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Quantum Techniques Teleseminar

Ho'oponopono Teleclinic

Dr. Carolee Johnson



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For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson's disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

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Description:

Dr. Carolee Johnson presents this teleclinic on "Ho'oponopono (ho-o-pono-pono), "ancient Hawaiian practice of reconciliation and forgiveness." - wikipedia

In this teleclinic, Dr. Carolee Johnson explains how we heal using Ho'oponopono and the many ways Ho'oponopono coincides with Quantum Techniques.

At the end, Quantum Techniques codes will be given to help bring us into the present in gratitude, with the intention to see the divine within ourselves.

Transcript:

Dr. Carolee Johnson

Good evening, this is Dr Carolee Johnson

Tonight I am going to talk about a very powerful healing method called Ho'oponopono. It is an old Hawaiian prayer. I learned of this method about three years ago, and it has been such a good thing that

I am going to share it along with the story that first drew me into this old Hawaiian healing prayer. It so amazed me that a person could heal people this way that I had to try it, and understand it.

As I started to use this, I realized that the work I do in Quantum Techniques does the same thing, but as I started working with the Ho'oponopono, I could see that the two together were a very powerful healing tool. So hopefully tonight I can help everyone to understand how the two are even more powerful together.

As you listen to this teleclinic tonight why ask yourself, If you could let go of all of your unwanted behaviors, feelings, thoughts, fears, perceptions and beliefs, what sort of person would you be? What do you want to be?

You know in this day and age people tend to be more self-centered. It wasn't very long ago that people took the time to be polite and caring. Or even go out of their way to help a fellow man.

Many times I hear kids or even grown men and women say things like "Well that's the way I am so you can just like it or lump it". Or maybe they say, since I am like this you are just going to have to live with it because it is not me that has the problem with me. So if I am the noisy annoying neighbor, then everyone else should just get over it, because I don't have a problem.

The man who's story I am going to talk about is Dr Len, and he looks at things a little different than that, because he doesn't have the attitude that everyone should just learn to live with him and whatever his faults might have been.

You will begin to see and understand that part as I go. He didn't put it on anyone else to learn to live with him. But at the same time, he wasn't there to just please everyone either. He simply took responsibility for what he created in his world.

More than thirty years ago, in Hawaii, at the Hawaii State Hospital, there was a special ward. It was a clinic for the mentally ill criminals. People who had committed extremely serious crimes were assigned there either because they had a very deep mental disorder or because they needed to be checked to see if they were sane enough to stand trial.

They had committed things like murder, rape, kidnapping or other terrible crimes. And according to a nurse that worked there in those years, the place was so bleak that not even the paint could stick to the walls, everything was decaying, and terrifying, and repulsive.

Not a single day would pass without a patient or-inmate attacking another inmate or a member of the staff.

The people working there were so frightened that they would walk close to the walls if they saw an inmate coming their way in a corridor, even though they were all shackled, all the time –but more than once this wouldn't stop an aggression.

The inmates would never be brought outside to get fresh air because of their relentlessly, threatening attitude. The scarcity of staff was a chronic occurrence. Nurses, wardens, and employees would prefer to be on sick-leave most of the time in order not to confront such a depressive and dangerous environment.

So one day, a newly appointed clinical psychologist, a Dr. Stanley Hew Len, arrived at the ward. The nurses rolled their eyes, bracing themselves for one more guy that was going to bug them with new theories and proposals to fix the horrid situation. They figured he would walk away as soon as things became unpleasant, around a month later, because that was usually how it went.

But, this new doctor didn't do anything like that. Actually he didn't seem to be doing anything in particular, except just coming in and being always cheerful and smiling, in a very natural, and relaxed sort of way. He wasn't

even particularly early in arriving every morning. From time to time he would ask for the files of the inmates.

But, he never tried to see the inmates personally, though.

Apparently he just sat in an office, looked at their files, and to members of the staff who showed an interest he would tell them about a weird thing called Ho'oponopono.

Little by little things started to change in the hospital. One day somebody tried again to paint those walls and they actually stayed painted, making the environment more palatable.

The gardens started being taken care of, some tennis courts were repaired and some prisoners that up until then would never be allowed to go outside started playing tennis with the staff.

Other prisoners would be allowed not to be shackled any more, or would receive less heavy pharmacological drugs. More and more inmates obtained permission to go outside unshackled, without causing trouble to the hospital's employees.

In the end, the atmosphere changed so much that the staff was not on sick leave any more.

Actually, more people than needed wished now to work there. Prisoners started gradually to be released. Dr. Hew Len worked there close to four years. In the end, there remained only a couple of inmates that were relocated somewhere else and the clinic for the mentally insane criminals had to close.

What did Dr. Hew Len do to the patients, how did he treat them that the results were so spectacular? What it looked like was that he didn't do anything. Not a thing to them nor with them, except to look at their files.

What he did do was he only tried to heal himself, applying an old, traditional community problem-solving system from Hawaii, called Ho'oponopono, adapted to individuals by his Teacher, the late Hawaiian sage Morrnah Nalamaku Simeona.

And what was he doing to himself? Well, In his own words, he says: "I was simply healing the part of me that created them".

So when this Dr Len used to sit in his office and look at the patients' files. he would feel something, a pain, an empathy. Then he started the healing

on himself, using Ho'oponopono, and taking full responsibility for what was going on with a given patient.

Much like we use our own Release Technique in Quantum Techniques. But what he was doing was taking responsibility for the part of him that perceived those patients as they were. These criminally insane inmates.

If we take that Hawaiin prayer which is I'm sorry, please forgive me, thank you, I love you, and put that together with the Quantum Techniques Release Technique and Reconnection Scan, imagine the power of the healing potential in that. Wow!

But in Dr Len's case, that's how those people got better, because their doctor had the strange view that it was himself who needed the healing, not them.

And we can apply that to ourselves. When it comes to our chronic issues. What is it in me that creates this. In other words, take full responsibility for that issue.

Ho'oponopono is based on the knowledge that anything that happens to you including your illness or anything that you perceive, the entire world where you live is your own creation and thus, it is entirely your responsibility. A hundred percent, no exceptions.

Your boss is a tyrant? It's your responsibility. Your children are not good students? It's your responsibility. There are wars and you feel bad because you are a good person, a pacifist? The war is your responsibility.

You see that children around the world are hungry and malnourished if not starving? It's your responsibility. No exceptions. Literally, the world is your world, it is your creation.

Have you ever noticed that whenever you experience a problem you are there?

It's your responsibility doesn't mean it's your fault.

It means that YOU are responsible for healing yourself in order to heal whatever or whoever it is that appears to YOU as a problem. That is what it means to be present in the moment in gratitude. Taking that responsibility.

It might sound crazy, or just plain metaphorical, that the world is your creation. But if you look carefully, you will realize that whatever you call the world and perceive as the world is your world, it is the projection of YOUR mind.

If you go out for the evening you can see how in the same place, with the same light, the same people, the same food, drink, music and atmosphere, there are some who will enjoy themselves while others will be bored, some will be overenthusiastic and some will be depressed, some will be talkative and others will be silent.

The whole place for every one of them seems the same, but if one were to connect their brains to a brain analyzing machine you would see that immediately it would show how different areas of the brain in different people would come alive, how different the perceptions are from one person to the next.

So even if they apparently share it, the place is not the same for everyone, let alone their inner world, including their emotions and beliefs.

You can apply that to yourself and your own symptoms when you have an illness. Particularly a chronic illness. You can say, what is it in me that must heal for this issue to heal?

I am healing the part of me that created this issue or this disease. And that is exactly what Ho'oponopono does and that is also what Quantum Techniques does. It is a method that you can use, so you can heal the part of yourself that creates that issue.

In other words recognizing that whatever it is you are dealing with, is an inside job. Take absolute responsibility for whatever it is in you that perceives your body this way. The part of you that created this in you. In your world.

So, how do you heal yourself with Quantum Techniques, or Ho'oponopono?

First by recognizing that whatever comes to you, whatever is a part of your world, or your health, is your creation. It might be the outcome of bad memories, emotions and beliefs, buried in your mind. It might be inherited bad memories, emotions or beliefs buried in your DNA.

Second by recognizing that we are maintaining those things in our lives by regretting or maintaining whatever those errors of body, speech and mind caused those bad memories, by the way we think.

Third by connecting those errors or memories back to the present moment by doing the Quantum Techniques connection scan, because that is what that scan really does. It brings the trauma or error in our thought patterns back to the present by connection, which allows us to take full responsibility for that error or trauma or emotion or belief pattern.

At this point we say I'm sorry for this that is in me that creates the way I perceive this issue, and please forgive me for that. We are addressing the divine in ourselves.

And then by requesting Divine Intelligence within yourself to release those memories, to set you free. Now we are running the Quantum Techniques release technique which allows the body to clear and let go of those patterns that hinder us, and hold us back from being our perfect and divine self in the present moment.

Then, of course, you say thank You. There is nothing more powerful than absolute gratitude. This brings us into the present moment in gratitude. Because that release allows us to feel that pure joy of life, how can we not be grateful? Part of that Joy is the absolute gratitude and feeling present without fear.

Then we say, I love you in that gratitude. Love for the divine in ourselves, and love for the divine.

So even if you are not dealing with a huge issue but just whenever something comes up –and things come up all the time, address the Divine within you, you only have to say: I love You, (talking about the divine in yourself) I'm sorry (for whatever it is that is a part of me that created this issue) Please forgive me, (asking forgiveness of the divine and the divine in yourself for the thing in you that created this) and Thank You (Thank you for the forgiveness, thank you for bringing me to a place where I can let this go) And come into that place of gratitude in the present moment.

That we can obtain big things from this healing method has already been shown, not just the healing of an entire ward of criminally insane inmates, using Ho'oponopono, but there are piles and piles of testimonials of our own practitioners, doing this very thing with Quantum Techniques. Maybe our own variation or spin on this ancient healing method, but extremely effective, and even more powerful when used together.

There are many areas where QT coincides with Ho'oponopono, clearing and letting things go and coming into a place of gratitude in the present moment. You can also use the Ho'oponopono along with your Quantum Techniques code.

One thing that Dr Len pointed out was that as we heal, we always need to remember the very old saying: "Peace begins with me." He says that if there is to be peace on earth; it needs to begin individually with each one of us.

Healing or peace is about looking within ourselves for debts, errors or blocks in our subconscious mind that replay as problems, judgments, putdowns and all kinds of other problems, which create the way that we perceive the world.

Like I brought out before, Ho'oponopono is about saying to The Divine within us (The Self): "I am sorry, please forgive me for whatever is going on in me, that I experience the world in me this way".

To put it really simply we are taking 100% responsibility for those things that are in us that create the world as we see it, and the world as we react in it. And being willing to take that responsibility.

When we are willing to take 100% responsibility for whatever we experience in our life, we can then go on to the next step where we say "I am sorry, and not only am I sorry, but please forgive me for what ever is going on in me that causes this".

By saying sorry and taking 100% responsibility for whatever is going on in our lives, we are in essence saying to The Divine "I am 100% responsible. The problem is within me, and I would like You to convert whatever that memory, block, belief, emotion, error or problem is to nothing. To clear it out, so that I may fill this space with gratitude." Basically you are opening up more real estate for gratitude by emptying the space that the blocks errors or negative emotional charges occupy.

We then have more clarity, and insight, and inspiration for whatever is perfect for us.

We must be willing to be 100% responsible for whatever we experiences in our life, and constantly reminds ourselves that the source that caused it is within us.

One thing that Dr Len mentioned is that therapists that take 100% responsibility for what they see in their clients and include "I am sorry" and "I love You" as part of their work with patients feel less burned out, and are much more effective because "Peace begins with me".

As we are willing to be 100% responsible for whatever we experience in our lives, we shift our perception of the world, and that causes the world to change.

When we look outside of ourselves for a cure for our problems or the ills of the world, we are basically looking for something to blame for the problem. We have to take 100% responsibility for the problem within us.

Dr Len learned that his job was to help himself by letting go of how he perceived the handicaps in people.

As he changed the way that he perceived handicapped people (quite like how he changed the way he perceived the mentally criminally insane patients at the Hawaii State Hospital in the late 80's) they changed.

And so truly it is most important to look at our own world first, and if we are willing to do that, our impact on the rest of the world will be enormous.

Most people think they are here to straighten other people out, and help other people be peaceful and thereby make peace in the world, but really for the most part we are only here to bring peace to ourselves, because by bringing peace to ourselves, we impact the world in a whole new way by bringing peace to the world (and not the other way round).

If I take responsibility for peace in the world by being peaceful, and you do the same, then the world has just become a much more peaceful habitat. Now shine that light out into the world. This is how we truly impact the world.

So we clear up the "stuff" in us. And as we do this, we will notice that people get well and are able to start taking responsibility for themselves.

This is why Quantum Techniques is so effective. Each practitioner is required to heal their stuff. This makes it possible for them to be the type of practitioner that can impact other people's lives and hold that sacred space for them as they heal their own stuff, and bring peace to their own world.

You can look at your own life. Is there a particular person that just irritates you to no end? Where you feel that you just cannot be happy unless they are the ones who change so that you can be happy?

It just doesn't work to insist that they change so that we can find our peace.

So the Change First Has To Happen In Us

When we see things in a judgmental way, it means that it is already in us, but if we let go of that judgement and do our internal cleaning by saying

"I'm sorry for whatever is going on in me that I perceive your woe a certain way", only then does it change.

But the change has to take place in us first. So each and every person becomes their own healer first, and in healing themselves, they impact the world in a very positive way.

Clearing and connecting memories and emotions from our subconscious mind to the present moment takes effort. But the goal is to experience People The Way The Divine Created Them.

Dr Len points out that we never really experience things correctly, but rather we always experience our reaction to them. When we meet people, we don't always experience them the way The Divine created them, and when this occurs we have some new work to do, doing our internal clearing.

So as we experience these new things in our lives we say to The Divine "I am sorry for what ever is going on in me that I do not experience people the way You created them, please forgive me".

By doing this, we are asking The Divinity to clear what is in us, that causes us to react to people, and not see them as they truly are – which is Divine Beings.

Once we let go of the dictate of memories, emotions, beliefs, and trauma, by doing our Quantum Techniques work and our Ho'oponopono clearing, the memories stop playing in the background, and not only the memories we hear playing, but many other memories simultaneously playing, that we are not really aware of.

We are asking The Divine to remove the faults from our Soul and subconscious mind so that we can see people being perfect, the way The Divine created them, and when we respond to them, they will respond more as being perfect.

So we say we want world peace. That we want to see people without problems, the answer is then, that we need to get rid of our own problems first. I'm sure the picture is becoming clear.

Healing ourselves is really only about working on yourself and looking at the data and info in your personal subconscious mind that causes burdens that should be removed.

Let's use the example of when people are angry. When a person is an angry person, or just plain mean, it is not necessarily the person who is angry, but rather the unconscious memory of anger replaying anger over and over in their unconscious.

When we bring this to the conscious mind, take responsibility for it and clear it out, then we change that data.

The Healing work that we are doing with Quantum Techniques and Ho'oponopono is not changing the other person, because that person is already perfect enough, but what is imperfect is the data, and this is what we are asking divinity to clear. It is that imperfect data that we want clear. This is what allows other people around us to heal.

When we are doing our clearing, we are clearly stating to The Divine "I am 100% responsible for what I am experiencing, and I am experiencing suffering in the form of judgment or whatever. Something is going on in me (some data or memory) and it is dictating this experience, and I would like to be 100% responsible for it. I am sorry for that."

Now the conscious mind doesn't really take responsibility, it tends to resorts to blame, or fault finding.

And sometimes we even make that blame grow so much that we kind of build a shrine to it by inviting our friends, as many as who will take our side in blaming someone else for our trouble.

And then we bow down to that shrine every single day so we can re-experience that hurt or trouble that we blame someone else for causing over and over again.

Why don't we just go to the garage sale down the street and buy a big ugly statue and put by the foot of our bed so we can wake up every morning and hate it.

It seems kind of ridiculous when you look at it that way, but that is exactly what we are doing when we resort to blaming someone or something outside of ourselves for our troubles.

Why would we do that to ourselves?

Can you see the difference in taking responsibility for whatever it is in us that needs to change rather than just blaming someone else for our troubles and then bowing down to our big ugly thing that we built for ourselves?

If we can clear the unconscious programming by taking responsibility for the stuff in us, we create peace, rather than piles of problems.

As humans, we have "stuff" going on that we can't help because of the memories replaying in our subconscious mind, and these blocks prevent us from experiencing The Divine.

We can also choose peace consciously by recognizing the need to take responsibility when something does come up.

Quantum Techniques together with Ho'oponopono are about erasing those memories that keep us from absolutely truly living and not being constrained by fear and how we feel.

It's about working on whatever is going on in us that we are not able (generation after generation) to move through to a point where we can experience The Divine.

Quantum Techniques and Ho'oponopono are about giving up those things in us that keep us stuck and constrained, even those things that we have no idea of what those things even are.

What we don't know, we don't know, but we can still take responsibility for the things we don't know and clear it.

Each and every one of us can be our own therapist, guru or healer, all we have to do is answer a couple of questions; - The most important being "Who am I?"

According to Dr Len, that is the most important question of creation, but unfortunately, most people don't know who they are.

Dr Len said that if we know who we are, we would realize that we need to take 100% responsibility for everything we experience in our life, but that we cannot blame other people for not knowing this.

Dr Len says that every day he works on letting go of the blocks in his life, that keep him from being one with The Divine; - Which is to be Clear and Infinite.

Dr Len says that he does his Ho'oponopono cleaning so that he is clear and able to move through his life without experiencing hardships, anger, resentment, blame or problems.

The truth is, blame doesn't work.

Blame and saying "How Come?" doesn't work in therapy, family or governments, but when we clear ourselves, and come to the present moment in gratitude, then we are open.

Open for inspiration so that divinity can infuse our mind with whatever is perfect for us.

Dr Len says that he takes 100% responsibility for whatever he experiences as a problem in the world, because he knows that the whole world is within him, and that as he changes by being 100% responsible and saying "I'm sorry", then the world changes too.

A really good example of changing your world is the story of Michelle O'donnell. She wrote a book called of Monkeys and Dragons, and I would recommend this book to everyone. It had a deeply profound impact on my life.

In fact my daughter read it after I did because I liked it so much and after she read it, she insisted that I get her a copy when she got married because she wanted to take it with her. It really does have an impact.

But Michelle O'Donnell, In 1970 her second daughter was born premature with respiratory and cardiac complications that required frequent resuscitations for several months.

Due to the oxygen deprivation she incurred, her mental status was compromised, and she was diagnosed with severe mental retardation. That situation led Michele to study scripture, as well as the healing works of Jesus and to find her place in it all.

Well, she began to experience many spontaneous healings during those first years, but the greatest impact was the healing of her daughter who is now married, a mother of two lovely children, a former assistant Attorney General of Texas and today an attorney in private practice.

I am going to reiterate this that I just told you, because I want everyone to realize what happened there. This girl, this daughter that Michele had was mentally retarded due to oxygen deprivation, and because of the clearing Michele did in herself, this daughter became normal.

Ok, so she had a mentally retarded daughter, that is normal today, and not only normal, but completely normal to where she has a law practice and a family of her own.

To me that is just the most incredible thing! An amazing example of what you can do by doing your own healing work.

What did Michelle do that this child healed and became completely normal?

Well, she was on her own and scared. But every time any of these fears came into her mind she turned her thoughts to a hymn that she chose.

If any negative thought or worry about her retarded little girl came up she immediately took responsibility for those worries and fears, and cleared the negative thought on a conscious level and switched immediately to something positive. Usually a verse or a hymn. Which rewired the way her mind reacted to that situation with her little girl.

What she did was take responsibility for her stuff at the conscious level, never allowing it to take hold or turn into blame or fault finding for the trouble with her daughter, or anything else for that matter.

Never blaming something outside of the moment for the trouble with her daughter, but staying in the present in gratitude, and seeing only the divine perfection in that little girl.

I find this very commendable. She refused to see anything with her daughter as anything negative. She refused to see anything but the divine in that child, and kept at it for a long time.

This changed her entire world impacting it in such a way that even her daughter who was previously mentally retarded changed and became perfectly normal.

Those of you who know of Michele Longo O'Donnell are aware of her 35 year ministry in leading people towards "Living Beyond Disease". Michele has come to realize that there are principles of Life, that when understood and practiced, result in healing, no matter what the circumstances.

Chronic illness doesn't have to be a part of our world.

We can take responsibility for our own world, and impact it in a very positive way.

I hope that this information impacts each and every person listening tonight in a such a way that they can heal their own world and thereby have a wonderfully profound impact on the world around them.

I truly believe that miraculous healing is available to all of us.

I am going to give a code now, this first code contains the energy to forgive and let go.

That code is:

SH UN G50 SH IF LF MF TH CH G50 SH LIV G50 9G G50 SH OE A C
CHAKRA PATTERN #2

This next code is for self-love and inner peace

That code is:

CH TH IF LF OE IF MF G50 SH IF OE G50 SH IF CH TH LIV TH IF MF
LF G50 SH E A C 9G SH G50 SH UN SH IF

This next code is designed to bring us into the present moment in gratitude:

That code is:

SH IF G50 SH IF SH LF IF G50 SH UN SH G50 SH MF IF G50 SH IF
LF IF SH UN SH UN

This last code is designed to allow us to see the divine within ourselves, or to recognize the divine within.

That code is:

MF IF LF G50 SH IF G50 MF LF IF OE A C G50 SH IF LF CH TH MF
LF G50 SH IF OE SH OE G50 SH OE MF OE IF LIV G50 SH UN
Chakra Pattern # 2

That is all of the information I have for this evening.
Thank you everyone for participating in our call tonight.

Good night.
[End of Audio]