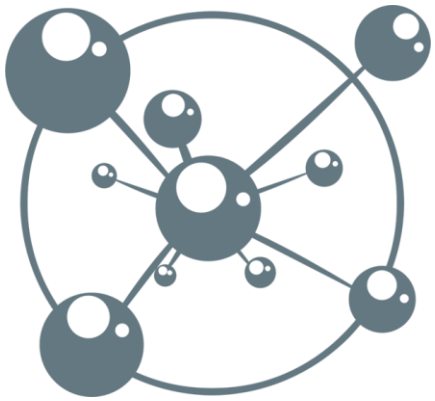
Dolores Cannon's

Quantum Healing Hypnosis

Technique℠



Level 1 Class Notes

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Quantum Healing Hypnosis Technique

What makes my technique different and unique from other hypnosis techniques is that I have found a way to go directly to the Source of All Knowledge. This extremely powerful force has the answers to all questions we could ever ask and also is capable of performing instantaneous healings on the body. I call it the "Subconscious" because I did not know what else to call it. But it is not the subconscious as defined by psychiatrists. That is a childish part of the mind, and is the part that is used by practitioners to work on habits like stopping smoking and losing weight. That is not the part we will be working with. If I could define it, I would refer to it as the Higher Self, the Higher Consciousness or the Oversoul. It is so big and so huge that it has the answers and solutions to everything. I call it the "Subconscious (SC)" for simplicity, and "they" have said, "We don't care what you call us, we will work with you." I have found a simple and easy way to put the client into the deepest possible state of trance, the somnambulistic state, so we can have access to this part. ***As human DNA continues to be further activated, I'm finding that my clients are more aware of what happens in their sessions than they used to be so that is becoming more normal.*** The SC comes through everyone this way. Of course, there are always exceptions to the rule, but I have found the technique to be successful in over 90% of my cases.

I have been involved with hypnosis for over 45 years and have spent more than 30 years refining this technique. Thus everything in it has a definite proven reason for doing it, which will be explained during the class. It is also full of safeguards so that the client will not be harmed if these steps are followed.

I normally spend at *least* 5-6 hours with each client and many require more time than that. Thus, I can only do one session per day. This, of course, may not be feasible for all practitioners because they have to see more clients in a day in order to support their practice, but I have found that I can address all of the client's problems (physical, emotional and relationships) in one session and they do not need any more. All I will have is one session because I may never see the client again. So I have to do intense therapy and counseling, and accomplish everything that is needed in that one session. Thus the interview and pre-induction are very important to condition

the client's subconscious to cooperate with me. This must be established from the beginning and in fact should begin with the very first contact with the client.

The Interview

I spend at least two hours interviewing the client. This can become longer if they decide to unload their problems and turn me into "Mother Confessor." Yet this time is important because this is when trust is established. I do not allow anyone else to be present during the session. They often bring their spouse or close friend with them (especially if they have driven a long distance). But I tell them they will have to find something else to occupy their time, by going somewhere and returning at the approximate time expected for the closure of the session. Or if the house I am staying in has other rooms, they can sit in the living room etc. until the session is completed. I do this for specific reasons. No matter how close they are to their spouse or the friend (they often insist they will tell them everything anyway) they have a tendency to hold back if there is someone else in the room. During the interview I want to find out as much as possible about their life, and this includes personal information about their marriage and private life. Things are often revealed that they do not want the other person to know. Besides, when they are in trance many personal and highly emotional subjects may emerge. They often feel embarrassed, crying or becoming emotional with me, and I know they would tend to hold back if there was someone else in the room.

These emotions are a very important release, and they must be allowed to vent. This is part of the healing. When the emotion comes through during the session, I know we have hit something important because I have found that emotion cannot be faked during the session. Often they don't know where the emotion is coming from, or why it is affecting them so strongly, but after the session when we discuss it, it makes perfect sense and was an important link they were looking for.

The Interview

During the interview I try to establish trust and rapport with the client. Sometimes they will insist they don't have any problems, their life is fine, and they just want the session out of curiosity. Yet the longer we talk, and they realize that I do care about them, they open up, and I can find the real reasons for the therapy.

Pre-Induction

From the moment I meet the client I have begun subliminal instructions to the subconscious. This is called the "silent induction" by Milton Erickson. I have already begun to make a deal with the subconscious to cooperate with me, although the subject is unaware of what is taking place.

Hypnosis is like magic in the sense that you never know the magician's secrets, and he is not about to reveal them. The same is true here. The client does not need to know that something is going on behind the scenes, by the subtle words and phrases used by the practitioner.

The Induction

I like to do the session with the client lying on a bed because then they can be totally comfortable and can stretch out with no restrictions.

Over the years I have learned there are many parts of the normal accepted induction that are time-consuming and unnecessary. I have learned that much of this can be eliminated, so that the induction takes about fifteen minutes, less in some cases and about twenty in more difficult cases. It is very important to record all sessions, minus the induction, and to give the copy to the client before they leave or get it to them as soon as possible. I was surprised at how many practitioners do not record or give the client the copy. They say it does not matter because the client remembers everything. I have found this is not true. At the deeper levels they may think they remember everything, but they do not. They remember only bits and pieces like we do when we awaken from dreams. It is important for them to hear their own voice reporting the events. Often the past life will be so mundane that I think nothing of importance occurred. But the client will later say that one sentence was the key, and the way it was said meant more to them than the entire session.

The instant the client closes their eyes, they have already begun to go into trance because you have closed off one of the most important sensory inputs: sight. They will then become focused on your voice and will follow it. During this stage the monitoring of the body is very important because you can watch the progress as the body enters the trance state. There are various signs of resistance that will be visible here if the conscious mind is trying to maintain control. The client may think they are ready for the session, yet they may try to maintain control. The conscious mind will attempt to distract them from relaxing and entering the trance state by focusing their attention on the body. This can be observed and overcome through observation.

Once they feel safe, they will begin to play the game and go under. It is similar to going to sleep at night. In the beginning stages of the visualization there may at times be resistance to enter a past life, often because of fear that the subject insists they did not know about.

These are *rare* cases (the resistance during induction or upon entry into the past life). I have these more often occur with men, especially businessmen who have control-oriented occupations. They often feel they will lose control if they allow themselves to relax and follow instructions. These types of people require more work in order to break through (I will discuss the common type first because they are in the majority, then I will discuss the problem type – left brain).

The regression must finalize on the death experience because this is where most of the problems (physical and mental) in the present lifetime originate from. Every life has a lesson or a purpose, what was that lesson or purpose? Ask these questions. Then, "Let's move away from that scene drift away from that scene and leave that person to continue on his own journey, he will find peace."

Regressing to Events in This Lifetime

Occasionally the client will want to regress to an event in this lifetime, instead of going into a past life. Maybe they want to find more information that they cannot remember, or re-live an event that disturbed them, etc. (This is also how I obtained UFO information by keeping the person in this lifetime.)

Another alternative when the client moves to an event in the current lifetime -Moving back through time before birth to find out why they chose this lifetime/parents/etc.

Missing information can be supplied quite easily. If trauma is suspected I have found the best way to uncover it is to take the person to *before* the event occurred, and approach it from that side. If you try to take them immediately to the event, they will resist because they are consciously afraid of what will be uncovered. So it is approached from the other direction, through the back door. After you have explored all of the relevant information do not move forward in the current life, just ask to move to another appropriate time and place. ***NEVER go to the last day of life/death scene of "this" lifetime.***

Dealing with Traumatic Events

The client will often display intense emotion with crying, etc. This is a very important release mechanism and acts as a catharsis. They should be allowed to vent for a few minutes before therapy is continued. (This also applies to past lives because they have often been carrying this unreleased emotion around for hundreds of years. Its release is important to the cure of any illnesses.) If an intense traumatic event is encountered, carefully monitor the body signs to see if the client is handling it. If too much fear and anxiety is trying to take over, then remove the client to a position where they can watch the event as an observer rather than a participant. Always remember the subconscious is also monitoring the person. It will not allow harm to come to the body. If things get too tense and the practitioner does nothing, then the subconscious will take over and wake the person up (just as waking from a nightmare). The person is returned to the conscious state safely (although often shaken up), but the opportunity for therapy has been lost.

The practitioner must always be in control of the situation and convey this to the client through loving words and suggestions of protection so they will feel safe.

An unusual occurrence can sometimes occur during a reliving of a traumatic death and should be watched for. (For this reason I do not perform sessions in very dark rooms. A light must be on somewhere.) This is when the body also remembers the event, and can cause marks and symptoms to appear on the client's physical body.

This will be explained in the section about removing physical symptoms before the client is awakened. It is not dangerous, and does not last long, but I do not believe in having the client suffer from any discomfort whatsoever. If the subconscious knows I will not allow the client to have any discomfort it will work very effectively with me. In addition to the body sometimes displaying *physical* marks, it may also carry over the symptoms of the illness leading up to the death, and the person may exhibit these for a few days after the session. This is why it is so important to remove all of this before the client is awakened. Many practitioners do not realize the importance of this, and the client may suffer unnecessarily.

It is important for the practitioner to maintain control over their own emotions at all times. If something unexpected occurs, it must be handled in the gentlest, calmest way possible. Use your common sense to handle any situation. In this sensitive state the client will automatically pick up on the emotions the practitioner is unconsciously projecting. They are highly sensitive and perceptive. I have had them report on conditions in the room etc. that they could not possibly know about. IMPORTANT! DO NOT awaken the person quickly just because of your own discomfort. This is the worst thing you can do under the circumstances. Follow normal procedure.

Regressing to Animal/Object or Energy Body

We regularly hear of practitioners who abort sessions when they are not past lives. This is not the correct thing to do. In this age of second and third wave Volunteers many clients may be experiencing their first trip to Earth and consequently they will describe experiences that may at first sound unusual, but the more you practice the more these unusual cases will become normal. Be ready for anything and go with the flow. The experience/life is being shown for a reason…trust in the SC.

Contact With The Subconscious

After the subject has entered the past/current/future life and all the steps are followed to take them through significant events and eventually the death experience, they are moved to the other side where they can view the entire lifetime from that perspective. (NOTE: Do not take a 'current life' client to their death experience for this life. Instead, move them to another appropriate time and place or back them up in the current life until you get to before birth to get them to the spirit side.) After they report what was done with the body, then I ask them what lesson was learned from that lifetime, and if there were any people in that life that they know in their present lifetime. At this point you can explore the spirit side and the life review, etc. if that is desired. After all of this has been followed, then I contact the subconscious.

This is the most important part of the session because this is where we can get the answers for physical/emotional/spiritual issues and the understanding of other problems that have not been explained by this point. The subconscious has all the information and its cooperation is essential. Other practitioners have failed to realize the significance of the subconscious' participation. Most procedures (especially for the resolving of habits: stop smoking, lose weight, etc.) try to dictate the terms to the subconscious in a dictatorial manner. "You will not want to smoke. You will not want to eat certain foods," etc. This does not work as well because I see the subconscious at times as a little child with a particular stubborn streak. I can see it digging in its heels and saying, "Oh, yeah! Make me!" Like any little child it will resist being told what to do. I have found that by asking its cooperation it will work with me in a wonderful manner, as long as I don't overstep

its boundaries. If those are violated it will shut back down and will not answer. If it says the information cannot be revealed at this time, I respect that and do not try to force the issue, or communication with it will be terminated. (The removal of habits can be done easily by allowing the subconscious to give suggestions.)

When contact is established with the subconscious I then proceed with the list of questions the subject wanted information about, whether health-related issues, family problems, phobias, allergies, or their life purpose.

If the main purpose of the session deals with a physical ailment, especially one that is painful (migraines etc.), do not use the word "pain." This is important because any mention of that word only reemphasizes it and gives it power. You ask the subconscious about the "discomfort" that the body has experienced. Use past tense if possible. (This also applies to any pain experienced during the regression. This often is the conscious mind attempting to take control by creating distraction. Give suggestions to alleviate it [referring to the troubled spots while applying suggestions etc.], but do not dwell on it.) Always tell the subject if you are going to touch them. The body (or mind) in this state is very sensitive to the practitioner's use of words.

When the list of questions is complete, I then ask the subconscious if it has a message or advice for the subject because they will be able to hear it on the recording. After this is given I then close the session treating the subconscious with the respect it deserves for having helped.

I am careful how long the session lasts. I will keep the client in trance no longer than about 2 hours without getting permission from the SC to go a little longer. Remember the SC is caring for the body and you can always ask it how the client is doing. With practice the practitioner learns how to pace the session, but you should still 'watch the clock.' This is important because I found in the early days of my work that if the person is under longer than the recommended time, they will be too groggy and disoriented upon awakening. It takes longer to come back to this reality, just as if you had been awakened from a very deep sleep.

Bringing The Subject Back

This is a very important part that is often rushed by the practitioner. First I make sure the subconscious has receded. Then I ask all the different entities or other personalities from the past lives to also recede to their proper places. Then I make sure that all physical and mental symptoms and influences are left in the past to keep them from causing lingering physical effects after the subject has returned to this world. The body also remembers, and I have seen graphic examples of this. Always count out the client no matter what. Even if the client sits up and wants to end the session for any reason, even early in the session, they must lie back down and be counted out.

The subject can exhibit physical symptoms for a few days afterward if this step is not followed. They can carry over especially the symptoms exhibited in their death in the other life. This must be removed prior to bringing the subject to consciousness. If the practitioner feels there was not enough information given in the session to help the subject, then suggestions can be given that the subject will gain more information through meditation, asking questions just prior to falling asleep and listening to the answers, or by watching their dreams in the next few nights for clues.

If there is any reason that the practitioner thinks continued work with the subject is needed, this is the point to plant suggestions for "keywords." These are very powerful and can last for years. Using keywords eliminates time-consuming inductions each time the client is seen. All you have to do is say the keyword (after permission has been given), and you can proceed directly with therapy or investigation. The keyword automatically puts the client back into the trance state.

Then I return all of the consciousness and personality of the subject to the body and orient them back completely to the present day and time. Then I bring them back to consciousness *slowly*. This is another point that is not followed by most practitioners. They often bring the subject back too fast. This has the effect of being shaken awake suddenly from a deep sleep. It will make the subject dizzy and disoriented. Thus I bring them back slowly and gently (but NOT with your induction voice) by counting to ten with breaks in between so they are oriented at each step

along the way. You may talk slightly louder as you do this to help them recede from the trance state.

Also with suggestions that they will be wide awake and feeling wonderful. If I know they will have to drive I add the suggestion that they will feel fully alert also.

When they awaken I always ask how long they think they were under. They consistently reply that it seemed like only about 15 minutes, surely not more than an hour. They are always surprised to realize that two hours have passed. I then explain about the similarity between this type of hypnosis and general anesthetic where time also stops. It is important for them to know that a block of time has passed so they can reset their biological clock. Otherwise they might be disoriented the rest of the day. I am very careful about these points because I want the person to have a beneficial experience, and I have only their welfare at heart, so great care must be taken to insure their wellbeing. Instead of telling the client what happened, have them tell you what they remember of the session because they always think they remember everything.

Discussion After The Session

I then ask what they remember about the session. The majority will remember some of the beginning parts and perhaps the last thing that occurred before awakening. The rest may be remembered in snatches like pieces of dreams, but it begins to fade quickly and only major parts may be remembered. I explain that it was like having a dream, except that I was in the dream with them with my faithful recorder. Although we are working in the somnambulistic state, what I've discovered is that as the additional strands of human DNA are getting activated, clients are having very different states of remembrance. Some will not remember anything. Some will remember everything and others will remember as though they were standing to the side listening to themselves talking but not comprehending how it can happen or what is being said. All of these 'remembering' conditions are completely normal.

I discuss the answers we found to the major problems they wanted to explore, and when I am satisfied that they are fully awake and can function in the outside world, then they can leave. I tell them not to play the recording in the car while driving home because my voice has a tendency to put them into trance again.

I then instruct the client to listen to the recording (especially the subconscious part) again and again after they return home because each time they hear it, they will get some more information. Also each time they hear it, they receive more healing. THIS IS VERY IMPORTANT. The recording will aid immeasurably in their healing. Stress this point.

Deviations From The Norm

If a difficult subject is encountered that will not (for whatever reason) enter into a scene that can progress through a past life, and after using all my bag of tricks (which will be expanded upon in the Level 2 class), I can still use this state for therapy. They have definitely entered an altered state where the subconscious is accessible, so I can work on the problems they were concerned about through positive suggestions. This state must not be wasted. I will often use the Silver River Meditation at this point. Some practitioners awaken the subject because they think there is no progress being made. This is not true. The client is definitely in an altered state even though the conscious mind is attempting to derail the session. So this state can be used for positive suggestions in their life. Remember: there are no bad subjects, only inept practitioners. Never blame the subject for your own inexperience, impatience, or lack of knowledge of procedure.

The Many Lessons Of Physical Life

Many past-life regressions and memories have been validated by physical proof when the person wants to go to the trouble and time involved in the search. Many of the lives recalled are too ancient to document, but the time involved in this type of research appears wasted when compared to the benefits of the healings themselves. The healing potential of regressions offers much more real satisfaction. Is it really worth the effort to prove the person existed, or to determine the effect that past life has on the present one? What's more important is to apply the lesson learned and release the paralyzing hold that the previous life has on this one.

The conclusion drawn from numerous hypnotic regressions is that all entities not only choose to perfect themselves, but they also select a major life theme with which to achieve that perfection. Sometimes there are two or three sub-themes as well. You could compare this concept to the choice of a major or minor in college. These themes are carried through all its many incarnations in a variety of environments and lifestyles. As each entity has a choice of theme, each also decides upon the degree of knowledge it wishes to acquire on that theme. Again, comparisons can be drawn to education. While some people might be quite satisfied to graduate from high school, others would be comfortable with nothing less than a Ph.D. Thus the entity can make the life as easy or as hard as they desire in order to learn the lesson of the theme.

Many times when individuals lose sight of their themes (their inner missions), they become anxious or even ill. Isn't this the very key to the questions plaguing nearly everyone?

Why am I here? *What is my purpose?*

Meditation is suggested after a careful reading of the list below. Everyone will certainly be able to identify their personal theme, and maybe some of their sub-themes. Its recognition may contribute significantly to maintenance and restoration of order in their lives.

Life Themes

Activator: The focus here is to perform the tasks that others have failed to accomplish. These may be truly gargantuan or quite menial, but the focus is always on getting the job done right. Activators are the turn-around artists or the troubleshooters of the world, the ones who successfully reverse failure. Naturally, these entities are in great demand and so have a tendency to spread themselves too thinly. Activators should make every effort to confine their energies to tasks where a genuine opportunity to achieve beneficial change exists.

Aesthetic Pursuits: Music, drama, crafts, painting, and writing are included in this category. An aesthetic theme is not to be confused with a little "flair" for one of those enterprises. When an aesthetic theme is present, the entity is driven by his or her innate talent. A need to create manifests itself at a young age and dominates the individual's entire life. If the secondary theme is a complementary one, the entity has a long and productive career. If not, the acclaim and privilege the entity receives only leads to dissipation and often tragedy. Examples can be found in the lives of many famous people. The agonized existence of Vincent Van Gogh reflects a very different but equally tragic application of a conflicting secondary theme.

Analyzer: Not only does this entity want to know everything, but how it works and why. Analyzers are afraid they will miss something or that some detail will be overlooked. The rest of us learn from their continuing scrutiny of the most minute detail. These entities thrive in scientific or highly technical settings, where their skills are essential. In everyday life situations the challenge is to let go and trust the senses.

Banner Carrier: The first lieutenant of the 'cause fighter' may be found picketing, demonstrating, or possibly lobbying; these entities also fight the battle against injustice. The key to success in achieving this theme is moderation, tact, and discrimination. It is far better for these entities to select one cause and see it through than to scatter their impact among many.

Builder: These entities are the cornerstones of society, the unsung heroes and heroines of wars and organizations. Good parents are often builders, enabling their children to go on to a much larger canvas. Without these cogs, the wheels would never turn, yet builders rarely receive credit for the accomplishments made possible by their efforts. They need to keep in mind that not all prizes are won on this plane of existence. Often those who get the credit on earth are not perfecting as rapidly as the builders who help to make their accomplishments possible.

Catalyst: Here are the thinkers and innovators, those agents of action who make things happen. Catalysts are the classroom stars whom everyone aspires to be, the ones invited to parties to ensure excitement. Catalysts are essential to society for their innovations. Catalysts generally have boundless energy and actually appear to thrive on stress. They must have an arena in which to perform or they become morose and counterproductive.

Cause Fighter: The number of causes is infinite: peace, whales, hunger, and so on; and the cause fighter will either be drawn to them or will create more. These entities fulfill an important function by speaking for others who are perhaps too absorbed with their own themes to address social issues. Cause-fighters have a tendency toward impulsiveness that can place themselves *and others* in jeopardy. It is essential that cause fighters consider the possibility that the cause itself is minimal compared to their ego involvement.

Controller: The challenge of this entity is obvious. Napoleon and Hitler were typical examples of this theme manifested in its most negative sense. The controller feels compelled to not only run the broad overall show, but to dictate to others how they must perform the smallest detail of their lives. In order to perfect, these entities must learn self-control.

Emotionality: Not only the highs and lows, but every subtle nuance of emotion will be felt by these entities. Frequently, emotionality is a secondary theme of poets and artists. As such, it will indeed enhance creativity while imposing a severe challenge. The recognition of a need for balance is all-essential here, as is the establishment of self-control.

Experiencer: It's not unusual for this entity to go from flower child to bank president to vagabond touring the world in a self-made boat. Experiencers dabble in nearly everything and master many of their pursuits. Wealth is merely a by-product of a multifaceted experience. Good health is essential to an experiencer; it is important not to jeopardize this by excesses.

Fallibility: These entities appear to be always at the wrong place at the wrong time, for they have entered life with a physical, mental, or emotional handicap. Helen Keller, who as an infant contracted a fever that left her deaf and blind, is an excellent example. Her triumph over these handicaps is an inspiration to everyone. It is important for entities with a fallibility theme to remember that they chose this path in order to set an example for the rest of us.

Follower: Initially, these entities might have preferred to be leaders, but on some level they decided not to make the necessary commitment. The challenge of the follower is to realize that leadership is impossible without them and so recognize their own importance. Perfection comes from accepting the self-chosen theme and providing the leader with the best support possible. Discrimination is essential here in deciding exactly who and what to follow.

Harmony: Balance remains all-important to these entities, and they will go to any length to maintain it. Their personal sacrifices are admirable up to a point, but the real challenge lies in the acceptance of life's wrinkles. What can't be changed must be adapted to and accepted.

Healer: Entities with this theme are naturally drawn to some aspect of the healing professions, physical or mental. The good they do is obvious. The only danger is that they can easily become too empathetic. It is essential that those with a healer theme pace themselves so that they avoid burnout.

Humanitarian: While cause fighters and banner carriers cry out against the wrongs committed by and against mankind, the humanitarian theme takes these entities into the action itself. Humanitarians are too busy bandaging, teaching, holding, building, and so on, to have time for protests. Those in this category aren't much concerned with the concept of evil and they are

inclined to excuse mankind for its faults. Since humanitarians rarely stop with family and friends, reaching far beyond to anyone and everyone who touches them, they are in danger of over-extending themselves. The challenge for the humanitarian is to avoid physical burnout through self-love and nourishment.

Infallibility: These entities are born rich, handsome, attractive, witty, and so forth. When we consider that perfection is the universal goal, this theme becomes one of the most challenging. There is often a tendency toward excesses of all kinds. It is almost as though the entity wants to tempt fate. Curiously, there may often be a lack of self-esteem that causes the entity to fear that he or she is not lovable as an individual. The goal here is to truly accept the theme and learn to live with it.

Intellectuality: Here is the theme of the professional student. Charles Darwin, who used the knowledge that he acquired through intensive study to experiment, hypothesize, and eventually publish, is an excellent example of one who has perfected this theme. But since knowledge for its own sake is frequently the goal among intellectuals, there is often a danger that the knowledge that has been so ardently sought and painfully acquired will go nowhere.

Irritant: Deliberate fault-finders, entities with the theme of irritant are essential to the perfection of others for, in their company we are forced to learn patience and tolerance. Though it's important not to play into the irritant's innate pessimism, we must also be non-judgmental. We must remember that irritants are perfecting their themes so that we can perfect ours through them.

Justice: Many of our founding fathers, concerned as they were with fairness and equality, are examples of the justice theme in operation. Those with justice as a theme will eagerly give their names when they've witnessed an accident or crime. As admirable as all this sounds, it is essential that these entities use discretion in their choices. Mob violence is another misguided attempt to right a wrong. It is imperative that those with justice as a theme remain God-centered.

Lawfulness: Practicing or teaching law is an obvious choice for these entities, who are almost obsessed by issues of legality. Some of those entities may also be found serving on governing boards. When elevated, these souls keep the world safe and balanced, but they must always be on guard against the possibility of using their power in a self-serving manner.

Leader: Those who pursue this theme are controlled and premeditated, rarely innovative. They become leaders in areas that are already established. Their drive is toward success rather than creation. Their challenge is to avoid power trips.

Loner: Though often in the vanguard of society, those with the theme of loner invariably pick occupations or situations in which they are in some way isolated, or set apart from others. Loners are generally happy, but should watch their irritation levels when people come into their space. If each theme recognizes the presence and significance of other themes, the result will be far greater tolerance and understanding in the world and eventually peace.

Loser: Entities with a loser theme are extremely negative, though unlike those with fallibility as a theme, they are born without handicaps. Often they have many good points, but choose to ignore them. Though their theme may resemble that of the irritant in the proclivity for constant criticism, they are different in that they invariably place the blame back on "poor me." These entities are prime martyrs, moving from one elaborate soap opera to another. By observing this theme in action, we determine to be more positive. It is important that we not judge the people who have this theme, remembering that their patterns were chosen to enable us to perfect ourselves.

Manipulator: This is one of the most powerful themes, for manipulators are easily able to control situations as well as people. By viewing people and situations as a chessboard, those with a manipulator theme can move people and circumstance to their advantage, as though they were pawns. When such a person works for the good of others, this theme is elevated to its highest purpose. When the theme is misused, the ultimate goal of perfection takes a long time to achieve.

Passivity: Surprisingly, entities with a passivity theme are actually active but about nothing. Though they will at times take stands on issues, it is always in a nonviolent manner. Although any extreme is hurtful to the individual, *some* tension may be needed in order to bring about the perfection of the soul.

Patience: The patience theme is clearly one of the most difficult paths to perfection. Those with this theme seem to desire a more rapid attainment of perfection than entities with less challenging themes. Often, they carry great amounts of guilt when they feel that they have strayed from their goal and become impatient. This attitude can lead to self-abasement and, sometimes, to suppressed anger. These entities must be lenient with themselves, for living through the circumstances they have chosen to express this theme is difficult enough.

Pawn: The biblical Judas was the classic example of this theme. Whether the means is negative or positive, pawns trigger something of great magnitude into being. We cannot evolve toward universal perfection without the pawn, but those entities who select this theme should preserve their dignity by only picking worthy causes.

Peacemaker: Entities who select the theme of peacemaker are not as pacifistic as the name implies. Peacemakers are actually pushy in their desire for and pursuit of peace. They work endlessly to stop violence and war addressing a larger audience than those who've opted for harmony as a theme. Their goal of peace far exceeds an allegiance to one particular group or country.

Performance: Those with a performance theme find it highly rewarding but frequently exhausting. These entities are the true "party animals." Some will go into actual entertainment careers, but others will simply be content to entertain in their homes or offices. The challenge here is for those with performance as a theme to combat burn-out by looking within, thus acquiring the ability to nourish and "entertain" themselves.

Persecution: This arduous theme is chosen to allow others to grow spiritually. Entities with a persecution theme live their lives in anticipation of the worst, certain that they are being singled out for persecution. Experiencing pleasure can throw them into a panic because they are convinced that somehow they must pay for it.

Persecutor: Those with a persecutor theme may range from wife beaters and child abusers to mass murderers. It's difficult to see the purpose of this theme within a single lifespan, but these seeming "bad seeds" have a self-chosen role to play that enables mankind to evolve toward perfection. Once again, it is imperative that we not attempt to judge the individual.

Poverty: The theme of poverty appears most frequently in third-world countries, yet it can be even more of a challenge in affluent societies. Some entities with poverty as a theme may even have all they need to be comfortable and yet *feel* poor. With progress, the frenzy fades and is slowly replaced by a sense of bliss as the realization comes that the trappings of this world are transitory things whose importance will quickly pass.

Psychic: The theme of psychic is more a challenge than a gift, at least in the early stages. An entity with this theme is able to hear, see, or sense things in a manner beyond that of natural sense perception. Often it comes to those in strict backgrounds where authority figures strive to deny or suppress the gift. Eventually, the entity will learn to accept and live with the ability, using it for good in a spiritual, if not professional, manner.

Rejection: This challenging theme manifests itself early, with rejection or alienation experienced in childhood. The syndrome accelerates with entry into school and subsequent involvement in relationships. Often these entities are deserted by those they love: even their own children will adopt surrogate mother or father figures. The pattern can be broken once the entity recognizes what is happening and surrenders the action and the ego involvement to God.

Rescuer: One often finds the rescuer working alongside the cause fighter, but when the cause fighter moves on to another cause, the rescuer remains to care for the victim. Even when the

victims have obviously created their own problems, the rescuer is determined to "save" them. Often, in so doing, it is the rescuer who is victimized. An entity with a rescuer theme has a high degree of empathy and can manifest strength for those in need. This theme presents a tough road to travel, but the spiritual rewards are great indeed.

Responsibility: Individuals who have chosen the responsibility theme embrace it with fervor rather than obligation and feel guilty if they don't "chicken soup" everyone who comes into their orbit. The challenge is to decide what is immediate and necessary and then to stand back and allow others to share in the assumption of responsibilities.

Spirituality: The quest to find a spiritual center may be all-encompassing for entities pursuing a spirituality theme. When the full potential of this theme has been reached, these entities are far-sighted, compassionate, and magnanimous, but while still involved in the search, these entities must guard against being narrow and judgmental in their views.

Survival: For any number of reasons, real or imagined, life is a constant struggle for those who've selected a survival theme. At their best in a crisis situation, these souls take a grim view of day-to-day existence. The obvious challenge here is to lighten up.

Temperance: Very probably the entity with a temperance theme is dealing with an addiction of one kind or another. The challenge here is to avoid extremes. Perhaps the entity has conquered the actual addiction, but is still dealing with a residue of feelings about it. The key to combating the fanaticism that often characterizes those with temperance as a theme is moderation: the true meaning of temperance.

Tolerance: Entities choosing the tolerance theme must be tolerant about everything: world affairs, relatives, children, politics, and so forth. The burden is so great that they often will only choose one area to tolerate, remaining very narrow-minded to all the rest. By recognizing their theme, these entities can meet the challenge and so grow more and more magnanimous.

Victim: These entities have chosen to be sacrificial lambs. By their example, dramatically displayed by the media, we are made aware of injustice. President John Kennedy is an example of one pursuing a victim theme: not merely his means of exit, but his back pain, his family name, and the pressures placed upon him by his parents. Many victims, after having played their parts, may choose to rewrite future scripts by altering their masochistic tendencies.

Victimizer: People's Temple leader Jim Jones was a prime example of the victimizer theme in action. Within the framework of one's own viewpoint within one life, it is almost impossible to see the full purpose of Jones' manifestation of this theme, yet it is obvious that many lives, as well as many life themes, interacted with his. In the tapestry of life, Jones' unique role may have been to focus public attention on cult abuses.

Warrior: Entities with a warrior theme are fearless risk-takers who assume a variety of physical challenges. Many go into some form of military service or law enforcement. With humanitarian as a secondary theme, they may be particularly effective. Though it is important to temper aggression, it still remains that without warriors we would be prey to tyrants.

Winner: Unlike those entities with infallibility as a theme, to whom everything comes easily, winners feel compelled to achieve. They strive to win with great tenacity, often gambling or entering contests. Perennial optimists, they are always certain that the next deal, the next job, even the next marriage will be the best. No sooner has one deal fallen through than they pick themselves up and go on to what they know will be a winning situation. The challenge for these entities is to take a realistic approach to winning.

*** *The list of Life Themes was taken from the book My Guide, Myself by Sylvia Brown****

It can be seen that many entities are presented with these various challenges in a single lifetime, and once the lesson of the theme is learned, they can go on to learn another lesson. Their life path changes according to their understanding.

Some Eastern believers in reincarnation feel that reincarnation endlessly evolves through all eternity. This alternate belief is that reincarnation stops for an entity when he or she has learned everything necessary on this planet. Then, if it is desired, the entity may go to other planets and dimensions to learn the different set of lessons that are unique to those places. The pursuit of ultimate perfection can then be continued on the other side, even through assisting some other entity as a spirit guide. The ultimate goal, once perfection is finally attained, is to return to God from which we came. We are but cells in the body of God returning to our source.

Your Body Is The Shadow Of Your Mind

This is a short list to get you thinking about what message the body is trying to deliver.

Anemia: Not recognizing one's self value; a feeling of weakness.
Arthritis: Holding on to something/someone very tightly. Not releasing.
Cancer: Severe hate and/or resentment/anger toward another individual, but not expressing it openly; anger turned inward.
Colds: Indecisiveness, need to make a decision and not doing so; feeling sorry for self and wishing to delay activity. Are over worked and needing to rest.
Colitis and Elimination Problems: Over attachment, not releasing situations.
Constipation: What are you trying to hold onto?
Diarrhea/Frequent Urination: What are you trying to move quickly from your life?
Diabetes: Lack of sweetness/love in your life.
Digestive Disorders: What's going on that you're not able to "stomach"?
Ulcers: What's "eating" you? Are you allowing others to control you.
Eye Disorders: Inability or refusal to see things as they really are or not wanting to look at something.
Foot, Leg or Hip Pain: Not going in the right direction, or holding back on what you should be doing.
Headaches: Pressure/stress in this life or possibly from past-life trauma.
Hearing Disorders: Inability or refusal to listen or accept what is heard. Not wanting to hear something.
Heart Attack: Feeling pressured by responsibility; wanting to escape. The heart is the seat of the emotions, problems with the love life.
Liver/Kidney Disorders: Firstly, rid the body of deadly toxins/poisons. Secondly, what are you trying to get out of your life? What is poisoning your life?
Lower/Middle Back (The support system): Not feeling supported.
Upper Back, Neck & Shoulder Tension: Carrying other people's problems, feeling like you have the whole world on your shoulders.

Lung Disorders (Asthma): Feeling restricted, feeling smothered by individuals or situations.

Nervous Disorders: Stress, worry.

Prostate Disorders (Male): Feeling a loss, dysfunction or misuse of power.

Sexual Problems: Not enough or too much sex, may have taken the vow of celibacy in another life.

Reproductive Disorders (Female): (Creative Center) Not appreciating the feminine expression, guilt and/or fear in expression of the receptive quality. Not feeling creative. Wanting to have children or feeling guilty for lost pregnancies.

Sinus Problems: Pressure applied by self.

Throat Disorders: Not speaking your truth or holding back. Fear of speaking out.