

TOOLS for the SHIFT

A Self-Analysis Workbook

Caryl Dennis
with Parker Whitman

Practical * Simple * Effective

- * Discover your purpose or mission in life***
- * Clear your childhood issues***
- * Forgive your past relationships***
- * Find your perfect mate***
- * Manifest your heart's desire***

Prepare yourself for the new frequency

Tools For the Shift

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MANY THANKS

ALL IS IN PERFECT ORDER

AND, IF ALL ELSE FAILS.....

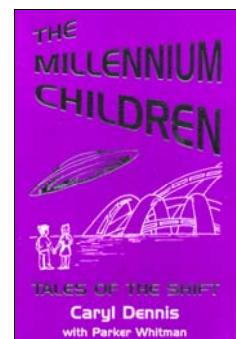


INTRODUCTION

Over the last twelve years or so, while doing intuitive readings for people around the country, I've noticed that many of my clients shared the same issues and concerns: What's my purpose or mission in life? When will I meet my soulmate? Why do I repeatedly manifest the same "messes" in my life? During the quest to answer these questions for myself, I had the opportunity to benefit from a variety of psychological therapies, tools and processes; a slew of books; support groups, lectures and workshops with top authors and researchers; and, most importantly, telepathic contact with my twin sister Karyl (Refer to our book ***The Millennium Children: Tales of the Shift*** for that story). In the process of implementing all this information, I've manifested what some might call "miracles"; I believe that with sufficient effort and dedication, anyone can do the same.

Planet Earth and her occupants are now going through a fundamental "shift". As Karyl explained to me, "You must raise your personal frequency in order to adjust to the Earth's rising frequency. Many agreed at the soul level to come to Earth at this critical time, in order to be of service. To do so effectively, it's necessary to be physically, emotionally, mentally and spiritually healthy. You must deal with your unresolved issues now - clean up your 'stuff'."

For those of you who haven't yet read ***The Millennium Children*** and who therefore may not have a clear idea of what I mean when I speak of the "fundamental shift" currently underway, here's an excerpt from the Introduction to that book:



What "shift" am I referring to? Nothing more or less than a fundamental transformation of human consciousness - some say all earthly consciousness. A shift from dualism (the world is made up of scores of irreconcilably opposed forces: good and evil, body and mind, flesh and spirit, etc.) to the "Law of One" (all opposites are illusionary and are simply methods for making the Universe happen); a shift from competition to co-operation as the primary mode of behavior; from fear to love as the primary motivation of action. From one frequency to another, "higher" one – like finding a TV channel that has much better programming than the one we've been

watching! Ecstasy, bliss and deep joy rather than merely cheap laughs; universal, unconditional love rather than tawdry sentimentality. Voluntary co-operation instead of conflict and power politics. The shift that has been prophesied for many centuries by many seers in many cultures, and is now being heralded by events both internal and external, personal and social, geological and meteorological, technological and paranormal – that's what "shift"!

There is, of course, another "shift" that every single being now alive will certainly have to deal with at some point: the shift we call death. It's impossible to overemphasize the importance of being properly prepared for our physical demise, whether we die naturally of old age, suddenly in an "accident", or anything in between. "Cleaning up your 'stuff'" is a vital part of that preparation. There are many accounts in the literature on death and dying of 'passages' that were prolonged and/or made much more painful because of unresolved emotional and spiritual issues. This workbook is designed to aid in the resolution of just those life challenges.

There are also the "shifts" we go through throughout our lives; marriage, divorce, job or career change, physical relocation (i.e. moving to a new place), the birth of a child, graduations, the mid-life change. All of these shifts necessitate a re-examination of our lives. This workbook can be helpful in dealing with those "shifts", as well.

When working with any of these "tools", it's important not to hold back or play games with yourself; the deeper you can penetrate into those suppressed feelings and petrified belief systems, the more thorough your healing will be. If necessary, feel free to break out the 'Kleenex' – tears, it is said, cleanse the soul. They're good for you, even if you're a guy! It's the old "thorn in the paw" concept: the healing can't start till you get that thing out of there.

I recommend that you take a few consecutive days for yourself to complete this workbook. Choose a time and place where you won't be disturbed, can stay with the processes and really take a good, long look at yourself. I promise that you won't be the same afterward.

A note on terminology: Most people agree that there is a Creative Force, a Source of All That Is; only the most hard-nosed materialist/existentialist still argues that this amazing Universe is the blind

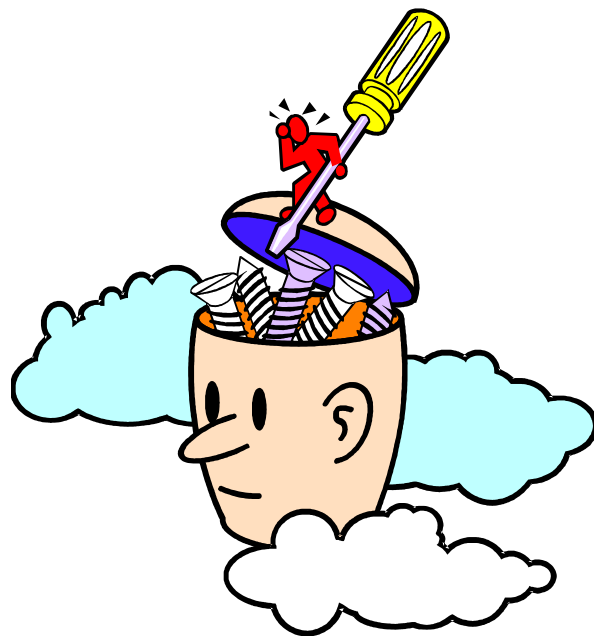
result of stupid movements of energy and matter. There are, of course, many different names for this Force: God, Love, the Universal Life Force, Allah, the Tao, Chi, the Great Spirit, the Ground Luminosity — the list goes on. For our purposes here, I will usually just use the term "Spirit".



Disclaimer: Serious (life-threatening) medical problems or pathological mental states require the attention of qualified health professionals. This book is intended for people who are ready and able to move up to the next level.

MAKING THE SHIFT

SOME TOOLS

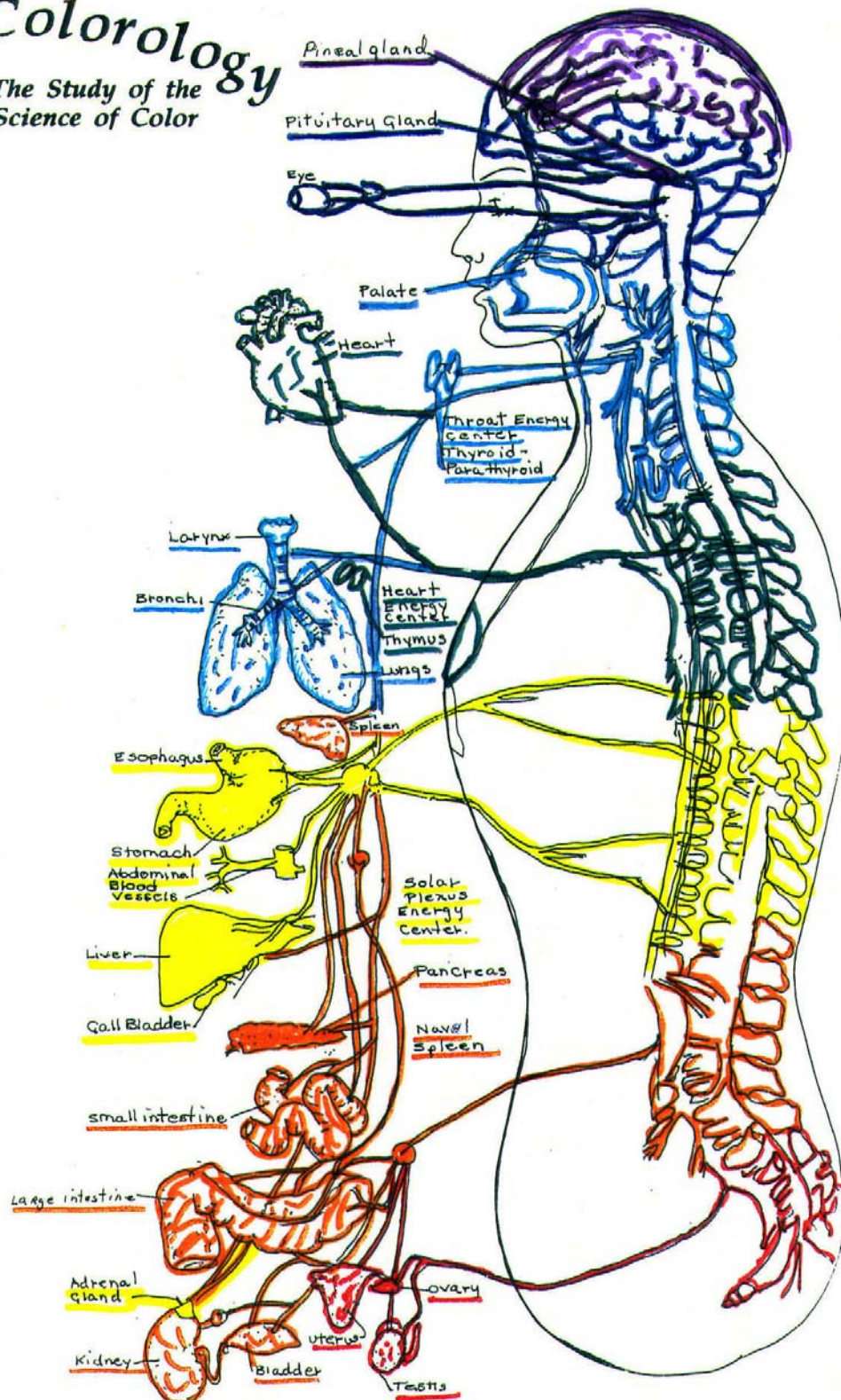


First, let's get acquainted with some of the concepts, techniques and methods we'll be using:

Chakra Spinning

Colorology

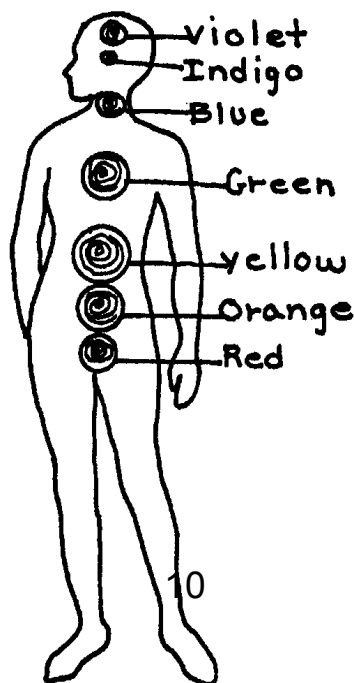
The Study of the Science of Color



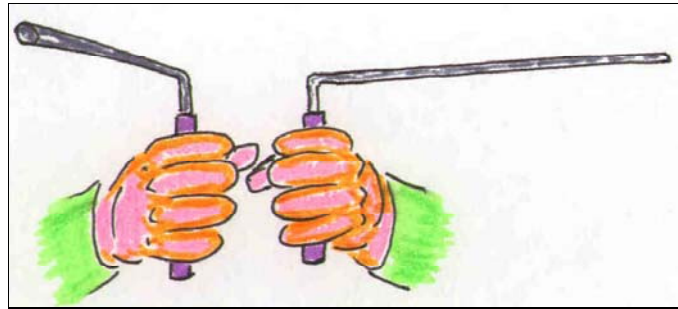
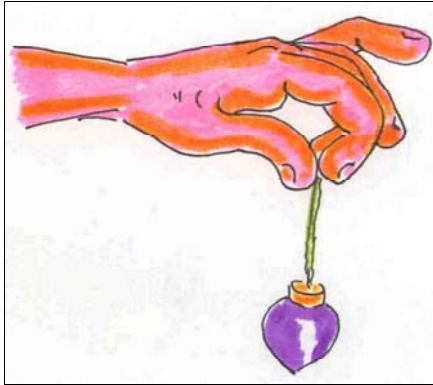
Chakra spinning is a powerful way of balancing the physical, emotional, mental and spiritual bodies. In 1987, Karyl provided me with the script for the *Rainbow Meditation* audiotape, which has proven to be a most valuable tool for getting the energy centers moving and keeping them balanced. You can, however, spin your chakras using a simple visualization technique, as follows:

Begin by taking a few long, slow, deep breaths. Imagine a cone of energy, red in color, spiraling into the energy center at the base of the spine (the "root" chakra). Feel the color saturating the chakra and its related organs (in this case, the reproductive organs). Then move on to the second chakra, in the middle of the abdomen, and repeat the process, this time using the color orange. Move up through all the seven colors at a leisurely pace; don't move on until you really "feel the glow" in the area on which you're focusing. When you complete the process with all seven chakras, take a few more long, slow deep breaths; feel the balance and energy in your body. I like to finish up by imagining a pure White Light in my heart chakra gradually expanding outward to fill my entire body, the space around me, the entire room, and so on. While chakra spinning is most effective when done slowly, you'll still derive benefit from a "quickie" if you're pressed for time. In any case, always start at the root chakra and work your way up to the crown.

If you get frustrated or "stuck" during the processes that follow, stop and spin your chakras to bring yourself back into balance. Chakra spinning is a wonderful way to both start and end the day!



Dowsing



Dowsing is another technique that has been very helpful to me. It's a great way to exercise your intuitive abilities.

Dowsing is a process whereby information is received from that part of Mind that is usually inaccessible to the average person in a waking state. Using a pendulum, "L-rod", divining rod (basically a forked stick) or kinesiology (muscle testing), the competent dowser should be able to locate subterranean water or minerals, find lost objects, measure energy, or answer questions couched in "yes-no" terms. The competent dowser is limited only by his or her imagination.

The concept is that by putting oneself into some form of altered state, or simply by getting the conscious mind "out of the way", one allows the Great Unconscious, the Quantum Field, to move one's dowsing instrument involuntarily, in such a way that the information one seeks will be forthcoming. All information is contained in the Great Web of Creation; dowsing is a means of accessing that information without falling asleep or physically leaving the planet. Most rural areas harbor people who are paid to dowse for water. They get paid because they're usually successful.

A pendulum can be anything hanging on a string, rope or chain. Many people create their pendulums from a piece of jewelry or stone that holds emotional energy for them. Hold the string between your thumb, index and middle fingers about 3 to 5 inches from the pendulum (find a

length most comfortable for you). Ask the pendulum to show you a "yes" response. The pendulum will begin to move back and forth, toward and away from you, or in a circle in one direction or the other. Then ask the pendulum to show you a "no" response, and it should respond with the opposite movement to the "yes" response. Once you've mastered the "yes" and "no" responses, there are many helpful ways you can use dowsing in almost every area of your life.

The American Society of Dowsters, P.O. Box 24, Danville, VT 05828, (802) 684-3417, holds an annual convention in Vermont (usually in August) at which dowsing experts from all over the country share their knowledge and techniques. They also have a bookstore.

Journaling

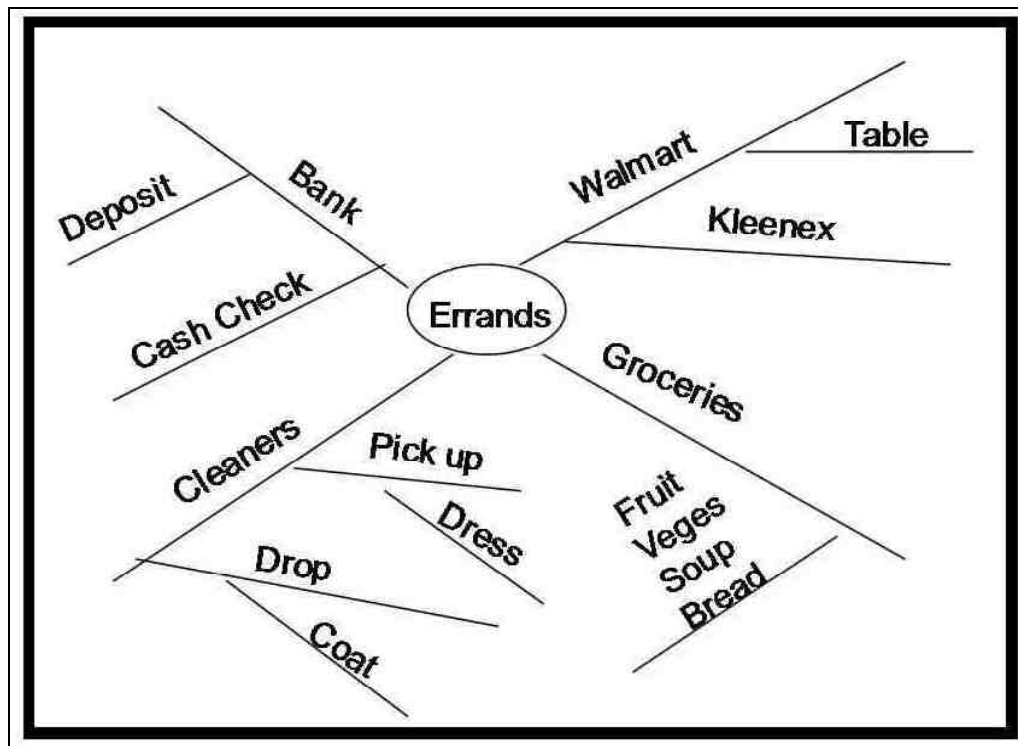


I recommend that you keep a journal of your experiences (including dreams!) while making your way through this book. The work may bring up many forgotten memories, profound insights and deep feelings. Writing to yourself is an effective way of dealing with them clearly and even-handedly. You may even find that, while journaling, you get so "in tune" with your inner guidance that a form of "automatic writing" takes place. Your hand may seem to write on its own and record some pretty amazing stuff! At the very least, you'll have a record of your adventures.

By the way, it would be well to make it clear to those close to you that the journal is strictly private – "off limits". It's important that you feel completely free to write in it whatever you need to, without regard for

anyone's feelings. It's process, not eternal truth; if your loved ones can't deal with that, give them a workbook of their own – they need it!

Mind Mapping

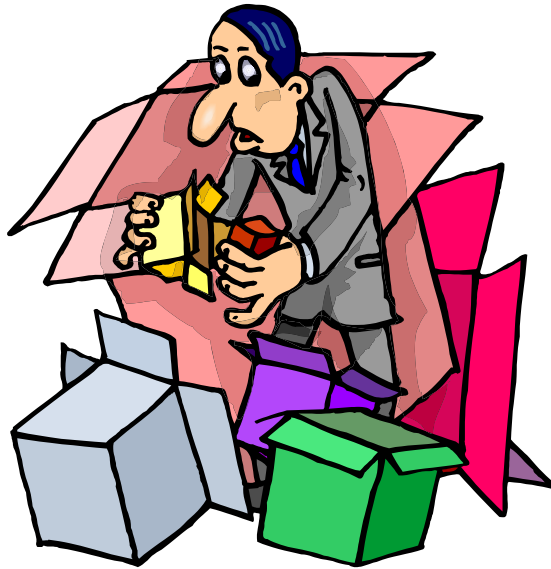


A tool that has been very helpful in many areas of my life is mind mapping, a technique of outlining a book, speech, or activity using a special format. Its effectiveness lies in the fact that the format emulates the activity of the brain. While researchers are still exploring the brain's many mysteries, it's generally accepted that related information is stored in groups of neurons in a particular area of the brain. Thoughts concerning that particular subject activate those neurons through a process in which flashes of light (synapses) connect the dendrites (similar to tentacles) between the neurons.

To create a mind map, begin by placing the subject of the map — represented by a word or two — in a circle in the center of a blank piece of paper. This represents the "central neuron". Next, draw lines (dendrites) out from it, on which you note clusters of related information (see illustration). I used this technique to outline the books I've written; it's a real

time-saver! I also use it to organize research material, lectures, workshops and even errands.

SORTING IT OUT



Let's begin with a Life Analysis, using the "mind mapping" technique to take a long, deep look at ourselves and the reality we're creating. Here are the rules of the game:

- Be completely honest with yourself. There's nobody here to fool!
- Ask for guidance and assistance from Spirit, your Higher Self, Angels, Other-Dimensionals, Spirit Guides, or your dear departed Granny – whatever empowers you to see more clearly!
- If you get stuck:
 - Imagine how someone else might view you and/or your behavior.
 - Take a few deep breaths.
 - Spin your chakras.

THE MAPS



Now, to that Life Analysis. Take as much time as you need to thoroughly mind-map each of the following fourteen subjects:

1. My good qualities, talents and attributes are... (Brag about yourself)
2. I most enjoy spending my time... (Hobbies, pastimes: things you LOVE to do)
3. My ideal way (or ways) of generating income is (are)... (Go into detail: hours, how much pay, self-employed or not, ideal workplace, etc.)
4. I see my gift(s) of "service to others" as... (Healer, listener, any way you feel you can help others)
5. What would make me happy is... (An unconditional wish list. Money is no object!)
6. The qualities of my ideal home are... (Location, size, view, neighbors, climate, etc.)

7. The qualities of my "perfect" mate are... (Be very specific – my list was up to 72 items by the time I met Parker!)
8. My non-constructive qualities, habits and addictions are.... (Be brutally honest, but objective. Look at your behavior as though watching a movie.)
9. My fears and phobias are... (What you worry about at three in the morning!)
10. I feel guilty about and/or regret... (More three a. m. stuff!)
11. My dislikes, major and minor, are... (Tardiness, cold weather; things other people do that annoy you, etc. – trot out those "pet peeves"!)
12. The three or four people in my life at who I've been the angriest are... (Place one name in the center of each map, with the reasons for your anger extending from it. If you can easily think of more than three or four, do the process until you start to see a pattern. Remember; be as objective as you can, while still processing the anger, that is, "letting it flow".)
13. Unfinished business presently in my life... (Clean out closets, get bids for new car insurance, sell the second car, write for college brochures, pay off loan, etc.)
14. I am grateful for.... (Count your blessings!)

TECHNIQUES



Changing Your Reality 101



Once you've completed your mind maps, you can start to create the life you desire. But first, let's go over some basics:

To change your life, you must first accept responsibility for your life. "Victims" are powerless. Don't be one! Realize that you create everything in your life. Thoughts are things – where your attention goes, your energy flows. Your brain allows you to change negative belief patterns by:

1. Deciding what you don't want in your brain.
2. Removing it.
3. Replacing it with new information.

If you're looking for change in your life, do something to let the Universe know that you're open and willing to change. Clean out your closets, recycle, give away or throw out all the unnecessary "stuff" in your life – get the energy moving!

"Act as if" – or "Fake it 'til you make it". Imagine that you already have your heart's desire, and behave as if you do!

There are two perspectives on manifestation: One is to be quite specific about what you want, and use visualization and affirmations until you get it. (Some might say this is the path of the control freak.) The second method is to make a statement of what you want (prayer), and then "let go and let God" do the rest. In my opinion, "letting go and letting God" is like calling up Sears when you want some new clothes and saying, "Oh, just send me anything that'll cover my body." But Earth is supposedly a planet of Free Will; we are all free to find our own paths. "Door number two" may work just fine for you – just be flexible, as the Universe has been known to exhibit a quirky sense of humor, at least in my experience! I feel that if we truly do create our own reality, it's best to be specific, focused and persevering in doing so. Give it energy. I do, however, recommend adding, "this or something better" to your request, just in case Spirit has an even better idea.

Warning! *Never try to impose your will on another.* Make your affirmations only for yourself – *your* actions and *your* feelings! And be careful what you ask for – you'll probably get it!

The Laws Of Manifestation



1. Decide what you want (This is *not* always as easy as it sounds! Start small and be *very* specific; once you get the hang of visualizing clearly, it'll get easier.).
2. List the properties and qualities of what you desire to manifest.
3. Create a visual representation of your desire, such as a "treasure map"(see below).
4. Create positive affirmations to say throughout the day to focus your energy and attention.
5. Imagine how it will **feel** to have what you desire. The more emotion and energy you attach to your wish/prayer/request, the more powerful it becomes. Emotion = energy = power in the manifestation equation.
6. Focus energy and attention on your "properties and qualities" maps and/or visual representation several times a day – particularly upon awaking and just before going to sleep.

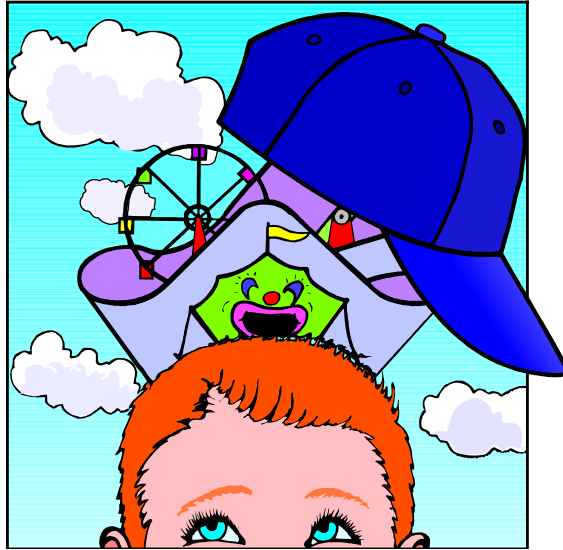


7. Always add, "this or something better" to your requests. Don't limit the bounty of the Universe.

8. Be thankful – *in advance* – for the perfect manifestation of your needs for your highest and best good. An "attitude of gratitude" will immediately make your world a better place in which to live!



Visualization



1. Create a mind map for each of the things or circumstances in your life you would like to change or acquire (career, mate, bad habits, new car).
2. Map all the attributes or characteristics of the "Perfect Manifestation" of each change in your life. BE VERY SPECIFIC, present tense, positive. (For example, "Career: flexible hours, at least \$40,000 per year income, self-employed, home-based", etc.)
3. Choose one map per week to work on. Read each item on the map OUT LOUD, think about it, and imagine what it would feel like to have that in your life. Write out the map items at least twice daily, morning and night, and as often as possible throughout the day for one week. Feel all the emotions connected to each item as intensely as you can.

Affirmations



1. Write a positive affirmation or statement for each of the things you would like to change in your life. ("My perfect mate comes to me at the perfect time.")
2. Make 3 x 5 cards of these positive affirmations and put them in obvious places in your home, in or on your desk, in your purse or pocket — anywhere you're likely to see them during the day.

**I am healthy,
happy and free**

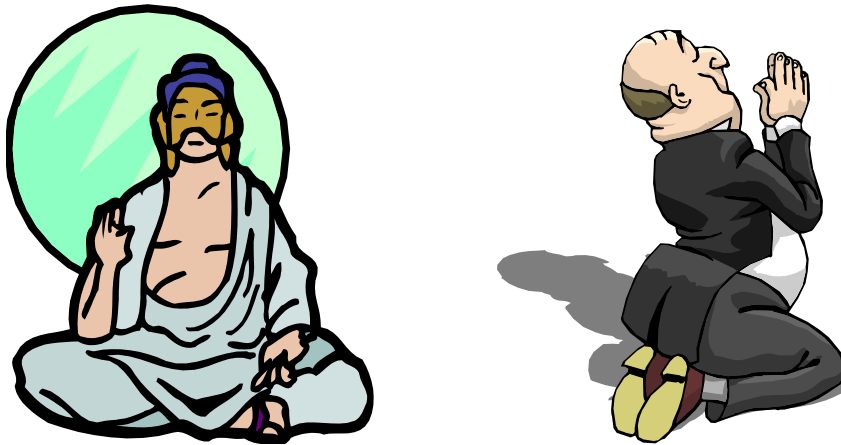


Treasure Mapping (Visual Affirmations)



1. Buy a large piece of poster board — blue or violet works especially well.
2. Cut out pictures or statements from magazines (or write or draw them) that represent whatever you want to create in your life.
3. Paste them, in collage fashion, on the poster board.
4. Place the poster where you can see it from your bed.
5. As your first and last act of each day, look at the poster. See and FEEL yourself having or experiencing your desires. Get into the emotion of how it will feel to have all your dreams come true!

Meditation & Prayer



"Ask and ye shall receive", it says in the Bible. This really does work. Prayer is asking; meditation is listening.

Prayers are sometimes answered in obscure or even comical ways. After you make a prayer request, pay attention. Watch billboards, street signs, newspapers or magazines. Really listen to what people are saying to you, or what you hear on TV or the radio. You never know from whence your answer may come.

I heard a story that offers a powerful manifestation image you might find helpful. It came from a man named Mellen-Thomas Benedict, who died of brain cancer, and returned – completely cured of his cancer, by the way – to tell of his experiences on the other side. When first informed he had terminal cancer, he decided to study the subject of death as thoroughly as possible, so that he would know what to expect. He devoured books from many cultures and religions. One morning he woke up knowing this was to be the day. He called his hospice worker and friends to say goodbye, then fell asleep. He remembers leaving his body, and he knew that if he went all the way to the Light he would be dead, so on the way he said, "Stop, wait, I have questions!" He said that the entire experience came to a screeching halt and a voice said, "What do you want to know?" He was able to ask all his questions, and the answers make a fascinating and very moving tale. What I found most illuminating was this: when he looked back at the Earth from space, he saw many lights, of various sizes and intensities, emanating from the planet and shooting off into space. He asked what they were, and was told that they were prayers. The very

bright ones were the children's; they were answered first. The rest were answered in descending order of brightness, the brightness being a function of how much emotional energy and intent went into the prayer. That image made clear to me a very important "rule" concerning prayer; it's not just what you do or say, it's how much energy you put into it!



THE PROCESSES

All right — now it's time to get to work with those mind maps you made and put the pieces of your puzzle together.

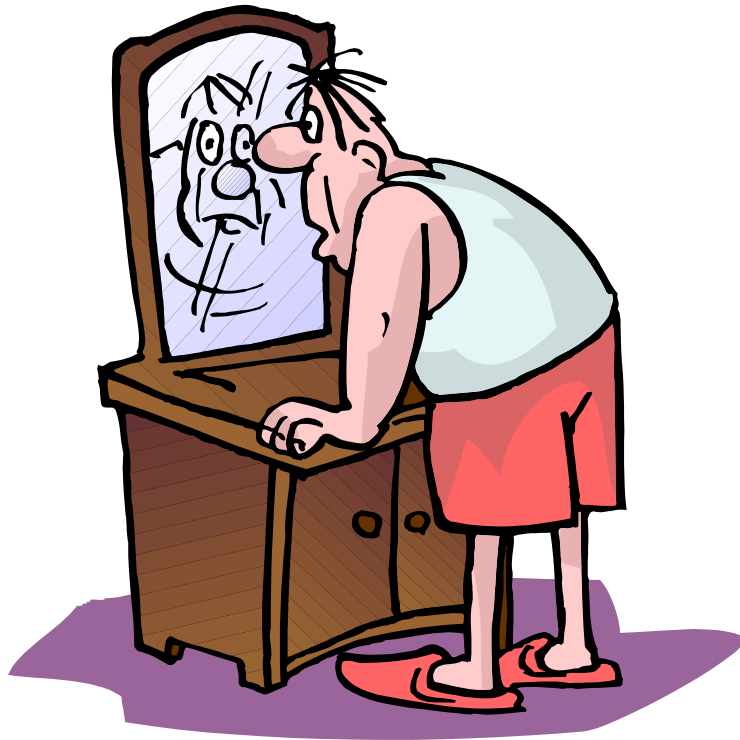


“I still don’t know what I want to be when I grow up.”



1. Review maps 1, 2, 3, 4 and 5. It’s helpful to know your “Life Color” (See my book ***Colorology: The Science of Color***)
2. Meditate on how you can combine them to generate income in a way that would bring you joy and bliss.
3. To discover your inherent talent(s), notice what forms of self-expression bring you the most joy and fulfillment. As Joseph Campbell said, "Follow your bliss." If you truly do that, abundance (or at least sufficiency!) will follow you.
4. People have told me, "I don't know what my talents are!". If not, experiment. Take some classes – art, music, healing, singing, computer programming – whatever you think you might enjoy. It won't take long for you to discover if you have a natural talent for it.
5. Meditate and sleep on the ideas. Ask (pray) for inspiration. Listen (meditate) for the answers.
6. Sometimes we're so close to the issue we overlook the obvious. If, after doing steps 1, 2 and 3 above, you just can't see an answer that includes your desires, gifts and skills, show the lists to someone of like mind (preferably not someone to whom you are emotionally close). See what pops out!

The Mirror Principle



1. Realize that planet Earth is a grand classroom – everyone and everything is our teacher, a reflection of our own consciousness. Every feeling that is felt or expressed by another mirrors a feeling deep within each of us.
2. Whenever we find fault with anyone, we are actually judging some aspect of ourselves that we have not yet accepted. Our tolerance for others reflects our willingness to accept ourselves just the way we are. We cannot be at peace with the world until and unless we are at peace with ourselves. We make peace with others to create peace within ourselves.
3. Review maps 11 and 12 applying the mirror principle. Take a deep look into your soul to discover the lessons being offered.

Forgiveness



1. Share mind maps 8-12 with someone you don't know very well but whom you trust. This person is to offer *no* sympathy, comments or judgments – *just listen*. By sharing your secrets with another and receiving basically no reaction, you may well find that your "stuff" isn't as awful as you may have thought! If no one's available, read them aloud, slowly and clearly, to an imaginary "wise one". Simply reading them aloud will give you a different perspective on the maps. Reflect and meditate on them from this new perspective.



2. We've all heard the saying "Confession is good for the soul". Confession can release negative or blocked energy not only from the soul, but from body and mind as well. Your "confessor" must of course promise not to reveal your confessions. This builds trust. This process works especially well if the other person is doing it too and confesses their "stuff" to you. You may find that no matter how "bad" your "stuff" may be, you would never trade it for someone else's!

3. If you're angry with someone, it always arises from a need either for approval or control, neither of which is your right nor business. Realize that you were doing the best you could at the time – and so was everybody else. And if they weren't, that's their karma. Don't make it yours by clinging to a perceived wrong! It's done and over with – except where it lives in you. You can't change the past, only how you perceive it. If it's appropriate and you feel so moved, use the "Unresolved Relationships" process to clean up the energy.

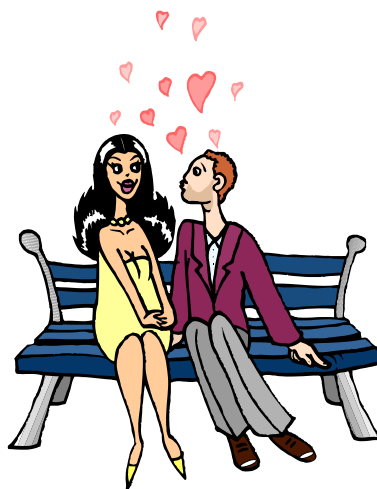
4. Create a ceremony. Go to a private place, preferably outdoors, center yourself, say a prayer asking for strength, guidance and love, and take a few deep breaths. Read your maps OUT LOUD one last time. Now burn them. As the smoke goes up, feel the energy release from your body, mind, heart and soul.

5. Ask Spirit to FORGIVE YOU. Ask also, where necessary, for the strength to forgive others.

6. FORGIVE YOURSELF! LET IT GO! You never have to think about that "stuff" again – it's over and you are free! Know that you're forgiven.

7. Observe how your body feels. Does it feel lighter?

8. Create a positive affirmation card to help you let it all go and live in the moment. ("I live in the moment and I am happy and free!")



Unresolved Relationships



The Universal Law of Karma ("What goes around comes around", "As you sow so shall you reap" – the law of Cause and Effect) has been demonstrated to me over and over in the intuitive readings I have done. When a person asks about a challenging relationship, I almost always begin to see visions of past lives they've had with the individual in question. As I explain what I'm seeing and feeling, they almost always verify that it's the same issue they're dealing with now – only the tables are turned. I believe we learn in Earth School by working out karma with each other, in the process of perfecting our souls.

The people closest to us are the ones with whom we have the most to resolve; they are very special teachers for us.

Another issue which can be involved here is that the higher your vibration (especially if you are a Violet or Indigo), the more sensitive (and often intuitive) you are. I've found that Violets, particularly, are often moving between the dimensions and may remember past-life or other-dimensional connections. Consequently, they may have a difficult time distinguishing the emotions involved in those connections from present-life emotions. So when they meet someone and feel a strange familiarity and attraction, they interpret the feeling as "love", when in fact it is simply a matter of recognition. Obviously, this can lead to a lot of problems down the road.



1. Write the person or persons in question a letter telling them everything you never got a chance to say (they're not necessarily going to read this letter, so say everything you ever wanted to say). Dredge up all the hurt and emotion still stored in your body. Use that Kleenex – FEEL the emotion – let it out.

2. Recognize and acknowledge your part and responsibility in each situation from your current wiser, more mature, perspective. Try to see it all from their perspective. Look at what they were mirroring to you. Apologize if appropriate.

3. Thank them for everything they taught you. Remember all the good times, great vacations, special occasions, etc. Feel the joy and gratitude as intensely as you felt the pain while doing step #1. (It's all just energy; it's *not* who you are!)

4. If it feels right, send them all or part of the letter. That will clear the energy faster, but is not essential to the healing process. (Remember, it's your healing!)

5. Create a private ceremony. Read the letter out loud. Now, burn it! As the smoke goes up, feel any negative energy you're holding release. Let it all go – you don't have to think about it ever again.

6. Ask for forgiveness, from the person or persons in question and from Spirit. Also ask (pray) for the strength to truly forgive any wrongs done to you.

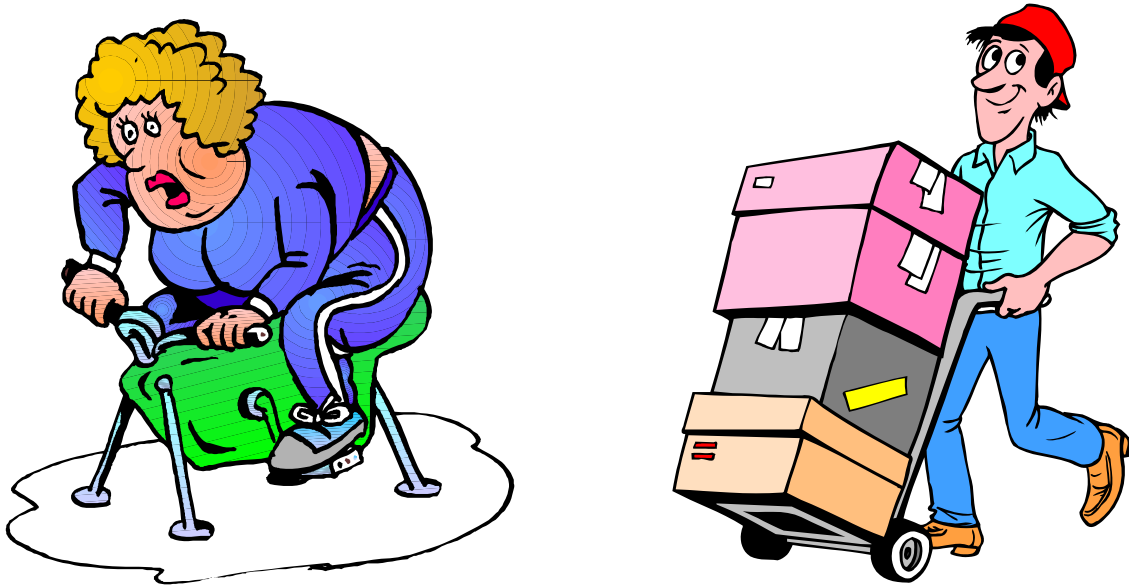
7. **FORGIVE YOURSELF! — LET IT GO! — BE HERE NOW!** Know you are forgiven.

8. Observe how your body feels. Does it feel lighter?

9. Create a positive affirmation card to help you let it all go and live in the moment. ("I create loving and supportive relationships in my life!")



Unfinished Business



1. Review map 13.
2. Make a commitment to yourself to get these things done *as soon as possible*. Whether you're aware of it or not, procrastination and avoidance use up precious energy that could be put to much more effective use.
3. Number, in order of priority, all the items on the map.
4. Begin to "clear" the map immediately. As each item is finished, cross it off the map so that you can see and appreciate your progress.
5. When every item is crossed off, create a ceremony. One last time, read aloud each item; appreciate your success and commitment. Experience fully how good it feels to have accomplished these important tasks. Burn the list.
6. Reward yourself: take yourself out to dinner, go shopping, get a massage, take a trip – celebrate your success!

"I feel I should move — but where?"



So often during my readings a client will say, "I feel like I should be living somewhere else, but I don't know where." I think this is a reflection of their intuition that Mother Earth is in the middle of a healing crisis and that they're here to help, but aren't sure how or where.

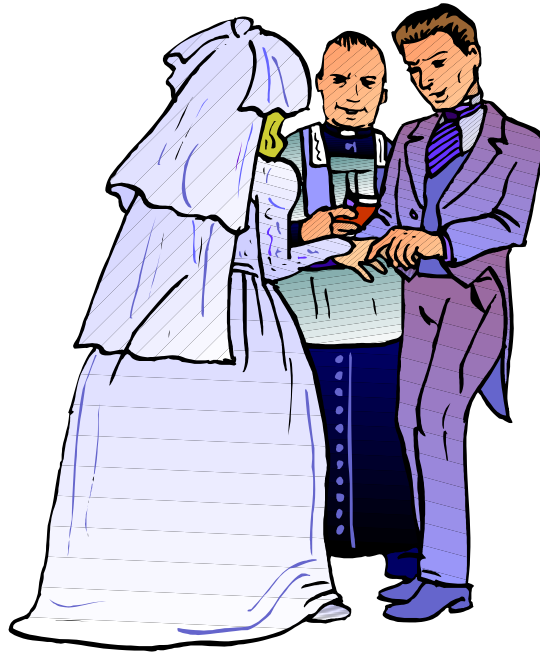
1. Review map 6 and keep those qualities in mind as you proceed.
2. One way to discover where your energy will be most compatible is to use the map of the United States on the following page and your pendulum. You can divide the map into quarters and ask, "Is my perfect location in this area?" Then divide that section into quarters again and repeat the process. Continue to do this until you have narrowed it down as specifically as you desire.
3. Go visit the area. Take your time and drive around. Tune in and psychically sense your surroundings. Meet the locals; ask questions. Look up the local metaphysical bookstore and/or health food store and visit them. Locate and check the local bulletin boards. Buy the local

4. Be sure to keep the qualities of your perfect home and location in mind as you ask Spirit to lead you to your destiny. Be flexible and alert – leads may come from unexpected places!

Warning: Your motivation for moving is important! If you move because you fear earthquakes or hurricanes or muggers where you are, rather than out of a sincere desire to relocate to a place where you can perform blissful service in a pleasant environment, you're looking for trouble. Your fear will move right along with you.



Finding Your Perfect Mate



Study your "perfect mate" mind map 7. Ask yourself: "What would a person like that want with a person like me?" The qualities you've listed for your ideal mate are ones that, subconsciously or not, you would like to have as well. Your mate is your mirror. Once again, the principle is clear: to achieve your heart's desire, put your house in order!

You may have heard the phrase "opposites attract", and may even have experienced it in your life. "Opposites attract" *is* the rule on the physical plane, but on the spiritual plane, it's "like attracts like". When your chakras (energy centers of the physical body) are out of balance, you may draw to you someone who feeds energy to your weak chakras – in other words, his/her imbalance is a mirror image of your imbalance, and so you balance each other! At first, it feels good to experience that balance; so good that sometimes we confuse it with "love". In the long run, however, if the two of you aren't spiritually compatible (say, you're an Indigo and your partner is a Red), the relationship is unlikely to last.



1. If there are any obvious contradictions between the characteristics you want in your mate and those you're demonstrating in your life, make a list of affirmations to correct them. (I.e., "I am patient with everyone in my life.")
2. Read your "perfect mate" list at least once a week and the affirmations at least twice a day.
3. "Tend your garden", as the metaphysician Stuart Wilde calls it. Hold your sexual energy sacred and allow it to build, so that when the "ideal one" shows up, you'll be ready. Don't settle for anything less than your heart's desire – you deserve it! Take time out from the "social whirl" to focus your sexual energy on manifesting that one you really want.
4. Spin your chakras, eat properly, exercise; create health and balance in your life. The more balanced you are, the more balanced will be the mate you attract.
5. If the Universe offers you "practice runs" or "opportunities to grow" (in other words, "I thought this was it at first, but it didn't work out."), be sure to update and refine your map, incorporating what you learn.

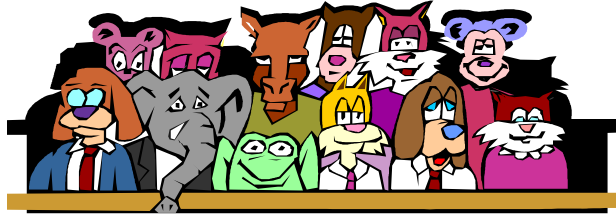
Be Thankful



1. Take a long look at map 14.
2. It's important to focus on the good in your life (where your attention goes, your energy flows). You have much to be thankful for, no matter how bad things may seem at the moment.
3. Post this map somewhere you can see it several times a day.
4. Read it aloud at least twice daily; feel your joy and gratitude for the blessings in your life. Revel in it! Notice how good your body feels when you're grateful!



Support Groups



During a good portion of my self-realization work, I had the benefit of being part of spiritual support group. We were dedicated to assisting one another to make changes in our lives. All of us were trying to figure out what to do next, and met each Sunday to provide spiritual and manifestation support for one another.

We began with an opening affirmation (that we created ourselves), after which we each expressed our individual concerns or needs. The entire group then focused its attention on each member in turn, putting our love and energy toward the perfect manifestation into reality of each member's desires – for the highest good of all concerned, of course! We then shared any intuitive "hits" we may have received during this process, and then practiced our healing skills on each other. After a healing meditation for those we knew to be in need, we closed with another healing meditation for Mother Earth. We all looked forward to our weekly meetings with great anticipation, because we were all very quickly manifesting whatever we requested.

Wherever two or more are gathered together, the energy is magnified. Groups of the type I just described, when properly organized and focused, can be extraordinarily helpful in implementing life changes. This particularly applies to couples; it's extremely important that two people who have joined their life paths agree upon and see clearly what they want. Otherwise, their energies could work against each other, creating confusion or, at worst, chaos!



Spiritual Mind Treatment



This is a high-powered, mini-meditation/prayer/manifestation exercise that may be used anytime, anywhere, either on its own or as part of some of the other manifestation processes described in the foregoing pages.

1. Recognition – Spirit is
2. Unification – I am what Spirit is
3. Realization – I now
4. Gratitude – I give thanks.....
5. Release – I let it go, let it be so and so it is!

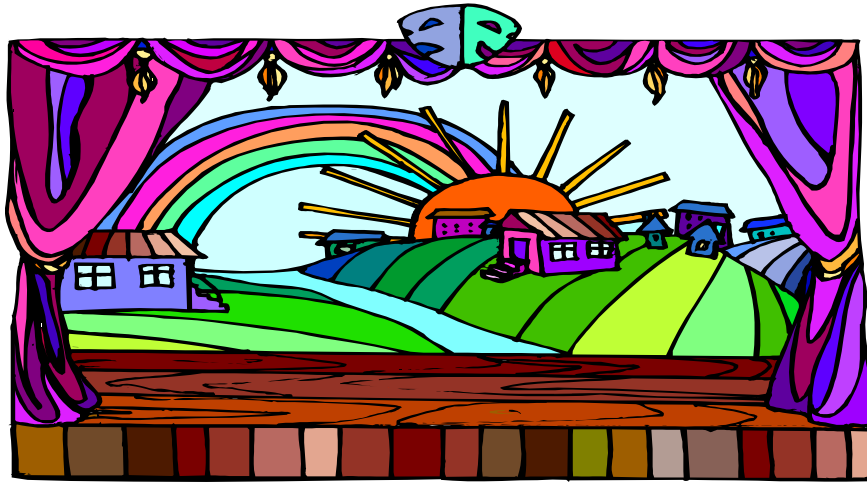
Example:

1. Spirit is infinite, immortal, universal, unlimited, omnipotent love, light and energy.
2. I am one with this power; it is in every cell of my body, and I am creating my existence with this unlimited force and energy. I know that what I send out to the Universe comes back to me, and I send out only love and light.
3. I now manifest my perfect mate.
4. I give thanks, knowing that my words, being energy, have great power and must manifest. I say, "Thank You, Spirit", knowing that my word is already so. "Thank you! Thank you very much!"
5. I let it go and let it be so, and so it is! (Amen!)

Note: Remember that you can substitute the word "God" (or whatever works for you) for the word "Spirit".



Perfect Day Affirmations



- I awake feeling grateful for the wonderful rest I've had.
- I notice a calm and peaceful feeling in my body.
- I am eager to start the day.
- The thought of doing what I love sends a surge of energy through my body.



- I look forward to all of the new experiences I shall have, and all the love I shall give and receive.

- I realize that everything in the Universe is perfect and only perfect things happen to me.
- I sense a direct communication to Spirit; I trust that I will be perfectly guided as I use my intuition.
- I am filled with joy and see myself radiating that joy to everyone all day long.



Body, Mind & Spirit

HEALING RAINBOW

*Be Still...
Calm...
Relaxed...
Peaceful...
Light and
Love.*

*I forgive myself and everyone else with the strength and power within me.
I enjoy the prosperity of the Universe with enthusiasm and courage.
I joyously and fearlessly do unto others as I would have them do unto me.
I am tranquil, balanced and in harmony with the healing life energy within.
I am patient, content, loyal and understanding to myself and everyone else.
I always recognize and trust my creativity and intuition.
I love and accept myself just the way I am.*

...Many Thanks

...All is in Perfect Order.

...and So It Is.

When I was first intuitively "receiving" the technical information about color and energy, I kept hearing, over and over, about the importance of balance, of using all the colors of the Rainbow. That's why I created the *Body, Mind & Spirit HEALING RAINBOW*: to provide a balancing, visual healing tool.

Your body's constant seeking for dynamic balance assures that when you look at the full color spectrum, your body brings into itself the colors it needs in order to balance the energy centers or endocrine glands, which in turn keeps all systems – the entire organism – functioning properly. Small children, the elderly, the mentally deficient, people who are sick, substance abusers – all are especially affected by color; it's therefore vital to expose these folks, as often as possible and in a balanced manner, to the entire color spectrum. The *HEALING RAINBOW* is an excellent means of doing just that.

Since I created the *RAINBOW* in 1987, I've seen dramatic evidence of its power as a visual healing tool. I've heard reports that women use it during natural childbirth, centering on the positive affirmations, concentrating on the colors. Of course, the body's innate ability to balance assures distribution of the color energy to the proper center. And, because they're still connected to it, the baby also receives the energy, helping it to balance. After delivery, the *HEALING RAINBOW* can be displayed in the nursery, above or next to the crib, so that the child can continue to bring color into its body. The baby also attempts to focus on the words, thus assisting with its vision development. Looking at the colors also helps, of course, to develop color perception.

My sister, Terri, at one time worked with Alzheimer's patients. She gave one of them a *RAINBOW* poster; the woman "lit up" every time she saw it, and was able to remember how to read the words.

The affirmations dovetail with the Alcoholics Anonymous principles, making the *RAINBOW* an excellent tool for anyone recovering from drug or alcohol addiction. Wouldn't it be wonderful if one was hanging in every hospital and treatment center room?

The principal of a high school called one day to order a quantity of posters. She had been experimenting with it by placing one in the waiting room where disruptive kids had to wait before seeing her. She noticed a remarkable difference in their attitude after they spent some time staring at the poster!

One man told me that when his wife was dying, they would look at the poster together and say the affirmations, and they would both feel better. Others have used it in the dying process as well.

Directions For Use

Display the poster in your bedroom, where you can see it from your bed. Look at it just before you go to sleep and just as you wake up, when you are in that slightly altered state. Allow the color to flow into your body. If possible, also have one available in your workplace. Whenever you get upset or feel ill, take a moment, look at the Rainbow, take a deep breath and allow the colors to flow into your body. Read the affirmations to center your thoughts on what is really important. It only takes a few moments, and is a great "pick-me-up".

Begin with the words in the cloud, co-coordinating your breathing with the words: inhale BE STILL, exhale CALM, inhale RELAXED, exhale PEACEFUL, inhale LIGHT, exhale LOVE. As you breathe, allow the babble of the conscious mind to gradually subside, and feel yourself relax and become still.

BE STILL

Psalms 46:10 says, "Be still and know I am God." According to the Hindu Vedas, the spoken words "I AM", or "AUM" in Hindi, set up a vibrational frequency in the body and mind, which aligns the individual with his Higher Self and thus the God source. The word "GOD" in any language has the highest vibrational frequency of any word in the language. When you say aloud, "I AM GOD", the sound vibration literally aligns the energy in the body to a higher attunement. It sets up a vibrational frequency in the

head and the body that allows you to tap into this inner resource. This phrase can also be used very effectively whenever you are afraid or in need of protection. It neutralizes negative energy.

CALM, RELAXED, PEACEFUL

Meditation is a method of silencing the "internal monologue", the ceaseless chatter of the conscious mind, and thus opening to Spirit. All spiritual traditions advocate some form of meditation; simply focusing on the breath, repeating a phrase (mantra) over and over, staring fixedly at a candle flame or at any particular point in your surroundings. The Rainbow makes a fine meditation tool.

LIGHT

Everything in our universe is made White Light, containing all the seven colors of the Rainbow. You are not your body, brain, emotions or ego – you are a Divine Spark of this Light and Energy. It is everybody and everything.

LOVE

Love is the catalyst to enlightenment. Learning Unconditional Love and genuine compassion is a primary lesson, here in the Earth School. You can't really love someone else until you love yourself. We're truly all One; to be truly healthy, we must love and respect ourselves and all forms of life.

The Rainbow

We begin with the color red (remember, red is the slowest and longest vibration on the spectrum), and work up through each color, increasing the rate of vibration as we approach violet (the fastest and shortest vibration). This permits the body to adjust and properly utilize the energy.

RED

I forgive myself and everyone else with the strength and power within me

Forgiveness is the key to self-love. Know that whatever you've done in your life, it was the best you could do at the time. If you were a perfect being, you wouldn't be here in the first place! Holding on to guilt, hate and/or regret creates negative energy in the body, which act to block the free flow of energy, leading eventually to physical, emotional and mental dis-ease. Allowing forgiveness to flow through you on a powerful Red current will help to break up these fields and get the energy going again. There are no mistakes, only challenges and opportunities to grow. And don't hold on to anger! That's blocked, negative Red energy; breathe in I AM – breathe out AT PEACE, or, if you must, go for a ride in your car, turn the radio up, and scream; fall down on your bed and pound a pillow; find some harmless way to release the excess energy. Remember that there are no mistakes, only challenges and opportunities to grow. DON'T TAKE IT PERSONALLY!

ORANGE

I enjoy the prosperity of the Universe with enthusiasm and courage

Do what you love to do and the money will follow. If you don't love what you're doing – stop doing it! If when you get up every morning you dread going to work, you carry that negative energy around with you. Is it really worth it to make yourself sick doing work you dislike? Find a way to make a living doing what you really love to do – something you'd do for free because you enjoy it so much. Do it enthusiastically, be the best you can be at it. Remember that energy follows thought; and remember that whatever happens, you can make it a blessing and an opportunity for growth, if you have the courage and integrity to do so.

YELLOW

I joyously and fearlessly do unto others as I would have them do unto me

Remember the Golden Rule from your childhood? Here it is again. "What goes around comes around." "As you sow, so shall you reap". It's the law of Cause & Effect; for every action there's a reaction.

Being true to yourself, following your "bliss", is NOT a license to deliberately harm others. If you do something nasty, it'll come back at you sooner or later. Remember that there are as many realities on this planet as there are people to imagine them; enjoy and honor others' vision as well as your own. Free will is a tricky blessing; it means you must have the courage to take responsibility for your life and your actions!

GREEN

I am tranquil, balanced and in harmony with the healing life energy within

By becoming Still, Calm, Relaxed, Peaceful; and by opening to Light & Love, we become capable of receiving the messages our body are sending to our minds. They tell us what they need, if we'll only listen. Cravings for certain colors or foods are requests for more of a certain energy frequency. Discernment is required, of course, to differentiate between addictive cravings and actual vibrational requirements; hence the need to be still and go within. Caffeine, drugs, cigarettes, alcohol, preservatives, chemicals, extremely hot or cold beverages all create imbalances in the body, requiring it to tap into its energy reserves to correct the imbalance, thus leaving you with less energy to manifest the things you really want in your life.

BLUE

I am patient, content, loyal and understanding to myself and everyone else

"Judge not, lest ye be judged": You're welcome to your opinion, but when you become emotionally involved – that's judgment! We don't know what lessons another person has chosen to learn, and it's really none of our business anyway. We often create expectations concerning how another should behave, based on our own belief systems. Well, expectations can get you into a lot of trouble. "Allow" is the key word here. "Shoulding" on another person is never appropriate. Unconditional love just doesn't leave room for it!

To paraphrase a remark Dick Sutphen made at a seminar I attended: "If you're angry at another person, it's because you need either approval or control; neither is your right or business." I think that sums it up pretty well.

INDIGO

I always recognize and trust my creativity and intuition

Be Still – listen; all the answers are within you. They may come as inclinations, hunches, visions, voices, dreams, cravings, a word from another person, a passage in a book or even on a billboard or bumper sticker – but they'll show up if you're looking for them. "Ask and ye shall receive" – it's part of the Order of the Universe. Formulate a question, or imagine something you want to manifest, and Be Still, watch and listen for your answer. The more specific you are, the more specific the Universe will be in recycling your energy back to you. Remember, it's all energy; you create your existence with your thoughts.

The meditative state allows us to access the River of Mind and see where and how it's flowing. When we "go with the flow", living tends to feel effortless, "right". The trick is to hear and heed that "still small voice within". Practice listening, especially to the silence in the wilderness, if you

can get there, or deep in the night. You'll be amazed at what you hear! And even if you're not very good at listening, Spirit has ways, sometimes rather unpleasant, of getting your attention!

VIOLET

I love and accept myself just the way I am

And so we come full circle: Learn to love yourself unconditionally, because until you do, you can't learn to love another person. If there is something about yourself you don't love, change it or forgive it. You can change only yourself – no one else.

Your challenge, here in Earth School, is to be the best "You" possible. Put a day or a weekend aside for yourself. List all of your positive qualities and gloat over them, take the time to pamper yourself – sleep till noon, go to a spa, buy yourself a gift, meditate, use the *HEALING RAINBOW* at least twice a day, and by all means get in touch with your intuition! Learn to love, appreciate and accept yourself, if you don't already: it's the quickest way to fix what's wrong in your world. Claim your personal power, then use it to create the life you want.

MANY THANKS

We have so many reasons to be thankful; if you don't think so, sit down and make a list. Put it up on the wall and refer to it when you're feeling abused. You'll be amazed at how your attitude will change. The bigger your "gratitude attitude", the more reasons you'll find to be grateful! That's how the law of cause and effect works.

ALL IS IN PERFECT ORDER

There are no accidents, because we create our existence with our thoughts. All is in perfect order – you just have to step back a little way to see it! The "Big You" has that view; connect with it and expand your life!

AND SO IT IS!

AND, IF ALL ELSE FAILS.....

If, after giving the processes a chance to work in your life, you find that they aren't helping you to gain clarity and purpose, you might want to seek professional help in the form of a psychologist, counselor, intuitive, hypnotherapist or other trained professional. Take your mind maps with you — it'll save you a lot of time and money!

