief is really true is to have your heart wide open, to be feeling big in Love and smiling big to prove it. In the beginning, when you are attempting to do this exercise, it is helpful if you do it in front of a mirror so that you can see your smile. Most of your unloving beliefs are partly, if not completely, Love Reversals which means the habit of closing your heart is strong. If so, it will feel exceedingly familiar to close your heart when inquiring about the belief. If you're not looking in a mirror, you may not be able to notice that your heart is closed. You will have feelings of being justified that the unloving belief is true even when it is not. The way to discover the truth is with a big, open heart and an ear-to-ear smile.

*Now with your heart wide open (and you will know because you can see yourself in the mirror), state out loud, "Is my belief that there is never enough money true?" Then give your mind and body time to answer you. You will start to see and feel that when we are*

*really big in Love, we find that our Earth is exceedingly abundant, and we cannot feel fear. We have everything we need to carry on in our lives. You have always had food, clothes, and a place to sleep. And if you look back over all your life, you will see that you either had the money to survive or you had the ingenuity to get by without it. In short, **you have always been taken care of**. Now can you see that the belief “There is never enough money” is not true and never was true? You have always had what you need to get by.*

*Once you **know** the truth, relax, and connect with your Loving bigness. Give yourself some time to really feel your new truth. That is an amazing feeling! It is important that you make your truth into a powerful statement and write it down. “I am super abundant!” or “I’ve been taken care of my whole life!” or “I am part of the Universe, and it Loves taking care of me!” or “I Love making money!” You want to make sure your truth statement fires you up and makes you feel your abundance and that you are excited and empowered about the truth.*

Once you have made your truth into a powerful statement, you will want to take the time to **embody** your truth, at least three to four minutes. Let the love empower your truth within you and when you feel the truth coursing through your body, begin to move through different scenarios of making and spending money that used to trigger you to fear, so you can feel how the truth will set you free from the old habits of feeling afraid or terrified to make or spend money.

Congratulations! You have just completed the first part of Stage One. You’ve found the trauma or series of traumas that started a particular belief, you know the emotion it creates, you know where that emotion shows up in your body, you’ve discovered that the belief is not true which leaves you with the truth, you have a powerful truth statement to enable you to heal from the habits that this belief has created within you (We will get to that part in Stage Three), and you have spent time embodying your truth so that you can feel what it feels like to know your truth and be healed and free of the old belief. You are on your way to healing an unloving belief that has been with you for a long time. This moment of realization can be wonderful as you are now on the path to getting free from the hold that the old belief had on you. Give yourself some time to revel in your newfound truth. Let it empower you and feel the peace that the truth can bring.

Remember to be gentle with yourself after you have done a healing session. Remember to get really big in Love by embodying your truth before you move on to your next adventure. Give yourself the time you need to let the feelings of the trauma subside and leave your bodies. Sometimes it helps to share your findings with your Guides, a close friend, or lover. It is important for you to record all of this in your journal. If you were working with your Guides, remember to thank them for their help. As you go about your day, pay particular attention to staying in Love and taking care of yourself in any way that is good for you, and have a wonderful day.

Once you understand that the belief is not true, the healing of the trauma that started the belief has begun.

## **Healing the Trauma**

When you have time for another session, you can start the “healing” part of Stage One.

There are two parts to healing your trauma. You will start by embodying your truth so you can feel your truth strongly. This will empower you to start your journey to Groking your initial trauma.

## **To Grok**

Grok is a word coined by Robert Heinlein in his amazing story called *A Stranger In A Strange Land*. (It’s a great fiction read if you want to check it out!)

To Grok is to understand something backwards, forwards, left to right, right to left, upside-down, right-side-up, and inside-out. It is super important to be in an openhearted space when you Grok. To Grok is to understand completely.

You will be bringing Love to the experiences of your past trauma or traumas so that you can discover exactly how the belief is not true and to discover all the gifts you have gleaned from living through the pain the old belief caused in you. **Both qualities** are what enable you to **grok the belief**. Completely understanding how the belief is not true brings peace and the ability to release the pain held within your bodies. Through understanding the gifts, it enables you to completely understand how this old belief has helped you learn to grow in integrity and how it has provided you with useful knowledge for living your life. Both understandings are what bring on the essence of healing.



To Grok the old traumatic experience, you embody your truth for at least two or three minutes and with the new truth rooted firmly in your mind and heart, you relive the trauma, overlaying the new truth. Go back to the time of the initial trauma or series of traumas when the belief was created.

If one or both of your parents took part in helping you develop this belief, start looking for the state of mind or heart your parents were in at that time and see if you can figure out what their intentions were or what they were reacting to. Figuring out why they were experiencing the emotions that they were immersed in will empower you to understand what was confusing you about the issue you are working on. How were you learning from imitating and how were you learning from reacting. Acknowledge any pain they were reacting to.

If the trauma you are studying was shock related, like an accident, bad news, witnessing something dramatic, etc., from your big Love advantage, see how when you were presented with the shock, how you were perceiving the experience through the unloving emotions you experienced. When you look at these things from a big Love advantage you can clearly see how the unloving emotions made you see and feel from a smaller place. **Seeing them from big Love enables you to learn what the experience was trying to teach you.**

Whatever you find from your explorations, it is important to write them down so that you can use these observations to help you heal in Stages Two and Three.

After you have spent some time doing that, start looking for all **the gifts you gleaned** from the experience. By pushing up against the emotion that the belief created in you, you will have developed gifts that serve you all your life. (What pushing up against the emotion means, will become clear in the following example.) Many of these gifts will have helped you develop parts of your character. Write down each gift as it comes to you. You will be amazed at what you discover from this list.

By finding the gifts you learned or earned and by acknowledging them, you begin to understand that the pain you have experienced was valuable. By going through the fire so to speak, you have become strong and keenly aware of particularly important understandings. The pain you have gone through with the experience

of any unloving belief or Love Reversal, has taught you to become strong, full of integrity, and wise in specific ways.

So when you sit with yourself to Grok your experience, this is what you are looking for; understanding how the belief is not true and what you learned from pushing up against the emotion that the old belief created in you. You will see that every time, **the learning is priceless.**

Returning to the example of there is not enough money:

*To start this part of your healing session, go to the place where you feel safe and comfortable and where you will have privacy for at least fifteen to thirty minutes. Then sit or lay in a comfortable position.*

*Embody your truth for two to three minutes. From this place set the intention to return to the original trauma and starting from there, observe how the belief started and matured. **(Point one)***

*When you return to the traumatic moment, you may see your parents acting in fear. You can see how your father worked hard, day after day, week after week, but he still felt like it was too much pressure to pay all the expenses of running his home and not having much money left over at the end of the month. **(Point two)** You can see how your mother was terrified of his fear **(Point three)** and how she was constantly making sure she didn't spend too much money whenever she needed to buy things. **(Point four)** You can also see that even though both your parents are going through all this drama about their financial situation, they were always completely taken care of, with plenty of food, a place to sleep, etc. **(Point five)** Remember that you will have the tendency to act like them and to also react to them. **(Point six)***

*When you feel into the emotion of terror, you find that the terror made you hyper vigilant, super aware of everything around you. Being in terror slows down time and speeds up your awareness, making it possible for you to protect yourself. **(Point seven)***

*Perhaps you learned at an early age that it was not safe to ask your father or mother for money or for anything. **(Point eight)** In fact, if your mother or father went to pay bills, you might have found a way to get to the other side of the house or go somewhere so you could avoid the scene that would ensue. This avoidance ritual you learned worked out well for you. **(Point nine)** As you grew older you learned that if you needed money, it was much easier for you to go out and*

*make some yourself. **(Point ten)** You became particularly good at that, and you can see all the areas in your life where it is true. These are two of the gifts you gleaned from pushing up against the constant fear. You learned how to avoid getting caught up in your parents' drama and you learned to get good at making money. **(Gifts one and two)***

*The terror also moved you to do really good work so that the people you worked for would want to hire you again. **(Gift three)** This became an invaluable gift because it ensured you would always be able to find work. You learned that people trusted you more if you showed up on time, did your work efficiently, cleaned up after yourself, and communicated clearly about what you were going to do for them. **(Gifts four, five, six, and seven)** These are the kinds of gifts that help you develop your character. All these gifts are what you are left with after you heal the old belief and the habits that go with them. They will be with you all your life.*

*Discovering the gifts helps you understand and support your new truth. You can now see the old belief was a perception that just wasn't true, there is always enough money! Now, since you know there is always enough money, all you must do is get really good at budgeting and managing your money to reflect your abundance.*

These paragraphs are an example of how to Grok the old belief "There is never enough money!" If you take the time to look at how the old belief has affected the various areas of your life and as you look through the lens of Love and truth, now realizing that the old belief was never true, you start to understand why you react to certain events with the emotion of the belief, and why things keep happening to you in ways you do not care for. (Like why you get afraid when you have to pay bills or reach for your wallet to pay for something. Or why you feel frustrated when you want to go on vacation but do not feel you have the money or time.) By taking the time to see all the different ways the old belief controlled the way you acted and reacted to situations in your past and by discovering the gifts you gleaned from living through that pain, you will come to peace about it and know your truth.

This is how to **feel** the healing brought on by **Groking** the old belief and **embodying** your new truth. You will want to use this Groking process with every unloving belief you work on. Doing the Groking makes you more intelligent because you learn to understand

how the old fear, or whatever unloving emotion you are working on, created the pain in your past and affected your decision-making process. Now, embodying your new truth will empower you to make better decisions equating to a better life. It will also help you empower the gifts you have gleaned from the healing. **And understanding is what enables you to release your pain and heal.**

Once you grok the belief completely, it is very important that you write down the most important **points** to understanding why the belief is not true and to list each of the **gifts** you gleaned from pushing up against the emotion. You will use this list to help you with Stages Two and Three.

## **Releasing the Pain**

Once you have **Groked** your old belief and **embodied** your new truth, you will have a **feeling** of what it's like to know and live your new truth. That feeling is **healing in action**.

Now it's time to release any residual pain you may feel within your bodies that was caused by the old belief. Remember the story of the deer releasing the energy of being traumatized by the car on page 216? You will be using a similar technique to release your pain.

**Start off by embodying your truth for a couple of minutes.**

Now, go back to the original trauma or series of traumas and **feel into them** to see if there is any pain there. It usually helps if you embody the pain of the old experiences a little bit to get the release started. It will probably feel different than it did when you revisited it the first time because your new truth changes the feeling but by embodying the trauma a little bit, it enables the pain to start releasing.

If you feel any kind of pain—physically, mentally, emotionally, or spiritually—set the intention for the pain to release, relax your body, and let it go, just like the deer did.

You could say out loud something like, **“This old belief no longer binds me because I know the truth, so I now release the pain that it held within me.”** Or **“I release the pain from my old belief (state the belief).”**

Then let the pain of that trauma release out of your body. Give your bodies some time to let all the old energy out.

Sometimes you may find that you do not have any energy to release. After a few minutes, if you have embodied the trauma and no energy comes out, then you are done.

If you have energy to release but cannot get it to release, usually that happens because you haven't been able to get your heart open enough before you attempt to do the release, or if this is your first time, you might be afraid of what you are trying to do, afraid of what might happen. Either way, if this happens to you, take a few minutes to embody your truth. Then state your intention out loud again.

Once the energy starts releasing, you will always have the choice to stop the release at any time. All you must do is open your eyes, stand up, move to a different area, or room, and set your intention to be in your loving mindset.

Once your release starts happening, you may feel different parts of your body start to shake or move in different ways. The movement is your body letting go of the trauma like the deer. It sometimes feels like electricity is moving through your body, trying to get out. It is okay and good to make sounds.

Generally, an energy release will last from twenty seconds to four minutes. Strong traumas might last longer. I have had trauma releases that lasted over twelve minutes.

After it is done, you will notice a definite feeling of peace come over you. Please be gentle with yourself after doing a release. Move slowly with the awareness that you have just released a lot of traumatic energy. Give yourself plenty of time to transition back to your daily routine.

There are several things to keep in mind when you are going to do a release:

- You will want to make sure you are in a safe place to let your body physically move however it needs to. Sitting in a soft, comfy chair with no hard surfaces or lying on a bed or carpeted floor will work fine.
- You may feel inclined to make some noise or breathe wildly when doing your release, so you will want to pick a place that is safe to do so. If there are people around, you will want to inform all of them as to what you are about to do, what it might look like to them, and that you may be making some strange sounds.
- As soon as you feel the energy start moving, stay as relaxed as you can to allow all the energy to run its course.

Your body may shake and convulse in many ways to release all the energy.

- You may have the feeling of wanting to run away. Let your body move and do what it needs to do to let the energy go, **safely**. While doing your release, please retain enough control that you do not hurt yourself or others.
- Many people experience burps and farts, sometimes sweating, or chills.
- If you are doing deep work, you might experience deep grieving, sobbing, radical shaking, anger, yelling, or rage. If it is anger or rage, please take care not to hurt yourself or others.

Keeping all of this in mind, you are now ready to do your release. Go to your safe place and inform any people that are close enough to see or hear what you are about to do. Make sure you will not be disturbed for the next ten or fifteen minutes.

Once the energy has released, **you can celebrate**. You have discovered the truth about your unloving belief, embodied your new truth, healed the trauma that created the belief, Groked how the belief has affected your life, understood and gleaned all the gifts you gained from living through the experience, and you have released all the pain it was holding within you.

**Now spend some time growing BIG in Love by embodying your truth again to finish up** and you have just completed a Stage One. Wooooooohoooooo! Congratulations!

**Note:** For some people, applying this material will be relatively straightforward. You'll be able to simply feel into yourself and find your traumas. For others, especially those who have never done any kind of inner work before, these ideas may seem foreign and a little challenging to use. There are several ways you can help yourself:

**First** – Keep getting bigger in Love daily by adding more new ways of Loving your life.

**Second** – Find other people who are doing this kind of work and do the work together, either one-on-one or in small groups. You could start or join a Growing Big In Love study group.

**Third** – You can get professional help. You can contact me or seek the help of a facilitator who understands the Love Healing Process.

**Fourth** – You can sign up for a Love Mastery Course:

[www.thelovemastery.com](http://www.thelovemastery.com)

## **Love Reversals**

Generally, when you first start doing Stage One on your unloving beliefs, it starts out straightforward, and if you follow the guidelines of the process it will work for you. As you start processing more entrenched unloving beliefs, you will come across Love Reversals. Love Reversals are simply an unloving belief, or a number of unloving beliefs, that are empowered by a lot of traumas. You can use the same healing process on them as you do with beliefs; you just have to get tough with them, so to speak. If you find yourself using VAI - Voice Activated Integration to look for the original trauma or series of traumas and experience resistance, congratulate yourself - you have more than likely discovered a Love Reversal. Love Reversals do not like to be seen or found. Remember that beliefs become identities and the stronger they get, the more they retain their power over you if you do not know they are there. So when you start looking in their direction, sometimes they try to mislead you or hide.

Fortunately, there is a spiritual tool you can use to help you bust through the Love Reversal's smoke screen, so you can find what you are looking for. All you do is **set an intention out loud**. You might say something like: "I am going to discover the truth about this unloving belief, and I am not going to be held back. I will stay here and persist until I have discovered the truth. Please let me see the truth." You say "We" if you are working with your Guides.

Then proceed to find your initial trauma or series of traumas. The Love Reversal just needs to know you mean business, and there is power in setting an intention that enables you to go directly to the unloving belief you are looking for.

When I am working with clients and we start going deep, I almost always have to proceed this way, and it has worked every time. So, empower yourself and heal those beliefs!

We understand that searching for your initial traumas and series of traumas can become complicated at times. We are going to do everything we can to help you understand the process so that you can do it yourself. As time allows, we will be posting healing sessions on our website at [Growingbiginlove.com](http://Growingbiginlove.com) so that you can have examples of how to proceed. For some, you may be able to acquire my

services, which are also found on the website. I will be teaching classes to share the Love Mastery Courses with you and posting those on the site. As time allows, we will be training facilitators to understand and use the Love Healing Process so that they can help you when needed.

We can't emphasize enough that learning to Glide and developing a relationship with your Guides will help you tremendously in working on your own. Your Guides know everything about you, so it is to your advantage to use their help. As the Growing Big In Love community grows, you may be able to gather with like-minded people and help one another.

Here is a **Stage One Outline** to help you:

## **Stage One Outline**

### **1. Get really BIG in Love!**

State: "I am setting the intention of finding the trauma or series of traumas that started my unloving belief - (state belief)."

### **2. Get really BIG in Love!**

**Find the initial trauma or series of traumas.**

Say "Please show me the trauma or series of traumas that started my belief - (state belief)."

Allow yourself some time to remember the trauma or traumas.

As soon as you remember the trauma or traumas, open yourself to feel the pain of it. Once you have felt it completely so that you understand it, (this should not take more than three or four minutes, sometimes more and most times less) pull yourself back into Love.

This is the original trauma or series of traumas. Write it or them down in your journal.

### **3. Get really BIG in Love!**



State the belief out loud and then feel into **what is the emotion and where does the emotion show up in your body**. Write them down in your journal.

#### **4. Get really BIG in Love!**

##### **What is the Truth.**

Give yourself the time you need to feel totally in Love. Once there, ask yourself, “Is this belief true?” Sometimes you will need to get very big in Love to see the truth. Sometimes you will have to get so big that you realize that you chose this path just so you could experience and learn from this trauma.

Then put your new truth into words. It is important to make your truth powerful, exciting, fun, and as concise as possible. In this way you will have more of a tendency to use it often. It is always helpful and powerful to acknowledge your connection to the Divine within your truth.

##### **Embody your Truth.**

State your new truth! Write it down. **Then spend at least four or five minutes embodying your truth so you can really feel what it feels like to LIVE and KNOW your new truth.**

Once you know your truth, then you can embody your truth to start off each exercise as your way of getting big in Love.

#### **5. Grok the belief and discover what gifts you gleaned.**

Take some time to Grok your old belief and write down each point you find. Then glean the strengths and gifts you have acquired by pushing up against the emotions of the old belief since the belief started. Make sure you find all the gifts. Write them in your journal. This part generally takes more of your time and is also the most valuable. Learning how living with this old challenge has made you stronger, more beautiful, and more intelligent, is priceless. These are the gifts that have developed your character, and they will be with you for the rest of your life.

**6. Embody your truth for at least two minutes and then release the pain.**

Release the pain out of your body. State out loud, “I am setting the intention to release the pain that the old belief has been holding in my body.” Then, just let the energy come out however it chooses to, being careful not to let your body get hurt. Hopefully, you can do this in a place in which you are free to make sounds that will not interfere with other people around you.

**8. Embody your truth for at least three to four minutes to finish!**

**Congratulations!  
You have just completed a Stage One.**

## Chapter 21

# Stage Two

Once a belief is started/created from an original trauma or series of traumas, your mind and bodies will continue to create similar traumas to prove to you that the belief is true. We call these additional traumas **supporting traumas** because each one gives you a similar experience to the original trauma or traumas, and each one reinforces the idea that the original belief is true. (Remember how many times Jill’s belief that she was “unlovable and inherently not enough” surfaced in her life before she was able to understand it wasn’t true?) It will be necessary for you to **take the time** to go back to each supporting trauma and heal that experience the same way you healed the original trauma.

Your supporting traumas will not be hard to find because all of them will contradict your new truth. Plus, the power and perspective you gain from embodying your truth will make it almost easy to heal your supporting traumas. Knowing that the belief that gave you the unloving perspective of the past situation was not true, dissolves the power the old belief had over you making it easy to heal them.

To heal your supporting traumas, you will embody your truth and remember the key points and the gifts of groking the original trauma, and then use that knowledge to heal the supporting traumas. After you heal five or six supporting traumas, they will start to feel redundant, so after that you’ll just go back and look for the supporting traumas that trigger you. **You will know you are finished healing the supporting traumas when you look back into the history of your life and find no more supporting traumas that trigger you.**

### **A Stage Two Healing Session**

You’ll want to set aside fifteen to thirty minutes to start your Stage Two healing session. First, go to your healing session place, make yourself comfortable, make sure you’ll have privacy, and get big in Love by embodying your truth strongly for a couple of minutes.

Then look over your notes, the points and gifts about groking your original trauma. With those understandings fresh in your mind, **set your intention** to find the next trauma that supports the belief you're working on. Then **open yourself** to see, feel, and experience the trauma. Once you find the trauma, allow yourself to feel it for just enough time to understand it. You will know that you are observing an experience created by the old belief because you will experience the same emotions that show up in the same place on your body. The time you spend feeling the trauma will usually be less than the time you spent feeling into the original trauma or traumas.

Once found, then you will want to spend time Groking how the old belief affected your life. Look how the old belief made you perceive the experience in an unloving way. Now that you know the truth, what have you learned from the experience? Then see if you developed more gifts from that experience.

Once you feel the groking is complete, then you will do a release.

Here are some examples using the same belief we used in the Stage One: "There is never enough money!"

### **Example One**

*You flashback to when you were ten years old, you wanted to join the cheerleading squad, and it was going to cost \$200 for the uniform and traveling expenses. You knew your Dad wouldn't go for it, so you went to your Mom, pleading your case. Your Mom got a very worried look on her face. She went into the study where your father was paying the bills, and he totally erupted. You heard him throw something hard that exploded against the wall, and your mother came running out of the room, her face white as a ghost. She was shaking her head and looking at you as if to say, "Don't ever ask me to do that again!"*

*When you **Grok** this experience, you would get a warm feeling of accomplishment, because two days after this happened you told your cheerleading coach about your predicament, and she helped you*

*establish yourself as a babysitter so that you could earn the money you needed. You were so good at the business part! You would babysit two or three children at the same time whenever possible, earning two or three times what you'd get if you only babysat one child. And babysitting two or three children was easier than one, because they all played together. So, the hardship that your father created helped you find and develop a strength you had within you. In this way, you would become grateful for the trauma, and when you feel into the trauma with your new truth, you would feel Love, contentment, and proof that there is always plenty of money. Yeaaaah*

### **Example Two**

*You remember a day in your early twenties when you had been living for a year and a half with your boyfriend James (which is also your father's name). You received an eviction notice from your landlord because you were two months behind on rent. The ache in your stomach you'd had for the past six months, started to burn and you started to feel nauseous. You had given your half of the rent to James for both months, and he'd told you that he'd paid the rent, but now you know he didn't. So, you called James at work and read him the eviction notice, and he yelled back at you, "I'm sorry! I just don't have enough money! I never have enough money!" You said, "But James, you make more than I do. Where are you spending all your money? And how could you lie to me?" and you slammed the phone down because you knew what he was going to say, and you didn't want to hear it again. Your stomach was burning so bad! You knew he was spending his money on alcohol, but he wouldn't tell you that. Instead, he'd say, "I just don't make enough money!"*

*To **Grok** this one from your understanding of Love Reversals, you would see that you had been living with a younger version of your father, almost a duplicate. You were attracted to him partly because you were comfortable with the fear of not having enough money that you experienced with your father. Fortunately, the experience of being evicted was so painful that you chose to leave James and move out on*

*your own. This became a blessing, because when you were looking for another place to live, you found a house that had been a daycare center. As soon as you saw it, peace came into that burning place in your stomach. It reminded you of how you had Loved taking care of children when you were younger, so you decided to rent it and start a new daycare business. You did quite well for yourself and your clients. Once again, this new business brought peace and contentment to the old trauma and proved to you that you've always been able to make plenty of money!*

After you heal each supporting trauma, it is important to do a **release**. After the healing, embody your truth, and revisit the supporting trauma and feel if there is any pain in any of your bodies. If so, set the intention, relax, and let the pain and energy move out of your bodies.

After you do your release for whatever unloving belief you're working on, embody your truth and continue looking for similar supporting traumas throughout your life until you've found and healed them all. If there are more than four or five, then healing every trauma may not be necessary because healing them becomes the same each time. You only need to heal the supporting traumas that **trigger** you. If you come to a trauma and it no longer triggers you, then move to the next one. Sometimes it will take two or three healing sessions to find them all.

**Remember to check yourself** to feel into the old traumas after you've done the work and released any pain, and make sure you feel great! Those old experiences should no longer trigger you by revisiting them after you have groked them and released the pain. Make sure you write down all the gifts and strengths you have gleaned from each supporting experience in your journal if there are new points or gifts. This is most important. Writing them down has a way of making them more real. Look at all the work you have done on yourself and how the universe is supporting you by helping you grow in Love and integrity. Once all the supporting traumas are healed—and you will know

because you will no longer be triggered by the old belief anywhere in your past—then Stage Two is complete for that belief.

## **Congratulations!**

### **You have just completed a Stage Two.**

Here is a **Stage Two Outline** to help you:

## **Stage Two Outline**

### **1. Get really BIG in Love by embodying your truth for at least two minutes!**

**Read over your points and gifts about groking the original trauma. Once you have that knowledge fresh in your mind, set the intention:**

State out loud: “I am setting the intention of finding the supporting traumas that started my old unloving belief - (state belief)

**Find the supporting trauma that came after the original trauma. (After you have healed this supporting trauma, each preceding time you will go to the next supporting trauma in secession.)**

Then say: Please show me where the earliest supporting trauma is that support my old belief - (state belief)

Allow yourself some time to remember the traumas. As soon as you remember the trauma, open yourself to feel the pain of it. Embody the pain just enough for you to feel the pain for a moment, just enough to understand how the experience triggered you, (this should take less time than it took to feel the initial trauma or series of traumas) and once felt, pull yourself back out to Love.

### **2. Embody your truth!**

Give yourself the time you need to feel totally empowered by your truth and Love. Once there, see how your old belief is not true

and how the presence of that belief made you perceive the experience according to the belief. Then take the time to **Grok the experience**. Are there new points to find and what gifts did you glean from this experience? Write them down.

### **3. Embody your truth!**

#### **Release the pain out of your body.**

State out loud: I am setting the intention to release the pain that the old belief and this trauma has been holding in my body. Then, just let the energy come out however it chooses to, being careful not to let your body get hurt. Hopefully you can do this in a place in which you are free to make sounds that will not interfere with other people around you.

### **4. Embody your truth for at least two minutes!**

Once finished, congratulations! You have just finished a Stage Two and you are ready for the next one if you have time. After four or five supporting traumas, they will start to become redundant. After this, then just look into your past for any supporting traumas that still trigger you and work on them.

Once finished, you are done with the Stage Twos for that old belief and ready for Stage Three.

## **Congratulations!**

### **You have just completed a Stage Two!**

Record what you have found with each experience in your journal and remember to thank your Guides for their help.



## Chapter 22

### Stage Three

Congratulations, you have reached the last stage to healing your old belief and the pain it is causing you. Your old belief has created patterns of habitual acting and reacting in your present-day life that you will want to change. These habits are the emotional responses caused by the old belief. We refer to these emotional responses as “being triggered”. When you’re triggered, your body automatically starts reacting to the old belief by producing the emotion of the belief in the area of your body it manifests in. As the emotion comes into being, your thoughts and perception will start supporting the old belief. This is the habit.

Healing the habits can be kind of fun because those old patterns do not have the power they used to have. The belief is not there to back them up anymore. **You now know the truth and you’ve been living your truth by embodying your truth.** All the supporting traumas that used to empower the beliefs are healed. They have been Groked, completely understood, the gifts gleaned, and the pain released. Now you’re ready to heal the habits. The truth empowers you to change the ways you act and react, to change the way you perceive your surroundings, and to change the way you think. This is giving you the wisdom to make loving decisions. You can now use that ability to change the habits that were created from believing the old belief.

Embodying your truth is going to be the foundation, your rock, to helping you heal your habits. So, use all the Love Tools that you resonate with to make it strong.

So, what exactly will you be doing to heal a habit? You’re moving through your life and something you’re thinking about or something in your vicinity triggers your old belief. Immediately the emotion shows up where it always does in your body. Then your perception and thoughts immediately start looking for all the reasons

to prove to you that the old belief is true, then they move you to act or react in some unloving way. The way you act or react is a habit. **This is the metaphysical blueprint for how habits work.**

Your job, should you choose to accept it, is to alter this process in any loving way you can, using any loving tool that you resonate with. You will want to empower yourself with powerful Love Tools for preventive action to curb the habits before you even become triggered, to interrupt the old habit if you find yourself in the middle of a trigger, and to even have backup plans if you find you are being overpowered by the habit even when you're giving it your best shot.

To start the Stage Threes, you will want to embody your truth for a couple of minutes and then use VAI to ask yourself, "What habits have I created in myself to prove to me that this old belief is true?" As you observe your recent past, looking for your habits, write them down as they come to you.

You can use your posture to help you find your habits. If you are standing or sitting strong and you start to get triggered, if you are aware of it, you will notice that your posture might start changing, your shoulders might start to cave in so to speak, and you might feel your body start to weaken. Keeping your posture strong and true is a great tool to help you find, acknowledge, and change your habits.

When looking for your habits, make sure you move through two or three days of your life in all your different capacities, like going to work or school, taking care of your children, your pets, cleaning the house or yard, driving, what you do on your days off, going to sleep, waking up, cleaning your body, etc. Once you are sure you have them all, then take some time to chart them. Where and when are your triggers going to show up. Actually get a calendar and chart what time of day and where you will be when the triggers are going to show up. Some habits are not chartable. For those habits, write down how you will be able to know if the habit is going to show up before you get triggered.

Now go through all the information you have acquired and figure out what Love Tools you will use to help yourself change the old habits. Embodying your truth will probably be the Love Tool you use the most. When you know you are about to move into a time and place where you normally get triggered, you can empower yourself with your truth and repeat your truth statement over and over in your mind to keep yourself from allowing the old habit to get started. If the emotions come even while you are repeating your truth, you can continue to repeat your truth so that your thoughts do not feed the emotion. You can continue to repeat your truth until the emotion goes away. Each time you are able to be successful in not letting your thoughts feed the emotion, your willpower gets stronger, and your old habit gets weaker. Eventually the habit will be completely healed, and you will be able to enjoy the rest of your life free from the pain.

Here is an example. We will continue to work with the belief: "There is never enough money!"

*In this example, you have written down the habits you have found: I get triggered when I pay the bills, when I grab my wallet to pay for something, on my way to work, during work, and on my way home from work, when I think of wanting to go on vacation, and if an emergency comes up that will take money to fix.*

*I have charted on my calendar when and where these habits are going to show up, so I know when most of them are going to show up.*

*We'll start with **paying the bills**. Generally, when you have a belief this old, one that has been creating traumas since young adulthood, as soon as you even think about paying the bills, your body will immediately react by producing fear reactions in whatever way they manifest for you. The feeling of fear will be immediately obvious to you because now the old feeling contradicts your new truth. (Before, you were numb to the pain and it just fed your old belief, "proving" to you that the old belief was true.) Your body's pattern of immediately going into the fear of not having enough money every time you think*

of paying bills may be very strong. You will need to be mindful and heartfelt to change this pattern. You will need to learn how to pay your bills with your heart open by learning to enjoy the process. You can learn to bask in your abundance and be grateful for your abundance. This is a process very much like what Jake went through in Chapter 6, *Loving Sounds*.

To heal this habit, you will want to empower yourself by embodying your truth with, **“We (the Universe and I) are so abundant and I Love making money!”** You will want to do this a couple of minutes before you get to where you are going to start paying your bills by continually repeating your truth statement. As you sit down and start paying the bills, you can interlace your truth statement with fun statements like **“I always have plenty of money!”**, or **“I love paying my bills! Paying my bills totally ROCKS!”** By keeping this powerful Love dialogue going, you very effectively keep your thoughts from feeding the old belief.

There are other tools you could use as well. You could use your good posture, *Gliding*, or *Shining*.

**On the way to work, during work, and going home from work.** These habits are a little more challenging to heal because they can pop up at any time before, during, and after work. It would be great if you could embody your truth and extend it all throughout your day, and if you learn how to *Glide* you could do just that. *Gliding* enables you to keep your conscious mind at bay so to speak, for indefinite amounts of time. If you do not know how to *Glide*, it is helpful to continually repeat your truth statement all throughout the day. You could sing or play *Loving* music to keep yourself focused on Love and abundance. It is oftentimes helpful to have a plethora of Love Tools you can use to keep it fresh, fun, and exciting.

**Emergencies come up that will take money to fix.** Embodying your truth is always good here. For some people, using *Loving Questions* with experiences like this is invaluable. We tend to ask questions any time an emergency evolves, so asking *Loving* questions

*will always help you stay tuned into your intuition so that you know that the universe is so abundant, that everything will work itself out.*

*With any and all of your unloving habits that come from your old fear of not having enough money, you now **know** that you will always not only have enough, but that **you will always be taken care of**. The Universe is sooooo abundant, and you are part of the wonder of it all.*

*Look at all the benefits you have gleaned from healing this one belief and the habits that go with it. You have discovered you are really good at making money. You have come to understand you have always been taken care of. Now, instead of feeling fear about the lack of money, you love paying the bills, you love spending money, you love making money and empowering yourself with that kind of confidence and intelligence. Now you will want to become really good at budgeting your money and as you do, you will find that more and more abundance comes to you, continuously. This will help you develop trust in the Universe. It will enable you to spend a lot more of your life in Love. You have peace in your heart regarding anything financial and that is just exciting!*

We hope that these examples will help you get a good idea on how to use your embodied truth and the Love Tools to heal your habits. It's important to **take the time with each habit you are healing** to discover what Loving Tools will work to change the old habit. Generally, it takes two to six weeks to heal most habits. And it happens quite often that a few months after you have healed a habit completely, another experience will pop up to test your newfound knowledge and habits. If you don't get triggered then you are completely done, you have healed the old belief and its habits for life.

If you had any physical ailment that went along with the belief, usually the ailment will heal within a few days to months. If it doesn't heal, then you may have some other unloving belief or Love Reversal connected to it. Work with your Guides and figure it out

because generally, physical manifestations are messages to help you understand what is going on metaphysically.

**Take a moment to go back and look at what you have just done. For the first time in your life, you have completely healed an unloving belief and all the habits that go with it. WOW! You now have peace about you that you didn't have before, and this peace will follow you and empower you for the rest of your life. You will never have to learn this again. You are bigger spiritually and as a person. You are bigger in awareness and Love. You are more intelligent. That is such an incredible thing. Not only are you more intelligent, but along with the peace and love that accompanies your intelligence, you have gained wisdom. You are fulfilling the Earth's Objective and becoming more of who you are and who you can be! Take some time to bask in the wonder of what you have just done and use the knowing of it to empower yourself to heal your next unloving belief!**

If you continue to heal one belief at a time and the habits that go with it, if you will spend thirty to forty minutes a day doing Stages One, Two, and Three, three or four days a week, week after week, then you will continually get smarter and smarter, and bigger and bigger in Love. There is no limit to how big you can grow, and eventually you will be able to master healing all your unloving beliefs and habits. When you live in this way, you will also make it easier for people around the world to do it too, like Roger Banister running the first four-minute mile!

**When you have healed all there is to heal in your lineage, the outcome will be more glorious than you have ever imagined!**

Here is a **Stage Three Outline** for you:

## **Stage Three Outline**

**1. Get really BIG in Love by embodying your truth for a couple of minutes!**

Use VAI to ask yourself, “What habits have I created in myself to prove to me that this old belief is true?”

As you observe your recent past, looking for your habits, write them down as they come to you. Make sure you move through two or three days to a week of your life in all your different capacities.

Then, chart your habits if they are chartable. On your calendar, write when and where they are going to show up so that you can empower yourself before you get triggered.

## **2. Spend a little more time embodying your truth**

State, “What Love tools can I use to help me stay in Love before I am triggered or to get back to Love after I am triggered by one of my old habits?” Write them down on your calendar or journal.

Then as you start your day, get out your calendar and journal and figure out when and where to use the Love Tools you have chosen for each habit.

Develop a Love Tool for emergencies in case you find yourself getting triggered at an uncharted time.

As you work on healing your habits daily, generally, it will take less and less time to get back to Love. Soon you will find that you will not get triggered any more. When you find that you have completely healed a habit, celebrate! That is an incredible accomplishment!

**JAI-MA! Wooooooooooooooooo Feel the LOVE!**

**(Jai-ma is a Sanskrit word that means Praise the Goddess!)**

Now that you understand how to do all three stages, it is important to journal your work in a way that enables you to Grok the whole process completely. **If you learn to use the worksheet below for each belief, it will enable you to reduce the time you spend processing, making your processing more efficient.**

# The Growing Big In Love Healing Process

You will want to get big in Love before each action.

## Stage One

What is the unloving belief - when you state this belief, what is the emotion and where does the pain show up in or on your body?

What is the original trauma or series of traumas?

What is the truth – the truth should be written in one strong sentence and when spoken, should light up your whole body. Embody your truth for three or four minutes so that you can feel what it feels like to know and live your truth.

Spend time groking by finding the points and list them. Find the gifts you gleaned from pushing up against the emotion and list them.

Release any pain that comes to the surface.

## Stage Two

Spend three or four minutes embodying your truth.

List your supporting traumas and take the time to Grok them.

List any new points or new gifts gleaned if they are different than the original trauma or series of traumas.

Release any pain that comes to the surface for each one.

## Stage Three

Spend three or four minutes embodying your truth.

What were the habits – make sure you get all the habits - chart the habits.

What are the Love tools to heal the habits - chart when and where you will use your new Love tools to create healthy habits.

If there is a pain, disease, or health condition connected to this old belief, write down when it healed completely.

When you know you are done, when you have healed a belief and its habits completely, celebrate your accomplishment. You have just added a bunch of love to our beautiful planet.



**By sticking to this method of accounting, your time spent in healing will become organized, more efficient, and it will enable you to spend more time having fun.**

**You will be amazed at how living your truth by embodying your truth empowers you to live in love more and more.**

By keeping an accurate account of each belief, as you do the work of healing them, you will compile quite a list. As your list grows and grows, you will be able to look back on your work and see the impact it has had on your life. You will be able to see how you have very personally helped with the realizing of the Earth's Objective.

Every unloving belief and its habits that you heal, puts you closer and closer to living without pain and experiencing more and more of the wonder that is all around and within you.

I received this testimonial from Raquel, six months after she had taken the Love Mastery Course. This is an example of what a person can do who commits to growing big in love and healing their pain daily. Since the end of the course, Raquel had been Gliding throughout parts of her day, every day, and spending two to three hours a week on healing.

### **Raquel's Testimonial**

*Growing Big in Love has been a huge part of my life since I met Raven over five years ago. I've made Love Time a daily practice. My Love Time practices include spending time in nature and with animals including my kitty, swimming, dancing, making Love, moving my body, singing, and appreciating learning new things. There is an awareness I didn't have before about all the goodness in the world, and a fullness in my heart that I can tap into when things are hard. It has helped me to focus on the positive instead of the negative, which my upbringing in our society taught me to do. I clearly know my connection with the Divine, which I can access at any time.*

*The processing work that I have done through Growing Big in Love has also helped me to break a lifetime habit of living in fear and*

*feeling like a victim, whether it's feeling left out, jealous, invisible, rejected or abandoned, taken advantage of, expected to be a certain way for other people, or afraid of not having enough money or time. I've grown into a more self-confident and happier woman, have learned to enjoy my own company, found a fulfilling job, a beautiful relationship, and have learned how to set personal boundaries in a Loving way. My relationships with my mother and daughter have improved greatly, and I now enjoy their company. My Love relationship has blossomed, and I can really feel the Love we have for each other, instead of always focusing on what is wrong or missing. My work fulfills my needs for making a difference in the world and earning enough money to enjoy life, and I've learned to prioritize my time so that I am doing the things that matter to me. Also, my body feels healthy, strong and more energetic than ever.*

*Yes, I still have old habits that pop up, where I feel afraid, overwhelmed, unseen, or stepped on by others. But I know that this is a lifetime practice, that I am continually evolving, and that I now have the tools through Growing Big in Love to change these habits and live a happier, more fulfilling life.*

And this is her testimonial after two years:

*It's been two years since I completed the Love Mastery Course, and my life has never been better in so many ways! I have learned to love my own company and the company of the Divine, and to feel love and gratitude for my amazing life every day. I have developed many new and deep authentic friendships and have learned to communicate my needs and boundaries in a healthy loving way. When I had financial setback that was out of my control, I didn't let my past habits around fear of not having enough money run my life, and instead found a way to purchase and creatively renovate my own home! I have developed mastery in my work and have been offered to be trained for a promotion. And I have developed a new loving relationship with deep respect, clear boundaries, and so much beautiful connection and joy! I continue to use the Love Healing Process on a regular basis and am*

*seeing and interrupting much more quickly the patterns of fear that had become habits for so much of my life, but which no longer control me. I am so grateful to Raven for helping me to see how much love there is in the world and how every moment is an opportunity to connect with the Divine, to experience love, and to heal old unloving patterns that no longer serve me.*

*Raquel*

## Chapter 23

# Love Reversals

Everything you have read up to now has been designed to help you become powerful enough to heal Love Reversals. Since we have so many Love Reversals within us, a vast amount of the pain we experience daily is not consciously felt. The pain is definitely happening, we just do not notice it because of the numbness accompanied by the trauma that created it. This is why when we get older, we suddenly find that we have stage three cancer, or we find ourselves having a heart attack or an aneurism. Most diseases are caused by acting and reacting in the unloving ways that we do all the time.

Love Reversals are one of the most powerful unloving conditions known to humankind. They are behind every argument, every fight, and every war. They are the cause of people reacting to each other with anger, hatred, and rage. They cause people to commit acts of revenge, torture, and rape. They are so powerful they distort our views of the world and are the underlying cause of justification and obsession. Let us give you some examples so that we are all on the same page with this.

Before you read what comes next, I want to tell you that my heart goes out to any of you who find yourselves being one of the people that have these Love Reversals within you. I had some versions of each of them myself, and it is through learning how to heal them that has enabled me to help others do the same. So, if you find you are one of them, please know that you are here to help heal the lineage you have been born into. If you do not like what you find within you, or if you have any Love Reversal that is making you feel justified in hurting other people, once you understand that you have it, then you can also empower yourself to have the strength to change and heal it. The Love and strength are within you.

## **Love Reversals can cause you to:**

### **Get angry at someone you Love and then argue with, yell at, or hit them.**

A Love Reversal can make you feel justified about feeling anger, sometimes even rage at someone you Love. If you don't know the Love Reversal is there, it would be rare if you were able to stop the emotions from taking over you. Something they say or do will trigger the belief behind the Love Reversal and you'll find yourself feeling justified about arguing, yelling, or even hitting the person in anger or rage. The justification will open the door for your thoughts and energy to feed the anger and rage, making you feel more and more anger or rage. If you Love the person, after it's over, you will feel horrible. You'll feel pain in your body and guilt in your heart. And then quite often in time, you will feel shame, the feeling that there is something wrong with you. If you do this to a person you do not have Love for, you may not feel guilt. In fact, the justification you feel may make you feel like the person deserved whatever you have done to them. You may find yourself feeling justified in hating or loathing that person. **(Arguing, fighting, or hitting anyone about anything is an unloving act and causes pain and karma.)** In most situations like this you feel **compelled to do what you think is right** for you in the moment, no matter how unloving it is.

**If you learn how to become big in Love and learn to do the work of healing your unloving beliefs/Love Reversals,** you can learn to heal your anger and rage so that you will never want to argue with anyone ever again, and you'll get to where you would never even think of fighting, hitting, or beating anyone. As you heal it becomes normal for you to think of what the most loving way is to handle this situation. You will come to understand that if you start to feel justified about anything, you may be about to decide to hurt someone, somehow. If you follow through and cause someone pain, your actions will create even more pain for you, especially when you move through

anger or rage, there will be lots of pain you will experience. It is the consequence of using your energy to move away from Love. Learning to heal your anger and rage by figuring out how to approach all circumstances with love will serve you all your days.

## **Get angry at your own child and then argue with, yell at, or hit them.**

If a child is raised in a family in which they are yelled at, hit, and beaten every day for years on end, it is not unusual for the child to become a parent who treats their children the same way. In many cases, even if the adult has gained the intelligence to know it is wrong, that they are hurting themselves and their children, the feelings of being justified are so strong, they will find it almost impossible to stop themselves from abusing their children. Instead, they will feel so justified that they are right in getting angry, that they will be **compelled** to use harsh measures to make their children **behave**. The consequence of arguing, yelling, hitting, or beating a child is much worse than hitting an adult. It will cause the parent to have to experience an incredible amount of pain that lasts for a long time. (If you find yourself arguing, yelling at, or hitting your child or children, please seek professional help while you learn to work on yourself.)

**If you learn how to become big in Love and you learn to do the work of healing your unloving beliefs/Love Reversals, you will gain the ability to heal your anger and rage and you can learn how to parent your children through Love and friendship. This means you will never need to discipline your children, just Lovingly guide them, play with, and enjoy them.**

## **Live with someone who does not Love you.**

This is a widespread epidemic across the planet: people in supposedly Loving relationships in which there is very little, or no Love will continue to live together for months and years. They feel **compelled** to stay in the relationship because for some reason they

**think it is the right thing to do.** For instance, weeks, months, or years ago, they may have promised to stay together no matter what, and they're sticking to it! (They promised, "Until death do you part," and neither one of them has died yet.) Or they are afraid to be by themselves or on their own; maybe they're afraid they won't be able to support themselves. Or their mate contracted a long-term disease, and they feel guilty for leaving them. Or they're afraid their children will suffer from a broken marriage. Or their religion demands that marriage is for life.

**Can you feel how a Love Reversal works like this, you are so accustomed to living in a painful relationship, you just keep living in pain day after day? You will find that you are actually addicted to the pain. If you learn how to become big in Love and actively work on healing your beliefs/Love Reversals about relationships, you will develop so much Love, awareness, and strength that you will develop the strength of mind to know when it is healthy for you to stay in a relationship and grow it stronger or to change or leave a relationship.**

### **Eat things that will hurt you.**

Your body is your temple for Loving action. What and how much of what you put into your body has a lot to do with how good an experience you have, day to day. Most people instinctively know this, and yet Love Reversals around eating are so powerful that they make people obsess over all kinds of strange eating habits and make it very difficult to know what the right kind of food for their body is or how much of it to eat.

**If you have challenges with food, feel into yourself and see if you can find how the Love Reversal is working within you. If you learn how to become big in Love and actively heal the unloving beliefs/Love Reversals you have about food and eating, you will be able to develop your willpower so that it is so strong, you will be able to choose healthy food over your old habits until it becomes natural and easy to just eat the healthy food. If you are ambitious about learning to eat healthy food, you will come to discover that there are a**

lot of different kinds of healthy food, and you can learn how to prepare them well.

## **Abuse alcohol and drugs.**

Many people take drugs because it makes them **feel something**, depending on the characteristics of the drug. Alcohol gives you “liquid courage;” pot makes you feel, think, relax, and laugh depending on what kind of pot; speed gives you energy; downers make you relaxed. Some people use drugs to feel things. Others use drugs to numb out or to feel soothed. From what I have seen, people who have had abusive childhoods have more of a tendency to abuse drugs. They have so many Love Reversals within them, that they are numb to the experience of life. Drugs enable them to feel something! The drugs give them relief from the pain and from being numb. So, it’s easy to see why someone would take drugs all the time or take excessive amounts of drugs. They are **compelled** to do anything that would just make them feel better!

**If you learn how to become big in Love and actively heal your unloving beliefs/Love Reversals that keep you numb so that you can become powerful in Love**, your body will become stronger and more sensitive. You can gain the strength you need to heal addiction.

As you can see from this very small and incomplete list of Love Reversals, our lives are filled with pain in so many ways that we are not aware of, **in ways that we are numb to. We are actually compelled to create pain for ourselves and others through our ignorance of the existence and operation of Love Reversals.**

## **Love Reversals Can Be Stronger Than Instinct**

So, let's look a little closer at the metaphysics of how Love Reversals are created.

If you're ten years old and you're raised in a Loving family and you get slapped hard across the face for the first time in your life by a parent or someone you have trusted in that family, the shock and the pain is something you will never ever forget! This kind of trauma could be considered **short-term trauma**. But if you're two years old and you



get slapped across the face day after day after day for years, your mental, emotional, and spiritual bodies spend so much time in shock that you become numb to your life. We can call this **elongated trauma**. Remember how there are deeper levels of trauma in the Active Defense? (Chapter 15, What Is Trauma, Dr. Peter Levine's Work) When your bodies experience repeated intense trauma, you will experience being numb from the shock for long periods of time. Elongated trauma affects all five of your bodies significantly. After months of this kind of abuse, the pain will feel normal to you, it won't affect you the way a single slap in the face does. You'll still **feel the pain every time**, just like the ten-year-old, but you're numb to it. **Elongated trauma is what causes Love Reversals.**

The state of the parent or person's heart who is slapping you has a lot to do with the type of Love Reversal you develop.

- If your parent is hateful, your Love Reversal will be one of feeling numb to being hated.
- If your parent is angry or in a rage, your Love Reversal will result in feeling numb to feeling anger or rage energy.
- If your parent is controlling and engages in behavior that makes you fear them, then you will feel numb to feeling terrified in relationship.

When you leave home, you will undoubtedly seek out other people who treat you in ways similar to how your parent(s) treated you. You will find mates and friends who abuse you, hate you, rage at you, control you, or make you afraid of them. You will do this because you feel numb to their behaviors on an Inner Conscious level where your Love Reversals live, and you are comfortable with the types of abuse your mates and friends will give you.

Additionally, you will find if you have children, that you could have the horrible urge to yell at and hit your children the same way you were abused. There are some people who, no matter how hard they try, can't stop themselves from hitting their children - until they become bigger and stronger than the Love Reversal. The flip side of

this is that there are parents who, instead of hitting their children, in an attempt to not hit them, do not discipline their children at all. When they get triggered by their children, their conditioned response is to hit them, and in order to not hit them, they become numb in their minds. And being triggered, they find it exceedingly difficult to think coherently and often choose not to do anything. (They just want the problem to go away!) The results of this kind of parenting can be incredibly challenging to deal with, as the children often act out of control because they have no healthy boundaries for what is Loving and what is not. And the children are duplicating the mindset of the parents.

The intensity of the elongated trauma will also have a strong bearing on how strong your Love Reversals are. In the example above, the harder the slaps are, the more numbing happens to the spiritual, mental, emotional, and physical bodies. The duration of the abuse is a factor as well.

In Chapter 15, *What Is Trauma? Dr. Peter Levine's Work*, you may recall that Bonnie's symptoms did not emerge full-blown until twelve to eighteen months after the traumatic experience. We would like to introduce the idea that when people who have experienced a radical trauma do not experience the physical playing-out of the trauma for six weeks, six months, a year, or more, it may be due to how powerful their Love Reversals are. We assert that the longer it takes for the symptoms to emerge, the stronger the Love Reversals are.

**As we stated before, a Love Reversal can become stronger than instinct.** If you're a child and one of your parents is coming to slap you, usually you know it is coming. What is your instinctual response at that moment—to run, to fight, to freeze, or to fold? As an abused child you may not be able to do any of those things. You might try to do any or all of them, but experience will show you that you rarely can do anything. If you do, the consequence you may end up experiencing could be even greater abuse. That means that the pain of

the abuse you are receiving becomes stronger than your instinct, and the shock you are forced to experience is stronger than your instinct. Thus, children who live in abusive environments are generally in a constant **state of heightened** arousal. Like the herd of gazelles that is poised to run from hearing a snapping twig, their little bodies are continually poised for fight or flight. They never get to relax! Because of this, they are rarely ever able to play. They go to sleep in shock and terror and shortly after they wake up, their little bodies enter the state of hyperarousal and reactivity, because they know the pain is coming any minute. Is it any wonder that people raised in these environments cannot remember their childhoods? For some, they were numbed out their entire childhood!

**So, this is what we mean when we say that some Love Reversals are stronger than instinct!**

The more intense the Love Reversal, the harder it is to feel it or see it, because the mental, emotional, physical, and spiritual bodies have been so thoroughly numbed. The more intense the Love Reversal, the harder it is to heal. The **only way to heal Love Reversals** is with **Love, BIG Love**. So, in order to heal you'll want to achieve strong levels of Gliding throughout parts of your day and eventually all of your day. Then do Stages One, Two, and Three on each of the beliefs that are creating the Love Reversal. To heal Stage Three, the habits, a person will need **to use Gliding to heal the moment-to-moment terror, hatred, or rage, with moment-to-moment Love**.

Now we would like to give you three more scenarios, each one a variation on this basic situation, to help you understand how powerful Love Reversals can be and to show you what to look for when you are trying to find them in yourself:

### **Love Reversal Scenario 1**

*Your mom is very controlling. She has certain standards that she demands you comply with from the age of two. She is stern and regimenting. If you do as she asks, everything runs smoothly. If you step out of line, she comes down on you hard with her voice. Her heart*

*is open and closed at random. If you disobey, it closes tight. When her heart is open, you feel her Love and enjoy the feeling of her, but you never know when it's going to close. Your father is submissive. He's weak-minded and does pretty much anything your mother wants him to do.*

*You were born with a lot of fear in you, and it makes you shy and meek. You totally relate to your father and feel close to him because he feels the way you feel. You learn how to keep your mom from erupting by watching and imitating your dad.*

*Family life is not bad because you and your dad are buddies, and you play by mom's rules and rarely tick her off. As you become older, you find it hard to function outside of your mother's world because the world outside doesn't seem to play by the same rules, and you don't know how to think for yourself. The way she raised you, she did all the thinking for you.*

*As an adult you discover that you have a Love Reversal that makes you constantly afraid, to such a degree that it would never occur to you that you could have a life without fear. You find it difficult to be social because you feel accustomed to being controlled, and most controlling people are abusive and mean. If you ever lost your father, you would be beyond devastated because he is the only person who understands you.*

## **Love Reversal Scenario 2**

*You were born with a part of your heart open all the time. When your mother's heart is open, this is great because you can feel her Love strongly. But when her heart is closed it hurts you. Since your heart is always open, you have an inner knowledge about what is right and wrong. You sense that your mother is not right when she's trying to control you into acting and being certain ways. This confuses you. You see your father acting submissive with his heart closed most of the time, and that hurts you too. It doesn't feel right. When you try to be the way you naturally are, often it doesn't fit with your mother's rules. She comes down on you hard, and that hurts badly. You learn to*

*become defiant just so you can feel the way you want to feel, but the more you try, the meaner your mother gets. Your father is forever telling you, "If you would just do what she tells you, everything would be fine!" and you know that he's lying. Everything is not fine! Everything is really messed up!*

*As you get older, things get to the point where your mother's heart is never open to you because she can't get you to comply with her demands and she outwardly hates you for being a bad child. She tries to make you feel guilty and ashamed for being defiant. She's on you all the time, she never lets up, and it feels like she's trying to break you.*

*As an adult, you find that you have a Love Reversal that makes you feel accustomed to people abusing you, mostly people who inwardly hate you. However, that part generally doesn't show up until you know them for a while and the newness of the relationship wears off. The abuse starts off subtly and gradually gets worse and worse, a perfect blueprint of the relationship with your mother.*

### **Love Reversal Scenario 3**

*You are born to be independent and head strong. From birth, you mirror the state of your mom's heart. Starting in the hospital, your mom deduces that you don't like her because every time she holds you, you scream until someone else takes you and then you calm down. She doesn't realize that it's her closed heart that's making you cry, so she develops the belief that you don't like her. This doesn't fit with her idea of a happy family, and it puts her into inner turmoil. You mirror her inner turmoil by screaming nonstop for hours and hours at a time, for days on end. Your mom tries to get your father to take care of you, but his heart is closed, too, and they both become miserable.*

*By the time you're two you've been put on drugs to calm you down, and you live in a kind of drugged haze. You have more energy than both your parents together, so it takes a lot of drugs to keep you manageable. As you grow older, you have learning disorders because*

*you can't think clearly, so you get put in special classes, but somehow you pull through.*

*By the time you're a teenager, you've arranged your life so that you have very little contact with your parents. You start weaning yourself off the drugs and discover that you actually do have a brain—it's just that it was put on hold for most of your life. But then not a day goes by without something weird happening. You have a Love Reversal that makes you feel accustomed to being in total chaos! You almost crave it, which is how your mother's incessant control made you feel. It makes it really difficult to live day to day!*

*As a young adult, you turn to drugs and alcohol because you are used to feeling drugs in your system and it numbs the chaos around you. It is hard to hold down a job because it feels like you never have any support, and something always happens to sabotage your work.*

In Love Reversal Scenario 3, can you see that the stronger the mother is, the worse the abuse is to the child? Some parents in scenarios like this one resort to torture to exert control over the child. Things like locking them in their rooms, closets, or basements, sometimes with no food or light or warmth, making them stand in the corner for hours, spanking them, slapping them, or making them hit themselves.

Can you see why people raised like this would hurt other people, end up in jail, or commit suicide?

Imagine what it's like for a child brought up in a caustic environment. When a child is subjected to daily abuse, their bodies are in the Arrest state all the time, continually poised for flight—except most children in these situations have nowhere to run to. (Remember that in the Arrest state the senses become magnified, the heart rate speeds up, and the muscles tense, ready for action.) When the abuse happens every day, the instinct is to Fight, Flight, Freeze, or Fold, but the spiritual, emotional, physical, and mental bodies are numb from being in a constant state of shock.

When a child continually lives in a state of Arrest, they are living in a state of terror. The state of arrest is not just fear but **"I'm afraid for my life!"** It's a closed-heart state, closed from terror that keeps the body tense and the mind alert for the tiniest sound or movement, moment by moment. This elongated trauma, in which the child is in a continuously traumatized state day after day, creates exhausting pain. The child never feels safe and can never relax. This becomes a Love Reversal just by itself. When the child grows older, they find themselves in situations that are taxing, stressful, and painful, they feel exhausted all the time, and they cannot figure out why life is so hard!

If you have very deep pain like this to heal and you spend a few years healing beliefs and habits that you can identify, you will naturally move to healing the deeper pain within you. Healing the Love Reversals is a matter of healing the beliefs that create the Love Reversals, one at a time. You use Stage One and Two to do that.

Healing the habits of these Love Reversals may pose some of the biggest challenges of your life and the most rewarding.

## **Love Reversal Loops**

Some Love Reversals become so embedded within you, and have so many beliefs attached to them, that they will create what we will call a **Love Reversal Loop**. A Love Reversal Loop is created by a tremendous amount of trauma and is so powerful that once it is created, it is present within you all the time, just like your breathing, just like your heartbeat. In fact, it becomes so much a part of you that you would not know how to think and react properly without it. You actually become completely addicted to the emotion of the Loop. They affect almost every part of your life. There is so much numbness connected with them, that they are hard to find. It is only through months and months of growing in Love and processing that will give you the strength and clarity to find them so that you can start the process of healing them. And it takes the strength of Gliding and Shining to heal the habits they create.

Love Reversal Loops are often the cause of Cancers. They give you the feeling that something is constantly eating at you, and it never goes away. And they are generally caused by the beliefs of your lineage.

These extremely abusive family lineages that create the conditions for Love Reversal Loops are where most of the chaos on our planet is coming from. People get so used to being abused and so numb to the abuse that they cannot feel when they are hurting or when they're hurting other people.

If you've ever had a Love Reversal Loop that made you do something harmful to yourself or to someone else, even when you knew it was wrong, then hopefully you can find it in yourself to **not** judge other people when you see them doing something horrible. Send them prayers of Love and kindness and see them surrounded by Love. Do what you must do to keep yourself and others safe, but also pray for those who you see acting out of pain. Send them Love. Hopefully, you can learn to forgive yourself if you happen to be one of them.

We are giving you these explanations and examples to give you a sense of what to look for when you search your past to determine what your Love Reversals are. (We'll explain more about the Love Reversal Loops later.) Once you find them in yourself, that is half the battle to healing them. When you get to the point where you can consciously watch yourself living out a Love Reversal, you can **use that experience** as motivation to become more Loving so that you will no longer be controlled by your Love Reversals.

Your Love Reversals are not your parents' fault. Their Love Reversals are not their parents' fault. All the lineages ALL over this planet (and there are millions of them) have been created simply from humanity being immersed in this world, innocently ignorant, **so that every kind of pain possible could be fully experienced so that we can understand how it all works**. At this point the ignorance has played itself out almost completely, which means there's nothing else left for



us to experience, **except healing our pain and learning all that we can learn.**

The Love Reversals above are radical. There have been a few stories throughout this book that are not so radical. The story of Jake in Chapter 6, Loving Sounds, and Beliefs 1 and 2 in Chapter 16, Understanding The Nature of Belief, are good examples. Here is a story about one of my clients who gave me permission to tell her story:

## **Eva**

*Eva's dad left when she was one and a half, so she received very little attention from him and none that she could remember. She also received little attention from her mom because her mom worked day and night. Eva was mostly raised by babysitters, but she couldn't remember having a good relationship with any of them. As such, she grew up feeling that she wasn't important to anyone. This kind of treatment creates a debilitating, elongated trauma. It's important for all children to be Loved, hugged, held, listened too, seen, adored, and played with. To not get any Love, ever, is a slow and agonizing trauma!*

*So, at 24, Eva came to me for help because she noticed a troubling behavioral pattern in an intimate relationship. Eva would withdraw and want to run away as soon as her boyfriend started to pay attention to her or if she began to feel any feelings of Love. Feelings of Love were so uncomfortable that she was unable to relate to her boyfriend in a natural, Loving way. She would actually freak out! This was confusing for her because she wanted to Love and be Loved, but she could not figure out what was wrong with her.*

*After a session, we helped Eva discover a Love Reversal that made her feel comfortable "being nothing" and it was keeping her from experiencing intimacy. We prescribed some processes to help her overcome these old beliefs and habits and gave her plenty of homework, which was to read the Engage Love book (my previous book), cover to cover, and then apply the teachings. After a few months of applying the Love Tools and using parts of the Love Healing*

*Process, Eva found she was able to feel Love and to remain happy most of the time. She said that when times get challenging, she still has peace in her heart that everything will work out.*

Eva's story illustrates a powerful concept. A few years after I worked with Eva, I had my own experience with the feeling of nothingness, which I experienced as numbness.

It has taken me sixty years to discover the numbness. It may be called by many names: the nothingness, the darkness, the shadow, etc. This feeling is the result of what happens when a person, be it a child, teen, young adult, adult, or old person, experiences living in a space in which there is no Love for long periods of time.

We are conceived in Love out of the bosom of the Divine, so to speak. We are Love manifest. When we are forced into or purposely put ourselves into environments where there is no Love, it hurts us. When a child is born into a family where everyone around the child has their hearts closed all the time, or when we consensually put ourselves into situations where there is no Love thinking that for some reason, we need to do this to get Love, our mind and bodies find the lack of Love to be torture. However subtle or brash or loud or abusive the space we are in, it hurts us when we are not in Love, being Loved, and feeling Loved.

Because of the nature of Love Reversals, we grow accustomed to this torture of being in and around **no Love**, and our bodies become **numb** from the stress of it. Because of this, we become almost comfortable with it; it feels normal. The numbness, even though it is a byproduct of experiencing no Love, becomes a thing in and of itself. In other words, we become so accustomed to being numb, that we are compelled to choose being numb in all areas of our lives. I have found it to be the subtlest of all Love Reversals, which is why it took me so long to discover it. Regardless of its subtlety, it causes more havoc and pain than almost any other experience because it holds us back from being sensitive to Love and to the wonders and beauty of Divine Love that is all around us and within us. We literally pass through and

around so many wonders of Divine Love moment by moment without feeling them, that sometimes it makes us feel like we are the walking dead, like life has no purpose, no meaning, that this world is cruel, abusive, and abrasive.

Constantly living in or with this numbness makes us feel so small, powerless, and unimportant. It makes it almost impossible to see or be aware of the big picture of Love that is all around us all the time. Sprouting out of this numbness-consciousness, we see the result in the plethora of religions, philosophies, and beliefs of people trying to figure out where Divine Love is. Since we are numb to the feelings of Divine Love, Divine Love must be outside of us. This is what most religions teach. Since we are numb to the feelings of Divine Love, we must be doing something wrong when we focus on sex, or money, or power. This is what Eastern philosophies teach. Once you start growing in Love, you will naturally start feeling Divine Love within you and all around you, healing the numbness.

Now that I know of the presence of the numbness, I am healing it. I am learning to become sensitive to all the areas in my life that I have not been able to feel, and it is glorious. Each new sensitivity adds new dimensions into my life.

You can begin the process by learning to become aware of your Love Reversals. You can **use your intellect** to look for things you do that are **not Loving**. They will feel normal, but you can **see** that they are not Loving. That's how you find them in the beginning.

The stories we shared with you, and your own stories, can help you look back over your life and recall how you were treated as a child and see how if you were mistreated, that treatment resulted in creating your Love Reversals. As you grow bigger and wiser, you'll develop an amazing ability to be aware of the state of your heart. As you become more aware, you gain the ability to feel when you've done something unloving, even though initially it may have felt right or normal.

Now that you have all these scenarios fresh in your mind, you might want to spend twenty or thirty minutes reflecting on your childhood to see what kind of Love Reversals you can find within yourself. It helps if you can go back and watch how your parents acted and reacted to you (and your brothers and sisters if you have any). You can bet that if you saw your parents acting and reacting in certain unloving ways, you will have the tendency to act and react in the same ways. Were your parents happy or sad, bored or mad? Were your parents full of life or scorn? Did they build you up, tear you down, support you, or leave you for dead? Whatever it was, remember the hard, mean, unloving things, if there were those things, are not their fault. These are the challenges they passed on to you to heal. If you choose to heal, the traumas will become the source of some of your greatest blessings and gifts. They will make you into a strong, integrous honorable, beautiful soul!

**Grow BIG in LOVE and  
Be the Change You Want to See in the World.  
Jai-ma!**

## Chapter 24

# Journaling and the Spiral

Everything that you have read up to this point is intended to get you started on the beginning and intermediate stages of growing in Love and healing the unloving beliefs that keep you from feeling the Love that is yours to feel and experience. What follows next is for those of you who embrace all these practices whole-heartedly, so much so that processing becomes a natural part of your days and weeks. You have mastered all the Love Tools, and you are actively communicating with your Guides and using Sensate as part of your communications. You are spending two to three hours a week actively working on healing your unloving beliefs and habits.

We have recommended a number of times that it would be good for you to record your progress in a Processing Journal. If you are going to engage in this healing journey, a journal will become one of your most important tools. If you like to write, then record your journey by hand. And if you like to type then we recommend you do this on your computer because the ease of organizing and moving information around can be very helpful.

There are several ways that your journal can help you. It will be helpful for you to organize your journal by subjects that mean a lot to you. Subjects like relationships, finance, work, sex, driving, food, etc.

You will find you have unloving beliefs in most of the areas of your life that are important to you. Keep a written account of what work you do in each of these areas, and it will save you time and energy. As your journal grows it will be helpful to go back and read how far you have come, especially when you find yourself getting triggered by something you thought you already healed. After reading your journal, you will probably find that you healed what you thought you did, and your present work is going deeper, or is in combination

with another unloving belief or Love Reversal. Your journal will be a testimony to the work you have done.

## **The Spiral**

There are two ways to help you utilize the Spiral to graph beliefs you may not have found yet. Set aside time to do both methods. Using these methods is a way to proactively take charge of your healing process instead of waiting to discover what you haven't found yet.

For the first one, start a different section in your journal and begin at age one and write about all the times you can remember being traumatized. Most people cannot remember much at that age, but some can. You will usually find a belief about each trauma you remember.

When I did this exercise, my earliest memory was of being six months old. I was in a crib that had a sheet of plastic over it, and I remembered hearing someone pouring ice into a container sitting at the head of my crib. I had pneumonia, and the presence of the ice was how the nurses kept my crib cold and my fever down. The next day I remembered my parents coming to visit me. They pulled back the plastic, looked in, picked me up for a few moments, and then they left me. I felt like I was freezing. That's all I remembered about the experience.

After gaining the wisdom of years of processing, I came to understand spiritually that I was trying to die. The family I was born into was too radical for me. Both of my parents' hearts were closed most of the time, which was excruciatingly painful for me. My mother was unable to breastfeed me, so I was fed milk that didn't sit well in my stomach. They left me by myself in a hospital in a freezing cold crib. I felt so alone and afraid. I felt betrayed by the Divine—a feeling that would develop into one of my biggest challenges. Recalling these early memories helped me process and heal deep beliefs. I also want to say that my parents were not to blame here. They were young and doing the best they could. I was born with a part of my heart sealed

open which made me very sensitive and aware of what was happening around me. It stayed open most of the time, so I was super sensitive to closed-heart energy.

After you journal about age one, continue with age two, and so on. Try to remember any interaction you had with anyone, any accidents, bad dreams, nightmares, bedwetting, embarrassments, sleepwalking, fevers; any and every painful experience you can find. If you have become good at using self VAI, you will find that using it here will be effective. You might start off by asking, "Please show me the trail of traumas I had before I was one, when I was one, then two, three, etc." The more thorough your list, the easier it will be for you to find all your unloving beliefs.

After you have completed your list, you will be able to study it to find unloving beliefs, Love Reversals, and Love Reversal Loops so that you can heal them.

The second way to use the Spiral is to chronograph the memories of your mother, father, and any siblings, grandparents, aunts, uncles, and cousins that you had memorable interactions with. Remember that when you are in your first seven years of life, you are open to everything your parents and anyone else close to you are feeling, meaning you will have the tendency to act and react like they do. You learn by **imitating** their mannerisms and habits, and you learn by **reacting** to their mannerisms and habits.

When you remember the lives of the people you were close to growing up, it is important to recall their mannerisms and their habits because no matter how subtle, you may have picked up some of their habits. Write down all you remember about their mannerisms and habits and then write down all the ways you reacted to them in a separate list.

Remembering your past interactions with those people you were close to in your first twelve years of life and writing down their habits and mannerisms will make it easier for you to find your

unloving beliefs, Love Reversals, and Love Reversal Loops so you can heal them.

Are you one of those people who have a hard time remembering much of your childhood? If you are reading this for the first time and you haven't done any of the Love Healing Process or spent much time growing in Love (and using VAI), just thinking about trying to access your childhood can be daunting. But I can assure you that after two or three years of growing and healing, you will indeed be able to access those years that seem elusive now.

When you've healed all your beliefs and the habits that go with them, then you can heal your Love Reversals and Love Reversal Loops and the habits that go with them. Healing these will help you fine-tune your awareness and develop your Loving strength of mind.

**So, what will you do with that kind of strength?**

**You will be amazed at how the universe will provide  
for you!**

**You'll be amazed at how Love will serve you!**



## Sacredicity

I made up the word Sacredicity.  
It means **ALL THINGS** are sacred  
with the understanding that Divine Love  
is creating **EVERYTHING**,  
moment by moment.

## Sacredicity of a Cherry!

The thought of the cherry tree had to be conjured.  
The atmosphere and earth had to be created in perfect balance of  
solidity, warmth, moisture content, and sunlight, all LOVE!  
Then a tree had to be planted from a seed and the seed had to be  
watered, energized, fertilized, grown, until a tiny Limb poked its leaves  
out into the air and sunlight and moonlight.

It strove and stretched, it was driven to the light and to breathe!  
Sucking water from the Earth up its trunk, trickling it up into its foliage,  
it created steam in the leaves on hot days, and blessed the air with  
oxygen.

Limb grew day by day and night by night for four years and every  
spring it blossomed sweet smelling flowers and shot its pollen  
aggressively wildly, shaking from the orgasm of it!

And then one miraculous day, a cherry started to grow, first a little  
green ball of potential, then a pale white ball of promise, and then a  
succulent sweet tart zesty deep red cherry.

You come by and pick it off the tree, pop it into your mouth, and bite  
down on a mouthwatering squirting cherry flavored taste of ecstatic  
explosion!

And then it's gone!

**YOU** have been nourished!

All that Loving energy so you can have ten seconds of **WOW!**

**What a Miracle!**

## Chapter 25

# Healing Disease

The Love Healing Process is helping to bring a new paradigm to the art of healing. Many of the tools that we use in the Love Healing Process have been used by people around the world with varying degrees of success. It is the combination of all the Love Tools in unison with the Love Healing Process, and the understanding of how they work together that makes this process more powerful than anything we have seen up until now.

We have said some of what follows before, but we would like to say it again to bring light to this new paradigm.

Up until recently, people have been developing their willpower through their minds and then trying to willfully heal their minds with their minds. This approach has not been efficient. In contrast, when a person grows in Love every day, this person will develop their willpower through their heart, which is a different experience, and gives this person power they have not had before, which in turn provides choices they did not have before.

To get bigger in Love every day, a person must engage in the physical action of the practice, to willfully choose to grow in Love, moment by moment. This willful act of choosing Love is like doing Love push-ups, which makes a person stronger spiritually, mentally, emotionally, and physically. The benefits of this kind of strength are like the strengths body builders enjoy. Since body builders are stronger physically, it takes them less effort to do anything physical. The practice of lifting weights makes them feel good, sometimes euphoric. They gain a peace they did not have when they were weaker. Lovingly strengthening the physical, mental, emotional, and spiritual bodies also makes a person feel euphoric, but also excited, ecstatic, wondrous, heavenly, comical, sexy and on and on... Growing in Love makes us **Lovingly** bigger. Living in Love like this gives us so much purpose and resolve! The strength gained from this practice

makes it possible, and easier, for a person to choose Love when she is confronted with unloving challenges. It is this new Loving strength in our bodies that makes it possible to heal parts of ourselves we have not been able to heal before. This will become obvious in the testimonials that are to follow shortly.

When you are growing in Love every day, your unloving beliefs will naturally come to the surface of your awareness because they are contrary to Love. They simply do not fit. We call these unloving beliefs misunderstandings. As shared in the examples in this book, until the misunderstandings have been completely understood, the unloving belief has power over how you think, feel, and react to situations concerning the belief. Love will always bring clarity to any misunderstanding.

Before Growing Big In Love, when a person was confronted with deep trauma, if he opened himself to it, in many cases he would become re-traumatized. The problem is that it is essential for us to be able to open to **ALL** our pain to discover the misunderstandings at their roots. It is only when our bodies have become bigger Loving bodies that we are able to do just that without getting re-traumatized—to open to **ALL** the pain found within our journey on the Spiral, strong in the experience that we are bigger than the pain and trauma we experienced in the past.

So, what we are praying you hear is that growing in Love and healing your beliefs at the same time is a powerful **union**. If you try to grow in Love without healing your beliefs, you cannot grow very much. If you try to heal your beliefs without growing in Love, you will not be able to heal your deepest pain. If you make the **union** of growing in Love and healing your unloving beliefs strong, it will serve you all your days.

If you are reading this book for the first time to Grok the Love Tools and this wonderful Love Healing Process, you will have to put the words and processes into action in your life for you to really get how powerful the **union** is. You will have to heal two or three beliefs

by going through Stages One, Two, and Three and releasing the pain held by those beliefs to **completely feel the power and gain the benefits of such healings.**

When it comes to healing diseases or challenges, you will find that any and every disease is a message to show you where you have unloving beliefs, Love Reversals, Love Reversal Loops, and obsessions active in your life. If you learn to use Sensate, the language of the body, the sensations and conditions that your disease or challenge is presenting will help you discover what beliefs and Love Reversals are causing your disease.

For example, in Dot's story, the cyst in **her throat** was showing her she had a Love Reversal that was blocking her ability to Lovingly communicate. In Michael's story, his ocular shingles, **the pain in his eyes and head**, showed him that he had developed hatred for his business through misunderstandings. He felt trapped and was trying to force his business to work through the hate, and the hate was actively killing him and his business.

In the stories to come, you will find more examples of how diseases were showing individuals where to look to discover the unloving beliefs and habits that were creating their disease.

Before we get into those stories, we would like to show you a process you can use to facilitate the healing of diseases and health challenges. For this process to work, the person using the process will have to be very coherent, clear minded, and healthy enough to do the work. If this person is on any kind of mind-altering drug or pain killer, or if she is in too much pain to think clearly and use her will power to do what she needs to do, she will find it difficult to achieve success.

This disease healing process is what we would consider advanced processing, and it involves a term that some therapists use called *tracking*. We will show you how to use your intuition, the language of Sensate, VAI, and tracking to find the unloving beliefs and habits causing your disease or challenge so you can then apply Stages One, Two, and Three. We call the healing of beliefs a healing session.

We will call the healing of disease or health challenges a *tracking session*.

Once we get started, you will be using your intuition and your ingenuity to communicate with the identity of the unloving belief or Love Reversal that is causing your disease or challenge. **For this reason, we recommend that you be adept at Gliding to do a Tracking Session.**

Also, you will want to have the complete healing of nine or ten beliefs under your belt before you attempt tracking so that you will have had the experience of what it feels like to communicate with the identities of beliefs and Love Reversals and using self VAI. That experience is invaluable.

## **A Tracking Session**

You will want to set aside twenty to sixty minutes to do a tracking session. You will be following the entire protocol for finding your initial trauma; make sure you're lovingly energized, comfortable, in a safe place, and your heart is wide open. Set an intention to discover the unloving belief/s or Love Reversal that is causing your disease or challenge and state it out loud. A disease could be cancer, shingles, a cyst, allergies, congestive heart failure, herpes, diabetes, psoriasis, etc. A challenge could be knee or hip pain, migraines or headaches, acne, warts, skin irritations, stomach pain, etc. Whatever you are working on, state your intention to heal it by finding the unloving beliefs and habits that are creating the disease or challenge.

Once you have stated your intention, focus on the area of your body that your disease or challenge is manifesting in or on. When I am working with clients, I always start off by asking them if there is any place on or within their body that is crying out to be heard. The client will take a moment to feel into their body, and if there is a place where their body is reacting, I have the client say out loud, "Can you please tell me why this place is giving me pain?" Then we just wait a few moments to see how their body reacts. If there is not a place that is reacting, then I have the client start by asking a question out loud,

like, “Can you please tell/show me what is causing my disease/challenge?” Then we wait a few more moments to see how their body reacts.

If there is a particular area where any sensation shows up or there is constant pain, it can be very helpful to figure out what that area means using the Sensate system. By acknowledging the place and what it means, you can use that information to assist you in asking questions to help you discover the belief.

What you do next depends on the reaction you receive. Write down whatever sensation, vision, feeling, emotion, or experience that came to you. Then based on what you received, frame your next question to gain access to the belief that is causing your disease. Sometimes you can go straight to the belief. Other times you may be asking question after question to discover what you’re looking for. By writing the reactions down, you are effectively tracking what you have done, and it gives you a way to study where you are headed and where to go back should you need to go back.

To make it possible to be successful with your tracking experience, we are going to give you some things to keep in mind:

- You will want to become proficient in using Gliding to do tracking for yourself so that you will be able to keep your mind silent until the answer comes after you have asked each question.
- Tracking is like dancing with an open and closed heart. Always begin and end with an open heart. When you start tracking a sensation that arises in your body, open yourself to feel all the pain of that sensation, vision, or feeling. Opening to the pain of a sensation will sometimes move you to close your heart, which will allow you to feel all the pain that is there. Quite often when you have allowed yourself to feel the pain, an understanding about your disease or challenge or a question to ask next arises. If after feeling the pain, you still cannot understand what it is trying to tell you, open your heart and

try again. Maybe you will want to ask the question a different way. Sometimes particular words make a difference. Or maybe you will want to become more determined about the same question.

- If you get to a place where you feel you are asking the right question but are still having a hard time getting the answer, you can make the question stronger by saying things after the question like, “Go deep!” or, “Thank you for your help with this!”
- If you ask a question and get no sensation or answer, try being more determined. If that doesn’t work, it usually means you are not on the right track. Go back to the last sensation you had that worked and try a different question.
- It can be helpful to use the Sensate understandings about the areas you’re working on to help you develop your questions.
- Being courteous and kind while communicating with the identities of beliefs is always helpful.
- If you ever find yourself getting frustrated while tracking, then you are probably dealing with a Love Reversal or you are tired. Love Reversals love it when you get angry or frustrated because that means they will not be discovered for a while longer. I have been tracking for so long that I can tell almost right away when I am pushing up against a Love Reversal that does not want to be seen. This happens more than not by REALIZING I am tracking in the wrong direction, a direction that is not going to take me to where I want to go. Sometimes you need to get tough with Love Reversals, in a Loving way. If it is being strong, so to speak, I will interrupt the session with myself or a client and state an intention out loud, something like, “I am here to discover the belief behind my disease or challenge. I am going to find it and I am going to stay here until I do, so I am asking you to please let me see what I am doing to cause my pain!” It has worked every time.

- If you are trying tracking for the first time and you get to a point where you feel lost as to what to do, we would suggest that you take time to write down everything you can remember about this session, and when you are done give yourself some time to ponder it. Then, when you feel ready, try again when you are fresh.
- As we have stated, tracking is an advanced form of processing. If it doesn't come easily for you, you may want to seek the professional help of someone that understands the Love Healing Process and how to use VAI. Once you have the experience of someone helping you track through this process, it will be much easier for you to do it yourself.
- Remember, once you think you have found the belief you are looking for, it is important that your belief statement include the key unloving emotion.

When a memory surfaces that you recognize as the trauma that started the belief comes to mind, and you say the belief out loud, if the diseased area or health challenge you're working on reacts to you saying the words, then you have found it. That is what you are looking for. Then you know that you have found the belief that is causing your challenge, and you can proceed to Stages One, Two, and Three.

Once you have done all you can do through using the stages, it generally takes time for your bodies to catch up to the healing. For instance, it took Dot's cyst nine months to go away completely. It took three weeks for Michael to have a day with no pain and six weeks for the shingles to heal completely. I had a client with congestive heart failure go from 80 percent deficient to 80 percent proficient in two weeks. Sometimes the condition heals faster and sometimes slower.

When it heals slower, there is a tendency to be concerned or afraid the tracking process was not complete. The main thing you should be focusing on after doing Stages One, Two, and Three is



making sure you have established the new Loving habit. All your tracking was written down so it should not be hard to feel into it to see if you feel complete. A rule of thumb might be that if you have been engaging in the new habit for three weeks and there is no change whatsoever with your disease or challenge, then you may want to do another tracking session and attempt to go deeper. If you have replaced an unloving habit with a new Loving one, then you are definitely making progress.

Sometimes there are diseases or challenges that are multi-layered. I had this happen with a client I was helping with prostate cancer. We worked together for several weeks and did the work he was comfortable with. Then almost a year later, we went much deeper and found the beliefs that were causing the cancer.

As soon as I am able, I will post videos of sessions of tracking on [Growingbiginlove.com](http://Growingbiginlove.com) so that you can gain the advantage of seeing how someone else does it successfully.

Below are testimonials from people who have healed from their diseases and challenges:

### **Chloe's Story**

*My name is Chloe. I am French Canadian and a Quebecker and proud of it. I come from a culture where people are fun, Loving, caring, and generous, and they enjoy celebrating life. ("Party animals" is what the rest of Canada calls Quebeckers.)*

*I had a typical, happy, and normal childhood, appearance-wise. Dad was the breadwinner; mom stayed at home raising me and my sister. We had all the comforts that were needed, except that my early childhood left me with some scars, like when a farmer marks his bull with a red-hot iron.*

*I believed mom had postpartum depression after my sister was born. I was about two and a half years old. I would hide behind the walls and poke my head out as I watched mom cry and cry, and there was nobody to reassure me that all was going to be well. Eventually, I remember a woman who came to stay with us to take care of me, as*

*mom was, it seemed to me, hiding in her bedroom. I had no idea what was going on at the time, but I was absolutely terrorized to see mom cry frequently, and I felt all alone. Dad was taking care of us by going to work, so he did not have time to reassure me either. There were times when mom and dad would drop us off, my sister and I, in a day-care center for a few days, as they needed to take some time to themselves. I remember being separated from my sister, not quite understanding what was going on but feeling abandoned and torn at night when I was sleeping in a room that was not mine, with no mom, no dad, and no sister around. I was about four years old.*

*Then one day, mom exploded. I don't remember what triggered her, but I really lived Hurricane Irma that time! My mother was so angry! She used a wooden spoon to beat me up all over my body. I remember being forced down on the bed on my belly, and then my mother pulled my pants down and started beating me. The only reason she stopped is because the spoon broke on my lower back as she was hitting me so hard! I remember trying as hard as I could to escape her grip, but I was only four! How could I run away? After she was done, she left me by myself. To this day, I still remember the intense sensation of electricity in my body that was burning me. I wanted so badly to get rid of that pain and the rage I felt inside of me that I started ripping my clothes apart. I banged my head on the walls until I started bleeding and scratched my arms and my legs until I started bleeding. My mother, who had no idea of how to deal with me, came back in the room. This time she put me in a shower with cold water, trying to calm me down. It was such a painful experience for me!*

*For as long as I can remember whenever guests came to visit us, I was frequently introduced as, "This is my monster, this is my savage. I don't know what I did to deserve a daughter like her!" But I WAS baptized, and I have a birth certificate with my name on it. Except I grew up knowing I was a monster, a savage, a source of utter shame and embarrassment.*

*I have to admit, it probably was not easy for mom to deal with me. Up until I started going to school, I was shy and scared of other people, mostly men. As a toddler, if a man other than my dad tried to approach me, I would scream in absolute terror and cry hysterically. I remember one time when I hid next to my bed, I crawled into a fetal position, and mom had to put a plate of food next to me on the floor because I was too scared to come to the table and be around people.*

*When I was about seven years old, something happened that made my mother snap at me. I don't remember what I did to make her so angry. What I remember is how she started screaming at me, "I so wish I could dump you in an orphanage and get rid of you. How good I would feel if I could only get rid of you once and for all!" I felt so terrorized and was shaking so much that I still have the memory of the physical sensation in my body to this day. I remember asking myself through my tears, "Where am I going to sleep tonight? Am I ever going to see my sister again? Will I be able to bring my stuffed toy with me?" Eventually, dad poked his head into my room and simply told me, "Nobody is going to dump you in an orphanage."*

*When I was about 17, I 'made the mistake' of sharing with my mother that I wanted a life that was fun and filled with joy. My mother looked at me like I had been swearing like a sailor and started yelling at me while hitting me with her index finger in the chest: "Life in this world is not meant to be fun! I fought and struggled to get everything I have in this world, and so will you! Get that into your thick skull!"*

*Then a few years later, I shared with her my desire to sing and play music... it was followed by another answer where she yelled at me, "Nobody earns a living at singing and playing music. Your father and I did not educate you for you to become a bum! And that is all you will become if you do that!" I understand now that she was afraid, but she had a way of sharing her concerns that just made me feel like I wanted to leave this world.*

*Eventually, at the age of 25, I attempted to commit suicide. There seemed to never be any hope for me. I was not supposed to have*

*fun. I was supposed to struggle and fight for my survival, and that was all I could expect. Why bother staying in a world like that? I swallowed a whole bottle of painkillers and then took myself to the hospital out of guilt a few hours later. I was lucky in that my liver did not sustain any damage! I have no idea how that happened.*

*I started doing some work with a therapist, and I eventually met the man who took me away from my parents, which felt like such a relief to me. I moved to California thinking that leaving Canada meant leaving my problems behind. I was still very naïve. I have been living in California for more than 20 years now and I am very grateful for it! I Love the weather here and the beauty of nature.*

*But my relationship with my mother always seemed to be challenging. There were times when I was talking with her on Skype, sharing things that mattered to me, and somehow it upset her and she started yelling at me, which compelled me to hang up on her. I had to hang up on her several times, as I was no longer willing to tolerate being yelled at. So my relationship with mom looked like it was bound to be difficult. That is, until I worked with Raven.*

*I believe the work I did with Raven has contributed greatly to the release of a VERY heavy burden I was carrying. Raven was very kind and nurturing with me when I worked with him. We did a session about me 'being the monster and the savage.' I regressed to a past life when it seemed I was a young man enrolled with the Nazis during the WWII. The crimes I committed under Hitler were horrible and unbearable for me to relive! I felt raw and horrified! I saw myself killing innocent victims, women and children, committing crimes under order or I would lose my own life. It was so painful I cannot find the words!*

*Through Raven's direction I was able to release the pain of these crimes, and out of this I understood that this was where the label of 'monster and savage and utter source of shame and embarrassment' came from. Mom, in her own way, was helping me heal this huge nasty wound from that past life! It must have been challenging for her to play that role! All the screaming I endured, all*

*the insults, the puts down. That is what I did to others during that past life. Although I am still doing some work of forgiving myself for the atrocities I committed during that lifetime, I am much more at peace with myself. I am more compassionate towards myself and others. I still have some work to do with patience with other drivers on the road, but every day I am getting better and better at blessing other drivers on the road, even those who would have gotten on my nerves intensely in the past. I catch myself more and more often when I start losing my temper, and I tell myself, "No. Cancel that. I bless you with pure Love and light. I bless you with purified source energy."*

*As for the fears of men I had as a toddler, while working with Raven, I went back to a lifetime during the Middle Ages when I was raped repeatedly until I finally died of sheer exhaustion and extreme pain! No wonder I was screaming as a toddler at the sight of men! And this experience explained why, when I was in my 20s and I started having intercourse (with the boyfriend I had at the time), I felt like a sharp knife was penetrating me and cutting me up. I remember feeling nauseated by the intensity of the pain! I was bleeding almost every time I had intercourse. I did not expect intercourse to be that painful. I experienced pain during intercourse most of my adult life and even with my husband when I was married.*

*Releasing the pain of that Middle Age life was one of the most painful things I have ever experienced in this life. Now, having enjoyable sex is no longer a problem for me. The companion I have now is such a Loving man! Sexual intimacy with him is a beautiful, joyful, and Loving experience!*

*I must say that now my relationship with mom is much easier and much more nurturing. I can talk with her on Skype and she actually listens to me and tells me how happy she is for me. She and dad have helped me financially many times. They have sent monetary gifts during the last few Christmases that I was able to use to have some very needed repairs on my teeth. When the fires were raging here in Northern California, she emailed me sharing her concerns for my well-*

*being. I called her back and we talked, and she told me how much she Loved me and let me know that if there was anything she and dad could do to help, to let her know.*

*The improvements I am experiencing with mom are just so beautiful; it is really heart-warming! I believe this would not have happened without some serious 'heart work'. As painful as it was for me to go through what I went through with Raven, it was well worth it.*

## **Donna's Story**

*Not long ago I read an ad written by a man named Raven who wrote that he has had a lot of success in helping people who have experienced a great deal of pain and trauma. After more than 30 years of trying over a hundred healing modalities for intense, chronic pain in both the physical and emotional bodies, there is extreme skepticism that arises when someone touts that they can make a difference. I was always one of the ones who left practitioners scratching their heads. That will be another thousand bucks for nothing.*

*Normally I would have deleted the ad without bothering to open it, but for some reason this one piqued my interest. I began reading, got a little way through, heard my mind sarcastically saying, "yeah, yeah, yeah... another 'healer'..." scoffed, and then closed the e-mail. This happened three times before I ended up reading the whole thing.*

*When Raven and I spoke, I sensed I was in the company of someone who was very special. He agreed to work with me financially. That alone is more than most other healers would do and made a huge difference in my ability to trust him. It was apparent that he was more concerned with my well-being than my money. I agreed to come to Suisun Valley and have three 2-hour sessions.*

*I have worked with Raven for some weeks now, and although the pain is still with me, I have received more benefits from our sessions than I ever imagined. Raven works with uncovering the belief*

*systems that lead to harmful life patterns by using a method of guided self-inquiry he calls VAI, Voice Activated Integration.*

*Growing Big In Love has helped me see that every unloving belief stems from a simple and blatant misunderstanding. In fully embodying that misunderstanding, the belief and behaviors adopted because of that misunderstanding unwind by themselves, thusly freeing a part of myself that has been locked down by a self-destructive, egotistic pattern.*

*I have seen that many of the traumas in my life have been based on simple, yet huge misperceptions... I am not enough. I am not lovable, there's something wrong with me, etc. Nothing new to anyone, but my work with Raven showed me that until I see the root incident and fully realize the misunderstanding that occurred, then the belief and the corresponding fearful emotions, behaviors, and thought patterns stay intact. I have been amazed at the number of profound and life-changing insights that have arisen from our work. I feel for the first-time hopeful that releasing these false beliefs will allow the relationship to the physical pain to shift.*

*If you are willing to do the work for yourself, Raven can lead you into places that have been too fearful to enter alone. He gives you tools that will strengthen the muscles to do it for yourself. It is a fascinating process and, at times, a painful one. I am, however, seeing that the beauty of who I am underneath the limiting beliefs is emerging. I am almost sure that underneath the layers of conditioning is something so great and so magnificent, it will be unfathomable.*

### **Sheila's Story**

*Although I had been on the self-empowerment path for years, when I was introduced to Raven, I was in a relationship where I felt criticized and unable to be my true, authentic self. I had low self-esteem; I didn't feel like I could speak my truth with anyone. I was disconnected from my body. I had the habit of feeling victimized by the world and felt like the world wasn't a safe place to be. On the outside, I*

*appeared happy and well adjusted, but on the inside, I felt unlovable, unworthy, and a burden.*

*As I started working with Raven, using the VAI (Voice Activated Integration) technique, it became apparent that this body responded to the idea of my parents sexually abusing me. Sure, I remember my tyrant father emotionally and physically abusing me and being scared 24/7 that I would be punished for doing something “stupid,” or not doing a task quick enough, or getting slapped upside the head just for speaking my truth. It was engrained in me to not have any of my own thoughts and opinions, not to speak up, to be agreeable at all times, and not cause waves. My sisters would constantly tell me to shut up whenever I questioned my father. However, it was unfathomable to even think that my father had sexually molested me from the ages of six to twelve. Whaaaaaaaaat?!? No waaaaaaaaaaaay!! Not meeeeeeeeeeee!!! I would definitely remember it if something like that happened to me!*

*“The body doesn’t lie,” is what Raven kept telling me. And when I looked upon my hang-ups and idiosyncrasies, it really did make sense as to why they were unconscious patterns. So down the rabbit hole I went. At that time, I was more than ready, willing, and able to take a look at the shadow aspects of Self and finally liberate myself from the shackles of toxic imprinting.*

*In 2012, I had a spontaneous remembrance of my sexual abuse, yet I was still in denial and my body hadn’t released the trauma associated with the abuse. Raven helped me to release the trauma. As my body learned to release trauma after trauma, to my dismay, another hidden secret was revealed. Not only did my mother know about what my father was doing, but she started abusing me as well! Geez, how could any parent do these atrocious things to their child?!? I thought to myself, “No wonder I’m all f\*#@ed up!” My sister and I used to joke around about how surprised we were that we didn’t end up in a mental institution of some sort. And that was just from the physical and psychological abuse alone!*



*I remember years ago when I first heard the statistic that 1 in 5 girls are victims of sexual abuse, I scanned my girlfriends to see which one I suspected was abused. It never occurred to me at the time that I could be part of that statistic. I also read that a child who is the victim of prolonged sexual abuse usually develops low self-esteem, a feeling of worthlessness, and an abnormal or distorted view of sex. Now it all makes sense! Add to it the years and even decades of physical and emotional abuse from my parents and later, the abusive relationships I kept attracting to myself, it's no wonder I would start new entrepreneurial adventures and quit because I didn't think I was good enough. I would get miraculous results with the first several Theta Healing, Massage, and Reconnective Healing clients, and then start turning away new people that came to me, referring them out to my colleagues, thinking my colleagues could help the clients more than I could.*

*And no wonder, I had a Love Reversal. I was abused so much as a child that I would attract people, men in particular, to abuse me! Abuse was normal to me. Before I did this healing work, I had never had a healthy romantic relationship. Although I sincerely wanted to find Love and was looking for it all the time, I kept attracting short-lived relationships (and one-night stands) that were based on manipulation, criticism, control, abandonment, distrust, and disrespect. One prior relationship involved two policemen knocking on the door to see if I was all right because the neighbors had called concerned about the screams and cries coming from me.*

*Part of the confusion in being molested as a child is having conflicting feelings. It was revealed that there were times I enjoyed the attention as well as how good the body felt while being fondled. Imagine, a young child being fondled by her parents; it feels good to the body, yet instinctively she feels something is wrong. Imagine growing up with those conflicting feelings that were never healed. Imagine it carrying through to my romantic relationships where I would open up, shut down, open up, close off, and not really know*

why. Imagine how frustrating it was for my past partners who internalized my traumas and made it about them? Imagine all of the entanglements becoming bigger and bigger like a ball of yarn. No wonder I created co-dependent relationships, I couldn't tell what was right or wrong.

Because communication in our household looked like my father lecturing my two sisters and me and being forced to agree with him or else he would beat us, I lacked basic communication skills. I learned to be overly accommodating and self-sacrificing. Such is the sweet nectar of narcissists, who I tended to attract.

Bless the little wounded child in me who learned to cope with the abuse by mentally and physically checking out. When I was being sexually molested, I learned to disassociate and to leave my body. The caveat to leaving the body and astral traveling to beautiful places is that the back door was open for entities and hitchhiking ghosts to enter. At times, when I started to feel sexual or sensual, I would start channeling different entities, professing random information.

I was at a birthday dinner with Raven, his partner, and my partner at the time, when I started to spontaneously channel. More often than not, I would channel a higher Being named Orion, however, on that night, a young girl (discarnate spirit) came through. I wasn't completely in my body. That is when Raven first invited me to start working with him.

Closing my eyes made it easy for me to leave my body. So, Raven had me practice staying in my body and connecting to my own spirit with my eyes open. For three months, I would not close my eyes to meditate or do any personal work except for going to sleep. This helped so much to stay grounded. The visual that I used was a "no vacancy" sign on my chest letting the entities know they are not allowed in my space. I also started connecting with Little Sheila and promised her I would never abandon her again by leaving my body.

Raven also had me practice Love Time (which I had naturally been doing but I upped my Love Time, more and more). I learned to get

*really big in Love!! HUGE!!! It allowed me to open up to the yucky stuff I didn't want to face without getting re-traumatized. I remember one night working with Raven where I recalled a past life experience where I was being strangled and then drowned. There were 1,000 entities suffocating me. I made myself get really HUGE in Love and all of a sudden, the entities turned into little blue fluffy monsters like Sully from Monster's Inc. Going through trauma after trauma allowed me to realize that my body can be mutilated, beat, tortured, abused, and raped, but my spirit will never die, and I got stronger and stronger!*

*The combination of doing Love Time, using VAI to heal my past, keeping my eyes open, staying in my body, and releasing my pain, contributed to me getting so big in Love that I no longer have any challenges with spontaneously leaving my body or entities invading my body. Now I can close my eyes anytime I want and feel grounded and safe.*

*Healing all my childhood molestation trauma and getting big in Love also contributed to me being able to learn for myself what is healthy for me, sensually, sexually, and how to have a healthy Loving relationship. I am incredibly grateful for my life. I am now in a Loving, kind, supportive, monogamous relationship with a man who celebrates me as the Faerie-Goddess that I am. I continue to do my Random Acts of Kindness Faerie-Angel missions, being a Loving disrupt to strangers' days, and I am continuing to support others on their life journeys through coaching, retreats, ceremonies, and essential oils. Life is grand!*

### **Eitan's Story**

*I was married for 16 years. It was the end of the year 2009, I had been divorced from my wife for six months, when I fell deeply in Love with a woman. This woman and I had a powerful Love affair that lasted for only 3 months when she was forced to leave the country forever due to her visa status.*

*I feel like I was in a very vulnerable place after the separation from my wife. My guards were down, and my heart felt completely*

*exposed. I let this new relationship take me extremely deep. When my girlfriend left, I felt heartbroken in a way that I've never experienced before in all my adult life. My heart ached tremendously, and I was sinking deeper and deeper into depression. It became hard to get out of bed and happiness felt so far away.*

*I was suffering like that for over half a year until I took a bike ride with my close friend Raven. At some point on our outdoor activity, we sat on a branch to enjoy the view. Raven asked me how I was doing. I shared with him about my pain and about my ongoing deep depression from when my girlfriend left.*

*Raven then suggested we do a short session. Feeling like I had nothing to lose I agreed, and he invited me to close my eyes. He led me through what felt like a mental/spiritual/visual journey. In my mind, with the guidance of Raven's questions, I saw myself traveling into the center of the earth. At some point I reached what looked like a quicksilver-like substance that was constantly moving and waving, and yet, at the same time, keeping its general form. Raven encouraged me to go into that substance and so I did.*

*Once I "crossed over," I experienced an extremely high temperature that caused me pain beyond measure. I immediately evaporated and became part of that substance. The pain then was gone. I instantly experienced what felt like a cosmic connection with all there is.*

*The journey barely took 15 minutes and as it was ending, I had a strong and deep realization come over me: that there is no such thing as separation. Only the confused mind tells me that I was separated from my beloved (or anyone or everything else). I came to realize I am still connected with my Loved one on all levels (besides on the immediate physical one), and so I never "lost" her and that I never "lost" this beautiful connection.*

*From that moment on, for the most part at least, instead of grieving my girlfriend's leaving I came to feel celebratory that life granted me this beautiful Love I was able to experience with her; and*

*that this Love is still here for me to connect with and experience anytime I want to.*

*That was a moment of huge transformation for me. Half a year of deep depression was gone. I asked myself in surprise what was all that misery about. The grief went away as if it was never with me. Life seemed exciting to me again; and my friends, like me, were surprised with how my whole being shifted so dramatically so quickly.*

*I could never express enough how grateful I've been feeling towards Raven for his deep generosity in sharing his healing gifts with me by helping me so effectively to heal my deep pain.*

*Thank you, Raven!!!*

### **Dr. Felicia Williams Cosey**

*I have had an amazing life, and up until 2006 I was blessed with radiant health. An athlete all -my life, I was agile, flexible, strong, active, and never really had to worry about my body being available to whatever I wanted to do in life. The strongest thing I had ever taken for pain was an aspirin and I did not know what it would be like to have pain daily.*

*In 2006, a series of hardships happened that caused me to experience a great deal of heartache. In January, my best friend died. In February, my father, who was a foundation of love and support for me throughout my whole life, died. In April, Jerry, my ex-husband whom I loved dearly, died. Losing three of my closest friends and family in four months was devastating. The sense of loss I felt was overwhelming. And in May, I was doing a performance on stage, and I tripped over a monitor, banged my knee, and twisted my back.*

*From that time on I had a series of painful issues with my knees, hips, back, and feet. For fourteen years the pain traveled; it was in my left foot, then my right knee, then my hips, then it was my right foot, then it was my back.*

*I tried many different healing modalities to help myself heal and to manage the pain. I tried nutritional supplements, three different chiropractors, body work, pool therapy, physical therapy,*

*energy work, and orthotics. For a time, each of my feet were in a soft cast. I tried acupuncture two or three times, but it never really helped very much. Some of the modalities brought temporary relief. Pool therapy helped with my mobility, but not pain. Bodywork helped with pain temporarily.*

*When I met Raven, I had been in pain for over 13 years. And in the last year, the pain in my knees and hips was so severe, I was in daily pain. For the first time in my life, I was taking heavy prescription pain medicine just to get through the day. Just the week before I saw Raven, I'd gone to see a surgeon to surrender to have knee replacement surgery and was awaiting a call to schedule it.*

*I contacted Raven, read the chapters he directed me to in *Growing Big In Love*, and in one session I felt relief in my knee. After hearing my story, Raven suggested that I try to reconnect with my father, that he was here for me. He asked me if I could remember any ritual I used when I was with him that would generate the endearment, I had felt with him when he was alive. I said I used to sit on his lap, and he would hold me, and I would massage his bald spot. So, Raven suggested that I do that ritual with him where he is now, the place where we go when we die. As soon as I asked to talk with my father, he was right there as if he was waiting for me. It was beautiful and really connecting. When my father died, I had had a feeling of being left unsupported. Reestablishing the relationship on a somatic level was amazing. Being able to feel the presence of my father's love for me, it made all the difference in the world. I wasn't in this crazy world by myself. It gave me back my center.*

*I was also able to reestablish a relationship with Jerry and that was easy because our relationship had always been one of fun and play. That was at the core of our relationship.*

*Over the next few days and weeks, I would include these interludes with my father and Jerry in my meditations. It felt so good to interact with both. Within a few days I started to notice less pain and after a few more days, there was no pain in my hips or knees.*

*Today, I'm completely off pain meds, joyously riding my bicycle with my husband, able to sit cross-legged and comfortably in my yoga practice. My joy and energy for life are back, and everyone around me (family, clients, co-workers) all benefit from my aliveness, presence, and love.*

## **Jane's Story**

*My name is Jane, and this was my predicament. I had chills throughout my body but especially in my lower legs. It was so uncomfortable and distressing that I was having a difficult time engaging in my daily life and especially work. The doctors couldn't figure out what was wrong with me. After two months of tests, my doctor and her colleagues were scratching their heads. They couldn't do anything for me.*

*The anxiety about the chills became so great that I became fearful that I was dying. A friend recommended that I call Raven, assuring me that he could help me.*

*Seven sessions later I was healed. We found that the coldness in my legs was attached to my life story. Although I had told my story about my childhood sexual abuse many times, Raven helped me access much deeper pieces of the story that I had never talked about with anyone before. Not my therapist or my friends. He helped me open up and release deep pain and self-loathing that was making me sick.*

*I am a survivor of father daughter incest. My father started molesting me when I was 6 years old, and it continued for 20 years. He did things to me and made me do things to him that were gross and disgusting to me. As I became older the abuse became more intense and he had to resort to manipulation tactics to get me to comply, like threatening the lives of my mother and family members. On a number of occasions, he was physically abusive to my mother. When I became an adult, I thought the incest would stop, but it didn't. It got worse! I had to leave my Midwest home, family and friends and move to California to get away from him. Since then, the repercussions of the abuse have lived in my body. It has taken me thirty years to heal.*

*Raven has an amazing presence that allowed me to open up and access and release feelings I had never expressed before. I felt safe with him. That was what enabled me to heal. I felt he could hold and understand details about my experience that I never felt safe to reveal. His intuition was right on, and I always felt he understood what I was talking about. I felt that he knew what I needed to get well.*

*What Raven helped me understand was there were parts of the abuse that I liked. I had never been able to admit that to myself or anyone else and when I saw it, I was able to see how confusing it made the memories of every time I was molested. There was so much guilt and shame around liking any part of the experience. Raven showed me how to get big in love, so that I could see the truth that I never did anything wrong. That helped me heal the shame. And while I was in that loving space, I could see how the parts that I liked were natural to like because they made my physical body feel good. I can't tell you how much relief I experienced from understanding this. In fact, we did releases to let the pain out of me which has allowed my heart, mind, and my body to heal. It was such a blessing to be able to release all that confusion.*

*In the beginning he told me that it would take about eight sessions and we did it in seven.*

*Now I am comfortable in my body, and I feel better about my life and who I am. I am more confident, and better able to express and receive Love. That feeling of being the perpetual victim is fading, and I am much happier. I am so grateful to Raven and the Love Healing Process for helping me get here.*

Can you imagine what Jane's life was like as a child, to be continually molested by her father frequently. When Jane came to me, she had spent years in therapy trying to heal the feelings of being continually invaded which produced even deeper feelings of hurt, betrayal, anger, and rage. The therapies did some good. Jane had realized that her father was wrong to act that way and that she herself had not done anything wrong. That in and of itself is a huge deal



because when a child is continually molested by a parent or parents, trying to figure out what is right or wrong when she becomes a young adult or an adult, is incredibly challenging. The only way I know to help a person do that is to teach them how to grow very big in Love, because it is only being big in Love that enables a person to **feel** the truth within themselves.

When Jane came to me, that is what I did with her. I taught Jane how to get big in Love so that she could feel what was right and what was wrong about her experience. Jane had to get so big in Love that she could find a way to forgive her father within herself, because harboring hatred was like trying to hold a hot coal within her heart. It just kept burning and burning a hole within her. Jane was able to do that but that was only the beginning. What was causing the sensation of her legs freezing was much deeper than that.

In all the years that Jane had been in therapy, she had never been able to tell anyone her darkest secrets. I have found that for many incest survivors, this is one of the most closely held secrets that causes so much pain.

**There were parts of the physical feeling of the molestation that she liked.**

Through the molestations there were some parts that felt good. All healthy children seek their parents' attention but what she wanted was for him to just be a normal father. What made Jane's legs and feet so cold all the time was the guilt she felt for liking parts of being molested over and over, for years. She felt like she was so wrong for liking some of the things that happened to her. Here again, this is where Jane was able to find peace in herself, by getting very big in Love, so that she could feel what was right and wrong for herself.

Without big Love, she could never get past her confusion or her fear of being found out. Once she was able to get big in Love, then she was able to understand, the Love gave her the strength within herself to know what was right for her. Once she was able to understand, she was able to see that she did nothing to feel guilty

about and she was able to release that deep pain from her body. Within days of her coming to this understanding and releasing the pain of all that guilt, the warmth came back to her legs and feet. She was able to hold her head high and for the first time in her adult life, be free of the guilt from that experience.

## **John's Story**

*I worked with Raven from 2008-2010 as he was developing the Engage Love Healing Process (now called the Love Healing Process). In 2010 I moved to San Diego. Raven has taken the Engage Love process to a much deeper level and has supplemented his work with the work of John Hoyle (Voice Activated Integration), Collin Tipping (Radical Forgiveness), and Peter Levine (Somatic Experiencing).*

*From 2010 to 2015, I experienced a great deal of challenges: the death of my mother from Alzheimer's disease (not to mention having cared for her during the last five years of her life—perhaps the most painful experience of my life); healing a rift that caring for my mother and dealing with family issues around settling my mother's estate caused between my husband and me; moving to a new city; finding a new job; and building a new business in San Diego. These challenges brought about several health and emotional issues that had become increasingly unbearable.*

*Specifically, I developed an inability to sleep through the night, feelings of exhaustion throughout my days, daily headaches, and a nagging sense of dread that I had done something wrong or that things were going to go disastrously wrong. This last issue has been with me all my life; it appeared every time the phone rang, an email dinged on my phone or when a cop car pulled up behind me.*

*I have worked for many years with a lot of holistic therapies and therapists; both before and after my initial work with Raven. In addition, I worked intensively with a Chiropractor and Applied Kinesiologist for over a year and several months with a sleep specialist to overcome some of these complaints, all with little success. In January 2015 I called Raven to see if he could offer some guidance.*

*He worked with me to develop a goal for our work together and we decided to move forward. In the first session, using his integrative approach, Raven helped me to resolve my inability to sleep. The very first night after our first session, he had helped me to sleep through the night and to literally “disappear” my fear of having done something wrong. I have continued to enjoy restful sleep since then.*

*To be honest, the feeling of fear did not go completely away, nor did some of my other complaints, but with Raven’s guidance, I have been able to continue the work on my own and can now say that I am free of the nagging fear of having done something wrong. Though the habit of that fear still pops up here and there, I am now able to recognize it as an old “way of being” that began 52 years ago and had continued all those years.*

*Raven helped me to accomplish this healing by guiding me to an event that occurred when I was four years old. In this incident I was expressing my childhood joy—my true self. My friend Freddy and I were taking turns pulling our pants down when his dad came around the corner and screamed, “Get out of here, you pervert!” I was banned from entering his yard from then on. I was also condemned. I knew the feelings I had for Freddy were real and I knew they were wrong. Little boys were not supposed to like other little boys. I lived in the fear of being found out. I knew I had to hide who I was. The fear I experienced caused me to repress myself, which then developed into neurosis that lasted all those years. The recent challenges brought this neurosis to a head. Raven helped me discover that I had lived with the Love Reversal that ‘it was wrong for me to Love another man’ all my life. Being terrified to be gay became my normal. Even now, introducing my partner as my husband triggers me. But now that I can see it, I realize these reactions are simply the reactions of my four-year-old self being traumatized by Freddy’s father. I was not wrong to be gay. It is not true. Being gay is who I am, my natural self-expression. The relief of knowing this has changed my life. For the first time in my life, I was*

*able to be my gay self and truly celebrate how beautiful I am. I slept so peacefully that night.*

*Raven's x-ray-like insight and ability to apply the principles described in his book will help anyone who is willing to trust him, to be vulnerable, and to "do the work" necessary to mine one's own soul. I want to stress that you will need to do the work. Raven does not have a magic pill to offer. He will Lovingly guide you, assign you homework, and encourage you along the way. If you play an active role in your own healing, Raven will help you free yourself from whatever it is that is preventing you from being truly free.*

*Using the Love Healing Process, I continue to find what Raven calls Love Reversals—things like anger, frustration, regret—and, by using the Love Healing Process, I am able to clear them so that I can keep myself in a state of higher vibration. From this higher state of vibration, I am finding that many things in my life are shifting. I'm getting better clients, earning more money, and being surrounded with like-minded, Loving people. Take the plunge. Do the work. This process will set you free.*

Think back to Michael's story from Chapter 4, Love Time, and you can see that opening deeply to one's pain can bring great relief. If it is done in Love, it will always bring truth and comfort. It was the same with Sheila's story, John's story, and Dot's story in the Introduction, Our Incredible Human Condition.

This Process is sometimes a challenge to do. It's not easy to open to your deepest pain, but it is necessary. And what you will gain through bravely opening to your deepest pain is this: understanding, healing of your disease, and the Loving Intelligence that comes from doing the work and healing your pain. Each time you clarify a misunderstanding and then change the unloving patterns of acting and reacting to the old belief, you heal, and you gain Loving Strength!

Generally, once you have done all the work of Stages One, Two, and Three, released the pain held by those beliefs, and healed

the habits that were caused by the old belief, sometime after you have healed, the old pattern you thought you healed will happen one more time. **It is a test to see if you have really healed.** When this happens, if you react to your old habits, then you still have some work to do on healing your habit. If you act and react in Love, then it shows you that you are really done. You have truly healed. It's like riding a bike: You never have to learn it again and you never have to go through that pain ever again. It is Done! **And Knowing Rocks!**

The challenge with healing diseases is that there are so many ways people can contract disease and health challenges. And there are almost as many ways to treat or heal diseases or health challenges, which makes it very difficult for people to know which ones will work for them. **This is where growing in Love will help tremendously. The bigger you are in Love, the easier it is to discover what you need to do to heal your conditions.**

**It's important to remember that the Love Healing Process is a new paradigm, so it's going to take people time to figure out just how it works.**

Should you keep working with your healers and doctors? **Absolutely!** It's important to keep working with your healers and doctors. **You can do both—work with your healers and doctors and work on yourself at the same time.**

In all the stories above, the person had a physical ailment that correlated to unresolved misunderstandings. Physical ailments are the same for everyone: manifestations of unresolved misunderstandings. Cancer, cysts, heart attacks, venereal disease, arthritis, mental disorders, stomach cramps, OCD, allergies, and on and on...

In many cases, resolving the misunderstanding and then healing the unloving habits that accompany the old beliefs will completely heal a person. When a person has done all the work to heal and they still do not heal, it is a sign that there is something deeper involved or that it is a Karmic issue. We will discuss Karma in detail in the chapter on Karma. But even if there are Karmic issues, we

are here to heal our unloving conditions, and the work will need to be done, regardless of Karma.

The really cool thing, as shown in all these healing stories, is that once the misunderstanding is understood, in many cases **the relief is a wonder to behold**. Every time we heal something deep within us, we become more of who we really are, **powerful spiritual beings in Love**.

## Chapter 26

# Love Reversal Loops

If your heartbeat is the beat of life and Love within you, Love Reversal Loops are the beat of pain within you and are surely as consistent as your heartbeat. Love Reversal Loops are created from extremely painful experiences that happen daily for long periods of time. These Loops are at the core of us and provide us with the most radical and powerful teachings of the Earth's Objective. There are two things that set Loops apart from Love Reversals. First, when you have a Love Reversal Loop, it is with you every moment, it affects almost every area of your life, and **they feel like they are a part of you as if they are the foundation of your being, but you won't know it until you are big and wise enough to find them inside yourself.** Second, you will find you are **addicted** to feeling the **emotion of the belief** that is creating the Loop. The Loop is so powerful, that the addiction to feeling the emotion will keep your life filled with the pain of the emotion all the time, so much so that you will feel weird if you are not feeling the emotion.

Part of what makes the addiction so powerful is the numbness that comes with the emotion. When a person experiences extreme pain, the pain is always accompanied by shock, which is the body's way of numbing some of the pain. So, when a body experiences extreme pain all the time, day in and day out, the extreme emotions are accompanied by feelings of numbness throughout the day. This is part of what creates the addiction, and this is the part that keeps us from being able to feel it within us.

The other part is the awareness that the emotion evokes out of us. For instance, fear evokes awareness of you being afraid of the possibility that there could be something around you that could hurt or kill you, hatred evokes awareness of what you do not like, shame evokes the awareness that there is something wrong with you, emotionally hurt evokes the awareness of feeling sorry for yourself, guilt evokes the awareness that you have done something wrong and

is often accompanied with the feeling that you deserve to be punished, etc.... We become addicted to the awareness that the Loop creates in us, the numbness is what makes them so difficult to find in ourselves, and both together make the Loops feel like they are the foundation of who we are.

If the emotions creating the loops are extreme, like horrified, terrified, petrified, rage, loathing, or severe depression, the Loops can cause debilitating conditions in a person.

The consciousness that these ongoing emotional feelings cause in us, creates awareness and intelligence that later become some of our greatest gifts. And it is the acknowledgment and understanding of these gifts along with groking that enable us to heal the Loops.

Most Love Reversal Loops come from our core lineage beliefs and deepest fears, hatreds, and misunderstandings.

To show you how they work, I will start by sharing with you how one of my Love Reversal Loops was created. I will then show you how it manifested in my life and how Shilou taught me to heal it.

My mother's dynamic was a constant vigil to raise me as a good child with manners. We had absolutely no loving chemistry. Her heart was always closed, which hurt my heart. I did not feel love coming from my mother, ever. And since one of the ways we learn is by imitating, I would close my heart when I was around her, causing us to clash constantly. (This showed up as me having an attitude about and around my mother. I was not doing this on purpose. It was just the way it worked metaphysically; I was simply a child imitating my mother.) She was forever trying to get me to conform to her standards. She was not very intelligent, and I was, so I never felt loved or supported by her. In fact, I felt like I was constantly under her thumb, so to speak. I felt like she was continually trying to dominate me. I spent my childhood trying to play and enjoy myself, and she constantly made me feel wrong for being myself. Every time I did something that was wrong in her eyes, I would get punished. She



would punish me by berating me or having me stand in a corner for some time. One time she made me hit myself with a ruler until I cried, but mostly she would pull my pants down, or have me pull my pants down, and then spank me. If what I did was really bad, she would wait until my father came home, and he would beat me mercilessly. Once he started berating me, he would go from anger to rage in a heartbeat and beat me so badly and for so long I would be left with welts and bruises. When I was three, I remember after one of the beatings, thinking how could any human treat another human like that. In my early childhood, spankings would happen once or twice a day, and beatings would happen once or twice a month, sometimes more; but the terror of those beatings was indescribable.

As I became older, I was always terrified of making a mistake. I would do anything to avoid getting a beating including creative lying which I often got away with. But the irony of my day-to-day plight was that I got really good at going against my mother's constant controlling and nagging, without her finding out about it. Each time I did this, I would get this feeling of elation: 'I'll show you, mom, I can do what I want.' An example of this would be, when I was five and going to school during the winter, I enjoyed myself by jumping in every water puddle all the way home. My mother got tired of dealing with my wet clothes and told me that if I came home wet again, I would get a spanking. So, on the way to school and all the way home, I walked through every puddle instead of jumping in them just so I could still have my fun. The satisfaction of getting away with stuff like that was the highlight of my days.

The dynamic of me continually looking for ways to have my fun, even though lots of it was against my mother's and father's rules and wishes, which made it "wrong", and the ever-looming consequence of the spankings and beatings if I was caught, was a daily experience. It happened so much that it became a Love Reversal Loop. I literally became addicted to, or you might say, it became a compulsion for me to try to get away with things, all the while being terrified I would get caught. (Reflecting on my life, I can see that the stress of living through this compulsion to do things wrong, coupled

with the constant terror of getting caught, caused me to have accidents all the time. In fact, until I was about eight, I was so accident-prone that I ended up getting badly hurt all the time. When I grew into an adult, these accidents happened less often, but other kinds of accidents often became costly. The terror I constantly felt also showed up as me wetting my bed almost nightly during my early childhood years. My father was scaring the pee out of me.) The terror of getting caught became one of the heartbeats of my pain. As I matured into an adult, there was no area of my life that getting terrified of getting caught or terrified that I was going to do something wrong wasn't present. Because it became a Love Reversal Loop, the **numbness** produced from always being in a state of arrest because I was **terrified** that I might get beaten, made it so that I was never **aware** of the **feeling of terror** that was always with me. **It just felt natural to be terrified all the time about everything.**

My Love Reversal Loop showed up in my adult life as me being terrified about all the ways I could make a mistake. Every day I was terrified I would make a mistake with my painting business, and there are lots of ways to make mistakes. I was terrified when I played games and when I lost, I would feel like something was holding me back from winning. I was terrified I would say or do the wrong thing with my wives, and then I would get in trouble. I was terrified I would get a ticket because I was good at driving fast and only obeyed traffic signs and signals when a cop was around. I was continually terrified I would have an accident while driving. When I started my healing business, I was terrified that I would make a mistake with my clients and might hurt someone. The terror was in almost every part of my life.

Because I wasn't aware that the terror was there, and I did not understand how Love Reversal Loops worked, the constant terror caused me to experience unmeasurable amounts of pain within my body that I have been living with all my adult life. This Loop was so embedded in my being that I only recently found it in the 62<sup>nd</sup> year of my life.

Shilou has helped me understand how to heal it. I found that first, I had to learn to become aware of it. I had to learn how to feel it when it was happening. That took a few months. I started becoming aware of it when I played chess. I love playing chess and its complexity. If you are to win, the complexity usually begins within the first three moves. Every move you make has the potential for you to win or lose the game. As soon as I started playing, I could feel the terror manifest as pain in my gut. The more I became afraid of making a mistake, the worse the pain got, and the fear became terror. And in the beginning of my healing, **it felt totally normal to be terrified because that was my body's way of protecting me.** So, in the beginning, it felt like I was going against my instinct to not be terrified. In fact, the first time I envisioned what it would feel like to not have the terror, I got immediately sick to my stomach and woozy from being terrified that I would lose the feeling of being terrified. That's how addicted I was to the feeling. It felt like the terror was just part of me, integral to my defense of staying alive, like how can I stay alive without it?

So, while playing chess, I learned to become aware of the terror feelings; I worked and worked on keeping myself smiling and present, move after move using my Gliding and Shining abilities, and trying to get used to the idea that the terror was not necessary to keep myself safe. I came to understand that I was not going to be beaten if I lost. And, how could losing a game of chess be so important, so scary?

Once I was able to become aware of how the terror feelings showed up while playing chess, I started catching myself when the terror surfaced in all the other places in my life. Driving was a big one. I was constantly afraid that I would get a ticket or get into an accident. With driving, the addiction was so strong because if I lost my attention to the terror for even a few seconds, I could drive off the road or into an oncoming car and kill someone. When I was driving, I was continually thinking these thoughts. If my girlfriend got triggered about anything, my gut would become instantly tight. In fact, almost anytime I would get around anyone with their heart closed, I would

start to feel myself getting terrified that I was doing something wrong, just like when I was with my mother. I am a master at helping my healing clients heal, and every time I would start a healing session, I would find that my gut was already tight and feeling the pain. At work, I would start to cut a straight line while painting a door jam and find my gut getting tight. That is so ridiculous because I have painted thousands of door jams, and I am really good at it. **Why should I be afraid at all, or for any reason** of painting a straight line on a door jamb? And yet, because of the power of the Loop, my habit is to approach all challenges with absolute terror of not being able to get it right, of doing something wrong. The deeper I got into the healing of the Loop, the dumber I felt to be terrified about everything I felt. Obviously, if I made a mistake, I wasn't going to get beaten. And isn't making mistakes a great way to learn how to master something?

After two months of continuously working on becoming aware of all the different places I was addicted to being terrified, I was finding that I still had a hard time keeping myself in a loving space through most of the areas I was working on. I asked Shilou what I must do to heal these addictions completely. Shilou explained that to heal completely, I must be open to **understanding what I have been learning** from pushing up against this pain all my life. What are the gifts? Oh my Goddess! This is the same process I have been using to heal the beliefs, but the emotion was so deep, I wasn't getting that it was all caused by a belief. The terror was so intense and constant. This was the final step to learning how to completely heal a Loop.

So from here, I did a Stage One. My belief was, "I am terrified to make a mistake!" The emotion that it created in me was terror that showed up in my gut. I got really big in love and my truth came from the discovery that if I made a mistake, I was not going to get chastised, wronged, or beaten. It is fun and healthy to make mistakes. I needed to have the freedom to make mistakes and it be fine, not just fine, but healthy. So, in that light I should be praised for making any mistakes. Therefore, my truth became "It is fun and healthy to make mistakes!"

Then I started embodying my truth by chanting the words over and over again, “It is fun and healthy to make mistakes!” as I grew bigger and bigger in love for three minutes. As I grew bigger and bigger in love, I could feel how Shilou and my other Guide friends were so close to me, how they were taking care of me, how they had always been taking care of me and how powerful it felt to be/know I am taken care of. I could feel that area in my gut start to get softer, not so tight as if for the first time it could start to relax. I added the words to my truth, “It’s fun and healthy to make mistakes and to be taken care of.” And when I was done, I had such a feeling of being loved and supported.

From this place of Love, I started searching for the gifts I had received from being addicted to this terror.

First of all, **the awareness** that the terror created in me when I was a child, **came from the instinctual need to protect myself, moment by moment, day by day.** This awareness served me so well. It eventually taught me how to be aware of how everything works, physically, mentally, emotionally, spiritually, and metaphysically. The more I learned by watching, listening, and learning, the more I could avoid creating painful situations for myself, and avoid getting into trouble. The acute awareness I had continually experienced moment by moment, throughout my life, had helped me learn how to not get beaten, how not to die, and it made me super smart.

It became obvious to me that the logic behind fear is self-preservation, taking care of oneself to avoid pain and death. And that with the terror so close to me all the time, it moved me to master living in Love, the ultimate way to take care of myself. I had developed so many gifts from living with the terror – the awareness of feeling and understanding people’s hearts, how to listen and hear people, how to communicate with compassion, how to feel what it means to be integrous and honorable, how to work professionally and produce quality, to be organized and timely, how to understand and cultivate healthy sexuality and intimacy, and how to become a leader through being an example of true loving action. I learned all this and more. And

as the days went by, taking this all in for myself, after grokking and understanding what living with my addiction to terror has done for me, I started healing.

So, once I understood how it all worked, where and when the terror was going to show up, and all it had taught me, I could heal my addiction to the terror step by step. By embodying my truth numerous times throughout the day, I could feel myself getting stronger at being able to Glide and Shine with the terror feeling in the background, so to speak. I started to become comfortable in feeling confident that **I could live my life without being afraid** all the time. I didn't need the terror anymore because **I had the awareness that the terror taught me**. Replacing the fear with confidence was truly a wonderful gift. It took a lot of work to achieve the willfulness to be confident all the time with everything, but the feeling that I was taken care of by embodying my truth, made it easier and easier. Doing so made me feel more Loving, and wiser about moving through this wondrous life I am living. And as I was going through this process, I could feel myself getting smarter day by day. What an incredible feeling!

What is amazing for you, is that after you have used the Love Healing Process to heal five or six unloving beliefs and all the habits that go with them, you can start doing the work of discovering what your family's core beliefs are, finding your deeper and deeper fears, and start working on healing your Love Reversal Loops early on in your healing process. You will find that the debilitating qualities of your Loops are within many, maybe even most of all the unloving beliefs you have within you. It is not hard to understand that Love Reversal Loops are the cause and foundation of diseases like cancer, heart conditions, strokes, migraines, psoriasis, and powerful diseases and painful health conditions.

If you do the work of discovering your family's core unloving beliefs and habits, then you will have to spend time grokking how it all works so you can discover what your Love Reversal Loop or Loops are. Once you discover a Loop to heal, you must learn how to become aware of it in your body. You'll need to spend more time thinking

about ways to heal the embedded habits. Ask the Divine Creators to help you find the most efficient ways to become willful enough to heal your Loop. Start learning to be aware of when you are addicted to producing and feeling unloving emotions. Become aware of the Loop habits first, then figure out what beliefs are causing them, embody your truth, learn about all the gifts you have gleaned, and use your Love tools to become willful enough to change those addictive habits.

You must become diligent and very Lovingly willful to heal your Loops. When you do, you will be amazed at what the freedom of living without that constant pain will do for your life. For me, it is so fun to paint door jams and cut straight lines, to paint without fear, drive without fear, and be in relationships without fear. The strength you acquire from healing your Loops is priceless. You will also discover that the Loops will have been a deciding factor in the development of your identity and personality.

It is important for me that you understand that my mother and father are good people. They are both very young souls and they always did their best in raising my brother and me. We had the best Christmas, Easter, Halloween, and Thanksgiving celebrations ever. Every year was amazing that way. Although as a child I did not feel love from my mother, she loved me through taking really good care of me. (She just didn't know how to open her heart to me.) We were well provided for with nice clothes and, nice homes in good neighborhoods, and my mother kept our homes clean and well stocked with great food. My father was fun to be around and loved to have fun. On a good day he would wrestle with me, tickle me, and teach me how to play chess, ping pong, sail a boat, or ski in water and snow. My mother and I clashed nonstop daily, and my father had his rage habit, but we did have our good days.

## Chapter 27

# Karma

In the same way that meditation has many different meanings, Karma has many different meanings. It has different meanings to different people and different belief systems or religions, like Hinduism and Buddhism. When **we** talk about Karma, we are referring to the metaphysical laws that govern the manifestations of our thoughts and actions, of cause and effect.

We could say that Loving intentions and actions create Loving Karma, which is wonderful, and unloving intentions and unloving actions create unloving Karma, which is experienced as different kinds of pain.

I believe that the reason Karma has never been explained in this way before is that, in general, it has not been understood that the universe, our minds, and our five bodies go to great effort to prove to us that our beliefs are true, even when they are not. We are all designed that way. The universe will **mirror** your beliefs. It is an ingenious system designed to give us free will and teach us how to grow in Love, honor, and integrity. Whatever is happening in your life, the experience you are creating or receiving is a result of your action or inaction as life moves on. Your life shows up as a **mirror** of what you believe, moment by moment. When you are in Love and experiencing Love, your life is fantastic, totally awesome, heaven on earth. When you are feeling states of unloving emotions and experiences, it can be annoying, fearful, boring, and even very painful. So, it stands to reason that you can empower yourself by learning more about how Karma works as the result of your intentions and actions.

Karma is interwoven into the fabric of the Earth Project in such a way that it governs the way we live and **enables us to learn** from our choices to act, not act, or react. If you act or react in a Loving way towards other people, animals, plants, or the earth, **you will feel your Love and you will be able to feel some of their joy or**



**pleasure.** If you act or react in an unloving way towards other people, animals, plants, or the earth, **you will feel your pain and some or the same amount of the pain they feel,** depending on the situation.

The thing is, when you get really big in Love, you see that everything anyone does that is unloving is simply done in ignorance, they don't understand what they are doing. And when anyone does something unloving, they are experiencing the pain they have created for themselves and others. If they repeat the unloving act, the pain gets worse; if they learn from it, then they gain the ability to never have to experience the pain again because they will stop doing it.

The way that Karma works **enables us to have free will, the ability to choose Love or pain.** Now why is free will so important?

Imagine what our lives would be like if we did not have the choice to do anything unloving or painful. If we couldn't lie, couldn't steal or cheat or kill or interrupt even if we tried (because the metaphysics of life wouldn't allow us to), we would have very limited choices. If we didn't have pain, **if Love was all we could experience,** we would not be able to develop or strengthen our willpower because everything would be so easy. There could be extraordinarily little growth and any growth that did happen would take an exceedingly long time to come about. This would make for a boring existence, but we wouldn't know we were bored because we couldn't feel the pain of it. We wouldn't be able to grow very much. Progression in intelligence would slow to the speed of a snail. So, having free will in this world that has so much pain in it, gives us the ability to grow intelligent in a short amount of time. But not just intelligent. Living in our world with so much pain enables people to become brilliant, ingenious, extraordinarily creative, and wise.

Look how far mankind has progressed in the past one hundred years. All of us working together has progressed our technologies in incredible ways - from horse travel to flights to the Moon and Mars in a hundred years. It is the motivation of a hungry stomach, the possibility of achieving a happy heart, and an active creative mind that

make our lives wondrous, beautiful, fascinating, fun, worth striving for, and worth getting up for every morning. All this incredible growth has come about because we can be motivated, and we have choices.

So, the Creators of Earth have built into the metaphysics of Earth a system of consequential laws we call Karma that governs the results of our actions and inactions. For there to be free will, we must be able to act in unloving ways so that we can see and experience that it might harm ourselves or others. This provides us with learning experience. When we act in unloving ways, it creates a little pain (or sometimes a lot of pain) for ourselves and those around us, it interrupts other's space a little and creates painful aftereffects. By becoming aware of **how** our unloving acts hurt ourselves and others, and **how** the after affects show up, we gain the **understanding** of how our unloving actions hurt ourselves and others. We learn through cause and effect. This system teaches us how to become intelligent, compassionate, and wise by giving us choices. This system of consequential law provides excitement, it helps us develop strength of mind, build character, and it teaches all of us the wonder of honor, integrity, and wisdom. Living in the system of Karma introduces all of us to the playing field of Love versus pain, **and above all, it gives us the experience we need to learn how to never act or react in an unloving way, ever again.** What is most extraordinary about this system of Karma as we have seen through understanding and using the Love Healing Process, is that living with and through pain day after day **will always** help us develop the strength and gifts, the intelligence we need to master living in integrity and honor, to understand and make loving choices always.

### **An Unloving Act**

Here is a list of what constitutes the basics of an unloving act:

- Interrupting any being's space without permission with unloving intentions
- Gaining self-gratification from looking at another person's body without permission

- Lying
- Cheating
- Stealing
- Intentionally hurting yourself or someone else or doing something that causes pain to any being including yourself (this includes humans and any animal with eyes and blood)
- Defacing any person, place, or thing (dropping garbage where it doesn't go, graffiti, scratching or breaking things to deface them, etc.)
- Killing any human or animal except in self-defense or for any inhumane reason

The reason we say “the basics” is because there are literally hundreds of ways to create unloving acts. For example, a person could need to clear their throat and, after drawing up the phlegm into their mouth, spit it onto the ground. That would be fine if the place they spit is not being defaced. But if a person spit anywhere at any time with the intention to deface, that will create a Karmic effect. So, we cannot really list all the ways an unloving act could be committed, just the basics.

## **Karmic Effects**

Any time any of us creates an unloving act, we will suffer the pain caused by the action and the Karmic effects that action caused. Here are some examples:

### **Interrupting**

A girl is coloring in a book. Her brother decides he doesn't want her to color, he wants her to play with him, and so he swipes the book and crayons to the floor. The moment the brother **gets the idea** to knock the book and crayons to the floor, he will get a pain in his gut. The pain shows him he is about to make an unloving decision **based on his intentions**. The pain will intensify the closer he comes to swiping the book and crayons. Once he has done the deed, he cannot take it back. It is done. And at that point **he has created a Karmic effect in the way of pain that must be experienced**. The pain in his

gut will intensify and stay that way until the effect is over. The length of the pain effect is based on how much unloving energy he put into the act and how much pain was caused by his actions. He will have to experience the pain he created within himself, the pain he created in the other person, and any pain that might have been experienced by a third or fourth party like a concerned parent or babysitter. Each time he does something similar, the pain's duration and intensity increase.

If at some point before the effect is over, the boy realizes that what he did was invasive and feels how it hurt the girl's feelings and he apologizes with empathy to the girl and anyone else his action hurt, a significant amount of the pain will be lessened. We will state here that if a parent tried to force a child to apologize and the child's heart is closed when he apologizes, it does nothing for the sister or the boy. It would be good to do some creative parenting here to help the boy realize what he has done, making sure that there are open hearts all around. Only then will the boy be able to feel and use empathy to bring peace to his past actions.

## **Lying**

A working mother tells her daughter that she cannot go to the mall with her friends because she needs to go home and do her homework. The daughter decides to go to the mall anyway. The moment she makes the decision, she starts feeling fear. As she walks to the mall, the feeling intensifies. In an attempt not to get in trouble with her mother, she lies to her mother and tells her that she did not go to the mall, that she did her homework. The moment the words come out, it is done. She cannot take it back. She has incurred a Karmic effect in the way of pain that must be experienced. Her pain will increase until the Karmic effect is over. If her mother catches her, she will have to experience the shame and guilt of being a liar. She will have to experience the same amount of pain her mother experiences and anyone else it may involve. And she will not be trusted for the time it takes to experience the Karmic effect, which could last for a few days. If she does not get caught, she will still have to experience

the shame and guilt of being a liar and the pain and the duration will be even more than if she got caught. From this point forward, if she continues to lie, the pain and duration increases as does the time she is not trusted by others.

If at some point before the effect is over, the girl realizes that what she did was wrong and feels how it hurt her mother to deceive her and she apologizes with empathy, a significant amount of the pain will be lessened.

## **Cheating**

A couple is doing their taxes, and they have their own business. While adding up how much they have been paid throughout the past year, they choose to omit any time they were paid cash. The moment they sign the completed tax form and put it in the mailbox, the Karmic effect starts, and its pain must be experienced. As soon as they make the decision to cheat, they will both start feeling pains of guilt. Once they go through with it, the pain increases. From that moment, both people will find that they will have experiences in which they are not trusted until the effect has been experienced in full. They both will feel the shame and guilt of lying about their situation in the back of their minds, so to speak, throughout the entire time of experiencing the effects. The amount of money they did not report will be lost in mysterious ways. Here again, if they are not caught, the pain is more than it would be if they were caught. They will find that they will be cheated in some similar fashion from a fellow human being or entity or business or event (like a tree branch could fall on their car for example). Each time they commit a similar offence the pain and duration increase and the time they feel that they are not trusted will last for a long time.

If at some point before the debt is paid, one or both people realize that what they did was wrong, apologize, and tell the I.R.S. the proper amount of money made, a significant amount of the pain will be lessened for one or both.

## Stealing

A young man has just started shaving. He goes to the store to buy himself his own razor. He discovers that the extra blades are quite expensive, so he slips a package of them into his pocket, and he does not pay for them. The moment he puts them into his pocket, he will start feeling the fear of getting caught. The moment he steps out of the store, and he has not paid for them, he will start to feel the Karmic effect of the guilt and shame of being a thief and the pain of it must be experienced. If the man is caught, he will have to suffer the humiliation of being a thief, and he may be arrested and must pay the debt the storeowner or the court systems charge him. If he is not caught, he will have to experience the feeling of the humiliation, guilt, and shame of being a thief as if he were caught plus, he will find that he will end up paying the amount of the value of the razor blades and fine, or more, from people stealing from him or some other calamity. The amount of pain he will experience if he is not caught is so much more than it is if he is caught, that it is usually better if he does get caught. The moment he steals, he will find that he will not be trusted until the Karmic effects have been experienced in full, which can take a long time. Every time he commits a new offence the pain and duration increase, and he will find that the feeling of not being trusted could last for months, possibly years.

If at some point before the debt is paid, he realizes that what he did was wrong, apologizes with empathy, and pays the money back to the store, a significant amount of the pain will be lessened.

## Intentionally Hurting Someone

If a mother or father hits their child for any reason, they will incur Karmic effects. The relationship of any parent to a child is sacred. The only reason for anyone to raise a child is to raise the child with Love in every fashion possible. There is never a reason to hit a child, **ever**. Parenting is about guiding and teaching, nurturing, mothering and fathering, not discipline. There are several reasons why the effects happen:

- A child is quite helpless compared to the size of an adult and therefore cannot protect itself.
- Hitting a child puts the child in a state of shock that confuses the child a great deal.
- Hitting a child is communicating to the child that he or she has done something that is unforgivable or extremely wrong, both of which are not true. This is incredibly confusing for the child.
- Hitting the child hurts the child and the pain the child receives creates physical, emotional, mental, and spiritual scars that can last a very long time, quite often a lifetime.
- Hitting the child is teaching the child that hitting someone you Love is O.K., which is very wrong.
- Hitting a child is teaching the child that hitting their own children is a proper way to discipline them, which is very wrong. It is not guiding them but imposing a fear-based relationship, which is very unhealthy. Hitting a child is a form of torture.

(It should also be understood that the unloving emotion behind the hitting, is just as bad as the hitting and compounds the pain directed at the child.)

Once a parent hits their child, they will incur Karmic effects and the pain of it must be experienced. There are many factors that determine the effects. How hard the child was hit, how angry the parent was while doing the hitting, whether an implement was used, the duration of the hitting, and how bad the child was hurt physically, emotionally, mentally, and spiritually. It should be very clear here that anyone hitting a child will experience more than the amount of pain they created in the child plus the pain that action created in all other parties involved, like siblings, the other parent, friends, grandparents, or anyone who saw or heard about the transgression.

Reverting to hitting anyone for anything besides protecting yourself brings on an immensely powerful Karmic effect that makes it exceedingly difficult to grow and learn, but this is especially true when

hitting children. It will make you feel ignorant and appear ignorant to other people for a long time.

If the person comes to understand what they did was wrong and they apologize to the child with empathy and do everything in their power to keep from hitting or yelling at the child ever again, then a significant amount of the pain will be lessened. (If you find yourself hitting a child, please seek professional help immediately.) The person will also need to apologize to all other parties concerned. The person must learn to Lovingly guide the child, learn to become their friend, confidant, protector, and benefactor, instead of disciplining the child.

Another example of hurting, in the light of Jake's story, would be a woman driving down the road on her way to work. As she merges onto the highway, a car almost sideswipes her. It scares her and she starts cussing and yelling obscenities at the person. As soon as the first angry word is uttered, she has entered into Karmic effect. Every word after that just makes the effect more painful. The woman is using her energy to hurt another person. The near sideswipe was an accident, not intended to give harm. Therefore, reacting in anger or rage with harsh words is like hitting someone. It is like hitting someone with her energy and creates Karmic effects. If the people in the other car were standing in front of her, happy with their hearts open, and this woman started cussing and yelling obscenities, each person would feel the pain of her anger and rage. It would hurt their hearts. It would be a shock to their bodies and lives. It would take time to get over the shock. That woman will now have to experience all their pain. In the near future, the woman will find that after doing something that was innocent or accidental, someone will yell and cuss at her in a similar fashion that she did to the people in the passing car.

It is important for everyone to understand that their voice is very powerful. When you use your voice in Love, it is wondrous and marvelous. But any time you use your voice in irritation, anger, or rage to intentionally accost a person, you create strong Karmic effects for yourself.



## **Killing**

There are two honorable reasons to kill someone:

- Self-defense, to defend yourself, your family, your friends, or your country. (But only if your country is being attacked. In the case of soldiers, each soldier must decide for his self if killing is honorable or not before the killing is done. It must be done in alignment with Love.)
- To protect someone else. For example, if a man was holding someone hostage at gunpoint, it is honorable to kill the man if there is no other way to stop him.

If a person kills another person for a dishonorable reason, they will incur Karmic effects and the pain of it must be experienced.

If a person kills another person dishonorably, they should turn themselves over to the authorities and let them punish them to the full extent of the law because if they don't, the pain and duration of the Karmic effects will be much worse. When a person has been killed, their life has been shortened. All the good and amazing things that a person could have done will never come to fruition. Therefore, the killer will have their life taken away as well and quite often be sentenced for the duration of their life in prison. Usually, many people are affected by the sudden death of someone who has been killed. Therefore, the killer must experience all the pain of all those people affected, throughout the time of the effects. If the killer is not able to experience all the pain in this lifetime, it will follow the person to their next lifetime.

There are certain scenarios in which Karmic effects for killing would be less than a lifetime. For instance, if a person killed someone in a gang fight when they were sixteen, by time they are in their thirties or forties, they would have grown into being a different person and might be released from jail if that option were available.

You can see from these explanations that the Rules of Karma are powerful and apply to any and every person who creates pain in other people. All pain caused by Karmic effects must be experienced,

but the duration of the Karmic effect depends completely on if the person committing the offence learns from the experience and changes their ways or not. If you have done any of these things and have not been caught, if you turn yourself in or apologize to the appropriate people, your Karmic Debt of pain can be significantly lessened, and you can get on with your life with less pain and more wisdom and honor. It can be particularly challenging to go up to a person you have wronged in some way and apologize for what you did. You must swallow your pride and humble yourself to do it with an open heart. But doing it builds a lot of character for yourself and says a lot about who you are. It is very honorable to admit that you have done something wrong and be willing to do what you must do to make it right, if possible. That includes learning why you had the inclination to do it in the first place so that you can heal or remedy that impulse or habit within you. Healing the 'why you did it' will significantly lessen the Karmic effects as well. And you may be surprised at the aftermath of your apology. As time goes by, you will feel better about yourself after you have apologized and made whatever you did to harm someone as right as possible.

I would also like to state here that the scenarios we have presented are in no way a complete list of all the different ways a person can create Karmic effects. But the examples we have given you should help you understand that it is important to learn to Love yourself and everyone and everything around you so that you can learn to live with honor and integrity and to grow Lovingly wise.

To be clear, you are being created by Divine Love each and every moment. Your life is continually an amazing gift. If you think that you have wronged a person in any way and gotten away with it, you do not understand how Karma works. You cannot fool Divine Love or yourself. It is simply not possible.

Also, if you were a person who was raised in the rough, so to speak, raised in a way so that your whole childhood was traumatic all the time, with the result that you have so many Love Reversals you

find it exceedingly difficult to know what is right, what is Loving, and what is not, I and all your Guides want to thank you. The path you have chosen is one of the hardest to bear, one of the hardest to heal. But if you can find it in yourself to do it, to heal all the trauma, the payoff for your efforts will be more wondrous than you can imagine.

Karma is not something to be afraid of. If you have done things that create painful Karmic effects, if you can find it in yourself to keep your heart open as much as possible while living through the pain of the effects, you will come to know honor and integrity, and it will make you a powerful, Loving human. You can learn to adore your life.

**For any choice you make to harm yourself or another,  
the Karma you receive will teach you how to become  
honorable; how to live in Integrity.**

**The universe will always honor your Loving choices.**

## Chapter 28

# Books to Read

There are three books we would like to recommend you read. Before you embark on any of these books, however, we would suggest that you spend most of your extra time mastering the Love Tools (especially Gliding) and using the Love Healing Process, before you embark on reading them.

The first book is *Nonviolent Communication: A Language of Life: Life-changing Tools for Healthy Relationships*, by Marshall Rosenberg.<sup>1</sup> It is an amazing book about learning how to communicate with and through Love. This fascinating concept takes time to learn and do. The book itself is a little challenging to read and understand, and so along with the book we highly recommend that you watch or listen to the Non-Violent Communication (NVC) videos made by Marshall Rosenberg on YouTube. They are even better than the book and easier to understand. If you are having communication issues in your life, it may be to your advantage to also take some NVC courses because learning NVC is a little like learning a new language, and it is powerful! Here is a **description of the book provided by Sounds True:**

2

### Nonviolent Communication

By Marshall Rosenberg

*What if you could defuse tension and create accord in even the most volatile situations—just by changing the way you spoke? Over the past 35 years, Marshall Rosenberg has done just that, peacefully resolving conflicts in families, schools, businesses, and governments in 30 countries all over the world.*

*In Nonviolent Communication, this renowned peacemaker presents his complete system for speaking our deepest truths, addressing our unrecognized needs and emotions, and honoring those same concerns in others. With this adaptation of the bestselling book of the same title, Marshall Rosenberg teaches in his own words:*

*Course objectives:*

- *Identify the four steps of the Nonviolent Communication process*
- *Discover how to overcome the blocks to compassion and open to our natural desire to enrich the lives of those around us*
- *Observations, feelings, needs, and requests—how to apply the four-step process of Nonviolent Communication to every dialogue we engage in*
- *Overcoming the blocks to compassion—and opening to our natural desire to enrich the lives of those around us*
- *How to use empathy to safely confront anger, fear, and other powerful emotions*

The second book we would like to recommend is ***It's Never Too Late to Be Your Self***, by Davina Kotulski.<sup>3</sup> Davina's book is an all-around spiritual growth book, and all the practical exercises in her book work splendidly with *Growing Big in Love*. Her audio version is great! Here's a review provided by Readers' Favorite Five Star Review:

4

**It's Never Too Late to Be Your Self:  
Follow your Inner Compass and Take Back Your Life  
By Davina Kotulski**

*It's Never Too Late to Be Your Self: Follow Your Inner Compass and Take Back Your Life by Davina Kotulski is a powerful book on personal development, one that offers tools and secrets to unlocking the doors to personal fulfillment, growth, and success, and it is well-crafted for contemporary readers. Most people are not satisfied with the life they are living because they are disconnected from themselves. They spend their lives chasing ideas, values and dreams suggested to them by our eclectic culture, struggling to meet standards set by others. In this book, the author shares the wisdom that readers need to reconnect with their deepest desires and feel at one with themselves because it is*

*only then that they can live with truth and authenticity. This book shows why we need to use our inner compass to identify what we truly need, our desires, and how to use them to create success and purpose.*

*Davina Kotulski observes that: "Many of us have an objection to feeling joyous. Something in us resists feeling wonderful, resists the fullness of life. We feel there's something flawed about us, something not quite right about who we are. Religious doctrine has contributed to this. For some people, this feeling is familiar and therefore comfortable." This book helps readers turn things around, empowering them to overcome their internal resistance to growth, joy, and happiness, and providing actionable steps to learn to listen to themselves, to take control of their dreams, and to find tools that help them beat fear and obstacles on the way. It's Never Too Late to Be Your Self is a book I found to be very edifying, packed with wisdom and insight, one of those books to read or listen to and pass on.*

*Narrated in a voice that is down to earth and engaging, in a style that connects with readers, allowing a heart to heart conversation, this is an audiobook to have in your car and in your home. The words are filled with power and that energy is communicated in the confident and clear voice of the narrator.*

The third book is called ***Dying To Be Me*** by Anita Moorjani.

This book is a fantastic true story of Anita's journey with cancer and the death experience that resulted from her disease. She also narrates her audio version. Here is a review provided by Good Reads:

## **Dying To Be Me**

**By: Anita Moorjani**

*This truly inspirational memoir. Anita Moorjani relates how, after fighting cancer for almost four years; her body overwhelmed by the malignant cells spreading throughout her system began shutting down. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth...and the*

*actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was able to be released from the hospital within weeks... without a trace of cancer in her body!*

*This is a book that makes the case that we are spiritual beings having a human experience...and that we are all ONE!*

## Chapter 29

# What We Would Like You to Hear

When a person gets really big in Love, there is no unloving belief that is not just petty. Big Love makes unloving energy so small, and yet, when any person finds themselves in the thoughts of being triggered by any unloving belief that they have not yet healed, they will feel the pain of the original trauma, and it will feel so real until the unloving belief is understood, and then the pain released. And still the person will have to heal the unloving habits created by that belief to become free of the pain at last. But the **freedom** is **AMAZING!** The gifts gleaned from the experiences are priceless and as we accumulate the wisdom garnered from each encounter with the misunderstandings, we grow, we shine, we become the change the world has been striving to become since its conception.

For those of you who have decided to make growing BIG in Love and using the Love Healing Process a daily part of your life, the biggest thing for you to understand is that once you start,

**if you want to be successful,  
you will have to be persistent.**

Once you start adding Love daily, you will start being able to see all your unloving beliefs, habits, and especially Love Reversals within you. If you want to consistently grow in Love, it is so important that you develop the habit of steadily processing two to three hours a week, every week, week after week. If you do, you will be growing in Love, and you will be able to heal the unloving parts of you that you find within you.

**That exchange will give you a BALANCE to your life.**

**It will make your life exciting and wondrous.**



Yes, you will be going through Change Transitions at times, and there will be hard times here and there. Because all of us have so many kinds of unloving beliefs, habits, and Love Reversals within us, many of the ones we are not working on will get triggered here and there. When they do, we can use our Love Tools to help us get through them with less pain.

**If you keep at it and consistently follow the Process, you will be able to grow spiritually, effectively, and efficiently.**

**But what we would like you to hear is that if you do not follow the Process - that is, if you try to add Love but do not do the processing, OR if you try to process but do not add Love, or if you do not follow the guidelines of Stages One, Two, and Three - your results will probably not be what you are trying to achieve.** The Process is sound and if followed consistently, will help you grow into the most beautiful person you could imagine!

How important is it to follow the Love Healing Process?

I have seen people try just to add Love or grow in Love without processing. Generally, they will experience some growth in Love and awareness for a short time - a month, maybe a few months. But if a person continues to try to grow in Love **without** processing the pain that they are becoming more and more aware of, seeing and feeling their pain that is not going away, makes them slowly lose the desire to grow in Love.

Why do people try to add Love without processing? Generally, it is because they have not learned how to process, they have not learned how to process correctly, or they do not have the dedication to do the work that is needed to bring about the healing.

I have seen people attempt to process without following all the steps, believing they are doing it right and after a year or so, find they really haven't healed any of their unloving habits. This can be

extremely frustrating, to spend all that time and to have not progressed.

**So, what we would like you to hear**, is that if you decide to grow BIG in Love and you are actively **using the Love Tools every day**, you will need to spend a **minimum of half an hour a day, four or five days a week**, processing the pain that the Love shows you. You will need to follow all the steps laid out in Stages One, Two, and Three.

### **The rewards for doing so are off the charts.**

The rewards are so powerful that they make the pain we must go through totally worth it. We can learn how to become Loving, honorable, and full of integrity. **It makes us Lovingly smarter!**

**What we are saying here is that if you spend all day growing big in love and you invest thirty to forty minutes a day on processing, you can create the life of your dreams!**

**May you grow big in Love!**

**May you heal ALL your pain!**

**May you develop an intimate relationship with the Divine Creators!**

**May you harness the Loving wisdom that is yours to obtain!**

**And as you do, may playfulness become the light of your soul!**

**Big hugs to all of you,**

**I Love you,**

***Raven***

# Love's Message

All the knowledge imparted in this book supports the **Earth's Objective**, that we are here to learn how to master being Love. All throughout this book we have been teaching you how to grow bigger and bigger in love and how to achieve growing more and more intelligent, integrous, and wise.

Now as Love, we are asking Raven to write our message.

We are a We.

There are many of us working together to create Earth and the universe around Earth. Each one of you is a completely new part of us beautiful and unique. We Love you and adore you with all of our hearts and are sorry that you have experienced so much pain in your lives without understanding why it is there. This is the hardest part of raising a Godling, of helping them understand their power and relation to life. That being said, it is the most necessary part of a Godlings journey to discover who and what they are. Although it doesn't feel or seem like it at times, the pain you all have and will go through is just a necessary part of your evolution. Once you complete this journey, you will inherit the Kingdom of Love in all of its wonder and majesty. It is so big in its majesty, there is no way for you to even begin to comprehend it. We're telling you this because we know that all of you in some ways are just at the beginning of your journey to heal the pain that is within you and all around you. For those of you who get this and are willing to dedicate the time it takes to make the healing come to fruition, we are grateful. Everyone of you that engages into the Love Healing Process and makes it a part of your life, will help everyone around you. We can't thank you enough for doing the work.

We want you to learn to communicate/talk to us as soon as you possibly can. We can help you with every part of the healing process. We Love you. We want to be your best friend you have ever had. So please open up to learning how to make that happen. There is

not much else you could do with the time in your life that would be more valuable.

There are three things we want to clear up with you.

The first is that there is no such thing as death, at least not on the soul level. No Godling that has ever been created ever, has ever died. ALL of them are alive and always have been. To be clear, there is no person or animal that has lived on Earth that has ever died. The Physical Body dies, but the Time, Spiritual, Mental, and Emotional bodies never do. When a person comes to the other side, they are welcomed into the arms of Love like you have never felt during your life on Earth. They feel this Love on the other side until they venture back into the realms of learning, Earth and places like Earth.

The second thing is that none of you, not one of you has ever done anything wrong, **ever**. We understand that it is going to take some time to for you to Grok this. We call what keeps you from knowing this phenomenon, the Right Wrong Paradigm. We are providing you with a world in which you can perceive your reality in many different ways and through experimenting you gain the experience of learning how things work. We call this Cause and Effect. Because there is pain involved, it makes the learning curve very advantageous. This is especially true when you understand that the pain is only here to teach you to go the other way. That is the sole purpose of pain, the only purpose of pain. Because of the way beliefs work, if a person develops the method of perceiving their reality as Right or Wrong, that is what they will experience, and it compounds pain making it much more painful. But if you can learn to understand that there is no Right or Wrong, that there is only Cause and Effect, you will be able to step away from very painful perceptions, beliefs, Love Reversals, and Loops. (We will talk about Loops in the upcoming chapters) Once you understand that the Right Wrong Paradigm is not true, you will need to do the work of healing the established patterns the paradigm has created. Many of you are so confused about Me/Us, about who We are and the relationship to Us because of the confusion this paradigm creates. Please remember that none of you have ever

done anything wrong. The Earth Project is being created to show you how complicated and confusing things become when a being misuses their energies. You can use your knowledge of Love and the guidance of Karma, Cause and Effect to help you navigate your life to living in Love only and all ways.

The third thing is that there is no devil, Lucifer, or hell. These, and concepts like them, are a result of beliefs being coupled with the Right Wrong Paradigm in religion. No one has ever done anything wrong. There is no sin. Everyone is made from Love, through Love, and in Love. I am all there is. And pain is a tool We/I use to help Godlings learn to understand how life works, how their lives work within the realms of Love, and how to grow in Love, intelligence, and beauty. We understand that saying this brings very serious questions to mind about things like murder and war and killing and eating animals, how could these things not be wrong? These are very good questions. And we would like to help you find the answers to any and all the questions you have within you. To find the answers, learn to grow very big in Love, in Me, and spend all the time you need to learn how to communicate with me directly so that We can help you find the answers and so We can help you heal.

So far, you are learning that We are creating five bodies to help you achieve your goals. Your Time Body extends all the way back to when we started your life, to where you are in this moment. You do not have the ability to remember your complete journey to here while you have a physical body, but as soon as you pass over to the other side, you will be able to see and feel your complete past as if you were just there yesterday. In this light, you could refer to your Time Body as your soul, it is the sum total of your life.

When you are born into Earth, your Time, Spiritual, Mental, and Emotional Bodies are metaphysically attached to a Physical Body that you use throughout your journey here. Your Physical Body gives you the experience of being able to experience how all five bodies work in the physical realm of Earth. After you complete your journey

here, the Physical Body is absorbed back into the Earth and the other four bodies take you back to the other side.

For Us the experience of creating you and your five bodies is extraordinary. We have to create every feeling, thought, emotion, and hiccup, so that you can get the feeling of what it feels like to be alive. We are creating everything about how your Physical Body is working moment by moment. Every single thing you are seeing, hearing, smelling, tasting, and feeling in all the multitudes of different ways you can feel within your life, we must do for you so you can get the experience. This shows you how intimate our relationship is to you. It also shows you that you have never been alone, we are always right here inside you thinking your thoughts, emoting your emotions, feeling your feelings, talking and walking and sleeping you all throughout your life. We give you the power to make the decisions of what, when, and how you act and react to the experiences we are creating for you. You are always in command of deciding what, when, and how. And from this interaction, you slowly learn how to control the energies that you have available to you.

Once you master being Love, you will slowly learn to use the energies around you to create more and more of your own life until one day, you will be in complete control of creating your life and the environment around you. What a glorious day that will be for you and all of us! Then you will be free to explore the realms of Love and create to your heart's desire forever and ever and ever and ever...

# NOTES

## Chapter 1. My Story

- 1 Jane Roberts, *The Nature of Personal Reality: Specific, Practical Techniques for Solving Everyday Problems and Enriching the Life You Know* (San Rafael: Amber-Allen Publ., New World Library; Reprint edition, 1994).

## Chapter 6. Loving Sounds

- 1 Fossella, Tina; Welwood, John, (Spring 2011). "Human nature, buddha nature: an interview with John Welwood" (PDF). [Tricycle: The Buddhist Review](#).

## Chapter 12. Sensate and Dreams

- 1 Michael J. Lincoln, PhD. (AKA Narayan Singh Khalsa), *Messages from the Body: Their Psychological Meaning* (Spring Creek, NV: Talking Hearts, 18th edition, 2019).

## Chapter 15. What is Trauma? Dr. Peter Levine's Work

- 1 Peter Levine, *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* (Berkeley: North Atlantic Books, 2010) back cover.
- 2 Ibid, 48.
- 3 Ibid, 47.
- 4 Ibid, 61.
- 5 Ibid, 169 – 171.
- 6 Ibid, 180 – 181.

## Chapter 17. Colin Tipping and Radical Forgiveness

- 1 Colin Tipping, *Radical Forgiveness: A Revolutionary Five-Stage Process to Heal Relationships, Let Go of Anger and Blame, and Find Peace in Any Situation* (Louisville, Colorado: Sounds True, 2010) 7 - 35.

## **Chapter 26.** Pain, Goddess, God, and Godlings

- 1 Pain. Retrieved October 14, 2019, from <http://www.merriam-webster.com>.
- 2 Pain. Retrieved September 29, 2019 from <http://www.cambridge.org/us/>.
- 3 Pain. In Oxford Dictionaries Online. Retrieved September 29, 2019, from <http://www.lexico.com/en>.
- 4 What is OCD? Retrieved September 29, 2019 from <http://www.iocdf.org/about-ocd/>.

## **Chapter 29.** Books to Read

- 1 Marshall B. Rosenberg, *Nonviolent Communication: A Language of Life: Life-changing Tools for Healthy Relationships*, Depak Chopra (ed.) (Encinitas, Ca: PuddleDancer Press: Third Edition, 2015).
- 2 <https://www.soundstrue.com/store/nonviolent-communication-3826.html>
- 3 Davina Kotulski, *It's Never Too Late to Be Your Self: Follow Your Inner Compass and Take Back Your Life*, Shefali Tsabary (forward), Michael Bernard Beckwith (intro) (Red Ink Press, 2018).
- 4 <https://readersfavorite.com/book-reveiw/its-never-too-late-to-be-your-self>