

THE HEALING OF A NATION

ANSWER

MIRACULOUS
HEALINGS
EXPLAINED

CANCER

STEPHEN C. PARKHILL

ANSWER CANCER

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Miraculous Healings Explained

ANSWERS FOR LIVING

STEPHEN C. PARKHILL

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DEDICATION

This book is dedicated to my mom, who I thank for planting the seeds that still guide me today. You turned what could have been the pains of labor into a peaceful and enjoyable passage. May our daily prayers continue to be filled with thanks and joy.

To Jerry—you are a great educator. Others teach this stuff and I have studied their work, but I always felt that they wanted me to know how great they were. You were always most interested in showing your students how great they could be. I hope this says to the world what it means to me. You are a master of technique and a gifted teacher. If people read this book and want to serve others in any great way, I would hope they find you and become your student. Thanks buddy.

To God... Not you, Jerry! (Grin) To the God of all Good. You have guided me and thanked me and proved beyond a shadow of a doubt that coincidence is Your tricky little way of remaining anonymous. Whatever I have done to fall into Your graces, I hope to continue. Please continue to do Your work through me as You help me to grow. Thank You and in Your name—Amen.

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ACKNOWLEDGMENTS

I could never list them all, but I would never miss this one. Gerald F. Kein is the Director of the Omni Hypnosis Training Center in Deland, Florida.

The mind model presented in this book comes straight out of Jerry's teachings. In fact, all the wonderful things that have happened for my clients come as a direct result of Jerry's teachings. My time with Jerry will always stand as my greatest turning point in life.

Through his teachings of advanced regression and abreaction therapies, I was able to develop the powerful techniques that have worked so well for my clients over the years.

I would also like to acknowledge my clients and radio show listeners who inspired me to put my insights into writing. Thank you for that inspiration. I have learned greatly from each and every one of you. I wish you all continued peace.

PROLOGUE

My mother loves me more than anything and always has. She spent my early years chasing me out the door before my dad returned home. While she remained there, absorbing his wrath, I cruised the streets with free rein. From those experiences one could easily understand had I turned out to be one of society's undesirables. But I didn't. Many who knew the situation have wondered why. I have often asked myself why I enjoy wearing the white hat when it comes to pursuing causes and earning a living. My mom tried her best to teach me values but quite frankly didn't get much time for that pursuit. I left home at an early age, often calling her as I knocked around the country. I didn't have much of a grip on the rudder, but the throttle sure kept me occupied. I know it weighed heavily on her, but she never spouted judgment—just support.

When I was about 24, I had been sending my mother speculative but very positive news during a sequence of contacts between us. One morning I called her from California with what I thought was great news that she would enjoy. I told her a friend had given me a cassette tape about six months prior. Laughing as I talked, I explained that at first I didn't listen to it and tried to throw it out several times, but the tape seemed to keep hanging around and popping up. I said that I finally listened to it and hadn't been able to stop listening to it ever since. The man's voice on the tape seemed to send me into some dreamy state of bliss. I told her I had bought the whole series of tapes and wanted her to listen to them. My mother's a born-again Christian and very leery of "false prophets." She asked me for the name of the person who did the tapes. I told her Earl Nightingale. She instantly started crying intensely. I asked her if he had a bad message. She replied, "Enjoy your tapes, Stephen. He has a very good message."

I had no idea what was happening... do you?

What you are about to read holds the answers. See if you can ease the mystery before I finish the story at the end of the book. And while you are looking, what does it have to do with health?

A NOTE FROM THE AUTHOR

This book will give you more than you might think. You will learn the specific cause of nearly all diseases. You will learn the specific cause of health. You will be given the answer to cancer—both types—social and those contracted by the individual.

This is a book for achievers as well as those who are feeling less than healthy. You will finish this book with a clear picture of how your mind and body connect. You will be able to look at yourself and all the other people you know and figure out things that have puzzled you for years.

Some authorities will try to discount what is given here. To anyone who tries, I will repeatedly say this: Let us line up 200 chronically ill people. You take 100 and so will I. We will both implement our best techniques, and when the smoke clears and we have each taken our people as far as we can in the direction of health, the resulting score will let everyone know what works and what doesn't.

Whether it is healing the sick or tuning the goal-oriented, I could make the same challenge by applying what I offer in this book to a team of athletes or a classroom of students. The results I get will wake up a lot of skeptics. Please hear this clearly—I'm not looking for challenges. I am only making the point that we must start promoting what works, not what strokes the coat of institutions such as the high-tech medical sciences and mainstream education. I am also very proud that this book discusses the sociological cancer that is spreading these days. A certain segment of our society has been fooling you with insincere pleasantries. If you think our country is out of control, wait until you see what I uncover as the source of the modern-day terror we all now face in our streets. Are you ready? Let's get started!

1

WHAT MUST BE KNOWN

Cause and effect is the most basic universal law.
It is also the most commonly ignored and challenged.

There is only one set of laws. They are the universe's laws. They have nothing to do with any of the ones that man creates, and overlaps between the two are entirely too rare. Cause and effect is the most basic universal law. It is also the most commonly ignored and challenged. Ignoring what this law says and how it relates to human well-being costs this nation trillions of dollars. It is also why health care is out of control.

There are sizable numbers of healers in this nation who employ techniques that work in harmony with these ultimate laws. They are producing miraculous results with delightful frequency and repeatability. The cost of employing these techniques is fractional compared to the cost of existing techniques. Some of these healers are "born of the stuff" and wouldn't know how to teach what they do to others. Others are quite able to teach these skills, as well as clearly communicate the working model they employ when getting their astounding results. We are going to look into one such model. That model will tell us some incredible things about electronic media and its effect on the health of our masses, wellness, disease, modern medicine, government, education, national productivity, world peace and religion. Most important, it will give you or anyone you know a sensible road map for healing and growth.

2

WHO ARE THE HEALERS?

This model will validate many healing techniques.

The educator is the person who makes the hard thing easy. I've always loved that line. Educators and Healers are close cousins if not synonymous in their intent. The word "educate" comes from the Latin *edu oreduce*, which is "to draw out something which is hidden or latent." Whatever the definition, anyone who accomplishes this is going to be an accomplice in a healing. And yes, I like the label healer. Isn't that the clear goal? Some say it has bad connotations. The only ones that should be scared of its connotations are those assuming the role with no real clue as to what might work when asked for help by another person. I would bet that those looking for healing find peace in the professional's expectation! I use the term in this writing because it lets me discuss a huge, all-encompassing professional group that spans the bounds imposed by specific labels of discipline. One thing I love about this mind model is that it validates all the great healing being done, irrespective of the discipline. There are people getting great results. But up against a critical establishment, those results are sometimes hard to validate or explain. This model will validate many healing techniques.

Who are the healers? We are all healers in our own moment. And for anyone who honestly doesn't have at least one memory of positively touching another person's heart, I hope for the day you experience that joy. A lousy professional swimming in his or her own dysfunction, has healed at least one person. And the truest living Master has been faced with at least one human who defies all teachings and leaves the encounter more distant and hostile than ever. And any kind, fun-loving mother has probably healed enough souls to put her high up on the resulting spectrum of healing ability. Mostly the healer will be a guiding light who, with a solid understanding of the mind/body connection, draws people into a realm of perception where they find themselves freed of guilt and judgment, living peacefully with the experiences God deals them.

3

THE GENERAL PRACTICE OF LIFE

It is time to remove the specialists
from the role of ultimate authority.

As we journey through this mind model, we will touch every aspect of life. This will be a reuniting of religion, medicine and our leadership. Early on these three broke apart as each discipline sought its own self-defending answers. This model gives the real answers. We will learn why discussing the three at once is so important. For now remember that years ago, religion, medicine and social leadership were one in the same. In those days a leader was known to be "connected" to the spiritual world or universal laws. Young upstarts, anxious to move into power, found they could command their own audience if they specialized in a specific area of human wonderment. Specialization does not require the practitioner to be connected. And a specialist lacking that connection will make it a personal mission to sell a crowd away from anything that includes that connection. By selling the short-term gains of processes that work against the universe's laws, the specialists won the favor of the crowds, and what was once one was broken into pieces. Religion, medicine and social leadership, each over time, became more and more of man and driven by ego. Each became less and less of Him. Each specialty was able to conceal the fractured nature of its offerings for quite some time. But the ego of man, allowed to take the helm absent of heart and Spirit, will act so ridiculously, and in such a self-serving manner, that even the most die-hard supporters will recognize the true time for change. It looks like we have reached that time. Religion, the way it is dispensed today, boasts a message of strength and peace to its people, but produces too much weakness, division and fear. The medical community says it exists to help us mend, but the actions of its ranks breed disease. Today's government wants us to think that without it we have nothing, and then the government systematically takes everything. Luckily, these fractured specialists are so obsessive in their ways that they force their own demise. If they were more casual about it, they could go on indefinitely. But their appetite is so voracious that we eventually hear the sucking sound over anything they try to say in justification of their actions.

Here's what the specialists have created for themselves. People are leaving religion and finding spirituality. In essence people have cut out the middle man and gone straight to God. A recent poll showed that some 55 percent of all sick people search out "alternative healing" techniques to restore their health. Motor voter registration and term limits are now being forced upon government even as politicians continue to stonewall in defiance of these concepts, and corruption charges are flying everywhere. It's simple. The specialists said follow us for answers. They got their following. Through time the following heard increasingly counter-productive and self-serving answers from the leadership of each specialty. People are now reaping the long-term ills of applying the specialist's great theories. Now the following is fragmented and on a search for new answers. And this fragmented following is more willing

than ever to look sensibly at the bigger picture. It is time to remove the specialists from the role of ultimate authority. This is a very important time for everyone. The trends we adopt at this point will stay with us for a long time. The mind model we will look at together could give us the clearest vision as to how we should proceed from here as a society looking to find health and peace. In light of what we have reaped through years of specialization, never in mankind's history has the concept of finding a well-connected general practitioner sounded like such a good idea.

4

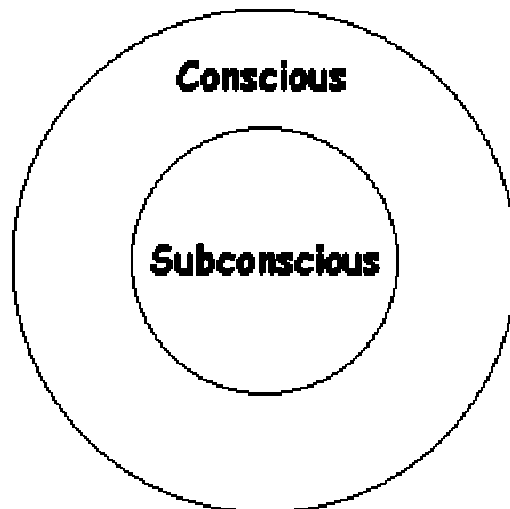
The Mind Model

It's thought that creates our destiny.
If things go wrong, it's an act of mind.

We're not going to waste any time getting to the mind model I've been talking about. The good stuff starts once we see how this thing works. It's then that we can look at life through the model and see what's really going on. We will share the specifics of what has caused cancer in individual lives. We will see what's discovered when a chronic pain sufferer, one doctors have given up on, is healed through a process that properly applies this model.

If you haven't caught on yet, we are going to confirm that the mind is the body's controlling force. Hippocrates himself said that the body's natural tendency is toward health. In other words, if a body is left alone, it will naturally continue to function in a way that is self-lubricating and self-correcting. Almost everyone agrees on this. But it's right here that medicine takes an interesting turn. When this healthy tendency is interfered with, medicine by its own design looks outward at the physical for the interference. What huge numbers of people now understand is that the interference is an inside issue. It's thought that creates our destiny. If things go wrong, it's an act of mind.

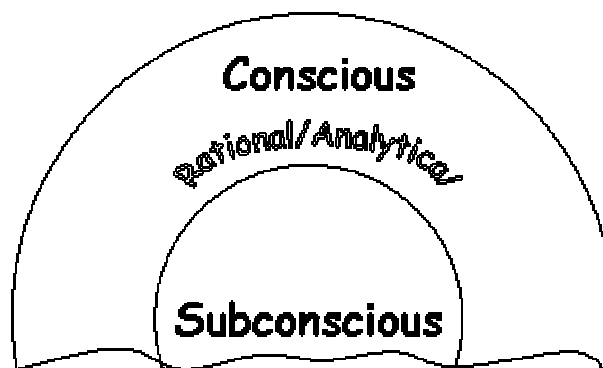
Let's look at this mind model and start to understand how the mind, body and spirit work together to affect health. I will be using graphics to help paint this mind model for you. Take some time to animate the graphics with your mind.



These are mechanisms of the mind I'm describing, and in reality there is action and movement. Experiencing this "mind flow" is your responsibility until I get the video version completed! Review this mind model slowly and repeatedly. This could be the most power-packed

explanation for life happenings you have ever seen. You may notice that as we learn the model, it starts out quite mechanical. As we master the mechanics, it grows very tool-like. We get good with the tool and a playful friendship develops. That grows into something purposeful. And quite suddenly, it brings us to God. This is a wonderful moment for the healer. Because of its progressive nature, you can "plug into the model" at whatever level of connectedness you feel comfortable. This model can help you find peace as you start the healing process. It's time; let's start right now to look into this model.

From the graphics, you will notice we see the Conscious Mind as a shell that surrounds the Subconscious Mind. In this way the Conscious Mind actually shields the Subconscious Mind from the outside world. We will be starting from the outside and working our way in.

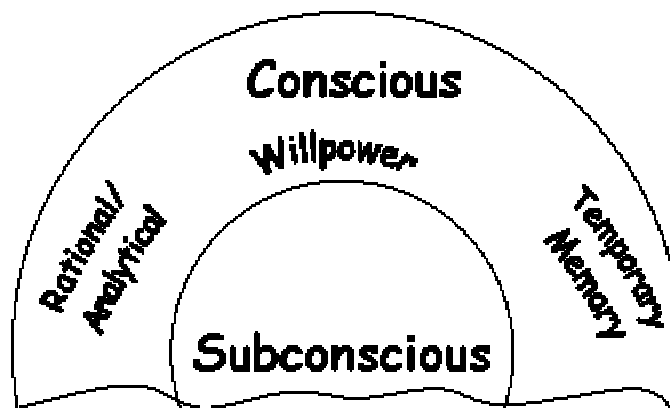


The Conscious Mind is the Rational, Analytical part of the mind. It's the thinking, judging part of the mind. If you are into the old Star Trek series, it's the Spock mind. If we think of his character, he made us very aware of his incredible decision-making power. He could offer a logical explanation for everything. Yet despite all this analytical ability, anyone who ever watched a couple of those episodes knew instantly that Spock was missing something more important than any intellectual ability. He was missing heart—emotions.

Rationality is a very important part of the mind when we learn how this model works. Humans must have a reason for everything. Our ability to rationalize our actions is what keeps us sane. You may ask yourself what it is that puts a person in a mental institution. Many may say it's a matter of whether a person is a danger to himself or others. Well, that's not it. Some of the kindest people you may ever meet can be found in mental institutions. And there are, no doubt, some dangerous characters walking the streets free and clear.

The answer lies in a person's ability to rationalize his actions. As long as a person can rationalize his actions, that person will be found sane by nearly all professional measures. A smoker smokes peacefully as long as he can rationalize this action. A smoker will say that he smokes because it is relaxing and helps the person focus. What's the truth? The truth is that cigarettes raise heart rate 17 percent and hand tremors as much as 300 percent. So much for help relaxing. And how about their help with focus? Cigarettes take away a hand (a person only has two at the most), require constant attention and consume 30 or more percent of conscious

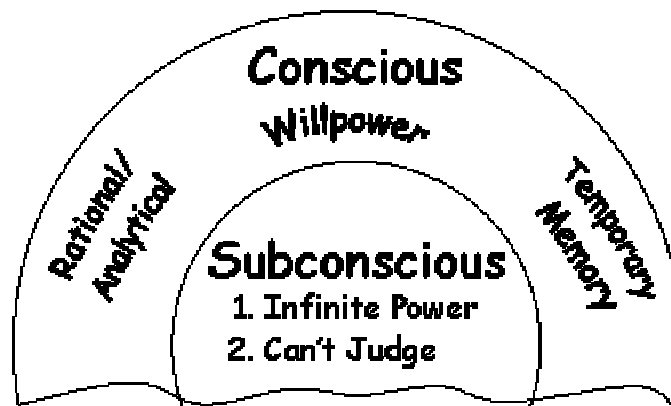
resources while a person manages the act of smoking. The point here is that obviously cigarettes can do nothing more physically than distract us and make us nervous. But as long as the rational mind can fabricate a reason for the actions, it remains at some level of peace. Here we learn the mind's rationalizing faculty needs no truth that aligns with the universe's laws. As long as our rational mind can come up with some reasoning for our actions, we will be at peace. If a person can no longer rationalize his actions, the tremors created will rattle the person as well as everyone around that person.



Besides being our Rational/Analytical mind, the Conscious Mind is where we harbor Will Power. How many times have you tried to change the same habit by mustering enough Will Power? Our first clue that Will Power cannot affect internal change is that it's not part of the inner mind! There is an adage that says, "When will and imagination meet, imagination wins." That's because Imagination is part of the powerful, inner mind and Will is part of the weak, Conscious Mind. Healing a person isn't a matter of helping a person win some battle of inner voices through the mustering of Will. It's changing old perceptions stored in a goal-achieving Subconscious Mind so that they sing in harmony with a newfound conscious intent. Mustering Will is not the answer that we have been led to believe.

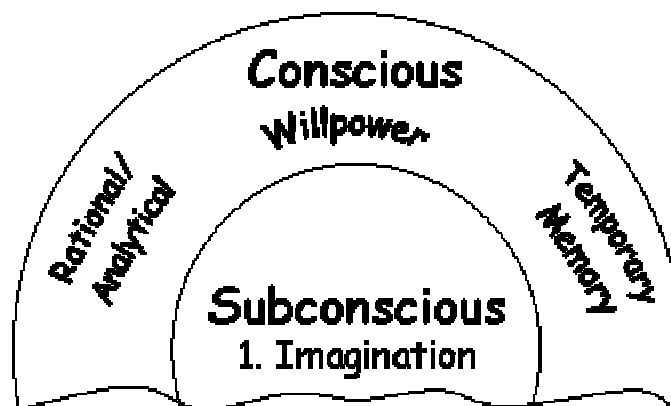
The next part of the Conscious Mind is Temporary Memory. It is a weak and finite memory. I want to hold this weak, Conscious Memory in contrast to the powerful and unlimited capacity of the Subconscious Permanent Memory. When people, young or old, say they have a poor memory or a mind like a sieve, they are wrong. The fact is they have an excellent and permanent memory. They're just using the wrong one! And there's usually a good reason for that. If a person cannot easily access his Subconscious, Permanent Memory, it's because a very important piece of equipment is standing in the way. It's the most important part of the Conscious Mind. It has everything to do with internal change. Because of its importance, we're going to save it for later.

The last thing I want to point out about the Conscious Mind is that overall, it's a weak mind when compared to the Subconscious Mind's power.



Now let's look into our Subconscious Mind. And before we get into an inventory of what we find here, I'd like to point out two characteristics of the Subconscious Mind. First, and in contrast to the Conscious Mind's weakness, the Subconscious Mind is the single most powerful goal-achieving agency known to man.

The second characteristic of the Subconscious Mind is that it cannot judge a suggestion. Judgment is a conscious function. The Subconscious Mind, like a fertile plot of soil, will grow anything that's planted—no questions asked. Listen again! The single most powerful goal-achieving agency known can't judge a suggestion. Hold on to that thought as we continue our look into the Subconscious Mind. Again, the single most powerful agency known to man can't judge a suggestion. Those two traits are important to everything else we learn about the Subconscious Mind.



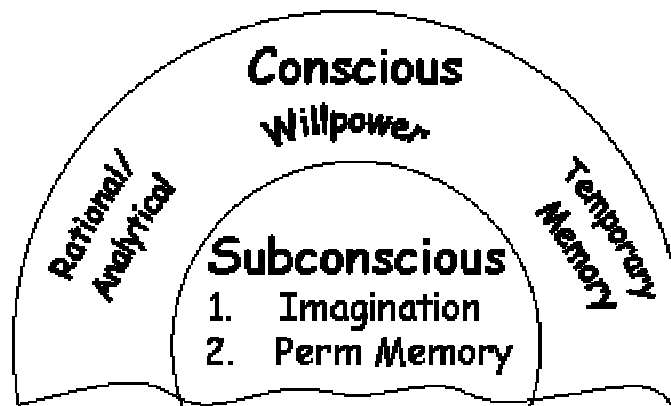
Now let's take inventory of the Subconscious Mind. The Subconscious Mind is where we harbor Imagination. Imagination is more than creativity. Imagination is also our perception of the world around us. Everybody has a perception of the world. Everybody's perception is different. And even though a person's perception has nothing to do with universal or godly truth, to the individual, his perception is the truth! To make this point, we can take two people off the street, stand them shoulder to shoulder, and to one person, the world has never looked more bleak. We're overpopulating our planet, there's nothing left to the ecology, all the money is in the hands of a few at the top, the world is ready to end.

Now the other person, maybe after years of hard work on a personal vision, has finally received financing and is ready to cut the ribbon on a new family business. To that person the world has never looked brighter and never held more opportunity. At the exact same moment in time, two diametrically opposed perceptions of the world exist. Yet the world has not changed. And what each person sees is real! So Imagination is our perception of the world around us. It has nothing to do with His ultimate truth. It's just a perception. As for the individual, once a perception is installed at the subconscious level, the single most powerful goal-achieving agency known to man accepts it as fact and makes it so!

Now, if Imagination is our perception of the world around us, we are a part of that world. So we hold a perception of who we are. This is how we define that over-franchised term, Self-image. Likewise, this perception has nothing to do with the realities of our truest potential. It's just a perception. But once installed at this level, it becomes our truth. The Subconscious Mind works to achieve a Self-image this way: I can connect instantly with a person who has been labeled a "klutz" simply by asking one question. I'll ask the person, "True or false, if you have heard this once you've heard it a thousand times—'My God, it looked like you did that on purpose!'" And this person who has identified himself as a klutz will respond, "How did you know that?" Believe me, I am not psychic. I just know the model.

The Subconscious Mind is the single most powerful goal-achieving agency known to man. Once "klutz" is programmed into the inner mind, it will become a fact. A person tired of carrying the label will naturally think that by steering excessively clear of coffee cups, desk corners, curbs, table legs and breakables, the waters will calm and disasters will end. Sorry. The subconscious mind epitomizes tenacity. When a person carrying the label tries to steer clear of disaster by keeping distant from the objects of likely entanglement, the Subconscious Mind is forced to go out of its way to achieve the goal of klutziness. When this subliminal creative stretch takes place in the achievement of klutziness, to the witness it appears that the person did the deed on purpose. And that is correct! It is just that the person's Conscious Mind would have no idea what the witness was talking about. For the subject of the judgment, hearing that others think such mishaps are done on purpose hurts and confuses and, worst of all, intensifies his belief in the accuracy of the label.

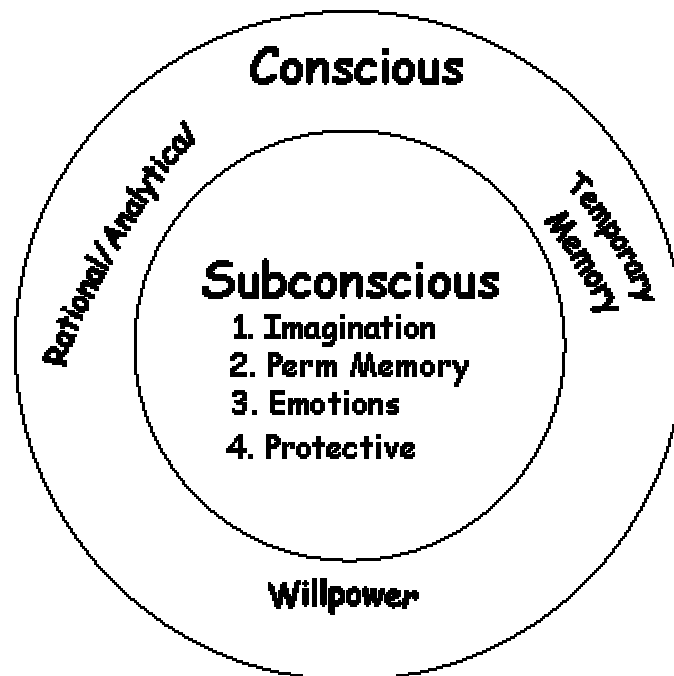
You, like everyone else walking on earth, hold a series of perceptions of what you are worth, what you deserve from life. For athletes it's how far up the all-time list of player achievements they belong. For the sick it is a perception of how much punishment and hardship is called for. And so important, when we talk about the goal-achieving mind doing its job, these inner perceptions the Subconscious Mind works to achieve have absolutely nothing to do with what a person consciously says he desires. Consciously, most people say they desire wellness. Please know that what we are discussing here is something that is happening much deeper.



In addition to perception, the Subconscious Mind is also home for our Permanent Memory. Every piece of data ever received through any of our five senses is stored in our Subconscious Mind for recall and review. In fact, this is what makes us who we truly are. We will think our next thought, act our next action and feel our next feeling based upon everything that has happened in our past. We are the sum total of all our past.

Next in the subconscious is Emotion, all of them, good and bad. The Subconscious Mind is the feeling mind. Wait until you see the importance of Emotions to our health. You may know that they are important—but wait until you see to what extent! One of the things that scares me about our society is that we give free rein to filth—obscene language, sex and violence—under the banner of free speech, while goodness must fight for its right to even whisper. There is a reason for this: consumer science. These scientists of consumption are the ones who determine what you get to see and hear via the TV, radio and printed media. Consumer scientists know that people consume when they are feeling empty. Goodness breeds fullness. Filth and conflict breed emptiness. But filth and conflict also breed bigotry, violence and corruption.

Consumer scientists harmonize with another group I will describe later and in more detail as the equalogists. The equalogists campaign for laws designed to scare us into not feeling the emotions hypnotically installed by the consumer scientists. Allowing negative emotions to be hypnotically installed by our wonderful consumer scientists, and then punishing their unknowing subjects if they act out the post-hypnotic suggestions installed by these creators of emptiness, is poisonous to the human psyche. Holding in negative emotions is repression. It fills prisons, it kills and holy cow, does it sell a lot of medicine!



The last thing you need to know about the Subconscious Mind is that it's the Protective Mind. It will protect us from dangers, real or imagined. That's what phobias are all about. The mind is protecting us from a danger that isn't even there. But the subconscious imagines it's real; the panic attack a phobic feels is the Subconscious Mind telling the person to get out of the current situation it perceives as a danger.

When we're dealing with the Protective Mind, we have to ask: What's important to this mind? What are its priorities? What is it protecting and how? Well, the number one need of any human being is security. Number two is love. Now, love is not less important than security. But security is the one thing that we as humans are given a sample of by default. When we're in the womb, it's the warmest, safest, most secure environment we know as a human being. It's the first thing we know as a human being. For nine months, it's the only thing we know. Then all of a sudden there's a squeeze, a push, bright lights, cold steel table and we go from the only environment we've known for nine months (and by coincidence a pretty cozy and nice environment) to someplace new and opposite everything we knew for those first nine months.

But too many people, including most professionals, make a mistake here. They align security with pleasure. Security doesn't come from the pleasure of the first nine months. Security comes from the familiarity of the first nine months. It was the same thing every day, from the first moment the soul took the body. Everyone wants to spin security and pleasure as one thread and weave it throughout all of maternity. Security is not that which is pleasurable! Security is that which is familiar!

Let's say you have a certain perception of something. The second you acquire this perception, you have something to compare new input against. From here, any new experience that

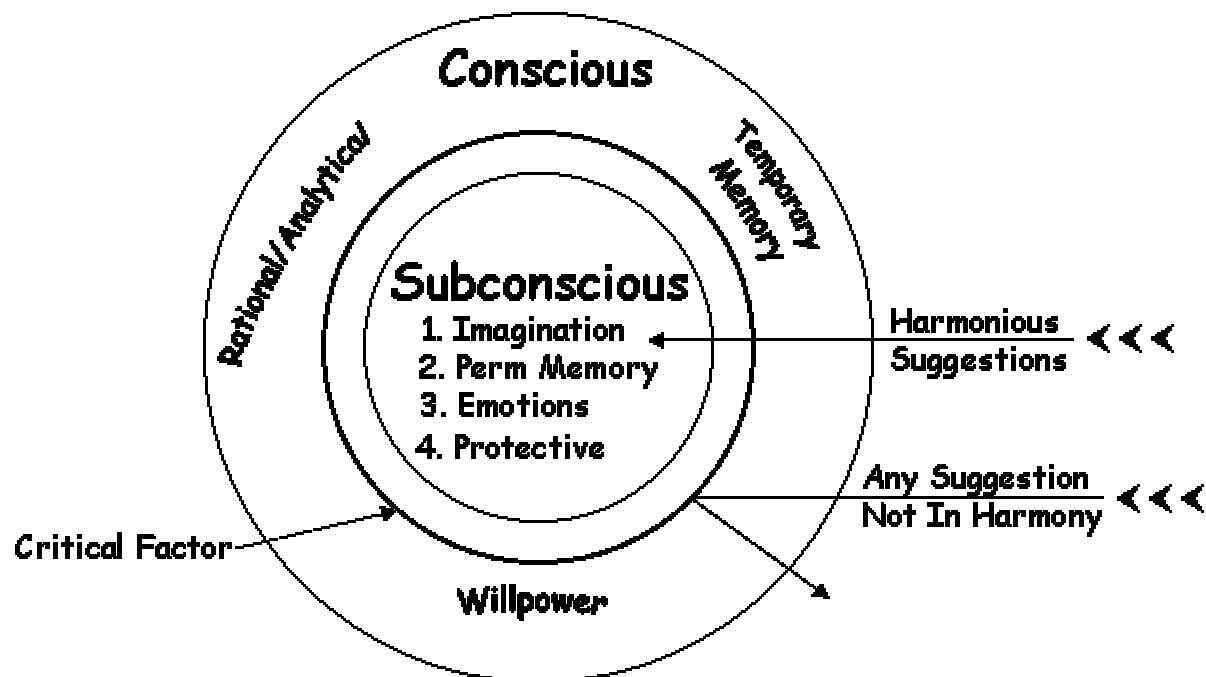
harmonizes with that first impression will create a very secure feeling. "The rest of the world just agreed with how I feel." That is a very secure feeling. When information coming from the outside is not in harmony with that inner perception, it creates a very insecure feeling. We will see the mechanism of the mind that makes this so, later.

Love may be just as important as security and the lack of it may be even more detrimental. The difference is that we aren't guaranteed a taste of love by default. You see, if two love-starved people bring a child into this world, they can't give that child what they themselves don't have. I might want to give a million dollars to every homeless person on the street. But if I don't have a million dollars, no matter what my intention, I can't give to another what I myself don't first possess. So a child born to two love-starved parents has never had a taste of love. The child doesn't know what love tastes like or feels like, but the child does have something inside we might consider a calling. The child is looking for it, but he doesn't know what "it" is.

A child accepts whatever is offered earliest in life as love. If that is distance and criticism, distance and criticism becomes the inner, goal-achieving mind's definition of love. Now, as an adult looking for love, that person will naturally gravitate toward people whose tendency is toward the condition of distance and criticism. Now don't worry. That sounds sad, and we've all heard of the person who "married their father or mother," but there is a healthy reason for not being encoded with a true definition of love. In fact, this touches on the essence of life's meaning. More on that later!

Now we have the last and most important piece of equipment in the Conscious Mind. We call it the Critical Faculty of the Conscious Mind. It resides in the Conscious Mind, but it takes its orders from the subconscious condition. This is the part of the mind that I get paid to bypass as a professional hypnotist. Remember, the most powerful goal-achieving agency known to man cannot judge a suggestion. That's a pretty vulnerable combination. If a suggestion reaches the Subconscious Mind, it will accept that suggestion as fact and make it so—no questions asked!

Critical Faculty of the Conscious Mind



So the Critical Faculty exists to protect this vulnerable nature of the Subconscious Mind. Here's how the Critical Faculty does its job. It takes every incoming suggestion from the outside world and stops it. It then compares that incoming suggestion to every perception we hold on the subject. If the new suggestion is not in harmony with the old perception, the critical faculty's job—and it is incredibly effective—is to stop the new suggestion, and like a mirror reflecting light, reject it. If, however, the new suggestion is stopped and found to be in harmony with the inner perception, the critical faculty swings open and lets it pass. Right here we encounter one of the most powerful laws of the mind—the law of compounding. It says that every impression carries a weight... a weight of belief, you might say.

Every time a new suggestion from the outside world is stopped and found to be in harmony with our inner perceptions, like accumulating mass, the weight of the new impression is compounded into the pre-existing beliefs (or perception). Through that compounding, our belief in the accumulating perception grows proportionately stronger than ever. In this way a person's subconscious, goal-achieving mind works to manifest perceptions with increasing or lessening enthusiasm over time, depending upon life's accumulating experiences, factored against the indexed weight of the first suggestion on any subject discussed. A first suggestion goes in unrestricted. Immediately a protective barrier forms in its wake. Any approaching thought from this point is stopped. If its implications are familiar to our inner perceptions, it's accepted. If they are not in harmony, then it's rejected. Now we see why security is not that which is pleasurable, but that which is familiar. This is the mechanism of the mind that makes familiarity the number one goal of the human mind! And by the way, this is the one piece of the mind that

Western medicine refuses to acknowledge, respect or understand. Without respect for this part of the mind there can be little healing.

Now, if this Critical Faculty was hard to identify, I could understand why certain people and professionals would be so resistant. But I'm going to show you your critical faculty in action, and you tell me if you have to be a born-again Freud to see this thing perform. Follow along. This is the actual test! Read the next statement and feel your mind respond.

The shape of this figure makes it a square:



Now, true or false—not just figuratively, but literally, you felt the thought of square ram into something. There was a quick conversation in your mind that went something like, "No, that's not a square; it's a rectangle! Was that some kind of a trick question? What's your point?" The new suggestion came into your mind and was stopped. It was then compared against everything you know about geometric figures. The two were not in harmony, and the new suggestion was rejected. You are not all of a sudden willing to discount years of schooling and call that figure a square just because of one new input from me. That's your critical faculty at work. Let's feel this part of your mind flex its muscle again. Here's the statement:

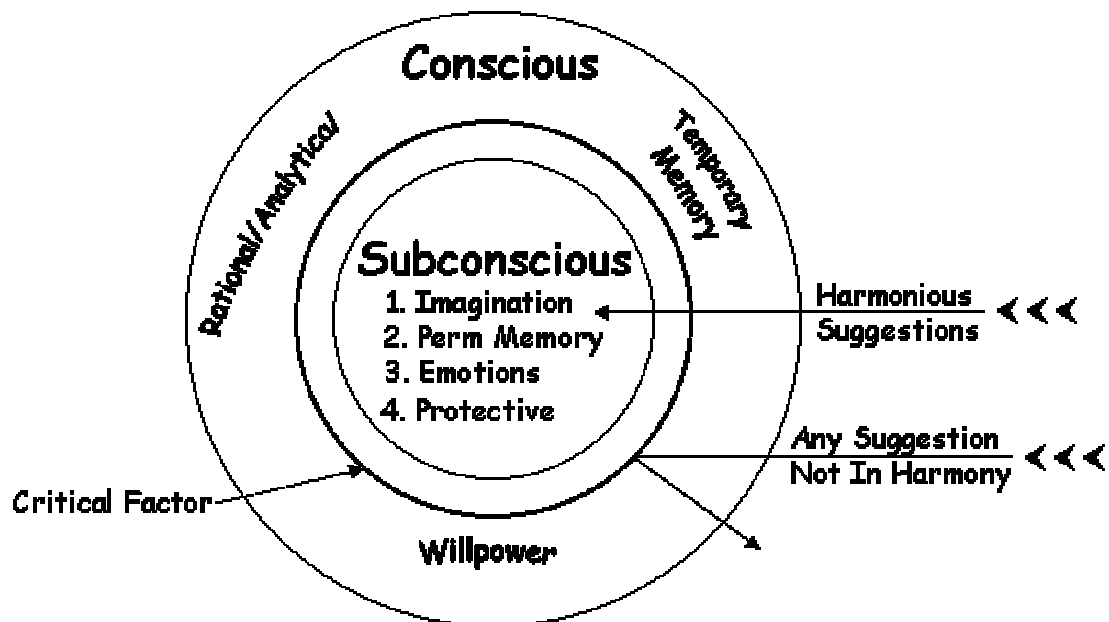
The sky is green and the grass is blue.

Let yourself feel how unsettling it is to hear or read something so out of line with your inner perceptions. Read the last example again and feel the conflict created when new input is so opposite to what we've been taught from so early on. This is what makes habit change such a problem. It's also the part of the mind that renders psychology, for the most part, ineffective. It's why Will is powerless over Imagination. It's why modern medicine doesn't work. Let me explain by walking us through the human growth cycle. Let's go back to the mind model.

When I saw this model for the first time, I was offended. I thought, I'm a pretty happy, healthy guy, but there are things inside of me that I want out. There are programs running inside of me that are hurting me. They're holding me back! Sound familiar? If this critical faculty is here to protect me, where was it the day all this negativity got in here? Asleep at the switch? Out at a fast-food joint for a burger? Where did it go the day it let all that junk into my mind? That's a pretty good question, don't you think? Well, the answer to this one should shake the very foundations of society. It could alter the course of education and health care forever! The answer to my last question lies in the critical faculty's origin. Where does this critical faculty come from? When does it arrive? When is it most vulnerable? You see, when we are new to this world, there are no perceptions within our subconscious mind. We haven't experienced anything yet. Our subconscious mind is like a blank computer disc. It has incredible storage capacity, but nothing has been entered into the data bank. Hence, there's no data to judge against. Well, if there is nothing to judge against, there can be no critical faculty!

Hear it again . . . If there is nothing to judge against, there can be no critical faculty.

Critical Faculty of the Conscious Mind



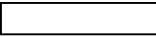
The critical faculty cannot function until it has something to judge new input against. This means that the very first viewpoint received on any specific subject, topic, or idea, goes into the subconscious permanent memory unjudged—no questions asked. Instantly, upon this happening, a person now has a perception on that subject. Now there's something to judge against. And no matter whether it's right or wrong, good or bad, that first impression goes into the subconscious mind uncensored and (only because it got there first) becomes the perception against which everything is judged for acceptance or rejection.

Let me give you an example. Let's say two parents come to me and they say, "Steve, we believe in your ability to develop a mind. Here's our infant son, Billy. We're giving you the job. Take Billy and develop his mind." Now, let's say, for this example, that as much as I know about the specifics of mental development, I'm a little weak when it comes to geometry. Not knowing myself the difference between a square and a rectangle, I teach Billy that this shape is a square.

As wrong as that sounds to you, Billy doesn't have a perception of shapes, so square goes into his subconscious unrestricted. And guess what? Now he has a perception. And the critical faculty has just formed directly behind the first input on the subject.

Days later, during a subsequent lesson covering geometric shapes, I again identify this shape as a square. Wow! Billy has only one perception in his subconscious permanent memory on this particular shape, and someone just agreed with it! What just came at him from the outside happened to agree with what's stored on the inside. That is a very assuring feeling. And this now brings us back to the law of compounding. Remember, every time the mind

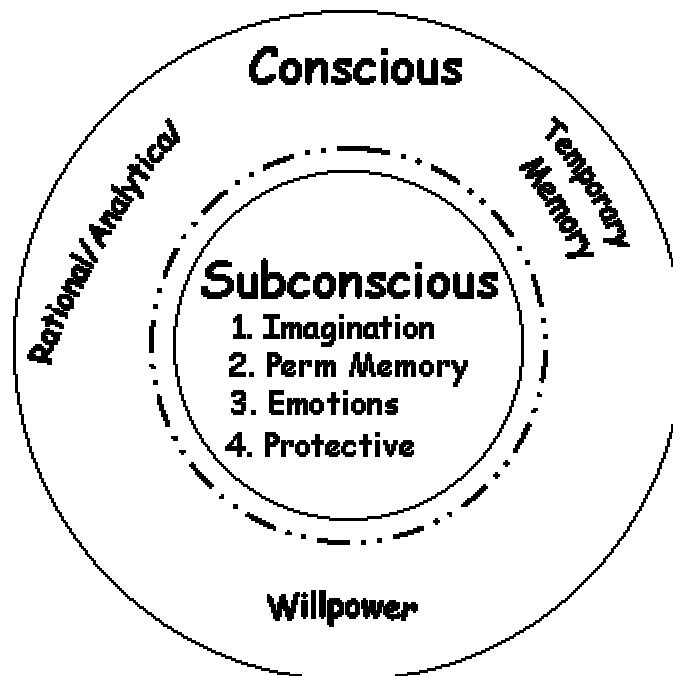
receives something in harmony with a perception held in the subconscious, the belief in that concept grows stronger than ever.

Back to Billy and the rectangle being labeled a square. Now it turns out that I have been the one to control Billy's learning environment for the first five years. So along with a wave of more traditional teachings, anything Billy hears on geometric figures confirms in Billy's mind that this shape is a square.  After five years, Billy is pretty convinced this shape is considered to be a square.

At this point, Billy's parents take him back. In the course of assessing what Billy has learned, they quiz him on shapes and discover he identifies rectangles as squares. When they try to correct him, what happens? He fights to defend his answer. He "feels" that he is correct! Mom, Dad, how hard do kids fight when they get some silly, backwards perception into their heads and you try to get them to change their thinking? In that same way, how hard is Billy going to fight his parents' new idea? To the end of the earth!

Square got there first and Billy will stand secure on his claim to accurate knowledge when identifying that shape. And by the way, Billy isn't the only one this kind of thing has happened to. For me, one occasion among thousands occurred when a group of us were remembering the good old days. Someone named a song, and two of us quickly shouted out the name of the group. Only problem—we had named two different groups. I was right, of course, and willing to bet the farm on it. One quick call to 94.9 FM and I collect, right? Wrong! She was right and I was wrong.

"It can't be," I continued to mutter. What I was willing to defend as absolute truth was simply not accurate. It is weird to think about this situation when I got caught holding on to a false perception. It is even more scary to ponder the number of false perceptions held that remain unexposed. These are the ones that hurt us!



So an infant mind starts out with no critical faculty, because there is no information to judge against. The critical faculty begins to form in bits and pieces immediately behind the first impression on each new individual subject, topic, concept or idea received by that infant mind. It is important to note that it does not matter if that first suggestion on a new topic is good for the child or bad for the child, right with universal laws, opposing, loving or degrading. No matter what the perception painted by that first impression, the subconscious mind will accept it as fact, no questions asked, and make it so. And even more important, the critical faculty immediately forms behind that first input, protecting it from subsequent suggestions that might oppose the original implant.

Conversely, every time new information is received confirming that first impression, or in harmony with that first suggestion, the critical faculty swings open, allowing this new suggestion in. The weight of the new experience is naturally piled onto the existing perception and, like accumulating mass, our belief in this inner perception from so early on in our lives grows proportionally stronger and stronger. So you can see now why getting the right thoughts into a mind first is so very crucial, so very important!

5

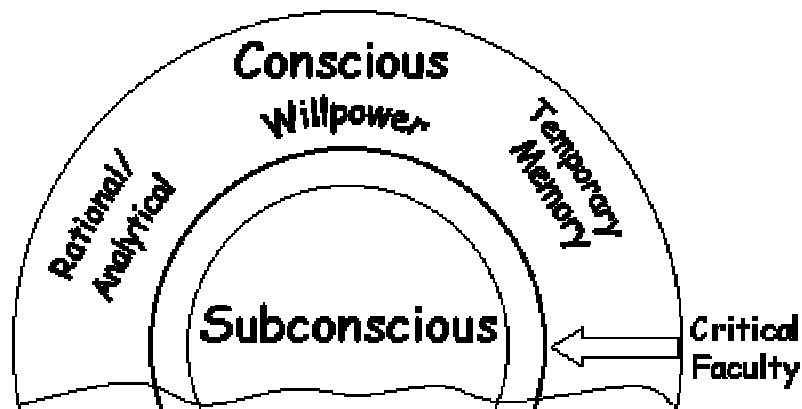
HUMAN DEVELOPMENT

Let's put it like this. All the damage or good
is done between the ages of conception
and four years old.

Now we can start to see how the human mind develops. We come into the world naive and holding no perceptions on anything that is of man. Then with each passing moment, data flow into the brain via our senses. The accumulating data start organizing themselves into perceptions on the subjects, topics and ideas exposed through these recorded life experiences. These perceptions fall into place one at a time like the pieces of a jigsaw puzzle, eventually building in our minds a complete picture of what life is for us. That picture now held in the subconscious, goal-achieving mind and protected by the critical faculty will be manifested with ruthless efficiency. It is here we learn that we are truly products of our environment. The reason that Mom and Dad are getting blamed for all the adult dysfunction these days isn't because Mom and Dad were so *frequently* bad parents. It's that moms and dads make up the most important part of a person's early environment. And the earliest of experiences are the most significant of all.

Let's examine human development again from a slightly different angle. Let's put it like this. All the damage or good is done between the ages of conception and four years old. That's right! Not birth, but conception through four years old. You see, by the age of four, children hear enough repetitious labeling as to who they are and what they're worth from the parents' point of view to totally saturate their subconscious mind with a "parent-painted" image of self. At this point the self-image has officially been formed. If worth was mostly installed in these key years, then the critical faculty will form to protect that feeling of worth. From there out, good things are compounded and negativity is rejected. Even if a person experiences hard times, he will be one of those people who rise to the occasion and turn things around. If worthlessness is installed first, then the critical faculty will form to protect the feelings of worthlessness. This person becomes a magnet for disaster. And even when goodness comes his way, the goodness often finds a way to quickly go sour. The critical faculty is just as happy when protecting feelings of worthlessness and rejecting anything positive.

So as we grow, the critical faculty develops in bits and splotches behind each new perception gained. By the age of four, the developing pieces of critical thought form a somewhat solid band around all perceptions of self. And by the age of 12, we've heard something on just about everything. That's when we know more than just about anyone else. For the most part, though, we're smarter than Mom and Dad.



At this point the critical faculty forms a complete shell around the subconscious, and we are willing to defy anything to prove our knowingness. There's a problem, though. That knowingness is derived from perceptions that are often out of line with truth. From here kids pretty much crash themselves headlong into the rocks, willing to defy every stated universal law if it conflicts with the shortcuts and leniencies they, and we ourselves as teens, hope to scam from life. We have a name for this time where we lack respect for the law of cause and effect: youth.

We now find ourselves on the other side of the generation gap, sounding like our parents. Hopefully, at some time we learned that those early perceptions we were banking on as real truth are no such thing. Now we want those old perceptions out in exchange for a new set. This has come to be known as habit change.

Ah, but habit change is tough. The critical faculty stops the newfound conscious desire for change and compares it to the inner perceptions. Of course they aren't in harmony! The intent of change guarantees that there will be a difference between the new and the old. Because of that lack of harmony, the critical faculty turns into a mirror and rejects the new perception. This happens even though a person consciously wants the change! So let's look at the model again and see how reason, will, logic and the critical faculty line up and interact.

People will consciously decide that they have a program running inside of them that they don't like. Usually we will start by getting smart on the subject. We quickly find out that knowledge alone doesn't get change. For instance, the smoker learns about all the toxins and poisons in the cigarette smoke, but still smokes. The overeater learns the nutritional content of food and how it should be arranged into a healthy diet, but still overeats. Next we're taught to muster will. The smoker says, "I've got to stop smoking. These things are killing me." Well, that thought is generated through will. Look where will is. It's outside the critical faculty. Though the thought is generated, it's stopped by the critical faculty. The thought to stop smoking is compared to all the inner perceptions held on the subject, and a voice from the inside says something like, "Hey, all I know is that when you take a drag on that cigarette, life gets a little closer to okay. Don't even think about stopping smoking... In fact, you're making me nervous. Light one up!" Smokers will tell you. They want a cigarette worse than ever the minute they decide to quit. In

the same way, overeaters will tell you they crave food the worst the moment that they decide to go on a diet. The diet is a direct threat to the subconscious mind's source of secure feelings. This is why talk therapy seems ridiculous to a good hypnotist. When we extend the line of the critical faculty, we see that reason, will and logic are outside the line. Before a client ever walks into my office, that client already knows consciously, rationally and analytically what it is he or she is feeling that is unpleasant. Clients know what feelings they would like to be feeling. And they have already worked their hearts out trying to bring about the change before coming to me. Why in the world would I try to resell the part of the mind that lies outside the critical faculty? That part already agrees. Until there is some kind of bypass of the critical faculty, there will be no internal change. Despite all the efforts of the illness managers and talk therapists, people will remain sick no matter how their symptoms are treated, as long as a calling for self-mutilation exists in the subconscious mind of the patient.

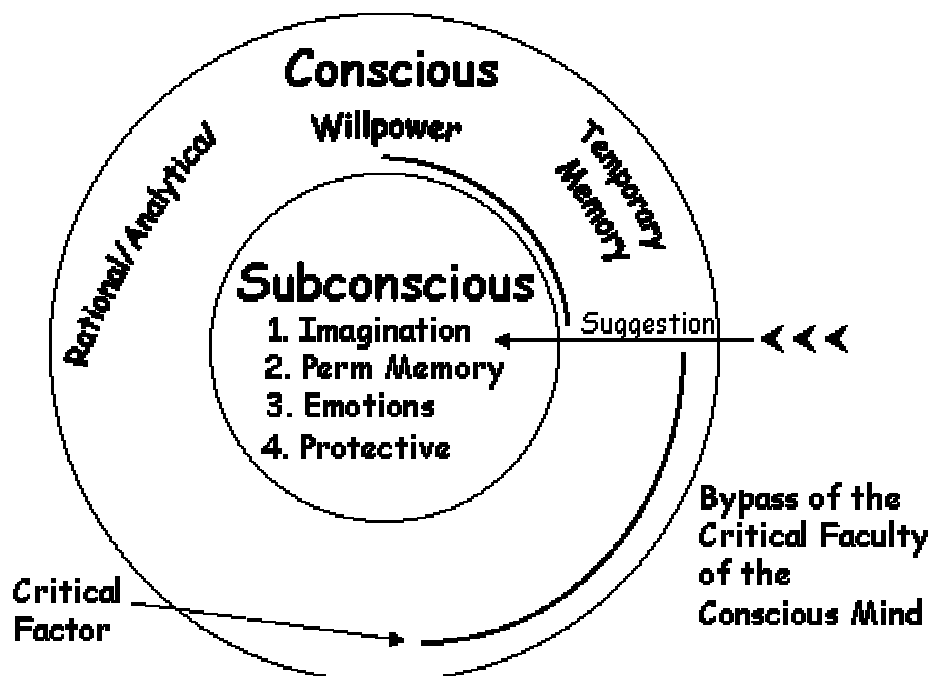
This will become incredibly evident as we continue.

6

DID I HEAR YOU SAY HYPNOSIS?

When we have a bypass of the critical faculty
amazing things happen.

The mind model that we are using was organized and best explained by Jerry Kein. Jerry studied, among the works of many others, the techniques of Dave Elman. Dave Elman was a hypnotist. Jerry is a hypnotist. My healing work started as pure hypnotism. So that's where we'll start. First, let's clear something up about labels. I don't like labels. I do like removing labels, though, and getting to what's real. This hypnotism thing is a label that I'm familiar with. So let's talk about it—a little now, a lot later. Many things fall under the umbrella of hypnosis. Many things should, but don't ever get labeled hypnosis. We are going to use the most accurate definition of hypnosis to be found. It is born out of Dave Elman's insights and Jerry's mind model. Hypnosis is the bypass of the critical faculty of the conscious mind, and the establishment of selective thinking. Again, here's the model. This time we see the bypass of the critical faculty.

The Mind in Hypnosis

When the critical faculty is willing to sit off to the side, uninvolved with the flow of data into the subconscious goal-achieving mind, we have hypnosis. When the critical faculty is stopping and

judging incoming suggestions, we don't. When we have bypass of the critical faculty amazing things happen.

Let's look into the world of the stage-show hypnotists and see how the mind works for them. To answer your first question, Yes, it's real! We'll discuss the details of how the stage-show hypnotist gets people into the state where those wild things happen later on. For now we'll just start at the point where bypass of the critical factor has been attained. Once a straight path has been gained to the subconscious mind, the stage-show hypnotist might give the suggestion that the person is about to be given a ripe, delicious apple, and they're free to eat away. The audience next sees the hypnotist hand the person a peeled yellow onion. The audience watches in horror as the subject crunches away with a big smile, totally believing the onion's a tasty apple. It's stunning to watch and hard to believe, but real. Once that suggestion got to the subconscious, goal-achieving mind, the most powerful agency known to man accepted it as fact and made it real.

After ten years working with this stuff, it still blows me away when I see these types of things happen right before my eyes! Is there anything socially redeeming to the old "onion's an apple" gig? I don't think so. But look at what the stage-show hypnotist has been able to get the mind to do. Using the onion-to-apple example, how long would it take a psychologist to logic a person into that kind of a belief system shift? Well, it would take six sessions to develop rapport . . . and then another eight sessions to assess current condition . . . not very entertaining . . . and worse yet, not in ten years of weekly visits would the person start to think the onion was an apple! The stage-show hypnotist can accomplish this in a matter of minutes. If you want to talk about changing perceptions, who's going to want to compete with these stage-show hypnotists?

Now, am I recommending that you go to a stage-show hypnotist for healing? No. But learning and applying what they know about the mind is precious to healing. I, too, see no value in making a person believe that an onion is an apple, but how many people can be helped if changing perceptions of self-worth happens with the same ease?

For the record, I would never do a stage show routine. And my feelings toward these performers as professionals are mixed. For the thousands of hours that I have had to spend dispelling the fears and misconceptions created by these people prior to starting the real work in my office, I could choose some less than positive thoughts. But for the rapid and instantaneous induction techniques they have created, I thank them. For their gutsiness in proving the reliability of the subconscious mind's usable power and influence over what we thought was non-manageable, I am indebted forever.

What have we learned so far? If you want to change a perception, don't waste an ounce of energy creating change at a conscious level. Instead, work in harmony with the mind's mechanics. Bypass the critical faculty and reprogram the subconscious goal-achieving mind! And voilà! Too easy, right? What's wild is that sometimes it can be that simple.

7

Beyond Hypnosis

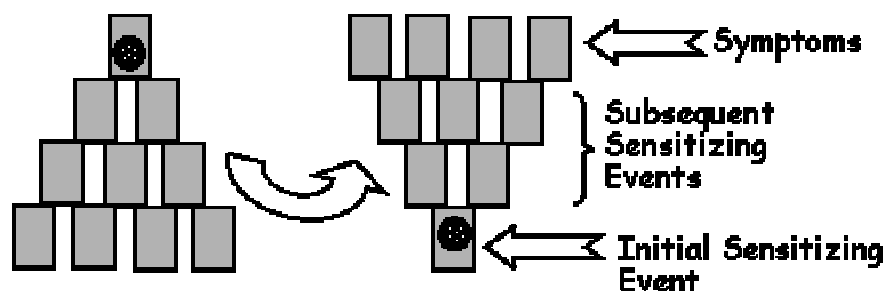
Regression to cause is another discipline of hypnosis.

Here there is power!

The hypnotic experience itself doesn't necessarily call for any kind of healing. The critical faculty swings open and shut freely and frequently throughout the day and night. That's right. All of us go in and out of the hypnotic state in varying degrees throughout a normal day. We're usually not aware of this because it's a very natural feeling state. We also don't have some little fairy buzzing around our heads waving a flag saying "You've arrived . . . Ah, you have just left." It doesn't work that way. And nowhere in formal education is this understanding of the mind taught.

So now we know that we have a critical faculty that separates the conscious and subconscious minds. We know that we can bypass the critical faculty, but we now learn that there is no actual healing in the bypass itself. Then where does the healing come from? That depends on the problem we're looking to mend and our choice of techniques. Under the umbrella of hypnosis, there are many different disciplines. For now, we're going to focus on two techniques—direct suggestion and regression to cause. Direct suggestion attempts to erase old perceptions and fill the remaining void with positive suggestions of transformation. You can also use it in a way that actually dilutes the crud of past thoughts by rinsing the mind with repetitious healing suggestions. Direct suggestion used in either fashion can be quite effective.

Regression to cause is another discipline of hypnosis. Here there is power! Here we get answers! To start explaining how "hypnotic regression to cause" aids in healing, I'd like you to think with me about a stack of cans shaped in a pyramid, as you might see in a grocery store display. Let's look at my stack of cans. The first thing we're going to do is invert it.



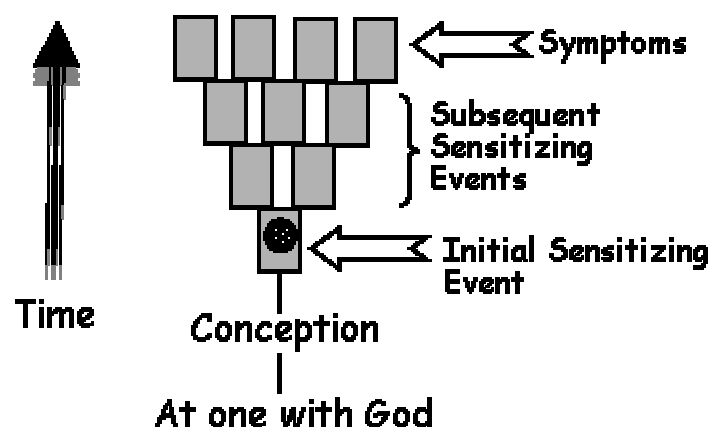
What used to be the broad base now spans the top. We're going to see that top row of cans as individual and seemingly unrelated symptoms. Symptoms as seemingly unrelated as bursitis, asthma, and nail biting. This is the realm of medical doctors. Their training makes them symptom-oriented—illness managers. If there's a pain they're going to numb it. If there's a

tumor, they cut it out. A virus appears and they throw antibiotics at it. A medical doctor sees only this top row of cans. As cans (symptoms) pop up, the doctor's going to somehow dig them out.

Out of the medical doctors' ranks developed the psychologists. They stood on a foundation that said: You can't move a finger until you "think" to move the finger. Thought must precede action. If the body's natural tendency is toward health, then it's the mind that holds the key to disease. Hallelujah! Right? Wrong. Unfortunately, both of the university-developed mind sciences—psychiatry and psychology—were developed from minds already conditioned to illness management. They became illness managers of the mind. Psychiatrists became manipulators of the brain's electrochemistry. Any computer technician would be embarrassed if caught messing with the computer's hardware when trying to fix a problem that is obviously a bug in the software. But not the medical doctors! If that wasn't bad enough, this obsession with the chemistry of the physical plant has grown into something called genetic science. The mind model will show us reasons to be concerned over the activities of genetic science.

Psychologists became the illness managers of man's condition. They studied and became experts at explaining why we do the things we do (diagnosis). They often tell us there's a name for a certain tendency. And that there's a name for the people who do such things, and the fact that we do such things makes us one of them (that's a label)! Now they look that label up in a book. Next, they and the book tell us what we should and should not do throughout life so we won't be called one of them any more (prescription).

If I sound a tad testy, it's because I've seen a lot of people hurt by this and it wears thin. Sorry. Understand, I am saying nothing about the individual healer. A student of psychology who blends back into his or her healing work an understanding of a "whole-mind model" will do wonderful things. It's the institutions that need to change their tune. Often the institutions' leaders and professionals brag about being state-of-the-art, but they're still stuck in a cul-de-sac after a wrong turn made years ago. And I guess as they themselves would label this typically paternal energy, the leadership won't stop and ask someone familiar with the terrain for directions.



Let's return to our "mind map" and show them a different, sound course. And not to get too scientific, back to our stack of cans. The top row represents symptoms. Each can represents some form of disease manifesting as a specific doctor-identified disorder. It can be mental and/or physical. Everything between that top row and the single can at the bottom we are going to call subsequent sensitizing events (SSEs). The bottom can represents the initial sensitizing event (ISE). What I'm saying is this: We come into this world knowing nothing of man—only the goodness of God. Time passes and with its passing, events occur. Human intent is to naturally let the infant be bathed in goodness forever. But the road to hell is paved with good intentions, as they say. So for most people, there is a moment when we go from knowing only the pureness of His way, to that first pie in the face that says, "Life's not such a bowl of cherries down here, pal." In the *Course in Miracles* this is called the moment of separation. To the cause-oriented healer, it's the initial sensitizing event. This is where the chance for permanent and complete healing lies. Let's see why.

An orthopedic surgeon came to me for joint pain. (Think about that.) As I was explaining this same model to him, I asked, "Do you replace hips?" He did. I asked, "Out of 100 or so hip replacement clients, how many would end up back in treatment for some other joint problem of a serious nature in the near future following the surgery?" He replied, "Almost all of them." That was staggering. I could have made my point if he had said 30 or 40 percent. But almost all of them? Wow! From this point he went on to explain that he had actually got his start in medicine via his own search for relief from bursitis. With all the teachings he received and all the years that had passed, and despite the gallons of cortisone injected, he still had the bursitis. He had heard me tell my own story of bursitis on the radio and said my explanation fit his life to the letter. Besides getting rid of his bursitis, I got confirmation on the power of this model!

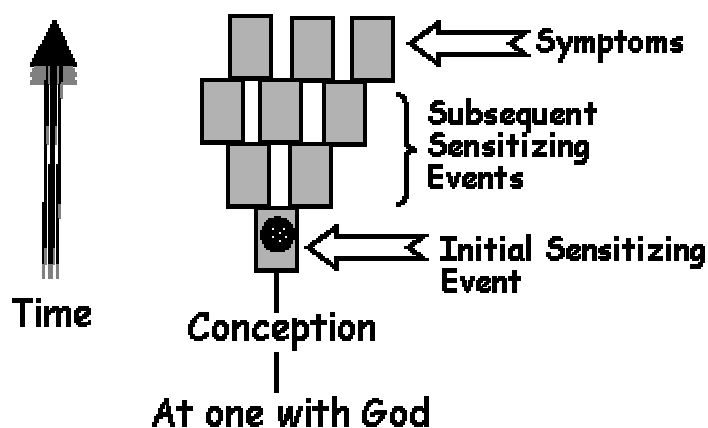
We will use joint pain to take us to the next level of understanding—that the ISE of any negative symptom carries a subconscious calling for some form of self-mutilation. That calling is confirmed and reconfirmed through a sequence of SSEs. Straight from the adage "the straw that breaks the camel's back," one final subsequent event compounds the calling for self-mutilation so powerfully that the subconscious goal-achieving mind literally sees its own manifestation of a nasty illness as a goal successfully achieved. If the doctor cuts out the manifested disorder, with no appreciation for the calling for self-mutilation, the symptom reappears. They call that a recurring disorder.

Sometimes when the doctor mutes one symptom, something else manifests. He mutes that second symptom and out of the blue comes something else. The doctor ends up chasing shifting symptoms all over a person's body. Usually the doctor gives up, prescribing heavy medication and calling the problem a chronic illness. That's a cheap way out. Chronic illness is a checkers game between the doctor and a subconscious mind programmed for self-punishment. The subconscious mind's power and tenacity will guarantee the good doctor the loss. For the orthopedic surgeon who replaces a hip oblivious to the calling for self-mutilation, the subconscious mind basically says, "You can replace the hip, Doc, I've got another hip. Beyond that I've got ankles. I've got an elbow and a knee. In fact, I've got more joints than this patient's got

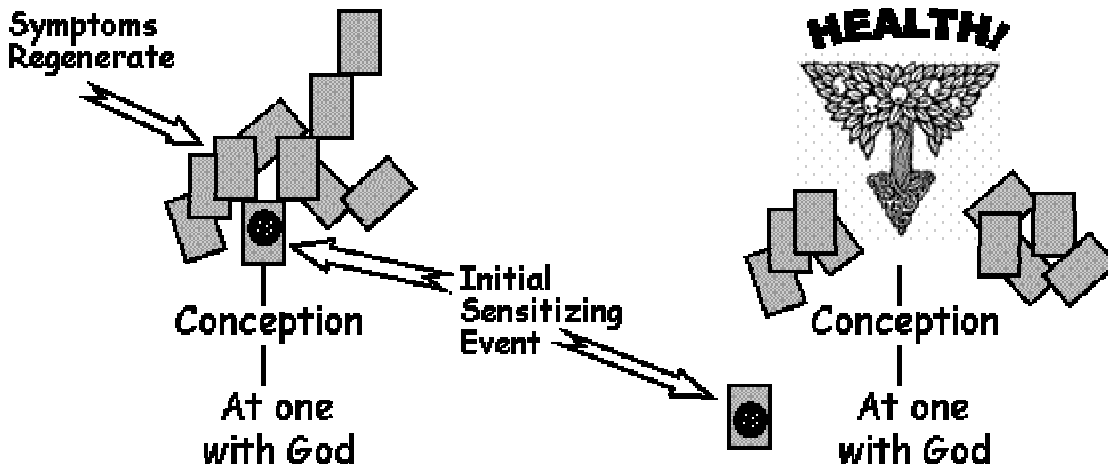
coverage! Shall we play a game?" And the good doctor ends up in this losing battle called chronic illness.

One evening in August of 1994 as I was writing this part about chronic illness, I turned on the TV to hear Professor Marc J. Roberts of Harvard University speak as a panel expert on health care reform. He mentioned the screening tendencies of the insurance companies. I taped it. Here's what he said: "The fundamental problem is that health care costs are no longer an insurable risk. Because the bulk of disease in this country is chronic illness, we know who's going to get sick this year . . . Answer: The people who are already sick." I couldn't believe I was able to get that on tape! What a gift. We must someday see the silliness of paying doctors to label symptoms and then go chasing them all over a patient's body. If there is a chance of developing a condition of permanent healing for a person suffering the label of chronic illness, it will come once this deeply rooted calling for self-mutilation is removed— not before!

Okay. So it's more than a stack of cans. It's the expanding accumulation of perception-building experiences. Doctors focus only on the top row. Psychology and psychoanalysis work in the realm of the subsequent sensitizing events. We're going to focus on the initial sensitizing event, and here's why.



Look at the inverted pyramid and take away the can on the top left as if we have just muted a symptom through traditional means. The structure of the cans remaining below should be seen as the roots of that symptom. The roots are all that's necessary for the above-ground growth (symptom) to reoccur, as new experiences from the arriving future are stopped by the critical faculty and again found to be in harmony with those earlier events represented by the remaining cans below. Next go down one row, then two, pulling out a particular can from each. The farther down into the structure you go, the more symptoms that get toppled. But as long as you stay in the realm of subsequent sensitizing event, there is always something deeper for the regrowth to spawn from.



This time, let's pull out the bottom can. Now the whole structure crumbles, and the only thing to regrow from is what remains below. Under the bottom can, the only thing remaining is God's love and goodness. When the present and future grow from this kind of reconnection, we have permanent healing! What we have just unveiled makes the initial sensitizing event so very important to healing. If I open the critical faculty through hypnosis, but then regress no further than some subsequent sensitizing event, I will expect to see the healing effect be as temporary as would the result of any other symptom-oriented medicine. It's when I can help a person get to the ISE of his problems, and successfully resolve it, that I feel as though my work carries special meaning.

8

Quest for the ISE

What has been found at the count of one could be considered better than anything Stephen King ever conjured.

Maybe we should start by discussing the process we use to get to the ISE of a problem. Let's walk through a hypnotic regression and see what a search for the ISE of a problem looks like. Regressions can be directed or non-directed to varying degrees. In the chapter on hypnosis I share my feelings on the different forms of regression and other hypnotic techniques. For now we will mainly focus on non-directed technique. The reason I prefer this technique is that it respects the nature of the subconscious mind. When a person has a problem, there are only two agencies anywhere that know the cause and cure for that problem—God and the person's subconscious mind. Go anywhere else for answers and we're wasting time. Here's how it works. Once we have bypass of the critical faculty, we basically excite the symptom. And by the way, when I'm describing the process, the reason that I say "we" is that I am the first to point out that I am not the only one doing work this way, nor am I the only one getting great results. We shouldn't be discussing one person's work. This is a method to be shared between professionals who want results. It's also an understanding that will hopefully generate a more sensible national track toward healing.

Returning to the process, we bypass the critical faculty and excite the symptom. And again, the chapter on hypnosis tells you how the critical faculty bypass is performed. Exciting the symptom is easy. I'll demonstrate a simple version of that here. Remember that the subconscious mind will not judge a suggestion. So once in trance, all I have to say is something close to this: "You have a feeling inside yourself that you don't like. You've tried running from it, you've tried numbing it and swallowing it away. This time you're going to face it. I'm going to count from one to five. As I do, that feeling grows as real as you've ever known it before."

As I do the one to five count, that symptom will become very consuming. In doing so I'm giving the mind a clear target. Once the symptom is amplified, I'll say something close to this: "Now let yourself stay focused on this feeling. As you focus on this feeling, I'm going to count from ten down to one. As I count from ten to one, your inner mind takes you back to a scene, situation, or event that has everything to do with this feeling. In fact, it will be the first event of significance to this feeling."

And I do the ten to one count. At the count of one, I don't care if the mind takes us back to 12 years of age, 12 months, 2 months after conception or 1200 A.D. It's not my job to think I know what those events of significance are or when and where they occurred. We as the guides can help pilot the ship, but it's only the individual's subconscious that can properly pick the ports of call.

What has been found at the count of one could be considered better than anything Stephen King ever conjured. Sometimes of incredible magnitude, other times so seemingly insignificant. What the mind harbors is amazing. We are getting very close to the cause of cancer, but I want to start with some actual regressions that give a classic example of how the subconscious mind interprets experience and forms perceptions.

9

Being Held Back

If I try to get started on my own, I'll crash.

A businessman came to me with feelings of anxiousness. He was a partner in three successful businesses. For a year or more, he had wanted to start a fourth, but every time he attempted some action step toward organizing the company, he'd run into a powerful wall of procrastination. If he tried pushing through it, he started getting panic attacks. So into my office he comes. Into trance he goes. First we take him back to the last time he felt the feeling. We go back to him in a bank trying to open a business account. There we find the feeling and next comes the ten to one count. 10. . . 3, 2, 1 . . . Now, at this point the hypnotist doesn't know any more than you know right now as you read this book. So we ask questions designed to paint in our minds what the client is seeing in his. This particular session went as follows:

Me: 3, 2, 1 . . . all right, there you are. First impressions now, indoors or out?

Client: Out.

Me: Alone or with people? (He pauses and there is a big frown on his face.) Are there people around, but you still feel alone?

Client: We all have bikes.

Me: Do you know what's happening that you all have bikes?

Client: It's Christmas morning and we got bikes! (There's an enthusiasm now, equal to what a child might feel in that same situation. Very quickly, the voice turns to one of frustrated panic.) All their dads are helping...

Me: Is your dad around?

Client: He's talking .

Me: What happens next?

Client: I try but... (Big cry starts.)

To save you the pain of the incredibly slow-paced nature of the next hour and a half: He had grown tired of waiting for Dad and started out on his own. Seconds after he mounted the bike, the one training wheel went off the curb and the bike tumbled sideways into the street. The

whole community seemed to show up, standing there towering over the fallen child. Of course the critics all had to educate the child as to all he did wrong, and Dad still had not shown up.

"What's happened here?" I asked.

In the most enlightened voice he said, "If I try to get started on my own, I'll crash."

We changed that perception to one that appreciated all stages of learning and achieving (we'll discuss how that's done later on). Without even a second session, he was on his way and the project was moving forward. Now the same agency of the mind that had been holding him back became a contributing force in the manifesting of **his vision**.

What he thought was amazing when we discussed the session in the post-talk was how something so ordinary to childhood could create such a holding back. He kept saying, "Please don't tell me that little thing created this much chaos." It was as if he would rather have had it be more serious, so as to better reconcile the loss caused by the year of stumbling.

To me, what makes this story so incredible is the way the binary coding of the mind interprets life's limitations and possibilities out of accumulated experience. Now, there were subsequent sensitizing events that supported the "if I try to get started on my own I'll crash" concept. But for the mind to come away from that experience with a program that said, "If I try to get started on my own, I'll crash," represents classic subconscious perception-building.

Phobic case studies are excellent tools for explaining how these mind mechanisms work. Let's look into a "fear of heights" case. Watch what hypno-analysis uncovers. The more you see, the more you will understand what traditional medicine in this country is missing. With this type of condition, first we get the client into a trance. None of this can happen without the bypass of the critical faculty. When I say bypass, trance, or hypnosis, it's all the same thing. Remember that the next step after getting the client into a trance is to excite the unwanted feeling, so the mind knows exactly which feeling it is we're targeting. In phobic cases I'll regress back to the last panic attack and get the client actually feeling that way. When I ask the mind to take us back to the last time the client felt this feeling, a couple of things may happen. The client's mind could take us back hours or days to the actual "last time" he or she felt the feeling. Or the client might respond, "Right now!" Sometimes just talking about it in my office creates the panic attack. Or the client's subconscious mind might take it upon its own to take us back, not to the actual last occurrence, but to an event where the feeling might have set the all-time high-water mark for intensity. Any of these are good. We just want the feeling. [Note: When reviewing this book, my wife asked me what a panic attack feels like. For all the time she had heard the term used, she had never heard one described. We figured that she probably wasn't alone. I don't want to get too graphic, so let's just say it starts as a gripping anxiousness that grabs your breath and builds into flu-like nausea that screams at you to get out of whatever the situation you find yourself in at the moment no matter what.]

With the client actually feeling the panic attack, we give the regression instructions. Again, listen to the words: "Now let yourself stay focused on this feeling. As you focus on this feeling, I'm going to count from ten down to one. As I count from ten down to one, your inner mind takes us back to a scene, situation or event that has everything to do with this feeling. In fact, it will be the first event of significance to this feeling."

Please notice that we do not act as if we have a single clue as to where that ISE may be. We just ask to be taken to the first event of significance. And wherever the mind takes us is just fine. Now, the regression scene at which we arrive following the first ten to one count will rarely turn out to be the initial sensitizing event. Most often we've been taken to some SSE (subsequent sensitizing event). I'll determine ISE or SSE by asking the person's mind a question. Remember, this person is currently regressed. I'm probably talking to a mind that is feeling the feelings of an 8- to 28-year-old who is having a panic attack this moment. After working the person through the emotions of this regression scene, I'll say, "I'm going to ask you a question. I don't want you to think the answer to this question; let yourself feel the answer to this question: Is this feeling like an old friend, like you've known it from before? Or is it a new feeling—like a surprise?"

The most common response at that moment is, "From before."

"All right, I'll count from three to one and at the count of one, you'll find yourself in an earlier scene or situation that has everything to do with this feeling."

This cycle will continue until we reach what seems to powerfully qualify as the ISE. So a classic fear of heights may transpire like this particular case: A 62-year-old man came into my office. He was preparing to leave on a ski vacation, but as the trip loomed closer, all he could think about was the previous year. He reported that the previous year, after a lifetime of ski trips, he had a "weird" feeling hit him while on the ski lift. There was one particular trip up the mountain during which the feeling grew so intense, he was ready to jump from the chair lift. For the rest of the trip, he avoided the open chair and only used the fully enclosed gondolas. He was fine in the gondolas. The report continued and moved to the plane flight home. There, everything was fine until the plane hit some turbulence, and he actually felt the same feeling again. Next he told me that he went for counseling, but on subsequent flights the feelings had only continued to grow more severe. Now he had found me.

After I guided the client into a trance, we regressed to the last time he felt the feeling. Here we learn why assumption is a bad thing in regression work. I could have said, "As I count, your mind takes us back to when you were in a plane and felt the feeling of panic." After all, in the pre-talk he told me all about the very last time he felt the feeling. But by keeping my instructions non-assuming, watch what happens. I asked his mind to take us back to "the last time you felt the feeling." His mind took us to a trip in the car. Hey! This guy and the talk therapists he had seen called this a fear of heights. Why are we in a car? This scene turned out to be a trip that happened earlier than any of the consciously reported events. He and a date were

coming home from dinner. She was driving. The road undulated up and down and was sort of throwing them up into the air and then squeezing them back into the seat. He got sick on that ride home but had always chalked the sickness up to bad food at the restaurant that night. Consciously, he was unaware that this experience was connected. His subconscious mind not only knew it was connected, it knew it was important! [A side note here: With other illnesses, I tend to go straight for the ISE. With phobias, it has proved useful to back my way through the subsequent events. Little surprises like this become real important in getting complete release later on.]

We progressed through the sequence of skiing and airplane events to explore a connection. What became an obvious common thread between the car ride, the plane ride, and ski lift episodes was his mind's focus on the bumpiness of the ride at the moment of greatest significance during any of the scenes. Particularly the first ski lift event. Do you remember the questions that I ask to paint in my mind the picture that's being acted out in the client's head—indoors or out; alone or with people; light or dark; what's happening where your mind has you?

In this one moment, the lift had just jerked to a stop as they bounded over one of the arms that came out from the support towers—more bouncing and bumping. We got a good enough feel for what was happening here and regressed further. This time we went back to childhood.

Arriving at the next regression scene, there was a lot of physical discomfort. In my chair, he was holding his elbows tightly to his side. In his mind, he and some friends were lowering each other down from a tree house with a rope. He was small, and when the friends got him hanging from the rope, they started bouncing him from the rope to give him a little scare. They lost their grip and he hit the ground and vividly reported that the falling end of the rope hit him in the head as he looked up to see what they had done. Besides everything that was happening to him, he caught a glimpse of his friends yelling at each other and beating on each other for letting him fall. The fall knocked the air out of him and I think we all know what that feels like. This was a pretty panic-filled moment for him.

We regressed again, even further. This time the mind took us to infancy. We ended up back in a car. It's an old road, and this well-worn, older car was bouncing along when Dad hit the brakes. The infant child bounced from the seat, off the dashboard, onto the floor.

What was so significant about this scene? Not the crash to the floor, strangely enough. But the fight that Mom and Dad got into over whose fault the whole incident was. That unleashed a whole sequence of experiences where things that happened to him got Mom and Dad fighting—which he hated to see. And did you catch the common thread between this and the event just before? Just like Mom and Dad fighting over who was responsible for his fall, so the friends were arguing over who was responsible for his fall. In both events bumpiness and bouncing preceded ill feelings.

So here we have a classic hypnotic anchoring, more than any fear of heights. First of all, the panic attacks weren't resulting from the experience of height. The association was with the bouncing. Next and most important, the negative feelings weren't rooted in the physical trauma of any event but in the family chaos, hence ill feelings that resulted. What this shows us is that physical happenings at key emotional moments will anchor themselves to that "emotion of the moment." So that in the future, when the same physical happening occurs, the person gets a taste of the attached feeling whether that person consciously wants the feeling or not.

Let's look at the techniques of the stage-show hypnotists again to see how this works for them. Then we can see more clearly how this works for all of us. I'll give you an actual example of how this has shown up in my life. You will also get a look into the advanced workings of the law of compounding.

Jerry Kein at the Omni Hypnosis Training Center is one of the great masters of hypnosis and a talented mentor of mine. He is not a stage-show hypnotist. He does, however, appreciate and study their perception-changing power. Jerry is a master at dropping judgment and exposing what in stage-show hypnosis technology is useful to the healer. In early 1985 we had an arrangement to further my hypnotic talents. If I had people who wanted to experience the hypnotic state but would never consider paying for a clinical session, they could get their chance to go into trance by letting Jerry demonstrate advanced techniques for me to study. Now don't worry. Not only is this totally safe, but at the end Jerry would give them some quality suggestions designed to help them with any goals they might be chasing at the time. And did I ever have some friends that fit that mold. What happened in one of those moments of unbounded exploration was classic. We actually intended to explore some more traditional stuff that day, but when Jerry realized I had brought him a natural somnambulist, he used the opportunity to really showcase the raw power of hypnosis. A natural somnambulist is a person who easily falls into the state of somnambulism. This is the most powerful state of suggestive change. When people enter hypnosis, they pass through different states of hypnosis. Some refer to this as the different depths of trance. There are lighter and deeper states of hypnosis, but somnambulism is the "state of suggestive change." In this state, words have more power than in any other state. Natural somnambulists are the folks that stage-show hypnotists love to fill a stage with!

Jerry got this person into state and gave him the suggestion that every time he (Jerry) tapped his pencil on the desk, the somnambulist was going to feel powerfully patriotic! Jerry brought him out of state and started a conversation. Thinking hard to make a point, Jerry tapped his pencil on the desk and the subject interrupted to say, "This is a great country isn't it?" Jerry kept talking and tapped the pencil again. My friend interrupted and said, "I love this country!" A couple of minutes later into this conversation, Jerry didn't even tap the pencil. He actually fumbled and dropped it on the desk. The second it hit the desk my friend stood up, threw back his shoulders and loudly proclaimed, "God bless America!"

I asked him, "Do you know why you just did that and are you aware of the suggestions he gave you to make you do that?" He replied that he was aware of Jerry's suggestions but didn't do it because he was told to do it. He did it because in the moment he really felt patriotic! Read his reply 100 times if that's what it takes for you to understand the magnitude of what was revealed here. Once installed hypnotically, a physical trigger created a powerful emotional response.

Tap pencil—*feel patriotic!*

Remember our man with the panic attacks? Starting from that ISE with Mom and Dad in the car and reconfirmed through the tree house scene and other SSEs, bumpiness and bouncing became the physical trigger that aligned with the nauseating feeling originally felt when Mom and Dad got into fights over the parenting of the child. So now, long after the fact, the physical trigger manifests the emotional response. The client had no idea, but that sickness in the car with the girlfriend was the straw that broke the camel's back. From this moment forward the subconscious mind needed no more training. One more severe bouncing followed by a nauseating feeling and it had received the message loud and clear. "Bumpy going—panic to follow" became the perception burned into the goal-achieving subconscious mind. It was at this point that the so-called phobic condition was born. The next occurrence was the panic attack that happened when the chair lift bounced to a stop so severely. It brought symptoms so intense that there was no mistaking them for common illness. This is also when the hypnotic anchor truly proved the power of its existence. The client felt the bounce and the bump, but the universe provided no disaster. At that moment, his subconscious mind actually created the disastrous feeling it was conditioned to experience in that situation, even though the universe was totally willing to let the next few moments be peaceful. And from that moment forward, any time he found himself feeling uncertain and then for whatever reason bumping or bouncing started, the panic attack was triggered. And each time these conditions aligned, the attacks became more severe.

Remember the law of compounding? Every time a new experience supports the perceptions already held, our belief in those perceptions grows stronger than ever. Well, the last two examples show us that as the belief in those perceptions grows stronger than ever, the goal-achieving mind's manifested symptom also grows stronger. My patriotic volunteer started out with a soft reflection. The next time the "trigger was pulled" there was revelation. By the third time there was declaration! Our man with the phobic condition mistook the first attack as sickness. Over the course of a couple of trigger pulls the symptoms quickly magnified into unmistakable panic attacks. This is why a person can't ignore a phobia. Without resolve, it literally grows over time!

Think back over all that we have exposed through just a couple of explorations as we go in search of the ISE. You read these words earlier as you began reading this book. Hear them again and feel how much more sense they make now. You will think your next thought, act your next action, and feel your next feeling based upon everything that's ever happened to you in your past. *You are the sum total of all your past!*

It's the truth that you will manifest into your life exactly the goals and expectancies developed and held through your perceptions. It is the subconscious mind's pursuit of these perceptions that delivers life in the condition that you are currently receiving it. It just gets a tad confusing when nobody explains the parts of the mind that make all this happen. Most of my clients get frustrated after they hear this message. The litany goes, "Why aren't we taught this model when we are kids? Why aren't all teachers required to know this?" I agree.

10

FINDINGS WITHIN THE PHYSICAL

Let's go back to the idea
that memory is stored in the cells of the body.

The cases we have looked at so far are interesting, but they are more or less psychological in nature. Believe me when I say that a panic attack is very physical. But I also understand that to anyone who has never experienced one, it is perceived more as a feeling. What about something purely physical? What about a pain in the neck, or shin splints or a migraine headache? What about bursitis, hearing loss, and chronic illness? What about stuttering and nervous twitches? What about cancer?

There is something that has been ignored by modern medicine for a long time, until recently. Some defectors from the ranks of medicine are accepting it and helping to make sense of it. It has been given a label now, so we can discuss it. They call it cellular memory. Simply, it's the idea that the brain doesn't contain memories. The brain is likened to the transistor in a radio. Music doesn't come *from* the radio, it comes *through* the radio. Thought doesn't come *from* the brain, it comes *through* the brain. In the expanded model, near-term memory and current life thinkings are stored in the cells of the physical plant. (We will commonly liken the body to an electro-chemical manufacturing facility.) What some think and we all should hope is that this electrochemical transistor we call a brain can not only send and receive data throughout the body, but also pull in the signals that radiate outside this limited realm of self. It could be said that there is an extent to which we, in any moment, have "tuned in" to what is beyond us. To the extent that we develop those skills of the receiver, our level of connectedness and feelings of purpose will occur.

Let's go back to the idea that our memory is stored in the cells of the body. They say that if we change our thoughts, an old cell burned out by bad thought from the past will die off and get replaced by a new one made of good thought. The theory is, keep the good thoughts flowing and in the time it takes the body to replace itself cell by cell, which experts say takes two to seven years, you can grow a healthy body out of an old abused one!

Could this be? Does anything out there confirm such a theory? Let's think about that. Scientists say the DNA that's in every cell in our body is our genetic fingerprint. They call it our genetic code. To them it's what makes us who we are. Let's go back to what we said earlier about the subconscious permanent memory. We will think our next thought, act our next action, and feel our next feeling based upon everything that has ever happened in our past. WE ARE THE SUM TOTAL OF ALL OUR PAST. IT'S WHAT MAKES US WHO WE ARE. If I was a gambling man, I'd say the string of DNA that those guys are looking at could be likened to the binary code stored on the hard disk of a computer. As I type this book into the computer, these thinkings of

mine will show up on the hard disk as ten zillion Xs and Os arranged to produce only this message from me. There is electronic testing equipment out there that could scan that hard drive and identify those Xs and Os so you could visually study how they're sequenced. I type my story into memory using the keyboard for input and that message is encrypted and stored on the hard drive of the computer. We enter into this electro-chemical computer called a mind, our life story. That story includes every piece of data ever received through any of our five senses. That message is encrypted and sent for storage, periodic recall, and review. Could our DNA be our hard drive? Could the genetic scientists be, in a sense, looking at the Xs and Os and how to alter their sequence in hope of editing a person's story into one that has a happier plot? To all the genetic scientists, I say if you want to edit the story, get out of the computer's cabinet, turn it on, load the program that can properly open the information file you're interested in, and run a search. From there the computer will do the work. If you keep messing around in the cabinet with a pair of pliers and screwdriver, you're going to create a short and blow something up. And even if you knew what you were doing, you can't modify software from inside the cabinet! Let's see what happens when we get our heads out of the cabinet and sit down to the keyboard.

An athlete came to me for the traditional focus and goal-setting stuff. In the first couple of minutes, one of his questions sparked a story from me about hypnotic anesthesia. He interrupted to say that if I could numb his knees, he'd be happy. I asked, "What's wrong with your knees?"

He told me what the doctors had said. Three of them recommended surgery. I told him that I wouldn't numb his knees for any reason. But, I said, "We can go in there and see if there's any 'thought cause' to be found."

He agreed. Please notice that the technique for a physical ailment remains almost identical to how we approach the emotional issue. Once again, we first bypass the critical faculty. With physical pain, I then have the person mentally journey into the physical discomfort through suggestion. You could say that the client is swimming in the feeling at this point. From here it's the now famous ten-to-one count to cause. Let's do the words again so we see how to get a non-judging, goal-achieving mind to take us where this person needs to go.

"As I count from ten to one your mind takes us back to a scene, situation or event that has everything to do with this feeling. It will be the event of greatest significance to this feeling." Back we go. Keep in mind that this is a 30-year-old, well-credentialed athlete. His mind takes us back to age seven. As I ask for the report, indoors or out, alone or with people—those same questions—he finds himself standing next to his father, watching a football game. It turns out that this athlete is one of the players. His dad is the coach of this community league football team. While this seven-year-old boy is standing next to his dad watching the game, the father takes his big foot and swipes the child's feet out from under him, and the kid crashes onto a strip of macadam that they were standing on. He lands knees first! The child starts crying and complains to the father about why he did it. The father replies, "Oh, shut up, you big baby! It was just a joke." And the child is forced to swallow away the anger and the pain. Guess where it showed up? We got the anger out and let that little child really say his piece. We regressed to

some powerful moments during the first four years of life and lathered everything with some serious forgiveness work. The knee pain disappeared. Over the course of the next ten weeks there was some reoccurrence, which, if you remember, is the clue that I either missed the ISE or had not totally resolved the feelings of the ISE. We went back in during the client's next visit and continued the process, and the pain left once more. This is an ongoing case and so far, so good. And even if it were to reoccur again, we know that the model is working because we get such great results after the session. Remember, I give no numbing or "masking" suggestions. The suggestions that get the healing are mostly suggestions of love and forgiveness and letting go. If a body finds relief from pain through something other than masking, it must be through resolution.

Through this focused regression to cause, we learn many things. And here's what is so great about this technique when used in cooperation with the mind model that I've explained. As the healer, I don't have to act like I know everything. In fact, if a hypnotist wants to really screw up a good session, all he has to do is think he knows where a client needs to go for the healing regression. The client's subconscious mind is the only agency that knows the true ISE. So as I share these experiences, there is no theory being discussed. These are actual recounts of sessions where a person's mind spewed these revelations in response to suggestions no more specific or leading than the words, "Take me to the scene of greatest significance to this feeling."

You do 3,000 or more of these non-directed regression-to-cause sessions, and you start feeling qualified to speak in generalizations. Bursitis is repressed anger—period. Sure, there will always be exceptions, but for the most part this one will consistently hold true. Ulcers and indigestion will repeatedly expose fear-based experiences that have a person literally "eating away at themselves." Louise Hay, in her book *Heal Your Body*, probably did a better job at compiling a list of these thought/disease connections than could be found anywhere else in the book store. In my years of doing this work, I never thought to validate or disclaim her book. I'll say right now, what has come out in my office confirms the connections offered in that book. I don't know if I have ever seen a contradiction. And that confirmation comes via regressions that turn us on to the specific cause of the disease in each case! The nature of the specifics that come out in this kind of regression would make it easy to dispel such broad assumptions if they weren't founded in a powerful truth. Thank you, Louise.

11

WHAT ABOUT CANCER?

What kind of experiences would you see if you could journey with a person's subconscious mind as it regressed back to the experiences that built the calling for cancer?

It's been 10 or 15 minutes since I typed those three words. Since then my mind has been throwing forward flashes of the sessions. We will start with the general and move to the specific. In the broadest sense, the only agencies to know the cause of a specific case of cancer are that person's subconscious mind and God. What years of regressing people to cause exposes is that, when we find disease, everything is functioning perfectly or at least according to design. A well-functioning, goal-achieving subconscious mind is doing exactly what it has been programmed to do. The subconscious mind runs programs that say things like, "I deserve to be severely punished"; "I've been so bad that I don't even deserve life"; or very commonly, "Nobody wants me"; or "Someone I love or need to serve would be better off if I were dead or had never arrived."

When we think of our stack of cans, we can see why chronic illness, cancer and other life-threatening diseases accompany each other. The law of compounding shows us that compounding events over time bloom into progressively more vivid symptoms. So if it's imaginable that an initial sensitizing event could be so bad as to breed programs of self-mutilation like the ones mentioned above—bursitis, ulcers, knee problems—then the cancer is nothing more than a mind fulfilling a calling.

And this is what we find. Subconscious minds run programs that actually call for self-mutilation. Now please don't ever confuse "a program running" for conscious thinking. Consciously, a person can be actively and enthusiastically fighting for life. But remember the critical faculty. What's desired on the outside will doubtfully change what has been programmed into the subconscious mind earlier in life.

So let's say that early in life a person's experiences plant the seed of self-punishment. Next, life confirms the calling for self-punishment. The first time that calling manifests into a symptom, it's mild in nature. The person goes to the doctor and the doctor deals with the symptom with measurable ease. But he does nothing about the calling. The calling continues. Events continue to compound and a symptom reoccurs. This time it's a pretty tough illness. The doctor again removes the symptom, but ignores the calling.

This cycle continues until the subconscious mind basically says, "Gee whiz, every time I attempt to do my job and punish this person, this doctor cuts away my good work. Let's see... I'll do something to this body that he hasn't found the cure for." And the "Big C" becomes the tool of

choice for the subconscious minds of our time. This is why pharmacology will never produce a cure for cancer. No pill will ever win over the goal-achieving power of the subconscious mind. It's why chronic illness will continue to be the precursor to cancer and cost this nation trillions of dollars. There will be little resolve until someone capable of altering the course of the mainstream considers looking into the power of thought-cause theories.

It's time to look into the regressions and see what kind of occurrences could possibly call for this level of self-destruction. Let your focus for this next sequence start with this question to ponder. What kind of experiences would you see if you could journey with a person's subconscious mind as it is regressed back to revisit the experiences that built the calling for a cancer? Before I give you some answers, maybe you would like to take a guess. Any ideas?

How about a mother and father discussing abortion? When I use regress-to-cause, I commonly end up with a client reciting word for word Mom and Dad conversing (usually fighting and crying) over if they should keep the child or abort. Yes, I know how many people I'm freaking out right now, but this isn't theory. You have witnessed how non-directed my regressions are. This is me reporting to you what has surfaced in ten years of my experiences. I will also tell you that this is not always the case. However, it is the most common cause found in the course of my work. A blend of relentless guilt, blame and criticism takes the second spot. Abandonment would be next. An infant having been the victim of attempted murder when a parent went off the deep end while alone in the house with the child is also far too common. There have been many other cases—some totally bizarre and unrelated to family.

It's usually right here that people will say, "Let's back up to the abortion thing, Steve. You're not trying to tell me that a child can hear and make sense out of conversations between Mom and Dad when said child is still in the womb are you?"

Can a fetus listen in and know what's being said in the moment? Well, words have two sides. There's the sociological side of words—that's vocabulary. Does a fetus have a vocabulary when in the womb? Probably not. But the mechanical side of words is something different. Wind blown through a larynx creates ripples in the air. An ear drum picks up that vibration and amplifies the sound. An inner ear turns that vibration to an electro-chemical signal. And this organic computer called a subconscious mind stores the data for recall and review. So a fetus might not have a vocabulary, but very early on a fetus does develop all the plumbing that I have just described for you that's needed for receiving and storing data. And you can bet it functions beautifully right from the earliest weeks after conception.

Let's combine what we have just said here with our knowledge concerning the importance of the ISE. This means that in no uncertain terms, the important time in the development of a child is actually before birth. This is actually the most vulnerable time for the subconscious mind. Spend enough time in my office and you would have no doubt believing in this as a fact! And to the diehard skeptics, yes, it has been confirmed time and time again that the things that come out in these regressions are accurate. After all, what is the most common thing to be discussed in the

presence of a pregnant woman? Isn't it the coming child and its impact on the mother's future? It's through these discussions that an infant's perception into what he is worth develops.

This is exactly why I say that all the good or damage is done between conception and the age of four. Talks about the child start early and continue constantly. It's pretty much guaranteed that a child's going to have heard just about every imaginable comment relevant to who they are and what they should deserve from life by the age of four. When Mom or Dad's overall energy throughout this period is mostly that of fear that the child's presence is too much of a burden to handle, self-worth mutates quickly and the program forms that Mom and Dad would be better off if the child was never conceived. Too often that kind of a message gets tossed around freely and frequently throughout the early years. What's there by four years old will have been compounded so many times that the child's critical faculty will be sufficiently formed to protect those perceptions of self from just about any attack mustered out of conscious intent. All of this gets discovered and confirmed over and over in my office and offices like mine. Over the years I can tell you that I have seen enough cancer patients regress to the womb and recite conversations between mother and father over keeping the child or having an abortion to wince at the thought of all this abortion counseling going on lately. It really has been the most common theme exposed through my regressions over the course of time.

Let's go back to the office and see what it would look like if you sat in on a session, when someone regresses to the womb. We will pick up at the ten-to-one-count as we regress to cause. If you remember what I have described before, rarely does a person regress straight back to the ISE. Usually I'm taken to events from the age range of 3 to 12 years old. After exploring the relevance of the scene, I'll query to expose the existence of an earlier event. If so, I'll regress again and again until I'm confident that I have uncovered the ISE. So here we pick it up at the point where we are zeroing in on the ISE.

Me: 3, 2, 1 . . . and there you are now. First impressions—indoors or out? (This time when I ask "Indoors or out?" neither is selected. Instead, a look of confusion comes over her face, but there's also a calmness that sort of tells me that the client doesn't really care much about my query. My next question is "Light or dark?")

Client: Dark... Dark! (She's sure about dark! Starting to get my clues, I ask, "Where your mind has you in this moment, is it warm or cold?")

Client: Waaarm. . . (She says this in surprise, a common tone of voice at this point.)

Me: In this situation that your mind has you, I'd like you to become aware of your hands. When you become aware of your hands, you will become aware of their size. From that you'll know how old you are. . . How old are you?

Client: They're tiny! (At this point I have all the clues I think I need. Watch what comes next!)

Me: In a moment I'm going to snap my fingers three times. As I do, in this situation where your mind has you, it will be as if the volume goes up, and you hear everything being said in this moment. I'll sit quietly and wait for your report. When you know what's being said, give me your report. (Three calm snaps and I shut up... and wait. Most often, at some point, I will see the person's face contort and a wailing cry will start, seemingly out of nowhere. This is my cue, as it is in this case.)

Me: Give me the report. What was said?

Client: (In that wailing cry) She doesn't want me!

Me: What's being said that she doesn't want you?

Client: She's arguing with Dad. She's just told him that she's pregnant and they're fighting. (Crying gets intense again.) They're acting as if it's all a big mistake! I'm just a big mistake! (Crying continues and also gets more pain-filled.)

People, this is the stuff of which regression-to-cause of a major illness is made of. I have seen this scenario acted out more times than I care to count. It still amazes me. And for good reason, it always will.

In another cancer case, during regression-to-cause the person's mind takes us back to the age of three. We will pick up at the end of one of the regression counts: 3, 2, 1 .

Client: (Wriggling in the chair.) It's hot! I'm hot! I can't stand it...I'm burning up. Ouch!

Me: That's okay. Tend to your breathing and the discomfort goes away and you become aware of all that's happening to you. What's happening?

Client: Mom's giving me a bath. (She starts crying.) "She's trying to kill me! She wanted the hot water to kill me!"

Me: What makes you think that she wants you to die?

Client: She says it's either me or her and it's not going to be her. She says (the client starts crying again) she will die if she has to put up with me much longer. She says I make her crazy!

And believe it when I say that this was just the beginning in this case. And right when I thought I had seen it all, a 50-something medical doctor came to me through referral. He told me over the phone that he had been diagnosed with leukemia. In the previous six months, he had undertaken a variety of holistic therapies and felt pretty good. His white cell count had gone up to 212,000 from a norm of roughly 10,000, but the current rate of increase was not outrageous. He came into my office and filled out the client history form. In the space that asks, "Reason

you are coming for hypnosis," he entered "chronic illness." Remember what we said earlier about chronic illness and cancer going hand and hand? Here we see it happen again.

You should be pretty good with the routine by now. Say it along with me if you want. First we bypass the critical faculty. Next we excite the symptom so the subconscious mind knows what specific feeling it is that we're targeting. Once we have the feeling, we regress-to-cause, right? OK, but what do we excite as a feeling in this case? The client is telling us that he's feeling pretty good. If it's a cancer that has progressed far enough to yield constant bodily pain, we have something specific to regress from. But what if I have been brought in early enough to be working with a person who doesn't have severe physical discomfort? To excite the symptom in this case, I will use words similar to these. Remember this is only after we have bypass of the critical faculty. "You have a feeling inside of yourself that you don't like. A feeling like you don't deserve to live—like you deserve to be punished. You've tried to run from this feeling, hide from it and drug it. This time you're going to face it. I'm going to count from ten to one . . ." And off we go.

So I began the regression with this doctor. Off of the first regression, at the count of one, he curled into the fetal position. His hands came up to his face all contorted. He turned beet red and started screaming. Fluid poured from his eyes in a quantity that seemed to defy physics when you consider the diameter of tear ducts against the volume of fluid being released. In a situation like this we certainly don't want this kind of an abreaction to totally consume the client, but we don't want to lose all the feeling, either. This moment represents an incredible window into the workings of a major disease and most likely holds the key to a client's healing.

In this kind of a situation, my favorite technique is to move the client forward and backward in time to the points where the chaos is just getting started and then just ending. By doing so I can quickly bring the client relief from the discomfort, without the client losing sight of what was causing that intense energy. What became clear—and then was subsequently confirmed in this doctor's case—was that I had actually witnessed the reliving of an attempted abortion.

There turned out to be vague family knowledge of an attempted abortion. But at the next session my amazement truly hit when he shared what he had found through some family probing. He had uncovered the method that was used in the abortion attempt. The father, with the mother's reluctant consent, had squirted a caustic household cleanser up into the mother's vaginal cavity.

When you compare that news to the screaming and tearing and the contorted hands, the redness and the curling into the fetal position, you can truly understand now what a hypnotist means when he or she tells you that during a hypnotic regression you don't just recall the past. You actually relive it! And what this person relived is the stuff disease is made of. The subconscious mind interprets an attempted abortion as, "The most important people in the world, Mom and Dad, don't want to see me live. They would be better off if I were dead." Compound that kind of an ISE with confirming subsequent sensitizing events, and in relatively short time illness is in hand.

This is it, folks. The cause of cancer is not found in the manifested symptom. It is not found in the habits and migrations of little cellular creatures weaseling their way around the body. These diseases are the droids of thought. They are not individually valued by thought. Doctors can kill off these droids of thought. Thought will grow new ones. Thought is the cause of cancer. If good thought gets in first, goodness tosses away adversity. In this situation, if circumstance kills off some extension of goodness, thought grows more goodness. Thought is also the cause of bliss and health.

Many people feel this way, but there has been a missing link. Just as the Darwinians search for the missing link transitioning ape to man, the "thought/cause" thinkers have struggled to sell their wares void of the definitive link that bridges the gap between the contended desire of outward free will, and the defiant tendencies of the inner process. The critical faculty of the conscious mind, and how it becomes empowered by the ISE, is that missing link.

Therefore, the general cause for disease and disorder is an execution of a subconscious calling for self-mutilation or punishment or limitation. The specific cause of disease is a compounding of perception, built from accumulated experience that is all viewed through a filter called the critical faculty. That filter learns which ideas to accept and which to reject from the initial happenings of the individual's life. So the attachments that we find ourselves stuck to—all of them, good and bad—are the prescriptions of thought. Disease and disorder are the tools that the subconscious mind has at its disposal when it is programmed to punish or hold back or sabotage. Health and ease remain the fruit of life when a mind is programmed to look for the good in life, in self, and in others. When we see the doctor-identified disorders as creatively selected tools of the subconscious mind, the subconscious motive becomes the important issue. The individual labels that separate one disease from another become unimportant. *Whatever the look of the symptom, buried in that symptom is memory of a circumstance with unresolved issues that are calling for mutilation.* The symptom is the answer to that calling.

12

The Last Straw!

If the events are heavy and arrive frequently,
the fracture will arrive early in life.

There is a problem with what I have just presented. So far, I have left out details that explain the true triggering mechanism of disease. The fact is, there are some people out there with some pretty nasty perceptions and they stay somewhat healthy. Then there are people who have so much niceness showing and they become diseased. What is happening here? Simply stated, negative thinking in itself does not breed disease. But negative feelings unresolved and then trapped inside will kill and maim! What we have here is a spectrum of punishment and reward. Like the varying quality of the prizes hanging from the rafters over the carnival ring toss, differing accomplishments in life get you different rewards. Until now, what has been said might insinuate that once there has been a discussion over abortion, cancer becomes the child's destiny. Not even close. Though talks of abortion certainly do qualify as a classic initial sensitizing event to cancer, on its own it is relatively insignificant. The critical faculty that will form around this kind of a single impression is weak and flimsy until subsequent sensitizing events compound the perception and toughen the critical faculty. We can look closer at the abortion issue and find more understanding.

Let's look at two young people who are of pretty good heart, but who are not planning to have a child and do not believe they are equipped for such a responsibility. When they first receive the news of the pregnancy they are terrorized, and it is felt by all involved. Immediately they proclaim that they can't deal with this right now and abortion is the only way to go. But then they calm themselves and carefully think things over. They decide that they want to have the child and live up to the responsibility. From this moment on, they send the child feelings of heartfelt love. Now, newly planted seeds of love get compounded and feelings of worth are what grow. So if, after that first negative input, the child is showered with love, the negativity will most likely become so diluted that the initial seed, which might have grown into a calling for mutilation, instead lies dormant forever.

This whole concept whereby an ISE is compounded silently over time by subsequent events, until a calling for mutilation grows so strong that symptoms develop, is best represented by the adage, "The straw that breaks the camel's back." The adage says that any straw, on its own, is insignificant. But if they are allowed to accumulate, over time the burden becomes increasingly unbearable, until one last straw, as seemingly insignificant as all the others, is added to the load and everything gives way—the fracture—the last straw. This analogy also shows us that the point where a fracture occurs will depend upon the weight of the individual events and how frequently new events are piled on. If the events are heavy and arrive frequently, the fracture will arrive early in life.

In another scenario we might see that the initial seed is only confirmed by enough SSEs to bring shallow and sporadic illness. Life for this person holds steady for years. Then there's a run of hard times and out of nowhere weird symptoms start to appear. Then, in the same weird way, things start moving forward in the person's life and the symptoms disappear. As symptoms ebb and flow in this way, the nature of the sensitizing event is not as relevant as "how we handle" the nature of the event. In other words, not all people that are witness to their own abortion discussion are going to get cancer. Similar environments will have different effects on different people. One child born into an alcoholic family will become an alcoholic. Another child in the same family will grow to be everything different. Another could be chronically ill and a last child a workaholic who never takes a day off. Before the heart attack, that is. How can this be? Sensitizing events, we learn through regression, are very specific. When I regress a person to cause, I focus them on an entire illness and say to their subconscious mind, "Take me to the event of greatest significance." The mind, in seconds, takes me to an event that lasted on average one to ten minutes out of an entire life. That is specific! If sensitizing events are of this size, then even identical twins are likely to quickly pick up perceptions that were born of specific events not common to both twins.

This is why, for all their genetic similarities, any neighbor or family member will always boast of their ability to tell the twins apart. What is being implied is that the twins may look alike, but they are different as people. And people close to the twins can see that difference. So in the case of the four children born into the alcoholic household, the overall energy of that household may be somewhat consistent, but each child will have moments unique to him and unlike anything the others might have ever experienced. It is because of this fact—that no two people can accumulate the same exact sequence of experiences—that individuality is guaranteed.

13

Accumulating Experiences: Nature Hates Imbalance

As the scale tips, so tips the person's condition.

When we talk about something accumulating inside of us of such magnitude that it is able and willing to kill us, we should want to know what that something is. The vast array of illnesses, diseases and disorders, along with all healthy conditions, are the tools used by the subconscious mind to carry out and manifest our perceptions as well as compensate us for our contributions to life. It does so in a very constructive way. Each time we contribute to life, we receive a complete set of feelings. Each time we receive compensation, that compensation also brings a complete set of feelings. How we emotionally react to contribution and compensation is a measure and monitor of alignment. Negative feelings are an indicator of malalignment or imbalance. Positive feelings indicate balance or alignment.

Measuring our alignment with the universe's laws would be easy if it were not for the fact that contribution and compensation are happening in some form every millisecond. At this rate, feelings get thrown around in such volume that conscious monitoring becomes impossible. Right here a person becomes vulnerable. Outside influences can play on specific feelings of the moment, taking advantage of the person's inability to balance the current wave of emotion against the more upright thinking that only time will validate. Ralph Waldo Emerson, the essayist and poet writes in "Compensation" that:

Life invests itself with inevitable conditions, which the unwise seek to dodge, which one and another brags that he does not know, brags that they do not touch him;—but the brag is on his lips, the conditions are on his soul. If he escapes them in one part they attack him in another more vital spot. If he has escaped them in form and in the appearance, it is because he has resisted his life and fled from himself, and the retribution is so much death.

“...and the retribution is so much death.” Here Emerson speaks of the outcomes of the wretched. He might happily point out that he who accepts his life and embraces it faces as retribution “so much life.”



So life becomes one big apothecary's scale. One pan holds all the perceptions that move us in line with the universe's laws. Good and healthy things happen when our inner perceptions align in that way. We will label that pan "good." The other pan holds the perceptions that draw us away from the universe's laws. Bad and destructive things happen when we get out of line with those laws. We've marked that pan "bad." As life comes at us, we act and react to life's happenings in a certain way based on how our perceptions have us believing at the time. If we think to find the good in the experience and learn positively from it, the weight of that experience is entered into the pan labeled good. In this instance we grow and find new peace. If we take the next experience to arise and get tangled in selfish wants, constant egocentric judging of people and/or things, the weight of that experience is entered into the pan labeled bad. In this instance we take on burden and are drawn away from the good we would consciously say we were desiring. This process goes on continuously. As the critical faculty accepts and rejects the bits and pieces of new life experiences, what is allowed through is credited to one pan or the other. As the scale tips, so tips the person's condition.

What is it that determines whether the weight of an experience goes into the good pan or the bad pan? Is that determination found in the goodness or badness of the experience itself? No. An experience is neither good nor bad. It's just an experience. The goodness or badness of an experience will be created by the way in which the person handles each situation.

14

THE CURSE OF PERFECTIONISM

Maybe if I'm perfect
then Mom and Dad can't yell at me anymore.

We have discussed the importance of the initial sensitizing event because it is the perception that will be accepted without judgment and then used as the model of truth against which everything else is judged. I have also said that the ISE will lie dormant unless its underlying message to the subconscious mind is compounded through subsequent sensitizing events. In the case of terminal illness, regressions show that most times the ISE will turn out to be some fear-based action by the parents that makes the infant feel as though Mom and Dad would be happier or better off if the infant would just be gone. I promise you that this remains amazingly consistent. But what about the SSEs leading to sickness? What do they look like?

Well, SSEs are most destructive when they organize into something I call the curse of perfectionism. The first thing I would like to do is differentiate between perfection and perfectionism. Perfection and perfectionism are poles apart. They are at opposite ends of a powerful spectrum. And when I say that, I mean it this way. You will learn that my favorite definition of love is "to look for the good." Perhaps you've heard the words, "God is Love and God is Perfect. And we are all perfect in His eyes." Well then, if to love is to look for the good, then we could say that His perfection comes out of His ability to see all the good and only the good in everyone and everything. So we are all perfect in the sense that no matter what we find ourselves doing or thinking, the universe's response to these contributions will hold our most important lessons. Each experience placed in front of us is then perfect in the sense that it's exactly what we need so that we can learn and grow. So we are all perfect in the sense that we're allowed to be just who we are in this moment.

Perfectionism says just the opposite of everything we have claimed of perfection. Perfectionism is the idea that no matter what we do, there's another stage and another level that we should be working to achieve. And because we aren't there, we are less than perfect. So when we talk about God's perfection and the perfection of each and every one of us, that is the opposite end of the spectrum from perfectionism. So please, let's separate those two right now. Everything is perfect. Who you are right now in this moment is perfect. The idea of perfection is something we will get into later. For now we discuss the curse.

The curse of perfectionism. The word curse is a pretty strong word. As a hypnotist I work very hard to keep my work looking distinctly different from what people would consider occult. And now all of a sudden I hear myself using the word curse. I took note and listened to see if I heard it anywhere else in my conversations. It occurred nowhere but in that phrase, "curse of perfectionism." Wow! This perfectionism thing must be mighty bad. What is it, and why is it so bad?

My definition of perfectionism is when people drive themselves compulsively, where nothing they do is ever good enough—there's always something more they should be doing or accomplishing. They perform and instantly surmise everything that was wrong with the performance. They feel like they've betrayed themselves.

For everyone who has that tendency, do you have fun in those moments? The answer pretty much has to be no. Is there joy and peace in your living? The answer pretty much has to be no. Were you born with it? Is it your destiny? Is it a part of universal law that says you must feel like this, and nothing you do or feel is right until you're perfect? No.

Where does the pain come from? The pain of perfectionism and of being a perfectionist comes from this: That through human eyes there can be no perfection. That's what God is all about. He is set apart and beyond us in His ability to see all the good and only the good in everyone and everything. So atonement is to become totally at one with Him. Now, if you're not one with Him, if you can still reach down and pinch your arm, you're still one of us. You're still flesh and blood, which means that you're still something less than perfect through anybody's eyes but His. So you can't see anything as totally perfect. That means that in the physical plane, through human eyes, a person no matter how saintly has sin. And a person no matter how vile has virtue. We are all a mixed bag through human eyes. The old saying that around every cloud there's a silver lining implies that within every silver lining there's a cloud. So everyone, every experience and every thing is a mixed bag of good and bad through human eyes.

This points to the power in that definition of love that I enjoy so much. To love is to look for the good. What is so good about that definition of love? It explains why one person can be loved by thousands but at the exact same moment hated by equal numbers. How can that be? A person can't change in the moment. Remember that through human eyes there can be no perfection. That means that there can be no perfect good, and that sounds pretty sad. But it also guarantees us that there can be no perfect evil, and that's nice. So two groups look upon one person. The first group chooses to look for the good. There can be no perfect evil, so the good has to be there in some proportion. So when they look for the good they find it. And when they find the good they find the love. The other group, for whatever their programming or conscious decision-making, chooses to look for the bad. Well, it had to be there in some proportion, so they find it. And when they find the bad, they find the hate.

So to love is to look for the good. To hate is to look for the bad. And no matter whom we stare at, we can choose to do either. And we will find whichever we choose. That's all there is to it. As we look to ourselves and our own performances in that same critical fashion, we will always find room for critique, we will always find something we're doing wrong, inadequately, not good enough. With this obsession comes incredible frustration, pain and hopelessness. It's the nature of the over- and underachiever.

When we're totally guilt-ridden over the inadequacies of our own performances as we see them through our own eyes, the calling for self-punishment usually is close to follow. A lot of disease

comes from the seed planted through the curse of our own perfectionism. A lot of broken relationships result from this curse of perfectionism. When we not only force ourselves to be perfect, which is unachievable, but then expect it of our loved ones, life can get very nasty and lonely. That constant criticism and nit-picking brought into a family fabric can drive the rest of the family crazy. It happens at the workplace and destroys productivity; it happens in our homes and it happens in our own hearts.

Here's where it comes from. Think of life as the learning plane, where we come to learn and grow from what we call our human experiences. It says that when we're brought out of the spiritual realm and we choose a life in this realm of flesh and blood, we enter this world knowing only God's love, peace, harmony and bliss. Then, in time, some experience takes place that gives us our first taste of pain or negativity. If you study or understand the *Course in Miracles*, they call it the moment of separation. Hypnotists call it the initial sensitizing event. And just like I said before, it's that first event in life, that first external experience that sort of hits us with a pie in the face and says hey, life's not such a bowl of cherries down here. That's usually the moment that we buy into the illusion of negativity, when we start to believe that we've done something wrong and deserve pain. Let's watch it work from there.

A beautiful child born of love and of God is born into a world that doesn't have much of those beautiful things. The parents of this child were love-starved themselves as children, and no one ever taught them anything different. There is no real love or peace surrounding the child and the parents' attitude is mostly negative and distant, but the child still has that can-do spirit that we're born with in the beginning.

Right about here, everybody asks, "Why are we always blaming things on parents?" It's not that the parents or the parenting is bad, or that we're blaming them. It's the fact that we are products of our environment. And the earliest of those years are the most important of all the years. When we are born into the world, our parents make up most of that environment. And no matter what their conscious level of intent, parents can't pass on what they themselves don't have. Again, I may, out of the goodness of my heart, want to pass on a million dollars to a homeless person. But no matter what my conscious intent, I can't pass on a million dollars if I don't first have it in my possession. So two love-starved people who come together and bear into this world a child may have the conscious intent to shower that child with love—the stuff that they didn't get when they were young. But if they haven't gone through their own cleansing, they end up giving that child what they themselves were subjected to when they were that age. For most children of love-starved parents, it is distance and criticism.

So the parent will ignore the child until the child cries for attention. The child then gets a bottle or a blanket. The child continues to cry so the parent gets more and more aggravated and then starts with the words, "You drive Mommy nuts." And Mommy's thinking the kid doesn't have a vocabulary and doesn't know what Mommy means. "I'm just venting anger to keep my sanity," she will probably say. The problem is that those words, "You drive Mommy nuts," do go into

the subconscious mind of the child and are recorded. They become a part of that child's perception of who she is.

The parent continues to criticize the child for her inconvenience to mother. This kind of a parent wants the child to somehow just figure life out and become naturally good at it. If the child ever falls short of this expectancy, she gets punished and criticized for making a mistake. This is bad. We don't learn through our successes, we learn from our mistakes. We learn through trial and error. This is how we develop. So the child knocks over a glass of milk and the parent treats the event as something to be punished or scolded, instead of a "mis-take" to be learned from. In movie talk mis-takes only call for re-takes. We all know the calls— take one, take two or three or four until they succeed. If Hollywood directors scorned every mis-take, the morale of the actors would quickly mutate into something unusable. By treating mis-takes positively and light-heartedly, movie out-takes offer laughs that can out-perform the movie itself.

Remember, in our little analogy we have an innocent child with that can-do spirit and all of God's energy still percolating freshly inside her. Let's follow her upbringing and see how this curse of perfectionism is born. The child with this can-do nature hears the words "You drive Mommy nuts" and thinks, "Mom and Dad aren't too happy now, but I can make them happier. I can do better, and make them smile." But the problem is that the anger coming from Mom or Dad toward the child has nothing to do with the child. It has only to do with the unresolved pain and suffering still percolating within the parents. And if parents are programmed to criticize, even if that child were millimeters from perfect in her performance, the parents would still find something to criticize, because that's their programming. They, in fact, have no choice. So they criticize the child, and the child says, "Gee whiz, I tried to do better and they still yell. Well, I can do better, I can make them happy." So the child tries to do better, but she's still learning from trial and error. The trial happens, the child makes an error, and the parent criticizes and yells again. The child's still got that can-do spirit. That positive spirit is a little bit weaker now and if you were to listen to the child you could sense her exhaustion. But the child still thinks, "I can do better, there's got to be a way I can make Mom and Dad happy." And she tries to do her best. But whatever that best is, the parents', teachers' and coach's critical programs still run and find something to criticize. And that criticism goes in and compounds all the other critiques. And the child's subconscious mind says, "Gee, I must be really lousy. I tried my hardest and nothing's good enough. I must do better."

Getting lethargic, maybe getting a little angry, she tries to do a little better. But she can't succeed because she can't be perfect in the eyes of a parent programmed to be critical. This pattern continues year after year. Then one day it happens. This little can-do mind, now so weak and so desperately looking for a way to please Mom and Dad, thinks these words. It may be at the conscious level or it may be at the subconscious level. The child's mind says, "Maybe if I'm perfect, then Mom and Dad can't yell at me anymore." And the curse of perfectionism is born.

At this moment she has been programmed to accept something she can never achieve as the only level of acceptable performance. Remember, there can be no perfection through human eyes. She could never see herself as perfectly good. She has been trained to look for the bad in herself. That bad must be there in some proportion, so she always finds it. When she finds the bad, the program calling for punishment instantly kicks into gear. This is when it's all over. Now she looks at herself in the mirror understanding perfection to be the only answer that doesn't call for punishment. Now, no matter how well that child does during any performance, she will naturally focus on those parts of the performance that she can see as inadequate. Criticism for the inadequacy quickly follows and she beats herself up again and again.

Remember the law of compounding. It is why I was able to say earlier that the curse of perfectionism often leads to cancer or other terminal illness. As new experiences confirm inner callings, those callings grow continually stronger. If the calling is a calling for self-punishment, over time that calling for self-punishment will grow stronger. Because of this, the mind will not be satisfied next year with the tools used to inflict the self-punishment this year. Natural progression tells us that total self-destruction is the ultimate form of self-punishment. Cancer is certainly on the mind's list of preferred tools for ultimate self-annihilation.

So the intensity of the sickness or disease will be in direct proportion to the subconscious mind's programmed calling for punishment or mutilation. The intensity of that calling will be a byproduct of the balance between the good, worth-building perceptions and the destructive, punishment-generating perceptions accumulated over time. How we deal with life's experiences determines if the weight of an experience goes into the good pan or the bad pan.

Life happenings are neither good nor bad by themselves. The same experience that teaches one person strength may crush the next. The curse of perfectionism typifies a classic judgmental upbringing where every action of the child is turned into a performance and graded critically. This becomes the perception of how one deals with typical life situations. The curse of perfectionism happens when a person is programmed to see what was lacking in a performance. In this way of thinking almost any situation will be turned into something negative. This person was taught to look for the bad. This is the exact opposite of the definition of love. To love is to look for the good. If God is love, then looking for the bad is also the exact opposite of God.

The Godly approach to life is to set out from the start treating life as a search for the ultimate treasure. That might be described as pure love in your beingness and pure peace in knowing who you are. Disciples of the God of good are everywhere promoting why the path they have carved is the way to go. They seem to want to argue a lot, but basically they all say that He's perfect, we are not. Own up to it. Beg forgiveness and commit to doing better at following the laws. From here, treat your experiences as lessons to be learned from. Take the experiences of life and say, "What's here to be learned; what is the good to be found in this experience?" Then apply what was learned to the coming day. Handling experiences by way of these questions brings growth and understanding.

An environment that teaches us to "experience life for the learning" breeds common sense, humility and a healthy condition. Learning from life in this way funnels the weight of most all experiences into the good pan. An environment that teaches us to "look for the bad" breeds irrational callings, judgment and illness. Competing against life in this way funnels the weight of life into the bad pan. Throughout life, each of us at times will do quite well with the concept of learning from life. From this we grow and feel peace. Throughout life, each of us at times will get totally caught up in our emotions and selfish wants. Here we judge and condemn. As life continues, the scale tips back and forth in direct proportion to the weight of the emotions as they pile on and accumulate in their respective pans. In this way a person moves in and out of moods, activity levels, illness and health as the balance fluctuates.

Radical extremes occur if the incoming weight piles uncontrollably and excessively into one pan or the other. If the flow is radically biased toward negative and unresolved emotions, the person wreaks havoc among others and death can be quite immediate. If a person figures out how to positively learn from life, then the weight of most experiences piles into the good pan. Here the person becomes one of those special souls who live long and die in peace, helping countless numbers of others come closer to finding their purpose.

15

GODS OF THE VALLEY

If you don't stand for something, you will fall for anything.

In between the two extremes of empty death and pure connectedness, we find the majority of people surviving in this valley that exists between the two. This "valley of life" is our world. The home of mankind. Some people work very hard to cross this divide and get to the side of pure connectedness. Some seem to work just as hard to go in the opposite direction. Others feel that there is no crossing to be made and that everything is what they see in front of them. These three groups spend a lot of time fighting. How these forces compete has a lot to do with disease and healing.

For the group looking to make the crossing, like swatting at a piñata, it would be nice if we could get a look at the lay of the land before someone puts on the blindfold and spins us around until we're dizzy, only then letting us go after the goal at hand. There is a reason we can end up feeling confused when trying to follow a sound path for living and learning. When bad suggestions, perceptions and ideas get into the subconscious mind first, the critical faculty becomes a blindfold keeping us from seeing the truth of life. In this state, opposing forces call to our human instincts and spin us around like the child going after the piñata. In this case getting lost in the valley is practically inevitable. If good gets in first, that same critical faculty becomes the guiding light that leads us across the valley. In this case while the journey is still akin to a jungle adventure with danger at every turn, the ending is usually a happy one. There might be casualties along the way, but the experience would never be traded for anything.

When people decide to reside in the valley or, worse yet, when they think the valley is all there is, their tendency is to declare ownership and rights. Next they want to make rules for all in the valley to abide by.

And lastly, there are those who say, "Forget the crossing. The juicy stuff is down here, deep in the gorge!" And make no mistake. The bowels of the gorge do have an alluring nature.

Power and Money; these two things create the chaos in the valley. They are the false gods of the valley. It is because of them that a belief in a God of good is important when living a life in the valley. They are the ultimate distractions from purpose. Power and Money tell it the way they tell it, because of what telling it that way gets them—power and money! The one and only God of all good tells it the way He tells it because of what it gets you peace-filled living and closer to Him!

One of my favorite lines is, "If you don't stand for something, you will fall for anything." Listen to how Power and Money work together in the valley to get what they want from life through

interaction with you and me. Money says to the people of the valley, 'With me you can buy your way to where you are going. Now you don't know what that place looks like yet, so let me paint you a picture.'

The people of the valley say, "But your picture looks quite contrary to the one the God of good paints."

Money says, "Forget about that 'do the right thing' and 'earning it' talk. What I can get you feels real good and you can have it now! And better yet, it will take your mind off all that 'reason for living' stuff." This is temptation.

Once the people get into the money game and give some of their money to those who believe money is omni-important, Money sees those people as a source pool for income. The money gods then drain the people of their tender via something called consumer science. Consumer science discovered this: If you create within a person perceptions of love, forgiveness and worth, you create feelings of peace and fullness. When a person is feeling at peace and fulfilled, there is no calling for consumption. That person simply stays focused on the journey through the valley. When there is no calling for consumption, money does not flow in the direction of those hiring the consumer scientists. If you create within a person a perception of fear, anger and lust, you create a feeling of emptiness. When a person is feeling emotionally empty, there is an incredible calling for consumption.

When consumption goes up, money flows in the direction of those hiring the consumer scientists. Consumer scientists like the idea of staying employed. They will stay employed as long as their efforts keep consumption on the increase. If getting people to feel empty is what will increase consumption, then they will do whatever it takes to get as many people as they can feeling as emotionally empty as possible. If that isn't bad enough, the consumer scientists have something else working for them. If a person is emotionally empty, no matter how much of the world they consume, they still feel empty! So they continue to consume even more. No one can fill a void on the inside with material trappings from the outside.

The most effective emotions for creating emptiness are those most opposite to the God of good—fear, anger, and judgment. This is why the news is full of murders and unsuccessful births. Death naturally pulls people off the good path and makes them feel lost and empty. When you think about it, a birth is just as newsworthy if not more so than a death. Why is the news media so intent on showing most of the death and almost none of the healthy births that happen day-to-day?

When criticized for all the violence, the news media defend themselves with several standard lines. "We don't make the news. We just report it," is their number one favorite response. "What we report is simply a reflection of society," is more of what you will hear. Another great line is, "It's the public's right to know."

Let's back up here for a moment, Mr. Media. You say you don't make the news . . . but you decide what makes news! Reflection of society? My social sphere is made up of kind, caring, loving people who are looking for ways to benefit mankind. Where's the reflection of my society? As for the public's right to know . . . know what? More things happen on this planet in one day than could ever be reported in a lifetime. So with this as undeniable fact, from here it is an issue of priority. Why are murder, fraud, and sex crime at the top of the priority list for the news media day after day? The reason is that it creates an overall feeling of emptiness throughout the listenership, viewership, or readership of the programming. News programming in this sense could be likened to steroids for product advertising. A television network with a good death, sex, and despair combination can guarantee its advertisers that the audience will be feeling anxious, empty, and ready to consume! Hear this again. It's very important. If you promote love, forgiveness, and self-appreciation, you create a full and satisfied feeling. This will cause a drop in consumption. If you promote lust, fear, and judgment, you create a feeling of emptiness. This causes a rise in consumption. This is the only value measure Money is interested in.

Those tools that Money uses to increase consumption have side effects. Fear, lust, and judgment are catalysts for anger, hate, revenge, punishment, and abuse. The money gods do not care how much of these byproducts are produced by their activities. *In fact, they like these things because these byproducts in their own right create even more emptiness.* Consumer science rules the most hypnotic mediums of the day. The messages consumer science implants into the masses create emptiness, producing massive amounts of these side effects. When cases of anger, hate, revenge, and abuse start popping up, those looking to reside in the valley make rules that say it is not humane to act angry, hateful, vengeful, or abusive to others. They make it known that if anyone acts in these ways, they will expose the behavior and punish them via our man-made legal system. I call these activists "equalogists." They want everybody to treat everybody else equally.

The fact that they want everyone treated equally also makes them want everyone to have an equal voice and equal representation. It sounds good, but something sickening happens along the road. These equalogists attack the people who act angry, hateful, vengeful, and abusive to others, while they defend the rights of the purveyors of emptiness, who hypnotically implanted these behaviors in the people, and their right to exist.

So Money in the valley, through consumer science, cultivates the seeds of negativity from which comes disobedience. Power wants obedience from the people. But Power caves into Money and gives people with money anything they want. Money simply wants to breed emptiness for the sake of increasing consumption.

Remember, Money doesn't make more money by stretching the bounds of goodness. That creates fullness. There is no consumption when there is fullness. It's those things opposite goodness that create emptiness. So the consumer-products lobby buys laws, through financial support of candidates, that allow them to plant the seeds of emptiness throughout the valley. In

this way Power ends up writing laws to actually help Money plant the seeds of emptiness worldwide, even though those same seeds—at the exact same time—breed the disobedience that law is supposed to be preventing.

These valley ecologists want to take the pain out of valley living. Thinking that the valley is all they have, the equalogists attempt to legislate the imperfections out of life in the valley.

Power loves the equalogists because equalogists want more laws restricting behavior. This gives Power more of what it already has. So the equalogists harass Power into writing endless laws designed to scare the people of the valley into suppressing the deviant feelings seeded by Money. With the best of intentions, they look to rid the valley of all life-offending crimes. They want everyone to be equal in all aspects of life. They want to make their little valley perfect for everyone. They declare that negative feelings are not to be felt or expressed toward others. They want to sterilize the valley of such things. Power, through legislation, is basically saying, "The universe's laws and systems for implementation are inadequate for controlling the people of this valley. We will make laws for the sake of order. And to show we care about all of you people living in our valley, any one of you who feels that you need a law can come to us with your money, and we will make a law just for you!"

They don't understand that the universe will not let it happen the way they want it to happen. Working within the math of the universe is a must. The universe is the source of all justice. In the very beginning I acknowledged the law of cause and effect. What the equalogists refuse to realize is that you cannot outjudge God. When we act, collectively or individually, those actions have a predictable mathematical effect. Equalogists think that with some creative accounting, they can massage the numbers and produce an effect or outcome that is different from what His deciphering wills. But that won't happen. We have every right as a society to let the consumer scientists do anything in the pursuit of the dollar. But then a God of balance has equal right to let the dysfunction created overburden the prison system with non-productive humans obsessed with taking without offering positive contribution. The equalogists have the right to try scaring the people of the valley out of exposing the warped feelings hypnotically installed by the consumer scientists. But then God has it totally within Him to watch as the negativity turned inward breeds disease.

This is where disease comes from. This is why we must talk about society's cancer if we want to discuss the prevention and healing of an individual's cancer. When specific causes call for energy to flow and that flow is restricted, pressure builds. If the restriction gives way quickly, little happens that could be called an explosion. If the restriction stands its ground for a while longer, the continuing flow creates a build-up in pressure. This time when the strength of the restriction gives way, the equalization of pressure will happen with quite a bang. It is the build-up and sudden release of pressure that causes an explosion. Any munitions expert will tell you that you can alter the magnitude of an explosion by keeping the quantity of explosive the same and changing the strength of the casing. A thimble full of gunpowder piled on the floor and lit will burn quite slowly and evenly. No matter how close you stand, it will be a harmless event.

Now put that same amount of gunpowder into a rifle shell casing. Hold that bullet in a vice and smack the back of it with a hammer. If the shell fires, the bullet will squib off in one of any number of possible directions, traveling any where from 10 feet to 100 yards. Put that bullet in the proper rifle and it will fire predictably, accurately, and travel as far as a couple of miles. Cork the barrel of that rifle and pull the trigger. The gun explodes one hundred times more violently than anything we have described so far, and would most likely kill the shooter. Remember, the quantity of gunpowder never changed.

So the equalogists attempt to tell the people of the valley what they should and should not be feeling. Then they use fear of consequence as a tool to keep the people acting within this acceptable range of behavior. This is a capping of energy. If the casing around an explosive offers the expanding energy no organized way out, the explosion will annihilate everything in all directions equally. In other words, once detonated, the explosion will go outward or inward, forward or backward, but it will go somewhere. For any individual, if emotions are capped but continue to build inside the person, eventually they will blow. If the explosion goes in an outward direction, we see things like abuse and murder. If it goes inward we see depression, illness, and disease. But remember, the intensity of the explosion will be in direct proportion to the build-up of pressure. It's the same principle that makes popcorn pop. And getting too caught up in valley living could be likened to throwing one's self into a pan on a fire. Each person could be likened to a kernel of corn. Planted in fertile soil there is life and growth. When the seed sprouts in this situation, the kernel's sheath falls away gently, and what's inside is allowed to be healthy and mature peacefully. Drop the same kernel into the hot pan and the roasted casing hardens and the stuff of life inside boils until the explosion. What is left is no longer the stuff of its own life. The mutated pulp will shortcut its way around life and go straight to a condition of decay.

In the valley, consumer science hypnotically lures people into the pan and then continues to turn up the heat. To look at the valley as a whole, crime, injustice, and disease are the byproducts of randomly exploding humans. To the individual, the sheath of the kernel represents the critical faculty of the conscious mind. Here, what is contained in the subconscious mind is the very stuff of life: sometimes sheltered behind the casing, sometimes trapped. When a human explodes, it's because an unresolved issue is left burning inside. As the person starts to feel an emotion, he slams the lid down on it, realizing that it is one of those feelings that the equalogists have banned. The person flexes the critical faculty to seal the bad feelings inside. The critical mind does this by thinking, "I can't let myself feel like this. I've got to control these feelings." And now the person stuffs the feelings away where they build. When the emotions come to a full boil, they blast the critical faculty out of the way, and rational thought is powerless over the raging flow of emotion.

At this moment another human can be seen exploding inwardly or outwardly from the valley overlook and the news media has another fear-filled story of death or disease to report. This mind model and the way we see the critical faculty explains some of the most troubling things happening today. It will be right here, in the next couple of paragraphs, that you will drink in the

most clear and powerful understanding of domestic violence imaginable. We know why the abused will find their way into that kind of a situation. The single most powerful goal-achieving agency known to man gravitates a person back to what he knew as a child. The mind thinks that this is what is right for him.

But how does an abuser who swears up and down that he loves his wife still end up beating on her with clockwork regularity every couple of weeks or months? What is happening here?

Again the critical faculty can be likened to the lid on a pressure cooker. If I boil some water in that sealed pot, eventually the pressure relief valve is going to sound off, releasing any excess pressure. Even with the water boiling, thanks to the pressure relief valve, I can remove the lid while the water boils with little danger. Let's say that to the water I add some spices and celery. I replace the lid and turn up the heat. Now I do a weird thing. I pinch off the pressure relief valve and allow the pressure to build up inside the pressure cooker.

Next I decide to go into the pot after a couple of those celery chunks. When I go to pop that lid now, what happens? I get hit with the boiling contents of that pot—and anybody in the vicinity is going to get burned. It is the same reason that you should never take the radiator cap off your car radiator when the engine is hot. These two situations call for great caution, and the consequences of such actions are taught to us at an early age. Any adult not aware of these dangers would be labeled naive. Unfortunately, nearly everyone is naive to the fact that we as humans work the same way, and the dangers of human pressurization are just as real and mathematically predictable.

Domestic violence works along the same lines. A husband feels the negativity brewing inside of him. He knows intellectually that he is not supposed to feel those feelings, so he clamps the lid down tight on these undesirable emotions. Like the sealed pot with the spices and celery in the water, if that lid pops, it will hurt anyone in splashing range. So the couple gets together with the intent of getting away from all that negativity they put up with throughout the day. What are they inclined to do? Reach into their subconscious and share some good feelings and love. This is marvelous intent, but where are those positive emotions held? In the subconscious mind. And how do people gain access to the subconscious mind? They must find a way to relax their critical faculty.

What happens when they relax their critical faculty after a day of holding in hostility? There is an explosion just like the one that would be created if someone were to pop the lid on any pressurized vessel—a boiling pressure cooker with a sealed off pressure relief valve, an overheated radiator, or a mind pressurized with negativity. In the last example, the one to get hit with the boiling stew is the spouse—the one person he or she would otherwise tell you they love the most.

16

COMING FULL CIRCLE

For each of us, the magic question becomes,
"What is the state of my own thought mix?"

We started with an individual mind. In simplest terms we learned that we act and react based on accumulated experience. Because tangled into those experiences are the actions and reactions of others, we backed out and looked at our relationship with society. Backing out even further, we took a peek at a reason to appreciate God. We looked at all of these things by wrapping them into a metaphor called the valley of life. I capitalized Money and Power when speaking of them as false gods. I spoke of a generic "God of Good" with no alignment to any specific religion. In looking at the bigger picture I seemed to have come down pretty hard on one particular type of activist, the government and the consumer product conglomerates. That's right! They are most of the reason for the troubles we have today. Crafted by the consumer scientists who are in contract with the consumer-goods conglomerates, their crime is not to be found in any one act, but in the totality of their actions. For self-gain they use TV, radio, and print to brainwash an entire society into the equivalent of standing with one foot on the gas and the other on the brake. Then they use the same tools of destruction to record the chaos created as a result of such actions and play it back for us on the evening news. This builds our perception that chaos should be a part of our everyday existence.

For each of us, the magic question becomes: What is the state of my own thought mix? What was the specific nature of the ISEs from my life earliest on? As SSEs piled on, what did my innermost program for living grow to look like? What is my inner mind's true perception of my worth and right to live and love and succeed? What negative events lie dormant for now, but find themselves being compounded by subsequent events that have shown up in my life? If something manifests, how do I heal? What aspects of my life need to change if I want to start compounding a more positive and healthy set of perceptions? And if I learn to make the most of these tools and tendencies and work in harmony with the mind, how far can I go? You won't hear these questions pondered when you go to see your doctor for a checkup!

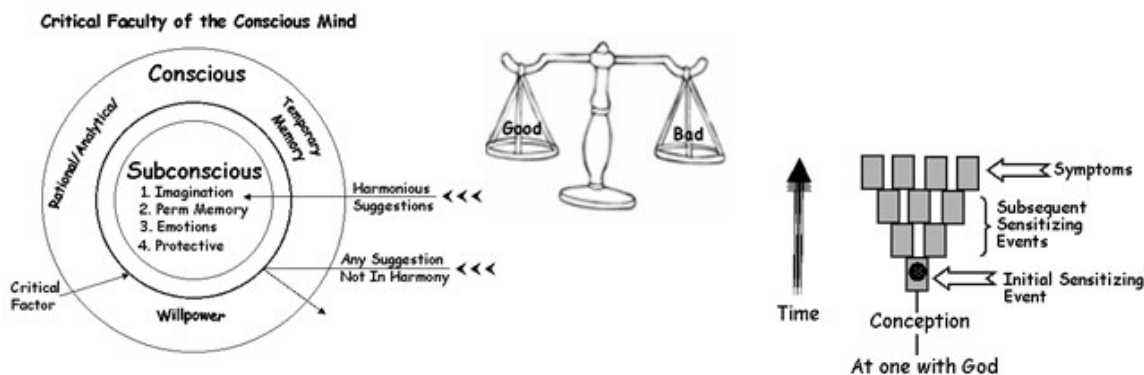
17

ANSWER CANCER

You've don't know you've been entrapped
until you're set free.

We have several things to discuss here. The most important for anyone who has already been diagnosed with cancer is how can I get it out of my body and know it's gone? Next would be how can healthy people insure that they stay free of such things? We need to discuss what this says about medicine in the modern world. Also, what about God? Do we need to discuss Him? In the next couple of chapters we will answer these questions and more. For now, let's not waste time getting to that first question. How can a person clean away cancer? Remember, for all our answers we'll be going to the mind model to see what is happening.

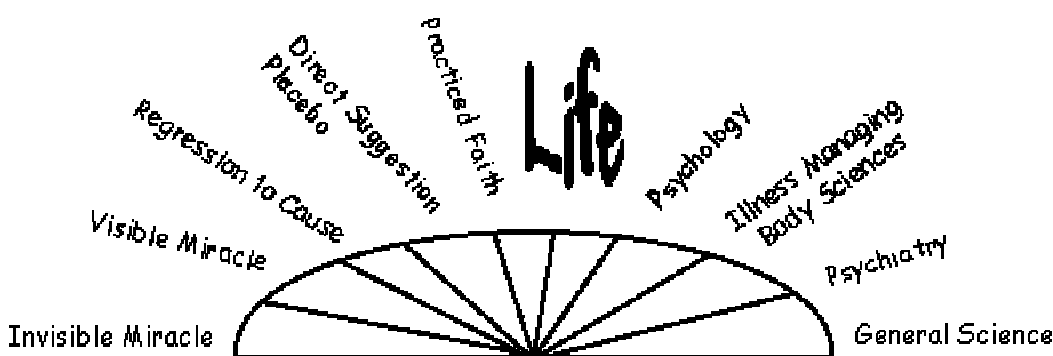
As we get started, keep in mind that these are the same steps for any disease. The fact that any condition exists tells us that we have an ISE or initial sensitizing event, as well as SSEs or subsequent sensitizing events that have compounded that ISE into a symptom. We know that there is a critical faculty protecting this program now running. And when we think of the apothecary's scale, we can see that the way an ill person has perceived the events of life has funneled the weight of too many experiences into the "bad" pan.



Let's start with perceptions. No matter who you think you are, and no matter what has come into your life to this point, here's the fact: The universe doesn't care whether you succeed or fail in anything. Science says, "For every action there is an equal and opposite reaction." The Bible says, "As ye sow, so shall ye reap." Science and religion fight like cats and dogs in a box but on this point of cause and effect they agree. Life is a do-it-to-yourself proposition. With that, we know that all forces will be totally happy if you find a way to shift your perceptions, balance the scale and in so doing, bring health into your life. It also says that those forces are just as happy with you choosing to give it up and move on. But you know what? There's an old saying: "You don't know you've been entrapped until you're set free!" One of the greatest turbochargers for living life with great ease is a brush with self-destruction. Talk about a wake-up call! Disease is

the ultimate whack on the head. It requires that we acknowledge misalignment and work to learn the real truth about life. For any person who learns to overcome this kind of thing, what you get for the experience is priceless. It is so rare and valuable that you become the envy of many. I know that sounds weird, but even though the average person on the street hasn't suffered the fear and restriction that you have felt, he will probably never be motivated to go after life's true meaning and experience the peace you will come to know through your extraordinary journey.

Let's talk about the spectrum of healing possibilities. If you don't know where you are going, you're liable to end up some place else. We want to become experts at what makes healing happen.



Near the far end of this "spectrum of healing" is the visible miracle (or to the doctor, spontaneous remission). Here a person who is known to many as a victim of disease finds health and all signs of the disease dissolve into nothingness, to the amazement of the doctors.

Just a little farther on the spectrum is something I think is even more exciting than the doctor-defying miracle—the invisible miracle. This happens when a person starts manifesting the exact symptoms that a doctor would identify as cancer or some other supposedly terminal disease. But in this case the person never sees the doctor. At about the same time that pain would start to call attention to the problem, something clicks inside that person. Some happening synergizes with an ISE of good, and the whole situation is remedied, so quietly... so easily. This is a beautiful occurrence. It allows us to see that healing can be easy, natural and most important, self-actuated.

Coming closer to center on this spectrum of healing, I might place assisted healing similar to my regression work. This marks a point of transition. It is still solidly "healing through awareness," but it allows itself to be specifically explained by a mechanical model. A model helps create repeatability. It also helps in teaching the technique to others. I have no passion for becoming some great healer. But I must admit that I would feel good about my contributions if the model I have explained in this book could be used to train thousands of healers to equal or better my work. We need more reputable cause-oriented healers. And what they know must be brought into the mainstream soon.

Just inboard of these techniques you will find a variation of this process. It relies solely on the mind model with no real exploration into purpose, spirit or specifics from the past. In hypnosis we call these direct suggestion techniques. Included here is waking hypnosis. Here we would also find something the medical scientists fight every day. They hate it when this technique outperforms them. It's called the placebo effect. It is a shame to think that the medical scientists fight against this phenomenon. The placebo effect is a good thing we can all learn from. And there are better ways to use it than as a benchmark in drug development.

Next comes healing through practiced faith. This is the one that gets the badge of honor from my point of view. To me a miracle is what happens when God comes to the person. It would be one of two situations. One occurs when a person with little faith has a brush with death and survives. The person either didn't have time or would never think to take the time to ask for help, but somehow he or she got it.

In the other situation, people of faith proactively gather around a troubled situation and take the time to pray for the miracle—and the miracle comes. My point is that in the miracles just described, the people involved were willing to stay passive except for the prayer, and ask God to just fix it.

Practiced faith, as I use the term here, is when the person searches out the One and Only. There are so many false gods that appear throughout life. I see little guaranteed growth of a person's integrity when the God of all good steps through the lineup of self-promoting look-alikes and applies His power to a person—other than in the peace that might come just by being chosen by Him at all. In contrast, it is incredible when a person stares through the lineup of false gods and makes the proper choice. The false gods stand most visibly and scream the loudest, "I am the one." The false gods tend to use fear to control the flock. This breeds judgment, which, we will learn, is a contributor to disease. To see through these charlatans and find the truth is quite an accomplishment. If that wasn't enough, this person must then find a way to get the message of truth through his own critical faculty, in a quantity and with a completeness that will adequately dilute and dissolve the disease-producing negative programs built from the past and now protected by the critical faculty. This is the stuff of true learning.

We have reached the middle of the spectrum where we find life. I put life in the middle because it can go either way. Life can be a healer or a killer depending on how life is perceived.

From this point we leave healing and enter into illness management—medicine. It has nothing to do with healing. In some cases it can be an aid to healing. Too often it creates or magnifies disease. Many doctors have no respect for the power of their own words over a patient's health. They seem to get a kick out of using what we call "painted" words. Pain is a painted word. They are words with mostly a potential for doing harm by taking a person away from health and peace just by their usage. Telling a person that cancer runs in the family is terribly sensitizing for a young family member. And now, the genetic scientists can draw blood and sit patients down one week later and tell them they have the cancer gene. Great professor. Whatever the

person's chances of contracting cancer might have been, I'd bet the odds are about triple that now! In my opinion, based upon what the model tells us, this is no less than criminal behavior. If you noticed, in the spectrum graphic I posted the labels in a way that symbolizes the progressively increasing upside-down thinking as we moved away from healing and ventured into medical science. These people must be somewhere between the most naive humans on earth and criminals feeding their own disease pool to perpetuate their funding. Now, don't misunderstand me. I believe they have every right to do what they feel is correct. We as citizens also have the right not to buy into their money-driven, high-tech sciences. We can demand sensible studies into cause-oriented healing and the power of sensory bombardment on human development. So with that in mind, let's get back to the healing end of the spectrum and see what works.

When a person comes into my office for something serious or intense in nature, there is a "getting to know each other" time followed by an explanation of the mind model, similar to the one I shared with you. Once we understand our respective responsibilities, we establish the contract. That contract basically says that I won't ask the person to do anything illegal, immoral or fattening (Grin). In return, the person accepts my suggestions without thought or analysis of any kind. The person needs to keep an attitude that says, "I want this to work. I know these suggestions are good for me!" If that contract is accepted by both parties, then the work begins.

Do you remember the routine? Get bypass of the critical faculty of the conscious mind, then excite the symptom. From there we regress to the first event of significance. We do this knowing that very rarely will the first regression ever take us to the true ISE. We keep regressing further back in search of the ISE. And so commonly it is a womb scene in the case of a cancer. The claim is that when we find the ISE and the compounding events, we find the cause of the cancer.

This is where we left off earlier. We never discussed the cure. You could say that we looked into the hypnoanalysis, but not the hypnotherapy.

18

WHERE DOES HEALING COME FROM?

Your past is alive inside of you.

Why are initial sensitizing events so important to healing? To answer, imagine with me a teacup packed with dirt. I had an uncle who would take me to his land in an undeveloped area of central Maine. There were house foundations from the sixteenth and seventeenth centuries on that land that we explored. Around those foundations we found old hand-blown glass bottles, hardware, and china. Imagine you are there with me and we find a cup and it is packed with 200 years worth of dirt. If we poured clean, clear drinking water into that dirty cup, what would we get? Mud! If we want the cup to be usable, we must first dig out the impacted dirt. Once we have removed all the dirt, we may have to deal with corrosion pitting the surface. That pitted surface would too easily snag and hold on to new dirt if left that way. So polishing the surface of the cup would be the way to keep the cup self-cleaning. Now if we pour clean, clear drinking water into the cup, what would we get? Clean, clear drinking water!

Healing works about the same way. Try to pour healthy thoughts into a psyche impacted with negativity and you get mental mud! When we hypnotically regress to cause, we find the negativity that is trapped deep inside. Releasing this negativity could be likened to cleaning the dirt out of the cup. For most people that dirt will have been there for quite some time by now, so there has probably been some corroding of the mind and heart. Love and forgiveness are what we use to polish up the interior. Now, healthy thoughts poured into a newly conditioned mind stay pure and healthy.

There is an amazing reality that you could never really know unless you experienced it. This reality is: Your past is alive inside of you. Let me say it again: Your past is alive inside of you. When you sit in a chair and recall the past, you become aware of a general memory. When you hypnotically regress to a scene from the past, you relive it! You are there. Sights, sounds, smells, emotions—they are all there. So when I regress a client to what I determine to be the ISE of the problem, the client is there. For the client, this moment as it is replayed in his mind can be as real as the day it originally happened. Going into a regression I may not know much about what is about to arise but I will always know this: No matter how bad or good an experience might be or have been, it can't be perfect. It can't be perfectly good, and that is rather sad. That also means that it can't be perfectly bad, and that's the exciting news. This guarantees that if you look for the good in something, it will be there to be found. If you look for the bad, it is guaranteed to be there also. So when I regress a person to cause, I go into it knowing that no matter how bad the ISE is, it can't be perfectly bad. I can't tell you how reassuring that is for me

as I do this work, and I can only hope that you will embrace what makes that notion so important for healthy living.

If an experience registers as an ISE to a problem, then it is a pretty safe bet this person did not do a very good job at seeing the good in this particular situation the mind has regressed to. This then becomes my job. So we regress to the ISE (or as close as we can get at the time). The client will find himself reliving some childhood scene. Throughout the years, degreed therapists have ended up in my office as witnesses to my work. Remember that in all their years of university training, they have never seen anything remotely close to this unless they have sought the experience on the outside like the people I mention here. Each and every professional that has ever witnessed my work has left amazed by the real and obviously impacting nature of these earliest events for the client. When they see someone regress to these earliest moments and release the years of pent-up emotions, they realize that that little child has been alive inside this person all these years, waiting for someone to help him find some peace.

So for most healing in my office, here's the step-by-step process: For each of the major subsequent sensitizing events and most important the initial sensitizing event, we want to release the pressure first and get the negativity out. And we let it be ugly if it needs to be. We let it be sad if it needs to be sad. The only rule here is that negative emotions can only hurt when they are trapped inside. Once released into the universe, they are powerless over us. So "Get it out! Get it all out!" becomes the only rule for this first step as we start to change the mind's perception of key sensitizing events.

When the anger and/or sadness is dispelled, a person is more able to look at things from new angles—calmly and peacefully. So when we regress and the client's mind takes us to an event of significance, she is given every chance to release the negativity. Once the client has exhausted the negative emotions, I will ask the client's mind to relay the situation a number of times, showing the little child (Make no mistake, when anyone regresses to childhood, one is that little child during the replay of the event!), how to look for the good in what happened. The goal is to get this little child to a point where she is excited about what the client/child has learned. In this state the client's mind is uninterested in who did what to whom and more interested in what is to be learned from the events.

If I'm doing my job properly, we should eventually find ourselves at some event that looks to be the ISE. My goal at that point is to bathe that child with love. I want to fill the child with love. It is a must that this little bundle of life learn that she is allowed to feel love. Let's see how that is done. As I give it to you word for word, you will witness one of the most powerful indicators imaginable pointing to the importance of the ISE of a problem. Here is the concept. It works on a law of the mind that says: A mind expanded can never snap back. It says we can't erase memories—we can't give back knowledge gained. It's the critical faculty at work. A mind expanded can never snap back. So when we regress to an ISE, the goal is to actually make our way to the front end of the event. Remember that any suggestion that is given to the mind downstream of the ISE will be judged.

So if we regress to the front side of the ISE, the energy of the child is the energy of a person who does not know negativity as of yet. In that sense we have now climbed upstream of the client's first-ever dose of negativity. The suggestions that we give this pure mind go in unrestricted. Now everything that comes at the child will be judged against the new suggestions of self-worth and that life is a learning experience to be enjoyed. At this point we can progress the client forward to that first sensitizing event. Now as the client moves through the event that previously held so much negativity, she doesn't take things personally. The good got there first! With a little guidance, the experience is handled beautifully this time around and there is nothing but growth. It is a very wonderful thing to watch.

Now we move the client forward in time to the next event of significance and walk her through the process of learning from the event without judgment. A lot of good is felt by a mind recently cleansed and shown this process for living. As the guide I get to see the mind catch on to the idea at some point during this progression, through significant events the mind has identified. When this happens, like a computer running a spreadsheet update, the subconscious mind rockets forward, searching out all significant events, and recalculates the perception of each event using the newly learned process of looking for the good. Now the same goal-achieving agency that had been calling for the mutilation spontaneously alters millions of accumulated perceptions, tipping the scales radically. When a person's balance is altered in this way, you see the transformation visibly and instantly!

The case I'm about to share with you holds a surprise. In this case I have regressed the person to cause, and her mind has taken us back through a couple of significant events. We have learned several things. She has been bombarded her whole life with criticism. For almost every family crisis there was a finger pointed her way. The center of her back pushes into the chair and her shoulders come forward. Her head ducks and turns slightly to the side as to deflect the barrage of critical barbs as she relives her mom's attack. Finally I get to an event that looks like it might be the ISE. In this scene we find this precious little girl in a crib, scared to death. From here we go right into the regression.

Me: First impressions now, indoors or out?

Client: (Pause.) Indoors.

Me: Alone or with people?

Client: (She starts to push herself back in the chair while scrunching up her face.) There's someone there. . . It's dark, he's big and I'm cryin', I'm cryin'!" (And she starts to cry in the chair.)

Me: That's okay. You get that cry out and you will feel so good. . . That's it. (The cry gets more intense and then starts to calm.) . . . What happens next?

Client: (She instantly stops crying and turns curious and almost analytical as she starts this report, then goes to fright as things get intense.) They're fighting. She's yelling at him. She caught him in the room with me—he made me cry and she's angry!

Me: How are you feeling?

Client: I'm scared.

Me: Have you ever felt a feeling like this before, or is it something like a surprise?

Client: It's scary!

Me: (Remember, I'm talking to an infant mind!) Is this a new scary, or an old scary... like something you know from before?

Client: I don't like this—it's new. (It sounds like I have found the ISE, would you agree? Making that assumption [can you tell we're in trouble already?], here's what I do next.)

Me: At the count of one, it will be moments before all this starts and you will be doing whatever you were doing before all this starts. 3, 2, 1 ... What's happening?

Client: Nothing.

Me: Are you in the same place or a different place?

Client: ... my crib, same place.

Me: Alone or with people?

Client: Just me.

Me: How are you feeling?

Client: Okay.

Me: And do you feel like it's okay to feel okay? (Believe it or not, a subconscious mind will know what that means and why it is important.)

Client: (She doesn't speak this time; she moves her head up and down to indicate yes. This client may have come to me as a 43-year-old professional, but right now I've got a little girl in my chair who is in her crib sneaking me a message. She knows that Mom is listening and she doesn't want Mom to hear. She already has an attitude! Watch what happens when we treat a subsequent sensitizing event as an initial sensitizing event.)

Me: So it is okay. And you feel pretty good right now?

Client: (She nods her head again.)

Me: Now this scene fades, but we will be back. For now your mind grows still, calm and clear, and you return right back up to July ninety-whatever in my office... Now we are going back to that same scene. This time when you go back, you go back remaining the adult. You will be there as an extra party on the scene. You the adult will be there, that little baby girl will be there, and anyone or anything else that was there originally will be there. You will be there. At the count of one you're there . . . Here you go now, 3, 2, 1 . . . Are you there with that little girl?

Client: Yes.

Me: Look in that little girl's eyes, tell me what you see.

Client: She's doin' okay.

Me: All right. Here's what I want you to do. Pick that little girl up in your arms and hold her little heart right up against your heart. As I speak, a beautiful pathway opens between your heart and hers. . . . That's good. And now just send that baby love. Fill that baby with love. Feel it oozing right out of her pores! . . . Now, is that a good little baby in your arms?

Client: (With appreciation.) Yes.

Me: Tell her that! Say, "You're a good little baby!"

Client: You're a good baby!

Me: Do you love her?

Client: (pause) Yes.... Yes.

Me: Tell her—"I love you so much."

Client: I love you.

This process was popularized in the late 1980s as "The Child Within." It is a very powerful technique when used at the subconscious level. If you are new to this concept of therapy, yes, that dialogue was between the adult client in my chair and herself as a baby just prior to the sensitizing event we were working on. This is where the understanding of the stage-show hypnotist becomes important. It creates the confidence to know that if I tell a person's subconscious mind to take her back in time, the most powerful agency known to man accepts

that as fact and makes it so. And make no mistake, to that client, she is in that scene with the baby in her arms and it is real to her!

At this point I am not totally sure if I have the true ISE or not. We have already received several clues. See if you catch the last one.

Me: Now, you have been sending this baby a wonderful amount of love. I want you to pull back just far enough to look into her eyes and tell me what you see now.

Client: She's still doing okay.

Right here we see the importance of getting to the ISE of major illness. Here we are, so early in this person's life and the damage has already been done. This little child already has a critical faculty in place and here it is protecting a program that says she doesn't deserve to receive or accept love! If I had been upstream of the ISE this child would be soaking in the love and responding playfully. These are the signals that confirm that I have yet to reach the true initial sensitizing event of this person's problems. What were they again? The first clue I received was when I asked her if it was okay for her to feel okay. She didn't answer verbally. She nodded her head as if she didn't want Mom to hear her answer. Mom had already taught her that acting like she's a happy little kid makes Mom very mad. The second clue was when I regressed her to the moments before that supposedly first event and the best report I could get was okay. Through experience I can safely say that when a child is seen prior to any negativity, the report should come back better than okay. The third was the most telling of all. I had the adult shower the child with enormous amounts of love and after all that, the report came back, "She's still doing okay." With all that love flowing in her direction, the critical faculty was already so developed that it was able to divert almost every drop of love that came her way.

This is why humility is important when doing this work. If I wanted to believe that my efforts had been adequate, I would have continued the final steps of the healing process and waited to hear the results. I would not have received a good report if I had chosen to end it here, I promise. Remember the stack of cans? Remember I pointed out that if we leave the roots, there will be regeneration? This is what I was talking about. This is what makes getting to the ISE so important! Here I was so close to the ISE and it was already too late. Even while regressing her to infancy, I couldn't get the suggestions of worth to stick on top of the initially implanted negativity.

So what do we do? Resume the search is what we do. I have this person regressed as the adult back with this small child that is her past. From here I ask her mind to return to this same scene, this time as the child. I recreate the child's cold energy when faced with loving suggestions. With the child focused on the cold love-starved energy, I have another specific feeling from which I can regress back even further.

I had her focus on the cold feeling and used a three to one count to get to the earliest possible event. I ask the same basic questions, indoors or out, alone or with people. I get the classic fuzzy answers and because of them I go into the light or dark, warm or cool questions. I get the responses warm and dark. Right here she starts to cry like she just that moment received tragic news. We will pick things up as I ask for a report.

Client: (She starts crying.)

Me: Give me a report. What's being said?

Client: She's screaming at him!

Me: What's she saying?

Client: (There's a pause and then she starts crying even harder.) She can't believe he did this to her! She hates me! (And the cry gets hysterical.)

Me: All right, the scene fades and you grow at peace with your breathing... That's good. Now we are going to go back there again. This time, you are going to get the rest of those emotions out. You are in control at all times but you like the thought of just getting them out. You already realize how good it's going to feel to get them out. (And I take her back to the beginning of the scene.)

This time she hangs in there through the entire event. It's funny, right here anybody witnessing the session could see that she is already stronger for the experience. I then took her through the steps of getting the negativity out. I brought the adult back and had the adult give the child suggestions of love. The way I do this when a client has regressed into the womb is quite inspiring but rather lengthy, and would best benefit all if I left the word-for-word playback for another time.

What is important to our discussion is that this time the child accepts the same types of suggestions she rejected earlier. Once I witnessed a successful receipt of those suggestions, I could feel safe in the knowledge that I had reached the ISE and cleared the way for health. From here I progressed the person up to that same moment in the crib just before Dad comes into the room. This time the child was easily guided through the experience. We did a whole sequence of forgiveness work while helping her to find the good in this as well as other key SSEs that had arisen. I walked her through three more subsequent sensitizing events and finished the session by guiding her into the future so she could see how life would flow now that she carries a new attitude of worth. It is amazing to see the stack of cans crumble so easily after we effectively deal with the ISE of a problem. This person's turnaround was visible immediately. Pains that were with her when she came in were gone when she emerged, never to return. Other conditions dissolved within weeks and her life was changed. She was learning beautifully from life and loving every lesson. And very important to keep in mind is the fact that everything we have just

described was done in one session. Did we do follow-up work? Yes. Two more hypnosis sessions for a total of four including the pre-talk session.

The reason I chose to share this kind of a case study with you is to make a powerful point: Thought is the seed of condition. Seeds that take root and blossom into symptom will regrow not only if treated at the surface level, but even if treated anywhere in the realm of subsequent sensitizing events. There are aspiring healers out there who are convinced that medical science is flawed and that a holistic approach is the way to go. People looking to get themselves healed feel the same way and chase holistic remedy after holistic remedy. These people know so deep in their hearts that they are right. But the results are inconsistent. Advancement is often a battle. And there are repeated backslides. Maybe you have found your answer to this frustration. Good nutrition, vitamin supplementation, chiropractic adjustments, meditation and massage too often become nothing more than natural forms of illness management. It even happens to hypnosis when practiced by a doctor brainwashed to always think in terms of disease containment and eradication.

Simply stated, a yogi can eat poison and be physically unaffected, and total vegetarians come to me with stomach disorders. Health is a state of mind. A person can eat as healthily as he or she wants, and if a program calling for self-punishment is running, there won't be enough organically grown broccoli on Planet Earth to bring that person a healing. In this same way, a life-supporting set of early sensitizing events easily explains the guy who smokes three packs of cigarettes a day, is 78 years old and is still healthy as an ox! ISEs compounded by SSEs, then protected by the critical faculty, can kill the healthiest eater and equally well keep a cigarette-smoking hamburger fanatic thriving. It is why a doctor can cut out a tumor and yet consistently the person soon finds another growth. It is why Marc Roberts of Harvard University says that health is no longer an insurable risk. Insurance works when there is a question as to whether the negative event might ever come or not. He pointed out that insurers know in advance who will be sick next year. His answer—the people who were sick this year. Medicine in all its years, with all its dollars (ours, actually) poured into research, cannot overpower the critical faculty as it protects the callings for self-punishment—and never will!

Healing is allowed to be easy, expedient, complete and permanent. The mind's mechanisms and the universe's laws are perfectly at peace with healing. But neither will allow any such healing if we flex our ego and demand that it happen our way. We must let it happen Nature's way.

19

FORGIVENESS IS THE HEALER

It was time to forgive the most important person of all.

Writing this book is a wild experience for me. When in my office with clients, I get to see just where they are coming from. With this knowledge I can present the mind model and apply the therapy without compromising their beliefs or what is believable to them. In writing this book I am finding myself forced into taking one of those pathways and sticking to it without knowing the mind set of any specific reader. I'm a specifics kind of a guy when it comes to sharing my philosophies, so this is driving me nuts. When I tell you that forgiveness is the healer, I don't know what that idea does for you. Does that thought make perfect sense to you intellectually? Are you thinking it's absurd to even consider such a ridiculous notion? Did you just have a flash of some loved one's face come across your mind and now you are crying at the silliness of a grudge you have been holding?

I am totally aware that you could be anywhere on that spectrum when I say to you that forgiveness is the healer. To the believer, hang on! We will be back under way in a moment. To anyone having trouble with that statement, give me a chance to explain. From the outset, please know that I feel this is the most important thing to know if you are looking to heal a condition that implies something is "eating away at you." Forgiveness is the healer. At the exact opposite end of the spectrum is judgment. Forgiveness heals, judgment ages and kills. All those perception changes I have been talking about come through getting a person out of judgment and into forgiveness. When we regress to cause and find a situation in which somebody wronged us, the objective isn't to take the "recovered memories" to some government agency for prosecution. The purpose is to defuse any contempt, and make some sense out of the experience, find peace, learn, and grow. Forgiveness is the lubricant that frees the person to do exactly that. Now forgiveness has nothing to do with condoning action. This is where a lot of people get confused. They somehow figure if I forgive the murderer, I'm condoning the murder. That is not the case at all. Forgiveness has nothing to do with condoning action. Forgiveness is acknowledging that a person doesn't act that way because of what is happening *to* him. A person acts that way because of what is happening *inside* him.

Let's apply this to a regression and see how forgiveness works in healing. In our last case the client was holding in some powerful emotions. There was without a doubt some anger toward Mom. But there was some other emotion that developed whose effect was much more destructive. Did you catch the trend that developed? Did you see the guilt developing over getting Dad in trouble? To the mother the pregnancy was something terrible that Dad "did" to her. So to my client's subconscious mind, her showing up in Mom's belly got Dad in trouble.

Next, Dad ventures into her room—something she would like. Startled from her sleep, she cries. She comes conscious just in time to realize that through her cry, she got Dad in trouble again. So a number of things start to build into this web of perception. There is the earliest program that says that Mom doesn't even want the child to exist in the first place.

Next, she has Mom's criticism that says, "Inevitably, when things go wrong around here it's because of you. And when you screw things up you deserve to get punished." Then over time a trend develops that says, "The only person that is nice to you, Dad, you keep getting in trouble!" This is the one that really calls for the self-punishment. Dad died early and in a way that reeked of his being beaten down and eventually giving up as an escape. Mom's antics taught the child how to become an expert at handing down guilty verdicts and executing torturous punishment techniques. When Dad died, the child's mind instantly replayed all the times she had gotten Dad in trouble. The guilty verdict was quickly passed on in her mind and she sentenced herself to a slow death for his murder. This all coincided with the time when her symptoms started getting really bad. After a lifetime of hard-to-identify disorders, intense chronic illness set in and those around her feared her death.

Now please understand, she is not saying this stuff to herself consciously. This is not some intellectual decision-making going on here. This is all happening at a binary level of encoding. Her conscious mind has no apparent choice but to ride these beastly perceptions and what they tend to manifest like a runaway Brahman bull. That is, until there is forgiveness. By forgiving a person you set yourself free from the implications of his acts. Harboring anger toward a person who has called you a name provokes the response, "Truth hurt?" To naturally laugh at or feel confused indifference toward the name-caller is the best proof that there is no thread of truth in the label.

Hear it again: By forgiving a person, you set yourself free from the implications of his or her acts. Let's go back into session and watch it work. Here is the situation as we are about to apply the forgiveness. If you remember from the last chapter, my chronically ill client had regressed to a scene during infancy in a crib. We couldn't get love to stick, which was our clue that we were still downstream of the ISE. She regressed from there into the womb to hear Mom screaming because the child appeared in her belly. We learned about hypnosis. We saw how a hypnotist can regress the person as the adult so that the adult can communicate with the child that is inside and still living out the experiences of the past.

This is where we start back in to the healing experience. We are now at the crib scene. She is there as the adult, watching herself at this infant age, with Dad and Mom as the whole scene unfolds.

Me: Are you there with Mom, Dad and that little girl?

Client: Yes.

Me: Look at Mom and tell me what you see.

Client: She's crazy! She's screamin' and Dad's just standing there.

Me: Look into her eyes and tell me what you see.

Client: Anger. She's mean. I didn't realize how mean she was.

Me: Now look deeper into her eyes—deeper than you have ever looked before. Tell me what you see.

Client: (Long pause.) She's scared.

Me: (Very consoling.) That's right. I want you to keep looking into her eyes. As you do I'll be talking. As I speak, let my words fall into your mind like pieces of a jigsaw puzzle—so that when I'm done you can see your mom in the light of the puzzle's finished picture. You just focus on her eyes now... That's good. (Everything I say in this next series is said in a very soft, very loving and calm voice. The "song" and the emotions in my voice are as important as the words. I can't do that in a book. So you might read the words several times, putting the love in it and finding where I might have put subtle pauses and changes in pitch and tone.) As you look into Mom's eyes, that anger and that fear have nothing to do with you. You think that stuff is your fault but it's not. You think she is right when she says what she says about you, but she is not. That anger and that fear was put inside of her long before you ever showed up. Here's what I mean. You came to me as an adult. You had feelings inside of you that you didn't like. Your body was suffering even though you consciously didn't want your body or mind to suffer. But what you consciously wanted as an adult didn't change the inner program running that called for sickness, did it?

Client: No...

Me: Now we ask that inner part of you to take us to the events that started all that pain, and look at what we found. Those powerful adult feelings were caused by things that happened when you were tiny and vulnerable. When you are this tiny and vulnerable, can you defend yourself in any way?

Client: No.

Me: Knowing that you had no chance to defend yourself against this negative programming that was installed when you were so vulnerable as an infant, do you think it is safe to say that you deserve to be forgiven for beating yourself up in adulthood?

Client: Yes.

Me: Now look at the anger in Mom's eyes and realize that in the same way, that anger was installed inside of her when she was an infant and had no choice either. Look inside of her until you can see that little girl in her—so scared and so powerless against attack. (Pause.) Can you see that little girl?

Client: (She starts crying and crying through her words.) Mom, I'm sorry . . . I'm so sorry. It's not your fault . . . it's not your fault . . .

Me: And now you learn what forgiveness is all about. It's not saying what she did is okay, but realizing she had no choice but to act the way she acted—that deep down inside she wanted to act in loving ways, but couldn't figure out how to overcome the inner program. Can you see that now?

Client: (Crying with a lot of compassion in her tone now.) She did try to do good. Oh Mom. (And she starts to cry for her mother.)

Me: Go ahead. You get that out and you're going to feel so good! Do you think you can forgive her?

Client: Yes. Mom, I forgive you. I forgive you so much!

Now that was pretty enthusiastic. Usually I have to guide them and get them started. Not her! She was ready.

The point her mind learned here is that people don't act the way they act because of us. They act the way they act because of themselves. A good person will act in the way that a good person acts. If a good person is faced with a compliment, she says 'thank you' and most likely returns the act. If a good person is confronted by a person running a bad program and called names, she doesn't drop to that level. She doesn't take it personally. She doesn't think to herself, "What is wrong with me that he called me that name?" She thinks something closer to, "I hope for the day the poor man finds his peace."

Equally so, a person running a bad program will act the way that type of person acts. If faced with a compliment, she rejects it and finds a fault with herself. If confronted by a person with similar tendencies and called a name, she embraces the comment as confirmation to that which she says she fears most, and springboards into depression or angry rage.

Simply stated, you couldn't provoke Mother Theresa into rage, and you would be hard pressed to keep from getting mugged if you walked into a bad neighborhood after midnight carrying a purse. In either case, it doesn't matter where you are coming from. Those people will be who they are no matter what you do. So forgiveness acknowledges that what a person says about you has nothing to do with who *you* truly are. It is only insight into what that person will allow herself to see. Now sometimes these views may be accurate, but that is only a coincidence. The same also goes for your view of others. The same also goes for your view of yourself!

Let's go back to our chronic illness patient. We left off at the crib scene after getting her to forgive Mom. From her reaction, it looks like we did a pretty good job of helping her find peace with Mom. What next? Well, how about Dad? Forgive her Dad? What did he do? She loved him and he was loving in return. Well, I had her start a dialogue with Dad and a powerful thing came up. She was mad at him because he let Mom walk all over the both of them. So I took her through the complete forgiveness process with Dad and things got even brighter. I moved her forward through some other key SSE's and confirmed that her mind had the process down and was spontaneously working the magic on all connected SSEs.

There was still something missing, though. Any ideas?

It was time for her to forgive the most important person of all. That's right, herself. An important thing to realize is that love goes three ways—the ability to give it, receive it and the ability to love ourselves. And we can't give or receive any more love than we can find for ourselves. If a person holds a grudge against herself, she can't see the good in who she is. If she can't see the good in who she is, when someone pays a compliment or tries to send her love and appreciation, that love and appreciation are rejected. Who could count how many people complain about being love-starved, and when it is offered to them they reject it? And who could count how many people are so bound by negative programming that they don't even think of love as belonging in their lives? If this describes you, let yourself have a good cry, and right in the middle of that cry, read and drink in my next words.

No matter who you are and no matter what bad, ugly things you think you have done, consciously or subconsciously, God is totally happy with you feeling yourself as lovable. He has already forgiven you. All you have to do is accept that forgiveness. The universe is totally happy with your learning peacefully from your past and growing into a loving person. The world will happily extend its arms to you. The forces that keep this world organized are perfectly happy with you getting your miracle right now! Forgive yourself and set yourself free.

These are powerful words. If you have been having some troubles, just say the words, "I've punished myself long enough. I forgive myself now and set myself free!"

Just in this moment, I have decided to end this chapter with those words of forgiveness that I use so successfully in my office. Remember, when I use these words in my office the client is in a deep state of trance, and has been cleansed in a way that leaves his or her mind in a vacuum, ready to suck these suggestions into the void created. These words spoken intellectually in an emotionless monotone voice, while the critical faculty is welded shut, are not going to have the same miraculous effect. But then again, anything is a start! The goal is to get the critical faculty as wide open as you can. If you meditate, say the words with as much feeling as you can sometime when in that meditative state. If you get into a fight or start to cry for some reason, say the words as emotionally as you feel you can while in that state. If none of those situations applies, go for sheer repetition and say them over and over again, always looking to feel the

words as more true for you than the last time you practiced them. Or maybe when you just need a friend. They are beautiful words—enjoy!

Words of Forgiveness

I now honestly and truly forgive everyone in my past, living or dead, who has hurt me or harmed me in any way. I forgive them now and set them free. By setting them free, I set myself free. Free to live a life of love. Free to see the good in all things. Free to see the good in me. Mom, I now forgive you for everything you've ever done wrong to me in my past. I forgive you, Mom, and set you free. Dad, I now forgive you for everything you've ever done wrong to me in my past. I forgive you, Dad, and set you free. (Now give your mind a moment to recall anyone else you need to forgive and set free—and forgive them.)

This is my day! I've punished myself long enough! I'm allowed to be a human—I'm allowed to make my mistakes and learn. I now honestly and truly forgive myself for everything I think I've done wrong in my past. I forgive myself now and set myself free. Free to live a life of love—free to see the good in all things. Free to see the good in me. When I look for the good, good I find. And good builds good. As I build the good I build the love. The love for life, the love for others, the love for who I am. I forgive myself now and set myself free!

20

PREVENTION

Fourteen men in the boat and the oars leak!

In my first job out of high school, I was eyeball deep in old Pennsylvania Dutchmen. Highly skilled mechanics, these guys had expressions for everything. Some were straight forward and right to the point. Others were too bizarre to believe, but they somehow made sense when ol' Al or Jason said them. "When the mustard bites the hot dog and they all begin to bark!" Or another favorite of mine, "Fourteen men in the boat and the oars leak." I've been able to figure out the last one, but I may never get the mustard and the barking hot dog thing.

Anyway, one of their favorites was, "Never time to do it right—always time to do it over." Like most people, I have had to do a lot of things over. It seems that some people need to do things over and over and over again. And that's okay. The universe is perfectly at peace with that. The universe will just keep balancing itself. Put so much energy into throwing a rock—it will go so far. Say so many bad things to a kid and the child will act so bad. Say so many more bad things to a child and his behavior will downgrade accordingly. Say those bad things, but in critical moments find some love for the child, and things could mellow immeasurably. Say those bad things, but in those same critical moments throw another poisoned barb of ridicule, and there is mental mutation and the murderer is officially born.

"No time to do it right—always time to do it over" could also read, "No inclination to do it right ..." The term "no time" is justification to shortcut universal laws. No-can-do! So there is an accident. Smart young souls say, "Okay, I'll do it the 'right way' this time." That is a person saying, in essence, "Okay Universe, I'll do it in a way that works with your laws this time." This is why God is such a good idea. Science has chosen on its own to obsess in the physical and logical. We have learned from the mind model that these represent the weak side of us and that emotion and imagination muster our greatest powers.

God is the guiding light for our heart. The Godless models simply can't stay upright against the test of time without the ballast of purpose. Once you add purpose, you're talking God. A friend who read what I had written a couple of days ago asked if, in this book, I had to talk about God as frequently as I have so far. Let me say this to everybody who asks the same question. If this were a book on how to make an Indy car go faster, I probably wouldn't need to mention God. (Though at over two hundred miles an hour, He might be a popular topic!) But we are talking about healing what are supposedly terminal disorders. We are trying to help the world be a better place in the shadow of massive declines. I think we need God for this one. Hear me clearly, I haven't said religion. Religion is something you yourself can use for flavoring the message to taste.

When using the model to provide steps for prevention of disease we must look at society as a whole because everyone is involved. Our children can be likened to little pots of soil. Into those fertile vessels society plants seeds. That soil will be pleased to grow corn, weeds or hemlock—it has no preference. So every and any social medium that impacts our youngest minds becomes an influence to the fruit of what's grown. I saw Schwarzenegger being interviewed around the release of 'True Lies.' When asked, he said that he would never let his three-year-old see any of his movies. Then he said, "My nine-month-old, she doesn't care what's on the TV!" Oh Arnold, I only hope you get a copy of this book and start to understand what experiences will someday become yours if you never develop a respect for our young minds and how they form.

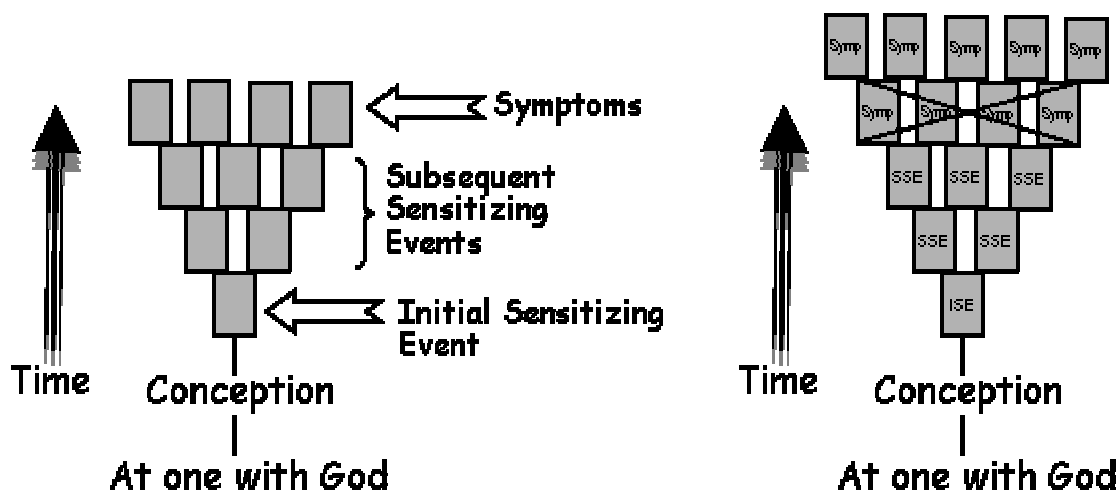
There was a somewhat famous movie entitled "Scared Straight." It was the story of delinquent youths taken to prison for a day to get a taste of where they were heading. What they saw and felt in the eight hours after those gates closed behind them scared them straight! I would be happy to invite Arnold and a couple of his high body-count buddies to witness a day's worth of regressions to cause in my office. Maybe he wouldn't be so eager to profit by exploiting the lowest common denominators of humanity. You take any middle-of-the-road secular American and let him or her witness a day in my office, and I promise you that person will leave scared straight—straight to purpose, straight to forgiveness, straight to the mirror for some self-reflection! And it won't be as a result of anything I say. It will result from what they see come out of the clients and from the power of the model this day of enlightenment would teach. Educators, politicians, all need to see what happens in offices like mine if they mean it when they say they care. The reason that I recommend this kind of shock treatment for our leadership is not to be taken lightly. I once worked for a company whose president took new sales recruits to the children's burn ward. He wanted every employee to know that no matter how hot it got in the trenches, they had nothing to complain about. He wanted them to feel that their health was a blessing. He wanted them to feel that to use that healthy state productively was the way to thank God for it. The mental photos from that hospital kept those employees aligned with what we could call truth. If their minds started to wander, that image snapped them back.

The images one would take home from a day in my office would keep anyone centered on the importance of a mind's early development. Maybe after doing some time in my office, Congress would be willing to stand up to the consumer conglomerates—at least on the issue of protecting our youngest minds. It is time to respect, protect and properly influence our young minds. Disease prevention starts with our children and the proper education of young about-to-be parents. Just recently the government legalized a 36-foot buffer zone around abortion clinics. The government should be so quick to put a buffer zone around our youngest minds. Only when we take responsibility for what is allowed to be thrown at our infants' minds, and make sure that the earliest inputs are of worth and fullness, will we see the amount of disease drop. To the extent we allow the consumer scientists first crack at our youngest minds will we see sociological and human disease increase.

The prevention of cancer won't come from medical science, and if it does, look out! The stack of cans will tell us why this can't be the way to go. Think about the billions of dollars that have

gone into healing diseases through medical science over all the years it has been claiming to be the only authority. Why then do we, after so many years of the great authority having complete governmental, university and financial support, have hundreds of new diseases? Why are there new diseases showing up, each more destructive than the last and more resistant to treatment? Take a look—it gets obvious after you see this stuff a couple of times.

The inverted pyramid grows in depth over time. I have been using four layers to make my examples, but the reality is millions of layers compounding outwardly. If the initial sensitizing event is one of a calling for self-mutilation, and four layers out symptoms manifest, the doctors will come into the game looking only to eradicate the symptoms. And let's say they do a pretty good job, which they most often do. What happens next? Has anything been done to eliminate the calling? No. Will the goal-achieving subconscious mind give up on its mission? No. So what happens next? A whole new layer of symptoms is manifested by the subconscious mind. Do you know what is most interesting to me when this happens? Count how many cans are in the new layer and compare that with the number of cans in the fourth layer just beneath. A whole new row of symptoms to be discovered, labeled and researched. If the doctors find a way to eradicate that wave of new diseases, in time the subconscious mind will manifest another wave of ailments unique to anything the doctors have seen previously.



This is a pretty good scheme. Destroy a wave of disease and get a complete set of replacement cases, plus one bonus disorder. Talk about a self-developing industry!

The prevention of cancer as well as this beast they call chronic illness will come when we respect the importance of ISEs and their arrival. The decline in disease we hope for will come when we take responsibility for the critical faculty's development and plant seeds of worth, contribution, and fullness behind it. As long as consumer science, a disempowering government and a mutated family dynamic get to the minds of the majority of our masses first, we will see more and more disease and chronic illness.

For years I was fascinated by the messages of Denis Waitley. One of the things he proposed was that a Statue of Responsibility be built on the west coast to balance with the Statue of Liberty on the east coast, because without responsibility there can be no liberty. Stirring sex and fear and death energies for the sole purpose of breeding consumption, and without respect for the consequences, is irresponsible. The universe guarantees us a balanced cause and effect.

The equalogists would never condone culling the human herd through genocide—to them that would be the ultimate sin. But they go out of their way to demand an equal voice for every dysfunctional group of activists trying to sell their justification for irresponsible activity, and then spend the balance of their time deploring the pain suffered by the victims of this same irresponsible activity.

There is no way to have irresponsible activity without consequence! It is mathematically impossible. Trying to legislate consequence out of the formula is nonsense. This is the "one foot on the gas, the other on the brake" thing. Do you know how damaging this is on a car? The same activity in society will produce proportionate damage.

We can cull the herd through genocide; the universe can cull the herd through natural disaster, famine and disease. Or we as humans can find leaders who are "connected" and follow their simple laws, throwing out most all of man's silly restrictions. The scariest part of the task is realizing that we must arrest the activities of the consumer scientists and the equalogists. These destructive forces feed each other and we are the fuel they consume. But they are powerful and formidable. Any retired president will tell you that! The thing to accept out of all this is that the herd will be culled! We have no right to command of the people or the universe that the atrocities stop, unless we are willing to show up-front responsibility for our conduct. We let the immoral and the irresponsible have their freedom. We are paying for it dearly. "Never time to do it right— always time to do it over." Responsibility must be bred back into American living. Then and only then will disease decline.

A society that reduces disease and chronic illness will be a society that doesn't measure the value of a concept by its ability to generate obsession and consumption and profit. A society that reduces disease will be a society that instills a feeling of peace and fullness by teaching its people to learn from experience. A society that reduces disease will be a society that, instead of shackling its people with petty laws aimed at their reactions after they have been corrupted, strictly enforces laws eliminating corrupting intent. A society that reduces disease is a society that stands firm on not letting the inmates take over the asylum. "Connectedness" must again become a requirement for leadership. With that kind of connection in place at the top, the government will again be able to promote purpose and morality as the way to heal the country's woes. Morality flies in the face of equality.

Equality has bullied its way into power through the lawyers, and we are currently reaping the fruit of the infestation. How far into the gorge are we willing to fall before we decide to change course? They are devilish fighters, so don't think they will just go away. They will make

victims out of those who can no longer get away with their appeal to the lowest common denominator of fellow man. It's time to stand up for goodness.

A client told me of a Catholic priest who shared with him an expression: Let me have them for the first five years and I'll have 'em forever. Does this guy understand the critical faculty or what? You can bet Madison Avenue, Hollywood and the news media all understand it! We must defend the right of goodness to have initial contact with newly incarnated souls. The money-motivated interests are going to do anything to get around this one. We must stand our ground.

To start this process, the focus should be on the group which represents those women and men prime for having children. These young adults are responsible for our next generation of decision-makers. This coming generation is very wise. They take street smarts to a whole new level. A mentor of mine always said, "You can't snow the snow man" whenever one of his salesmen started spewing excuses for not prospecting new clients that day. What he was saying is that you can't fool me because I've been there. Years ago, one of the first concepts the equalogists sold society, because it sounded so humane, was the sterilization of actual learning through experience. Instead of a child learning from touching the hot pot, tell him about it and punish him if he doesn't follow the rules. Well, the more these experts tried to sterilize the child's learning of experiences, the more the child fought to run out of the bounds imposed. This generation of kids was never allowed to really be kids. By trying to sterilize this generation's learning experiences through restriction and punishment of law, the equalogists have created a sociological wave of lawlessness. Now these people have grown to power and are running the country. They have no clue where the real bounds lie and their generational peers suffer the same deficiency. This has literally left us with the blind following the blind.

In contrast, today's kids of the street know more about responsibility than most of our officials. They have abandoned the ridiculous explosion of social laws, and those that lived through the ensuing adventure have come full circle and are developing their own set of laws. The laws of this new generation are in many ways more conservative and reflect more spiritual, moral and family orientation than we have seen in years. While the middle-aged purveyors of the high school safe sex campaigns insist that a message of abstinence wouldn't work, huge numbers of school-aged teens have taken it upon themselves to spread the message of abstinence! It amazes and thrills me to see how many people are ready to stand up for goodness. People have been begging me to write this book for three years now, and the thirst for this message continues to grow. Don't think you are the only one agreeing with these concepts. There are lots of us. It's just that the profiteers of consumer obsession want us to believe that we are each the only one thinking like this. Well, you are not the only one and neither am I. They were able to keep us feeling separated because they have the "mic." Any time a message such as this starts to be voiced, they scream into the mic so loudly and adamantly that we basically back down, if for no other reason than to shut them up. Their voice as it is pumped into our lives has been so loud that we figured it must be the way most people are feeling. For many, many people, time has confirmed the value of the basic and undeniable universal laws. The number of people ready to

study and apply a more upright set of human guidelines has grown to the point that we don't need a mic because even when whispered, our readiness to accept goodness draws us toward like-minded thinkers.

I do a lot of work with young adults. The advertisers call these people the "X" generation. That's because they can't get to this group. The mind-grabbers got too cavalier with this group and openly waved their intent in the faces of these people, who were smart enough to revolt. They have now been "X'ed" from existence by the media and outcast because they don't respond to advertising anymore. Now the only time this generation gets mentioned by the news is if there is crime in the ranks. For all the bad-mouthing this generation takes from the news, there are huge numbers of dynamic and inspired, purposeful people in this and every neighboring age range. I watch teens organize community service projects, participate in young entrepreneur programs and form groups looking to stop the madness and live sensibly. Do we see them in the news? Not even a trickle of insight into their activities! This is solely because such news would create a feeling of fullness throughout the listenership that counters the advertiser's goals. I have often said that we should stretch that yellow crime scene tape around these powerfully worthy events and maybe then we would fool the six o'clock news reporters into showing up.

What I like most about these young people is that they are explorers. And when presented with goodness, they like exploring goodness! These kids came out of badness, but as a result of chaos, they were given total freedom. With the freedom to make their own mistakes and no respect for man's laws, they got to run headlong into the Universe's laws. Through this natural trial-and-error process, these people have gained more common sense than most scholars. Our backward-thinking leadership can try it, but they won't snow the snowman when it comes to our newest batch of young adults. Their street sense might be the best thing going for us in the future. To all of you great young people, please know that somebody sees you and that you are not alone.

I challenge all of you to figure out this mind model and let it help you find that peace and understanding you believe can exist. Knowing how your mind works is a great advantage in this day and age. Once you know how your mind works you can stop it from serving the gods of consumption, and condition it to work for your own fullness and peace. If you are already of parenting age, you can also use the model to maximize the chance that your child will grow to reach his or her full potential and that your family will gravitate toward health.

Our farming community taught an entire nation the four basic food groups in a matter of a year. It was one of the first great uses of the TV for hypnotic mass marketing. That whole program didn't come from some loving group of people interested in making America a healthier place. That campaign came from a bunch of guys who wanted to sell more dairy, grain and beef. Look at the quality of the job they did. Those nutritional myths are still embraced by a huge percentage of our people. For me this one belongs in the Hypnotism Hall of Fame.

If a marketing force took this mind model to the nation like we took the four food groups, we could return to some pleasing level of sanity in a matter of a few years. But this message wouldn't be promoted by those forces because the model is going to create a feeling of fullness and connectedness. When that happens, the emptiness will go away and there will only be fullness. Then there will be no calling to consume. When there's no calling to consume, people don't buy obsessively and products don't sell. So who is going to fund it? Probably won't happen. That means it's up to each of us to start our own personal exploration into this subconscious mind we have been given free and clear.

It controls our every act. By this document I give you the operating instructions. It's time for us to take back our minds and let health and fullness reign.

21

THE POWER OF PARENTING: MOMS, DADS, AND OTHER LEADERS

In respect to your children, you are already hypnotists.

As we looked into the healing process for an individual in my office, we saw the importance of the earliest experiences in life. This is what makes parenting so important. Parents play the biggest role in those early experiences in a fair and proportionate way. A sea turtle upon breaking out of its shell knows which way to dig to get to the surface. It knows which way to scurry to get to the water. It knows that water is a good thing. If you create a spectrum that goes from amoeba to man, it seems that the further up the spectrum toward man we explore, the more early dependency on the parent exists. The sea turtle comes out of its egg and climbs into the race immediately and on its own accord. Assuming all the risks, it's off to give life its best shot with no regrets. Four-legged mammals require a couple of months to a couple of years of parental teaching. They also have little chance for survival if a cub loses its mother.

Where does that put the human? So far out on the end of this spectrum that if an infant were to be left alone at birth or any time in the first three to four years, death would certainly come in a matter of hours. In the same way, parental teaching goes on for decades. This places a tremendous importance on parenting.

The first thing the model says about good parenting is, if you feel that you have some destructive programs running in you, deal with them before you have a child. Now the universe is perfectly at peace with you not doing so. But then again the universe is perfectly at peace with domestic violence forcing a parent to deal with his or her own stuff.

A child blessed into a household that practices unconditional love will most likely grow up to be a pretty good parent without much help. Parents coming from such an upbringing can use our model to keep a really light and confident hand on the family's rudder.

If a parent was not privileged to grow up within such an environment, the model tells us key things that can be used as a starting point for aspiring parents who don't have a good vision of parenting.

Here's what we learn. To spank or not to spank? Punish? How or how severely? These are the questions that seem to make the common cameo appearances when parenting concerns arise in the media. There are a thousand varying answers to each question, and none of them standing on their own would be particularly accurate. After years of doing this work, one point becomes obvious. From conception to 12 years old, the most important thing is—Does the child think that you want him there, or does that child feel like you would be happier if he didn't exist? This

would have to be what it all boils down to. Time after time I regress people to cause only to find politically correct parents using money, playrooms or relatives to put distance between themselves and the child—and the adult child of this upbringing tries to please even if that means dying. In contrast, I have seen totally dysfunctional parents yell at, beat, and generally terrorize their kids, but somehow through all of that there was always complete commitment. Sometimes I have seen it work in a way where maybe the only rule the parents were smart enough to communicate was that they were always a family and no one ever gave up on that or threatened to break away. It has been out of this dynamic that I have seen some of my favorite people grow. Am I recommending this style as a good road map? No. But it tells us what is really important.

So, to all aspiring parents, plan your child. And right from the moment of conception, make sure that child feels he or she is wanted! Worth is something a child will learn mostly by the way the child is treated. When you look at your child, let him feel your appreciation for his existence. There is no rule more important than this in parenting.

The next point regressions teach is to talk to your baby in the womb. I explained earlier that vocabulary may come later on in life, but the mic wires and recording mechanism form a short time after conception. The mother's emotions no doubt affect the pre-born on the spot and accumulate over time. Data in the form of words spoken around a pregnancy have a retroactive effect on life. This is how it looks in my office. An adult comes to me with a chronic illness. All family recall and medical records show the symptoms started between two and four years old. I regress to cause and we go back to birth or before. A life of chronic illness will frequently be reported to really kick in during these years of two to four, but regression to the ISE takes us to the womb. To see what is happening, let me introduce my wife, Lynda. Lynda speaks French. I don't speak French. If she were to produce an audiocassette with a powerful message directed toward me but spoken in French and I listened to it, not much would change. If I go on from there and learn to speak French (and if I do, I won't tell any of the relatives that I can now understand them), listening to that message this time could change my life! So the data are stored and as the vocabulary develops, those initial verbal impressions have a powerful and retroactive impact.

So stay positive, loving, and talk to your baby in the womb—like a best friend. Speculate on a positive future together. Talk about the birth in loving, excited terms. Plan in advance an easy, relaxed birth with your child. Let your child know that you are looking forward to learning from him. And during this time tell the child that you will love it with all your heart whether it is a boy or a girl. That little piece of advice alone could save you more hassles than you could ever imagine! And when you give birth, make sure that Dad, every relative and close friend, doctors and nurses alike know that within earshot of that baby, everybody is thrilled that you had a baby _____ (fill in the blank, boy or girl). Go out of your way on this one. To say it is important to a developing person's self-image is an understatement.

Explore when you are pregnant. Get out, smell flowers, visit horse stables, walk in a meadow, swim, stargaze, write, read inspiring stories and through all, look for the good and have fun!

Stay away from the TV! Do not let news or movies containing death, fear, lust, or revenge get within earshot of your belly. No commercials within earshot of your belly! You really shouldn't want to give birth to a womb-bred compulsive shopper. It is no fun for a parent.

When you go places, tell your baby about the place. Keep the baby involved. This is also good practice for being a parent once the child is born. When it comes to the birth, throw the Murphy Brown heavy labor skit away and know that a birth can be a peaceful and kind experience. But the only way that will happen is if someone decides to make peaceful and easy a goal. Make it a goal.

Doctors have turned birth into an emergency room medical procedure and it is not. They seem to be coming around on this one and have recently begun to soften up the delivery room energy. If the doctor that you think is qualified to assist your birth thinks that worrying about the amount of loving energy in the delivery room is silly, run like a deer!

Painless childbirth through hypnosis is a wonderful and simple process. It works in fine harmony with any sensible medical procedure. Labor is usually inside of two hours and the reason for that is easily explained. During birth, a woman is passing a very large object through a very small orifice. The mind is the agency that sends the signals to contract muscles. If the delivery room or the people in it create a tense energy, static tension flows through all the muscles. If you have one set of muscles trying to push the baby through the tube, and another set of muscles squeezing the opening at the end of the tube closed, there we have the "one foot on the gas, the other on the brake" thing happening again, and something ruptures. Well, in hypnosis the body's muscles are more relaxed than in any other state. In hypnosis we condition the mind to aid in a successful and pleasant birth. We ask the single most powerful goal-achieving agency known to completely relax any and all muscles in a way that allows free and healthy passage of the baby into this world. It accepts that as its goal and makes it so. It works so well that more than one doctor has been caught off guard by the immediacy of the delivery when hypnosis is used. There is more to it than that, but you get the idea. I will be writing a book on parenting and education. In that work we will get into some real details. For now just believe me when I say it works beautifully!

Once that beautiful bundle of life is in your arms, commit yourself to looking for the good in the child's learning experience. Commit yourself to looking for the good in your child. Commit yourself to looking for the good in your learning experience! Everybody is the teacher and everybody is the student in a family. There is still leadership in the family, but to that leader I whisper, "Look for the good and choose a smile in response to your child's explorations."

Teach your child with the idea in mind that anything worth doing is worth doing poorly. What? This last statement is a really important rule in growing a healthy human being. We learn through trial and error. Have you ever watched an infant decide she wants the keys on a nearby table? It's fascinating. The first thing you see is her eyes. The infant's eyes cruise the room and all of a sudden, lock onto the keys. There is instantly a fire in those eyes. It is something every

mother has seen the instant her child decides that she wants what she is looking at. The infant instantly goes into the deepest trance I've ever seen as she stares at the keys.

It's as if the infant's body is so new and alien to her that her first inclination is to skip the use of the body and will the keys into her possession. At the point when she realizes that telekinetics isn't bringing the keys any closer, the body starts to contort and appendages flail. Every now and then, to the little sweetheart's surprise, one of her random thoughts sends her little arm closer to the keys. You can watch as the mind takes a pause and acknowledges what just happened. One of those thoughts she just sent out got that arm with the little finger to go closer to the keys! Her mind remembers that. Now she gets back to the keys. Thoughts a-flyin', she wants those keys more than ever. And again out of a wave of thoughts that get her nowhere, one thought gets that arm and those fingers going toward the keys again. This time in a matter of seconds the child has the arm outstretched in the right direction and she's practicing grasping.

Do you see what is important here? Our natural tendency is to first set the goal irrespective of ability. Then just do something—anything for the achievement of that goal! Along the way sort out actions that get you moving in the right direction from those things that take you away—and just start doing more of those things that move you in the direction of your goal. There is no critique in this process as to style. There was no time spent on what critical adults would call errors. The only thing that registered in that baby's mind was those things that got her closer to the goal. She was totally at peace with making 100 counterproductive movements in the learning of that one good one. It is the exact opposite tendency of so many adults who are always getting ready to get ready to do that great thing, they are going to study to get that degree to one day become. . . Do you get my point?

A baby is naturally inclined to start out with no clue how to do something and figure a way. And to watch babies will convince you that they have no fear of style or consequence.

And what is their reward for such behavior? They accomplish amazing things. They are seemingly able to reach yards beyond the measure of their arms and legs. When possessed by desire a baby will outperform his or her age, weight, reach, and supposed intellectual limitations by miles. They naturally know to focus on the good of an experience. That is, until this tendency is trained out of them by an environment that teaches them to be critical of performance. Then they grow old and conform to fears until they become one of the adult invisible masses. Isn't it funny how the child knows how to grow and learn, but yet we continually try to teach children to do it our way?

Parents of the future will inspire their children to learn through trial and error. The parent is still responsible for dispensing wisdom which specifies right from wrong. We almost had it right in the 1960s, but some great father of equalogy mutated this appreciation for children's natural abilities, and declared that children should be exposed to all human tendencies with no moral guidance, and the children then get to decide what is right and what is wrong for themselves. This idiotic thinking has cost this entire nation everything on which it was founded. It has fueled

this nation's explosive crime rate and raped this nation of its dignity. If you don't stand for something, you will fall for anything—and we did!

A parent is to be a child's guide, motivation, inspiration, and friend. And surrogates take on that responsibility by default! We all know the story of the little duck that believes whatever appears upon emerging from the shell to be Momma. Sorry, Mr. Media, but when you bully your way into our homes and reach out for the minds of our children, you bet you are morally responsible for everything you dispense! And too many people are waking up to it and now we have a model to clearly expose your charade. We beg you to come along peacefully and respect our young minds.

Parents, I placed this thought that is pointed toward the news and advertisers here because you are the ones who need to know how serious these people are as they go after the minds of our nation. They won't change their actions without a fight. To any parent, add up the amount of time your child has spent filling his or her data banks with lifestyle information from the television. Then add the amount of time your child spends getting his or her growth and lifestyle information from the school environment, and then finally, the hours your child spends taking growth and lifestyle information from you. To any couple thinking of having children, you can imagine what these figures would look like and it is not good news. I pray that you will hear this and protect your child's mind from the media and self-serving product advertisers. They will work feverishly to discredit this concept. Don't let them portray themselves as harmless. If what they are doing is so harmless and unable to affect the minds of our people, why would consumer-product manufacturers spend trillions of dollars on the process? Know that their goal is to turn your child into a consumer of their products by the youngest age possible. They know the importance of getting to your child's mind first. Your goal as a parent is to lace your child's early years with love and act in a way that brings your child a feeling of emotional fullness. To any young parent, the battle is yours to win or lose, but make no mistake—it will be fought against you.

Taking charge of your family's environment and creating an air of fun and forgiveness, love, fullness and friendship is the surest way toward developing a healthy family free of disease and chronic illness. And no matter how you have been programmed in the past, tomorrow is a fresh canvas and you get to paint the perceptions of the day any way you choose. You are allowed to let love be a natural part of your life. No matter what perceptions were built into you as a child, the family you build is allowed to get along. The family you build is allowed to think lovingly and look forward to time spent together. You are allowed to prosper together. You are allowed to peacefully grow apart and still remain close and in tune with each other's appreciation for the family unit. Healing starts with a belief that health and goodness have a right to exist for your family and in your life. Those you say you love will never be perfect. So don't always point out what they could have done differently. See the good in the route they choose. I want to make this point by telling this real life story. I'm going to be talking race cars.

Paul Newman strayed from movies and followed his passions into auto racing. He became a master. One of his students was accomplishing great things and during an interview asked to share some of Paul's insight. He said that everything he had ever heard about racing revolved around how to make the car go faster through the turns. Paul pointed out that the car was already going fast enough coming into the turn. The real question becomes, "What can I do to keep the car on the track without slowing it down any?" Children come into this world learning at feverish rate. So like the race car driver, how good can you be at keeping this incredible machine cruising along a good path without yanking on the controls so much that you slow it down?

This is the challenge for parents. Do your best to let children develop a good understanding of the laws of the universe. I don't care if you teach them through the simple math of cause and effect. I don't care if you find your connection directly through God or through a particular religion. A military style of, "Just do it because that is the way I say," is better than standing for nothing at all as a parent. A child must be taught right from wrong. A child must be taught the laws of the universe. This must be done at the earliest age possible if the child is going to work easily with the universe and, in doing so, let life be something good and rewarding in the long run as well as along the way.

After the laws are installed, the child must be allowed to break beyond those laws so as to get a taste of what the universe has to offer for lessons. If you, as the parent, set up laws that serve you or anyone other than the child, when the child tests those laws, nothing will happen. Now they have no respect for your rules. If you make your rules in line with the universe's laws, when the child tests your laws, they quickly run up against the universe's fury. Now you have them listening. So family rules should support exploration and should not be restrictive, until the child (or any family member, for that matter) is getting close to exceeding nature's laws. Illness-free families will not be families who keep their feelings under control. Illness-free families are those who learn to experience their feelings as a measure of how in line with universal law they have been acting and perceiving. Anything less than health is a calling to return to the basics of releasing, forgiving, and reexamining, this time looking for the truest good in the experiences that had been troubling. America's greatest success stories are made of the inspired souls who found something great in a condition that others had perceived as a shame. To love is to look for the good. To love life is to see the good in what life presents to you. To love your family is to look for the good in each individual in your family. And just because one of those people chooses a path and timing that is different from what you would recommend, it doesn't mean the choice is right or wrong, good or bad. And whether it is right or wrong is not justification for your trying to control the path. If a family member or a friend asks your advice, give it to them. Otherwise, support that person by looking for the good in his or her ideas and letting that person roll the dice in the way he or she chooses.

Parents receive a limited exemption, enabling them to set and consistently enforce family law. Make it simple and in line with universal law. And beyond those simple laws, expect the best and look for the good in life the way it happens for your family. Everything is a learning experience designed to take you in the direction of ultimate good. Skeptics scoff at this idea, but

do any of those skeptics ever look like they are having fun? I haven't seen a happy person yet who doesn't already buy into this concept. A sickly family will be a family that breeds a contempt for others and a desire to take and consume. A healthy family will be the family that cultures an appreciation for life and a desire to give back to life and produce. This is why we can't let consumer science totally control the tools of mass media and expect our nation's health care costs to go down at the same time. Costs will never drop at the rate we are currently cultivating takers. This is society's cancer. Society's cancer and an individual's cancer are so inter-tangled as to typify the "Which came first, the chicken or the egg?" poser. It would take a perverted individual to assume leadership and then knowingly obsess a society with consumption. But then the child can only be a product of the environment. That means it would take a perverted society to grow a child capable of such irresponsible leadership.

So myself and many others call on the young parents of today to break the cycle and seed a crop of health, worth, and purpose as you bring forth our next generation. Let us no longer fall for the hypnotic implants that breed "obsessive consumption." Let's master the obvious and keep the minds of our children clear of the programming that created this current crisis, and bathed in things that create fullness and growth.

To every parent, I would like to point out several facts you may not have realized. In respect to your children, you are already hypnotists. This is in the sense that the same piece of equipment I get paid to bypass, you can bypass early in their lives without even trying. An adult's critical faculty will always be there to protect the client in my office. Your children have no such capacity. You are responsible. Plan what goes into your children's minds in those earliest of years, and the task of parenting down the road will be a delight! Teach your children to create inner fullness through responsible contribution and enjoy the blessings that naturally follow. Always remember, when it comes to the health of our next generation and the elimination of society's and the individual's cancer, you hold the answer!

22

HYPNOSIS AND HEALING

The hypnotist says let's be sensible and work with the laws.

I had been contracted earlier this year by a couple of the professional athletes who come to me. On one of the nights they had me in town, a group of the Christian athletes from the team had offered to put on a two-hour clinic for the kids of a local community. After the kids got some good technical tips on how to play their favorite position and autographs from the players, they got to hear the players' views on living a Christian life. It was a beautiful and powerful event. The whole thing, behind the scenes and up front, just reeked goodness.

A hypnotist is pretty good at picking up vibes, and not for the first time, I could feel something coming from one of the player's wives. I had never met this person formally except for a quick introduction a year earlier in the stands. I'm sure she knew who I was from a distance, but probably nothing more than "the hypnotist who works with some of the guys." Well, this was a small event and we were pretty deep in each other's space.

Finally, as we stood next to each other she asked, "Do you consider yourself a Christian?" I said, "Yes."

She asked, "How can you be a hypnotist and be a Christian at the same time?"

This person was not being confrontational at all. She was being very humble in her query. To understand what had innocently happened here is to understand the wild nature of human perception and how it builds. This understanding is the essence of hypnotism's entire premise. When she asked me that question, it was impossible to answer back until I had some idea of what she was perceiving hypnotism to be as I might apply the skill in my life.

Hypnotism is a label. If you have learned anything from this book by now, it is the importance of the initial sensitizing event. Well, from where do most people get their first impression of hypnosis? From Hollywood or from the folklore generated by the stage-show hypnotist.

Hollywood's only mission is entertainment. Remember the show *Gilligan's Island*? How close was that show to the realities of truly being shipwrecked? Not even close! In that same way, what Hollywood paints as a picture of hypnosis has no more to do with what happens in my office than what *Gilligan's Island* tells us about being shipwrecked. What's ironic is I've seen what people in Hollywood have materialized as their fantasy vision of hypnosis. Boy, have they missed out! I think a real-life hypnosis session as it happens in my office is much more incredible than any of the Hollywood depictions I've seen. And any subject of clinical hypnosis

will miss out if all he is looking for are those sensations that Hollywood has painted as the characteristics of hypnosis.

The stage-show hypnotist is something else altogether. How in the world does he get those amazing things to happen? A stage-show hypnotist is graced with numbers that work in his favor. You see, in my office I have to work on a super-high success rate. The word "hypnotism" carries enough fear that if I wasn't doing good things for nearly all of the people who come to me, I'd be run out of town. In contrast, the stage-show hypnotist is allowed to work on an extremely low success rate and still meet his billing. Out of the hundreds who go see a stage-show hypnotist, he only needs to get 10 or 15 people into the state and the night will go beautifully. A stage-show hypnotist will not do a show with fewer than 60 people in the audience unless the hypnotist is just starting out and looking for experience. A pro knows that with fewer than a couple hundred people in the audience, the chances of getting eight or more natural somnambulists out of the group grows slim. Again, a natural somnambulist is a person who goes into a particularly suggestible state of hypnosis quite easily. Let's see the stage performer qualify his audience in order to get the right subjects up on the stage and in the proper state of mind. When you watch one of these performers, it all seems so innocent. Or is it? The first thing you will see is a very emotional audience warm-up. The performer will do something to get people participating, even if that is as simple as having them clap their hands. He will speak on the amazing power of the mind and how it exists in each one of you! Next the performer will announce that he needs volunteers. The hypnotist will point out that there are only 15 chairs on stage and there are over 200 people in the audience. He will finish the point by saying, "So, if you want to be a part of tonight's show, get ready! In a couple of moments I will say the words, 'It's time to start the show!' When you hear those words, race to the stage and the first 15 people to get to the chairs will get to play along tonight!"

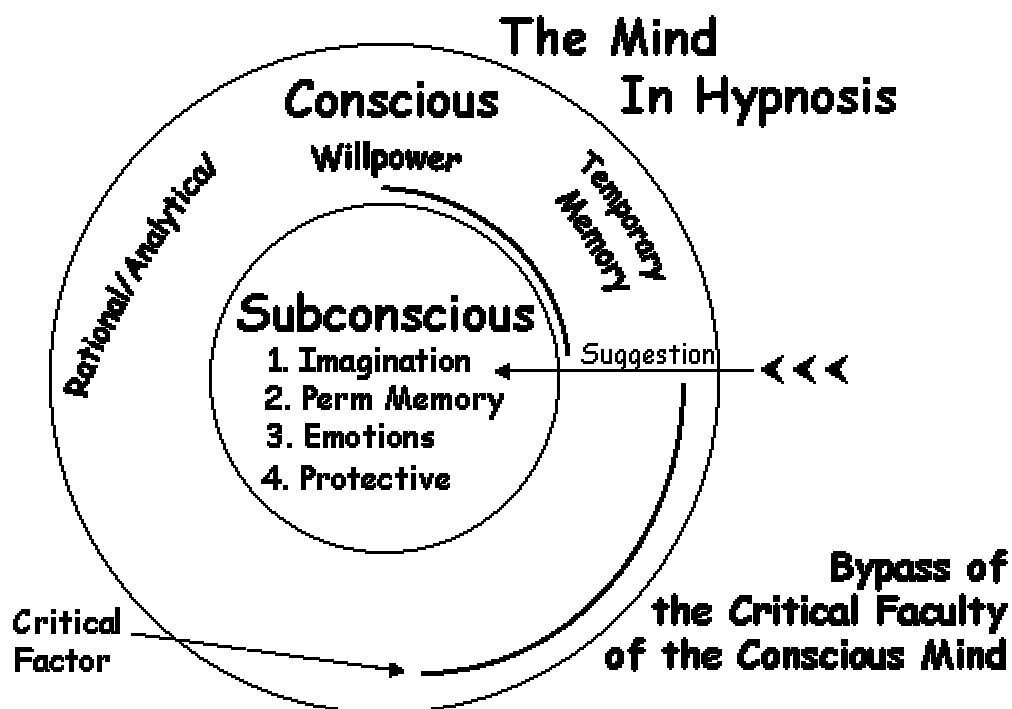
Now the hypnotist talks for five more minutes. What is he doing? At this point, the performer is sifting out all the weak hearts—all the people who thought they wanted to experience it, but weren't quite ready. By telling them to get ready and then leaving them on guard, people who would end up on the stage only half-committed to letting go talk themselves out of it. The only people who are going to launch on to that stage after all that time to think about it are the ones possessed with the idea of feeling what this hypnosis thing is all about. A bunch of people who want to go up will lose focus during the five minutes of distractions and when the performer says, "It's time to start the show," they forget to respond by racing out of their seat, as they were supposed to. Well, the stage-show hypnotist needs people who can stay focused and follow instructions, so there's another group of undesirables easily weeded out.

Once on stage there will always be more people than chairs. People will be invited to remain on the stage for now, even if they don't have a chair. Now there is a measurable level of confusion and chaos over who might stay and who might have to go. The hypnotist now goes down the line, introducing himself and shaking hands. By about the fourth person, the hypnotist stops as he shakes the hand. Looking into the person's eyes with concern, in a calm and loving voice he says, "I'm sorry and please don't take offense, but this just isn't the night for you. It says

nothing about your mind or mental power, but I'd like you to go back and take your seat in the audience and enjoy the rest of the show from there."

A wave of fear goes through the rest of the subjects as they wonder if they are going to make the grade. The hypnotist finishes shaking hands and now the excitement builds. As the drum rolls begin, the performer offers an official-sounding disclaimer warning to all that the hypnosis is about to begin. As the disclaimer ends, the hypnotist directs a last message to the subjects that includes a passage that goes something like, "And remember, you are here for the sake of entertainment, so let your responses be creative!" The lights fade and the hypnotist now begins his induction that takes the subjects into hypnosis.

What has he done before starting the actual hypnosis? The performer has created something called mental expectancy and politely asked for and received something else called conscious consent. At the point of the induction, those people are willing to react to anything the hypnotist says for fear of being rejected from that stage. He has basically just received permission to "abuse" these people and have them go along with everything. A hypnotist is powerless unless he has first created mental expectancy and received the conscious consent of the subject. Many clinical hypnotists could increase their success rate incredibly if they were to humble themselves and learn what the stage-show hypnotist has to teach them about creating conscious consent and mental expectancy within the client. Because, we must remember, if the critical faculty is held in place by a still questioning client, the hypnotist's suggestions will be stopped, compared to the inner programming, and if the two are not in harmony, the new suggestion (the hypnotist's suggestion) is rejected. There will be no worthwhile change when this happens.



Hypnosis by definition is the bypass of the critical faculty of the conscious mind and the establishment of selective thinking. For the hypnotist, this basically means there is a path cleared between the subject's subconscious mind and the hypnotist's voice, and the subject's subconscious chooses to act on the suggestions that flow from the hypnotist's voice. This is what is called hypnosis—the bypass of the critical faculty is what gives us the chance to implant suggestions directly into the subconscious mind, and it's the bypass of the critical faculty that gives us direct access to all data already installed in the subconscious mind. How is this accomplished?

We have the conscious mind surrounding the subconscious mind. In between the two we have the critical faculty. The conscious mind is a pathetically weak mind. The subconscious mind is the single most powerful agency known to man. In that way we will look at the conscious, weak mind as a low-pressure zone and the powerful subconscious mind as a high-pressure zone. One of the universal laws is the law of osmosis. It states that energy and matter tend to flow from an area of high concentration to an area of low concentration when separated by a semi-permeable membrane. The critical faculty is semi-permeable; some suggestions go through, some don't. Trying to push suggestions into the powerful subconscious mind from the weak conscious mind defies this basic law. What is held in the area of high pressure will seep into the conscious realm over time, no matter what. In relationship to the mind it is saying, "Who you are most deeply programmed to be will come out over time. Balance will prevail."

I don't know if you have ever really experienced the power of pressure differential, but I have several times in my life and there is no doubt in my mind—the universe does not accept imbalance. One of those lessons came to me in the Mulica River. I had watched a Tarzan movie where he did the "hide from the bad guys under water in the swamp using a reed to breathe through" gig. So the next day, I took a piece of PVC pipe from behind my uncle's cabin and headed to the river. The only thing I could find was a piece of pipe about eight feet long. This prompted the idea to go out into the channel where the water is over ten feet deep, with a rock, and "really hide out!"

By the time my rock and I had found a way to get that pipe up to my mouth, I was nine feet under water and that pipe had half-filled with water. Now, I want you to really get the picture here. Have you ever had a competition to see who could shoot water the farthest with a turkey baster? The weight of the water crushing down on my body and pinching my lungs was about six zillion tons. The weight of the water in the pipe along with the air outside it was about 38 ounces. People on the beach said the water shot out from that pipe like a mortar! I thought I had broken every rib in my body within a second of opening my lungs to the low air pressure that existed at the other end of that pipe. My lungs had become the bulb at the end of the turkey baster. The weight of that river gave my lungs a squeeze of such force that when I blew the water out of the pipe, I could have won a contest!

High pressure will always do anything possible to capture a neighboring low-pressure area. And trying to pump energy into a high-pressure area from a low-pressure zone is next to impossible.

Trying to go from weak mind to the powerful mind through the critical faculty would then be like you and I trying to push open the door of a submarine at 10,000 feet. We could never compete against the weight of all that water pushing against the door as it tries to invade the low-pressure area inside.

The hypnotist says, "Let's be sensible and work with the laws. What is in the high-pressure zone of the mind that we could recruit or employ and use to blast through the critical faculty from the back side?" That is a pretty good idea to consider. The answer is imagination and emotion. When we blend these two qualities in the right way, there is an explosion like a chemical reaction and we blast through the critical faculty from the back side as planned. This is the intent of a hypnotic induction.

What are the things that get this blending of imagination and emotion accomplished? Formalized hypnotic trance is just one of many. As I get into the list, hear this. One of the most commonly asked questions by those curious about hypnosis is if a hypnotist can ever make a person do anything against his will. And all the hypnotists jump in at this point to guarantee a hypnotist can never make anybody do anything against his will. They are wrong.

That's right. A hypnotist can make a person do incredible things against his will, and worse yet, without letting on as to the programming's origin or danger. This can happen on one condition: If the subject is not aware that the hypnotic contract exists. Think about it. Blind trust in authority has persuaded real people to do crazier things than any stage-show hypnotist ever has—that is for sure.

Blind trust is being hypnotized without knowing the hypnotic contract exists. And that brings us to the TV. Remember, hypnosis is the bypass of the critical thinking part of the mind. Now what do so many people do after work? They scramble to get their chores done before winding up on the sofa in front of the TV with only one desire—veg out! Stop thinking and escape. Did you hear it? Turn the thinking part of the mind to the off position—veg out, stop thinking, escape—these conditions all define trance. In my office I have to carefully dispel all fear and misconception. Next I have to create an air of mental expectancy. Then train the person's mind to follow my suggestions. Then I have to use verbal suggestions as my only tool to excite and combine the imagination and emotions of a usually cautious client.

You cannot avoid going into trance when you watch TV, considering how the programs are engineered to tickle your imagination and emotions these days. That is *if* you tried to fight it. But most people have been conditioned to use the TV as a tool to help still their own critical faculty through this process we have come to call vegging out in front of the tube—we have actually been unknowingly taught to use the TV to induce self-hypnosis. For most of the people in our country, what one thing does more to arouse imagination and emotion than the TV?

How many laws would be violated if I hypnotized a man who came to me for weight loss and gave him suggestions designed to make him want to consume even more? How many laws

would a doctor break if he learned hypnosis and then hypnotized his patients into getting sicker so they needed his services more and more?

What is the difference between this scenario and a diet food commercial that uses high-resolution videography to make consumers crave the diet food as powerfully as they crave real food.

And what is the difference between that scenario and pharmaceutical companies hiring actors to fake allergy attacks, headaches, and nausea for the sole purpose of making you think that you have exactly the symptom that calls for their medicine? If you want to identify the worst abuses of hypnotic power, without a doubt the two situations where abuse of hypnotic technique is causing the most illness or killing huge numbers of people are the corporate-driven news as it uses electronic media to breed fear and emptiness, and the food and drug companies using the same electronic media to make people feel emptiness, cravings, and symptoms of sickness. This is not how any viewers would consciously choose to feel. But these feelings turn out to be the net result of too much time spent viewing the medium. So hear it clearly. The only time a hypnotist can make a person do anything against his will is when the person is unaware that the hypnotic contract exists.

What is this saying? Let's look at it this way. When a person goes to a hypnotist's office for the first time, that person's guard is up and on red alert. There is some major fear of the unknown at this time. If that hypnotist says anything that is just the slightest bit out of line, that person will put up a wall that no superhero could penetrate. Another thing to realize is that no matter how deeply into the state a person goes, the conscious mind is there as a sentry checking the value of every suggestion. If a suggestion offered in a hypnotist's office is not in line with that person's constitution, that suggestion will be rejected before it ever reaches the subconscious part of the mind. This is why the critical faculty lies in the conscious shell. It works like the five-second delay on a live radio broadcast. That ability exists in radio so that the operator can have a chance to reject undesirable language coming in from the callers before it gets to the airwaves.

During hypnotic trance the critical faculty screens incoming suggestions the same way, and can slam shut and reject any undesirable suggestion before it ever reaches the vulnerable subconscious mind. Compare that to what happens on behalf of TV advertisers. In the land of shrinking territories and intrusive government, we are currently in a belief state that says, among other things, that the last real sanctuary for privacy and peace is our homes. It's probably the last remaining place where we get to put our guard down and relax. We have also been programmed to believe that the TV is nothing more than harmless entertainment. Those two false perceptions blend together and person after person sits down to relax in front of the TV, giving their critical faculty the rest of the night off now that they are safely at home. But then, through that cable comes some of the most powerfully orchestrated, source-serving hypnotic programming imaginable.

The thing that makes me mad is that wrapped in this sheep's costume of harmless family entertainment, the real culprit of cultural decay doesn't even have to offer its wares for

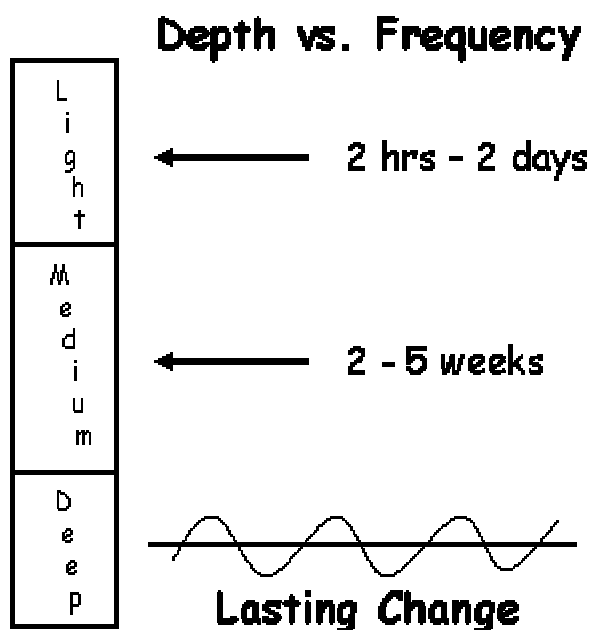
inspection at the critical faculty's guard shack. By recognizing the power of the first impression, the consumer scientists knew to go after infant minds more than a generation ago. The materially burdened spiritually vacant images of their own self-serving America became what all too many people received as the majority of their earliest impressions once TV took hold. Consumer scientists learned to be there first when the eggs cracked open, and now the little ducks think the fox is Mommy. By silencing all suspicion of power and intent, the real criminal slides straight into the subconscious mind of the viewer unannounced and takes powerful root. Quickly the critical faculty grows to protect the images installed by the consumer scientists. These are the same people who have been shaping the images that tell our subconscious minds what life should look like. Believe me when I tell you these people are experts at bypassing the critical faculty.

Another thing that bypasses the critical faculty without us knowing it is authority. Product advertisers have found that enthusiasts will buy anything promoted by the athlete who has made his or her mark a high one. Here's another way in which authority was able to corrupt rational thinking: in the 1960s or 1970s it was discovered that an incredible majority of doctors' wives had undergone hysterectomies. What a self-serving bill of goods these ladies were sold by their doctor-husbands.

Love bypasses the critical faculty as well as fear—like a hot knife through warm butter. Any emotional blowout is nothing more than a violent bypass of the critical faculty. A close encounter with death, God, or something else that lies beyond the explainable for most people not only bypasses the critical faculty, but in many cases takes personal care of the entire healing process!

Many so-called authorities want to call hypnosis a state of deep relaxation where a subject is highly focused. The technicians of psychology identify it as the alpha state on the alpha/theta/beta/delta scale. Well, I can show you trance without relaxation. I can show you relaxation without trance. I can show you alpha without trance. I can show you trance without alpha. Now sometimes some or all of these things line up. But neither relaxation nor some range of brain waves makes or identifies hypnosis as we want it understood. We are only interested in who is programming what into the minds of our people when those minds have achieved critical faculty bypass. The sad reality to come out of all this is that the TV news magazines will always warn you, when reporting on mind science technologies, to be very wary of anyone claiming to offer any kind of mind cleansing technique, and always "Make sure that they are a licensed professional!" The truth is that everyone has a built-in defense against anyone who openly admits up front that he or she will be working with your mind—licensed or not. Also, when a hypnotist calls himself a healer and comes from a place of love with an intent to help, even lousy technique could do little harm. The worse that would happen is that there would be no change, and the time and money invested could be considered ill-spent. The ones we need to worry about are the ones who master the techniques for the sole purpose of self-gain and then deny their acquisition and application of the technology.

The important thing to realize is that hypnosis is many things. People inclined to do good things with its power are more likely to admit to using the techniques. People inclined to do bad things with its power will deny its very existence and ridicule anyone who raises concerns as to the effect of their activity. It is time to stop this silliness of assuming that the hypnotic phenomenon only happens when somebody uses the title to describe his activity. Anytime a person's inner perceptions are altered, there has been a hypnotic contract established. So to answer the player's wife, every preacher worth his salt is a hypnotist. The preacher offers his interpretation of the gospel from the pulpit with powerful emotional flare in a concentrated effort to drive a point home. Where is home? Your subconscious is where! The same can be said for the coach, teacher, parent, and the peer—all hypnotists! As are the advertiser, drug dealer, and salesman. And let's not forget the television and its announcers, actors and consultants, authors, lyricists, songwriters, doctors, athletes, husbands and wives and healers—we are all hypnotists. It would make sense to me if we were to all become good ones.



In hypnosis we speak in terms of depth vs. frequency. The depth of trance will have a lot to do with the quality of results a hypnotist will get. If the hypnotist only gets a light state of trance, the client will get only the most temporary results. Remember earlier we talked briefly about the state of somnambulism. This is the first deep state of hypnosis. It is the state of suggestive change. In this state it could be said that words spoken at a mind will have a more powerful effect on the subject than in any other state. This is why one hypnotist says a stop-smoking program takes six sessions and the next hypnotist will say it only takes one session. If a hypnotist is only achieving a light state of trance, then he better be getting that subject back in the chair before more than two days passes by. If the hypnotist puts the client in a medium state of trance, he will want to see that subject in a week or two. If the hypnotist puts the client into somnambulism and is able to maintain the state consistently throughout the session, with good

suggestions properly compounded, that subject will walk out of the office smoke-free forever, and easily so.

Advertisers know about this. Their awareness shows up on Super-Bowl Sunday and in something they call the "pump principle." The big fuss about Super-Bowl commercials is because never will advertisers find another moment when this many people are watching one program on TV; never are more people watching the TV than during the Super-Bowl. That means during this one window of opportunity, advertisers get to impress the minds of a group they will not get to touch at one time ever again. With what we know now we can advise Madison Avenue get them as deep into trance as you can! You will never get one crack at this many of them at once again!

So you will hear about the incredible amounts of money spent on the production of a Super-Bowl Sunday commercial. What is all that money buying? Bypass of the critical faculty and the deepest trance they can get! High-resolution, digitally enhanced video blended with computer-generated graphics, strobing, solarizing, with stereophonic sound—nothing hypnotic here, right? And then the cost of the commercial blocks is released and such a silly thing becomes news. The cost of the production of those commercials becomes news. There are news close-ups on the production techniques, with little tastes of what the final product will look like. Creating mental expectancy doesn't get any better than this! These people are masters. Do you think these same advertisers would spend that kind of money on advertising during the daily soaps? Never! They know their viewers will be there every day for eternity. Those commercials are as cookie-cuttered as you can get. They are designed and built for frequency.

For frequency to work, it is good to understand the pump principle. Unfortunately, I'm old enough to remember the old hand pumps that brought water up from a shallow well. Before you got any water out, you had to actually pour a little water into the mouth of the pump to prime it. Next you had to pump like crazy for a matter of minutes, never seeing a drop of water come from the pump. Eventually, the water would be drawn up from the well and once over the top, a siphon would start and only an occasional mild push of the lever kept the pump gushing water.

Advertisers see pumping our heads with their products about the same way. In the beginning of a product's life, a company that knows how to get a quick chunk of a market will pump that product at us relentlessly. Splashy, invigorating commercials run on every imaginable station at all imaginable times. They will hit you with that ad until you would guess that product to have existed 100 years and be the only thing you've ever considered using for the job. They are literally blasting through your critical faculty with the same tenacity that a highway crew blasts a tunnel through a granite boulder. Once the positive product impression is implanted in the subconscious minds of the people, any occasional and mild impression keeps the siphon flowing and the product just happens to end up in our shopping cart that month.

It would be a little bit difficult for me to attempt to teach you deep self-hypnosis right here and now. That document needs to stand on its own. But with a mild level of trance, you can employ

frequency to compound the change into existence. Any hypnotic technique that is going to get change is going to involve the blending of imagination and emotion. When some image stirs emotion, that is the perfect time to do some work on yourself. If you are a naturally “happy on the inside” kind of a person and find yourself in good health, this is a perfect time to give thanks. There is not a much better way to bring more abundance your way than to thank the universe for what you already appreciate. If you are in some form of pain, this is the perfect time to do forgiveness. You have the words, now read them and feel them over and over again. Have you ever practiced the affirmations habit? If it didn’t seem to do much, it was because that affirmation was an image. There will be no bypass of the critical faculty without emotion. Emotions are everything to life. Life is for the feeling.

This is why every independent motivational speaker tells people to pick a career they have a passion for. They know that the passion is the emotion that will break through the critical faculty when people see themselves doing something they naturally love to do. Let yourself feel your feelings and surround yourself with the people and energies that make looking for the good in life fun. No matter how serious a condition, anyone motivated to read this book knows what has been learned about the healing power of comedy. It bypasses the critical faculty in a snap, relieves negative pressure, and teaches us all to lighten up—a perfect formula for serious healing!

23

MANKIND SWINGS

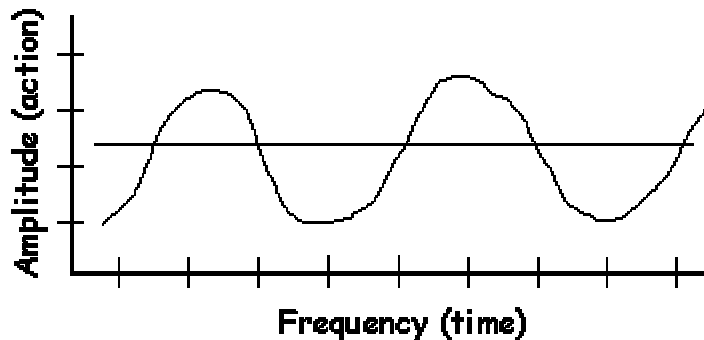
The gravity of truth pulls on the mass
of any energy that swings to the extreme.

Roger Miller wrote a song and the opening line went:

**"En-gl-and swings like a pendulum do,
bobbies on bicycles two by two.
Westminster Ab-by, the tower of Big Ben,
the rosy red cheeks of the little chil-dren..**

The words were carried by a peaceful voice singing a peaceful melody that let you know life sort of just keeps happening, with its swings from high to low repeating over time. So Roger, with humble respect I ask if it's okay to sing:

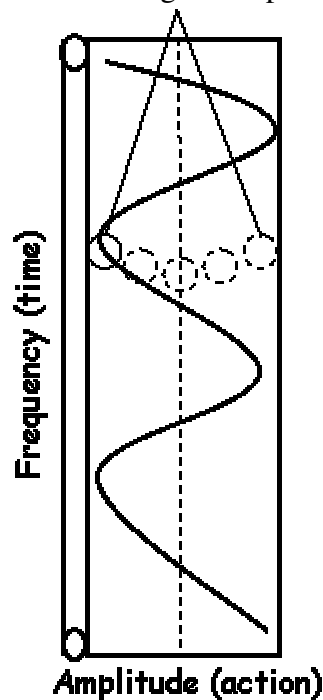
**Man-kind swings, like a pendulum do,
bodies and souls cycle too—it's true.
Why dismiss tra-ge-dy, we learn from it when
we train away judgment from the little chil-dren...**



Nothing in this universe stands still. Even the molecules in this, my favorite chair, vibrate back and forth over time. It shows up in science as a sine wave. Amplitude vs. frequency over time. This is what makes for the concept of biorhythms.

In simplest terms, mankind as well as any individual is going to have ups and downs—predictably so. There will be feast then famine, drought then monsoon, heat waves followed by cold spells. People will break free from corrupt authority and start from scratch, creating

something so good that it grows out of control and is overtaken by the type it was originally designed to stand apart from. Hence another swing of the pendulum starts the cycle over again.



Look at the sine wave created when we scroll paper behind a swinging pendulum and track its movement against time. What you see as the pendulum's path describes what has been happening to man since mankind began. The center line represents that point equidistant from the farthest extremes. It is that place the pendulum would stay if it were allowed to hang centered and just be still. That could represent perfection—something we are not allowed to have down here. It is what the yogis are recommending when they encourage people during meditation to just be still, or even "just be." This universe has a finite tolerance for human desires that pull mankind as a whole away from center. The universe will put up with such behavior until the thrust of our selfish enthusiasm exhausts against the gravitational pull of ultimate truth. At this point we tumble backwards, building momentum as we go past center, and then off into the opposite extreme.

So America began as a new state of humble, purposeful people of God who could no longer handle the selfish gluttonous ways of the materially obsessed. The concept worked so well, the people of the new state prospered. Through prosperity, money and self became the gods. Now the ills of money-worship are catching up to us, and the most liberal are softening under the pressure of their own imbalance and looking to spirit in record numbers. You can see it coming as the pendulum swings from the left to the right. The righteous will be asked to guide again. The overzealous of the lot will climb their way to power. In time they, too, will wear out their welcome and the whole cycle starts again as the pendulum goes from the right to the left for another swing through the cycle.

The more radical the amplitude of the swing, the more turmoil left in the wake of life's turnarounds. The reason to groom our youth for goodness and contribution is not to create a perfect society with no ups and downs—in essence trying to pin them to the centerline—but to let them know where it is that they can find peace. We need to give them a home base where they can relax and not have their world turn upside down. Man's ego and resulting selfish wants are what pull the pendulum out to the left or out to the right. Actions of goodness bring us to the center. Now, people may believe that what they find out there is okay to be made their truth. And for a time it might feel like the thing that is right. But what's out there is not in line with universal truth. The gravity of truth pulls on the mass of any energy that swings to the extreme. Trying to live away from true center is exhausting! Anyone attempting this is constantly straining to hold himself upright against this incredible undertow of God's law. No soul can stand up against this force. Living in the extreme eventually causes debilitating fatigue, and once any person in this condition gives out, he tumbles back to center without a fight. Hanging humbly, a person finds peace. Our children need to be groomed to believe in God's truth first. This way they can always know where they can rest without being immediately yanked into a tumbling fall. From there if they choose to explore the extremes, that's what life is all about. Once taught the value of goodness, they will always have a safe home port that they know they can return to and find peace. And it is never too late to apply this formula.

Whether we accomplish this as a people or not, the universe does not care. Whether you or I figure it out on our own or not, the universe does not care. If they choose to overpopulate in Rwanda, the universe has no problem cleansing away a couple hundred thousand bodies. If a high-tech society goes crazy in the exploitation of chemicals as holding our cure for everything, the universe is happy to deal us a disease so incurable by serum, it forces us to look beyond the physical for our answers. It works for the individual as it works for the masses.

You have the right to break away from a limiting environment. During the Depression, some companies prospered. During periods of growing abundance, some groups fail. Within the mass movements of a large group, individuals can explore life guided by their own visions, fears, and aspirations—their own personal swing of things.

So to answer cancer we were obligated to cover six areas. The first was the cause of cancer in the individual. Here we found a sequence of sensitizing events that come together to form a subconscious program that calls for self-mutilation. Next we carried that into the cause of our social cancer, which shows up as the explosion of violence, disease, chronic illness, and declining average lifestyle, all of which are currently holding our nation hostage. We found the consumer scientists breeding emptiness and judgment. We went step by step through the healing process for cancer on an individual level once it has been discovered. There we regressed to cause, relieved pent-up negative emotions, did some powerful forgiveness and progressed into the future, where the client got to experience living life free of guilt and judgment. What we learned from that experience told us a lot about how to raise our children through their early years and the relevance of those years on adult health. This gave us a clear idea of how to grow

a new life in a way that maximizes all chances for a healthy life. The experience also showed us a lot about society's effect on the development of the individual.

Then there was the task of healing society of its cancerous growths. We learned that this would require us to take control of the mass hypnotic mediums and somehow afford the spreading of information that creates fullness and a vision of good prevailing, versus the trash that's currently being sown to spread emptiness and breed consumption. The last two of those six issues are the maintenance of health on the individual and social levels. I will choose to discuss the future of society and its potential for health first. Then I would like to leave by talking to the individual who has been given the news and is looking for help.

24

FIND US A SLOGAN

Spawned by the financial burden of chronic illness,
there will emerge in the circles of healing
a wave of super-healers.

That's right, because if there is to be a countrywide turnaround it will have to be orchestrated on a level equal in magnitude to consumer science's current efforts. To the philanthropists I ask, do not give to the purveyors of takesmanship but to the installers of purpose. The caseload of disease will lessen only when we act to create more givers and producers and fewer consumers and takers.

Visionary givers must be put back at the helm of corporate America and takers must be culled from leadership. When you have takers at the top and takers at the bottom, the middle gets sucked dry. Then the top sucks the little that was snatched by the takers at the bottom, and ends up with almost everything. The despair created at all levels because of this upper-level greed is beyond all measurement.

The hope is that time teaches even the once unaware, and many who have accumulated the most have sat alone and empty long enough to realize that love and fullness come from contribution, not accumulation. And with this awakening must come a focus on jobs. A giver needs a cause to give for and a producer needs something to produce. This country must decide to look on our own store shelves and decide which of those products currently being imported we are going to manufacture ourselves and provide competitively to the stores. We must decide to look on the shelves abroad and decide which of the products found there are of a nature that we can produce, add value to and compete with head-to-head. It's looking at all markets and mastering the next generation of products and the techniques that produce them—always envisioning the products being built on American soil. Hopefully we will never fall for the concept of becoming a society of service jobs again. Abundance comes to the producers.

We must now become a society of producers once more. Lawyers and accountants must be taken out of positions of authority and understood to be no more than what they are by trade—technicians. Visionaries must be returned to power. Management must get back to the importance of people. Consumers must also get back to the importance of people. We as consumers must get wise to the ad games and go beyond, picking and choosing the products we buy and the stores we buy those products from based on who the product's purchase will benefit. Good stores that pay a good wage and support the community and the families of its employees must be patronized over discounters that cut 3 percent off the price at the expense of your neighbor's salary, who works at the discounter long hours for low wage. Stores and

manufacturers that treat people as disposable must not be patronized! It is time to make productivity and people a national theme.

We must get into place government, religious, corporate, and scientific leadership willing to come together and collectively say, "Look, this boat is rocking so badly that nobody can enjoy the ride. It's overcrowded with people tearing at each other's last remains, and no one has anything left for us to collect. Why don't we start to put this thing back together before this ship goes down? We're learning some powerful things about the human species here, and it's time to take heed. Let's start painting in the minds of the people a picture of what a healthy family is supposed to look like. Let's paint a picture of what a healthy community looks like and move them in that direction."

Now, any leaders who might try to implement such an idea will come to a point where they must choose to make God a part of the plan, and here's why. No matter how any one person was taught to interpret God, He is Goodness! No matter how differently people chose to see Him from group to group, all who believe in Him know He is Goodness. If a hate-filled group wants to keep the mention of God out of public directive, then any mention of anything that is truly good must be sterilized of that goodness. That means that in order to appease the godless, the public servant must avoid doing anything that is made of goodness. Will we have to go another 20 years appeasing the godless to learn that in the end it will get us only one thing; emptiness! How much more emptiness do you want to see showing up in the streets?

We must confidently require of government that it align with God and practice the religion of goodness by the spreading of fullness throughout the land. Citizens will frequently try to escape the bounds of goodness by nature, and that's okay, but the land must always defend itself against consumerists who try to legalize activities that breed abnormal emptiness throughout the people and a compulsion for what is outside the bounds.

A Supreme Court judge was once asked to define pornography. He replied, "I know it when I see it!" The judge was saying, "I know when something stirs what is not supposed to be stirred in me." The press wanted to turn that into an expose on the judge's hidden weaknesses. There was no "weakness" exposed here. The judge had it right. He could actually feel the critical faculty bypass and the compounding, or strengthening, of any feelings that were negative in him. God and goodness must be blended back into the ranks of our leadership before there will ever be an order to stop the breeding of emptiness. This new leadership must go out and recruit some of those maverick corporate men and women who had the heart and the skill to serve people profitably. There are a lot of those people on the street and they could be talked into coming back to lead our companies if given unmolested authority and freedom to run things from a platform of goodness.

These same companies and their workers would like to know what health care provisions could look like, if built off of this model we have been exploring.

Picture this: We turn the majority of medicine back to the general practitioner. The way I do my work, I simply don't know the limits of this model's healing potential. So far, almost without fail, when someone has come to me with chronic illness of any (and some of the most bizarre) kinds, regression to cause uncovers a sequence of events that led to the symptom. Once those issues are resolved, the healing occurs. Now, if I break my arm, I'm going to go to the hospital and get it set, and I wouldn't recommend anything less effective. Trauma recovery is the perfect place for the medical specialist. Dis-ease—chronic illness—is another issue and it is time to separate it out and away from the technical medical specialties.

Spawned by the financial burden of chronic illness and a need to contain the costs, there will emerge in the circles of healing a wave of super-healers. Cultivated by the results-oriented nature of the corporate culture and fertilized by the new acceptance of purpose in the workplace, corporations will develop their own health care delivery system. Young general practitioners will seek out and master the latest mind-cure techniques and filter their medical training through the insight gained. Blending the best of both worlds, this professional will dominate the up-and-coming leap about to be experienced in healing efficiency. The gains of synergizing these worlds will increase productivity, reduce costs, and satisfy clients, workers and management alike. The only thing this new system will require from the government is freedom to exist. The only thing the system will need from the corporation is buy-in from the top down.

In more kinds of cases than we might bother to count—physical ailments from chronic joint and back pain, to digestive tract problems, migraines, muscle spasms and the list goes on—regression to cause has exposed unresolved issues of experiences that, once relieved, dissolved the symptom. Professionals who understand both worlds will know when to apply the right discipline in the right case. They will know when to heal totally through the removal of the calling. They will know when to go ahead with surgery and then use the mind healing-techniques as a way to safeguard against reoccurrence. Most importantly, these healers will know how to send the patient home self-empowered.

You know, whether you are talking about fixing wrecks or tuning Indy cars, it's all auto mechanics. The healing center of the future will be a place to fine-tune human potential as well as handle the basics of bringing back health. Regression gets to the cause of any self-limitation. Dramatically increasing a salesperson's earning power is child's play for an average hypnotist. A custom-engineered and well implemented empowerment program can catapult a company to a whole new plateau of performance and stability. Think of what would happen if everyone in a corporation was free from anger and internal programs calling for self-mutilation and limitation. Think of what would happen if you could fly over a community in a helicopter and see a complete and abundant environment where corporations and community leaders and spiritual leaders and the people each do their part in a commonly held vision that works for all.

And like I said, pick the campaign slogan because this one will have to be sold hard! But corporations that are hurting badly enough will listen to the concept of goodness if they think goodness and fullness will sell. Corporations understand trends. The consumer conglomerates

have exploited emptiness so obsessively that the pendulum, now at its extreme, has no choice but to fall back. The emptiness bred has now contaminated the corporate human resource pool from the inside out, as their own people's environments were included in the target zones. Emptiness breeds loneliness, and there are currently a whole lot of empty, lonely people who would be happy to show loyalty to anyone wanting to tap their abilities without exploiting them. This is why a rebirth of corporate-industrial America is essential. Without real jobs to compete for, there can be no health. Atrophy is to the health of the whole human what it is to the individual muscle. If health isn't exercised through the pursuit of purpose, there is decay. The jobs I'm referring to are not to be counted by multiplying the number of counter positions being created by last month's fast-food franchise sales. The jobs I'm talking about come from leadership saying to the nation, "Let's look into the future of production, commerce, and consumption and take the world there. And let us use as our model a place where goodness and fullness are promoted." Creating and then respectfully utilizing producers and givers who are conditioned to stay out of judgment and into learning for growth, is the way to measurably reduce the occurrence of disease and chronic illness in a society. Is there anyone who has not seen the "I Love Lucy" episode staged at the candy factory in front of the conveyor belt? The chaos created when two people putting candy in boxes were faced with an ever-accelerating conveyor still puts audiences in stitches. The same thing is happening to our state of health. If the consequences weren't so catastrophic, it would be even more hysterical. Playing the roles of Lucy and Ethel, you have the doctors and the police. Backstage at the controls are my buddies the consumer scientists, constantly turning up the conveyor's speed. The difference between the two is that in the Lucy skit, the equipment was turning out product. The consumer scientists are turning out waste. The questions to end this chapter remain: How long do we let them continue to command the reigns of our mass-influencing mediums, and how far down the road to emptiness do we let them take our people?

25

THE BREATH OF A BUTTERFLY: ONE ON ONE WITH YOU

There is no place in health for regret.
You are a worthy soul on an important journey.

Some pretty wild stuff, huh? I couldn't really do more case studies. The regressions are wild and everybody as they catch on to what's happening asks, "What do you find when somebody comes to you with _____," and they fill in the blank with a condition that has touched themselves or someone they know. If I choose to share what occurs in my sessions, inevitably the person replies with astonishment because of how in-line my findings are with the individual's situation. So yes, the case studies would sell more books and build credibility; they would also build a pre-concept. And that could actually harm more people. Even by admitting that most of the cancer regressions go back to the energies installed when parents have seriously considered abortion, I have ventured onto dangerous ground. I must repeatedly say to every mother, if you have had that consideration somewhere throughout your child's existence, that does not mean you have given your child cancer. And if you have knowledge that your mom or dad considered the idea of abortion, that does not mean you are destined to develop any disease. Likewise, if you have been diagnosed with cancer, it doesn't mean that if regressed, you are guaranteed to find this to be the cause of anything that has been happening to you. And for God's sake, don't let any fad-hungry therapists start questioning you with the intent of finding this situation in your past just because their peers have discovered a trend. The only agency with the specific answers to any limitation or condition of dis-ease that has become a part of you is your own subconscious mind.

I don't know you. But if we were one on one, and there was something about you that you wanted to address, in letting me do my work we would get past your critical faculty. I don't care what the symptom, I would most likely be able to excite it and regress off of it to a scene, situation, or event that would prove to be a moment that built for you quite an impression of what you deserve from life. We would most likely regress through a sequence of scenes that tie together remarkably, and separated out and sequenced together, tell quite a story. If in those key moments you follow my suggestions of release, forgiveness and understanding, you will find yourself learning from life and looking for the good in life without feeling the judgment coming from life. Chances are symptoms would start dissolving immediately.

If you have tried meditation or gone to someone practicing hypnosis, all without results, it is not because you are not healable. There is simply a wall up that needs to be properly dealt with. A master and pioneer of mind science became interested in my work and at one point expressed an interesting part of what he saw this way: A lot of what you are doing has been theorized many times over, but your tenacity in applying and not giving up on this simple and pure model has

taken you to the successful end where others have turned to the left or right or headed back in confusion.

This brings up a question on which I base my future and purpose. I get hit with this question a lot. People will see the power in regressing to cause and then releasing the negativity of the ISE. Once that makes sense they will ask, "Does that mean if someone is really going to heal, they must come and see Steve?" The answer is, "Not even close."

You don't even need to regress to cause. The only thing you need to do to find your peace is learn to live life in love. To love is to naturally look for the good in all things.

Marge Giller is an explorer and a friend of mine. She made a fascinating discovery—the "near-life experience." That's right. While trying to get her son to come to the TV to see a show documenting the experiences of accident victims who reportedly crossed over and returned to tell their story, Marge innocently substituted one word and gave us the "near-life experience." I couldn't stop thinking about that. I realized that so many of the miracles that I have studied came when a person conditioned to hold negative judgment on the inside, received out of nowhere, a taste of life without such a burden. She had a near-life experience! Then I realized that even the people who have reportedly had a near-death experience had no such thing. They, too, had a near-life experience. Where they had gone showed each one of them what it is like to exist truly free of burden! An old line I learned from Earl Nightingale, the man whose voice I heard on those tapes my mother told me to cherish, says, "You don't know you've been entrapped until you've been set free." Very true words.

What this kind of close encounter brings a person is a new set of priorities. That is, things that used to be worth focusing on and worrying about are no longer important. It is telling all of us to realize that in this physical plane we call human life, through human eyes, there can be no perfection. If you buy into a teaching that teaches you to look for the bad or what's missing in things, you will be cursed with the pain of inadequacy until your death. If you believe this universe is happy with you thinking good things in response to life's happenings, a healthy and happy heaven on earth is yours.

For me, that means realizing that the consumer scientists are a needed experience for learning life. How would we ever grow to learn the importance of creating and maintaining a feeling of fullness as a way to breed health, if it were just there and never contrasted against a feeling of emotional emptiness? Gee whiz, even the lawyers serve goodness, for if it wasn't for the silliness of their laws, the ones the universe provides us wouldn't be nearly so magnificent! And for you, anything you have been dealt in this life is solely here for you to learn from. The experiences do not tell you who you are. What you get out of them does. The maturity of a soul might be indicated by one's tendencies when perceiving life. One of the ways cause and effect work can be voiced by the words, "What we focus on expands." The way you end up perceiving one experience will influence the quality of your next experience. Look for the good and good

builds good. Look for the bad and bad finds you more bad. Whether you choose to look for the good or the bad, what you focus on expands.

Many of my friends, clients and listeners have sent me videotapes of programs that help me make my points and confirm my contentions. On one of those tapes was a PBS documentary on weather forecasting. This was not what my friend had wanted me to see. That program had just ended and this was something he had recorded earlier. From what I got to see, here's what I picked up. They were trying to predict hurricanes and other destructive storms. So they loaded into one of the world's most powerful supercomputers every piece of data ever accumulated on the thermal dynamics of this planet and every measurable weather-affecting influence they could gather. With all that data accumulated and organized, they ran the model.

They had to start the simulation somewhere, so they picked up the track on an air mass hitting the east African shore. The simulation ran beautifully as the air heated and cooled, swirled to great heights and plummeted while soaking up moisture and releasing it. As it tumbled off the continent into the expanse of the Atlantic, it picked up some rotation, and hot air fueled the increasing fury. A hurricane formed and crashed into Miami. They prepared to run the model again. Prior to firing the model, they changed one bit of data. In the biggest, most powerful of computers, they changed one piece of the smallest amount of data a computer can alter. To the weather model, it would be the equivalent of the breath of a butterfly on the African plain.

This time they ran the model and a hurricane never formed. They changed that bit of data back and altered one other. This time a weak storm spun off into the colder northern waters and fell apart.

They were disheartened to find that the littlest of things early on can so radically alter the final result. I found some of my greatest news in the discovery. Whether you recognize it or not, we are all here for a reason—including you. You have a purpose. The universe is good and it is happy to see you figure out its laws and live life in peace. All your experiences are designed to take you in that direction. All the joys and all the hardship have been designed to help you figure it all out. The Universe dispenses disease not to take you out but to wake you up!

The moment you reach a point in your growth where the light goes on brightly enough that you feel the connection and start to bask in the warmth of pure love, you become instantly thankful for everything and anything that got you here. At this point there comes a true love for everything in that past. This happened for me when I realized that if anything had been changed in my past, even something as insignificant as the breath of a butterfly in my path, things would have never unfolded into the beautiful moments I get to experience and appreciate almost constantly now. A rather affluent client asked my story and I shared it. She sent me pity for all my hardship. It took everything I had to not remind her who was in which chair.

There is no place in health for regret. You are a worthy soul on an important journey. The breath of a million butterflies has contributed to where you are on your path. Let go of all regret

for even the most confusing of those contributions. They are taking you to someplace very beautiful. And once there you will thank every one of those experiences.

Remember the story of the Earl Nightingale tapes from the preface? A little-known modern day philosopher with a gravel-toned voice catches the ear of this twenty-something street kid on a search that would eventually take him into healing. A distant but remarkably faithful mother bursts into tears upon hearing the news of her son's connection with Earl's message. What had happened?

My dad was quite violent. I knew that. What I never knew was how my mom found sanctuary during some of those years and how it would guide me. I started out as a forgotten kid in the streets of suburban Philadelphia. Unexplainable at the time, no matter how bad I was, I always did good things. I seemed to naturally want to leave the world a better place than what it was when I arrived. I naturally knew to allow myself the freedom to explore many things, and then make good long-term decisions based on the knowledge I gained through the experiences.

Where could a kid from such a confused environment get such a sound philosophy? It turns out that in the late 1950s and early 1960s, there was a small window of time each day that could guarantee my mother peace from my father's anger. Early in the morning, Dad would be passed out from the booze the night before. She would get up and take her infant son downstairs and sit with the child in her arms and listen to, you guessed it, Earl Nightingale as he spoke his philosophies over the morning airwaves. I look back over my life and listen to Earl Nightingale's "Lead the Field" series, and it was obviously my road map for living, even though I have no conscious recollection of the times my mom listened to the programs. My life outcomes were seeded in thought, not chemistry. True heredity is a function of thought, not blood. My explorations and findings were seeded by my early environment, which included topics that were presented because of Mom's enthusiasm. Those topics included Earl's message. My mind became anchored to his voice. My mind remembered his voice as what got me these cuddly, warm, loving moments with Mom.

The hypnotic anchor was now in place. Listen to this guy's message—get good feelings! If only for the fact that my good feelings got anchored to a message of such quality as Earl's, I must be one of the luckiest people on Planet Earth. And to answer your question, yes, I do recommend listening to Earl Nightingale for everyone. Especially pregnant mothers and young families. His tapes would make an excellent bedtime lullaby or subject matter for family discussions. The real point here is that the heredity of my thought and perception transcends all the way through Mom's existence to Earl. Then through Earl's existence and the early forces that influenced him, and their influences and so on, back into time. And so it is for every one of us. We are what we learn from our accumulating experiences.

Judged against most standards, my overall early upbringing would not be seen as a life others would yearn for. But my mother knew to teach me to look for the good in the littlest of things.

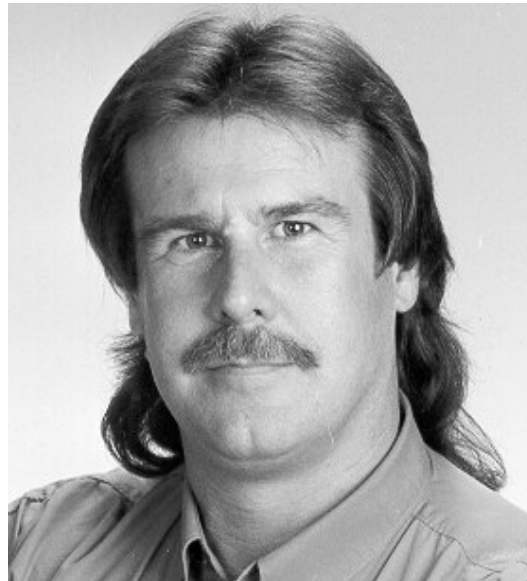
That might have been only because little was all we had. But it is a lesson capable of turning the world right side up. And I wouldn't want to be a king if it required I give up the knowing.

Those moments with Mom and Earl would seem so insignificant and ill-timed to any medical specialist. But each little input, on its own as insignificant as the breath of a butterfly in my path, compounded one atop the last, and as time and experiences brought forth similar inferences, their growing totality took the form of a subliminal mentor. From here pain and dis-ease dissolve into dust, in the confidence that there is good to be found in everything and health in the savoring of that good.

And so it is for you and every other human being. Your past can't be perfectly bad. Not one of the experiences can be totally bad. Not one bad thing ever said about you can be perfectly true. The book was titled Answer Cancer, so we spent considerable time on the ISE of the perceived bad. The fact is that no matter how much bad programming you have, there are and must be the seeds of goodness. Those ISEs of goodness are ready and waiting to sprout and grow.

See your life as a learning experience. Judgment is a curse. If you are holding anger for anyone or anything, get it out. Then forgive everyone who has hurt you or harmed you in any way. Forgive in your mind Mom and Dad and all others that come to mind. And then forgive the most important person of all—yourself. Do it over and over. And throughout life, think of forgiveness as periodic maintenance. From there, "Look for the good!"

ABOUT THE AUTHOR



Steve Parkhill knows how to help people heal. For nearly a decade he has been used as a port of last call. When all other forms of treatment have failed to produce results, the people he treats eventually find him. With incredible frequency he gets the results and in miraculous proportion. Steve is the first to point out that there are other healers getting great results. Many point to Steve's ability to explain where healing comes from in a way that is unmatched. He often equates his work and insights to "simple math."

For nearly a decade he has paid his dues and groomed his techniques one client at a time—exploring with each experience what it is that truly gets results in his office. He makes healing easy to understand. In fact, he makes life easy to understand. He now brings his insight to you. What he shares speaks to the individual as well as the entire nation. His message works harmoniously with every religion. He may rile or rally, but all seem to respect his simple, honest and obvious truths.

For one-and-a-half years Steve was the MindCoach every Saturday morning on South Florida radio. He has served for seven years as the Director of Private Therapy for the **Omni Hypnosis Training Center** in Fort Lauderdale, Florida. He sat for five years on the Board of Directors for Nova University's Enterprise Ambassador program, a program that is unlocking the potential of high school teens. Some of our greatest authors, athletes and astronauts have sought his advice. Most recently he created the Achievement & Learning Foundation, an organization dedicated to the proper development of our nation's youth.

Steve describes his presentations and gives insight into what he is trying to accomplish in the following statement: "No matter what the specific mission of your group or organization, goodness comes through you. Goodness won't be promoted through high-tech mediums like

TV—not through the news of the TV's daily programming for one reason: goodness creates a feeling of fullness. Emptiness—not fullness—creates consumption. When people are given a feeling of fullness, they aren't compelled to obsessively buy the products that must sell to pay for the programming. This is simple math!

"So the TV does what it must do to create emptiness, and it does so very well. When people start to feel empty or 'on a search,' what happens? If they are lucky they come together! They organize into a force that supports a feeling of fullness within the members of the group.

"I believe everyone has a right to know how the mind works and how the mind develops. It is my goal to pass along this knowledge and by doing so, give back to all people the ability to positively affect the development of their minds.

"To every organization of people, goodness has its chance with you! I offer myself as a host of great messages — messages to stimulate the mind, inspire hope and motivate your people into action. I speak on many subjects. The messages listed are only a few of what's available. If you don't see what you want, call and share with me what your group is all about. You may be surprised by what you discover for the inspiration of your people."