

Chapter 13

Emotional Healing

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

About myself

I can do it
I get it right
I am good enough
I am intelligent
I am successful
I am competent
I am worthy
I am visible
I am significant
My mistakes are forgivable
I can have what I want
I deserve happiness
I deserve abundance
I always meet people's expectations
My opinions count
It's OK to have fun
I have found my calling
I am in the right place
I am proud of myself
I am in charge of my life
I can stand up for myself
I can say no

I deserve pleasure
I deserve love
I am lovable
I fit in
People listen to me
I can show my true self and feelings
I do not need to please others to be worthy
I deserve to be alive
My parents are proud of me
I am interesting
I give out enough love
I am creative
People respect me
I am attractive
I fit in with the crowd
I do what I want to do
I am secure
I am meant to be here
I am in control
I have choices
I am clean
I am powerful

The world

Life is meant to be fun
Happiness is always long lasting
The world is a safe place
People are out to support me
Life is fair
Life is kind
Mankind deserves to be honoured

People are basically kind and loving
I can make a comfortable living
Hard work is not essential
I can be calm in today's world
Good people are in the majority
There is a higher plan to my life
Mankind will survive

My relationships

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

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

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

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

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

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

	Crystal: Rhodolite					Plant: Rose						
	Master number 5											
Number	1	5	7	9	8	3	5	7	1	4	2	7
Gateway 5	0	1	1	0	0	1	0	0	1	1	0	1

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

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

Crystal: Tourmaline Plant: Bergamot

Master number 1

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

- Replace the energies so released with:

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

Crystal: Celestite Plant: Gentian

Master number 1

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

- To remove limitations in cellular beliefs, apply:

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

- Restore true creativity under the auspices of:

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

- Release any negative energy attached to vows, whenever they may have been made. In particular, release the negative consequences of promising long-lasting love to an ex-partner, including marriage vows to a previous spouse.
- Release and cancel any negative energy attached to curses, whenever they may have been made. In particular, release the negative consequences of limiting comments made by people in authority, such as teachers and parents. Examples are “you will never amount to much”, or “I wish you were as clever as your brother”.
- Remove any ‘psychological reversal’ that is encouraging the survival and vitality of any toxins in the body, in particular candida and parasites. Release the negative energy around all historical traumas that have created or supported these self-destructive tendencies. Absorb the affirmation ‘Even though I may have candida/parasites, I deeply and completely love, forgive and accept myself’.
- Release any stored trauma and negative memories from being laughed at, scolded, crying, sobbing, or being made to cry or sob.
- Remove all trauma and negative emotions from all the energetic fields of the body acquired from past events, including:

Emotions felt in womb	Bullying	Religious procedures
The birth process	Bereavement	Religious indoctrination
Abandonment	Sexual abuse	Schooling
Conflict of territory	Emotional abuse	Bullying
Attempted suicide	Parental betrayal	Domestic abuse
Medical consultations	Adoption	Violent crime
Past traumas	Lack of sexual fulfilment	Sibling rivalry
Rejection on gender	Ist menstrual cycle	Birth of children
Abortion	Miscarriage	College / university
Being born out of wedlock	Drug abuse	Affairs
Car accidents	Physical injury	Threat of physical injury

	Crystal: Amber					Plant: Celery						
	Master number 1											
Number	3	9	7	5	4	3	2	0	1	1	3	8
Gateway 5	0	0	1	1	1	1	0	0	0	1	0	1

- Restore natural instinctive functioning of the amygdala. Ensure normal processing of frightening stimuli at an unconscious level in the ventral region of the amygdala and at the conscious level in the dorsal region.

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

	Crystal: Garnet					Plant: Mate						
	Master number 11											
Number	2	5	6	7	5	3	6	4	7	7	8	5
Gateway 4	0	0	1	1	0	1	1	0	1	1	0	1

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

	Crystal: Howlite					Plant: Dandelion						
	Master number 3											
Number	2	4	2	5	7	7	4	8	9	4	1	4
Gateway 5	1	0	0	0	1	1	1	1	0	1	0	1

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

	Crystal: Ulexite					Plant: Garlic						
	Master number 4											
Number	7	4	6	8	3	4	5	8	3	4	7	8
Gateway 1	0	1	1	1	1	0	1	0	1	1	1	1

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

Fibonacci Sequence $F_{(n+2)} = F_{(n+1)} + F_{(n)}$ $-\infty \leftrightarrow +\infty$ 3 dimensions Blue
 B,E,G Major Octaves C7 and C9. Starting (n) = 2 and (n+1) = 7

	Crystal: Blue Pectolite						Plant: Pepper					
	Master number 4											
Number	2	8	6	5	3	7	1	2	3	9	7	5
Gateway 2	0	0	0	1	1	1	0	1	1	1	0	1

- Bring into general awareness all past experiences held within the conscious, subconscious and body intelligence that are being avoided or denied. Please enable the blocked emotion to be recognised, healed, and released.

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

Mother in utero / breastfeeding	Girlfriend	Bosses
Mother generally	People in authority	Subordinates
Parents when taken to school	Children	Step-parents
Father when away from home	Step-children	Ex-partners
Father generally	Nephews / cousins	Spouse
Both grandmothers	Sisters	Ex-spouse
Both grandfathers	School friends	Partner of ex-spouse
Uncles	College friends	Religious figures
Aunties	Pets	God
Friends of parents	Work colleagues	Brothers
Boyfriend	Other friends	Other relatives

	Crystal: Tibetan Quartz						Plant: Palmetto					
	Master number 6											
Number	7	8	4	7	5	2	1	9	2	1	8	6
Gateway 3	0	0	0	1	1	1	1	0	1	1	0	1

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

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

- Undo negative effects on the cells and DNA of astrological influences, whether real or perceived, from birth onwards.

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

- Reassess all memories to see if any perceived ‘facts’ are in reality distorted belief systems. If so, please correct any misconceptions and remedy any adverse effects they may be having on behaviour.
- Heal any sense of rebellion against all other people and institutions, including family members and self. Replace with patience, kindness, forgiveness and understanding.

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

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

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

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

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

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