

# **Talk to Your Soul**

**Emotional healing with a pendulum**



**Jenny Pearce**

**Almost all illnesses, if not actually caused  
by buried emotions, are made worse by  
buried emotions**

## DEDICATION AND THANKS:

My special thanks go to Vivian Healey, my very special spiritual guide on earth, to Rhonda Hall who set my feet so firmly on this path and definitely the most thanks to my husband Merv and children Melissa, John and Charles and grandson Tristan who have put up with all the turmoil and drama of me finding the messages of my own emotions. I'm sorry it took so long!

## *RESOURCES USED SPECIFICALLY FOR THIS BOOK*

“Riding between the Worlds. Expanding our potential through the way of the horse” by Linda Kohanov. An amazing book that changed my life. Linda Kohanov’s interpretation of Karla McLaren’s emotional work is the inspiration of the “messages of the emotions” in this book.

Andrew Verity’s school of kinesiology called “Educating Alternatives”. There are many different and valuable types of kinesiology around. Andrew Verity’s branch of kinesiology offers a mental, emotional and physical approach to healing.

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*GET MORE ENERGY, BETTER HEALTH AND GOOD OLD FASHIONED HAPPINESS AND SERENITY*

OK. This is it. You're sick of being sick, you're sick of being tired, you're sick of being stressed, you're sick of being cranky, or sick of being just plain angry or anxious. You're on a mission and you want something to help..... Well, this is it. This is the practical guide you've been looking for. The first of a series of books that shows you how to do it for yourself. Books that give you back your own power – that show you a simple and systematic way to heal yourself, using a simple tool to access the sub-conscious of your own mind - the pendulum.

These books are not about me telling you what to feel, what to do or eat, what to take, how to think or what to believe - even when I'm telling you stories that show you my beliefs or how I think. In fact, quite the opposite, I encourage you to think through what you believe - I challenge you to listen to your own soul.

I am not an expert in physiology and anatomy, not an expert in nutrition, not an expert in health, not a doctor, not a psychiatrist nor a psychologist – not an expert in anything to do with you.....But you are.

What I am an expert in, what I have become an expert in, is my own mind, body and spirit.

These books are about giving you the tools for you to be the expert in your own mind, body and spirit. Ta daa....., drum roll please! It's about giving you the pendulum. The pendulum, properly used, is a simple tool to access your own sub-conscious mind and your own mind knows everything there is to know about your own body.

This book is a way to use both the pendulum and the knowledge in your own sub-conscious mind to get rid of excessive fear, anger, frustration and depression. It's a book about using fear, anger, frustration and depression to get more energy, better health and good, old fashioned happiness and serenity.

I worked on my chronic back pain and my drug controlled depression with kinesiology, which is another simple way to access the subconscious of the mind. When both of those problems were dramatically improved, I moved on to working on job related stresses and then on to other health and happiness issues. You can beat chronic back pain too. You can also work on job related stresses. You can beat anger and anxiety and panic attacks. You can find peace and joy in life. You

can use this series of books to improve any health issue that you want. Yes, I'm serious about that statement!

*TRYING TO BE SWEETNESS SERENITY AND LIGHT HAS OUR EMOTIONS COMING UP LIKE MT VESUVIUS EVENTUALLY – WHY IS IT SO?*

I've been a very angry person.

Did you have any idea how much illness, everything from simple back pain to arthritis to cancers are caused by emotions? Any health issue that is not actually caused by the way that we deal with our feelings, is made worse by them. Thus, when we know how to deal with our feelings, our health problems either disappear or at least improve. That's the focus of this, the first book in the pendulum series.

Yeah, yeah, I can feel it now, your body has stiffened slightly and you're ever so slightly uncomfortable. Who wants to look at their feelings? They are those things that make us uncomfortable. Well, the good news is that they are also the solution and the even better news is that they are also a simple solution to a whole stack of what ails us – emotionally and physically.

Once I'd gotten rid of my most pressing health problems, I had adopted a philosophy where I had been working hard at walking my talk for a long time, trying constantly to be “who I really am” under all those insecurities and “over the top” emotions. But there were two places in particular that I just couldn't seem to get it right. (Not the only places, just the main ones!) One was the balance between assertiveness and aggression with my horse. And I can tell you, that the tiniest hint of aggression does not achieve what *I* want with my horse, which I have dreamed of as a “symphony of souls”.

The other place where I was really having trouble, was walking my talk within my family. The harder I worked at being Mr Nice Guy outside the home, the more “home” seemed to be going to hell in a hand basket.

With what I understand now, no wonder. By trying to be sweetness and serenity and light, I was trying not to feel the “bad stuff” – anger and anxiety and all the other so called “bad” emotions. I tell you now, this approach does not work for very long. When we don't deal with our feelings, we bury them. And when these buried feelings are triggered, they come back up again - like Mt Vesuvius sometimes!

The information and techniques that I'm sharing with you here have been responsible for me finding peace and joy in my life. Sure, I still have challenges, sometimes daily. But now I have the on-going skills, the structure, the process in place to meet these challenges as easily, as joyfully and as positively as I can.

It is my blessing to you, that every time you pick up this book, you have an epiphany - a “light bulb moment” - that changes your life forever. I suspect that it might be full of them.

*YOUR SUB-CONSCIOUS KNOWS WHAT HAS TO CHANGE TO BRING YOU BACK TO VIBRANT GOOD HEALTH AND JOY - INTRODUCING THE PENDULUM*

The sub-conscious of your mind knows everything about your mind, body and soul. It knows which parts of your body are not operating properly and it knows what's stopping that from happening. It knows about the emotions that you've buried in the past and how they are affecting your mind and body now. It knows about what foods are good for you, what's going to satisfy your craving, what you're sensitive to, what you're allergic to. It knows what our bodies are protecting us from when we are overweight. It knows what our organs are trying to protect us from when they shut down or operate less effectively. It knows what that muscle pain is protecting us from. It even knows what has to change to bring you back to vibrant good health and joy.

Your pendulum is a simple method of getting at all that information inside your brain, until you become used to listening to yourself and understand your mind and body and emotions more easily.

I've heard all kinds of stuff about pendulums, including the one about "you're just making it move yourself." duh!!!! That's exactly what you are doing! The only important thing is that you move it sub-consciously, i.e. do not try to move it in any way. Then you are truly accessing the sub-conscious of your mind.

A pendulum is simply a tool whose capacity for usefulness and "goodness" is only limited by you. It's been used for everything from water divining to detecting the sex of an unborn child and used by all different kinds of people from psychics to the Vatican. It's been used for sensible things, it's been used for crap.

I cannot think of a single illness, disease or condition that could not be helped by using the processes of this book.

You will choose your timing, how fast or how slow you want to go – whether you just want to chip away at the problem a little bit at a time, or blow it away, or not at all for now.

If you choose to use your pendulum for purposes other than for those described in this book, be aware:

- Blurry questions get blurry answers, e.g. "can I do....?" Of course you CAN do that, if you want to....The repercussions might be ugly and not at

all what you want, but of course you CAN do it. Using the expression “Can I....” will almost always get a YES answer. Of course you CAN, but is it the right thing to do? Can it be done without hurting ourselves or anyone else? Is it appropriate? Is it for our highest good? Is it the most effective?!!!!!! **The PRECISION of your language is important in the testing!**

- It seems to me that some things you are simply not meant to know;
- The pendulum is not a plaything. If you use it as a toy, you will receive the answers that you deserve;
- If you ask questions about yourself and about the future, you are likely to get the answers you desire. (Because you are accessing the sub-conscious of your mind.) Thus the answers may, or may not, be correct;
- At times of your reee...ally high emotion, you CAN influence the pendulum. The best results are “got” when you don’t care about the answer.
- Consider using the pendulum for “good”, ethical purposes only.
- We’ve been making choices in our sub-conscious minds for a long time and our pendulum is no substitute for the glory of making deliberate and conscious choices.
- Your pendulum is also no substitute for balanced decision making. Because you’re accessing the sub-conscious of your mind, you CAN get the answer you desire.

Keep your pendulum in a bag or pouch when you are not using it and keep it close to you, so that you can use it frequently.

Question – “Whether to wear your pendulum on a chain around your neck – or not”. I’ve had different answers on this issue, from people for whom I have the greatest respect. The reasons for not wearing it around your neck is that it absorbs your energy and that might reduce its usefulness if you use it to get answers for someone else. It seems to me that if there is a chance you are going to use your pendulum for other people, then it would be wiser not to wear it around your own neck.

Another frequently asked question comes when we break the point off the pendulum. If you still get a clear YES answer when you ask “give me a YES”, then there is no damage. There is also a point of view that not having a sharp edge is actually better feng shui.

## *WHAT CAN I USE AS A PENDULUM AND HOW CAN I CLEAN IT?*

The most common pendulum is a pendant shaped piece of crystal on a length of chain. I personally use a nice piece of hematite shaped like a multi faceted teardrop. A piece of amethyst or rose quartz is often popular.

You can even use a key or a ring on a piece of string - anything that will swing evenly backwards and forwards and side to side.

You may want to energetically clean your pendulum when it's new or even later occasionally.

There are a number of different ways to do this. One is to put some Celtic Sea Salt in warm water and dissolve it – then soak your pendulum in it for a few minutes. Rinse the salt off afterwards and dry thoroughly – you don't want to rust the fittings.

I've also heard of cleaning the crystals by putting them on a tray, out under the full moon for the night.

Those people with Reiki can use the appropriate cleansing symbols and would not need any other method.

## *HOW TO USE THE PENDULUM THAT'S GOING TO HELP YOU FIND A HEALTHIER AND HAPPIER LIFE!*

Get your pendulum now and have it ready with you, ready to use as you read this book

Most people are comfortable with a chain length of 4 – 5 inches, although there are no rules. Hold the chain at different lengths and check it out. Pick the pendulum up now. Swing it backwards and forwards, side to side and around in circles on purpose. Whatever length works best for you is OK. If you're using a neck chain on your pendulum or a long chain, you may need to tuck the tail end of the chain away with your little finger so that it does not get in the way.

Most people hold the pendulum with the same hand they write with - though again, there are no rules.

Pick up your pendulum again.

Hold your pendulum in one hand and “still” the pendulum with the other hand. Then ask it which movement says “YES”. Wait for the movement.

The movement can be either forwards and backwards, or from side to side or circling one way or the other. For most people, the answers that it gives you will be exactly the same forever, i.e. if it swings from side to side as a YES today, it will do that forever.

If you've never used a pendulum before, it is perfectly acceptable that it either move straight away or that it take some time. Once you have become used to using it, the answers will come almost immediately.

If you are having trouble, stare at the pendulum and imagine it moving. The pendulum almost always starts to move. Try that now.

Another option if you're having problems at first, is to gently swing the pendulum in a small circle and then ask it which movement means “YES”. Do that now, even if you got a movement last time.

Allow time for the pendulum to settle into a particular movement. You would prefer to only do this at the beginning, because swinging it around and waiting for the movement to change will slow down your work later.

Another idea is to wish the pendulum to move. “I wish to access the subconscious of my mind with this pendulum, clearly and accurately and for my highest good.”

It’s a great idea to do that anyway. Do that now. “I wish to access the subconscious of my mind with this pendulum, clearly and accurately and for my highest good.”

Don’t be afraid to let the pendulum move in any way – it will always swing back into the correct answer, quite quickly. Take a moment to experiment with that right now. Allow a little movement and then ask for a YES.

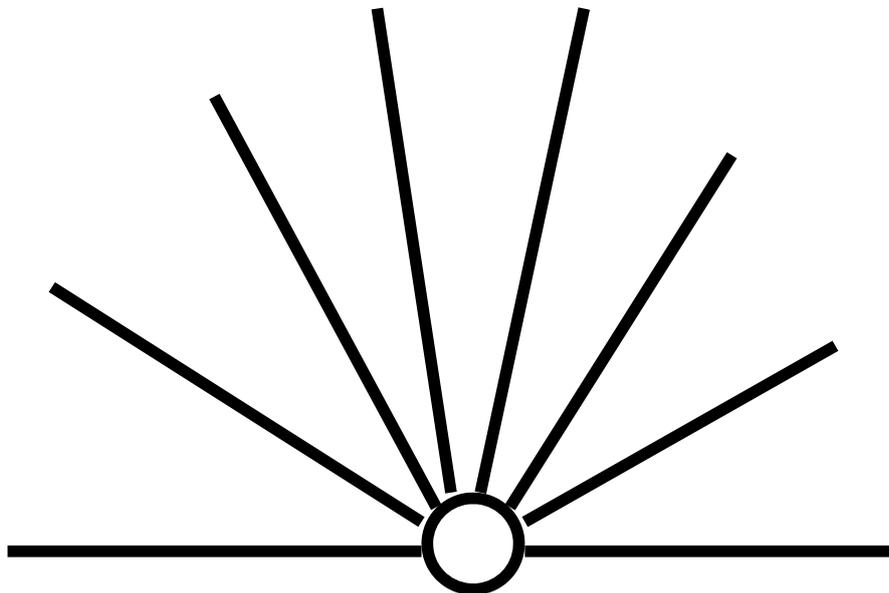
Then ask it which movement says “NO”.

Use your pendulum now. Stop reading for a minute and get comfortable with it, practice getting the YES and NO’s quickly and easily. When YES and NO is coming easily, then read on.

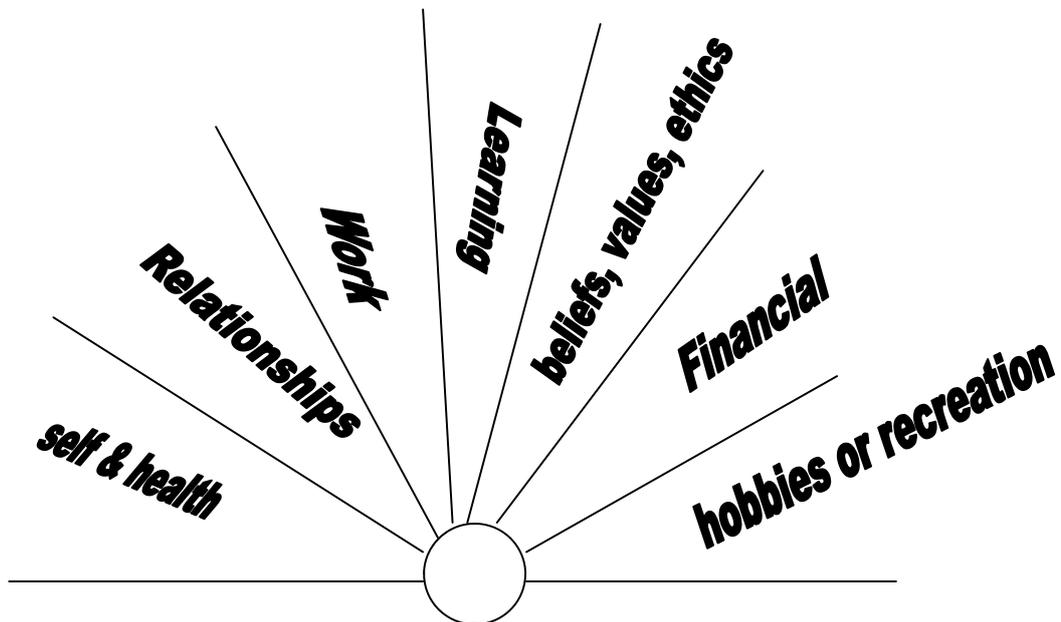
When I use my pendulum, there is also a movement that seems to say “Huh?” “Don’t know”, “This question does not compute”. My pendulum vibrates on the end of the chain. Many other people have reported such a movement too. Notice, does your pendulum have a “duh?” movement?

There are four simple ways of using your pendulum described in these series of books:

1. Asking a question – simply and clearly and getting a YES or NO or don't know answer as described above.
2. Scoring something on a scale of 1 – 10. For example “On a scale of 1 to 10, with 1 being perfectly healthy and 10 being extremely unhealthy for me - what does the shampoo I used this morning score?” Then you narrow it down until you have the exact score. For example, you ask “is it 1 – 5? Is it 6 -10? Is it 6? 7? 8? Keep going until your pendulum gives you a yes answer. If the answer was a 10, or even a 9 or an 8, I would be looking to change my shampoo quite quickly!
3. Using your pendulum over graphs - seeing which direction your pendulum settles in over a graph. You could put anything you want to know about yourself in this simple blank fan graph.



For example, what area of your life is the priority for change right now?



Or make up a bigger one for yourself, with more spaces for options.

4. Using the YES/NO of the pendulum to narrow down on a list until you find the exact answer. For example, which page in this book (once you've read it!) has important information for me today? Once you've read the book, you could hold the book in half and "still" your pendulum, then ask "is it this half?" "Is it this section?" "Is it this page?" "Is it this paragraph?" "Is it this sentence?" "Is it this phrase?" Narrowing down all the time until you find EXACTLY the most important information in this book for you today.

**The thing to remember throughout this whole process is that your pendulum does not replace listening to your body – it's a tool to talk to your soul, a tool to LEARN to listen, a tool to make YOU the expert in YOURSELF.**

Trusting the results will come from practice and the constant evidence of your own eyes. Don't worry, it's perfectly OK to doubt the process to start off with and your doubt will not affect the outcome of the pendulum work. The key is to be as objective as possible, which is easier when you don't care about the answer.

*HOW OUR MINDS, BODIES AND SPIRITS ARE CAPABLE OF THE MOST AMAZING HEALING AND WHAT'S STOPPING THAT FROM HAPPENING*

Our minds, bodies and spirit are capable of the most amazing healing. And it's not just us humans, it's the entire animal world as well. I've seen some healing that has blown me away with what's been done and how fast it's happened - and I work in this field! I've seen a horse's ligament blown off the bone and the horse race again after it re-attached, I've seen a damaged leg bone grow ½ inch 6 years after an accident, I've seen tumors disappear, I've seen chronic back pain melt away, I've seen broken bones heal in days, I've seen diseases resolve in days. I could go on and on.

So why doesn't this sort of healing take place all the time?

That's because our minds, bodies and spirits get blocked up. These blockages to healing include mental, emotional, physical and spiritual issues. We can get blocked up by old emotional traumas, by old buried emotions. We can get blocked up by exposure to chemical toxins and drugs. We can get blocked up by food that we are unable to digest properly. We can get blocked up by old accidents that have left a "fright" imprint. We can get blocked up by the choices we've made, either accidentally or on purpose.

When we are not healing as well as we were designed to, there are really only three important questions. Why did this person or animal not heal themselves the way they were designed to? What can we do to get that healing to happen? What can we do to maximize the healing?

Labeling of illnesses and conditions is not important and often not useful either, to those of us who work like this. If you are ill, you simply need to get better. Nothing else is truly important.

The focus of this book is giving you some tools to get rid of the emotional stuff that is stopping you from healing the way you were designed to do.

*ALMOST ALL ILLNESSES, IF NOT ACTUALLY CAUSED BY BURIED EMOTIONS ARE MADE WORSE BY BURIED EMOTIONS. HOW DOES EMOTIONAL STUFF MAKE US SICK?*

A Fact of Life, recognized by all alternative or holistic therapies and many doctors, is that our emotions are the cause of much very real, physical illness. But it's not the emotions themselves that make us sick, but how we DEAL with them.

HOW do emotions make us sick?

This is an oversimplification, but it will do for our purposes here.

The front part of the brain is where all the really positive action takes place – where we can change our old ways of “doing” emotions. It's where we make the conscious decisions, where we can consciously choose to take some action about our feelings. You'll find some very useful stuff in this book that will help you to deal with your motions more consciously.

The limbic system, roughly in the middle, is where we feel the emotions, that's where we feel the pain, the hurt, the anger, the anxiety, the terror.

When we try not to feel our emotions or ignore them or when we've become so overloaded with intense emotions that we've gone numb, then we don't deal with our emotions in the limbic system effectively. That's when they get shunted to the back of the brain - where we “do” the emotion physically. That's where we do our tantrums, slam the door, kick the cat (I'm kidding), throw the dinner at the husband (I'm not kidding), punch someone's lights out (hopefully not).

This back part of the brain is also where we can use physical effort to release the emotion. We can run until we are so tired that we drop, we can use a punching bag, we can use music and dance to release emotions instead of burying them.

If we don't deal with it physically, then the brain shunts the emotion down to be stored in the body, buries it. It is an ingenious mechanism - it clears the decks, if you will, for the next lot of emotions, otherwise we'd go mad with all these emotions swirling around in our head at the same time.

Anger gets buried in the liver, resentment (deeply buried, old anger) in the gall bladder, fear in the kidneys, extreme fear in the bladder, feeling unloved into the heart.

It's interesting that even our language talks about this – “wet yourself with fear” (bladder). If someone is “liverish”, they are considered cranky (liable to get angry easily). Love is always described as affecting the heart, heart sick, heart sore. And it doesn't matter what language you're looking at, or what part of the world (however isolated) - they all describe the same emotions relating to the same organs!

It is the result of the brain burying our emotions in our body that makes us sick. Please do not get me wrong – this IS NOT ABOUT HYPOCHONDRIA. I'd like to talk to the person who coined that word and let him/her know how it really works!!! This burying of emotions in the body is the source of serious and physical illness. Everything from cancers and arthritis, serious illnesses, to aches and pains are involved.

Almost all illnesses, if not actually caused by buried emotions, are made worse by buried emotions.

And the worst part about these buried emotions is that when we feel the same emotion some time in the future, the old feelings that we didn't do anything about in the past, come welling back up, often HUGELY INTENSIFYING what we're feeling about the current situation - making it bigger, stronger and more uncontrollable. This is the source of the rage or the terror, the reason that we so often over react, the reason that we're missing out on so much of the JOY and peace that we are supposed to be having in our lives.

Emotions buried are cumulative, i.e. each “little” one is added on top of the last one until you have a giant that can be made up of small things or a combination of large and small things. Often these quite small things fester away, added to by other things that are “not so important” until you have a serious body problem.

One example - I might have asked the kids every day this week to clean up their rooms and they've slipped out to play without doing it. On the fifth day, I snap – go into rage, scream or even strike them.

Now, was the unclean room REALLY what this was about? I suspect not. If I use my pendulum, I might find that there is a pattern in my past of feeling not heard, related to my partner or to my work or something in my childhood. I might find that there's frustration and anger behind that - and that's what is intensifying into the rage that I am experiencing now. When I think about it, I notice that on the first four days it was not important enough to me to set a boundary of what was acceptable to me and what was not. And suddenly on the fifth day it is?

So, there were all those times in my past when I felt ignored, not heard, not listened to and buried the anger because for whatever reason at the time, I felt I was not in a position to do anything about it or maybe simply did not have the skills to do anything about it.. When the kids ignored my request, all the old anger and frustration came back up, intensified into rage – maybe an almost uncontrollable rage.

Was I feeling joyful when I went into a rage and struck the child? I DON'T THINK SO! Is that who I want to be, this person who hits a child in temper? Not this little black duck, not any more. Well peace and joyfulness was what I went looking for with this work and that's what I found – vast amounts of it.

I cried when I first read the information that gave me an understanding of these so called negative emotions for the first time. Here in this book as well as a clear understanding of what our so called negative emotions are trying to tell us, we are showing you how to use your pendulum to get rid of the emotions you have buried in the past. So that the choices you are making now are no longer clouded by old emotional stuff. So that they can be real choices, choices that you can make deliberately and consciously, choices that you feel good about, choices that make your life a better one.

*SO HOW CAN I USE A PENDULUM TO MAKE CHOICES THAT I FEEL GOOD ABOUT, THAT MAKE MY LIFE A BETTER ONE? HOW CAN I CHANGE THE STUFF THAT IS MAKING ME SICK?*

Firstly we can choose to stop burying any new emotional stuff in our bodies. We can listen to our feelings and deal with them effectively, so that they don't come back to bite us on the butt in the future. And this book shows you one way of doing that. Read on to find out how.

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Pick up your pendulum now. Ask, "have I buried any emotions in my body today? Have I buried any emotions in my body over the last week?" Use your pendulum to get a YES or NO answer. Hmmm.... interesting, eh?

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Secondly, we can systematically identify and work through the old stuff that we've buried, so that it no longer comes back up, so that it no longer makes what we're feeling now bigger and badder than it needs to be. So it will be anger we're dealing with, not rage and fury, so that it will be a mild alert to danger, not paralyzing fear and terror. There's a process here in the book for doing that for yourself - using your pendulum to find out what you need to know about YOU.

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Pick up your pendulum now. Ask, "have any of my feelings today been made bigger and been intensified by old buried emotions?" "Have any of my feelings this week been made bigger and been intensified by old buried emotions?" Double hmmm....

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When we've used our pendulum to identify and clear out old buried "stuff" (which we will actually do later in the book) then we can deal with the current situation with clarity – free to figure out what our anger or fear is about, free to listen to the message from our soul and free to do something positive about it.

You'll experience the excitement and even awe of clearing away some or even all of your own health issues, back pains, stresses and illnesses. Once I'd got practised at clearing away my own "stuff", I found that even some of the really big

issues were quite OK for me to do by myself when I chipped away at them in small bites, often.

Watch yourself change from reactions that you seem unable to control - to responses that you choose to make. Become less stressed, more centered and serene, more healthy - feel and experience joy in your life.

As I write this, I am feeling excited for you, excited about the wonderful journey that you're starting on. Read on and enjoy.

*THE IMPORTANCE OF THE SO-CALLED NEGATIVE  
EMOTIONS IN GETTING JOY AS A REGULAR EMOTION IN  
YOUR LIFE*

Western society has many wonderful things about it. But the way that we are taught to deal with our emotions is not one of them!

It seems like forever that we've been taught about BAD emotions such as fear, anger, frustration, grief, sadness, depression – even suicidal urges. I've spent my life as an alternative therapist helping other people clear their “negative” emotions.

This is crap - these emotions are not negative. Interpreting these emotions as “bad” has had us continuing to bury them - burying them in our bodies. And when they come back up from time to time, they are intensified into even stronger and more uncontrollable emotions.

Our society has dozens and dozens of expressions for it. “Get over it.” “Pull your socks up”. Get on with it.” These are expressions that deny us our feelings. They are expressions that we use when we are made uncomfortable by someone else's emotions. And we're only uncomfortable because we don't know how to deal with them, because we don't understand how important and ultimately empowering these emotions are.

We're going to see how important the so called negative emotions are to us, we are going to see that even the “bad” emotions are to be treasured, experienced, honored and listened to. Not to be “made better”. We're going to learn that trying to make someone else's emotions “better” is to actually get in the road of them making themselves better – even to disempower them. It's by listening to our own emotions that we find consistent joy in our lives. It's by them listening to THEIR emotions that they find joy in their lives.

Very often, we spiritual people are the worst at burying emotions, because we are constantly trying to be serenity, sweetness and light – a beautiful goal, but it is definitely not achieved by trying NOT to feel our emotions. We've been so afraid of what we considered to be the “dark” side of our nature that we've missed what our soul is trying to tell us, we've missed the messages. Trying not to feel the feelings has us actually burying them – which as we now know might be OK in the short term, but makes things worse in the long run.

We are all simply doing life harder than we need to, we are struggling unnecessarily by ignoring the messages of these “so-called” negative emotions.

The thing we've been missing is so simple. These emotions are not bad. They are an important and essential part of the messages that our mind, body, spirit is supposed to give us - both for our survival, our good health and our joy. If we don't get the message, then we can't take the action that's often necessary and we miss the opportunity for positive change and the joy that results from that.

Our emotions are messages from our sub-conscious, from our higher selves – messages from our very souls. When we understand the message, then we can change something, make a conscious and deliberate decision on what to do about it. Life flows more and more easily as we practice and get better at understanding the messages and get the hang of making the changes.

In the past, we've thought of the soul as somehow separate from ourselves. It IS US, that divine spark – simply the divine in us. This book is to give you back the ability to talk to the divine in yourself, to talk to your soul.

Dealing with our emotions is as simple as feeling the emotion, identifying where in our life it's coming from, figuring out the message and taking action if necessary. Simple? Yes. Easy? With a pendulum, yes. Worth doing? Our joy in life and sometimes our very survival depends on it!

We have what I am calling the “core” emotions – fear (I call it danger fear), fear of change, over fear for others, anger, frustration, sadness, grief, depression, suicidal urges. These emotions have messages for us or have some kind of action that we need to take to get back the joy in our lives. Yep, even suicidal urges have a positive message for us. In fact, it's a message designed to save our lives.

*WE'RE SUPPOSED TO LISTEN TO DANGER FEAR - IT STOPS US FROM GETTING HURT OR KILLED*

This is the emotion that when we listen to its message, it stops us getting hurt, from getting killed, from dying. Simple.

What the heck are we doing when we try to ignore this fear?

This danger, this threat can obviously be physical, but just as important, it can be emotional or spiritual danger.

Fear is a very important survival mechanism that tells us we are in danger.

Ask yourself : What is the threat, the danger? Where in my life is it coming from? What action must I take to make myself safe? Physically safe? Emotionally safe? Spiritually safe? Know that spiritual stuff is not necessarily about religion. It can be, but it doesn't have to be. Spiritual is about values, (what's important to you – you, not anybody else), and ethics (what you believe is right and wrong – you, not anybody else). Very importantly it's about your beliefs, your attitudes, your philosophy of life – all of it yours, not anybody else's.

What action do I need to take, what choices do I have? What can I change? What am I going to change?

If we have buried this danger fear in the past, it will have intensified into panic and terror, confusion, maybe panic attacks, a dulling of your senses into anxiety and dread, no sense of danger anymore, numbness or disconnection (it's not happening), anger and then rage.

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Pick up your pendulum now. Ask, "Is there a danger fear that I've buried in the past that is affecting the way I feel and behave now?" Get a YES or NO answer from your pendulum. Ask "Have I felt any aches or pains or ill health from old, buried fear today?" Or this week? Get a YES or NO answer from your pendulum.  
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If you got a YES answer, then you will be doing some physical as well as emotional healing when going through the process of clearing these old emotions with your pendulum. Good stuff!

*WE CAN GET FEAR TO WORK FOR US  
INSTEAD OF AGAINST US.*

Now here's another kind of fear. Fear of change itself.

It is part of human nature to be comfortable with the way things are, even when the way things are is absolutely the opposite of what is good for us or even the opposite of what we really want. Change means stepping into the unknown, so we have part of us that resists change, no matter how good for us that change is!

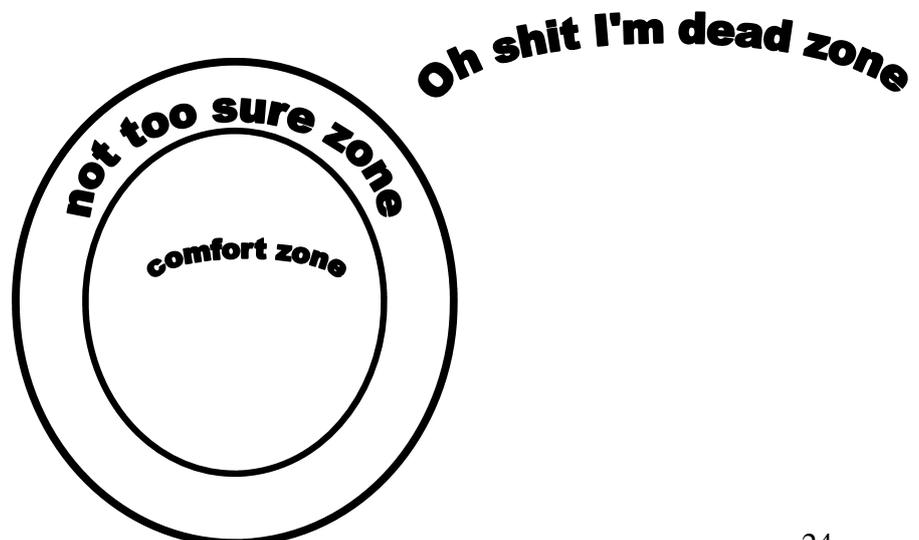
Because this fear of change also intensifies into panic, terror and even anger when we bury it (just as our danger fear does), it can sometimes be difficult to tell the difference between danger fear and fear of change.

Now let's be very careful here. This is not something that we should be remotely beating ourselves up about – it's part of the human condition. In fact even animals share some of our negative self behaviors. There is simply a part of us that resists even positive change. **It's that part of us that is telling us that change is actually necessary! Whenever we are done "fear of change", it's a dead give away – change of some sort HAS to happen to find peace and joy.**

How can I make change easier on myself once I have figured out what I am afraid of?

Here's a way of doing it..

**THE COMFORT ZONE MODE**



This model has been taken from Philip Nye's beautiful work for horses. It has an uncanny value to humans too. The "oh shit I'm dead zone" is my interpretation of what Philip said – I have never heard him swear! As my husband would say "Are you emphasizing again dear?" He doesn't like swearing, but I have found it useful in the past to vent my feelings in swear words instead of hitting some one. I'm not saying that's the right or wrong thing to do, I'm just saying that's a choice that I've made in the past.

When we're in our comfort zone, we're in such a comfortable place that we don't learn anything. If we didn't leave this place, we would never stretch our boundaries and learn to fly (to mix some metaphors!) – we would never achieve anything new. But it's a place to feel utterly safe, a place that's always there to come back to whenever we need it, the place where most of us want to be spending most of our lives.

By definition, the comfort zone is familiar and safe.

The "not too sure zone" is just outside of our comfort zone and where we do our best learning. It's a place where we feel **just a little bit** of tension and anxiety. We can still think about the best way to deal with something in this zone, we can still respond as a thoughtful process. But we don't want to be feeling this slight anxiety and tension for too long - or it becomes a habit to feel tense. Does this sound familiar?

In the "oh shit, I'm dead" zone, we are unable to think, unable to respond thoughtfully. We learn only reaction in the "I'm dead zone" - avoidance – how to get away from whatever it is that is causing it.

And the way our brains work, we react the same way as we did last time – even if that was not useful to us. And yes, that was a very dry understatement!

The idea is to work in and out of our comfort zone and "not too sure zone", never leaving the comfort zone for too long at a time. We work deliberately to avoid the "I'm dead zone". The effect of this is to make the comfort zone bigger and bigger as we get more and more confidence. It seems slow at first, then it gets faster and faster. Until everything that we want to achieve is in the comfort zone itself.

It means that when we want to do something or change something that we are afraid of, that we listen carefully to our fear instead of ignoring it. And when we feel a little bit of fear, we stop and go back to our comfort zone for a while and then come a little way out of our comfort zone again, for a short period of time. Constantly checking whether there is a better way of doing it, whether

we can break it down into smaller pieces. Until what it is that we are trying to do ends up in our comfort zone and there is no more fear.

Let's use an example of fear of sex using this model. For the many people who don't have a fear of sex, while you're reading this next bit, think about how you might apply this model to your own fear. There are all kinds of variations that are only limited by your imagination.

First you would do some healing sessions with your pendulum as described further on in this book. When you have done enough emotional healing that you have established a comfort zone in your mind **at the thought** of working to expand your sexual comfort zone, then you can work out where your comfort zone is.

Let me make this clearer, because to the people who have extreme fear, it's incredibly important. You have to have a comfort zone to start with. And working your way through this book , **as many times as you need to**, will help you to find a comfort zone in your mind. **You also have to be safe to have a comfort zone.** So make sure that you are not in any physical, emotional or spiritual danger.

Do you have a comfort zone with touching and stroking yourself and enjoying the sensations all over your body before even bringing someone else into the equation?

Then you can look at finding a comfort zone with somebody else. Is it when someone touches you or strokes you. If so, where? Is the comfort zone with clothes on or off? Maybe the comfort zone is cuddling with clothes on. Where is it for YOU?

Once you've established where your comfort zone is, then you can approach and retreat, in and out of that comfort zone by listening to your fear, by using it. Coming out of the comfort zone for just a little way and for only short periods of time – and trying not to come so far out of the comfort zone that you end up in the “oh shit I'm dead” zone. And if you do, well, swear (just kidding!) and start again. I'll say this again because it is so important. Making mistakes is part of the process. That just means change it next time, make it a smaller step forwards, think about how you can change it to reduce the fear.

Making mistakes is part of the process. Perfection is reached by exploring what works and what doesn't. A mistake is simply something that didn't work.

Explore HOW you can change it to reduce the fear. Go back to your comfort zone, get comfortable and find other ways to take little steps out into the “not too sure” zone again. At first this will seem like a very slow process. But as you gain confidence in the process itself, it gets faster and faster.

I’m not going to step by step suggest what activities you can do to make your sexual comfort zone bigger. That would take all the fun and powerful joy out of you exploring it for yourself. And everyone will be different anyhow!

This model is useful for much more than fear of sex. You can use it for fear about anything, **provided that you are keeping yourself safe at the same time.** Or it may help you to understand and deal with somebody else’s fears.

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Pick up your pendulum now. Ask for a YES or NO answer. “Have I been in the oh shit zone today?” “This week?” “Have I experienced any aches or pains or other health issues today from old, buried ‘fear of change’, today? This week?”  
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Hmmm. If you got a YES, then by the time you’ve used this book for a while, you’re going to be so healthy you won’t know yourself!

I’ll give you a personal example from only yesterday about how this model worked both for myself and my horse. I’ve got a relatively new race horse, Celtic Peace, that I’ve never ridden before and who has been ridden all his life by small people like track riders and jockeys.

The way that I want to train him for his racing career is to give him plenty of the good things in life which includes variety in how he gets and stays fit. I want to ride him out in the bush. I don’t feel safe in a tiny saddle, that’s not the kind of rider I am, so I bought him a nice big saddle that fits him, fits me and that I feel secure in.

So, I put it on, do it up, run him around for a bit and go to get on. Well this wave of fear came over me. I was in the oh shit zone – that makes me too afraid to think clearly. In the bad old days, I would have stayed on, saying to myself, “What a wuss! Don’t be ridiculous. This is a really gentle horse and you know that, what crap to behave like this!”

Well it ain’t the bad old days any more. And I’m starting to get pretty good at listening to my emotions now. What I did instead was – retreated to my

comfort zone - I got off. Then I thought to myself “what’s going on here? What is this fear trying to tell me?”

The fear was actually telling me that I was unsafe. The horse was quite anxious too, although he wasn’t moving around. He was anxious for two reasons. One, he had never had a saddle like that on his back in his entire life. And two, he had never had a weight like mine on his back either! Both things at the same time took him to the outer edge of the not too sure zone, where the tiniest thing that went wrong would have taken him into his Oh shit zone. And I am not a confident enough rider to be happy about that.

When I thought about it, I was also fearful because he had only done race track work and had not been trained to stop and turn quickly and safely like a normal riding horse. And that’s enough to take all the fun out of riding for me! Gee, all these very sensible reasons for being afraid.

So for those of you who are interested, we broke it down, did a lot of moving him around with just the saddle on until he was happy with that. Then I taught him how to stop and turn, with nobody in the saddle. Then I put a small person like he was used to, into the new saddle and moved them around again. And then I leant all my weight into the saddle without getting on and rubbed him all over. Then I got on and just sat on him for a while and did nothing. When he sighed and dropped his head and I was comfortable too, I leant forwards and backwards in the saddle rubbing him. And then I got off and back on and did it all over again. And I repeated that, getting off and on, leaning all over him until both of us were in our comfort zones. And because that took so long, we stopped for the day.

See what I’ve been talking about? First I made myself safe. Then I found where the comfort zone was and went back there. Then I did all the things necessary to keep me out of danger (taught him how to stop and turn properly) Then I took little steps in and out of my and his comfort zones, for short periods at a time, until what I was afraid of actually became comfortable.

And I will go through all that again today, probably heaps faster, but making sure that we are both in our comfort zones. Then I can take small steps out of comfort, for short periods at a time, so that tension does not become a habit.

You see, riding my horse is supposed to be enjoyable. I don’t have to live in fear, either with my horse or in my life. I can change that when I listen to my fear and understand what my soul is trying to tell me.

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Pick up your pendulum now. Ask for a YES or NO answer. “Is there a situation in my life right now where using the comfort zone model would bring more peace and enjoyment to my life?” “Is it ME who could benefit from using the model?” “Is there someone I love who could benefit from using this model?”

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*IT'S SOOO... EASY TO CONFUSE  
EXCITEMENT WITH FEAR*

I've given this tiny section it's own heading just because it's sooo... incredibly important.

Recently I was talking to someone by e-mail about a horse clinic that I was teaching in New Zealand. She commented that she was almost afraid of what she was going to discover about herself and her horse. My reply was "that's not fear, that's excitement". It's funny (peculiar) that I spoke (e-mailed) without thinking and that that such a quick, instant answer should have been the start of such a big light bulb moment for myself.

I've noticed since that light bulb moment that quite often I could confuse excitement with fear. And that confusion is actually behind some of my procrastination. And that it's also been responsible for me not stepping out into some really exciting stuff. Wow!

*WHEN WE ARE DOING "OVER FEAR FOR OTHERS", IT GETS  
IN THE ROAD OF THEIR ENJOYMENT OF LIFE - AND OUR  
OWN*

Now here's yet another kind of fear. Anxiety, worry, fear for others. Focusing on the other person and their problems, usually ignoring our own "stuff" in the mean time.

I'm not talking about not caring about anybody else and I'm certainly not suggesting that we don't help others. Of course that's OK. This type of fear is an OVER FOCUS on other people's problems as an avoidance of our own – a way of avoiding looking at our own stuff.

Consider asking yourself "whose life is it?" There's nothing wrong with pointing out a danger in someone else's environment. But we need to ask ourselves the following questions. Are we going to take away that person's ability to find the joy in life by learning their own messages of their own emotions? Are we going to get in the way of them taking the action necessary to find their state of joy? Are we going to stop them from making the mistakes that will help them reach their state of bliss?

You might think that some of those statements are a little over the top, but I promise you, they're not!

The only person who never made a mistake is someone who never did anything, never made a decision, never took any action. Can we give our loved one the freedom to make those decisions, take that action, make those mistakes, learn how to find their power, their joy?

Now let's be clear here, I'm not talking about the nurturing and protection of children - that is our job – we're not about to be passing that responsibility back to the child. However, couldn't we look at growing up as the process about learning from our mistakes in a loving and supportive environment? I laugh as I write this. I can guarantee that my kids would have loved me to have been this wise when they were growing up! There is a point in their teenage years, however, where "over fear" for them can easily become an issue, particularly in this modern environment.

Another way of looking at "over fear for others" is the following story, a metaphor for life:

Someone you love or feel sorry for, is drowning in a deep and dangerous whirlpool as you happen to walk past. They're glugging under the water, in real trouble.

You're a very strong swimmer - so, without even thinking about it, you jump in and hold them up. Great stuff! Now their head's out of the water and they can breathe again – but wait.... now you look up at the edges of the whirlpool and wonder how either of you is going to get out of there. Now YOU'RE running out of energy, because you can't hold both of you up forever and it's obvious you're BOTH going to drown, because now neither of you can get out of the whirlpool.

The more productive action is to set yourself on the edge of the whirlpool as solid as a fence post and throw a life line. If the person misses it, that's OK, you just throw it again ...and again... and again ... It's THEIR choice, THEIR life, THEIR path whether they catch that life line or not – but there is nothing to be gained by you jumping into the whirlpool. In fact, just the opposite, because then there is no one to hold the lifeline any more, to help them get out of that whirlpool, should they eventually catch it - OR NOT.

No matter what happens, it doesn't change the fact that once we've jumped in, within a very short space of time, we are of no use to them anymore because we are running out of energy and drown too!

At a practical level, we can throw lifelines to them by showing them that there ARE CHOICES, maybe by suggesting different choices, maybe even by helping them list the choices, maybe by being a sounding board while they explore their choices. And maybe the best lifeline of all is to simply make conscious and deliberate choices of our own and thus be a good example.

In *Conversations with God*, by Neale Walsch, God describes choices as his ultimate and free gift to us. When we are in an “over fear for others” situation, my friend Clancy says “stop stealing their choices”. Who are we to take away what God has given? An interesting way of looking at it, eh?

Here's a story about a light bulb moment for me where I was doing “over fear for others”.

Someone I love has been going through some relationship “stuff” that looked pretty ugly from the outside. I heard this guy talking to his pregnant wife in this really derogatory manner that made me angry to listen to. (I'm still not perfect, just trying!!!) I said to him at the time “I will not stay in this house and listen to you talk to her like that.” And I left, feeling quite proud of myself for my restraint.

I was so disturbed by what I had seen that I was giving it far too much energy, so I used it as the subject of the next two healing sessions on myself. (You can do this too, with your pendulum.)

But first I need to tell you Buddha's story about the clock so that my insight makes more sense. I'm not a Buddhist, although there is lots about the Buddhist philosophy that satisfies my soul.

Imagine that you are a cog, surrounded by a million other cogs, in a vast clock. A cog is one of those round thingy's with square teeth on the outside of it - and the teeth mesh into the teeth of the other ones around it. Change the gear on your cog, spin it in a different way and it will turn all of those cogs around you on a different spin.

Those cogs around you are the other people that you come in contact with throughout your life, who will now see you and treat you in a different light.

In other words, change the way YOU think/ behave/ are and change the way that others think about and respond to you, and then that in turn changes the way they think about and respond to each other and then that in turn changes the way the others think and respond to others, and so on. A ripple effect that touches millions of people and all just from changing ourselves.

So, according to Buddha's teachings, we can even influence what happens to ourselves in this world as well as our own response to it. It is the ultimate in taking responsibility! And the ultimate "chucking out" of the idea of being a "victim". And the ultimate way of making the world a better place! Wow, how powerful is that! I've explored this deliberately and repeatedly and found the results powerful.

Now back to my light bulb moment and my pregnant friend whose husband was talking to her in a way that upset me. By perceiving that as HIS fault, I am perceiving her as a victim of his behavior - which sets her gears in her cogs in her clock backward instead of forwards. This ADVERSELY affects her and the millions of people that come into contact with her in her life. Just like it affects millions when she changes her gears positively. Oooo.

**SHE IS NOT A VICTIM.** She is a person with choices, some that she's taking and some that she is not. And it's not only OK for her to make those choices, she's actually in the perfect place right now, to make the choices that she needs to make to advance her soul.

I was seeing her as a victim through my own buried emotions of feeling "undesirable" when pregnant. By clearing that emotion, I was able to see the situation with clarity instead of clouded by my own buried stuff.

If I see this again, I am going to say “Do you think that you two could work out whatever is going on here because it is very unpleasant for everyone around you.”

“Victim” and “perfection” are opposites.

What action can we take when we feel “over fear for others”? Ask ourselves “is this over care even acceptable to them?” (I know for a fact that in the example of my pregnant friend, my over care was not acceptable to her.) “Does it serve them?”

**MOST IMPORTANTLY, WHAT PART OF OUR OWN LIVES COULD THIS “OVER FEAR FOR OTHERS” BE DISTRACTING US FROM?** Is there any change of our own that we could be resisting by this over focus on someone else’s “stuff”?

Here’s a little bundle of insights that I’ve had that might bring some more clarity to this “over fear for others” stuff:

- Playing “stand up man” to someone else playing a victim role is getting in their road, getting in the road of the choices that **THEY** need to make in order to improve their lives, to lift the light in their soul.
- There is a time for the perfect counsellor, parent or friend to allow someone to lean on them for a while. The **TRUE** gift, though, is the wisdom to know **WHEN TO STOP**. And when to start **EMPOWERING** them.
- Don’t do it because you feel **SORRY** for her, do it because it will give you **PLEASURE** or **JOY**. Her burdens are already great enough without adding to them with your pity.
- Judgement of another takes our attention away from our **OWN** stuff.
- A major personal insight: All this time ..... has been able to make **ME** the ogre for stopping him from doing something that he wanted to do because I was over fearing for him. I choose to no longer do that. I trust him to make whatever choices he needs to make and I know that whatever happens is part of what he needs to do or learn or experience.
- How do we know when to help someone and when their struggle is right for the progression of their soul? When we offer help and they choose to accept it **OR NOT**. Forcing help on someone is to take away their choices and the heart of the matter is **CHOICE**.

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Pick up your pendulum now. Ask for a YES or NO answer. “Have I done any ‘over fear for others’ this week?” If you get a YES, then ask for a YES or NO answer “was I doing ‘over fear for others’ for my partner?” Was I doing ‘over fear for others’ for my child? Was I doing ‘over fear for others’ for my parent? Was I doing ‘over fear for others’ for my friend? For other people? Hmmm. All of these. Hmmm....

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“Over fear for others” is a major source of burn out in the healing professions and the reason that most people who come into the healing professions are out of it in the first year. You don’t have to be in the healing professions to be doing this, however, you can just be a born nurturer!

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Pick up your pendulum again. “How many people am I doing ‘over fear for others’ for?” “0 to 10 people?” Get a YES or NO from your pendulum. Do it now. “10 to 20 people?” When you find a broad answer, use the YES/NO of your pendulum again to narrow it down “Is it 11? Is it 12? Is it 13?” until you have the exact answer.

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Write it down here in the margin, write down how many people you are doing ‘over fear for others’ for, so that you can look back on it later to see how much you’ve grown. Keep track of your progress if worrying about others is a big issue for you.

## *WHAT MY ANGER IS TRYING TO TELL ME AND HOW I CAN STOP BEING OVERWHELMED BY IT.*

The message of anger is that something is unacceptable to us - something that someone has done or said, or something that has happened to us is unacceptable. We need to think about what is acceptable to us and what is not. And then we can change it. Seems pretty simple, really. So why has it been sooo... hard for me to manage? Some of you too, huh?

Anger intensifies into rage and fury, it gets stronger when we ignore it or bury it. It often seemed to me to be uncontrollable when it was welling up in me as rage. When we ignore or bury our anger - we explode, lashing out at others who may or may not have anything to do with the emotions that we have buried. I had a tendency when I was angry at my husband to take my anger out on the kids. I suspect that this is not uncommon. It wasn't really the kids that were doing something unacceptable to me, it was him. I certainly didn't feel good about taking my anger out on the children!

Making a change, whatever change we choose to make about what is unacceptable to us, gets rid of that anger. And if that change makes me feel good and is in harmony with my beliefs and values and ethics – then that's what I'm looking for.

**The changes that I make, the decisions that I consciously and deliberately make about what to do about my anger should ideally take into account what outcome I am looking for.**

I put an emphasis on this last paragraph because it's huge. When I'm feeling angry, what result am I looking for when I choose what I'm going to do about it? So often I have expressed my anger in ways that produced an outcome directly opposite to the one I would have chosen if I had ever thought about it! And I rarely if ever thought about what result I wanted.

I have called my rage the “black beast”. It's been my really big issue. When I started to look at anger I realized that I was angry at loved ones who pushed in ways that I had never told them were unacceptable to me. In fact, I had never even **thought** about what was OK to me and what was not - let alone told my family.

And why was that? Because I had shut down the feelings that would have told me what was and was not acceptable to me, I didn't listen to them, I didn't know how. I didn't have the tools. I had a lifetime pattern of burying the anger and not

listening to it. Because “angry” was to be frightened of (both mine and other people’s!) Good girls don’t “do” angry.

What a load of crap! Angry is only to be frightened of when we or another has buried it and it has intensified into rage and fury. Angry doesn’t hurt anyone – although unfortunately rage and fury can.

If we shut down our feelings or ignore them, we’ll never know where the boundaries are supposed to be and we’ll be locked into a vicious circle of buried anger and rage and fury. (Which is where *I* was.)

So how can we deal with our anger on a practical, day to day, normal life level? How can I apply this to my own family where it’s hardest for me to “walk my talk”?

We have a bunch of options when something makes us angry:

One choice, when we’re feeling angry, is to get rid of the old buried anger that is intensifying the way we are feeling now and see the current situation as clearly as possible. There’s a procedure for systematically clearing that old emotional “stuff” further along in the book.

When we’ve cleared the old emotional stuff that is clouding our perceptions now (sometimes more than one session if it’s really big), then we can think about what outcome we are looking for – what outcome is in harmony with who we really are, with the kind of person that I want to be? And does the thought of that outcome make me feel good again? And then what action can I take that is also in harmony with my values and ethics, with what is important to me and what I believe is right and wrong? There will almost always be a bunch of options, a bunch of choices – and I choose one that makes me feel good again.

And what kind of choices do I have? There’s a bunch of choices that range from telling someone that what is happening is unacceptable, to removing myself from the situation, to removing them from the situation (e.g. time out in their room for a child), to getting active in politics (if we don’t like it, what are we going to do about it?) to looking deeply into my beliefs and values and ethics and my own attitudes.

Another choice is to simply say “this is not OK, please stop that now” and set consequences about what will happen if it happens again.

Think it through and make consequences that you can keep. And generally, just like it is in training horses, it is about being a little more confident, a little earlier

in the piece, before someone's pushed us quite so far. The consequences can be quite small and still be effective when we are doing something about it earlier. Read this paragraph again, because it's ree...ally big! We can set quite small consequences and still be effective if we are acting earlier on our milder feelings of anger.

Make sure that the consequences are something that you can live with. There's no point if you say "I'm going to leave you if you hit me again" if you don't actually do it. There's no point in saying to your child "I'm going to ground you for a month" if you get sick of it in the first week. In both cases, that's telling them that what they did was actually OK really, that it was not important enough for you to do something about it, for you to change it.

Another choice comes about when it's a deep old anger that you think you can't do anything about. In these circumstances it can also be about figuring out how you would handle it differently if it happened again.

And it's real easy to have aggression or "push back" while we're still clouded by old emotional stuff. So how can we set boundaries, tell someone what is or is not acceptable without aggression?

Yes it will stop you from burying your emotions of anger for example if you front up to someone and tell them that they've done wrong by you. That's a valid option, yet another choice. If I go in and say "You did so and so when I was a child and caused me untold misery", then that is also an option.

The problem is that it is CHANGE that you are looking for. That's what our anger is telling us, that something needs to CHANGE. Ideally, you don't want this to happen again. This is the "outcome stuff" that I was talking about earlier. What outcome are we looking for? Whether the other person does change their behavior often depends on the way in which we approach it. Our action can actually escalate the situation, make it worse, make it difficult for the other person to change if there is any aggression or "pushback" of any kind on our side.

One option that I've chosen more frequently these days, has been as simple as saying "I'm angry right now and I need to clear my old "stuff" that I buried in the past so that I can look at this issue clearly". Then I've come back later and dealt with it with clarity. Then I've been able to take some kind of action gently from the heart and then I feel good about it! (Sometimes I am too angry to do it like this though, don't think that things are always this easy for me!)

I have my husband's permission to tell this story as an example of how it CAN work. (You'll understand in a minute why I felt I needed that permission!)

We had been in some old, pretty destructive patterns with each other and I had run away from home, thinking our marriage was over. My friend and mentor Vivian Healey had pointed out that it didn't matter that we were splitting up, that I still needed to work on the issues and lessons that our relationship was meant to teach me. Otherwise I would just take my problems with me to a new relationship.

So, while I was away, I did intensive healing work on myself, beautifully supported by loving friends and colleagues by distance. It was a period of great change for me. I saw clearly for the first time how focusing on another person's "stuff", took my attention away from my own "stuff" which was ALL I was responsible for and all I was capable of changing. Lots more along the same lines and all a bit personal for here.

I cleared so much of my own "stuff" that most of my reasons for being angry seemed to be gone and I came home. The profound change in me "changed the spin of all the other cogs in the clock" (Buddha's clock story again).

One day, some weeks later, I noticed that my husband seemed to be falling back into some old habits and my anger started building. I hadn't gone through all that emotional pain for nothing, I can tell you!

So I sat at the table and did what turned out to be a quick healing session on myself (I show you how to do this with your pendulum later in the book) – I cleared out the old buried emotions that were intensifying what I was feeling right then. While I had been away, I had cleared such a huge amount, I was surprised there was any left!

As I cleared these emotions, I felt the words that I needed to say to him, pouring into my head in a very gentle way. So off I bound, up the stairs, to say what I need to say before I forget this lovely way of saying it.

Well, the poor beggar was in the shower. Somebody said to me later, "Naked men have no power". (I'm sure the reverse is just as true!)

So I went into the shower and said, “Just because I am working so hard on taking responsibility for my own stuff, don’t make the mistake of taking advantage of that.”

I got this really gentle and positive response – **THE RESPONSE MIRRORED MY APPROACH TO THE PROBLEM.** And I got the result that I wanted, I got the change.

I suspect that it may not have had anything to do with the words themselves, but with my emotions behind it – the lack of buried emotions.

Another family example of a different kind, that reflects yet another option or choice in a way of dealing with anger. I noticed at one point that I was so busy being angry at one of my teenage sons for his lousy attitude – and it was lousy – that it took my focus away from my feelings and behaviors. Which were pretty lousy too!!! When I cleared my old buried stuff related to my anger about his behavior – his attitude improved immediately. How is this so? Because every action gets a reaction. Anger buried in me can be sensed on some level large or small by everyone that I come in contact with. Depending on what buried stuff **THEY** are doing that intensifies what they are feeling now, they will react or respond to me with varying degrees of anger.

So when my son’s attitude improved, I got what my anger was telling me that I wanted - a change. But this time I got it by changing only myself. Ve...rrry interesting.

I’ve got another type of example going on now with a dentist that’s done the wrong thing and caused massive problems for me. The only way I know of to make sure that I am seeing this situation clearly is to go back and clear all the old buried stuff about anything that could relate to this issue so that I can truly deal with this situation from the heart instead of from anger. Then I’ll know what to do about the situation, whether just to tell him how unhappy I am and work on an understanding that he deals with other people differently from now on. Whether to ensure that I get my money back. Whether to demand compensation. Whatever. I’m still working through the best way to deal with this issue.

But what I do know is that if I clear as much as I can around this issue, I’ll be able to see it more clearly and I’ll then be able to behave in a way that is productive and in a way that fits with my philosophy, that is comfortable with my ethics, that

makes me feel good. In fact, for me personally, I think my life's lesson is tied up in this one. And dozens of incidents like it that I keep experiencing.

I keep getting stuff like this happening. Have you noticed yet that when the same so called bad stuff keeps happening to you, it doesn't stop until you learn whatever there is to learn?

These examples show us that although we think we cannot control what happens to us in this world, we CAN really - by controlling our response to it. The way in which we respond to what happens to us, in turn creates new things that happen to us in our lives. Oooo...

As you clear your old emotional "stuff" and thus change yourself, then you are changing the way that other people see you and treat you.

Why not give it a go, check it out for yourself. Some day when you're wondering what to work on for your healing session (as per the process later in the book), set your intention to work on a subject where you perceive someone is treating you badly. Do a series of healing sessions on it – until nothing else comes up on that subject. Then look around you and notice the differences that there may be in the way that that person is treating you.

The key to anger is "what is my soul trying to tell me?" Where is my anger really coming from? "WHAT HAS TO CHANGE?" "Can I do anything to change this right now?" "What can I do differently to change this for the future?"

An interesting and unpleasant side effect of buried anger is that other people react to it even though we are not consciously expressing it. At the time that my husband and I decided to separate, this had quite an effect on our teenage boys (16 and 18 years old at the time.) Although we had had some discussion as a family, the boys were confused and not dealing with their emotions as well as they could have. Gee, what a surprise!

All of a sudden and through no obvious fault of their own, they were involved in brawls and fighting and one of them even had a knife pulled on him. They didn't start it. Indeed, it felt very unfair to them to get picked on out of the blue like that.

What was happening? Their buried emotions were mirroring anger to other people, thus they were attracting aggression. It happened because the other person reacted to their anger even though they did not physically do anything.

We organized emotional clearing for both of them and the situation changed overnight – no more brawls and fights.

This is the very essence of positive change that has the capacity to change the whole world, a bit at a time and relates to Buddha's story about the clock that I talked about earlier. WE SHIFT OUR OLD EMOTIONAL STUFF AND EVERYTHING AROUND US CHANGES IN RESPONSE TO US! WOW!!!!

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Pick up your pendulum now. Ask for a YES or NO answer. "Have I buried any anger today?" Have I buried any anger this week? Have I experienced any aches or pains or illness from old, buried anger this week? Hmmmm.....If the answer was YES, it's lucky we're going to do something about this! Imagine how great you're going to feel when you get rid of this stuff!

---

Anger is also a frequent result of intensification of other emotions (most commonly fear, frustration and grief) when we have buried those emotions. We in Western society so commonly bury our emotions that anger is considered a part of the grief process, when it is actually caused when we try to ignore and bury grief, when we do not grieve enough.

My husband lost his dearly loved mother this week when I was editing this book and was dealing with it the best he knew how. The computer was playing up and the next thing I knew we were both really angry and in a yelling match. I must be doing something better than I have done it in the past, because I saw quite quickly that his anger was actually letting the pressure off his grief. I've always envied those people who could be angry and yell and wave their arms around and get over it really easily (I always thought of Italians as having that ability, right or wrong!) The yelling took the pressure off, we laughed, ... the e-mail computer is still not fixed.

Boredom and "I don't care anyway" and obsessive behaviors are some of the non violent ways that we use to cope with anger and fear when we don't have other tools to deal with them. I got to nearly 50 years old before I read the book that started to give me an understanding of my feelings and what to do about them. (See the dedication at the front of the book for details if you're interested)

In the last few days, as I've been editing this book, I've had another of those wonderful light bulb moments and I feel like an important piece of the puzzle for this book fell into my conscious hands.

In the past, when I've been angry with someone, it's been an automatic thing that I haven't even thought much about. I reacted the way that I had always reacted before (which is what we do when we don't think about it.) As a habit, I swallowed my anger down or tried to ignore it because anger is a horrible feeling and I didn't like it. Until I had buried so much anger that when I got angry all the old "angry"s came whooshing up with the new one. So my habit of ignoring anger had actually made the anger bigger, sooo... much bigger. Hmmm...

I need to tell the story that led to this so that you can really see it.

A few months ago, someone I had been thinking of as a friend, behaved very badly and made a personal attack that I believed then was totally unjustified and after lots of clearing, still believe was totally unjustified. Unfortunately, they had some big, crappy stuff going on in their lives and for a whole bunch of reasons, I didn't think there was anything to be gained from talking about it at that time. Also unfortunately, there was a reason for them to be frequently on my property, which when I hadn't dealt with it, was uncomfortable for me to say the least.

So here I was, making this choice NOT to do anything about it, NOT to change them being on our farm. I was doing a lot of clearing sessions of the type here in the book - getting rid of lots of old angry stuff from the past, so that was a good deal. But the changes that I was making (the clearing sessions) were only bringing peace and joy back very temporarily.

So here I was, resenting her for this choice that *I* had made NOT to say anything to her, resenting her for the choice that I had made to still have her coming onto our farm. There were plenty of other choices, but *I chose* to do nothing at this point in time.

So what was I doing, resenting her for *my* choices, resenting her for the choices that I made freely?

So here's the light bulb moment, doing nothing at all when we are angry, is a valid choice. But if we choose to do nothing at all, it has to be as a gift that we give freely, because it was our choice to do that.

Such simple words for such a life changing, maybe even a world changing insight.

## *ANGER ESCALATED TO RAGE AND VIOLENCE*

I've had rage come bubbling up so fiercely that I've lashed out before I could even think. If you've been in this place too, then (like me) you might like to look in the mirror and decide if that's who you really want to be.

Once we've made that decision, then it's our job to do everything we can to protect other people from any of our rage and fury while we get rid of our old emotional stuff.

One option is to figure out how we can remove ourselves from the situation while we get rid of the rage, maybe even to the extent of leaving home temporarily. Another is to use constructive physical activity to burn it off (remember, there's a part of the brain dedicated to burning off emotions physically.) Or use it to get a job done. Or convert it/ use it to fuel passion about something important to you.

Other options are to shut yourself away and cry, rage, tear up newspapers, beat a bean bag with a plastic baseball bat, use a punching bag, run until you drop, dance it off. There are plenty of options, just make choices based on who you want to be, who you want to see when you look in the mirror on the morning.

Do regular healing sessions with your pendulum, as described in this book. This involves going back into the past and getting rid of the emotions that you buried then – so that there is no need for such drastic rage management in the future!

Don't forget, if the rage is big, we all need help some times!

I had an interesting insight one day about the desperate human need to be **RIGHT** being a form of **VIOLENCE**. That's another verrry interesting thought!

An interesting side effect that I have noticed is that when we don't have any boundaries, or very few, we tend to ignore others' boundaries too! And I am using the word "we" deliberately.

We can experience shame or guilt when we have violated someone else's boundaries too far. This is another one of my patterns that I've done a lot of work to change. The trouble with shame and guilt is that they are not productive or useful. We can get stuck there and not make the changes that are necessary to bring peace and joy back into our lives and thus into other people's lives too. And that can make the rage even bigger. At these times, it's really ourselves that we are angry at, but in the past we didn't know what to do about it, we didn't have the tools. Well now we do.... The tool is in our hands now, in this book.

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Pick up your pendulum now. Ask for a YES / NO answer. “Have I been stuck in shame or guilt in the past?” then “Am I stuck in shame and/or guilt now?” and then “Am I experiencing any illness or aches and pains caused or made worse by buried shame and guilt?” If you get a “yes” to the last two of these questions, then chill out, the procedures to deal with clearing this and moving forward are further along in this book.

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## *THE MESSAGE OF FRUSTRATION*

### *- AND HOW TO GET RID OF IT*

This one is so simple I can't believe how often I haven't seen it. This is what we feel when what we are doing IS NOT WORKING and we keep doing it anyway! If it's not working, change it. If that change doesn't work, think again and change again.

Frustration builds up when we continue doing the same thing that isn't working anyway. Duh!

The very definition of frustration is to keep doing the same thing over and over again, when it's not working and expecting a different result. Sounds kind of silly when put like that doesn't it?

Ask yourself, what is not working? Where in my life is this feeling really coming from? What can I do differently? Who can I ask for ideas or help to change it? And if I have gone for help before and that didn't work, who else can I ask and so on, until I find a satisfactory answer, get a satisfactory change.

When we don't do anything about our frustration, when we try not to feel it, or when we just ignore this message from our soul - the frustration intensifies into powerlessness and rage and can often be confused with anger. This has been another big one of mine!

Clear the old buried emotions around the issue so that you can see what's going on clearly. One way of doing that clearing is to use your pendulum and the healing session outlined later in this book.

What is this emotion that we are feeling? Where in our life is it coming from? What is the message of that emotion? What choices do we have? What changes can we make? What action can we choose? How might our life change from this action? Getting the hang of this now?

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Pick up your pendulum now. Ask for a YES or NO answer. "Have I felt frustrated this week?" Have I felt frustration today? Did I change that frustration?" "Did I bury that frustration?" Given that buried frustration comes back intensified as rage and fury, it's not such a bad idea to change the way we deal with this one, eh?

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## *THE MESSAGE OF SADNESS*

Sadness is what we feel when we are about to lose something.

Ask yourself: What am I about to lose? Is there anything I can do about it? Is there something that I need to fight for, in order not to lose it? Is losing this in my best interest? Is there something that I simply need to release, something that I simply need to cry about?

Sadness brings healing tears and enables us to let go of old habits and patterns. It is often a part of grief or depression, but in its purest form it is a healing agent that allows us to let go of what is no longer in our best interest, so that we may go forward to something new and more special.

The intensification of this emotion when masked or ignored or buried is despair and a loss of heart and/or hope.

Again, where in my life is it coming from? What old buried emotions are making this harder to bear? What is the message of this emotion? Is there any action to take, choices to make? Are there any changes to make? Do I just need to cry the healing tears?

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Pick up your pendulum again. Ask for a YES or NO answer. “Have I buried any sadness this week?” “Have I experienced any physical symptoms of old buried sadness this week?” “Have I experienced any emotional symptoms of old buried sadness this week?”

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## *GRIEF IS ABOUT HAVING TO LET GO, NEEDING TO MOURN*

We have no choice about letting something go, because the loss or death has already happened.

Ask yourself: What must be mourned? It is not always a death of a loved one, it can be the loss of something precious, which may also be an emotional or spiritual something. For example, it can be a relationship, a way of life (even when the change is positive!).

This emotion firstly and foremost must be felt. And it must be felt as much as YOU NEED TO FEEL IT.

It is specially important to understand that grief is so often intensified by emotions that were buried in the past. Sometimes the grief that was buried has nothing to do with the loss that has happened now. The key of course, is to find those buried emotions and clear them.

“Said” and “unsaid” words and misunderstandings also intensify grief. Clear the emotions behind the misunderstandings and the regrets, get the understanding and then grieve to heal.

A process to use your pendulum to clear old grief is contained further into the book. It's also a great time to be exploring and thinking about what you believe in. Was it Einstein who said energy cannot be destroyed, it can only be changed into something else? I was intrigued at reading some quotes from such a man, who is possibly the most famous scientist of all time, that showed what a New Age thinker he was! It can bring much peace to us, to reflect on what happens to the energy of a soul at death.

I was privileged to help my husband give Reiki healing to his father as he was dying. It was a beautiful peaceful death. Our hands were still running hot for some time after the signs of life were gone. Then the most amazing thing happened. The energy in my hands seemed to get a lot stronger for a moment and then there was a split second where there was this kind of a sound in my head. I have trouble describing this because there aren't any words that do it justice. It was a cross between a sound and a vibration and the most amazing, incredible feeling of intense joy. I have described it to anyone who would listen as “the sound of the angels singing”.

I believe that I was privileged to see and feel for one tiny particle of time, where our souls go. And from that moment on I have had no fear of death. If that's what we're going to, then when it's my time - bring it on!

We've seen people who use grief to fuel the passion for a change. For example, losing a loved one to a train level crossing has led to campaigning for specific, safer crossings; someone else may have raised money for the cancer ward at a hospital to make others' lives more comfortable – you get the idea?

Importantly though, if this is part of your way of grieving – don't forget to FEEL IT!

The intensification of this emotion if masked or buried is depression and anger. When anger itself is buried under these circumstances, it intensifies into rage or depression. I mentioned this before. Western society “does” grief in such a way that we think anger is part of the grief process. When in effect, anger is actually a result of trying not to feel it!

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Pick up your pendulum now. Ask for a YES or NO answer. “Have I felt any grief this week?” “Have I felt any physical effects of old, buried grief today?” If you get a YES answer to either of these questions, there is a process a little further on in this book to help you heal.

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## *DEPRESSION IS THE STOP SIGN OF THE SOUL*

Depression is the stop sign of the soul. **Say it again. “Depression is the stop sign of the soul.”** Stop here, go no further, you are going the wrong way! It is not really a “core” emotion. But it is so important to understand depression that I have given it its own heading. It often follows when we buried sadness, fear, anger, or grief. Buried emotions also cause a loss of energy and depression. A process for clearing these is contained further into the book.

Depression is actually an ingenious survival mechanism when we are so “off our path” that our mind/body/spirit has no choice but to stop us from moving forward. People who don’t feel depression often blindly stumble into situations that endanger their souls, their health and their purpose in life.

Depression takes over and consumes us when what we are doing and where we are going in our life isn’t what we really want, when something that we are doing in our life does not reflect who we really are. In fact, we can consider the loss of energy that is depression, as our emergency break.

The intensification of depression when masked or ignored and buried is loss of self; loss of life’s purpose; physical illness; suicidal urges.

Be aware that finding our way out of depression, finding our purpose and path brings a special sort of joy, both to ourselves and maybe even to other people.

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Pick up your pendulum now. Ask for a YES or NO answer. “Have I ever experienced depression?” “Will I get more energy from getting rid of old buried emotions?” And if you are experiencing depression, ask “Will I lessen my depression by clearing old buried emotions?” and “Are there changes that I can make that will lift the depression?”  
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The process for dealing with depression is as simple as for all the other emotions. Clear your old buried stuff, systematically. And keep your eyes open for the changes that will bring peace and joy back into your life. We talk quite a bit about the types of change that may do that, later in the book.

Be aware that there are physical causes of depression too. Some chemicals that we use in modern society, on farms and in cities, mimic hormones and can cause massive hormonal upsets in our systems. The “feel good” brain chemicals are all

part of the intricately balanced endocrine system and are dramatically affected by hormone upsets. If you've been battling depression, you will want to look at ALL aspects of the problem and I suggest that you use this series of books to work mentally, emotionally and physically all at the same time. This pendulum series of books also covers food allergies and sensitivities - food also has a big part to play in the hormonal system. and brain chemicals. Another pendulum book covers "stuff" in your environment that is causing you problems, including recipes for making your own homeopathic medicine and then another has options and insights for change that I have come across in the beliefs, values and ethics category.

You can get these books through the website [www.bookswithspirit.com](http://www.bookswithspirit.com)

## *SUICIDAL URGES HAVE A MESSAGE DESIGNED TO SAVE YOUR LIFE WHEN YOU UNDERSTAND THEM*

Again, this is not a core emotion, but is so important to understand that it needs its own separate heading. When we experience suicidal urges, the message is that change is incredibly urgent. Something we are doing in our life, some way of living our life actually has our body and soul in danger of permanent damage. Say it again, because this is so important. The body and soul are in extreme danger if the cause is not found and changed. **AND IT CAN BE FOUND AND IT CAN BE CHANGED.**

How?

1. Know that the suicidal urge does not really want our death. Lets not pussy foot around here – it sure can go there, but that’s not what it really wants.
2. Go back and systematically clear all the old buried emotions around the suicidal urge – so that you can get the clarity to look at what CHANGE your soul is so desperately craving. There is a process for that healing here in this book.
3. Ask yourself: What must end now ? (NOT life itself!) What action must you take to end the part of your life that is causing this emotion?
4. Where can you get help?
5. Work on yourself whenever you can but ALWAYS get help with this one.
6. Start exploring what you believe in, your values (what’s important to you), ethics, attitudes, life philosophy – all the stuff that is involved internal change. There’s a whole section on change later in the book if you’ve got no idea what it is that needs to change.
7. Think about doing some spiritual reading, joining some kind of group, meditation maybe, church maybe, whatever fits comfortably with you, who you are and who you want to be. You will be looking for ideas for change in beliefs, attitudes, values etc that suit YOU, now. You can find great ideas in the most unlikely places sometimes when you’re keeping your eye out.
8. Know that as you clear the old buried stuff, you will find the message of your suicidal thoughts and then you can make changes to bring joy back into your life. After you’ve got some help to do the obviously urgent stuff, there is a process here in this book to use the pendulum to access your own mind to continue to clear the old buried stuff.

9. Often when we are experiencing chronic depression, there is a chemical imbalance in the brain that has resulted from old buried emotions - from chronic pain (mental, emotional, physical or spiritual). Even for those of us who prefer not to resort to drugs, there is no shame in choosing drugs that enable you to work through the process of what needs changing in your life, if that's what you choose, in order to save your life.

I tell you again to make sure that you are hearing me. This is a dangerous emotion. Knowing when to seek help is a strength, not a weakness!

Remember, the feeling of pressure that we have, the feeling that we might explode from these emotions, from the pain of it all, is just the pressure of keeping the emotions buried.

When we bury this emotion, bury the suicidal urge itself, the result can be physical and immediate death or illness and disease unto death. Some illnesses are the result of a suicidal urge and can be healed by finding the source of the trauma and clearing it.

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Pick up your pendulum now. Ask for a YES/NO answer. "Have I ever experienced a serious suicidal thought?" "Do I experience any physical symptoms related to old suicidal thoughts?"

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If you get a YES answer for either of these questions, take it seriously. Do not muck around with this emotion – either yours or another's - get help. Have I said this often enough for you to hear me?!!!!!!

The "dark night of the soul" exists in direct proportion to the joyous dawn that awaits us.

*THE KEY TO YOUR EMOTIONS IS UNDERSTANDING WHAT THEY ARE TRYING TO TELL YOU AND DOING SOMETHING ABOUT IT.*

Now here's where it's so simple. All the other so called "negative" emotions in the world go back, lead back to the "core emotions" that we've just talked about – fear, anger, frustration, sadness, grief, depression, suicidal thoughts. All the other emotions are just words and behaviors that distract us from the real messages. They are ways to distract ourselves from change, even positive change, because change itself is scary. These emotions and behaviors distract us from what is really going on.

If we get distracted from the core emotion, then we miss the message. If we don't get the message, we don't have the opportunity to make choices, to take action. If we don't take action then we can't change anything. And if we don't change, we miss out on all that wonderful JOY that positive change makes possible.

Let me be clear, I don't live in fantasy land. ALL change is not positive, but to have any new positive thing happen in our lives, change has to happen first! I think we might need to say this one again, because it is critical to future joy in our lives.

**TO HAVE ANYTHING NEW AND POSITIVE HAPPEN IN OUR LIVES, CHANGE IS ABSOLUTE. It is impossible to have something wonderful and new in our lives without change.**

**So again, when we understand what our emotions are trying to tell us, when we get the message from our soul, then we have the opportunity to change that will bring something different and wonderful into our lives.**

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Pick up your pendulum now. Ask for a YES or a NO, "Is there anything in my life that I can change so that I have more joy in my life?" This is an example of a very broad question where you would always expect a YES. Is there anybody out there who got a NO to this question?  
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Lets have a look at some of these emotions that get in our way, that distract us from any possible change. Boy, are some of these an eye opener!

Bitter, if I'm feeling bitter about something, what core emotion am I being distracted from? Yep, ANGER. So what positive change am I missing out on? I'm missing out on the opportunity to decide what is or is not acceptable to me in my life, missing out on the opportunity to change it, to feel better about my life, to find my joy. If I'm feeling "bitter" I'm missing out on the opportunity to stop someone or something from pushing me around – I'm actually stuck in LETTING someone push me around for as long as I'm stuck there. It's crazy when you think about it, anybody would think that I liked being pushed around, or having to put up with stuff that was unacceptable to me!

I am simply doing life harder than I need to be doing it.

Here's another on my own personal list, BLAME. What's the core emotion behind blame? Yep, good old ANGER again, probably with a good dose of fear of change. If I'm not recognizing it as anger, I'm not getting the message, not taking the action. While I am stuck in "blame", I am not deciding what is or is not acceptable to me and I'm not making the choices that will bring me what I am looking for – happiness, serenity, joy, peace, whatever.

What wonderful opportunity for positive change am I missing out on by staying distracted by BLAME?

Yep, I am simply doing life harder than I need to be doing it.

Another one of my rapidly changing old emotional patterns. DOUBT. What's the core emotion behind that? FEAR.

What about HELPLESS. FEAR again.

What about NEGATIVE? FEAR again.

POWERLESS? FEAR again

INCURABLE? FEAR again.

RESENTFUL? My old friend ANGER.

Notice that many more go back to fear as a core emotion. Which fear? Danger fear, fear of change, over fear for others? We need to identify which fear it is in order to hear the message and figure out the choices and the action, make the change.

Yep, with all of these - again, I am simply doing life harder than I need to be doing it. While I am stuck in these "negative" behaviors and emotions, I am not able to recognize the core emotion and take the action, make the change that will have me doing life easy instead of hard! The change that will give me back my joy in life.

Look at the list of emotions below. I've put in capitals the emotions/behaviors that I've used in the past to distract me from my core emotions and thus used to resist my own changes.

Now here's where the KISS (Keep It Simple) comes in (and it really is very simple) Every time we identify one of these emotions we are feeling that is not a core emotion, then KISS - look for the core emotion/s behind it. Look for the fear, anger, frustration, sadness, grief, depression or suicidal urge behind it. Look at the message of the core emotion behind it. Get the message, do the action, enjoy making the change.

For most of us, it takes practice to do this easily. This book gives you a process to do this with your pendulum, so that you CAN do it! Later on, you will be able to do it without the pendulum.

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Pick up your pendulum now. Go over this list line by line asking for a YES or NO answer "Are there any emotions or behaviors in this line that I have used in the past?" When you get a YES for the line, ask for a YES or NO answer to each individual emotion on the line until you find the right one.

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I'm chuckling as I'm proof reading this, for me personally, I will probably have to write most of the list down. Write yours down here in the space provided. We are not doing anything with this list. It is simply so that you can look back on it later and see your progress. Notice I left you plenty of room!

Think about what core emotions (danger fear, fear of change, over fear for others, anger, frustration, etc.) these could have been distracting you from. Contemplate what joyous changes you can look forward to when you clear them and can see behind them to what's really going on!



## *OLD BURIED EMOTIONS INTENSIFY WHAT WE ARE FEELING NOW*

As we've seen so far, one of the major keys for dealing with our current emotions is understanding how things that have happened in the past are affecting the emotions that we are feeling now.

Emotions buried from things that happened in the past intensify and even distort and exaggerate what we are feeling now. These buried emotions also cause physical problems and illnesses.

It's the old buried stuff making things bigger than they really are that leads to us not seeing things clearly – that dramatically increases **MISUNDERSTANDINGS**. That's another reason that we should be particularly careful to get rid of the old buried stuff when ever we feel judgment and blame.

The emotions we buried may have nothing to do with what's happening now and **STILL** cause a problem with our feelings now. For example, I may have buried enough danger fear as a child to intensify that into anger or rage and have that, in turn, exaggerate the simple anger I feel when someone pushes in a line in front of me. That simple anger is not so simple under these circumstances. It is now rage – and totally out of proportion.

Ask, when did I feel like this in the past? What area in my life was it really coming from? What message did I miss at the time? What action did I miss at the time? Is there any action that I need to take now? Do I need to think about how I would deal with such a situation if it happened again now? Do I need to just feel or acknowledge the emotion that I buried? And how can I work all this out just by thinking about it?

**RELAX.** That's what your pendulum is for. You can use your pendulum to systematically identify the emotions that you've buried, when you buried them and the area of your life that was involved at the time, the area of your life that is involved now. The process to do that is coming up soon.

The process of acknowledging the old situation is in itself a “clearing” of the old buried emotions. Without them getting in the way, then we are more able to identify the message, take the action, make the change in the new situation and reduce the risk of over-reaction because of the past.

**Needing support is not a failure.** We ALL need support at times. My own emotional journey has been such that I do not know what would have become of me without the support from the skilled and experienced practitioners from whom I sought help.

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Pick up you pendulum now. Ask for a YES or NO answer. Are there any old buried emotions that are urgently affecting your health now?

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## *UNDERSTAND HOW INHERITED STUFF AFFECTS US NOW AND HOW WE CAN CHANGE IT*

I'm sure we have all experienced the situation where someone we know has reacted in a way that makes absolutely no sense to us whatsoever. They probably have an inherited tendency to "do" that emotion under pressure. For example there are people who will have a tendency to feel unloved no matter how well loved they are; others who feel unworthy no matter how worthy they are; others who feel put down when that doesn't make sense to anyone else; who feel doubt when the proof is under their nose, and so on and so on. Some of these patterns come from emotional traumas that have happened in this life time, others are inherited, others are a combination of both.

### **ALL OF THESE PATTERNS ARE UTTERLY CHANGEABLE.**

As a therapist, I've noticed that we most commonly inherit our emotional patterns from our grandparents, occasionally from our parents when they have had a particularly traumatic time in their life before we were conceived.

For example, my grandfather was raised in an orphanage, and indentured (not sure of the actual details) to some farmers in East Gippsland. It sounded like a pretty traumatic experience. In order to cope with his life, he "disconnected" from his emotions so strongly that it imprinted in his genes and I inherited those genes. Thus yours truly here looked like a strong person, but was in reality disconnected from my emotions, not actually feeling them at all – that included being disconnected from both the messages and the joyous things in life.

**These inherited behaviors/emotions are the ways in which we are pre-disposed to resist even positive change. These are our life patterns, the ways in which we react to stress without even thinking.**

These inherited behaviors ARE absolutely changeable. When you know about them, you can choose to find the core emotions behind them, choose to get the message, choose to take the action, choose to make the change, choose to find the joy.

We may not even be aware of our inherited behavior patterns. Your pendulum will help you to identify them and work out what's behind them. Occasionally, we may need support to identify these. Among other things, I am a trained kinesiologist of Andrew Verity's school "Educating Alternatives". Andrews "Blueprint" series is an excellent method of identifying and clearing genetic pre-dispositions.

I believe that our inherited pre-dispositions are tied up in our life lessons – which makes it even more important to understand! So, identifying the original incident that triggered the pattern and understanding how that has been affecting our lives, clears the pattern itself. i.e. the understanding of the incident and its affect on ourselves and our life now is what actually CLEARS it.

Awareness of our patterns, inherited and otherwise, combined with the change stuff coming up next, gives us the opportunity to change those patterns.

---

Pick up your pendulum now. Ask for a YES or NO answer. “Is there anything in my genetics that influences how I react to a stress?”

---

Did anybody get a “NO”?

*CHANGE IS SO POWERFUL THAT IT'S ALMOST BREATHTAKINGLY POSITIVE IN THE EFFECT THAT IT HAS ON OUR LIVES*

This is the big deal - the real deal as they say. It's change that takes us into the big league in personal growth, health and happiness. At some point in clearing our old buried stuff, there comes a point where we can figure out what has to change and then choose to change it. And that change is so powerful that it's almost breathtakingly positive in the effect that it has on our lives.

We've already talked about how to have anything new and joyous happen in our lives, something has to change. And we've talked about where in our lives the emotions may really be coming from. Even more importantly, is the need to recognize exactly **WHAT** change these emotions are trying to tell us about.

The change may be outside of ourselves such as changing our job, our address, our relationship, or an aspect of our relationship, something we need to say to someone, something we need to do (learn something new, start walking etc) **I cannot emphasize this too much - BEWARE, changing outside things without having changed the internal "stuff" has us just taking our old problems with us to the new job, new relationship, new address, etc.**

Sometimes when we're doing a healing session on ourselves, with our pendulum, it can come up that we need to make an "outside" change first. When that happens, remember that to change outside things without making the internal changes to go with it **CAN** just take the problem with us and then nothing really changes at all.

If we've been experiencing danger fear, then we may well need to remove ourselves to safety immediately, but it's probably a good idea to check for the internal changes that may be necessary to go with that when the dusts has settled - to make sure that we don't take our problems with us.

Here's an idea of some external changes that have come up for me. Get some shoes that supported my feet properly, talk to my son about his expectation that others clean up after him, get rid of that hair spray that was giving me an allergy reaction, step out of the road of that bus, get off that horse and work out how to make it safe, write that letter, ring up that person we owe money to and arrange a payment schedule, get rid of most of the chemicals from my house, make consumer choices about environmental stuff (i.e. buy organic where possible) make a change of address, relationship or job etc.

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Pick up your pendulum now. Ask for a YES or NO answer. “Are there any external changes that I can make in my life that will bring me joy?”

---

Did anybody get a “NO”?

Make a list here about other things in YOUR life that can be considered external change.

.....  
.....

What do I mean by “internal change”? Internal changes include the way we approach a problem, our attitude, in the positive energy that we put into a situation.

It may be a change to our values, our beliefs or our ethics. Internal changes could also be things such as our life philosophy, our knowings, our intuition, our attitudes, the way in which we approach our responsibilities, the way in which we approach a problem, application of universal laws.

**An important, indeed essential part of the change process is to recognize that what needs to change may be WITHIN us, rather than from outside.** (I know I’m repeating myself, but it’s incredibly important.)

When you’re trying to figure out what to change, look at your emotions for ideas, because it’s your emotions that are the messages for change. It’s your emotions that are messages from your soul and your soul knows what’s good for YOU. It knows what is going to make YOU happy.

Values are about what is important to us. Values for you to explore could be anything from world peace (which starts with us and our reactions to people who do the “wrong” thing to us), to taking personal responsibility for our part of the environment, to the plight of some animals in this world, to the Australian sense of mateship, friendship, romance in a relationship, simple courtesies, our country, our culture, spending time with our families, taking pride in our work, true equality between men and women, to big things, to little things, in between. Other values could be things like honoring others, honoring life, honoring death, honoring where people are at, honoring purpose, honoring mine and other people’s choices.

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Pick up your pendulum now. Ask for a YES or NO answer. “Will it increase my joy in life to think about what is important to me?”

---

Spend some time over the next few weeks, exploring what ethics means to you. Ethics are about truth, honesty and integrity. I think the biggest ethical issue is truth. And the biggest part of truth is about not kidding ourselves, looking at ourselves with truth. Truth and honesty with myself, taking responsibility for my own “stuff”, seeing the part I’ve played, clearly, in the things that have happened to me has been a big issue for me.

The integrity side of ethics is about right and wrong. But it’s not about accepting someone else’s idea of what is right and what is wrong. It’s about thinking that through for ourselves. It’s about thinking through and making choices that are in harmony with who we want to be. Hurting other people comes under ethics. When we are doing a healing session on ourselves, the incident or trauma that we are healing can come from US doing the “wrong” thing. i.e. not ethical.

I had one of those light bulb moments one day, when there was a public debate going on about using torture in extreme circumstances – i.e. using torture as an emergency measure to save many lives. I found myself intellectually going “well, you know, if all those lives were at stake, maybe .....” Wow, I couldn’t believe how powerful the fear was.

It’s about the result being tainted by the means. By US being tainted by the means. The test is “Could I personally pull out those fingernails, administer that lethal injection, watch those death spasms, carry that body out? If I can’t, couldn’t, then I have no right to ask someone else to do it. On reflection, how wrong could I be? Violence begets violence and it takes true strength to break that cycle.

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Pick up your pendulum now. Ask for a YES or NO answer. “Will it increase my joy in life to think about what I believe is right and wrong?”

---

Beliefs are also important to work out for ourselves. I personally started out by believing that there was something bigger than us out there and not really thinking any more than that. Over time, I expanded my beliefs, bit by bit. My point here is, it doesn’t matter what I believe in. It doesn’t matter what makes sense to me. That could well be different for you. And probably will be. I think everyone has

to figure that out for themselves to get that sense of inner peace. It has to fit with YOUR values and YOUR ethics.

**BUT THE IMPORTANT THING IS TO START FIGURING OUT JUST WHAT YOU DO BELIEVE IN.** Write it down. Making notes worked for me. Then I wouldn't forget the bits and pieces. And later, I could pull all the bits and pieces together and make sense of them. I carry around a little notebook and pen for just that purpose.

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Pick up your pendulum now. Ask for a YES or NO answer. "Will it increase the peace and joy in my life to explore what it is that I believe?"

---

I would like to share a powerful story about how I came to examine my beliefs so thoroughly and in such detail.

The phone rang one day and for a while, all I could hear was the sound of sobbing. It was a very a very distressed client, whose own dog had just killed her cat in front of her while she was trying to stop it. The two animals had been house mates for years without any problems. I could only imagine her distress and grief. She asked me if I thought that the cat had died in pain.

Only a couple of days earlier a dear friend of mine had been telling me about how she felt during horrific injuries a couple of months earlier. Because she felt little or no pain, she had no idea she was so incredibly badly injured until she had seen herself reflected in glass.

Thus I was able to relate this story to my client and tell her that I thought the cat was probably not actually in pain. That even though its survival instincts were in full force, that shock seems to take care of the pain itself in the initial trauma.

I talked to her about what I believed about karma and how there might well be a karmic connection to this incident. E.g. did the cat kill the dog in another life and need to experience being on the receiving end for his soul to progress? Who knows? The concept of multiple lives and karma has always satisfied my yearning for an understanding of the "bad" things that seems to happen to good people. It brings a sense of order to my universe.

She asked me to do a healing session on the dog, whose hair was here on file from a session I had done on her a couple of years earlier.

So I did a session on the dog, using myself to surrogate for her. It was a totally routine session, we cleared a bunch of emotions, identified some essences to help her with her emotions, finished the session and I was dismissing the energy of the dog when I could see, as clear as a bell in my mind (sorry about the mixed metaphor, but you get the idea), I could see this dog's energy leaving, but looking at me with this really puzzled expression on its face. It was saying "But I'm not done yet."

Now anybody who's ever had a "healing" session with me, knows that I go to great lengths to check that I've helped you to get everything possible in the session, so I was surprised to say the least. None the less, I called the dog's energy back and proceeded to check yet again and found something that I must have glossed over a little quickly.

Then I had to figure out what tool (method) in my "toolbox" was going to be most effective to "clear" this. For a while I was having quite some difficulty because it was not something on my list of tools that I normally worked with. Eventually I figured it out. I needed to spell out in great detail what I actually believed in, as related to this incident.

Before you read on, let me say again. **I DO NOT EXPECT YOU TO BELIEVE AS I DO. THAT IS NOT THE REASON FOR TELLING YOU THIS STORY. YOUR BELIEFS ARE YOUR OWN AND SHOULD BE.**

Thus, came ..... I believe....

- In our souls progression, lifting the light in our souls from lifetime to lifetime, probably ending up at that point people describe as heaven, nirvana or paradise.
- I believe that we contract to come into this life, to this family, to these circumstances, indeed to these problems and to these traumas, in order to learn what we need to learn for this lifetime. And that these lessons are the ones that we need to learn for our soul's progression in this life.
- I believe that within that framework we have absolute freedom of choice.
- I believe that everything happens for a reason.
- I believe in karma. That what we put out, we get back, both in this lifetime and in the next and that that also happens for the lesson that we need to "get" for our souls progression in this lifetime.
- I believe that nobody, including me is a victim either of circumstance or of anybody else. How can I feel sorry for someone who is on their perfect path to enlightenment, on a perfect path to their soul's learning what they need to learn in order to progress in light for this lifetime?

At this point, I looked down and saw this “stuff”, this energy pouring from my heart out to this dog. I was puzzled because I couldn’t really feel anything. It did not feel at all like when I deliberately sent someone loving energy. I know now what they mean when they talk about having no “attachment” to it. There was simply no attachment to this energy that was pouring out of me and pouring into this dog.

Then I experienced an epiphany - a monumental light bulb moment. This energy pouring out of me was actually unconditional love – love with no attachments to it, no conditions. The light bulb moment continued. ...

Not only did this dog deserve my unconditional love, SHE WAS ENTITLED TO IT, no matter what she had done, no matter what the circumstances.

And if she did, ..... then so did I.....

.....

I find it interesting as I proof read this and make some changes, that since that experience with the dog, I’ve further developed what I believe in and it’s changed a little. I wonder if my beliefs will always be growing as my understanding of life, myself and the universe grows?

I know that for me, missing the message for these changes has been the source of that dread, that rock of dread that sat up high up in my gut for as long as I can remember. I thought that feeling was normal! How many of you out there think that feeling is normal?

As I make the changes dictated by my core emotions, (constantly practicing, making mistakes, fixing them, having another go) I find that the dread has disappeared for the first time in my memory (an awful long time!) and the JOY in my life is there for the vast majority of the time. **And when the peace and joy is NOT there – I have a method to follow to get it back!**

Can you imagine the possibilities for positive change in the world if we all listened to our emotions in such a constructive way? Each person’s action and change will be individual to them. People would be changing things within their own families, within their working environments, within their sports and hobbies, others within their communities, others within their nations, others within a world context, some on a human level, some environmentally. The possibilities are both endless and endlessly exciting!

Here’s some random ideas about internal change that may be useful to you. Remember, YOUR emotions are YOUR soul talking to YOU. Your beliefs,

values, ethics, attitudes, philosophies of life are YOURS, not mine, not someone else's. Please, only use my insights as a start to your own thought processes, your own search, your own insights.

:

1. Goethe, a famous German philosopher and poet once suggested that the best test for a philosophy was not whether something is true, but whether it is USEFUL. Are your philosophy and beliefs useful to you? Do they satisfy your soul?
2. I came across a great workshop that had as its framework getting couples to work out their values and discuss them with each other – until they had 9 foundation blocks – 9 core values that they shared as a couple. It almost sounded like the working out of a very useful marriage contract!
3. On this particular day, I was being critical (judging by any other name!) of someone who was in this place where they simply COULD NOT see that what they were doing was judgemental. Hmm. (Judgement being the opposite of compassion and love. Double hmmm.) In a beautiful bit of almost instant karma, I was projected emotionally into their space, where I felt every one of the emotions they were going through, but felt them in relation to my own family.  
It was easily cleared but for a while there I was horrified at the violence of my emotions. I was given this one to remind me to NEVER forget where I have come from, how REAL and LOGICAL and SENSIBLE and RIGHT those emotions felt when I was feeling them.
4. Even in Western society, where there has been no recognition of the concept of karma until relatively recently, karma has been enshrined in our language. “What goes around comes around”. The biblical commandment of “do unto others as you would have others do unto you.”
5. “All of your so-called faults, all of the things you don't like about yourself are your greatest assets. They are simply over-amplified. The volume has been turned up a bit too much, that's all. Just turn the volume down a little.  
Soon, you and everyone else, will see your weaknesses as strengths, your negatives as positives. They will become wonderful tools, ready to work FOR you instead of AGAINST you. All you have to do is to call on these personality traits in amounts that are appropriate to the moment.  
Judge how much of your wonderful qualities are needed and don't give any more than that. See the “gift” in your negative behaviours, simply use them different than we have been.” Neale Donald Walshe in the foreword to the Dark Side of the Light Chasers by Debbie Ford.

6. If you are experiencing fear relating to the environment, what action can you take? DO something. Plant trees, eliminate plastic packaging, support things that are sustainable like organic farming. Start with your OWN consumer choices and move out from that.
7. To save the whales is a mighty thing, a wondrously good thing to do. But it is as nothing if done with violence in the heart. Look for YOUR buried emotions that are intensifying what you are feeling now, face YOUR fear and grief and then TRULY save the whale, or the trees, or the panda, or the river or.....
8. The question should always be “Is it sustainable?” If it is not sustainable it is a violence to the earth.
9. Organic is not the only sustainable farming and all organic is not necessarily sustainable. But if it’s organic, it’s more likely to be sustainable. Unsustainable farming practices ARE violence to the earth. Violence begets violence, even with the land.
10. You think you’ve got no choice – make a list – list even the choices you don’t want to make, list even the outrageous ones.
11. I haven’t read many spiritual books, but there’s some great books out there by some very special people if you’re looking for some more spiritual insight - Louise Hay’s positive affirmations for various “problems” (there are no problems really, just lessons having been learnt, being learned, or going to be learned – my friend Clancy again). Doreen Virtue’s healing visualisations, angel work and divine help – she does an easy and enlightening read. Eckhart Tolle’s book “The Power of Now”, intriguing, confronting, heavy going, full of light bulb moments. The “Conversations with God” trilogy by Neale Walsh. Amazing and life changing books for me. There are many, many others just as valuable and definitely something out there for YOU. Go get ‘em!

## *USING YOUR PENDULUM TO HEAL*

Keep records, no matter how brief of your healing sessions on yourself, so that you can look at the patterns, and at the progress you have made over time.

Imagine that the blockages to healing (the blockages to your mind/body/spirit doing your healing the way it was designed to do) are a brick wall in front of you.

You get to choose how you want to take down that brick wall. You can choose to take the brick wall down one brick at a time – a slow but gentle process, OR you can choose to kick the wall down and then clear up the rubble. Be careful, if you want to kick the wall down, there's going to be some adjustments to be made – physically, emotionally, even spiritually.

OR you can choose any variation in between.

### **EACH CHOICE IS ABSOLUTELY VALID.**

When you've asked for one brick, then it WILL only be one brick. If it feels like a big deal, it's just because it's the first one you're taking off for yourself.

### **THERE IS NO WRONG WAY OF GOING ABOUT THIS.**

### **IT IS COMPLETELY YOUR CHOICE.**

Remember the children's story about the hare and the tortoise. The tortoise always gets there in the end. Occasionally he even gets there faster than the hare!

- 1. First, make a conscious decision about how you want to go about healing yourself today. Pick up your pen, write it down, here in this space, now.*

.....

## *A HEALING 'CRISIS' IS SIMPLY YOUR MIND BODY SPIRIT HEALING QUICKLY*

Know that occasionally when our mind/body/spirit is doing fast healing (particularly when we've chosen to kick down walls), our emotions and our bodies can be quite focused on the problem, experiencing what sometimes feels like an exaggeration of symptoms. This is called a healing crisis. Healing crisis's are wonderful things - when they are happening to someone else! But seriously, if we're going to use the "kick walls down" style of healing, then sooner or later we are going to experience one and we had better understand what's happening.

Something that you don't want to be doing when you are in a healing crisis is working on something new (unless you've just had a specific accident or trauma that is seriously more important.) Your mind/body/spirit needs to complete the process of healing what you have already set it - before you set it on a new task. Chaos and confusion can come from working on something new when you are already in a healing crisis.

What you can do when you are in a healing crisis is to work on easing it, balancing it. In which case, you set your intention to balance the healing crisis itself, NOT to do any new work.

There are other times when you are simply healing nicely without being in any crisis and you simply don't need to be doing any session work today.

A bit of an understanding of how our bodies heal and how we can get in the road of that, probably wouldn't go astray at this point.

When we sprain our ankle, our body rushes fluid there to brace the ankle, to protect it from movement, to send healing properties to the area and while it's at it, it gives us pain to warn us not to use it because it is damaged. Our bodies really are the most amazing "machines". So what do we do in terms of interrupting that healing, in terms of making it more difficult to heal, when we take an anti-inflammatory to get rid of the swelling and the pain?

When we have a virus and our bodies heat up to kill the virus and we constantly take aspirin or paracetamol to bring our temperature down, how much are we prolonging our illness? I am not saying that there is not a time to be doing that, I'm talking about over medicating, actually getting in the road of our body's wonderful capacity for healing.

What about when our bodies are getting rid of toxins by mucous (a runny nose) or by diarrhea and we take a cold and flu tablet or something to bind up or stop the diarrhea. How are those toxins going to get out of our bodies? What damage are they going to do while our bodies are trying to get rid of them? If we ever do get rid of them?

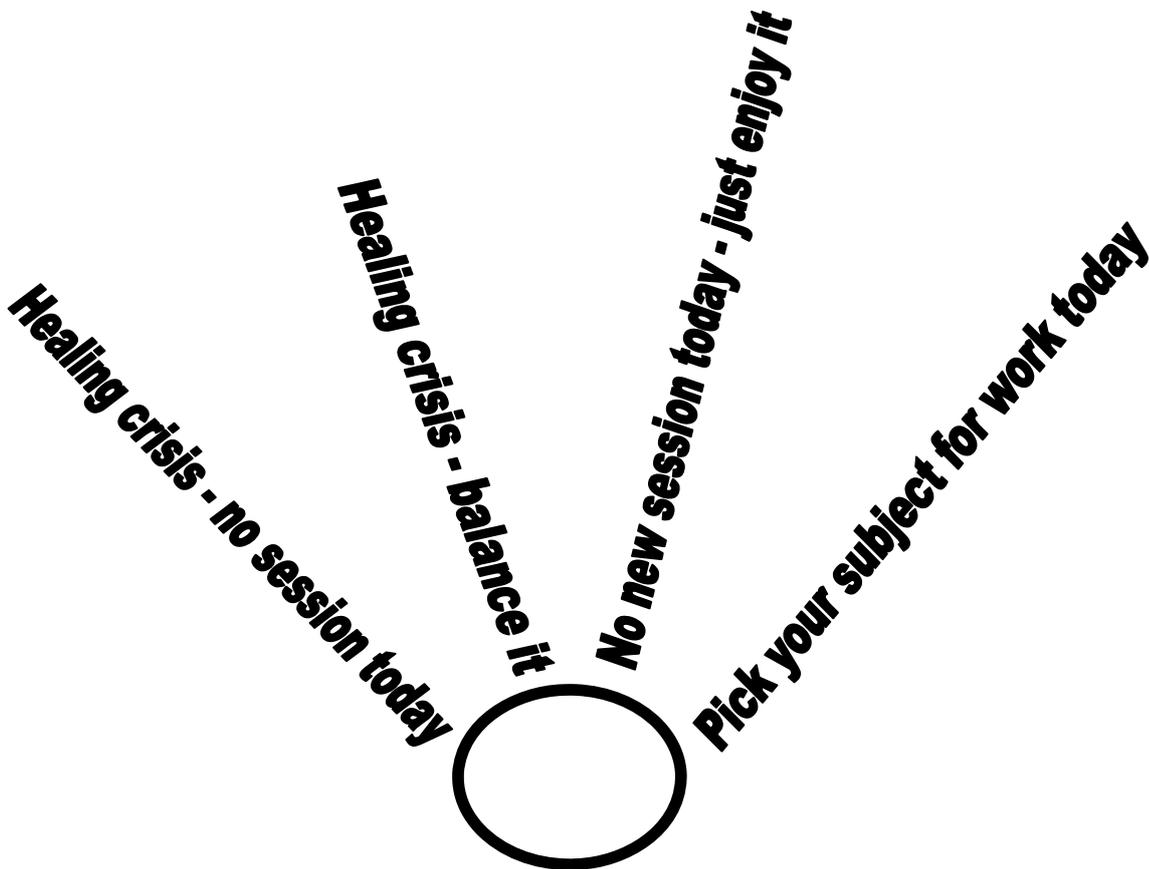
What about when we get a headache when we haven't drunk enough water to flush toxins through the kidneys effectively today and we kill the messenger (the headache) and don't drink the water either? What happens to those toxins? What happens to our kidneys in the long term, having to work a little harder than they needed to?

Please do not misunderstand me. I am not telling you not to take a painkiller for a headache or a sprained ankle. I am not telling you not to take your drugs for your life threatening conditions. I'm just suggesting that all these things, all the symptoms that we experience are messages from our body or signs that our body is doing it's best to heal. And that we should make more conscious and thinking decisions about when to reach for drugs to stop it.

2. *The most important thing you are going to do in any healing session is to test whether it is actually effective to do any session work at all today or whether you are in a healing crisis and whether that should be left alone, or balanced, i.e. made easier.*

*Pick up your pendulum now. "Still" your pendulum over the circle and ask the pendulum to move in the direction of the correct answer.*

If your answer is "healing crisis – balance it" then write that down as your intention for this healing session.



If at any time you are unsure of which answer the pendulum is moving over, just ask for a YES or NO answer "is it this one?"

If it's "no new work today" or "healing crisis – no work today" – then I suggest that you obey that. As mentioned before, chaos and confusion can come from working on something new when you are already healing.

When we've done intensive healing recently, it can come up not to do any sessions today, because you're simply healing perfectly well at the moment. Not in a healing crisis, just healing beautifully. If you get concerned that no new work today is coming up too often, you could check item Number 13 of this healing procedure with your pendulum to make sure that you do not need any outside support. If not, enjoy it!

If at any time you get confused, go back a step and recheck the last step - or ask for help, divine or earthly. See my contact details at the back of the book

*3. Choose your most important subject for work today*

Have you been angry with your partner, with someone else, raging at the kids, generally feeling depressed or no energy, dissatisfied in your job, somebody's giving you a hard time, you have a pain in your neck or back, sore feet, crook knee, bad wrist, a more serious health issue, etc. You get the idea. You choose something to work on today. (Keeping in mind that the tortoise has been known to beat the hare!) Write it down, now.

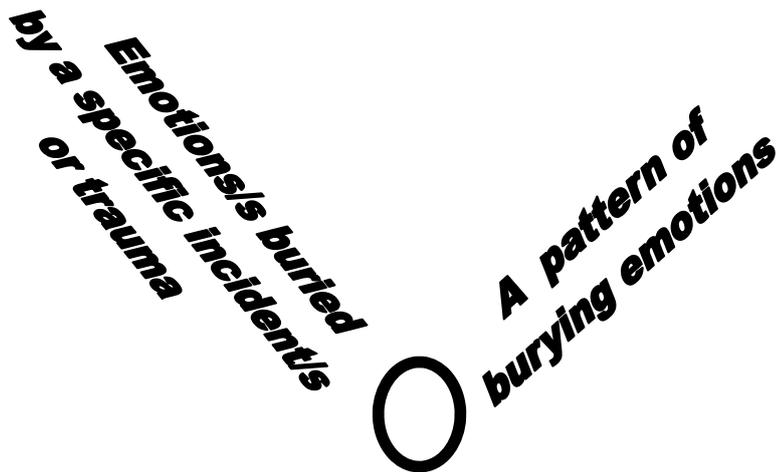
.....

If you've picked a physical pain or problem to work on, it will have been caused or made worse by burying an emotion or emotions in the past. If you've picked an emotional topic to work on, what you are feeling now has most likely been made bigger by burying an emotion in the past.

*4. Pick up your pendulum now. Ask for a YES or NO answer. "Is this the most important issue to work on today?" If the pendulum indicates NO, think about what issue in your life could be more important and when you find it, write it down.*

5. You are going to ask yourself whether what you have chosen to work on comes from a specific incident or trauma or from a **PATTERN** of burying certain emotions throughout your life. Or even **BOTH**.

Pick up your pendulum now. "Still" it over the circle and ask it to move in the direction of the correct answer.



**BOTH**

If it's a pattern of burying emotions, move on to identifying the emotions in Step 8. and skip Steps 6 and 7. A pattern is the same type of thing weaving through your life, happening over and over again. It often involves a life lesson and will keep repeating until you figure out what it is that has to change.

For those of you who either believe in or question the concept of past lives, a pattern of burying emotions will cover that issue. If you wish, you can use the pendulum to identify the time frame of the past life and other broad details.

If it was a specific incident or trauma, then use this age chart to figure out how old you were when it happened.

If it's BOTH, use the age chart to find the age of the incident or trauma and as you are working, be aware that you also have a PATTERN of burying these emotions.

### **AGE OF THE SPECIFIC INCIDENT OR TRAUMA**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	<b>35</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>
<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>	<b>49</b>	<b>50</b>
<b>51</b>	<b>52</b>	<b>53</b>	<b>54</b>	<b>55</b>	<b>56</b>	<b>57</b>	<b>58</b>	<b>59</b>	<b>60</b>
<b>61</b>	<b>62</b>	<b>63</b>	<b>64</b>	<b>65</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>69</b>	<b>70</b>
<b>71</b>	<b>72</b>	<b>73</b>	<b>74</b>	<b>75</b>	<b>76</b>	<b>77</b>	<b>78</b>	<b>79</b>	<b>80</b>
<b>81</b>	<b>82</b>	<b>83</b>	<b>84</b>	<b>85</b>	<b>86</b>	<b>87</b>	<b>88</b>	<b>89</b>	<b>90</b>
<b>91</b>	<b>92</b>	<b>93</b>	<b>94</b>	<b>95</b>	<b>96</b>	<b>97</b>	<b>98</b>	<b>99</b>	<b>100</b>

6. *Pick up your pendulum now. To find the age of the specific incident or trauma, look at each line one at a time. Use the YES or NO answer of the pendulum to ask "Is the age I'm looking for on this line?" When you've found the correct line, ask for a YES or NO answer to each age on that line until you find out how old you were when you experienced this.*

7. *Scan or read the following list of different areas of your life.*

*Pick up your pendulum now. Identify what part of your life this trauma came from by asking for a YES or NO answer "Which part of my life does this incident or trauma come from? Number 1 - 8? 9 - 15?" If the answer was 1-8, use the YES/NO of the pendulum to ask "Is it Number 1?" "Is it number 2?" "Is it number 3?" And so on until you find the correct line. And then use the YES/NO answer to find the specific area of your life on that line.*

1. Family – mother, father, siblings, extended family
2. Relationships with partner, children, friends, co-workers
3. School – teachers, fellow students, learning itself
4. Society – politics, the environment, the world, war, peace, social injustice, governments and their behavior.
5. Work
6. Sport, hobbies, recreation
7. Health, general – drugs, surgery, diet, injury/accident, toxins, shock, weight loss, detoxification
8. Our spiritual life – the existence of our soul, our life philosophy, values, ethics, beliefs or knowings, God, Universal Love, our intuition or third eye, church, religion, our attitudes, our responsibilities, the WAY in which we approach a problem, life purpose and direction, negative energies, universal laws (for every action there is a reaction), karma, karmic debt, increasing quality of your spirit.
9. A Habit- mental, physical, emotional, spiritual, a habit that is compensating for an old injury.
10. Financial
11. Safety
12. Addiction
13. Life lesson
14. More than one area in your life involved.
15. All areas of your life.
16. Other – I am not an expert in YOUR life – write down other areas as they occur to you.

You need to either read the following pages of emotions or scan over them quickly so that your sub-conscious knows where the correct answer is. Look at each page of emotions individually, either read them or just scan them quickly. *DO THAT NOW.*

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8. *Pick up your pendulum now. Use the YES/NO response to ask yourself - what was the MOST IMPORTANT emotion that was buried at that time? "Is the most important emotion on this page?" Is it on this page?"*

*When you've found the correct page, use the YES?NO answer and ask "Is the most important emotion in this column?" "Or in this column?"*

*When you've found the correct column, Split the column into quarters to narrow it down even further. "Is the most important emotion in this bunch of numbers?" "Or in this bunch?" Or in these?"*

*When you've found the correct bunch of numbers, use the YES/NO of your pendulum to ask "Is it this emotion?" "Or is it this one?" Until you find the most important emotion.*

*Write that down in your session notes for today.*

9. *Then look for a YES/NO answer to ask if there are any other important emotions for this session. Repeat the process in Number 8 until you have found and written down all the important emotions for this session.*

Try not to make the mistake of looking at even the most so called “negative” of the emotions as somehow making you a “bad” person.

**Not necessary!**

**Not productive!**

**Not even right!**

These old buried emotions are from old, buried pain – they do not make us a “bad” person.

We’re human and these emotions are communications, they are messages – not “bad”. If they seem destructive emotions, the trick is to find the message and make the change so that they are no longer an issue. Congratulations, you are already in the middle of the process to actually do that.

**BEHAVIOURS NEGATIVE TO SELF  
AND FEELINGS**

- |                   |                    |                  |
|-------------------|--------------------|------------------|
| 1. Abandoned      | 47. Betrayed       | 93. Controlled   |
| 2. Abnormal       | 48. Bewildered     | 94. Controlling  |
| 3. Absent minded  | 49. Big mouthed    | 95. Corrupt      |
| 4. Abused         | 50. Bitchiness     | 96. Covetous     |
| 5. Abusive        | 51. Bitter         | 97. Cowardly     |
| 6. Accident prone | 52. Blame          | 98. Coy          |
| 7. Acrimonious    | 53. Blamed         | 99. Craving      |
| 8. Accused        | 54. Blank          | 100. Crazy       |
| 9. Accusing       | 55. Blighted       | 101. Creepy      |
| 10. Adrift        | 56. Blind          | 102. Criminal    |
| 11. Adversarial   | 57. Blinkered      | 103. Crippled    |
| 12. Aggravated    | 58. Blocked        | 104. Critical    |
| 13. Aggressive    | 59. Bloated        | 105. Crushed     |
| 14. Aggrieved     | 60. Blue           | 106. Culpable    |
| 15. Aging         | 61. Blunt          | 107. Cut off     |
| 16. Agitated      | 62. Bugged down    | 108. Cynical     |
| 17. Agony         | 63. Boredom        | 109. Cowardly    |
| 18. Aimless       | 64. Boring         | 110. Cursed      |
| 19. Alarmed       | 65. Bossy          | 111. Damned      |
| 20. Alone         | 66. Broken         | 112. Danger      |
| 21. Aloof         | 67. Broody         | 113. Danger fear |
| 22. Ambushed      | 68. Brutal         | 114. Dark        |
| 23. Anger         | 69. Bullied        | 115. Dazed       |
| 24. Angry         | 70. Burdened       | 116. Dead inside |
| 25. Annoyance     | 71. Burned out     | 117. Deaf        |
| 26. Antagonism    | 72. Calculating    | 118. Death wish  |
| 27. Anxiety       | 73. Callous        | 119. Deceit      |
| 28. Anxious       | 74. Careless       | 120. Defeated    |
| 29. Apathy        | 75. Challenged     | 121. Defensive   |
| 30. Apologetic    | 76. Changeable     | 122. Defiant     |
| 31. Appalled      | 77. Cheapened      | 123. Degraded    |
| 32. Apprehension  | 78. Cheated        | 124. Dejection   |
| 33. Arbitrary     | 79. Claustrophobic | 125. Deluded     |
| 34. Argumentative | 80. Clinging       | 126. Demanding   |
| 35. Arrogant      | 81. Closed         | 127. Demented    |
| 36. Ashamed       | 82. Closed off     | 128. Denied      |
| 37. Asleep        | 83. Complacent     | 129. Depleted    |
| 38. Attacked      | 84. Compulsive     | 130. Depression  |
| 39. Autocratic    | 85. Conceit        | 131. Deprived    |
| 40. Avoidance     | 86. Condemned      | 132. Deserted    |
| 41. Backward      | 87. Condescending  | 133. Despair     |
| 42. Bad           | 88. Confronted     | 134. Desperation |
| 43. Bad tempered  | 89. Confused       | 135. Despondency |
| 44. Baited        | 90. Conquered      | 136. Destitute   |
| 45. Bashful       | 91. Contaminated   | 137. Destroyed   |
| 46. Belligerent   | 92. Contempt       | 138. Destructive |

139. Detached	185. Dumb	231. Greedy
140. Devastated	186. Egotistical	232. Glum
141. Devious	187. Embarrassment	233. Grief
142. Dirty	188. Empty	234. Grinding
143. Disadvantaged	189. Envious	235. Guilt
144. Disappointed	190. Envy	236. Grudge
145. Disapproving	191. Erratic	237. Gullible
146. Disbelief	192. Exasperation	238. Gutted
147. Disconnected	193. Excitable	239. Harassed
148. Discontent	194. Excluded	240. Hasty
149. Discredited	195. Exhausted	241. Hate
150. Discrimination	196. Expendable	242. Hateful
151. Disenchanted	197. Exploited	243. Haughty
152. Disgraced	198. Extravagant	244. Haunted
153. Disgust	199. Extreme	245. Headstrong
154. Disillusioned	200. Extreme fear	246. Heartbroken
155. Dishonest	201. Failure	247. Heartsick
156. Dishonoured	202. Faithless	248. Helpless
157. Dislike	203. Fake	249. Hesitant
158. Disloyal	204. False	250. Highly strung
159. Disobedient	205. Fanatical	251. Hollow
160. Displaced	206. Fat	252. Homesick
161. Dissatisfaction	207. Fear	253. Hooked
162. Distracted	208. Fear of change	254. Hopeless
163. Distressed	209. Fickle	255. Horror
164. Distrust	210. Fiery	256. Horrified
165. Disturbed	211. Fixation	257. Hostile
166. Disunited	212. Flashback	258. Hounded
167. Dithering	213. Flawed	259. Humiliated
168. Dominant	214. Flooded	260. Hunted
169. Doomed	215. Foolish	261. Hurt
170. Doormat	216. Forced	262. Hushed
171. Dopey	217. Forgetful	263. Hypocritical
172. Doubt	218. Forgotten	264. Hysterical
173. Dowdy	219. Forlorn	265. Ill
174. Down	220. Frantic	266. Ill-informed
175. Downhearted	221. Fretful	267. Ill-fated
176. Drained	222. Frustration	268. Immature
177. Dramatic	223. Fuming	269. Immoral
178. Dread	224. Fury	270. Impatient
179. Driven	225. Futile	271. Imperfect
180. Drowsiness	226. Fussiness	272. Impetuous
181. Drudgery	227. Gagged	273. Implacable
182. Drugged	228. Ganged up on	274. Imposed upon
183. Drunk	229. Gloating	275. Impossible
184. Dull	230. Gloomy	276. Impotent

277. Impudent	323. Jerked around	369. Melancholy
278. Impulsive	324. Jittery	370. Melodramatic
279. Impure	325. Judged	371. Mind blown
280. Inactive	326. Judgmental	372. Mindless
281. Inadequate	327. Jumpy	373. Mirror
282. Inattentive	328. Labeled	374. Mischievous
283. Incapable	329. Lacking	375. Miser
284. Incapacitated	330. Lame	376. Misery
285. Incensed	331. Late	377. Mistaken
286. Incompetent	332. Lazy	378. Mistrust
287. Incomplete	333. Lectured	379. Misunderstood
288. Inconsiderate	334. Left handed	380. Mixed up
289. Inconsistent	335. Left out	381. Moody
290. Inconsolable	336. Let down	382. Morbid
291. Incurable	337. Lethargic	383. Moron
292. Indecent	338. Listless	384. Morose
293. Indecision	339. Livid	385. Mourning
294. Indecisive	340. Living death	386. Muddled
295. Indifferent	341. Loathsome	387. Mulish
296. Indignant	342. Locked in	388. Naïve
297. Ineffective	343. Lonely	389. Narcissistic
298. Inept	344. Longing	390. Narrow-minded
299. Inexperienced	345. Loser	391. Nauseous
300. Infertile	346. Loss	392. Needy
301. Influenced	347. Loss of heart	393. Negative
302. Infuriated	348. Loss of hope	394. Neglected
303. Inhibited	349. Loss of purpose	395. Negligent
304. Injustice	350. Lost	396. Nervous
305. Inner torture	351. Lousy	397. Neurotic
306. Insane	352. Low	398. Nostalgia
307. Insecure	353. Ludicrous	399. Not heard
308. Insignificant	354. Lying	400. Not important
309. Insulted	355. Mad	401. Nuisance
310. Intense	356. Made	402. Numb
311. Interference	357. Malevolent	403. Obscene
312. Intimidated	358. Malicious	404. Obstinant
313. Intolerant	359. Malignant	405. Obsessive
314. Introspective	360. Manic	406. Obsolete
315. Introverted	361. Manipulated	407. Odd
316. Irrational	362. Manipulative	408. Offensive
317. Irresponsible	363. Masked	409. Offended
318. Irritable	364. Masochistic	410. Old fashioned
319. Irritated	365. Materialistic	411. Opinionated
320. Isolated	366. Mean	412. Ostracized
321. Jaded	367. Mechanical	413. Outrage
322. Jealous	368. Meek	414. Over boisterous

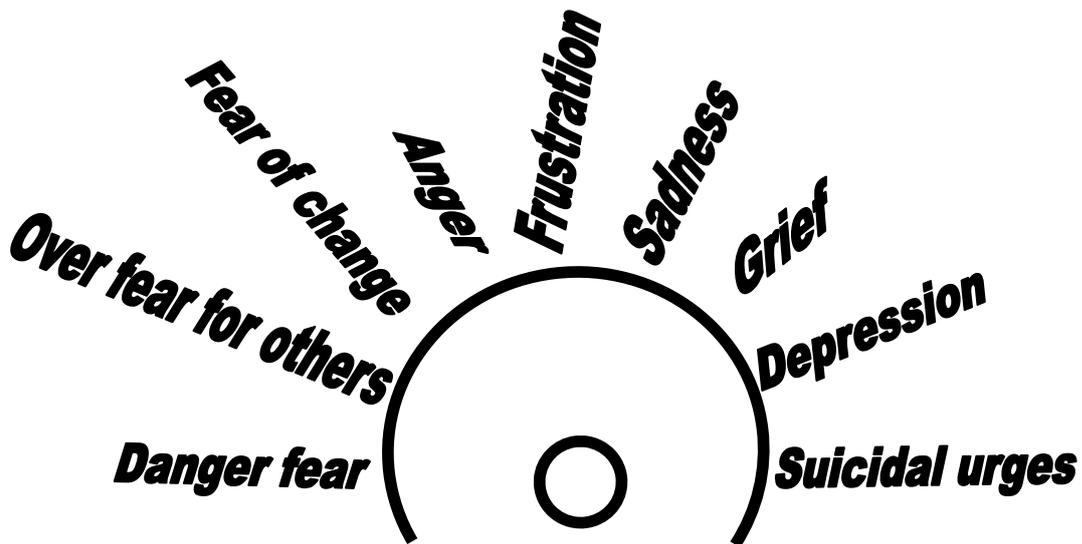
415.Over competitive	461.Rejected	507.Simple
416.Over disciplined	462.Rejection	508.Sinful
417.Over excited	463.Repelled	509.Skeptical
418.Over fear for others	464.Repressed	510.Slighted
419.Over focus on others	465.Repulsion	511.Slow
420.Overlooked	466.Resentful	512.Sly
421.Over protective	467.Resentment	513.Small
422.Over shadowed	468.Resigned	514.Smeared
423.Over talkative	469.Restless	515.Smothered
424.Overwhelmed	470.Restricted	516.Smug
425.Overworked	471.Revolved	517.Sneaky
426.Over enthusiastic	472.Revolting	518.Snobbish
427.Overstrained	473.Righteous	519.Solitary
428.Overwrought	474.Rigid	520.Sorrow
429.Pain	475.Rough	521.Sorry
430.Panic	476.Rude	522.Soul sick
431.Paranoid	477.Ruined	523.Sour
432.Patronizing	478.Running away	524.Spaced out
433.Penalized	479.Rushed	525.Speechless
434.Persecuted	480.Ruthless	526.Spiritless
435.Perverted	481.Sad	527.Spiteful
436.Pessimistic	482.Scared	528.Spooked
437.Petrified	483.Scattered	529.Squeamish
438.Petty	484.Scatterbrained	530.Stagnant
439.Picked on	485.Screwed	531.Starved
440.Pity for self	486.Self justifying	532.Stood over
441.Pity for others	487.Self Pity	533.Strained
442.Pointless	488.Self Reproach	534.Strangled
443.Polluted	489.Self centered	535.Stressed
444.Powerless	490.Self conscious	536.Stretched too far
445.Preoccupied	491.Selfish	537.Struggling
446.Pressured	492.Selfish possessiveness	538.Stubborn
447.Pretence	493.Sensitive	539.Stuck
448.Proud	494.Separate	540.Stuck up
449.Pushy	495.Servile	541.Stunned
450.Pushed around	496.Shaken	542.Stunted
451.Put down	497.Shame	543.Stupid
452.Quarrelsome	498.Shattered	544.Submissive
453.Racist	499.Shock	545.Subnormal
454.Rage	500.Short sighted	546.Subservient
455.Raw	501.Short tempered	547.Suckered
456.Reactive	502.Shyness	548.Suffering
457.Rebellious	503.Sick	549.Suffocation
458.Reclusive	504.Sickened	550.Suggestible
459.Regret	505.Silent	551.Suicidal thoughts
460.Regretful	506.Silly	552.Suicidal urges

553.Sulky	599.Uncontrollable	645.Untalented	691.Wrong
554.Sullen	600.Uncontrolled	646.Untamable	692.Xenophobic
555.Superficial	601.Uncourageous	647.Untrusting	693.Yearning
556.Superior	602.Under the thumb	648.Untrustworthy	694.Yellow
557.Superstitious	603.Underprivileged	649.Unvalued	
558.Suppressed	604.Undesirable	650.Unwanted	
559.Suppression	605.Uneasy	651.Unwelcome	
560.Suspicious	606.Unequal	652.Unwise	
561.Sympathy	607.Unethical	653.Unworthy	
562.Tactless	608.Unfair	654.Upset	
563.Tainted	609.Unfashionable	655.Used	
564.Talkative	610.Unfeeling	656.Useless	
565.Tearful	611.Unfaithful	657.Vague	
566.Temper	612.Unforgiving	658.Vain	
567.Tense	613.Ungrateful	659.Vengeful	
568.Territorial	614.Ungrounded	660.Vexation	
569.Terror	615.Unhappy	661.Vexed	
570.Tetchy	616.Unhealthy	662.Victimized	
571.Thick	617.Unheard	663.Vilified	
572.Thin	618.Unimportant	664.Vindictive	
573.Thoughtless	619.Unintelligent	665.Violated	
574.Threatened	620.Uninteresting	666.Violent	
575.Timid	621.Unjust	667.Volatile	
576.Tired	622.Unloved	668.Vulgar	
577.Told off	623.Unlucky	669.Vulnerable	
578.Tormented	624.Unmanned	670.Waiting	
579.Tragic	625.Unmasked	671.Walked on	
580.Trapped	626.Unmotivated	672.Wary	
581.Trauma	627.Unnatural	673.Wasteful	
582.Tricked	628.Unnerved	674.Wavering	
583.Troubled	629.Unobservant	675.Weak	
584.Twisted	630.Unpardonable	676.Weak willed	
585.Two faced	631.Unpredictable	677.Weary	
586.Turmoil	632.Unready	678.Weird	
587.Ugly	633.Unreasonable	679.Wicked	
588.Unadaptable	634.Unreliable	680.Wild	
589.Unaffectionate	635.Unresponsive	681.Wiped out	
590.Unappreciated	636.Unsafe	682.Wishy washy	
591.Unattractive	637.Unsettled	683.Withdrawn	
592.Unbalanced	638.Unsociable	684.Without hope	
593.Unbearable	639.Unstable	685.Worn out	
594.Uncertainty	640.Unsupported	686.Worried	
595.Unchanging	641.Unsupportive	687.Worthless	
596.Unclean	642.Unsteady	688.Wounded	
597.Unclear	643.Unsuccessful	689.Wrecked	
598.Unconfident	644.Unsure	690.Wretched	

Add any extra emotions that you come across that I may have missed. For example – bereft, eaten up.

.....  
.....  
.....  
.....

10. Pick up your pendulum and use this diagram to identify what CORE emotion/s (often more than one) were HIDDEN BEHIND the other emotions or behaviors that you've already identified.



‘Still’ the pendulum over the smaller circle and ask it to move in the direction of the correct answer. When you’ve found it, keep going until you’ve found ALL of them.

Reread the section of the book that talks about the message of that emotion.

- Danger Fear., Page...
- Over fear for others ... page ....
- Fear of change....page ....
- Anger....page....
- Frustration.....page
- Sadness.....page.....

Grief.....page.....  
Depression.....page.....  
Suicidal urges.....page.....

Remember, when we bury emotions that are ALREADY intensified, it can cause feeling numb, disconnection, rage and fury, feeling worthless, depression and suicidal urges. The more emotions we bury, the less energy we have. It takes energy to keep all that “stuff” bottled up.

Here’s a reminder of how the CORE emotions intensify.

DANGER FEAR – intensifies into extreme fear, panic, panic attacks, terror, worry, anxiety, dread, confusion, a dulling of your senses (no sense of danger anymore), disconnection (it’s not happening), anger, rage, fury.

OVER FEAR FOR OTHERS – Intensifies into extreme fear, panic, terror, anxiety, worry, dread, confusion, dulling of your senses, disconnection, anger, rage, fury

FEAR OF CHANGE ITSELF - intensifies into extreme fear, panic, terror, worry, anxiety, dread, confusion, a dulling of your senses, disconnection, anger, rage, fury.

ANGER – intensifies into rage, fury, shame, guilt, boredom and apathy, disconnection

FRUSTRATION – intensifies into rage, fury, shame, guilt.

SADNESS –intensifies into despair, loss of heart and hope

GRIEF – intensifies into anger, rage, fury and depression

DEPRESSION – intensifies into loss of self, loss of life’s purpose, physical illness, suicidal urges.

SUICIDAL URGES – intensifies into physical and immediate death or disease unto death.

Most of the emotions in the big list are emotions or behaviors that we get stuck in, in our resistance to change - because of fear of change.

For example, feeling timid is about being afraid to move forward freely because of fear of what MIGHT happen. “Struggling” is about doing life harder than we need to be doing it – being stuck, struggling away because we haven’t yet changed what needs to change NOT to struggle any more. Some of our ancestors did life so hard that they needed to glorify the struggle itself in order to cope with the hardship. *I* sure don’t need to be doing that now! “Vulnerable” is really just a different way of expressing “fear of change”. Think about the emotions that are coming up for you and see how this idea might make sense for you.

Some words trivialise our feelings. “Grumpy” trivialises my rage.

## *HOW WE ACTUALLY CLEAR THE OLD BURIED EMOTION*

Recognition of the emotion, bringing it back to your conscious mind, getting the message, **is all that has to happen to clear an incident or trauma. It IS that simple!**

I have found that some major incidents needed that recognition, that clearing, from all kinds of different perspectives before I got the whole message for change that I needed, to get rid of that trauma.

By that I mean that I had to clear all kinds of emotions from different angles to clear the whole incident. For example, clearing all my confusion, pain and anger from getting beaten as a child – I spent a lot of time clearing that. I did session after session on my father beating me, I had even cleared the emotions around my Mother failing to protect me. But the big, final issue (or at least final so far!) was about success. My mother was a wonderful woman who told me many times that I could be or do anything that I wanted. And yet she could stop neither me nor herself getting beaten up. She couldn't walk the talk. See what I mean? Lots of different angles that may come up. (By the way, my father was a wonderful man too, in very many ways – just a product of his own buried emotions and pain)

Patterns are about clearing enough of the pattern (by simply identifying them) to start making a choice about how we behave. Simply being aware that we are doing a pattern of behavior or a pattern of burying the emotion is enough to start changing the pattern.

But the really big deal, is that when we get the message about the change, **about what change it is that we need to make**, then the healing seems to cascade into all aspects of our life, not just the specific incident or trauma or pattern that we were working on. This is really big!

The kinds of changes that I am talking about are under the heading “The possibilities of change” in this book. Making these changes one at a time has totally changed my whole life.

These internal changes for me have lifted whole bucket loads of stuff off at the same time. Peace and joy has surrounded me ever since and when they aren't there, I just do some more session work. Wonderful!

I'm laughing to myself as I read this last bit when I've been editing this book. I've just come through a period where there was more emotional stuff than peace and joy. I got caught up in my own emotional stuff, listened to someone else instead

of my own emotions and prolonged the turmoil! Still learning how to do it better and easier.

11. *Set your intention to explore the following:*

- *To remember the incident where you buried these emotions or to recognize the pattern;*
- *To feel those emotions, if that is an effective process for you today - WITHOUT ANY UNNECESSARY DWELLING ON THEM. All of my own personal clearing has been done without any undue reliving of pain. Yes I have shed tears sometimes, but they have always been healing, cleansing tears that passed easily;*
- *To understand what was going on when you buried those emotions;*
- *Think about how this old incident has been affecting what's going on NOW in your life*
- *And what you may (or may not) have to change to get peace and joy into your life.*
- *Or simply to get an insight that will "lighten your load".*
- *At any time in this process that you feel you need it, remember that it is not a failure to ask for help - it is a sign of strength, a sign of willingness to take responsibility for your own problems!*

*You can use meditation to complete this healing, or you can sit quietly or you can choose to dream the insights that you need.*

Meditation usually helps to quieten the mind so that you can get the insights you are looking for, more easily.

Asking to dream what you need to know is a valid option. Just remember that dreams are usually dreamt in metaphor, so you've still got some basic thinking to do. If you want to do it by dreaming, then set your intention to dream your insight and to remember it afterwards and to understand it. If you choose this method, you might like to keep a pen and notebook by your bed so that you can write the dream and the insight down.

There are many different ways of setting yourself up for a meditation. This is one of them. Asking for divine guidance through this process has worked well for me.

Find a quiet, safe place for your meditation. At all times, YOU are in control. I personally love doing sessions on myself during a walking meditation - out in the bush, on the shores of a river or lake, on the beach or even when riding my horse (quietly!). That may be a distraction to someone else though. Someone else may find that quiet place in a church. Another might find it in a dim room filled with beautiful music, or the sounds of the Tibetan monks chanting. Anything that works for you!

### *MEDITATION PROCESS*

Imagine stepping into a giant sieve that collects all negativity, stress and tension as you pull it up your body from your feet to the top of your head and turns it into unconditional love. Do this as many times as it takes until the process is relatively easy. If the sieve ever gets stuck, pour white light into the stuck spot.

Imagine a big ball of incredibly pure white light – liquid, diamond white light about a metre above your head. Bring the white light down through your head and pour it into your body. Rivers and lakes of white light pouring into your body, filling you up, filling every cell of your body with this incredibly warm and loving and safe white light. When your body is filled with this white light it bursts from the top of your head and surrounds you with this beautiful white light.

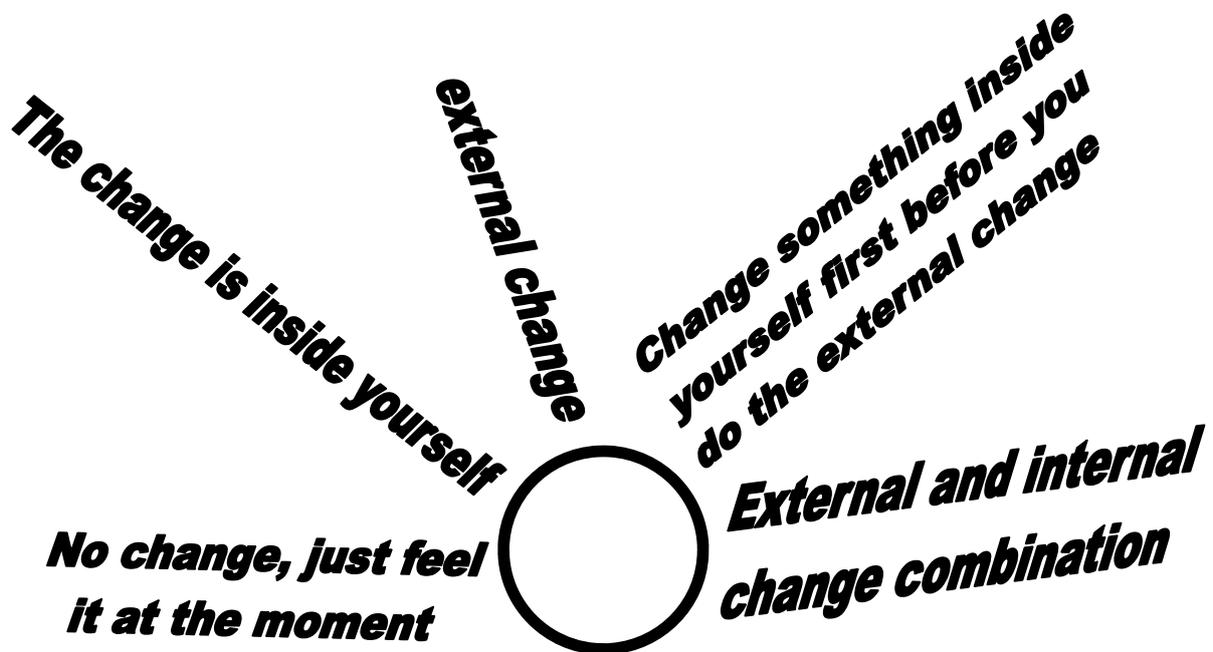
Then ask to remember what you need to remember for this to be an effective session and ask for the insights that you are looking for.

Enjoy!

Given the quiet space to hear your own mind, you WILL figure it out. But if you can't remember the incident now, there's no point in worrying at it. You WILL remember, either later in the day, or you will do more sessions on it - clearing more and more layers of buried emotions until the conscious memory will come more easily to the surface.

We don't need to fight or wrestle with our soul for understanding. Simply clear the emotions and the understanding will come when we are ready. All we have to do is create the opportunity for the understanding – the quiet time to actually HEAR THE ANSWER.

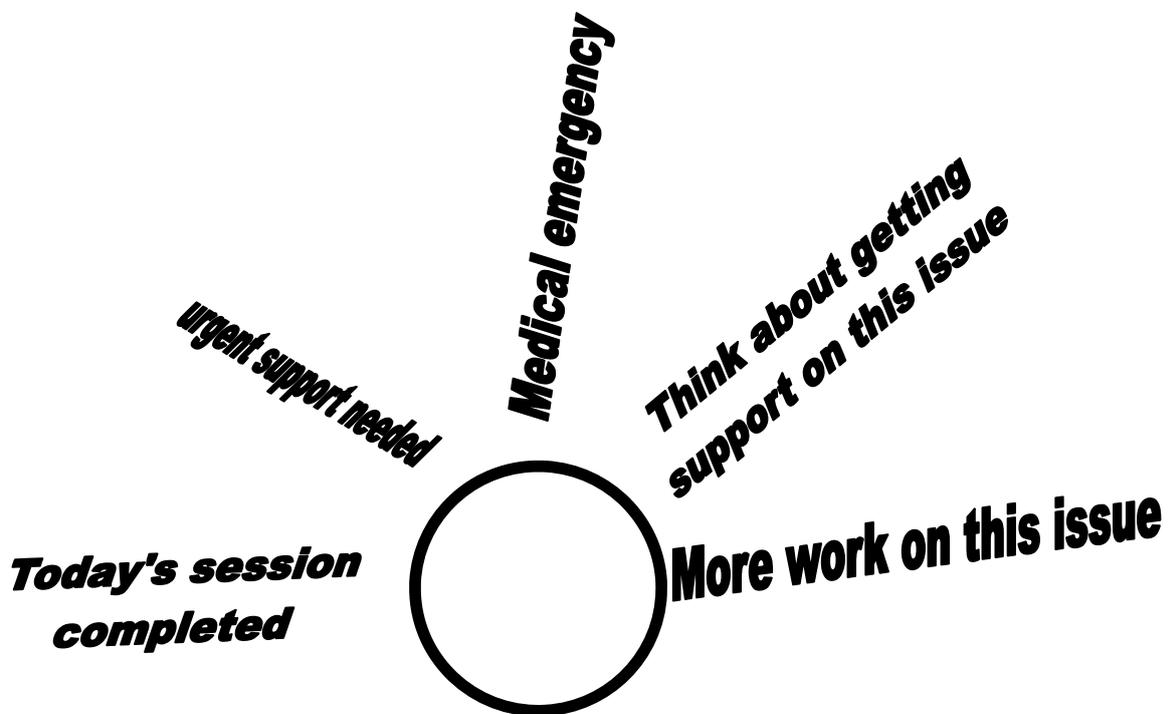
The more turmoil we're in, the less likely we are to ask for help – so write it down, NOW, all the different sources of help that you might like to use sometime – from the divine to the practical. Make a list here, on this page, that you can put your pendulum over when and if you need to.



12. *If you're having trouble identifying what change you may need to make, you MAY find this test useful. This step is OPTIONAL. To identify what sort of change, IF ANY today, is involved in the message of your emotions, "still" your pendulum over the circle and ask it to move in the direction of the correct answer.*

Again, don't worry at it. The insight will come to you quickly OR in time, OR you will do more sessions on it, clearing more and more buried emotions until the insight comes to you.

There will however, be some sort of change over time, when you are ready – because you can look at your old emotions “until the cows come home”, you can face them over and over again – but the process is rarely finished, the lesson not learned or completed until we have CHANGED something, changed our attitude, our beliefs, our philosophy, our values, our ethics, taken some action – something.



13. Pick up your pendulum now and ask yourself if today's session is finished and whether you need any help, support or further work on the issue, “still” your pendulum over the circle and ask it to move over the direction of the correct answer.

Remember, if you are unsure about the exact movement of your pendulum over an answer, you can always ask “give me a YES if this is the answer”.

Here’s a little story to demonstrate the importance of “medical emergency” and the reason that I have it here for you to check. This is a family story that I will probably never quite live down!

The morning that the elder of my two boys was doing his Year 10 exams, he came to me and said “mu..um, I’m feeling sick.” You’d have to know this young man, he’s rarely ever enjoyed school and we had had a lot of these tussles before school.

“Don’t even go there”, I replied. And relented long enough to do a quick healing session on him before pushing him out the door and wishing him luck with his exams.

He gets home in the afternoon and tells me that he did two exams in the morning and spent the last exam in sick bay feeling ill and could he have another session please.

I’d had a really full day with clinic work and said “Let me have a cuppa first, I’ve had a long day”. I felt considerable annoyance that the school had let him get away with not doing that last exam.

Half an hour later I go to find him. He’s in bed, in a cold sweat and looking pretty crook.

I finish the session on him and in that final questioning to make sure that I have covered everything in the session, he tested up to take him to the doctor, who was closed by then – so we took him to Casualty at the hospital. Understand that there was little or no pain because of the healing work we had done, he was just sick and cold sweating.

A smart nurse in Casualty, before even a doctor had examined him, phoned through to the surgical team who were about to leave for the day, to tell them that he thought they might have an emergency surgery in casualty and to wait just a bit before they went home.

John had an emergency appendectomy within minutes of the examination by the doctor.

When the surgeon came down after the surgery, he told me that if he had gone to have a cup of tea before the surgery the appendix would have ruptured, it was that close.

This story keeps me humble and reinforces the benefits of modern medicine when I get too “anti” it.

## *AFTER YOUR HEALING SESSION*

After your session, you will often be detoxifying in some way. To do this the easiest way possible, you will usually need plenty of water. Know that if you get a bit “headachy”, a slight hang over type of feeling, you need to drink water to flush the toxins away.

The vast predominance of headaches are related to not drinking enough water. Good, clean, water. Cordial, tea, coffee or sodas DO NOT DO IT. I’m not saying that we must never take a pain killer – just attend to the CAUSE of the pain at the same time. And the cause most likely is not enough water. I know someone who once took 6 litres of water to drink away her headache. On one occasion, it took me about four litres. If in doubt, use your pendulum to check whether you need more water today with a simple YES or NO answer.

Rest can be another issue. I know - you’re doing this work because you feel tired all the time and as you heal the buried stuff you WILL get your energy back. But while you are healing your brain can need the energy to do the healing. So be kind to yourself.

Be aware that by doing this session, you have focused your brain on healing what you identified as the most important healing that you needed to do. It’s not wise then, to keep chopping and changing. For example – I’ve just done a session on myself about my high blood pressure, so I’ve recognized some old buried emotions and my brain is actively down there, working away at fixing some aspect of my high blood pressure.

It’s a lovely day so I go out into the garden and clean up some dead tree fern leaves and get a bit of a skin rash.

Down to the chemist for a cream to fix the skin rash, which will most likely have cortisone in it, a hormone produced naturally in my body.

Two things are likely to happen. Firstly, my skin is a wonderful organ that absorbs things into my body – so my body is absorbing cortisone, my brain recognizes that I have more cortisone than I need so it shuts or slows down my natural production of it – this effect eventually causes a change to my whole hormonal system.

Secondly, I have taken my brain off the job that I gave it when I did my healing session. Not something I choose to do for a minor rash that would have gone away anyway.

Now I *would* choose to take my brain off the healing job I had given it, if I had something serious happen, an accident or illness that was more important than my original healing session. In that case I would go back and do that session another time. No big deal. But I would be doing it deliberately, making a conscious decision that this new accident or illness was more important than the original healing.

## *MY PERSONAL PHILOSOPHY OF THE USE OF DRUGS*

This is a very personal note about my philosophy of “doctor” medicine and modern drugs and I can only emphasise that **THIS IS MY OWN APPROACH**. I urge you to consider all aspects of your health history and make your own decisions based on your own information and knowledge and **NOT** on my choices. You should talk to your doctor before stopping any medication that he has prescribed for a whole host of important reasons.

I prefer to take responsibility for my own stuff where I can – but even as “left field” as I have become, looking for help from modern medicine and doctors is appropriate for me under the following circumstances:

- When we suspect or even fear it possible that a life may be at stake;
- For accidents and emergencies;
- To support us in the big “stuff” while we work on clearing what’s wrong, what’s actually **BEHIND** the symptoms. E.g. someone suicidally on the edge having some kind of drug whilst working on clearing the emotions; dangerously high blood pressure having a drug temporarily whilst working on the reasons for it. There are many other examples.
- I personally prefer not to use modern medicine as a “quick” fix,
- I personally prefer to avoid using modern medicine and drugs to suppress symptoms and make them worse in the long run.

Getting doctor and drug help for your self is perfectly acceptable and valid if that’s what you need or want to do. If you’re in that situation the only thing I would recommend, is that you **work on the underlying problems at the same time!**

Get some support when and where you need it, we all need support sometimes to look at the really big “stuff” in our lives. **IT IS NOT A FAILURE TO NEED HELP**. I’ve personally had enough support to float the Titanic. There are many methods of healing out there capable of supporting you, find someone with a technique that you feel comfortable with.

## *THE CHALLENGE*

Now I listen to my emotions and use those messages from my soul, my soul that knows what is best for me, to figure out what it is that I have to change to be happy and peaceful again.

If you take up this challenge, you are on a path that is simple, yet sometimes not easy. If you're like me, you'll make plenty of mistakes, miss stuff that turned out to be under your nose. Forgive yourself when you make mistakes – then we can forgive others for theirs. The only person who has never made a mistake is someone who never did anything.

With practice, looking behind the emotions for the message gets easier and easier and even comes on auto pilot some times!

**You now have the keys to your own emotions. The keys to doing life easier. My blessing is that this work leads you to experience true PEACE and JOY in your life.**

## *TROUBLESHOOTING*

1. If you have the same emotions coming up in your sessions over and over again AND you are feeling slightly better each time, then you are just clearing layers of old emotional stuff away and are moving forward (brick by brick as we talked about earlier).
2. If you have the same emotions coming up over and over again and you're NOT feeling any better, then it's time to change your approach. Is it time to ask for help? Divine help or earthly help, either is appropriate.
3. If you aren't ready to look at a change right now for whatever reason - if you're feeling too busy or confused or plain just don't want to right now, that's OK, then don't. Keep clearing the old buried stuff until you do. Just remember, it only feels like a big step because it's the first one by yourself.
4. Mistakes are lessons when we learn from them and mistakes when we are looking at them with judgment. Judgment versus love. They are opposites. There's really no such thing as a mistake in this work, just something that worked or something that didn't.

## *ABOUT THE AUTHOR*

I am an alternative therapist, working at helping people and animals to heal from our alternative therapy hospital for horses at Tanjil South in beautiful Gippsland. I was led into this work by my beloved animals. The combination of human and animal patients has led to an arguably unique way of looking at the process of healing.

My modalities include advanced kinesiology, Tibetan Reiki healing, homeopathic medicine, herbal medicine, Bowen muscle therapy, meridian and acupuncture point therapy, vitamin and mineral therapy, chakra balancing, genetic blueprinting, hair analysis.

We run a beautiful horsemanship program called Spirit of Horse that brings in this emotional work as it relates to the horse / human relationship and produces a stunning relationship between horse and rider. We incorporate this emotional work into an innovative program called Healing With Horses, using horses to help people to understand their emotions and heal, using them as a simple and practical demonstration of the difference between assertiveness and aggression, for a bullying program, to demonstrate leadership and management styles and identify practical change.

We have three children and lives with my husband and the remaining two boys on 20 picturesque acres with our blessed horses and other animals. We also have a grown daughter and grandson and a brand new granddaughter at the time of writing.

This was originally a tiny booklet about emotions written as a tool for the Spirit of Horse program. As so often happens, God seems to have other ideas!

My gratitude and love to the spirit who guides both me and the messages and the writing of this work. So clear, so strong, so insistent, SO beautiful!

Please be encouraged to send me comments and questions on this book. What it's done for you, confusions, any feedback at all. I'll be pleased to hear from you. Just be aware that I refuse to allow our marvellous modern technologies to rule my life and do not check e-mails regularly. However, I **DO** check them eventually!

This book is proudly produced with recycled paper.

For those who want the extra support of an **INDIVIDUAL "HEALING" SESSION** and can't find anyone local to you yet, leave your name and contact details, including e-mail if you have it - either at the address below or by e-mail.

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