Chapter 13

Emotional Healing

- Release any negative core beliefs from all levels of the energy field, across all times and dimensions. Include the following beliefs where they apply:

  **About myself**

  I can do it               I deserve pleasure
  I get it right           I deserve love
  I am good enough        I am lovable
  I am intelligent        I fit in
  I am successful         People listen to me
  I am competent          I can show my true self and feelings
  I am worthy             I do not need to please others to be worthy
  I am visible            I deserve to be alive
  I am significant        My parents are proud of me
  My mistakes are forgivable I am interesting
  I can have what I want  I give out enough love
  I deserve happiness     I am creative
  I deserve abundance     People respect me
  I always meet people’s expectations I am attractive
  It’s OK to have fun     I fit in with the crowd
  I have found my calling I do what I want to do
  I am in the right place I am secure
  I am proud of myself   I am meant to be here
  I am in charge of my life I am in control
  I can stand up for myself I have choices
  I can say no            I am clean
  I am powerful

  **The world**

  Life is meant to be fun People are basically kind and loving
  Happiness is always long lasting I can make a comfortable living
  The world is a safe place Hard work is not essential
  People are out to support me I can be calm in today’s world
  Life is fair                     Good people are in the majority
  Life is kind                     There is a higher plan to my life
  Mankind deserves to be honoured Mankind will survive
My relationships

<table>
<thead>
<tr>
<th>My relationships</th>
<th>Core Beliefs</th>
</tr>
</thead>
<tbody>
<tr>
<td>There is someone special out there for me</td>
<td>I can live independently from my partner</td>
</tr>
<tr>
<td>I am meant to be in a relationship</td>
<td>I can find someone special</td>
</tr>
<tr>
<td>Divorce is OK</td>
<td>We can have different hobbies</td>
</tr>
<tr>
<td>The opposite sex can be trusted</td>
<td>Relationship issues are rarely my fault</td>
</tr>
<tr>
<td>The opposite sex are similar to us</td>
<td>My partner listens to me</td>
</tr>
<tr>
<td>I always come out fine</td>
<td>Love is wonderful</td>
</tr>
<tr>
<td>I tend to get it right</td>
<td>I am attractive and loveable</td>
</tr>
<tr>
<td>My partner can see my viewpoint</td>
<td>I give my partner freedom</td>
</tr>
<tr>
<td>Partners want me for sex</td>
<td>Partners always support me</td>
</tr>
<tr>
<td>Partners want me for me, not my money</td>
<td>Relationships are worth the effort</td>
</tr>
<tr>
<td>My partner can survive without me</td>
<td>I can express my true self</td>
</tr>
<tr>
<td>Other people meet my expectations</td>
<td>I can be happy and single</td>
</tr>
<tr>
<td>Relationships can last</td>
<td>My partner is good enough</td>
</tr>
<tr>
<td>Relationships can be easy</td>
<td>My partner understands me</td>
</tr>
</tbody>
</table>

- Support these core beliefs with the relevant emotions derived from the following statement:

“I am unique, beautiful, talented and lovable. I accept that everything I do, feel and say on my life’s path is part of my growth to higher states of understanding and consciousness. I see the world as a wonderful playground for me to express my magnificence.”

- Cellular replication to occur without receptor sites generated by emotional addictions. If relevant, remove receptor sites connected with smoking.

  Fibonacci Sequence: $F_{n+2} = F_{n+1} + F_n$ $-\infty \leftrightarrow +\infty$ 3 dimensions Red
  D Major Octave C4. Starting (n) = 3 and (n+1) = 5

- Assess cellular memory from all previous time periods and remove inappropriate belief and behaviour patterns generated from:

  - Inherited beliefs from family or identification with unhelpful characteristics
  - Imprints on the subconscious created during times of emotional stress
  - All past negative experiences and traumas
  - Self-destructive and self-punishing tendencies
  - Conflicts within the internal belief system
  - Body comparisons with other people
  - Negative body comments including metaphors e.g. ‘you are a pain in the neck’

<table>
<thead>
<tr>
<th>Crystal: Rhodolite</th>
<th>Plant: Rose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Master number 5</td>
<td></td>
</tr>
<tr>
<td>Number</td>
<td>1 5 7 9 8 3 5 7 1 4 2 7</td>
</tr>
<tr>
<td>Gateway 5</td>
<td>0 1 1 0 0 1 0 1 1 0 1</td>
</tr>
</tbody>
</table>

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• By rebalancing all energy systems, remove all negative emotions and energies, including those derived from:

Abandonment  Abuse  Addictions  Adultery  Alcoholism
Anger    Apathy  Appeasement  Betrayal  Bitterness
Brain damage  Child abuse  Complaining  Conflict  Cowardice
Cruelty  Depression  Despair  Domineering  Doom
Doubt    Ego  Envy  Escapism  Excesses
Failure  Fear  Fatigue  Forsaken  Frustration
Greed    Guilt  Hate  Hate of God  Hate of life
Hate of men  Hate of self  Hate of women  Health abuse  Helplessness
Illness  Injustice  Insanity  Intolerance  Jealousy
Judgmental  Lethargy  Low self-esteem  Lying  Malice
Negativity  Panic  Paranoia  Promiscuity  Rejection
Resentment  Restlessness  Revenge  Sadism  Self-centredness
Self-destruction  Selfishness  Self-limitation  Self-punishment  Separation
Sexual abuse  Sexual perversion  Sexual coveting  Stinginess  Suicide
Terror    Unforgiveness  Unhappiness  Unworthiness  Vengefulness

Crystal: Tourmaline    Plant: Bergamot
Master number 1

Number    3 9 7 5 4 3 2 0 1 1 3 8
Gateway 6 1 1 1 1 0 0 0 0 1 1 0

• Replace the energies so released with:

Abundance  Acceptance  Awareness  Beauty  Caring
Cheerfulness  Cleanliness  Comfort  Concern  Confidence
Consideration  Constructiveness  Courage  Courtesy  Creativity
Desire    Determination  Endurance  Enthusiasm  Faith
Forgiveness  Freedom  Friendliness  Generosity  Gentleness
Giving Freedom  Grace  Gratitude  Happiness  Harmony
Health    Helpfulness  Honesty  Hope  Hospitality
Intelligence  Involvement  Joy  Justice  Kindness
Laughter  Life  Listening  Love  Love of God
Love of Life  Love of Men  Love of Self  Love of Women  Loyalty
Mercy    Optimism  Order  Passion  Patience
Peace    Perseverence  Poise  Prosperity  Punctuality
Purpose  Relaxation  Responsibility  Reverence  Self-control
Self-esteem  Self-forgiveness  Self-preservation  Sincerity  Sobriety
Strength  Success  Supportiveness  Sympathy  Tact
Thoughtfulness  Tolerance  Trust  Truthfulness  Understanding
Vitality  Wholeness  Wisdom  Worthiness  Zeal

Crystal: Celestite    Plant: Gentian
Master number 1

Number    3 9 7 5 4 3 2 0 1 1 3 8
Gateway 7 1 0 1 1 1 0 1 0 0 0 1

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• To remove limitations in cellular beliefs, apply:

Fibonacci Sequence: \( F_{n+2} = F_{n+1} + F_n \)  
3 dimensions White
B Major Octave C3. Starting \( n = 3 \) and \( (n+1) = 6 \)

• Restore true creativity under the auspices of:

Fibonacci Sequence \( F_{n+2} = F_{n+1} + F_n \)  
3 dimensions Violet
C,F,G Major Octaves C1 and C6. Starting \( n = 9 \) and \( (n+1) = 9 \)

• Release any negative energy attached to vows, whenever they may have been made. In particular, release the negative consequences of promising long-lasting love to an ex-partner, including marriage vows to a previous spouse.

• Release and cancel any negative energy attached to curses, whenever they may have been made. In particular, release the negative consequences of limiting comments made by people in authority, such as teachers and parents. Examples are “you will never amount to much”, or “I wish you were as clever as your brother”.

• Remove any ‘psychological reversal’ that is encouraging the survival and vitality of any toxins in the body, in particular candida and parasites. Release the negative energy around all historical traumas that have created or supported these self-destructive tendencies. Absorb the affirmation ‘Even though I may have candida/parasites, I deeply and completely love, forgive and accept myself’.

• Release any stored trauma and negative memories from being laughed at, scolded, crying, sobbing, or being made to cry or sob.

• Remove all trauma and negative emotions from all the energetic fields of the body acquired from past events, including:

<table>
<thead>
<tr>
<th>Emotions felt in womb</th>
<th>Bullying</th>
<th>Religious procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>The birth process</td>
<td>Bereavement</td>
<td>Religious indoctrination</td>
</tr>
<tr>
<td>Abandonment</td>
<td>Sexual abuse</td>
<td>Schooling</td>
</tr>
<tr>
<td>Conflict of territory</td>
<td>Emotional abuse</td>
<td>Bullying</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>Parental betrayal</td>
<td>Domestic abuse</td>
</tr>
<tr>
<td>Medical consultations</td>
<td>Adoption</td>
<td>Violent crime</td>
</tr>
<tr>
<td>Past traumas</td>
<td>Lack of sexual fulfilment</td>
<td>Sibling rivalry</td>
</tr>
<tr>
<td>Rejection on gender</td>
<td>1st menstrual cycle</td>
<td>Birth of children</td>
</tr>
<tr>
<td>Abortion</td>
<td>Miscarriage</td>
<td>College / university</td>
</tr>
<tr>
<td>Being born out of wedlock</td>
<td>Drug abuse</td>
<td>Affairs</td>
</tr>
<tr>
<td>Car accidents</td>
<td>Physical injury</td>
<td>Threat of physical injury</td>
</tr>
</tbody>
</table>
• Restore natural instinctive functioning of the amygdala. Ensure normal processing of frightening stimuli at an unconscious level in the ventral region of the amygdala and at the conscious level in the dorsal region.

Fibonacci Sequence: \( F_{(n+2)} = F_{(n+1)} + F_{(n)} \) \(-\infty \leftrightarrow +\infty\) 3 dimensions Blue B,G Major Octaves C5 and C6. Starting \((n) = 2\) and \((n+1) = 4\)

• Remove all the memory of fearful events stored in the anterior cingulate cortex.

• Review all memories from conception onwards and heal all negative emotions resulting from them, including depression, fear and anxiety.

• Assess whether the conscious mind is sustaining symptoms through excessive attention and over-analysis. If so, the higher self should encourage a reduction in this intellectual ownership of symptoms, so that natural healing powers may be reinstated. Provide opportunities for playful fun so that the purity and optimism of the inner child may be released and allowed to thrive.

Fibonacci Sequence \( F_{(n+2)} = F_{(n+1)} + F_{(n)} \) \(-\infty \leftrightarrow +\infty\) 3 dimensions Blue B,E,G Major Octaves C7 and C9. Starting \((n) = 2\) and \((n+1) = 7\)
- Bring into general awareness all past experiences held within the conscious, subconscious and body intelligence that are being avoided or denied. Please enable the blocked emotion to be recognised, healed, and released.

- Review all relationships for this person and soul, during any time period. Remove all negative emotions still held within the energy field. Focus in particular on the following relationships and their potential issues:

<table>
<thead>
<tr>
<th>Relationship 1</th>
<th>Relationship 2</th>
<th>Relationship 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother in utero / breastfeeding</td>
<td>Girlfriend</td>
<td>Bosses</td>
</tr>
<tr>
<td>Mother generally</td>
<td>People in authority</td>
<td>Subordinates</td>
</tr>
<tr>
<td>Parents when taken to school</td>
<td>Children</td>
<td>Step-parents</td>
</tr>
<tr>
<td>Father when away from home</td>
<td>Step-children</td>
<td>Ex-partners</td>
</tr>
<tr>
<td>Father generally</td>
<td>Nephews / cousins</td>
<td>Spouse</td>
</tr>
<tr>
<td>Both grandmothers</td>
<td>Sisters</td>
<td>Ex-spouse</td>
</tr>
<tr>
<td>Both grandparents</td>
<td>School friends</td>
<td>Partner of ex-spouse</td>
</tr>
<tr>
<td>Uncles</td>
<td>College friends</td>
<td>Religious figures</td>
</tr>
<tr>
<td>Aunties</td>
<td>Pets</td>
<td>God</td>
</tr>
<tr>
<td>Friends of parents</td>
<td>Work colleagues</td>
<td>Brothers</td>
</tr>
<tr>
<td>Boyfriend</td>
<td>Other friends</td>
<td>Other relatives</td>
</tr>
</tbody>
</table>

- Assess whether symptoms are self-serving at any level and, if so, remove all of the underlying emotional causes that work against the optimum life plan.

- Undo negative effects on the cells and DNA of astrological influences, whether real or perceived, from birth onwards.
• Reassess all memories to see if any perceived ‘facts’ are in reality distorted belief systems. If so, please correct any misconceptions and remedy any adverse effects they may be having on behaviour.

• Heal any sense of rebellion against all other people and institutions, including family members and self. Replace with patience, kindness, forgiveness and understanding.

  Crystal: Indicolite    Plant: Jasmine  
  Master number 9  
  Number 5 6 8 6 9 4 7 5 8 6 2 6  
  Gateway 4 1 1 1 0 0 1 1 0 1 1 1 0

• Assess whether the parental bonding has occurred fully. If not, establish the ideal ages for this bonding so that it may happen now, healing any feelings of insecurity that may have resulted. Similarly, if the parental bond remains inappropriately strong or smothering, decrease it to a more balanced level.

  Crystal: Emerald    Plant: Juniper  
  Master number 9  
  Number 6 3 4 7 8 5 6 4 5 9 7 8  
  Gateway 3 0 1 1 1 1 0 1 0 1 0 1 1

• If a previous trauma has stopped the natural maturing process, so that the body or personality is left at a certain age, please release this blockage so that all elements of the mind, body and soul can operate at the correct emotional age.

  Crystal: Fluorite    Plant: Malva  
  Master number 8  
  Number 6 4 2 1 7 5 6 4 8 9 7 3  
  Gateway 3 0 0 0 1 1 0 0 1 1 0 1 1

• For symptoms of depression, ensure that levels of Cortical Releasing Factor (CRF) and the ACTH it stimulates are produced at blueprint levels, thereby reducing the levels of these stress hormones. Where elevated CRF is the result of earlier trauma and upset, please heal these memories with light, unconditional love and total forgiveness.