The Power to Create Abundance In Every Aspect of Your Life

heal thyself

Financially
Relationships
Physically
Mentally
Emotionally
Spiritually
Career
Recreation
Creativity
Self expression

by Stephen Joseph Pollitt
Please note: “Heal Thyself” and Source Energy Medicines are not replacements for medical care, treatment, diagnosis or pharmaceutical medicines. Please consult your physician for medical care, treatment, diagnosis or pharmaceutical medicines. In the event of an emergency call 911. This material is not intended to teach or encourage anyone to diagnose or treat any medical condition.
Heal Thyself

A complete guide to understanding the root causes of all dis-ease, imbalance or lack in any aspect or area of life.

A complete guide on how to make and use over 170 different Source Energy Medicines in your own home using bottled spring water and specially designed Source Energy Medicine “charging” labels. Source Energy Medicines work on a quantum level and transform upward in frequency the specific energy pattern of any dis-ease, imbalance or lack in any aspect or area of life. To complete the process Source Energy Medicines institute high calibrating frequencies or of an attitude of allowance of abundance of all things good.

This book is intended to serve as an easy to use guide to the Source Energy Medicine methodology. Authentic Source Energy
Medicine charging labels must be used to make Source Energy Medicines in your own home. For more information and to order “Heal Thyself” and specially designed “charging” labels and please visit our web sites

www.heal-thyself.tv
or
This book is dedicated to my parents, Mary Ellen and Richard Edward Pollitt. I am grateful for their love, support, teaching and sharing.

Even though they are no longer living I am very grateful to continue to feel their love, presence and guidance. Although my mother never read the *Teachings of Abraham* she taught me to always believe in myself and that I could be, do, or have anything I want. The depth of their wisdom continues to amaze me.

As the final stages of “Heal Thyself” were in sight I began to think of the ideal time to release it to the public. I chose June 17, 2007, my mother’s birthday which I soon realized this year is also Father’s Day. What perfect orchestration! This is a small sign of my gratitude and appreciation.

Thank you! Thank you! Thank you!

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“If you believe in the Lord, He will do half the work - but only the second half. He helps those who help themselves.”

- Cyrus H.K. Curtis

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First and foremost I would like to thank you for taking this first step to educate thyself, to empower thyself, to heal thyself and create an abundance of all things good in every aspect of your life.

I would like to thank The Source of All Creation for being the Divine source of inspiration for this material and for choosing me to be an instrument of thy peace and healing.
I would like to thank everyone who was instrumental in making this book a reality. There are far too many wonderful people who came into my life at exactly the right time to help with this project to mention, but you all have my deepest heartfelt love and gratitude.

I could have not done any of this it without the unwavering love and support of my beautiful wife, Valerie. Over the past ten years she might not have always understood what I was doing but never doubted the validity of my work. Her love and support make it all possible and the success stories all the more enjoyable.

I have a great deal of gratitude for Arlene Reardon, a long distance support person who I can always count on. I thank Arlene for her unique perspective, fantastic intuitive abilities, amazing technical skills, relentless energy and commitment to and thirst for truth. Arlene has been a wonderfully supportive friend and a constant inspiration.
I want to thank Jan Guarino, an amazingly talented graphic artist who designed our new labels, logo, book cover, and background for the website just to name a few. She is also a very talented fine artist and has created a complete line of greeting cards and fine art pieces. Please visit her web sites at http://www.earth-medicine.com/ http://www.guarinographics.com/ and, http://www.quotesncards.com. Jan is totally connected to Source Energy and it is beautifully illustrated through her art.

I am very grateful to Ty Robbins, a very talented computer expert who is a gentle giant and all around great person. Ty has designed our new web sites and has been a wealth of information, a tremendous resource and a good friend. On top of all that, Ty and his lovely wife Karna are both amazing photographers and have an awesome online gallery http://www.therobbinsgallery.com/.

Sometimes the best gifts come at the most unexpected times and from unexpected sources. I have great thanks to Sally Vogler who came up with the perfect title for this book, “Heal Thyself” and who also
took my rough manuscript and turned it into a more readable, coherent book. I am very grateful for her fantastic work.

I am thankful to Joshua Rosenthal, founder and director of The Institute for Integrative Nutrition, in New York City. He helped to open my mind and my heart. He coached me to have the courage to step out of the matrix and into a wonderful life of my own creation.

I am grateful to my Man Kind Project brother Loren Gilbert for his keen eye, amazing editing skills and helpful suggestions for this second edition.

Finally, there has been one, very inspiring common theme with everyone who was drawn to help with this project. They are all very talented and amazing in so many ways, but their love and support with every aspect, every step along the way, is something for which I will always be grateful and will never forget. From the beginning of this project each person to become involved has felt the importance, possibility and potential for creating a vehicle to evoke a positive impact on every living creature on this planet.

Thank you! Thank you! Thank you! ALL!
Second Edition Notes

I compose the second edition notes as the writing and editing is complete. I have great excitement and feelings of joy and gratitude for the blessings that inspired and created the need to produce this second edition.

Early summer 2008 we had a series of amazing technological breakthroughs which changed everything as we know it within the realm Source Energy Medicines. The foundation and structure of Source Energy Medicine remains virtually the same and the new technology made a lot of the information contained in the first edition of “Heal Thyself” outdated and obsolete. The fruits of these breakthroughs led to the development of “Fusion” Source Energy Medicines. The new “Fusion” technology enables us to take certain Source Energy Medicines in a specific way and combine them into one “Fusion” formula. In short we are now able to employ a single remedy in place of the need for as many as twenty-five separate remedies. The “Fusion” remedies make it now possible to have just two or three “Fusion” Source Energy Medicines per step in a typical
protocol instead of an average of 24 and as many as 34 separate remedies per step.

The second edition contains all of the new “fusion” information as well as updated remedy lists and sample protocol to reflect all of the changes. While re-writing we also made an attempt to clarify certain passages and did a more thorough correction of typos and additional editing.

Please note: all of the new “Fusion” Source Energy Medicine information is available, for free, on our website for those who have purchased a first edition copy of “Heal Thyself”.

Blessings
Stephen Joseph Pollitt
Please read the preface in its entirety before reading any other section of this book.

There is a great deal of fully credible research that supports everything you will read about in “Heal Thyself.” I have found some of the most enlightening, interesting and helpful research cited in “The Field” by Lynn McTaggart.

“I traveled to many areas around the globe, meeting with physicists and other top frontier scientists in Russia, Germany, France, England, South America, Central America and the US. I decided to stick to scientists with solid credentials operating according to rigorous scientific criteria. Enough speculation had already been made in the
alternative community about energy and healing, and I wanted any new theories to be firmly rooted in what was provable, mathematically or experimentally-precise equations, a real physics to grapple with and understand.

Giuliano Preparata and his colleague Emilio Del Guidice, two Italian physicists at the Milan Institute for Nuclear Physics, were working on a particularly ambitious project- to explain why certain matter in the world stays in one piece. Scientists understand gases to a large extent through the laws of classical physics, but are still largely ignorant of the actual working of liquids and solids- that is, any sort of condensed matter.

Water is among the most mysterious of substances, because it is a compound formed by two gases, yet it is liquid at normal temperatures and pressures. In their studies, Del Giudice and Preparata have demonstrated mathematically that when closely packed
together, atoms and molecules exhibit a collective behavior forming what they have termed ‘coherent domains.’ They are particularly interested in this phenomenon as it occurs in water. In a paper published in *Physical Review Letters*, Preparata and Del Giudice demonstrated that water molecules create coherent domains, much as a laser does. Light is normally composed of photons of many wavelengths, like colors in a rainbow, but photons in a laser have a higher degree of coherence, a situation akin to a single coherent wave, like one intense color. These single wavelengths of water molecules appear to become ‘informed’ in the presence of other water molecules- that is, they tend to polarize around any charged molecule- storing and carrying frequency so that it may be read at a distance. This would mean that water is like a tape recorder, imprinting and carrying information whether the original molecule is still there of not. The shaking of the containers, as done in
homeopathy, appears to act as a method of speeding up the process. So vital is water to the transmission of energy and information that Benveniste’s own studies actually demonstrate that molecular signals cannot be transmitted in the body unless you do so in a medium of water.

In Japan, a physicist called Kunio Yasue of the Research Institute for Information Science, Notre Dame Seishin University in Okayama, also found that water molecules have some role play in organizing discordant energy into coherent photons- a process called ‘superradiance.’

This suggests that water, as the natural medium of all cells, acts as the essential conductor of a molecules signature frequency in all biological processes and that water molecules organize themselves to form a pattern on which can be imprinted wave information. If Benveniste is right, water
not only sends the signal but also amplifies it.”

I became aware of these research studies two years after I developed and fully tested Source Energy Medicines. It is wonderfully affirming and inspiring to know that there are credible physicists and solid research to support our findings. I am deeply grateful to Lynn McTaggart for her diligent investigation and reporting.

If you are willing to approach the material contained in “Heal Thyself” with an open mind and open heart I guarantee it has the potential to be a life changing, positive experience just as it has been in my life and the lives of many others.

To help ensure your goals are fully realized, we have dedicated an entire chapter to healing in general and keys to positive results. We went to great care to include as much information as possible to help you to decide whether or not this method is right for you and have included these sections on our web site available as free downloads. Please feel free to share all of this information with your friends and family.

It has been my intention to keep the entire Source Energy Medicine methodology accessible, available and affordable to all. We set out to thoroughly and independently test the validity of the theories, as well as the efficacy of the actual Source Energy Medicines as described below. By October of 2004 most of what you see in the later chapters as Source Energy Medicine was developed and being testing both at our research center and via a wide variety of independent practitioners throughout the United States and Canada. The testing methods being used were primarily Dowsing and Kinesiology.

It was not until May of 2008 that we finally found a means to analyze water that fits the scientific model, is universally scientifically accepted and irrefutable. The instrument is Raman Spectroscopy. We have this information available on our web site as reproduction of the large color graphs in this publication is not possible. Raman Spectroscopy analysis of Source Energy Medicines clearly illustrates how we are able to create over 170 different remedies and how the water molecules are structured, clustered and arranged differently in each remedy.

For additional information on Dowsing and Kinesiology we include excerpts from Wikipedia in the
appendix. When I refer to “our tests” throughout this book, I am referring to Dowsing and Kinesiology testing. Every practitioner involved with the tests had no investment or anything to directly gain from the testing or the results. They, like me, are all dedicated practitioners of a variety of methodologies and are in a constant quest for new helpful tools to assist clients with healing.

Each practitioner would conduct a variety of Dowsing and Kinesiology testing methods. These are the same testing methods they employed in their every day practices. Most practitioners involved have ten or more years of experience and considered to have excellent reputations among their clients and peers. Dowsing and Kinesiology testing methods have several huge advantages over the scientific method. They are an accurate and very cost effective method for conducting tests. They are fast, enabling an experienced practitioner to determine the validity and or efficacy of anything in a matter of minutes. They can be conducted with one or two people and no special equipment or laboratory is required. According to the American Chiropractic Association, Applied Kinesiology is one of the 15 most frequently used chiropractic techniques in the United
States, with 43.2% of chiropractors employing this method.

Dr. David Hawkins is the best selling author of several books including “Truth vs. Falsehood,” in which he explains how Kinesiology testing methods work. He includes results from his more than 30 years conducting precise Kinesiological tests to calibrate a variety of people, places and things, as well as test the truth or falsehood of thousands of questions by asking simple yes/no questions and applying the Kinesiology testing technique. There are an endless variety of testing scales that can be used to measure anything in a variety of different ways.

Dr. Hawkins uses a testing scale for his calibrations of 0-1000. From “Power Vs Force” by Dr. David Hawkins

“According to the 0-1000 scale, all levels calibrating below 200 are destructive of life in both individual and society at large; all levels above 200 are constructive expressions of power, life affirming and enhancing. The decisive level of 200 is the fulcrum that divides the general areas of power versus force.”
We go into calibrations in much greater detail in later chapters and make reference to calibration throughout “Heal Thyself” as this is the basis for the testing methods we employ.

We gathered the conclusions of the tests, the calibrations of the theories, and the efficacy of the actual Source Energy Medicines and all the tests proved favorable. Every one of the practitioners involved with the testing requested Source Energy Medicines for their own personal use. The medicines are safe, cannot cause a healing reaction or proving, contain only water and the vibrational signature or frequency of the intended use for the particular remedy, so there is no potential risk involved. I will talk more about vibrational signatures and how Source Energy Medicines are made in later chapters. There is no possibility of an overdose or any reaction if the wrong Source Energy Medicine is accidentally taken. This is an obvious advantage over pharmaceuticals, homeopathy, herbs, tinctures, vitamins and supplements.

Since October 2004 dozens of practitioners from all over the United States and Canada have tested, used first hand and have incorporated Source Energy Medicines into their practices. Hundreds of clients have
also used them with a very high success rate. Only a small percentage of people and animals taking Source Energy Medicines do not experience similar positive results. Every day at Source Energy Research we continue to test new theories and formulas for new medicines, talk to practitioners, gather feedback and conduct a variety of tests.

From my perspective, my job is not to convince you that the theories, methods and medicines presented in “Heal Thyself” are accurate, true and effective or to convince you that this is the answer you have been searching and praying for your whole life, or to convince you to take my word for it or the word of an “expert.” For most, this method will work and it is the answer for which you have been searching. I want you to be empowered to make that decision for yourself. I believe you are all knowing, highly intelligent, sophisticated, and a genius in your own unique way. You know best, what is right for you, your body and your soul.

If you are willing, my job is…

• To supply you with information and a methodology in away that is clear, simple, easy to understand and use a format that simplifies your ability to use the information.
• To help you to understand the nature of illness, imbalance, disease, or lack of anything in your life experience.
• To help you to understand how and why certain issues manifest in your body and life experience.
• To teach you how to break the cycle and energy pattern that instigated the manifestation of any unwanted issues.
• To teach you how to effectively use the Source Energy Medicine methodology.
• To teach you how to make Source Energy Medicines in your own home using bottled spring water and special charging labels from Source Energy Research.
• To keep this information available, accessible and affordable to all.

There are a lot of complementary health practitioners who refer to the method or modality they practice as “energy work.” When we ask physicists about matter they break it down into smaller and smaller pieces trying to understand it until there is nothing left but energy. Whether we look at the allopathic medical doctor who prescribes pharmaceutical medicines, or the traditional Chinese medicine doctor who uses
acupuncture and prescribes herbs, or the chiropractor who uses physical manipulation of the musculoskeletal system and suggests vitamin and mineral supplements, or the Medical Intuitive who uses dowsing and kinesiology and suggests vibrational remedies and every method of healing in between, they are all “energy work.”

All of the above mentioned substances; pharmaceutical medicines, herbs, vitamin and mineral supplements and vibrational remedies are similar in that they are all made of molecules structured and arranged in a particular form and vibrating at a certain frequency-creating different limbs of the same tree. It is my intention that by the end of this book you will better understand how energy affects your physiology and how by introducing the right energy substances they can help you achieve your particular goals.

There are many best selling authors writing about energy, physics and the quantum realm, as it relates to health. Greg Braden is one of them and the author of many best selling books including “The Divine Matrix” from which the following excerpt is taken.
“Key 12: We are not bound by the laws of physics as we know them today. If we find that we can follow in the “footsteps” of quantum particles that operate beyond boundaries of space and time, then we can certainly use our ability to heal our bodies and bring joy to our lives. The key is this: To do what seems to be impossible, one person first has to push the limit of what we previously thought to be true. In order to live miracles in our lives, we must first overcome our beliefs that such phenomena are impossible. For us to do so, someone must perform that miracle first so that we can see it happen. Maybe that person is particularly gifted in one area of life, such as healing. Or perhaps that individual simply has the openness to see the world differently. Regardless of how it happens, once one person does that special something—whether it’s Jesus or your next-door neighbor—then the same miracle becomes available to everyone else.”
I speak of “intention” throughout this book. Intention is one of the keys in manifesting anything you want to be, do, or have. Intention is created from desire and sets the direction to, or from, which energy will flow. Dr. Wayne W. Dyer has a best selling book “The Power of Intention” and describes his research on intention as a force in the universe that allows the act of creation to take place. From the product description for “The Power of Intention”:

“This book explores intention—not as something you do—but as an energy you’re a part of. We’re all intended here through the invisible power of intention. This is the first book to look at intention as a field of energy that you can access to begin co-creating your life with the power of intention.”

Never before has there been a more exciting time to be alive. All of the material, information and “technology” mentioned in this book has unlimited potential for helping to raise the consciousness, the vibration and calibration of people around the world
yielding great hope for our future, as well as the future of our planet. We will talk more about vibration and calibrations in later chapters and how those with higher calibrations help to counter balance lower calibrations. If any of this sounds interesting or intriguing, I encourage you to read on.

“The quantum field is just another label for the field of pure consciousness or pure potential. And this quantum field is influenced by intention and desire.”

- Depak Chopra
At Source Energy Research we have focused on finding the *cause* of every disease, illness, issue and imbalance in any aspect of life, rather than following the standard research model of looking for a *cure* for this disease and that illness. We have found in following this seemingly backward path the root cause of all disease, illness, issue and imbalance in any aspect of life. We formulated the educational material found in “Heal Thyself” and created tools with the intention to empower anyone to be able to heal themselves and harness the power to create an abundance of all things good in every aspect of life.

Today more and more exciting, cutting edge material, information and “technology,” for lack of a
better word, related to health and healing is available to the general public than ever before in history. In recent years these concepts and principles have become more widely available, from a greater variety of sources, and are talked about with enthusiasm and a general acceptance by a rapidly expanding audience. While there will always be those who find fault or some reason not to accept anything new or different, these subjects are no longer esoteric or on the fringe of scientific thought and theory.

The following excerpt is from “Think and Grow Rich” by Napoleon Hill:

“It is interesting to note that Marconi’s “friends” had him taken into custody, and examined by a psychopathic hospital, when he announced he had discovered a principle through which he could send messages through the air, without the aide of wires or other direct physical means of communication. The dreamers of today fare better. The world has become accustomed to new discoveries. Indeed, it has shown a
willingness to reward the dreamer who
gives the world a new idea.”

If you have seen the fantastic and amazingly
popular film “What the BLEEP Do We Know!??” and
were excited by the information and ideas discussed in
the film, “Heal Thyself” will further your excitement and
perhaps help you to understand better how to employ
some of this information into your daily life.

Originally released in February 2004 in one
theater in Yelm, Washington, “What the BLEEP Do We
Know!??” has since become the fifth highest grossing
documentary in the United States, with ticket sales of
$12 million. It is now available on DVD. The following
excerpt is from the BLEEP web site.

“Following the release of “What the
BLEEP Do We Know!?”, in Question &
Answer after Question & Answer,
conference after conference, the
filmmakers were besieged by requests for
more: more information, more science,
more applications to their personal lives.
August 1, 2006 marks the response to
these requests with the release of “What
the BLEEP – Down the Rabbit Hole,
Quantum Edition multi-disc DVD set.”

For more information please go to
http://www.whatthebleep.com

One of the scientists featured in “What The
Bleep Do We Know!?” is Dr. Masaru Emoto. We could
not talk about water without mentioning Dr. Emoto, who
conducts exciting research on the power and potential of
water. Dr. Emoto has written several books illustrating
the nature, power and potential of water as seen through
his photographs of frozen water crystals from a variety
of different experiments. His research clearly illustrates
the ability of water to take structure and change
depending upon the stimuli presented to the water
molecules. As seen in the DVD “Messages From
Water”:

“In the mid 1980’s Dr. Emoto took home
from the U.S. a vibrational measuring
machine called a Magnetic Resonance
Analyzer. Using this machine he
transferred information into
microclustered water, a special kind of
water and creates HADO water. Hado is
a Japanese word that means wave, or move, but the official definition of Hado, as used by Dr. Emoto for his purposes, is: *the intrinsic vibrational pattern at the atomic level in all matter. The smallest unit of energy. Its basis is the energy of human consciousness.*

Dr. Emoto states many symptoms caused by illness were cured with Hado water. Over 10,000 people were treated. The concept that water alone could cure was hard to accept for many people. Especially medical doctors. Water’s ability to retain information has already been discussed by certain radical scholars. It had yet to be proven however. So he racked his brain every day looking for an answer, a way to prove this. He came across a book, *The Day The Lightening Chased The Housewife.* It triggered his interest in the study of frozen water crystals.”

Dr. Emoto initially began photographing water crystals taken from a variety of water sources from
around the world. Each one was different and beautiful in its own way. Dr. Emoto comments that city tap water whether from NYC or Tokyo would rarely make a very complete crystal pattern, yet samples taken from clear, clean natural water formed beautiful, perfect crystals in hexagonal patterns.

From his work with patients at a distance and the Magnetic Resonance Analyzer, his testing led him to see what would happen if he introduced a stimuli to the water. He took samples of distilled water as a control substance, froze and photographed the samples to have a base line image. Dr. Emoto then took the distilled water samples and “showed” the water various words such as, “love,” “joy,” “hope,” “fear,” “anger,” “I hate you,” and “stupid,” by taping pieces of paper with the words facing into the water. Notice there are two types of words used for this experiment. “Love,” “joy,” and “hope” are considered positive or high energy. “Fear,” “anger,” “I hate you” and “stupid” are considered negative or slow energy.

The results of and photographs from this experiment are astonishing. The photographs taken of the samples “shown” the words “love,” “joy” and “hope” are beautiful, perfect, hexagonal crystal patterns and pleasant to look at. While the photographs taken of
the samples “shown” the words “fear,” “anger,” “I hate you” and “stupid” did not form much of a crystal at all and are quite unpleasant to look at as compared to the other images. The photographs confirmed that the words “love,” “joy” and “hope” are positive and more in harmony with the natural state of water. “Fear,” “anger,” “I hate you” and “stupid” are negative and effect the water molecule making it out of harmony.

This research led school children to try the same experiment except with glass containers filled with cooked rice. Two containers with cooked rice were used. One container had the words “thank you” written on a piece of paper with the writing facing into the container “showing” the word to the rice. The other container of rice had the words “you fool” written on a piece of paper with the writing facing into the container “showing” the words to the rice. After one month the container with “thank you” had a rich, pleasant smell and warm yellow color. The container with “you fool” had a foul odor and turned completely black. This became a very popular experiment and many more conducted it with the same results in each case. Dr. Emoto concluded:
“Words are said to breathe life. This experiment clearly showcases the power that lies within them.”

Dr. Emoto states in the DVD “Messages From Water”:

“Everything in existence vibrates. Physicians cannot deny this. Vibration is another word for energy.” Dr. Emoto believes vibration travels through water. He believes the absence of a hexagonal crystal can be seen as a sign that life forces in that area have been compromised energetically. He states this is one of the things he has learned from his experiments since the late 1990s.”

Dr Emoto’s conclusions:

“Water, in some cases, produces beautiful hexagonal crystals, while in other cases, it only produces distorted crystals or no crystals at all. Through crystallization what is the water trying to tell us? Dr.
Emoto thinks Mother Nature is the root of everything. Anything in tune with Mother Nature manifests as a beautiful hexagonal structure—anything that is not, does not. He thinks perhaps this is the message water is trying to tell us by using itself as a medium. It’s important for the water around us to produce nothing but beautiful hexagonal crystals. This is why Dr. Emoto believes it is our duty to keep our environment clean.”

This led me to think of our human environment. Our human biology is mostly made of water. What kind of crystals would samples of your body’s water produce? This is fascinating to think about. What kind of environment is your body’s water surrounded by?

This question led me to think, “What would happen to the structure of the water in your body if you introduced hexagonally structured water to it? What would happen if you introduced water that was hexagonally structured and then charged with the specific energy pattern of a healing remedy?” These questions occupied much of my time and were the focus of my research for several years. The answers to these
questions and more are what you will read about in “Heal Thyself.”

Dr. Emoto’s work is ground breaking. It’s important for you to read his research and see his photographs for yourself. Without Dr. Emoto’s research we would not be able to explain how we are able to take water, structure it, and then charge the structured water with specific information to create a specific Source Energy Medicine. Sometimes it is okay to simply know that something works, like electricity for example, but not understand how it works. With electricity we don’t have much choice, Thomas Edison didn’t understand it either. With water, I take great satisfaction in knowing how it works, as clearly illustrated in Dr. Emoto’s photographs and research.

We had several samples of Source Energy Medicines photographed at Dr. Emoto’s lab in Tokyo and the results are amazing. Each one creating it’s own unique hexagonally shaped water crystal. Unfortunately licensing regulations and fees prohibit us from using the photographs within commercial context. None the less this was fantastic confirmation for us to see that each Source Energy Medicine tested forms a distinct, beautiful crystal. For additional information or to
purchase Dr. Emoto’s books and DVDs please visit his web site https://www.hado.net/:

If you have seen the fantastic and amazingly popular film, “The Secret,” you too know this is the perfect testament to the shift in human awareness and consciousness we are all witnessing. Larry King Live and Oprah each aired two-part specials focusing on the material and featured guests from “The Secret.” If you saw it, and were excited by the message and theories, then “Heal Thyself” will further your excitement and perhaps help you to employ some of this information into your daily life. “The Secret” is available on line at: http://shop.thesecret.tv/Shops/DVD_Offer.php

Dr David Hawkins, a best selling author, has written several books on kinesiology. Conducting precise kinesiological experiments for over 30 years Dr. Hawkins’ research helps us to understand the nature and physics behind everything that exists. If you’ve read and enjoyed his books “Truth vs. Falsehood” or “Power vs. Force” then “Heal Thyself” will prove to be very interesting and helpful in furthering your understanding of calibrations, how calibrations relate to you, your health or any other aspect of your being, and how to increase your own calibration using Source Energy
Medicines. We talk about calibrations in great detail in later chapters.

Several years ago I was introduced to Esther and Jerry Hicks and the teachings of Abraham when I attended a talk given in Denver, Colorado by Dr. Wayne Dyer. Toward the end of his talk, Dr. Dyer became noticeably excited. Very animated, he began describing a book about which he said, “If you only read one more book the rest of your life let it be this book,” and held up a copy of “Ask and it is Given,” by Esther and Jerry Hicks. He had the book for sale at his table outside the lecture hall and wasn’t making a profit from the sale of this book in any way. I regard Dr. Dyer as a reputable, highly successful, teacher, writer, and lecturer. Hay House, the leader in self-improvement and spirituality publishing, publishes his books, audios and DVDs. Here he was speaking to a crowd of over 1000 people, endorsing a woman, Esther Hicks, who translates information for a group of non-physical beings. After the seminar the demand was so great I had to wait in line to purchase the book. This brings me great joy because I can remember a time, in the not too distant past, when the general population would not readily accept such material. I have been a fan and student of the Teachings of Abraham ever since and have sincere heartfelt
gratitude towards Dr. Wayne Dyer for being honest and bold enough to share his own experience with these teachings.

The Teachings of Abraham, imparted by Esther and Jerry Hicks, are more popular than ever. For more than 20 years Esther and Jerry have traveled the country conducting fifty sold-out seminars a year. For more information or to attend “The Science of Deliberate Creation” workshop please visit http://www.abraham-hicks.com/

If you have read, enjoyed, or perhaps been excited by any of the books written by Esther and Jerry Hicks, then “Heal Thyself” will prove to be very interesting and in alignment with their material.

If you have read any of Dr. Dyer’s books or have watched any of his specials on PBS then “Heal Thyself” will prove to be interesting and helpful as it is in alignment with much of what he writes and speaks about.

If you have been to a chiropractor who uses kinesiology or muscle testing to see what is out of alignment or what supplements are needed then our method of testing will make sense to you. If you have been to any of the following: a Holistic Health Practitioner, Homeopath, Naturopath, Herbalist,
Traditional Chinese Medicine Practitioner, Acupuncturist, Reiki Practitioner, Energy Healer or Medical Intuitive, the material in “Heal Thyself” will make sense to you. While Source Energy Medicines are very different and unique in many ways, the basis or foundation of all of the above-mentioned methodologies have common threads. All of these methodologies seek to find and treat the root cause of the issue and not simply mask or hide the symptoms.

If you have never experienced treatment via any of the methodologies mentioned above, I suggest working with a highly recommended practitioner and experience what it feels like when energy is intentionally moved and shifted in your body. Experience first-hand how fast, precise, and exact dowsing and kinesiology can be. Reading any of the above mentioned books and viewing any of the films will begin to align your understanding of these modalities and why they work.

From “Think and Grow Rich” by Napoleon Hill:

“Kindle anew in your mind the fire of hope, faith, courage and tolerance. If you have these states of mind, and a working knowledge of the principles described, all
else that you need will come to you when you are ready for it.

Let Emerson state the thought in these words: Every proverb, every book, every byword that belongs to thee for aid and comfort shall surely come home through open winding passages. Every friend whom not thy fantastic will, but the great and tender soul in thee craveth, shall lock thee in his embrace.

There is a difference between wishing for a thing and being ready to receive it. No one is steady for a thing until he believes he can acquire it. The state of mind must be belief, not mere hope of wish. Open-mindedness is essential for belief. Closed minds do not inspire faith, courage or belief.

Remember, no more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty.”
“Relinquish your attachment to the known, step into the unknown, and you will step into the field of all possibilities.”

- Deepak Chopra
Chapter One: 
In The Beginning

Please note: This book is intended as a guide to the Source Energy Medicine methodology. Specially designed, authentic Source Energy Research charging labels must be used to make Source Energy Medicines in your own home. To order charging labels and for more information please visit www.heal-thyself.tv or www.sourceenergyresearch.com.

I would like to begin “Heal Thyself” by putting my experience with Source Energy Medicine into a chronological sequence that I believe will help set the stage for the rest of this book. If you have not yet read the preface and introduction, please read them now. They are both critically important to fully understanding this material. Most of what you will read in “Heal Thyself,” is original research. Rather than include only my beliefs, the content of the book is based on my research and the results clients and practitioners
experienced. I include and draw upon a wide variety of other cutting-edge scientists and researchers to help explain what it is we do and how we do it. This is how I came to logically understand the Laws of nature that govern our universe, the science and physics of health, healing and Source Energy Medicine, and I believe it will be helpful for you to have the same perspective and references.

In the year 2000, I became aware of Dr Emoto’s research with water, his photographs of water crystals and water’s ability to take “structure,” but it didn’t take on great significance for me until 2002 when I was working part time as a Holistic Health Practitioner/Medical Intuitive at “Healers Who Share,” the maker of over 10,000 different vibrational healing remedies. Healers Who Share continues to be a leader in alternative medicine with production offices in Australia, Canada, Germany, Norway and the United States. Its home office is located in Colorado.

Each year hundreds of thousands of people around the world benefit from these remedies. The original method used by Healers Who Share to make vibrational remedies consisted of a solution of water and alcohol that was placed into custom-built Copen machines made in England. These machines accepted
computer cards that were programmed with a specific electromagnetic signature developed for each particular vibrational remedy. With the computer card in the machine, the water and alcohol solution was “charged” for ten seconds making a vibrational remedy.

Over a 10-year history, Healers Who Share found that many people have allergies or intolerance to alcohol. As the audience for these products grew this became a greater and greater problem. I was appointed the head of a research project tasked with figuring out a way to make vibrational remedies without alcohol. Although this type of vibrational remedy had been made for approximately 100 years, to the best of my knowledge it had never been made without using alcohol as a stabilizer. Some manufacturers used grapefruit seed extract in place of alcohol and discovered that an almost equal number of people are affected by allergic reactions to grapefruit seed extract. During the two-year project, I tested several possible options -- all of which failed in one way or another.

It was also during this time that I purchased a copy of the fantastic book and accompanying audio CD, “Getting In The Gap” by Dr. Wayne Dyer. The book and CD teach the method of meditation known as Japa. In Japa meditation one chants AH, believed to be the
sound for the name of God. The idea is that by chanting the sound of the name for God, over time the vibration or frequency of your physical body would eventually be the same vibration or frequency as God, the Source of All Creation.

I began practicing Japa every day and found it very peaceful and uplifting. I could feel what the vibration of chanting \( AH \) was doing to my body physically and spiritually. After a few months, I truly felt the potential for this type of meditation and chanting. I wanted to chant all day, every day. Being a typical busy American who doesn’t have time to chant and meditate all day and who wants everything immediately I began thinking of other ways of possibly gaining similar benefit without actually chanting and meditating sunrise to sunset.

“We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence.”

- Mother Teresa
Simultaneous with this experience, I revisited Dr Emoto’s books. His work clearly illustrates how “showing” words to water not only create beautiful crystal patterns but also protect the crystal water pattern or structure from such harmful exposure such as TV sets, computer screens, cell phones and other high electromagnetic field environments. This led me to consider the following question: “What if we “showed” water a two dimensional representation of The Source of All Creation or God that calibrates at 1000, the highest level on Dr. David Hawkins scale of 0-1000? Could a two-dimensional representation of God be the graphic equivalent of chanting AHP?” Could this be the answer to my research? Would “showing” water a two-dimensional representation of God “structure” the water into a hexagonal crystal pattern that would then envelop and hold a “charge” for a specific vibrational remedy?” Drinking this water would essentially be drinking water encoded with the same vibration as God- the same vibration of the energy from which we all originate. An attempt to create an experiential form or equivalent of Japa meditation that can be experienced by drinking a bottle of water.
To test this theory, I set out to research and find a two dimensional representation of The Source of All Creation or God. I searched on-line for a graphic and tested thousands over an extended period of time. Many graphics calibrated quite high but I only found one graphic, shown above, that calibrates at 1000 both for the energy of the graphic itself and for its specific application to “structure” water that would then be “charged” to make a vibrational healing remedy. Initially the mystery that surrounds the origin of the graphic intrigued me, but I was never able to find out much information about it at all. Nor have I met anyone...
who has ever seen this graphic before. The following is from the above-mentioned web page where the graphic was discovered and described below:

“Thus the origin of the syllable OM is lost in the misty past. Its not being specific to any one country or civilization is indicative of its being an universally perceptible sound for the human race. This reason for this universal perceptibility possibly lies in the fact that AAAH is the most natural sound that issues from the human larynx. This is evident when a man cries out naturally in extreme pain, anger or fear. When emotions reach an extreme pitch that articulate sounds evolved by man are not the ones that are heard, but the syllable natural to man, which is AAAH. This sound it can be said would have been associated with man, in absence of articulate speech, as are the various sounds of barking, meowing, bellowing that we associate with different animals. This perhaps is the reason why the
syllable beginning with the letter 'A' is
the first one in most alphabets. And this
perhaps is also the reason for the
deification of the syllable AUM or OM.”

“En arche en ho logos, kai ho logos en pros ton
theon, kai theos en ho logos”
"In the beginning was the word and the word
was with God and the word was God."

- (John 1:1).

According to Dr. Emoto and many other
scientists, water is thought to be the perfect medium to
make healing remedies for human consumption. Water
has the ability to be imprinted and encoded with
millions of different vibrations or energy patterns. Our
physiology is mostly water so it readily accepts and
requires water. My experience and research confirms
these beliefs.

When the reality of all of this came about it was
one of the most exciting times in my life. As I was
making my first bottles of “structured” water by
“showing” the Source graphic to 500 ml bottles of
spring water I was very eager to drink it. It felt so
natural, so perfect. I had millions of ideas and an equal
number of questions. I thought that when I would drink this water I would have an instant awakening or instant enlightenment. I clearly remember drinking a 500ml bottle of “structured” water in about a minute. It was great tasting water… but no instant enlightenment. I began to crave this water in a way I never craved any other substance before. I drank several liters a day. It was peaceful and uplifting but no fireworks, no burning bush, and no apparitions.

One day while discussing with an associate our experiences with drinking the “structured” water it hit me like a ton of bricks. My physiology was so far removed from the vibration of The Source of All Creation, the same Source from which I came, that there was no noticeable or detectible level of recognition of this vibration at all. It felt like meeting a woman claiming to be my mother, who brought me into this life and raised me and I didn’t recognize her at all. It saddened me like I never felt before. Eventually this helped me to understand the feeling or illusion of separation most humans’ share- the feeling of isolation and desperation that is common to us as humans. This is why we can rationally or intellectually understand the concept that we are all one that we are all connected, but
so few humans ever truly feel, experience or live this principle.

Once the method of “structuring” water with the Source Graphic was tried, tested and proven effective, it was then tested and determined to be ideal for “charging” the “structured” water molecules to create a vibrational remedy. Our tests indicated that the “structured” water molecules holds and envelops the “charge,” creating a very stable, highly bio-available medium. This process turned out to be the ideal medium to create vibrational remedies with no need for alcohol or any other substance as a stabilizer.

I spent the next year testing and studying this process. The research project was finally a success and Healers Who Share offices around the world began using this method to make their vibrational remedies in approximately 2004 and continue to this day. It is interesting to note, and important for technical accuracy, that since Healers Who Shares employs a Radionics machine in their remedy making production, they dowsed a formula and made a computer card with the magnetic equivalent of the Source graphic shown above. In production they first place the “Source” computer card into the machine to “structure” the water. They then put a computer card for a specific remedy into the
machine to “charge” the “structured” water making a vibrational remedy.

From the moment I understood the separation we feel from the Source of All Creation I knew that one day I would also feel a reunion with the source. I knew it was possible. That day did indeed arrive- not all of a sudden but rather gently and gracefully over time. I now feel closer to all God’s creations than ever before- closer to my soul or non-physical aspect than ever before. I am more healthy and vibrant, more hopeful, optimistic and clear, than ever before. I have deep gratitude for this technology and these remedies.

In December 2004 I left Healers Who Share to focus on my private practice working with clients from around the world employing Healers Who Share vibrational remedies, as well as, several other holistic healing methods. Although I never had a conscious desire to develop a method of healing I did have a lot of questions and several gaps in the treatments I offered clients. On a daily basis I searched for new methods and answers to my many questions such as:

- Why do some people not achieve the same results as others based on similar cases?
• Why do many people experience positive results only to have either the same condition or a very similar condition manifest?

• Does it have to take from one to three years and cost thousands of dollars to achieve full, positive results?

• Are thousands of different remedies needed for each type of pathogen?

• Can a single remedy be made to effectively address all bacteria, all virus, etc.?

• Can vibrational remedies be made in a way that enables them to be reconstituted so that one bottle of any particular remedy is all that is needed?

• Is there a way to provide a highly effective healing methodology and keep it available, accessible and affordable to all?

• Does healing have to be so complicated?

The earlier mentioned research I conducted led to other discoveries, which led to certain understanding, leading to further testing and more discoveries. Through this process of constant searching and testing I was
given the answer to all of my questions regarding health and healing and was able to fill in every missing piece and solve any problem I faced with the other methods I had used. “Heal Thyself” completes the end of one aspect of a long, fascinating journey for me and begins yet another. From the time this information began flowing through me everything happened effortlessly and with great synchronicity. The name Source Energy Medicine came to me out of nowhere. There was no question that this was the perfect name. It says it all. It’s simple and complete.

I remember choosing Eldorado Spring Water for my first tests of Source Energy Medicines. It’s great water, calibrates high and is a local resource. I had cases of 500ml bottles sitting everywhere. One day I clearly remember having a moment of doubt about the validity of all of this and looked off in deep thought, without focus. When I came back to reality I was looking into the corner of my office at this pile of Eldorado spring water boxes. My eyes focused and I read the following on the side of the box of Eldorado spring water: “Seek the Source.” It got my attention to say the least and back to my research I went. Each and every day is filled with miracles and wonders that never cease to amaze me.
Being in service to my community and to the world has been my intention for many years. I have known since childhood that I would help to heal Mother Earth and all her children though the means to do so was not apparent until recent years. I feel humbled and blessed to be a vehicle for this work to come through. I believe the words written in “Heal Thyself” and the technology infused in Source Energy Medicines are Divinely inspired and gifts from God, The Source of All Creation. It is my belief that this work is intended to reach all people, in every nation around the world. I am honored to be an instrument of God’s peace and for “Heal Thyself” and Source Energy Medicines to be instruments for God’s healing. I feel no ownership of it, but rather a steward of it.

The positive reports that we have received since 2004 has led me to believe Source Energy Medicines are universally applicable and helpful. Our tests indicate they work in the quantum aspect of the energy field that is common to all living things. In formulating Source Energy Medicines, and in writing this book, I have tried to keep all the information and material universally acceptable. I love and celebrate the great diversity that exists in our world. Different cultural traditions, beliefs and ways are the most amazing, beautiful, unique
aspects of our diverse life experience. Out of this love, respect and awareness, early on I realized that it would be impossible to present this material in a manner that would be universally accepted without leaving out certain aspects that might possibly offend or be out of alignment with various cultural and religious beliefs.

Rather than leaving out what I believe to be very valuable, very helpful material and remedies, I ask you to read this book with an open heart and an open mind. If you find a certain passage or a particular remedy that is not within your belief system simply do not focus on that part or employ that remedy and focus on the aspects of this book and the remedies that are in alignment with your beliefs and ways. Some terms such as “every and all dimension” or “karma” might be new or foreign to you. Start with the aspects that are familiar and comfortable and in time re-read the entire book. It is not my intention to insult or offend anyone in any way and I realize the importance of presenting this material in its entirety.

In summary:

- I believe there is no such thing as “incurable disease.”
• I believe all healing comes from God- The Source of All Creation- from the same Source Energy that is in all living things.

• I believe this book is a gift from God, The Source of All Creation.

• I believe this is an abundant universe.

• I believe every human on this planet deserves and has the potential of experiencing vibrant health and an abundance of all things good- in every aspect of life.

• I believe everyone and anyone can heal themselves regardless of the current state, appearance or condition of the physical body or set of life conditions.

• I believe regardless of the name or nature of the issue, whether it is bacteria, virus, residue, disease, cancer, something that “runs in your family” or lack in any area of life- they are all essentially the same. They are all particles of matter, arranged differently, in a specific energy field, vibrating at a certain frequency or rate.

• I believe the human body is designed to be self-healing, self-balancing and self-correcting
We talk more about all of these beliefs in great detail in later chapters. Throughout this book I use the word “issue(s)” to make simple reference to any of the above-mentioned items (i.e., bacteria, virus, residue, disease, cancer, or inherited issues that “run in your family”, or lack in any area of life). There are 59 different “issue(s)” that we address directly with Transformation Source Energy Medicines so for economy of words and the lives of trees I simply refer to any of them as “issue(s)”.

“May you be now freed from that thing which has held you in bondage through the ages, standing between you and your own, and know the Truth which makes you free- free to fulfill your destiny, to bring into manifestation the Divine Design of your Life, Health, Wealth, Love, and Perfect Self-Expression. Be ye transformed by the renewal of your mind.”

- Florence Scovel-Shinn

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I like the idea of incorporating the research of other cutting edge scientists and researchers to help understand Source Energy Medicine. In this model, we don’t dictate dogma and force people to accept our word as gospel truth simply because we say it is (i.e., this is how it all works, take it or leave it…). Rather, we are constantly being drawn to the right book, research, teachers and lectures to help to further our own understanding, research and development of health, subtle and gross energy fields and of course, Source Energy Medicines. This approach helps inform our own understanding and enables us to share this work with others in a clear, simple easy-to-use language and format. Dr Emoto’s fantastic research clearly helps to explain how Source Energy Medicines are made, while
the research of others like Dr. Joe Dispenza and Bruce Lipton supply us with valuable research that led to the development of many of our most helpful Source Energy Medicines. I view their work with great excitement and heart felt gratitude for their dedication and commitment to truth and excellence.

The Source of All Creation is the origin and energy source for all matter that exists. All matter came from the same source and will eventually return to that source. In the beginning of creation this energy pattern was very high, strong, pure and perfect. With time and hundreds of generations of humans exposed to our ever changing environment, poor quality food, water, and air, toxins, vaccinations, drugs, alcohol, pollution, poisons, chemicals, stress, trauma, pathogens, diseases, low energy thoughts, feelings and emotions, the energy patterns have become very far removed from the pure positive energy pattern of The Source of All Creation.

In theory, if we can return to the same energy pattern as the Source of All Creation, we will be restored to a state of balance, vibrant health, self-healing and in harmony with all of nature.
The Brain:

Dr. Joseph Dispenza

Dr. Joseph Dispenza, one of the scientists featured in the popular film “What the Bleep Do We Know!?” has a fascinating video tape available: "The Brain: Where Science and Spirit Meet." Dr. Dispenza explains in great detail how our attitude, our feelings, thoughts and emotions affect our health. This gets a bit technical but try to hang in there as this is very helpful and not too complex. He describes the process in which one’s attitude affects one’s neuronet, which is directly proportional to one’s peptides, which is directly proportional to one’s receptor sites, which is directly proportional to one’s expression of DNA or expression of life or health. He goes on to describe how if one’s attitudes are in low energy patterns of fear, regret, greed, anger, etc., one will have peptides that are encoded with fear, regret, greed, anger, etc.

The peptides fit into the cell receptor sites in a lock and key fashion, unwind the DNA and look for the part of the DNA that is a match to fear, regret, greed, anger. This creates an amino acid or protein that then goes into the blood to rebuild an organ or function. Amino acids and proteins are the building blocks of our
bodies. The problem is the amino acid or protein is mis-
made or made of a lesser grade of amino acid or protein
because it has the low energy pattern of fear, regret,
greed, and anger encoded in it.

To further the problem, cells will replicate an
average of 50 times. With each replication your body
will balance the cell receptor sites based on the demand
of the specific type of peptides. If one stays in the low
energy patterns of fear, regret, greed, anger, etc., each
time the cell replicates more cell receptor sites for fear,
regret, greed, anger will be created and fewer cell
receptor sites for nutrition, vitamins, minerals, etc. Over
time we can clearly see what this would do to our organs
and functions as they are rebuilt with lesser grade amino
acids and proteins.

Another problem is that we become
physiologically and chemically addicted to these low
energy patterns. Because of this addiction, changing our
thoughts, thought patterns and behaviors, and the energy
patterns they generate is very difficult. Unfortunately
many believe that breaking a low energy pattern is a
mental challenge while in reality it is a physiological
challenge. Dr. Dispenza goes on to explain how we use
only 10% of our DNA. Most of us don’t have access to
the other 90%. While I am not a cellular biologist this is
very intriguing. Just think of the potential that lies dormant in the 90% of our DNA that is not accessible or currently used.

The intention of Source Energy Medicine is to transform all low energy patterns and introduce a high level of high vibrational energy patterns. In this model each time the cell replicates it will create more and more receptor sites for the high vibrational energy patterns and crowd out any remaining low vibrational energy patterns.

Parts of the DNA that are of the same vibrational patterns as The Source of All Creation make proteins that are encoded with the vibrational energy pattern of The Source of All Creation. This is creating super-amino acids and proteins to rebuild organs and functions. Over time all organs and functions will be completely rebuilt with these amino acids and proteins that are encoded of the energy pattern of The Source of All Creation. At this point one’s physiology would be a vibrational match up with the Source’s vibrational pattern. This is allowing us to live the way that God, The Source of All Creation, originally intended.

For me, one of the most exciting aspects to all of this is that at this high vibrational energy pattern we will organically help to counter balance the low vibrational
energy patterns all over the world. We will be helping to raise the energy pattern of the entire world as described in over 30 years of research compiled by Dr. David Hawkins and what Dr. Wayne Dyer talks about in “The Power of Intention.” This is beyond health. This is true enlightenment and ascension while remaining in the physical earth plane. It is a physiological reunion with The Source of All Creation. This is hope for our future. Hope for humanity. This is true healing for our people and our planet.

The Biology of Belief: Bruce Lipton

The following is a brief synopsis with excerpts from the research done in the field of “New Biology” by Bruce Lipton, cell biologist and author of “Biology of Belief,” and other leading cell biologists. Bruce Lipton and all of these leading edge researchers have my humble gratitude and special thanks. When I read “Biology of Belief” it sparked a new hope and opened fresh new perspectives on an endlessly fascinating subject.
It is currently believed that the nucleus of the cell contains the DNA and is the actual brain of the cell. This theory has been believed to be true and taught in medical schools and universities for many years. I find it fascinating that it has never actually been proven. Through lab work, the nucleus can be completely removed from the cell and the cell still performs all the normal cell functions. If the nucleus were the brain of the cell, the cell would die when the nucleus is removed. With the nucleus removed, the only functions the cell can no longer perform are to repair or replace a part of the cell. DNA in the nucleus is like a storage unit of all the blueprints for rebuilding cell parts and functions. A cell without a nucleus will eventually die because it has no ability to replace worn out parts. Functionally the DNA is more like gonads than a brain.

Recently, cell biologists have proven that it is not the nucleus, but rather the cell membrane that is the brain of the cell. For years scientists studied the DNA and literally threw away the cell membrane. Now it turns out that what has been discarded was actually the brain of the cell.

In the last decade, epigenetic research has established that the DNA blueprints passed down through genes are not set in concrete at birth. The
science of epigenetics, which literally means “control above genetics,” profoundly changes our understanding of how life is controlled. Other studies have found epigenetic mechanisms to be a factor in a variety of diseases, including cancer, cardiovascular disease and diabetes. In fact only approximately 5% of cancer and cardiovascular patients can attribute their disease to heredity; 95% of breast cancers are not due to inherited genes.

Our health is not predetermined by our genes. It is the environment of our genes or more accurately the perceptions of our environment that controls and determines our health. In summation, the genetic markers for any number of hereditary diseases might be present in the DNA blueprint, but it requires an environmental signal for the markers to become active.

We have developed three Source Energy Medicines with the intent to allow the cell membrane to function optimally. B32 balances all cell membrane functions, T32 transforms all cell membrane malfunctions, and R32 restores cell membrane function and substance.

Our cells are affected by our environments but it is the perception of our environments that control cell behavior. The average adult human has 70 trillion cells
that can function or operate in three different modes: growth, neutral, or protection. It’s important to note that a cell can only perform in one mode at a time. If a cell is in protection mode, then all neutral and growth functions stop. Growth mode is essential for our cells to receive nutrients, to repair, to excrete toxins, etc. The longer cells stay in protection mode the more cellular and overall health is compromised.

“I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”

- Albert Einstein
Protective Systems: Two Protection Systems That Are Vital To Maintain Life

First Protective System:

The first protective system activates against *external* threats. This system is known by the organs that are activated, the Hypothalamus-Pituitary-Adrenal Axis or HPA axis. When there is no perception of external threat, the HPA axis is inactive, allowing cells to be in neutral or growth mode. When the hypothalamus perceives an external, environmental threat, it engages the pituitary or “master gland” responsible for organizing 50 trillion cells to deal with the impending threat. The pituitary gland in turn activates the adrenal glands that stimulate a “fight or flight” response.

Once the impending threat is perceived, stress hormones are released into the blood constricting blood vessels of the digestive tract and concentrating the blood in the visceral organs. The blood is then sent in limited supply to the extremities so we can fight or flee from impending danger. Growth mode stops, normal visceral organ function is inhibited and cannot function properly affecting digestion, absorption, excretion and other functions. Circulation in the brain switches from the forebrain where critical thinking, logic, intelligence, and
ability to handle more than one task at a time originates, to the hindbrain where instinctual behavior and response lie. This greatly impairs our ability to think clearly, access knowledge and data, use logic and reason, and sets us to operate in survival mode.

Clearly this mode is brilliantly designed for emergency situations, however, “false alarms” can trigger the HPA axis inappropriately and cause harm to our cells, inhibit our brain function, diminish conscious awareness, and reduce intelligence. It is believed that the stress of modern day society has overtaxed our HPA axis by activating it too frequently. This results in serious imbalances and essentially sets our cells to be constantly in protection mode, which starves our cells, organs, functions and bodies, and over time leads to serious health concerns including chronic fatigue, fibromyalgia, “burn out,” endocrine related dysfunction, male and female reproductive problems, hormone imbalances, sleep disorders, digestive issues, memory problems, excess weight gain, and many other health issues.

Second Protective System

The second protection system is the immune system, which protects us from threats originating under
the skin or *internal* threats, such as bacterial or viral infection. When the immune system is activated it consumes much of the body’s energy to combat the invading pathogen. It is important to note that when the HPA axis is activated the adrenal glands release stress hormones that directly repress the immune system. When an external, life-threatening situation is perceived, the body gives priority to the external threat over any internal pathogen. The body is very efficient at conserving energy and what good would it do for the immune system to continue to fight an impending infection if you’re about to have a serious and potentially life threatening car accident. Therefore, a secondary consequence of inappropriate activation of the HPA axis is that when in protection mode it interferes with normal immune response and our ability to fight infection and disease. Almost every major illness that people acquire has been linked to chronic stress or more accurately to chronic activation of the HPA axis.

It is important to note that removing or reducing stress or applying stress management techniques returns one to neutral mode. Environmental signals are needed to initiate growth mode. This is one of the key functions of the Attitude of Allowance series of Source Energy.
Medicines. Bruce Lipton states that the perception of love is the greatest environmental signal we can introduce to our cells. The Attitude of Allowance Source Energy Medicines are encoded with the vibration of love, joy, hope, faith, peace, or compassion just to name a few. We have developed over 25 different Attitude of Allowance remedies specifically designed with the intention to introduce high energy environmental signals to our cells.

If the conclusion is that health is correlated to our perception of our environment, how does all this work? Perception is subjective. What is the mechanism that perceives the environment? What if there is an imbalance with the mechanism that perceives the environment?

The limbic system is believed to be the environmental signal processing center that activates signals that are picked up by cell receptors, which work with cell effectors to initiate growth, neutral, or protection mode in response to those signals. We believe chronic stress is a major contributing factor resulting in chronic activation of HPA axis, and we also have found the limbic system to malfunction, creating inappropriate perceptions of the environment. This means that we can be in a loving, supportive, peaceful environment and, if
our limbic system misinterprets the environment, it still sounds alarms and activates the HPA axis.

We have made a series of Source Energy Medicines to Transform, Balance and Restore the Limbic system to 100%. These remedies are T31 Transform Limbic System, B31 Balance Limbic System, and R31 Restore Limbic System. We believe once the limbic system is operating optimally our bodies have the ability to be self-correcting and self-healing simply by having the majority of our 70 trillion cells operating in growth mode 99.9% of the time. The HPA axis is activated only when there is a real and serious life threatening situation impending.

Clearly the limbic system works in concert with the cell membrane or the cell brain, which utilizes the DNA to achieve optimum health and vitality. We believe this is the brilliant, original design The Source of All Creation intended for our biology. With this newfound science we have added to and improved our existing Source Energy Medicine T42, which transforms the immune system. We have also developed B42 and R42, which respectively balance and restore the immune system.
“Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision.”

- Ayn Rand

The Law of Attraction: Like Attracts Like

The Law of Attraction is one of the most powerful yet fundamental, universal laws that apply to every aspect of human life. The following statements summarize the Law of Attraction: that which is like in to itself is attracted – or like attracts like. If we look at this principle more broadly, an individual attracts only things, situations, events, health, relationships, finances etc., that are similar or like in vibration.

For testing, measuring and calibrating purposes, we have adopted the scale 0-1,000 that Dr. David Hawkins used to calibrate all things through his 30 years of research. On this scale, 200 is the fulcrum between that which is helpful, supportive of health or life, or good in general, and that, which is not. It is the dividing line between what is good for you and what is harmful.
Below 200 is destructive and above 200 is constructive. In relationship to health, all pathogens, imbalance and disease all calibrate below 200, whereas vibrant health, balance, harmony and a state of self-healing all calibrate above 200.

The Law of Attraction affects everything in the universe. To attract a pathogen, dis-ease or certain issue(s) that “run in the family” on some level there must be a vibrational match-up. To attract an abundance of vibrant health, wealth, ideal self-expression, ideal relationships or career there also must be a vibrational match-up.

We have observed that if one uses a healing methodology in which “like” cures “like,” or introduces a counter-vibration to treat pathogens, dis-ease etc., short term these methodologies are helpful. However, on an energetic level, the specific energy pattern of the pathogens or dis-ease is actually being increased or strengthened. If nothing is done to increase and change the low, instigating energy pattern either the same or a very similar pathogen or dis-ease will be attracted again and again. In addition, once that energy field has been strengthened by these methods, the next issue is likely to be more serious, complicated, and has a stronger foothold.
Some attempt to explain the phenomenon of recursive issues or manifestation of a similar issue by making the analogy of peeling an onion. In my experience it is not with each issue healed that deeper layers of issues are revealed or released, but with time and frequency of use of these treatments alone that increase and strengthen the specific energy field that attracted the issue in the first place. Therefore, a more accurate analogy is to a magnet that gets larger and stronger with the length of time and/or frequency of use of these methods.

The answer is to raise one’s overall vibration at the same time the issue(s) are being addressed, so one does not become entrenched in a cycle of constantly chasing pathogen after pathogen, dis-ease after dis-ease, or lump after lump. If one’s vibration is above 200 on all levels, and remains there, through the Law of Attraction, only like-calibrating issues can be attracted. At energy levels above 200 it is not possible to attract pathogens, dis-ease, or have any genetic issues that “run in the family” manifest. This is very important. You might want to highlight this section.

Another item of great importance is the issue of attacking pathogens or dis-ease. Anytime you fight, attack, or combat pathogens or dis-ease in any way,
shape or form, you are giving your higher, faster energy to the lower, slower energy- actually joining the force with the lower, slower energy and creating a stronger field of attraction. As Dr. Wayne Dyer points out in *The Power of Intention*:

“Mother Theresa understood this principle beautifully. During the Vietnam War, she was asked to join forces to fight in a protest against the unpopular war. She replied, “I will not join any fight in protest against the war, but will join any rally for peace.” Mother Theresa understood that anytime you fight against something, even with the best and most noble of intentions, you are actually joining with the force you wish to change.”

With regard to health, rather than fighting, attacking or combating, the option we employ with Source Energy Medicines is to transform pathogens, disease or any issue calibrating below the weakening level of 200 upward in energy into helpful, healthy, balanced energy fields and cells calibrating above 200.
Transforming pathogens and dis-ease is simply the shifting of the vibrational signature of matter upward on the energy scale from below 200 to above 200. It is no different than walking into a totally dark room and turning on a light switch. Where does the darkness go? It is transformed into lightness, or has a shift in vibrational frequency. Darkness cannot exist in the presence of light. Transformation is effortless and graceful, while fighting and combating is never helpful.

Esther and Jerry Hicks have spent over 20 years teaching about several key principles, one of the most important being The Law of Attraction. In my opinion they are experts on the subject and have developed a great variety of tools and techniques offering over 700 hundred audio, video programs and books to help us to understand this very powerful, very fundamental law. To study more about The Law of Attraction or to register to attend an Art of Allowing Workshop in your area please visit www.abraham-hicks.com.

“For what is faith unless it is to believe what you do not see?”

- Augustine
Energy Patterns:

Dr. David Hawkins

As mentioned earlier, Dr. David Hawkins uses precise kinesiological testing and a 0-1000 scale to calibrate different energy levels on a variety of different subjects. As demonstrated in his 30 years of scientific research, everything can be calibrated. The following excerpt is from “Power vs. Force”:

“All levels calibrating below 200 are destructive of life in both individual and society at large; all levels above 200 are constructive expressions of power, life affirming and enhancing. The decisive level of 200 is the fulcrum that divides the general areas of power vs. force.”

We all have many different aspects, each with its own energy level that can be calibrated individually. The overall energy levels that we calibrate never manifest in pure states but rather as a mix of the different energy levels that co-exist in every aspect of one’s life. An
individual's over-all energy level is the average of all energy levels present.

“Please note: on Dr. David Hawkins scale, the difference between a calibration of 150 and 300 is not two times the amplitude of 150. It is not arithmetic, but a logarithmic progression or 10 to the 300th power. An increase of even a few points represents a major advance in power; the rate of increase in power as we move up the scale is enormous. 87% of the population of the world calibrates below the weakening level of 200.”

This helps to explain why we are experiencing epidemic levels of depression, despair, violence, and disease in our society.

“The collective human population of the world calibrates at approximately 207. Fortunately, it is the strength of a
relatively small population of the world who calibrate at higher levels that counterbalance all the negativity of the lower weakening levels. If it weren’t for those at the higher levels the world would self-destruct. As one moves up the energy levels, their ability to counterbalance the negativity or weaker energy levels increases organically. Up until now only 4% of the world’s population calibrates at an energy field of 500 or above; 0.4 percent reach 540; and a level of consciousness calibrating at 600 or above is reached by 1 in 10 million.”

Our findings indicate that we all have a predetermined ideal energy level for this lifetime. Simply put, it is a certain energy level that will enable us to do the work we are here on earth to do. Dr. Hawkins research includes calibrations of the following historical figures:
“Mother Theresa calibrated at 700, as did the Indian spiritual saint, Ramana Maharishi, while Einstein, Newton and Descartes all calibrated at 499.”

I believe this high energy level is to a large degree what enabled each of them to live such extraordinary lives.

From my perspective, it is not important whether one’s ideal energy level is higher than one’s friends and neighbors, but that the ideal energy level is achieved and consistently maintained. In later chapters we show you how to achieve your ideal energy level using a series of Source Energy Medicines called Energy Level Progression or ELP.

When your ideal energy level is achieved, all areas of life are filled with grace and ease.

“Life is inspired, synchronicities flow, and health is vibrant. One radiates peace, joy, compassion, and great achievements are accomplished. Others are uplifted simply by being in the presence of a being with a high energy level.”
Health and other problems arise if one’s energy level drops below 200. The further below 200 one drops, and the longer one remains below 200, all areas of life are adversely affected. Health suffers with manifestation of more deeply seated and complex issues. Since 87% of the human population calibrates below the weakening level of 200, it is easy to see why increasing one’s calibration would not only benefit health simply via the law of attraction, but would help to counterbalance some of the negativity of the world.

I encourage you to read “Power vs. Force” by Dr. David Hawkins for a greater understanding of his research and the implications of moving up the energy levels of human consciousness. This goes far beyond healing one’s self. This is healing the planet. This builds hope for our future.

“Every person is surrounded by a thought atmosphere…Through this power we are either attracting or repelling. Like attracts like and…..we attract just what we are in mind.”

- Ernest Holmes
Credible Scientific Proof: Raman Spectroscopy

For the first few years of developing and testing Source Energy Medicines we only had experiential results and scientifically non credible methods as a means of proving that we are able to take spring water, apply a specially designed charging label and create 170 different Source Energy Medicines. For years we searched and prayed for a fully credible scientific method to prove that we are changing the structure and arrangement of the water molecules when Source Energy Medicine Charging Labels are applied.

In May of 2008 I became aware of a means to analyze water that fits the scientific model, is universally scientifically accepted and irrefutable. The instrument is Raman Spectroscopy. We sent seven different samples of Source Energy Medicines to a lab for Raman analysis. The results are fascinating and you don’t have to be a scientist to understand the graphs which clearly illustrate that each of the tested remedies has unique, different characteristic wave pattern displayed on a graph.

In researching Raman Spectroscopy I asked if all of the samples are water and from the same source,
tested all at the same time what would you hypothesize the results of Raman Spectroscopy would be? The answer was that each sample would have the exact same wave characteristics and each individual line indicating each sample would be directly on top of the other. You would essentially see one line on the graph instead of individual, separate lines representing each sample.

When I received the lab results my question was—since there are seven different distinct lines on the graph is it safe to conclude that each of these samples has a different arrangement, cluster and structure of molecules? The Lab technician said he didn’t understand how they could and that I am correct. Each sample tested is different in arrangement, cluster and structure.

It is interesting to note that all samples tested were all sealed, spring water bottles from the same case of water, tested at the same time.

The following is a link to Lynn McTaggart’s web page. As mentioned earlier Lynn is a journalist and author of “The Field” and “The Intention Experiment”.

Lynn has a very exciting interview on her podcast with Dr Rustum Roy, Physical Science Professor at Penn State University. The interview is related to water research being conducted at Penn State as well as other
labs. Please take the time to listen to this exciting interview.

http://www.livingthefield.com/interviews.htm

“You can't do anything about the length of your life, but you can do something about its width and depth.”

- Shira Tehrani
Source Energy Medicine follows the philosophy that everything in existence has an energy signature or specific energy pattern that can be tested and calibrated. Energy creates matter and the characteristics of the energy signature or energy pattern are what create the specific form or matter. In other words, the specific energy pattern will determine what you are experiencing and manifesting on every level and in every aspect of your life.

The calibration of our physical aspect, both high and low, will affect our quality of sleep, mood, physical comfort or pain, how well all organs, systems and functions perform from digestion and elimination, to respiratory, to appearance of and characteristics or quality of skin, hair, nails and the over-all physical appearance. Physical energy levels also determine what,
if any, dis-ease will be experienced. The calibration of each individual aspect of our being (mental, physical, emotional, spiritual, relationship, career, creativity, recreation, financial) determine what is attracted, manifested and experienced in that aspect of life.

According to the book, “PDR Peoples’ Desk Reference For Essential Oils”:

“Frequency is a measurable rate of electrical energy that is constant between any two points. Every living thing has an electrical frequency. A “frequency generator” was developed by Royal Raymond Rife, M.D. He found that by using certain frequencies he could destroy a cancer cell or virus. He found that these frequencies could prevent the development of disease, and others would destroy disease.

Many scientists study the vibration or frequency of matter. Bruce Tainio Technology in Cheney, Washington, developed new equipment to measure the biofrequency of humans and food. He
used this biofrequency monitor to determine the relationship between frequency and disease. Measuring in hertz, it was found that processed/canned food had a zero MHz frequency, fresh produce measured up to 15 MHz, dry herbs from 12-22 MHz, fresh herbs from 20-27 MHz, and essential oils 52-320 MHz. A healthy body has a frequency ranging from 62 to 78 MHz while disease starts at 58 MHz.”

As mentioned throughout this book it is through The Law of Attraction that our calibration or frequency will help or hinder our natural state of balance, harmony, health and well being. We believe that the human body is created to be self-balancing, self-correcting and self-healing. The problem is that most humans have energy patterns, calibrations or frequencies that are low and attract similar, low energy patterns, imbalance and lack (i.e., pathogens, disease, toxins, etc.). At low calibrations it is impossible for the body to be self-balancing, self-correcting and self-healing.
We believe all low energy patterns are caused by several factors or influences. They can all simply be referred to as resistance or slow energy. Essentially it is resistance to the natural, organic flow of well being that exists everywhere, at all times. Resistance or slow energy comes in numerous forms. Most common is the form of slow energy thoughts, feelings, emotions, judgments and stress.

We consider all pathogens simply a form of resistance or slow energy. All pathogens, dis-ease, illness, imbalance have similar energy patterns. From our perspective all resistance is essentially the same regardless of the label placed upon the issue. Resistance, whether in the form of stress, toxins, chemicals, pollution, vaccinations and other drugs, pathogens, disease, low energy thoughts, feelings, emotions, lack of abundance in any area of life all have slow energy patterns emitting low frequencies calibrating below 200. They all lower the bodies overall energy pattern disallowing the body to be in a state of balance, harmony, self-healing, and ideal, vibrant health.

How many times have you been feeling good, and then you experience a high stress level for a few days, or have persistent slow energy thoughts, incessant
worry or fear about something or someone, and the next thing you know you’re sick with the flu, have an accident or something worse happens?

The strength of slow energy patterns build and have a residual effect. The longer one’s thoughts are in slow energy patterns the deeper and stronger the energy pattern becomes. The same is true with high levels of stress. Therefore if one is in the slow energy thought pattern of resentment, anger, fear, envy, lack, limitation, or hate every day for 30 years, the likelihood of poor health is very high. It is easy to understand why issues would most likely be severe, complex, and have multiple co-existing conditions.

The good news is that with the information you are reading in “Heal Thyself” and with the use of Source Energy Medicines all low energy patterns and issues calibrating below 200 can be easily transformed into high calibrating energy patterns above 200. The longer ones energy level calibrates above 200 the stronger that energy field becomes. As mentioned earlier at energy levels above 200 life is inspired, synchronicities flow, and health is vibrant. One radiates peace, joy, compassion, and great achievements are easily
accomplished. Others feel up lifted simply by being in the presence of a being with a high energy level.

**Intentions of The Source**

**Energy Medicine Methodology**

- To *transform* the vibration, frequency and energy pattern of all forms of resistance, all disease, pathogens, bacteria, virus, parasites, fungus, mold, illness, imbalance, and any energy patterns creating lack as well as any thought feeling or emotion connected to any of the above mentioned, upward in frequency to a calibration above 200.

- To fill any voids created in the transformation process by instituting an *attitude of allowance* of high calibrating energy patterns.

- To *balance* all organs, functions and systems to an ideal state of performance, harmony and homeostasis.

- To *restore* all organs, functions and systems to an ideal state of performance, harmony and homeostasis.
• To raise the calibration of every aspect to above 200.
• To maintain an ideal energy level and calibration greater than 200.

“Keep your thoughts and feelings in harmony with your actions. The surest way to realize your purpose is to eliminate any conflict or dissonance that exists between what you’re thinking and feeling and how you’re living your days.”

- Dr. Wayne Dyer
Chapter Four: Methodology

At Source Energy Research we have focused on finding the *cause* of every disease, illness, issue and imbalance in any aspect of life, rather than following the standard research model of looking for a *cure* for this disease and that illness. We have found in following this seemingly backward path the root and demystified the cause and manifestation of all disease, illness, issue, imbalance or lack in any aspect of life.

We believe true, full and complete long term positive results stem from approaching the issue(s), or more specifically the energy patterns of the issue(s), (i.e., pathogens, dis-ease, imbalance, weakness, deficiency or any area of lack) from several different
angles. Source Energy Medicines are designed to address the energy patterns of all the root causes of the manifestation of the issue(s) from the instigation to the current state.

All too often methodologies allopathic and otherwise combat only the dis-ease, imbalance, weakness or deficiency. They wage a war against the issue(s). There are several important aspects of this approach to consider. First of all, this perspective only takes into account what is actually in manifestation and does not address the energy field or pattern that attracted the issue(s) in the first place. Second, if the treatment is successful at eliminating the issue(s) it creates a temporary void with the energy pattern that enabled the issue(s) to come into manifestation in the first place.

Within the laws of physics there cannot be a void. If nothing is done to shift this energy pattern upward in frequency to above 200, the void will simply be filled with either the vibration of the exact same issue(s) or something very similar calibrating at the same frequency. This is why so many people experience short-term positive effects from a wide variety of treatments and therapies only to have the same issue(s) return or something very similar manifest. I call these similar issue(s) “cousins,” because they have very
similar energy patterns and are directly related. We designed the Transformation Source Energy Medicines with the intention to transform the original energy pattern of the issue(s) from below 200 to above 200. The Attitude of Allowance Source Energy Medicines are designed with the intention to fill any void with high calibrating energy patterns to help prevent re-occurrence or manifestation of any “cousins.”

The direct attack approach also does nothing to repair or restore the damage created by the issue(s). For example, if we were to look at a patient with Alzheimer’s disease and focused only on the disease aspect and were 100% successful at eliminating the disease, the patient would still show most of, if not all, the signs and symptoms of Alzheimer’s. One hundred percent true results would not be possible without restoring or repairing the damage Alzheimer’s created within the brain, nervous system and other related organs and functions, etc.

Restoration Source Energy Medicines are designed with the intention to restore all organs, functions and systems to ideal levels of health and performance.
“I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible to you.”

- Jesus (Matthew, 17:20b - 21, NIV)

**Source Energy Medicine**

**Methodology Summary**

- There is no such thing as “incurable dis-ease.”
- The essential element in all matter is energy.
- All energy has a specific vibration, frequency and energy pattern.
- Vibration, frequency and energy patterns create an attractor energy field.
- Vibration, frequency and energy patterns can be calibrated.
- We’ve adopted Dr. David Hawkins’ calibration scale of 0-1000.
- On this scale 200 is the fulcrum between what is beneficial and not.
• Below 200 is not beneficial; above 200 is beneficial.
• All forms of resistance calibrate below 200.
• Dis-ease, pathogens, bacteria, virus, parasites, fungus, mold, illness and imbalance all calibrate below 200.
• If you have any of the above-mentioned items, on some level, you are calibrated below 200 and vibrationally matched-up with these issues.

“The conclusion is always the same. Love is the most powerful and still the most unknown energy in the world.”

- Pierre Teilhard de Chardin

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“Whether you think you can or think you can't - you are right.”

- Henry Ford

Source Energy Medicine: Unique in many ways

1. First of all and foremost, we don’t fix anyone. We don’t heal anyone.

2. We supply educational material and technology and empower people to help themselves heal themselves.

3. We empower people to understand the nature and effect of issues like stress, toxins, chemicals, pollution, vaccinations and other drugs, pathogens, disease, slow energy thoughts, feelings, emotions and how the laws of the universe effect and govern these issues and ultimately your health, wealth, relationships and career as well as every other aspect of your being.

4. Transformation Source Energy Medicines have the intention to transform all issue(s)
regardless of the specific type of issue(s) whether it is a bacteria, virus, residue or disease, upward in calibration, frequency and vibration from below 200 to above 200. This approach is unique and beneficial for several reasons:

- It prevents the possibility of a healing reaction, healing crisis, overdose or other effect if too much remedy is taken or an individual is highly sensitive.

- It enables one in very poor physical health to get positive results without the requirement of a strong, healthy liver, kidneys and excretory system required in approaches that directly combat, flush and detoxify the issue(s). These approaches not only require a healthy excretory system but also require and use a great deal of physical energy, over a long period of time, thus creating healing reactions and posing potential dangers.

- Transforming low energy issue(s) from below 200 upward in frequency to above 200 gives one energy rather than taking energy, helping the entire healing process.
5. **Restoration Source Energy Medicines** are designed with the intention to restore all organs, functions and systems to ideal levels of health and performance.

6. **Balance Source Energy Medicines** have the intention to balance all organs, systems and functions to ideal levels of health and performance.

7. **Attitude of Allowance Source Energy Medicines** have the intention to fill any voids created in the transformation process with high calibrating energy patterns.

8. **Energy Level Progression (ELP) Source Energy Medicines** have the intention to increase one’s overall energy pattern or calibration, which breaks the attraction to the slow energy issue(s) increasing the potential for long term, positive, results.

9. The intention of Source Energy Medicine technology is to assist and empower people to understand how and why issue(s) manifest.

10. The Source Energy Medicine technology enables you to make remedies in your own home using
bottled spring water and specially designed charging labels.

“The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think, say or do. It is more important than appearance, gift, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.”

- Charles Swindoll
Chapter Five: Mechanics- How Does It Work?

Since 2004 Source Energy Research has invested hundreds of thousands of hours in the research and development of Source Energy Medicines. Initially the idea was to manufacture and market Source Energy Medicines to health practitioners around the world. Over the past 100 years this has been the common approach used by many reputable, highly successful alternative health companies.

It is our intention to assist as many people as possible in achieving an abundance of all things good and increase energy levels from below 200 to above 200. This increase in energy level will have a dramatic positive affect on global human consciousness providing great hope for our future.

If we followed the business model of those who have come before us this would be a relatively slow
process. Due to the cost of production, manufacturing, distributing and marketing this would limit our audience as the average cost per client would be well over $1,000.00 for a complete protocol.

With the intention of sharing the Source Energy Medicine Methodology, keeping it affordable and accessible to all, the idea of utilizing the principals of Radionics and teaching others how to make their own Source Energy Medicines via a book and specially designed charging labels became our focus. This is a very unique, cutting edge approach with grass roots heart and ideals.

The technology that enables this approach to work lies in the 100 plus year old principals and science of Radionics. We at Source Energy Research have developed the formulas, intentions, parameters and specifications for each individual Source Energy Medicine. Each medicine has a specific numeric formula assigned to identify it. This information makes up the Source Energy Medicine Manifest. Via the principals of Radionics, the Source Energy Medicine Manifest act as an antenna transmitting the signals out from the Manifest through the subtle energies of the Quantum field to the individual Source Energy Medicines you are making in your own home. The information encoded in
the labels you are utilizing to “structure” and “charge” the water to become the Source Energy Medicine acts as the receiver for the information for the specific, individual Source Energy Medicine.

In short, we utilize a two-step process in making Source Energy Medicines. The first step in the process is to “structure” the water. The water is first structured by the Source graphic on the label. By exposing the water to the Source graphic the water is structured into hexagonally shaped molecules. This structuring process stabilizes the water, and protects it from alteration or degradation. Most importantly, the structured water molecules accept and hold the charge or vibrational signature of the specific Source Energy Medicine far better than simply charged un-structured water molecules. The structured, charged water molecules result in a highly bio-available substance. This structuring process increases the overall effectiveness of the Source Energy Medicine, reducing the quantity of, and duration required, for each Source Energy Medicine.

The second step in the process is to “charge” the structured water. The number coding system on the label refers to the specific formula we developed for that specific Source Energy Medicine. Please refer to directions for specific information regarding how to
make Source Energy Medicines. It is important to note that original Source Energy Charging labels are required to make Source Energy Medicines. The following is a sample of a sheet of Authentic Source Energy Medicine Charging Labels.
Chapter Six:
Categories of Source Energy Medicines

Transformation

Source Energy Medicines

Transformation Source Energy Medicines are inclusive, enabling effective application of only one Source Energy Medicine for all viruses, one for all bacteria, etc. The Transformation Source Energy Medicines work in the opposite fashion to an autoimmune disease or a retro virus. With an autoimmune disease, your immune system is turned from helping to fight infection to spreading the infection. The intention with Transformation Source Energy Medicine is to transform low or slow energy patterns (below 200) upward in frequency to high-calibrating energy patterns (above 200). In this model we are taking low energy patterns that are destructive to health and transforming upward in frequency into energy patterns that are supportive of health.
Balance

Source Energy Medicines

Balance Source Energy Medicines are formulated and designed with the intention to balance specific organs, functions, systems, and principles.

Restoration

Source Energy Medicines

Restoration Source Energy Medicines are formulated and designed with the intention to restore to ideal levels various organs, functions, systems and principles. This series of Source Energy Medicines is key in restoring damage created by dis-ease or long-term imbalance.

Attitude of Allowance

Source Energy Medicines

Attitude of Allowance Source Energy Medicines are formulated and designed with the intention to instigate an attitude of allowance of high calibrating energy patterns and fill any voids created by transforming and slow energy patterns.
Energy Level Progression

Source Energy Medicines

Energy Level Progression Source Energy Medicines are formulated and designed with the intention to increase energy levels from 0-1000. ELP 1-9 are designed with the intention of working sequentially from 0-250 in a stepwise manner. ELP 10-46 are designed with the intention of increasing energy levels from 250-1000.

ELP 1 ENERGY LEVEL 30

ELP 1 transforms upward in frequency the energy pattern, every and all aspect of shame and every and all associated ties to shame on every and all levels known and unknown, from any and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs. Force” from shame, energy level of 20, to guilt, energy level of 30.

ELP 2 ENERGY LEVEL 50

ELP 2 transforms upward in frequency the energy pattern, every and all aspect of apathy and every and all associated ties to apathy on every and all levels known
and unknown, from any and all lifetimes. This transformation allows one to move the calibration scale according to Dr David Hawkins in “Power vs. Force” from guilt, energy level of 30, to apathy, energy level of 50.

**ELP 3 ENERGY LEVEL 75**

ELP 3 transforms upward in frequency the energy pattern, every and all aspect of grief and every and all associated ties to grief on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs. Force” from apathy, energy level of 50, to grief, energy level of 75.

**ELP 4 ENERGY LEVEL 100**

ELP 4 transforms upward in frequency the energy pattern, every and all aspect of fear and every and all associated ties to fear on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs.
"Force" from grief, energy level of 75, to fear, energy level of 100.

**ELP 5 ENERGY LEVEL 125**
ELP 5 transforms upward in frequency the energy pattern, every and all aspect of desire and every and all associated ties to desire on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in "Power vs. Force" from Fear, energy level of 100, to desire, energy level of 125.

**ELP 6 ENERGY LEVEL 150**
ELP 6 transforms upward in frequency the energy pattern, every and all aspect of anger and every and all associated ties to anger on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in "Power vs. Force" from desire, energy level of 125, to anger, energy level of 150.
ELP 7 ENERGY LEVEL 175
ELP 7 transforms upward in frequency the energy pattern, every and all aspect of pride and every and all associated ties to pride on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs. Force” from anger, energy level of 150, to pride, energy level of 175.

ELP 8 ENERGY LEVEL 200
ELP 8 transforms upward in frequency the energy pattern, every and all aspect of courage and every and all associated ties to courage on every and all levels known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs. Force” from pride, energy level of 175, to courage, energy level of 200.

ELP 9 ENERGY LEVEL 250
ELP 9 transforms upward in frequency the energy pattern, every and all aspect of neutrality and every and all associated ties to neutrality on every and all levels
known and unknown, from every and all lifetimes. This transformation allows one to move up the calibration scale according to Dr David Hawkins in “Power vs. Force” from courage, energy level of 200, to neutrality, energy level of 250.

“Some men see things as they are and ask why. Others see things that never were and ask, why not? I guess I have always been one of those who have asked, why not? So, this morning I want to tell you about some things that never were, and some things that are becoming…and I will ask you, why not?

- G. B. Shaw.
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<td>700-720</td>
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<td>ELP 10</td>
<td>260-280</td>
<td>ELP 33</td>
<td>720-740</td>
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<td>ELP 11</td>
<td>280-300</td>
<td>ELP 34</td>
<td>740-760</td>
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<td>ELP 12</td>
<td>300-320</td>
<td>ELP 35</td>
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<td>ELP 13</td>
<td>320-340</td>
<td>ELP 36</td>
<td>780-800</td>
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<td>ELP 14</td>
<td>340-360</td>
<td>ELP 37</td>
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<td>ELP 15</td>
<td>360-380</td>
<td>ELP 38</td>
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<td>ELP 16</td>
<td>380-400</td>
<td>ELP 39</td>
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<td>ELP 17</td>
<td>400-420</td>
<td>ELP 40</td>
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<td>ELP 18</td>
<td>420-440</td>
<td>ELP 41</td>
<td>880-900</td>
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<td>ELP 19</td>
<td>440-460</td>
<td>ELP 42</td>
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<td>ELP 20</td>
<td>460-480</td>
<td>ELP 43</td>
<td>920-940</td>
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<td>480-500</td>
<td>ELP 44</td>
<td>940-960</td>
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<td>ELP 22</td>
<td>500-520</td>
<td>ELP 45</td>
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<td>ELP 23</td>
<td>520-540</td>
<td>ELP 46</td>
<td>980-1000</td>
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“Fusion”
Source Energy Medicines

Early in June 2008 we discovered a way to take certain groups of Source Energy Medicines and create a “Fusion” Source Energy Medicine. We were able to combine certain Source Energy Medicines in a specific way enabling us to combine entire segments of remedies into one “Fusion” formula. For instance we are able to combine all of the Transformation Source Energy Medicines found in step one of the original sample protocol plus several other “universal” SEM into a single “Fusion” formula. In short we are now able to employ a single remedy in place of the need for twenty-five separate remedies. It is interesting to note all of the “Fusion” Source Energy Medicines are equally effective as separately taking each individual Source Energy Medicine contained within the “fusion” formula. In fact the “Fusion” of these groups of Source Energy Medicines test to be more effective than separately taking each remedy.

This amazing breakthrough in technology and gift from the Source of All Creation enables us to have just two or three “Fusion” Source Energy Medicines per step in a
typical protocol instead of an average of 24 and as many as 34 separate remedies per step. Individual Source Energy Medicines not included in the “Fusion” formulas can easily be added to any step or protocol. Please refer to the new sample protocol and remedy descriptions for guidelines to using and what is included in each “Fusion” Source Energy Medicines.

The following is a list of all of the “Fusion” Source Energy Medicines.

“Fusion” Source Energy Medicines for Humans

T F 1 - Transformation Fusion #1
T F 2 - Transformation Fusion #2
T F 3 - Transformation Fusion #3
AA F 1 - Attitude of Allowance Fusion #1
AA F 2 - Attitude of Allowance Fusion #2
B F 1 - Balance Fusion #1
R F 1 - Restoration Fusion #1

“Love is an essential ingredient for success. Without it, your life suffers in emptiness. With it your life vibrates with warmth and satisfaction.”

- Glenn Van Ekeren
Over the years there is one question that I have considered, discussed with other practitioners, read books about, been intrigued by, and not found a theory or satisfactory answer to explain this phenomenon. The question or issue is why some people don’t get the results we would expect based on comparative and similar cases and treatments. Regardless of the methodology, there always seems to be a percentage of people who do not fit into the standard protocol of results. I have found in my research that most of these people have several things in common. They all have an intense desire for results. They want to be well. They are well read, have studied many methodologies, attended great seminars, and worked with all the best practitioners, but still struggle to make progress, if they make progress.
If one tests via dowsing or kinesiology whether or not it is appropriate to work with these individuals, the results are always affirmative and transforming these issues tests to be in their highest interest. Recently I have found what I believe is a large part of, if not the entire answer to this question.

All pathogens, dis-ease, illness, imbalance, and disorder can be considered resistance. This is resistance to optimum, vibrant health, and a state of homeostasis or self-healing. We have developed a series of Source Energy Medicines to specifically transform issues upward in vibration and shift a person’s frequency from being in a state or vibration of resistance to a state or vibration of allowance.

Even when transforming resistance to allowance, there are people who cannot transform these issues within the same time frame as others. I have discovered that these cases present a very high-level resistance to healing. It is a general resistance that is so strong that any methodology would have difficulty working through this resistance acting as a roadblock to achieving full results. It has nothing to do with having or not having the correct combination of remedies or treatments. It is simply a very strong resistance to healing and well being.
I believe the root of this resistance is a form of debris left over from previous soul contracts and previous karmic issues that are no longer valid, but still have an effect as if they were valid. This debris tends to be contracts from current and past lifetimes. It is as if there is a flaw in the software of the hippocampus and cell membranes that does not allow us to fully and completely move into our current or next sequential soul contract or karma unaffected by previous karma.

Further, these people also have a very high resistance to restoration of organs, functions and body systems. Even if the person had diligently spent several years in treatment and did achieve a certain degree of success in transforming the pathogens, dis-ease, imbalance or disorder, they were still unable to restore the affected organs, functions and body systems. In my opinion clearing out the issue is at best half the job. Without restoring the organs, functions and systems true recovery and full results are not possible to achieve.

Along with the above mentioned resistance issues, I find these people with strong resistance to creating abundance in their lives. At first, this was seen as financial abundance, but later I realized that if a person has serious health concerns, they would have a resistance to abundant health. If one were unsuccessful
in attracting or manifesting ideal relationships, they would have resistance to of abundant ideal relationships. Two Source Energy Medicines were created T 37 and AA 37 for Transforming Resistance to Abundance and Attitude of Allowance of Abundance, respectively, and are designed with the intention to help to transform resistance to any area of abundance-conscious or subconscious.

I believe these next two Source Energy Medicines to be among the most important remedies that we have been developed to date. These remedies deal with the Resistance to The Source of All Creation or God. Most humans have a subconscious belief of being separate from God. Most religions teach and reinforce this concept helping to explain where such subconscious beliefs would originate. T 34 transforms resistance to The Source of All Creation, or God, and AA 34 introduces an Attitude of Allowance of the Source of All Creation, or God and fills any possible void created by T 34.

Early on it became clear that this group of seemingly unrelated issues is almost universal in nature and very interrelated. I have yet to test a client who wouldn’t benefit from this group of remedies.
This group of remedies that was initially designed to assist those who did not get the same results as others turned out to be helpful to everyone. After testing hundreds of clients it became clear that everyone has these issues to a greater or lesser degree. Those with greater resistance had a more challenging time achieving full results. It quickly became apparent that these issues are key to achieving full, complete, positive results hence the name “The Key 10.”

This series of Source Energy Medicines works in pairs. For best results take the entire group at the same time.

**The Key 10 Source Energy Medicines**

| T | 34 | Resistance to Source Energy Transformation |
| T | 36 | Karmic Debris Transformation |
| T | 37 | Resistance to Abundance Transformation |
| T | 38 | Resistance to Transformation- Transformation |
| T | 39 | Resistance to Restoration- Transformation |
| AA | 34 | Attitude of Allowance of Source Energy |
| AA | 36 | Attitude of Allowance of New Contract(s) |
| AA | 37 | Attitude of Allowance of Abundance |
| AA | 38 | Attitude of Allowance of Transformation |
| AA | 39 | Attitude of Allowance of Restoration |

We have found that when this group of Key 10 Source Energy Medicines is taken in the second step,
everything else that follows in subsequent steps transforms and restores more easily and gracefully simply because there is no resistance to healing and restoration and an Attitude of Allowance of healing and restoration has been introduced.

Please note: All of “The Key 10” formulas are now contained in the “Fusion” Source Energy Medicines T F 2 and AA F 2. It is no longer necessary to take these remedies separately.

“Nobody grows old by living a number of years. People grow old by deserting their ideals.”

- Dr Ernest Holmes
Chapter eight: Steps

We have put together a guide to outline a simple, complete Source Energy Medicine protocol for you to follow. We also include notes for application and use should you want to create your own specific protocol. The steps are designed to help break down the remedies into logical order trying to keep the number of remedies manageable. There is no limit to how many remedies can be taken at any one time and most people get overwhelmed at a certain point. One of the keys to success is to stick with it long enough to achieve complete, positive results and not get overwhelmed by the number of remedies and give up. With this in mind please consider the following as a general guide.
Step One:
Transform Universal Resistances and
Institute an Attitude of Allowance Universal
High Energy

Judgment, fear, betrayal and hatred are core, universal resistances, thoughts, feelings and emotions that prevent us from truly living a Source of All Creation realized life and prevent awakening and fully manifesting an abundance of all things good in every aspect of life. These issues are so deeply seeded and have such strong negative affect on over-all energy levels that in most cases T F 1 enables energy levels to increase from below 200 to above 200 typically within a 30 day period of time. T F 1 does not replace the value or importance of ELP 1-9. They respectively work on different thoughts, feeling and emotions and incorporating both into a protocol will enable greater depth of transformation and increase in over-all energy level. Employing T F 1 in the first step of a protocol and ELP 1-9 in the second step enable the ELP remedies to be more effective and have greater potential.
Step Two:

Key 10 and Energy Level Progression

The intention with step one is to transform fundamental, universal, key resistance that might block or hinder full, positive results.

According to Dr. David Hawkins’ research, 87% of the human population calibrates below the weakening level of 200. We have put together a group of Source Energy Medicines with the intention of working through the energy levels from 0-250. This group of Source Energy Medicines is called Energy Level Progression Source Energy Medicines, or “ELP.” Beginning at the energy level of “0,” the intention with the ELPs is to transform the lower energy level and allow an increase up the energy scale to the next higher level. The key to this approach is to transform one energy level at a time moving from 0 to 250 in a progressive, stepwise manner.

Since calibrations are based on an average of combined energy patterns, clearly someone calibrating at higher levels still will benefit greatly from this approach. By transforming all lower patterns, the average or overall calibration would move up greatly. We mentioned earlier that at an energy level below 200,
healing, balance and homeostasis is very difficult. At energy levels above 200, transforming all issues covered with the Transformation Source Energy Medicines will be faster and more graceful because there will be less resistance. Further more, once the energy pattern has been transformed from below 200 to above 200 there is no longer an attractor field to anchor the slow energy issue(s) allowing the issue(s) to persist.

Step Three:

Balance and Restoration

The intention with step three is to balance and restore all organs, functions and systems. The key intention is to restore proper amino acid, protein and enzyme construction, production, distribution, utilization, absorption, and function. Amino acids are the building blocks of the human body. We are protein-producing machines. Simply put, our overall health will be a direct reflection of the quality of the amino acid, protein, and enzyme construction, production, distribution, utilization, absorption, balance, and function.
Step Four:  

Maintenance  

The intention with step four is a high-level energy pattern over 200 that is maintained regardless of what occurs in one’s thoughts, feelings, emotions, stress level or life. The AA series of Source Energy Medicines are designed with the intention of re-programming various aspects and introducing high calibrating energy patterns.

Beyond Step Four  

For those who are interested in increasing energy levels beyond a calibration of 250, the ELP Source Energy Medicines 10-46 continue to move up the energy levels progressively from 250 towards 1000 in 20 point increments. There will be an initial increase experienced with ELP 1-9 from below 200 to above 200. Beyond this initial increase taking only one ELP per month with a 20-point increase is a good guide to follow.
“And I saw a river over which every soul must pass to reach the kingdom of heaven and the name of that river was 'suffering'... And then I saw a boat which carries souls across the river and the name of that boat was 'love.'”

- St. John of The Cross
(1542-1591 - Spanish Mystic, Theologian)

Sample Protocol

Please note: The intention of this sample protocol is to serve as a guide to assist in staging Source Energy Medicines. This protocol designed with the intention to provide a basic, general approach.

Step One- 30 days
Transformation Fusion #1- T F 1
Attitude of Allowance Fusion #1- AA F 1

Step Two- 120 days
Transformation Fusion #2- T F 2
Attitude of Allowance Fusion #2- AA F 2
ELP 1-9 ( One ELP at a time- 1-9 sequentially, each for 3 days). Repeat this process four times.
Please note: It is not recommended to combine ELP 1-9 together. Please see special directions for ELP.
ELP 10-46 is utilized for those wishing to continue to increase their energy levels or calibration. ELP 10-46 will assist to increase 20 calibration points in approximately 30 days. It is not suggested to move faster than one ELP (10-46) per 30 days. If the 20 points increase is achieved in less than 30 days, continue taking one ELP (10-46) for the full 30 days before moving to the next sequential ELP.

**Step Three- 90 Days**
AA F 2 - (Continued from Step two)
Balance Fusion #1- B F 1-
Restoration Fusion #1- R F 1

**Step Four- One year minimum**
Please Note: The Source Energy Medicines listed in step four can be taken for an unlimited amount of time with unlimited possibility and potential.
AA F 2- (Continued from Step three)
R F 1 (Continued from Step three)
“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

- Albert Einstein

Notes for Application and Use

Please note: “Heal Thyself” and Source Energy Medicines are not replacements for medical care, treatment, diagnosis or pharmaceutical medicines. Please consult your physician for medical care, treatment, diagnosis or pharmaceutical medicines. In the event of an emergency call 911. This material is not intended to teach or encourage anyone to diagnose or treat any medical condition.

There are few hard and fast rules when it comes to how to apply and use Source Energy Medicine. The one area of exception is the Energy Level Progression Source Energy Medicines, which are designed and formulated with the intention of increasing energy levels from below 200 to above 200. ELP 1-9 should be taken in the first or if time is not critical, in the second step, regardless of specific calibration, and especially if energy levels are below 200. ELPs should be taken 125
sequentially 1-9, one at a time starting with ELP 1. This process should be repeated several times over the course of 12-18 months. Please refer to special directions for taking the ELP 1-9 series in the directions section of this book.

The first time the series is taken, each ELP should be taken for three days or more per ELP. With subsequent repeats of the ELP 1-9 process there is a great deal of latitude. For example, we encourage intuition to determine when it’s time to move onto the next ELP. This means that the duration for each ELP is likely going to be different. Feel which ones your body is craving and which ones are nice but it’s time to move on. There is no rush in this process. It’s definitely not a race and this process is wonderful at assisting us in enjoying the journey and the process rather than rushing to the finish. The more times the process is repeated the more intuitive feelings or knowing will develop regarding when to move to the next ELP. In time, you will have established a cellular memory of each Source Energy Medicine that you have taken. This memory can lead to a craving like feeling for certain remedies.

For the first six month of taking Source Energy Medicines the calibrations and energy levels are not very stable and can be influenced both in positive and
negative ways. Stress, trauma and judgments are areas that can have the greatest, fastest, negative impact on energy levels. If the ELP process was completed more than one time and an unusual amount of stress or trauma is experienced and a “setback” occurs. Often there is an actual feeling of drop in calibration. In any of these cases the ELP process can be taken sequentially 1-9 with a much shorter gap in between each. The process can be utilized to help recover from drops in calibration. The sequence can be taken even as short as 1 oz per ELP every 20 minutes, repeating this sequence 2-3 times. It is then suggested to repeat the process allowing 3 or more days per ELP.

Part of the key to success with this type of approach is to feel when there is a loss in calibration or energy level. The feeling of a “bug” coming on, depletion of physical energy, depression, or any overwhelming slow energy feeling or thought are all good indicators. The sooner ELP 1-9 are employed the greater the chance to quickly and gracefully restore the high energy level and avoid the “bug” or other slow energy experience. Certainly addressing the “bug” with the appropriate Transformation Source Energy Medicines is a good idea, but increasing calibration is
the key and more important issue. Remember colds, flu or slow energy feelings are not possible in a high-energy state and calibration above 200.

“Knowledge becomes wisdom when it becomes your experience.”

- Yogi Biajian

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Chapter Nine:
Appropriateness/ Effectiveness:
Will This Methodology Work For Me?
If It Will, How Long Will It Take?

Now that you have the basic understanding of Source Energy Medicine there are several key issues to ponder to help you to decide if this is the right method for you. I’m sure you have heard that we each create our own reality. There's no limit to what is possible unless you believe there is and set the limit. There is no such thing as an incurable dis-ease unless you believe there is.

In a nutshell, you are ultimately responsible for your own reality, experience and for your own health and healing. We provide you with all the technology you will need, and you are the co-creator of your own experience. Don’t get upset. This is very good news. This is very empowering information. You may have created situations or manifested certain temporary
conditions in your current life experience without fully understanding the nature of how you created what you experience. With new understanding and the technology we provide you will be able to increase your overall energy level, transform all forms of resistance and institute an attitude of allowance of all things good. The past is in the past and today consciously and deliberately choose anew. Your energy level today in part determines what your tomorrows will bring. What kind of tomorrow do you want to co-create?

We supply educational materials, supply technology and support individuals in healing themselves. Our feedback from practitioners and clients has proven that Source Energy Medicines are very powerful facilitators of healing that can work universally, but your will, your ego, your conscious and subconscious mind, your beliefs, thoughts, feelings, emotions and actions are infinitely more powerful than any remedy or treatment known to man. The good news is you can easily change your thoughts, feelings, emotions and actions by paying attention and becoming aware of them. We will show you how to employ Source Energy Medicines to shift your subconscious mind so that it is in alignment with your conscious mind and efforts.
If the focus of thoughts, feelings and emotions are on the part that has not transformed yet, the part that feels bad and looks bad, the result will continue to be what has not transformed yet- the part that feels bad and looks bad. Progress will be slow at best.

If the focus is on results, however small they may be at first, they will continue to be experienced as positive. Positive results will appear faster and faster and become larger and larger. Give thanks, feel gratitude to whatever higher force you believe in. Give thanks for having been introduced to this material. Thank your body for figuring all this out. Give thanks for having the courage to heal. Give thanks for having received the results as if they have already been received and experienced. See things from the end results you are wishing to achieve. This is very important. Have fun with this and remember that GRATITUDE is the key to achieving long term, positive results.

I like to keep a success journal in which I write and give thanks for all the miracles and blessings I experience each day. The written word has far more weight and power than thoughts or even spoken words. It's also fun, uplifting, inspiring and helps to guarantee that tomorrow will be filled with more miracles and blessings.
Allow yourself to explore what it will be like when you achieve 100% complete results. Feel what it will feel like. What does it look like? Use all of your senses. How does this achievement make you feel, think, look, act? The more you can imagine it with all of your senses and really experience it in your mind the faster it will become your reality.

I invite you to look at what’s at risk for you to achieve your goals. What do you have to give up? If there wasn’t a risk you likely would have achieved your goals a long time ago. Also explore what’s at risk if you continue with the way you are going. What will your life look like?

It is interesting to note that your brain cannot tell the difference between imagining something in your mind and experiencing events in "reality." This is why perseveration on negative thoughts, feelings, emotions, and experiences has such a detrimental affect on our cells and, ultimately, our overall health. The good news is we can also use our imagination, thoughts, feelings, emotions, and experiences with positive aspects to our benefit and with practice can help to create miracles.

Keep your progress to yourself (of course you can share with me). This is your private journey. Don't give anyone the opportunity to talk you out of what
you're doing, are experiencing, or believe in. You are an all knowing, all powerful being. All it takes is a desire, a transformation or shift upward in energy, and an attitude of allowance and anything is possible.

How and when folks experience results will vary greatly person to person mostly based on the following issues:

- Our beliefs about the issue(s) including the possibility of healing.
- Our thoughts about the issue(s) including the possibility of healing.
- Our beliefs, thoughts and feelings about how long it will take to heal.

This includes, and is heavily influenced by, listening to and believing what others believe, think, and feel about what you are experiencing. This is especially true when it comes to the opinions of medical professionals.

Results are experienced in layers: first the spiritual, then mental, then emotional, and finally the physical. The physical is the slowest to change mostly due to its density and our belief that healing in the physical must take time and be painful. Both of these statements are limiting beliefs and not true, especially with the Source Energy Medicine methodology. Results in the physical have been experienced faster that I ever could have
thought possible and occur subtly and gracefully. There is no cathartic experience or healing reaction.

Expect the unexpected. Create new paradigms of possibility and potential every day. Expect miracles. They are outside your door waiting for you to transform resistance to them, allow and receive them.

“The Source is unlimited. It knows no boundaries; it’s endlessly expansive, and endlessly abundant….
Discarding doubt is a decision to reconnect to your original self.”

-Dr. Wayne W. Dyer
Chapter Ten:
Keys to Positive Results

Over the years I have observed the following areas to be common with clients who have experienced very positive, consistent results.

• Believe anything is possible.
• Believe all issues can be transformed (even if you’re being told the contrary).
• Believe that you deserve to be well.
• Believe that you deserve to live pain and symptom free.
• Believe that you deserve and are now able to co-create an abundance of all things good in every area of your life.
• Believe that with some technical assistance your body will figure out all the necessary details.
• Believe that results can be achieved, as Florence Scovel-Shinn would affirm, quickly, under grace and in perfect ways.

• Give thanks every day for the results you are feeling and seeing even if it’s just a sense of it working.

• What you focus on will multiply and continue to be your experience. Your feelings will tell you if you’re heading in the right direction or not.

• Meditate daily. I highly recommend Dr Wayne Dyer’s “Getting in the Gap,” if you’re unfamiliar with meditation or don’t have a regular practice. It’s a small but amazing book with accompanying CD that teaches Japa Meditation. 10-30 minutes a day can have a very positive affect, even if it’s 2 minutes at a time here and there.

• Eat fresh, certified organic, whole food.

• Exercise daily 20-60 minutes. Walking outside and Yoga, or Tai Chi are my favorites.

• Surround yourself with positive energy and positive people.

• Read uplifting inspiring books or listen to them on audio CD and tapes.

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Listen to uplifting music.

Get out into nature as often as possible, or bring some of nature inside if you’re unable to go outside.

Look at pictures, home movies or video of yourself when you were vibrant, or look at magazines and pick out people who look the way you want to look and feel. I’m not talking about waif-thin super models. Look for people on the street or in the health food store who look healthy and happy. Talk to them. Appreciate rather than envy them.

Watch funny and/or inspiring, feel-good movies.

Avoid reading the newspaper and tuning in to the news. If it’s a must, limit your exposure and practice detachment and non-judgment.

If you choose to, use the Source Energy Medicines, T F 1 and AA F 1 should be incorporated into your protocol.

Some people comment that this is like living with your head in the sand. How can I ignore what’s happening around the world? I don’t suggest ignoring everything, but all the horrors and injustice can’t be your main focus or even much of your daily focus. If you
increase your energy level high enough you are better able to not be adversely affected by slow energy news and events, but it takes quite a while to get to that point. I strongly suggest focusing only on the positive aspects of the world until you feel great, are strong and vibrant. These are not only tips to assist you in healing and recovery but are keys to maintaining a vibrant, healthy, happy life.

If the focus is on what's not right, not working, missing or the lack of results, that focus will continue to be the reality. If the focus is on what positive changes are occurring even if they're small and subtle, the reality will continue to be filled with positive changes and will work up to the bigger and bigger changes and experiences. The mind has the ability to convince us of whatever we focus our attention on and that becomes our reality. The choice is ours. We all play an active role in our healing or lack of healing.

There are a lot of popular sayings these days that illustrate these principals.

- “Energy flows where your attention goes.”
- “That which you focus on expands.”
- “What you resist persists.”
- “You achieve what you believe.”
There is a great deal of research that has been conducted over many years on the power of the placebo effect. When the mind through positive suggestion improves health, it is referred to as the placebo effect. I'm sure you're familiar with it. It is commonly used in double blind studies being conducted every day around the world in medical research facilities and within the pharmaceutical industry. The following excerpt taken from Bruce Lipton’s book “Biology of Belief” powerfully illustrates the power of the placebo effect and how the mind can influence the outcome or the results that are experienced.

“A Baylor School of Medicine study, published in 2002 in the ‘New England Journal of Medicine’ evaluated surgery for patients with severe, debilitating knee pain. [Mosley, et al, 2002] The lead author of the study, Dr. Bruce Mosley, ‘knew’ that knee surgery helped his patients: ‘All good surgeons know there is no placebo effect in surgery.’ But Mosley was trying to figure out which part of the surgery was giving his relief. The patients in the study were divided
into three groups. Mosley shaved the cartilage in the knee of one group. For another group, he flushed out the knee joint, removing material thought to be causing the inflammatory effect. Both of these constitute standard treatment for arthritic knees. The third group got a ‘fake’ surgery. The patient was sedated, Mosley made three standard incisions and then talked and acted just as he would have during a real surgery- he even splashed salt water to simulate the sound of the knee-washing procedure. After 40 minutes, Mosley sewed up the incisions as if he had done the surgery. All three groups we prescribed the same postoperative care, which included and exercise program. The results were shocking. Yes the groups who received surgery, as expected, improved. But the placebo group improved just as much as the other two groups! Despite the fact that there are 650,000 surgeries yearly for arthritic knees, at a cost of $5,000.00 each, the results were clear to Mosley:
'My skill as a surgeon had no benefit on these patients. The entire benefit of surgery for osteoarthritis of the knee was the placebo effect.' Television news programs graphically illustrated the stunning results. Footage showed members of the placebo group walking and playing basketball, in short doing things they reported they couldn’t do before their ‘surgery.’ The placebo patients didn’t find out for two years that they had gotten fake surgery. One member of the placebo group, Tim Perez, who walked with a cane before the surgery, is now able to play basketball with his grandchildren. He summed up the theme of this book when he told the Discovery Health Channel: ‘In this world anything is possible when you put your mind to it. I know that your mind can work miracles.’

The results and implications of this study are very exciting and should create a sense of empowerment from knowing that you, your thoughts and beliefs, are
infinitely more powerful than any treatment, even surgery. Think of the possibility of combining positive thoughts and beliefs with effective, safe treatments and drugless methodologies. Think of the miracles you could achieve and all without any possible side effects.

The *nocebo* effect was also discovered but is not widely known. The nocebo effect occurs when the mind is engaged in negative suggestions that can damage health. If someone strongly believes something will not work and concentrates on it not working regardless of the validity and track record with the treatment or methodology it will not be successful. The following dramatic excerpt is from “*Biology of Belief*” by Bruce Lipton.

“The Discovery Channel’s 2003 program ‘Placebo: Mind Over Medicine’ is a good compendium of some of medicine’s most interesting cases. One of its more poignant segments featured a Nashville physician, Clifton Meador, who has been reflecting on the potential power of the nocebo effect for 30 years. In 1974 Meador had a patient, Sam Londe, a retired shoe salesman suffering from
cancer of the esophagus, a condition that was at the time considered 100 percent fatal. Londe was treated for that cancer but everyone in the medical community ‘knew’ that his esophageal cancer would recur. So it was no surprise when Londe died a few weeks after his diagnosis.

The surprise came after Londe’s death when an autopsy found very little cancer in his body, certainly not enough to kill him. There were a couple of spots in the liver and one in the lung, but there was no trace of esophageal cancer that everyone thought had killed him. Meador told the Discovery Health Channel: ‘He died with cancer, but not from cancer.’

What did Londe die of if not esophageal cancer? Had he died because he believed he was going to die? The case still haunts Meador three decades after Londe’s death. Troublesome nocebo cases suggest that physicians, parents and teachers can remove hope by programming you to believe you are powerless. Our positive
and negative beliefs not only impact our health, but also every aspect of our life.”

Perfectly stated on the back cover of “Biology of Belief: “This book will change how you think about your own thinking.” It is a wonderful book filled with clear illustrations and case studies all supporting the power of your thoughts and beliefs and the impact they have on your biology.

Length of time required to heal any condition is one of the most elusive aspects of the healing process. In observing thousands of clients heal from a wide variety of conditions I can say with confidence that there are no consistent time related guideline or standard to follow. What some are able to achieve in three months might take another three years and another three days. It is important to not limit what is possible. Certainly knowing that another has completely cured themselves of the same issue that you are dealing with is a huge help in creating hope, positive feelings and beliefs for your expected outcome.

Dowsing, kinesiology or muscle testing does not help with regards to time. Testing for the future with these tools is the one area that is very inaccurate. The reason for the inaccuracy is that in every moment of
every day we are all focusing our feelings, thoughts and intentions, and co-creating our reality or experience. This makes it impossible to accurately predict time frames and outcomes since you are the one focusing your feelings, thoughts and intentions creating your tomorrows. From the placebo and nocebo examples we can clearly see how positive thinking and behavior will greatly speed up and almost guarantee positive results whereas negative thinking and behavior will slow progress and almost guarantee poor results.

I continue to be astonished at what is possible and how quickly some people experience positive results. This continues to cause me to have paradigm shifts within my beliefs of what is possible to heal and what time frame is needed for healing to occur. This is one of the most fun and exciting aspects of my daily life and the reason why I can say with complete confidence—“There is no such thing as an incurable dis-ease.” Every day since 1998 people have been teaching me this lesson.

Some folks believe it would be a lot easier if they weren't so involved. Just have someone else "fix" everything. I believe it's very empowering and exciting that we can greatly influence the outcome and not be entirely dependent on someone else. I think it’s very
empowering and exciting that we can heal ourselves. We all need tools to assist us and people to support us. There is no replacement for skilled, talented health care providers, therapists and healers and the real work is ours. I believe to have someone else heal us is robbing us of the experiential learning process. It leaves us without the opportunity to understand why the condition manifested in the first place and what we need to do to ensure that the same or similar condition will not manifest in the future.

“Great spirits have always encountered violent opposition from mediocre minds.”

- Albert Einstein
Chapter Eleven: Directions

- How to Make Source Energy Medicines
- How to Take Source Energy Medicines
- Special Directions for ELP Source Energy Medicines
- How to Reconstitute Source Energy Medicines

**Please note:** This book is intended as a guide to the Source Energy Medicine methodology. Specially designed, authentic, Source Energy Research charging labels must be used to make Source Energy Medicines in your own home. To order charging labels and for more information please visit www.heal-thyself.tv or www.sourceforgeenergyresearch.com.
How to Make Source Energy Medicine

Original, authentic Source Energy Medicine charging labels are necessary for 100% efficacy.
Purchase good quality spring water in 500ml size bottles, the specific name brand is not important.
Smaller or larger size bottles up to 5 gallons can be used. Check the type of label used on the bottles, as it should be easily removable. Some bottles have ridges in the plastic and should not interfere with the charging labels.

1. Remove the label from the bottle. (Not necessary on larger bottles)
2. Use only one Source Energy Medicine charging label per bottle.
3. While the remedy is being made it is important that different remedy bottles do not touch each other. Leave at least one half inch of space in between each remedy bottle while the remedy is being made.
4. Place one Source Energy Medicine charging label on the bottle. Make sure the label is placed on a clear spot and not over a coding or date stamp.
5. Allow this bottle to sit undisturbed for one hour.
6. After one hour remedy is completely formed and bottles can be closer than one half inch of space in between bottles. Bottles can be stored close to each other.

7. Proceed to directions for how to take Source Energy Medicine.

Please note: Source Energy Medicines can be 100% reconstituted. There is no limit to reconstitution as long as you follow the simple reconstitution directions provided.

“Belief is truth held in the mind; faith is a fire in the heart.”

-Joseph Fort Newton
How to Take Source Energy Medicines

Please Note: Each different Source Energy Medicine can be combined in one common container and taken together. There is no need to take each Source Energy Medicine individually. “Fusion”, non “Fusion” and ELP series Source Energy Medicines can be combined in one common container. To avoid contamination of the remedy never drink directly from the original, individual remedy bottle and re-cap each bottle after use.

Equipment:

- A sports bottle or container large enough to hold your daily supply of combined Source Energy Medicines. Plastic, glass, or metal containers are fine. The “Charging” labels help to neutralize any harmful materials found in the containers.

Please Note: There is no need for measuring equipment. There is no need of an exact measurement of each Source Energy Medicine taken. An estimated amount for each Source Energy Medicine is fine and will save a lot of prep time.
Directions for making a combined daily supply of Source Energy Water:

- **For “Fusion” Source Energy Medicines:**
  Estimate- 250-500ml or 8-16oz of each “Fusion” Source Energy Medicine and place it in the bottle or container.

- **For Non “Fusion” Source Energy Medicines:**
  Estimate- 30ml or 1 ounce of each non “Fusion” Source Energy Medicine you are taking and place it in the bottle or container.

- **Please see special directions for ELP Source Energy Medicines**

- Drink your combination of Source Energy Medicines throughout the day, or drink 1/2 the bottle in the morning and 1/2 the bottle in the afternoon or evening.

Make and drink this combination each day for the length indicated on the specific step of your protocol. For ease and efficiency you can make several bottles or days worth at the same time. It’s best to use a “blank” charging label provided with label sets on the containers or sports bottles to help stabilize and protect your remedies.
How to Reconstitute Source Energy Medicines

Every bottle of Source Energy Medicine can be 100% reconstituted. There is no limit to the number of times a remedy can be reconstituted as long as you follow the simple directions below. Reconstitute your remedies when the bottle with the authentic Source Energy Medicine charging label is getting low or empty:

- Purchase good quality spring water or fill a pitcher with good quality filtered water.
- Refill your Source Energy Medicine bottles.
- Allow the bottles to sit undisturbed for one hour. During this initial charging stage it’s important that different remedy bottles do not touch each other. Leave at least on half inch of space in between each remedy bottle while the remedy is being made or reconstituted. After one hour the bottles can be closer together.
- In one hour your Source Energy Medicine is 100% reconstituted and ready for use.
Special Directions for ELP 1-9 Series

- Estimate 30ml or 1 oz (2 tablespoons) of ELP 1 from the ELP 1 bottle and pour it into your daily combined Source Energy Medicine clean bottle or glass. Combine ELP 1 with each / any additional Source Energy Medicine you are currently taking.

- Make and drink this combination for three days, or longer, as you feel the need. The minimum number of days for taking each ELP 1-9 formula is three days. If you feel the need to continue with any ELP beyond three days simply continue until you feel you are complete then move on to the next sequential ELP.

- The ELP 1-9 Source Energy Medicine series must be taken one at a time, sequentially 1 thru 9. When you have finished ELP 1, a minimum of three days, stop taking ELP 1 and start taking ELP2 and after three or more days, go onto ELP 3, etc. Continue until you have finished each ELP 1 thru ELP 9. This will take a minimum of 27 days.

Please Note: There is no cathartic experience, or feeling of the different emotions associated with the each
energy levels as they are transformed. There is no healing reaction, painful memories, or re-living of traumas or any past events associated with these emotions and energy levels. The slow energy emotions and all associated aspects or components are transformed or shifted upward in frequency to the high-energy counterpart above 200.

"Let me not pray to be sheltered from dangers, but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it."

- Rabindranath Tagore

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Chapter Twelve:
Source Energy Medicine Lists

**Transformation**

T 1  Bacteria Transformation
T 2  Virus Transformation
T 3  Parasite Transformation
T 4  Fungus/Mold Transformation
T 5  Chemical Transformation
T 6  Heavy Metal Transformation
T 7  Trauma Transformation
T 8  Stress Transformation
T 9  Cancer Cell Transformation
T 10  Slow Energy Transformation
T 11  Dis-ease Transformation
T 12  Residue Transformation
T 13  Dead/Used Hormone and Cholesterol
Transformation
T 14 Contrail, Chemtrail Transformation
T 15 Excess Body Fat and Cellulite Transformation
T 16 Stone Transformation
T 17 Resistance Transformation
T 18 Pain Transformation
T 19 Lymph Blockage Transformation
T 20 Alcohol Transformation
T 21 Vision Impairment Transformation
T 22 Inherited Issue(s) Transformation
T 23 Food and Beverage Allergy Transformation
T 24 Blood Clot Transformation
T 25 Surgical Trauma Transformation
T 26 Phobia, Obsessions and Compulsion Transformation
T 27 Addiction Transformation
T 28 Sub-conscious Mind Transformation
T 29 Head Hair and Scalp Transformation
T 30 Resistance to Non-physical Aspects of our Beings Transformation
T 31 Limbic System Transformation
T 32 Cell Membrane Transformation
T 33 Excitotoxin Transformation
T 34 Resistance to Source Energy Transformation

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T 35 Slow Energy Related to Sex and Sexuality Transformation
T 36 Karmic Debris Transformation
T 37 Resistance to Abundance Transformation
T 38 Resistance to Transformation - Transformation
T 39 Resistance to Restoration Transformation
T 40 Tooth Emergency
T 41 Swelling or inflammation Transformation
T 42 Immune System Transformation
T 43 Mycoplasma Transformation
T 44 Prion Transformation
T 45 Resistance to Activation and/or Embracing Extra Senses and Special Gifts Transformation
T 46 Resistance to Activation and/or Embracing Starseed Gifts and Abilities Transformation
T 47 Sleep Disorder Transformation
T 48 Electrical System Transformation
T 49 Physical Injury/Trauma Transformation
T 50 Resistance to Letting Go- Transformation
T 51 Resistance to Life Change- Transformation
T 52 Resistance to Self Love/Positive Self Esteem Transformation
T 53 Old Energy Pattern Transformation
T 54 Ear/Nose/Throat Infection Transformation

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T 55 Respiratory Debris Transformation
T 56 Endocrine System Transformation – ADULT MALE
T 57 Endocrine System Transformation – ADULT FEMALE
T 58 Endocrine System Transformation – For adult females missing one or more female reproductive organ:
T 59 Slow Energy Broadcast/Psychic Attack Transformation

“Fusion” Transformation

T F 1 Transformation Fusion #1
T F 2 Transformation Fusion #2
T F 3 Transformation Fusion #3

"Faith is the force of life."
- Leo Tolstoy
Balance

B 1  Balance Polarity
B 2  Balance Hydration
B 3  Balance Body PH
B 4  Balance Body And Soul
B 5  Balance Mental, Physical, Emotional, and Spiritual
B 31 Balance Limbic System
B 32 Balance Cell Membrane
B 35 Balance Sexual Energy
B 42 Balance Immune System
B 47 Balance Sleep
B 48 Balance Electrical System
B 58 Balance Endocrine System - For adult females missing one or more female reproductive organ

“Fusion” Balance

B F 1  Balance Fusion #1

“Faith is to believe what we do not see; and the reward of faith is to see what we believe.”

- St. Augustine
Attitude Adjustment

AA 1  Attitude Adjuster - General
AA 2  Attitude of Joy
AA 3  Attitude of Love
AA 4  Attitude of Hope
AA 5  Attitude of Gratitude
AA 6  Attitude of Faith
AA 7  Attitude of Peace
AA 8  Attitude of Compassion
AA 9  Attitude of Generosity
AA 10 Attitude of Allowance
AA 11 Attitude of Forgiveness
AA 12 Attitude of Humility
AA 13 Attitude of Self Love
AA 14 Attitude of Trust
AA 30 Attitude of Allowance our Non-Physical Aspects
AA 34 Attitude of Allowance of Source Energy
AA 35 Attitude of Allowance of High Calibrated Sexual Energy
AA 36 Attitude of Allowance of New Contract(s)
AA 37 Attitude of Allowance of Prosperity and Abundance
AA 38 Attitude of Allowance of Transformation
AA 39 Attitude of Allowance of Restoration
AA 45 Attitude of Allowance of Activation and
   Embracing Starseed Abilities, Knowledge,
   Awareness & Gifts
AA 46 Attitude of Allowance of Activation and
   Embracing Extra Senses and Special Gifts
AA 47 Attitude of Allowance of Sleep and Rest
AA 50 Attitude of Allowance of Letting Go
AA 51 Attitude of Allowance of Life Change
AA 52 Attitude of Allowance of Self Love- Positive
   Self Esteem
AA 53 Attitude of Allowance of New High Energy
   Patterns

“Fusion” Attitude Adjustment
AA F 1 Attitude of Allowance Fusion #1
AA F 2 Attitude of Allowance Fusion #2

“Better to light one small candle than to curse the darkness.”

- Chinese Proverb
Restoration

R  1  Restoration - for male adult humans
R  2  Restoration - for female adult humans
R  3  Restoration - for male children under 14 years
R  4  Restoration - for female children under 14 years
R  5  Restoration - for male canines (dogs)
R  6  Restoration - for female canines (dogs)
R  7  Restoration - for male felines (cats)
R  8  Restoration - for female felines (cats)
R  9  Restoration - DNA
R 10  Restoration - RNA
R 28  Restoration - Subconscious Mind
R 29  Restoration - Head Hair and Scalp
R 31  Restoration - Limbic System
R 32  Restoration - Cell Membrane
R 33  Restoration - Neurons
R 35  Restoration - Sexual Energy
R 40  Restoration - Teeth and Gums
R 42  Restoration - Immune System
R 47  Restoration - Sleep
R 48  Restoration - Electrical System
R 49  Restoration - Physical Trauma
R 56  Restoration - Endocrine System – Adult Male
R 57  Restoration - Endocrine System – Adult Female
R 58  Restoration - Endocrine System - For adult females missing one or more female reproductive organ

“Fusion” Restoration

R F 1  Restoration Fusion #1

“There is thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.”

- W.D. Wattles

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# Energy Level Progression

| ELP 1 | 01-30 |
| ELP 2 | 30-50 |
| ELP 3 | 50-75 |
| ELP 4 | 75-100 |
| ELP 5 | 100-125 |
| ELP 6 | 125-150 |
| ELP 7 | 150-175 |
| ELP 8 | 175-200 |
| ELP 9 | 200-250 |
| ELP 10 | 260-280 |
| ELP 11 | 280-300 |
| ELP 12 | 300-320 |
| ELP 13 | 320-340 |
| ELP 14 | 340-360 |
| ELP 15 | 360-380 |
| ELP 16 | 380-400 |
| ELP 17 | 400-420 |
| ELP 18 | 420-440 |
| ELP 19 | 440-460 |
| ELP 20 | 460-480 |
| ELP 21 | 480-500 |
| ELP 22 | 500-520 |
| ELP 23 | 520-540 |
| ELP 24 | 540-560 |
| ELP 25 | 560-580 |
| ELP 26 | 580-600 |
| ELP 27 | 600-620 |
| ELP 28 | 620-640 |
| ELP 29 | 640-660 |
| ELP 30 | 660-680 |
| ELP 31 | 680-700 |
| ELP 32 | 700-720 |
| ELP 33 | 720-740 |
| ELP 34 | 740-760 |
| ELP 35 | 760-780 |
| ELP 36 | 780-800 |
| ELP 37 | 800-820 |
| ELP 38 | 820-840 |
| ELP 39 | 840-860 |
| ELP 40 | 860-880 |
| ELP 41 | 880-900 |
| ELP 42 | 900-920 |
| ELP 43 | 920-940 |
| ELP 44 | 940-960 |
| ELP 45 | 960-980 |
| ELP 46 | 980-1000 |
A great deal of thought, research and testing has gone into the development of Source Energy Medicines. The following is a brief description of the different categories of Source Energy Medicines with helpful information for each specific Source Energy Medicine arranged by category. It is our intention to keep this information clear, simple and easy to understand so that everyone can fully utilize this methodology from reading “Heal Thyself.” There is more detailed technical information available and is offered to practitioners and those who want to know more about this methodology. We conduct Source Energy Medicine workshops around the world and
continue to add valuable information to our website on a regular basis. Please contact us if you are interested in attending or hosting a workshop in your area.

**Transformation Source Energy Medicines**

Transformation Source Energy Medicines are wide reaching and inclusive enabling effective use of only one Source Energy Medicine for virus, one for bacteria, one for parasites, etc. Transformation Source Energy Medicines work in the opposite fashion to an autoimmune disease or a retro virus. With an autoimmune disease, your immune system is turned from helping to fight infection to spreading the infection. The intention with Transformation Source Energy Medicine is to transform low or slow energy patterns (below 200), upward in frequency into high-calibrating energy patterns (above 200). The intention is to transform the issue from being detrimental to your health to being helpful to your health. Just as when you walk into a dark room and turn on the light...where did the darkness go? It was transformed to light. It had a shift in energy pattern or vibration.
Transformation Source Energy Medicines are designed with the intention to transform the specific, intended areas of resistance from low or slow energy calibrating below 200 on every and all level known and unknown upward in vibration and frequency above 200. Each Transformation Source Energy Medicine transforms every and all form of ________ (fill in the specific remedy i.e., bacteria) and every and all emotional component(s) and or thought(s) that originated or are part of the ________ (fill in the specific remedy i.e., bacteria) from every and all part, aspect and level known and unknown. All Source Energy Medicines are designed with the intention to stop the mutation process or spread as the case may be. This is very important step and unique to Source Energy Medicines.

Areas where there are “friendly” or essential forms of the pathogens, like bacteria for example, the transformation only occurs with any overgrowth of “friendly” bacteria and ALL “unfriendly” bacteria. All transformation Source Energy Medicines are designed and formulated with the intention of transforming the specific issue(s) upward in vibration and frequency safely, under grace and in perfect ways. There is no
healing reaction, healing crisis or cathartic release experienced.

We are able to employ only one remedy for pathogens like bacteria instead of 50,000 separate remedies for each known bacteria. This is because all pathogens calibrate or vibrate at a very similar calibration or vibrational frequency. Source Energy Medicines are designed to target that specific vibration or frequency that is unique to that particular pathogen. This is certainly one feature that makes Source Energy Medicines unique and different from other methodologies- providing a more practical, effective, cost and time efficient, system. This also eliminates the need to pinpoint the specific strain of the particular pathogen.

Every low energy pathogen has a high-energy counterpart. This is a biological reflection of the principles of Yin and Yang. A slow or low energy bacteria has a high energy, friendly or helpful bacteria, which is in complete polar opposition to itself. Source Energy Medicines are designed with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200.
It is interesting to note that since we are working within the Quantum realm in which the “observer” has great impact on the experience or outcome, we can influence and transform pathogens that are unidentified or unknown to science through intention and a formulation process we have developed in designing Source Energy Medicines. Therefore you will note in many of the descriptions of the remedies below the terms “every and all pathogens know and unknown including but not limited to.” Since we are dealing with vibrations and energy patterns of these pathogens and issues all of the unknown varieties will still calibrate very close to the known ones. Remedies with this wide reaching scope of effectiveness are a gift and blessing to us all.

“Consciousness is the creative element in the universe. Without it, nothing would appear.”

- Fred Alan Wolf, Ph.D.
Transformation
Source Energy Medicines

T 1  Bacteria Transformation- Formulated with the intention to transform every and all form of bacteria and bacteria-like pathogen in every and all stage and form upward in vibration and frequency from the slow or low energy form below 200, to the high-energy form above 200 from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise.

T 2  Virus Transformation- Formulated with the intention to transform every and all form of virus and virus-like pathogens including but not limited to Virus, Viral Diseases, Borna Viruses, Retroviruses, Pleomorphic Organisms, Viroids, in every and all stage and/or form upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle
and gross, all lifetimes known and unknown, conscious, subconscious and otherwise.

**T 3 Parasite Transformation**- Formulated with the intention to transform every and all form of parasite and parasite-like pathogens in every and all stage and/or form upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise.

**T 4 Fungus/Mold Transformation**- Formulated with the intention to transform every and all overgrowth of “friendly” fungus and mold and all “unfriendly” form of fungus and mold and fungus and mold-like pathogens in every and all stage and/or form upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross,
all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 5  Chemical Transformation-** Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all form of chemical not essential to body health, harmony and function including but not limited to man made, natural, known and unknown, every stage, state, or form, single, compounds or combination from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 6  Heavy Metal Transformation-** Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all form of heavy metal not essential to body health, harmony and function including but not limited to man made, natural, known and unknown, any stage, state, or form, single, compounds or combination from every and all area, organ, function, energy field, dimension and level,
including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 7 Trauma Transformation** - Of all of the specific areas covered in the T Energy Waters, trauma is proving to be the most stubborn issue to transform. It is the root cause or root attractor for many issues. It is testing to follow the first in/last out principal. In many cases it is trauma that lowers the over-all energy level the greatest. This is a universal remedy. Every human has experienced trauma at one time or another that is having an affect on his or her calibration. Just think about the trauma associated with the birthing process. Even if it was the most well thought out, well planned beautiful experience for the adults involved, it’s still a huge trauma to the baby leaving the womb.

Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all form of trauma- physical, nonphysical known and unknown, the affects on every and all level and every and all residual, affect(s) of or part of every and all trauma including but not limited to memory, cellular memory, hippocampus memory, neuronet based
chemical addiction, thoughts feelings and emotions from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 8  **Stress Transformation**- T8 is another universal remedy. Everybody has stress in one form or another and in most cases multiple forms of intense stress is experienced on a daily basis. Stress is often a key-contributing factor that lowers the over-all energy level. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all form of stress and affects of stress from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise.

T 9  **Cancer Cell Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200,
to the high energy form above 200 every and all form of cancer known and unknown including but not limited to dysplasia, neoplasms, anaplastic cells, malignant neoplastic diseases, mast cells, lymphomas, leukemias, plasmorphic organisms, every all form, type of made cell, tumor, lump and bump and every and all environmental signal causing the activation of cancer cells as well as the affects of these issues from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 9 is formulated with the intention to stop mutation, replication, and metastasis process in the above-mentioned issue(s).

**T 10 Slow Energy Transformation**- Formulated with the intention to Transform upward in vibration and frequency from the slow or low energy form, below 200, to the High-energy form above 200- every and all form of all slow energy from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 10 is
designed with the intention to work on every and all aspect of slow energy. T 10 is best used for anyone who does not have a serious health concern of any kind. T 10 works like a blanket or a shotgun effect covering all specific aspects covered within all the T Source Energy Medicines. T 10 works well with groups of other T Source Energy Medicines and can act like a gap filler. It is also designed with the intention of working as a maintenance remedy once every issue has been transformed with individual T Source Energy Medicines. T 10 works very well with T 7, 8, 17 plus AA Source Energy Medicines as a maintenance protocol.

**T 11 Dis-ease Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200- every and all form of dis-ease known and unknown, including but not limited to heredity, infection, diet, food, beverage, environment, insect, animal, inoculation, vaccination, illness, pathogens, toxins, poisons from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and
unknown, conscious, sub conscious and otherwise. T 11 is formulated with the intention to stop mutation, replication, and metastasis of every and all dis-ease and its affect.

T 12  **Residue Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and ALL residues, any all forms, types of residues known and unknown, including but not limited to heredity, infection, diet, food, beverage, environment, insect, animal, inoculation, vaccination, illness, disease, pathogens, toxins, poisons, any and all form of radiation from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 12 is formulated with the intention to stop mutation, replication, and metastasis of residues and their affect.

T 13  **Dead/Used Hormone and Cholesterol Transformation** – Formulated with the intention to transform upward in vibration and frequency from the
slow or low energy form, below 200, to the high energy form above 200 every and all used or dead hormone and un friendly, excess or used cholesterol, any all forms, types, known and unknown, natural, unnatural and every and all affect of these issues from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 14  Contrail, Chemtrail Transformation**
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all chemtrails, contrails, and other related chemicals including but not limited to man made, natural, known and unknown, in any stage, state, or form, single, compounds or combination from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.
T 15   Excess Body Fat and Cellulite Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all excess body fat and cellulite in every and all form, type known and unknown natural, unnatural, man made that is not essential to vibrant health, function, strength and vitality, to each individual. T 15 is formulated with the intention to transform every and all affect of these issues and any and all emotional component, thought or belief system-conscious, subconscious or otherwise that originated or are part of the excess body fat and cellulite from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 15 was originally designed for internal fat that clogs and congests organs but will work on every type of excess fat in the body.

T 16   Stone Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all but not
limited to stones, calcification, sclerosis, cirrhosis, atrophying, scaring, scar tissue, debris in every and all form, type, known and unknown natural and unnatural, and any and all affect of these issues from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 17   Resistance Transformation-** Everything that calibrates below 200 can be considered resistance. Resistance is everything that impedes a complete state of allowance of the constant flow of pure energy from the Source of All Creation. Resistance comes in hundreds of forms. T 17 is designed to work on every and all form of resistance. T 17 is designed for the person who does not have any serious health concerns. T 17 works like a blanket or a shotgun effect covering all specific aspects covered within all the T Source Energy Medicines. T 17 is also designed with the intention of working as a maintenance remedy once every issue has been transformed with individual T Source Energy Medicines. T 17 works very well with T 7, T 8, T 10 for maintenance. Formulated with the intention to transform upward in vibration and frequency.
from the slow or low energy form, below 200, to the high-energy form above 200 every and all form of resistance from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 18 Pain Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all pain and what is felt or perceived as pain or discomfort and any and all underlying causes for the pain or affect of pain from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise and any and all emotional component, thought or belief system, feeling or emotion that originated or are part of the pain.

T 19 Lymph Blockage Transformation-
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all blockage, stagnation, congestion in lymph and lymph related ducts and systems, sinus and sinus related ducts and systems and functions, from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 20  Alcohol Transformation**- Formulated with the intention to Transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all affect of alcohol consumption and every and all underlying cause for alcohol consumption from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise and any and all emotional component, thought or belief system, feeling or emotion that originated or are part of the above mentioned. T 20 works well with T27 Addiction Transformation.
T 21    Vision Impairment Transformation-
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all impairment, impediment, flaw and every and all form, type of vision problem known and unknown, including but not limited to heredity, infection, diet, environment, calcification, sclerosing, aging, cataracts, glaucoma, night blind, near sight far sight, as well as their affect from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. Stops degradation and allows the Restoration Source Energy Medicines to then completely restore vision to ideal state.

T 22    Inherited Issue(s) Transformation
(family or miasmic issues)-
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all inherited, family or miasmic issue from
every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 23  Food and Beverage Allergy Transformation**
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all food and beverage allergy, sensitivity and adverse reaction to food and beverage, every and all inappropriate immune or other system response leading to an allergic reaction from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 24  Blood Clot Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all form of blood clot including but not limited to, thrombus,
embolus, fibrin, improper or imbalanced antibody and antigen response, red blood cell, white blood cell, plasma, hemoglobin imbalance known and unknown from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 25 Surgical Trauma Transformation** - Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all trauma associated with and related in any way to surgery or any type of medical procedure and affects associated with surgery, medical procedure and recovery, complications to ideal healing and recovery from these issues including but not limited to calcification, atrophying, scaring, scar tissue, debris, infection, contamination, poor procedure or technique from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise including but not limited to skin and all aspects of the integumentary system.
tendons, ligaments, cartilage, connective tissue, bones, muscles, whether these issues are man-made, synthetic or natural. T 25 works best with T 7, 16 and the appropriate Restoration Source Energy Medicine.

T 26  Phobia, Obsessions & Compulsion Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all phobia, fear, obsession, compulsion, anxiety, irrational or exaggerated behavior, thought, feeling or emotion whether these issues are man-made, synthetic or natural from every and all area, organ, function, neuronet wiring, peptide production, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 27  Addiction Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all known and unknown addiction, to every and all substance, person, behavior, thought, feeling, emotion, body
chemistry, internal or external, from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise, neuronet wiring, peptide production, whether these issues are man-made, learned, acquired, inherited, programmed, pre-programmed, implanted, synthetic or natural.

**T 28 Sub-conscious Mind Transformation**- It is interesting to note that the subconscious mind is believed to be infinitely more powerful than the conscious mind. The subconscious mind is unaffected when the over-all energy level in increased. The subconscious mind has to be transformed separately and specifically. If the subconscious mind remains below 200, it will undermine all conscious efforts. Conversely a high calibrating subconscious mind is key to co-creation, to manifesting an abundance of all things good on all subjects. The fantastic book “Biology of Belief”, by Bruce Lipton explores the subconscious mind and notes fantastic research conducted in this area. T 28 works in concert with R28.
Formulated with the intention to transform upward in vibration and frequency from the low or low energy form, below 200, to the high energy form above 200 every and all aspects, known and unknown of and related to the subconscious mind, its programming, prenatal programming, perinatal programming, slow energy affects of or from life in the womb, and our subconscious mind forming years, and our previous slow energy environment(s) from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 28 is designed and formulated with the intention to transform the subconscious mind and its programming without chaos, confusion, and disorientation, healing reaction or crisis or neurological disorders.

T 29 Head Hair and Scalp Transformation-
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all aspect including but not limited to every and all resistance, issue, damage related to or associated with head hair thinning, balding or loss of ideal hair

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density, strength, texture, color, roots, follicles, growth rate, breaks in hair material, disease, calcification, plaque build up, lumps or bumps or affect associated with aging, discoloration, graying from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 29 is designed and formulated with the intention to transform all hair related resistance and enables head hair, scalp and tissue to re-grow, repair and restore to 100% ideal health, density, fullness, thickness, texture and strength and original color and pattern. T29 works in concert with R 29 which restores every and all hair and scalp related areas.

T 30  Resistance to Non-physical Aspects of our Beings Transformation-

It is said we are spiritual beings having a temporary human experience. The Celts believe we are souls with human apparatus or form. Non-physical aspect is one way of referring to our soul or the God energy within us. The better our physical and non-physical aspect work together and are balanced the more effective the results will be.
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all aspects, known and unknown all associated issues including but not limited to any and all form of resistance, physiological blocks, psychological blocks, slow energy thoughts, feelings and emotions, belief systems and the cause(s), inability(ies), reason(s), and imbalance(s) affect(s) and associated symptoms and situations related to every inability to activate, to remember and or embrace the non-physical aspects from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 30 works in concert with AA 30.

**T 31  Limbic System Transformation-** (Please refer to the chapter titled “Science” for better understanding of the limbic system).

Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all aspect, known and unknown, related to the
limbic system, stress and or fear, the perception of stress and or fear, addiction to stress and or fear, stress and or fear based reactions and behaviors, memory of stress and or fear, cellular, neuronet related and otherwise as well as every and all organ system and function that perceive the environment and create signals to inform systems to what is happening in the environment, including but not limited to the limbic system, it’s programming, related organs and functions, and related misconception of and misperception of the environment, of fear, perception of fear, inappropriate perceptions of the environment, affect slow energy environments have on the limbic system, prenatal programming, perinatal programming, slow energy affects of or from life in the womb, and our formative years, our previous slow energy environment(s), from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 31 works in concert with B 31, R31. For best results take with T 32, T 42, B 32, B 42, R 32, R 42.
**T 32  Cell Membrane Transformation**- (Please refer to the chapter titled: “Science” for better understanding of the cell membrane.)

Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all aspect, known and unknown including but not limited to cell membrane related mis-programming, mis-wiring, mal function including but not limited to imbalance(s) mis-perceptions affect and associated symptoms and situations related to the Cell Membrane. T 32 is designed and formulated with the intention to completely transform the Cell Membrane, it’s ability to perceive environmental signals, every and all Cell Membrane related functions, operations, communication, perceptions and harmony from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 32 works in concert with B 32, R 32. For best results take with T 31, T 42, B 31, B 42, R 31, R 42.
**T 33 Excitotoxin Transformation**- Excitotoxins are proven, highly damaging substances to the nerves and central nervous system. Many people experiencing MS like symptoms are experiencing the affect of excitotoxins. Excitotoxins come in many forms most commonly found in processed foods and soda beverages. Aspartame and MSG are two of the most common.

Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all aspect of Excitotoxin- residue, every all form, type, known and unknown, including but not limited to heredity, infection, diet, food, beverage, environment, insect, animal, inoculation, vaccination, illness, disease, pathogens, toxins, poisons from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 33 works in concert with T48, R 33, R 48, B 48.

**T 34 Resistance to Source Energy Transformation**-
Source Energy is one way to say God or the Source of
All Creation. At first it might seem odd that anyone could have resistance to God or the Source from which we all originate. Testing indicates approximately 90% of the human population has unconscious resistance to God. This appears to be almost universal and has a direct relation to the ability to recognize the God and Divine presence in all things, in all people and ourselves. Resistance to The Source of All Creation will certainly create a difficult environment from which to live and co-create. Please read more about this remedy and how it works in concert with others in the chapter titled “The Key 10.”

Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all but not limited to the cause(s), reason(s), resistance(s), affect(s), thought(s), feeling(s), emotion(s), trauma(s), imbalance(s), and associated symptoms and situations and manifestations related to one’s inability or resistance to The Source of all Creation or God from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown,
conscious, sub conscious and otherwise. T 34 works as a pair and in concert with AA 34.

**T 35 Slow Energy Related to Sex and Sexuality**

**Transformation-** Slow energy related to sex and sexual energy is another virtually universal issue. There is a great deal of misinformation, repression and confusion handed down from our elders, schools and religions that almost every person has had one form or another of a slow energy experience around sex and sexuality. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all including but not limited to, the cause(s) reason(s), resistance(s), affect(s), thought(s), feeling(s), belief system(s), emotion(s), trauma(s), imbalance(s), neuronet wiring, behavior(s) and behavior pattern(s), and associated symptoms, situations and manifestations related to every and all imbalance around sexuality, sex, intimacy, love, sexual relations and encounters from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise and every and all slow energy.
experience(s), emotional component(s), thought(s), feeling(s) or emotion(s), energy pattern(s) or belief system(s) that originated or are part of the above mentioned issues.

T34 works in concert with B 34, R 34 and AA 34 which are designed and formulated with the intention to fully and completely enable and allow full sexual and sensual empowerment, with clear, pure, beautiful understanding and awareness of sexuality, sex, intimacy, love, sexual relations and encounters without affect from every and all past slow energy experience, oppression, confusion, teaching, belief or opinion from self or others.

**T 36   Karmic Debris Transformation**- Karmic debris relates to soul contracts and karma that are complete (sometime incomplete but no longer valid) but that still interfere with current karma and contracts. Karmic debris creates confusion and difficulty in determining the best or most appropriate life choices in relation to the original reason(s) (contracts) for incarnating. Karmic debris stems from this as well as past life times.
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s) related to karmic debris including but not limited to affect of these issues, hereditary, group, starseed or ancestral, karmic debris, residues, contracts from every and all lifetime from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise complete or incomplete that are not directly pertinent, essential and in the highest good and interest to this aspect of this life expression. T 36 works as a pair and in concert with AA 36.

**T 37  Resistance to Abundance Transformation**- In life, abundance can be looked at from a hundred or more perspectives. Some of the most common areas of challenge are an abundance of ideal personal relationships, health, wealth, self-expression, career or vocation. It is common for most to have abundance in certain areas but lacking in others. To be truly well and balanced, unlimited abundance of all things good should
be experienced in every area, on all subjects, all the
time. No lack. No limitation. No exception.
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy
form, below 200, to the high-energy form above 200
every and all issue(s) related to resistance to abundance
of all things good on all subjects from every and all area,
organ, function, energy field, dimension and level,
including but not limited to mental, physical, emotional,
spiritual, subtle and gross, all lifetimes known and
unknown, conscious, sub conscious and otherwise. T 37
works as a pair and in concert with AA 37.

T 38  Resistance to Transformation- Transformation-
Resistance to transformation is one way of saying
resistance to healing or to transforming anything or
certain things for that matter. It has roots in the
subconscious but other areas and aspects as well. This is
part of the “Key 10” group of Source Energy Waters as
it is an almost universal resistance that will impede or
create a roadblock to achieving full results regardless of
the methodology.
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy
form, below 200, to the high-energy form above 200
every and all issue(s) related to resistance to
transformation from every and all area, organ, function,
energy field, dimension and level, including but not
limited to mental, physical, emotional, spiritual, subtle
and gross, all lifetimes known and unknown, conscious,
sub conscious and otherwise. T 38 works as a pair and in
concert with AA 38.

T 39  Resistance to Restoration Transformation-
Resistance to Restoration is the second part and is key to
full recovery or results. The Transformation Source
Energy Medicines are designed with the intention to
transform the issue while the Restoration Source Energy
Medicines are designed with the intention to restore
organs or functions damaged, altered or impaired by the
issue. Resistance to restoration would impede or create a
roadblock to achieving full results. This too has roots in
the subconscious but other areas and aspects as well.
This is part of the “Key 10” group of Source Energy
Medicines as it is an almost universal resistance that will
impede or create a roadblock to achieving full results
regardless of the methodology.
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy
form, below 200, to the high-energy form above 200
every and all issue(s) related to resistance to restoration from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 39 works as a pair and in concert with AA 39.

**T 40 Tooth and Gum Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s) related to teeth, bone, tissue and gums from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 40 works as a pair and in concert with R 40.

**T 41 Swelling or Inflammation Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s) related to swelling and or...
inflammation. T 41 is designed and formulated with the intention to transform the cause(s), reason(s), weakness, affect, and or deficiency leading to swelling and or inflammation, and the associated symptoms from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 42 Immune System Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) related to the immune system and immune response, immune and autoimmune disease, dysfunction, or improper reaction or function issues including improper or imbalanced antibody and antigen response or affect form improper or inappropriate immune response, miscommunication, poor communication or no communication between cells and every and all area, organ, function, energy field or improper or less than ideal organization of the above mentioned.
T 42 is designed and formulated with the intention to transform the cause(s), reason(s), weakness, affect, and or deficiencies and the associated symptoms from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 42 works in concert with B 42, R32. For best results take with T31, T 32, B31, B 32, R 31, R 32.

T 43 **Mycoplasma Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s) related to mycoplasma and all form(s) of mycoplasma-like pathogens known and unknown from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 44 **Prion Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s)
related to prion and every and all form(s) of prion-like pathogens known and unknown from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 45  Resistance to Activation and/or Embracing Extra Senses & Special Gifts Transformation
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) and resistance(s) related to activation of, or embracing all extra senses and special gifts known and unknown from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.
T 45 works as a pair and in concert with AA 45.

T 46  Resistance to Activation and/or Embracing Starseed Gifts & Abilities Transformation-
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all issue(s) and resistance(s) related to activation of, or embracing all starseed gifts and abilities known and unknown from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 46 works as a pair and in concert with AA 46.

**T 47  Sleep Disorder Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) and resistance(s) related to including but not limited to the cause(s), reason(s), affect(s), resistance(s), thoughts, feelings, emotions, trauma(s), imbalances and associated symptoms and situations and manifestations related to one’s inability or resistance to sleep, to get to sleep, to sleep at night, to sleep 6-8 hours at a time, to sleep without assistance, disturbances within ones circadian rhythm from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual,
subtle and gross, all lifetimes known and unknown,
conscious, sub conscious and otherwise. T 47 works in
concert with AA 47, B47, R47.

T 48  **Human Electrical System Transformation**-
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy
form, below 200, to the high energy form above 200
every and all issue(s) and resistance(s) related to
including but not limited to every and all imbalance,
residue, pathogen, disease every and all form, type of
issue, and imbalance affecting every and all aspect of
the human bodies electrical system, Central Nervous
System, known and unknown, including but not limited
to heredity, infection, diet, food, beverage, environment,
insect, animal, inoculation, vaccination, illness, disease,
pathogens, toxins, poisons from every and all area,
organ, function, energy field, dimension and level,
including but not limited to mental, physical, emotional,
spiritual, subtle and gross, all lifetimes known and
unknown, conscious, sub conscious and otherwise. T 48
works in concert with B48, R48, T 33, R33.

T 49  **Physical Injury/ Trauma Transformation**-
Formulated with the intention to transform upward in
vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) related to physical trauma of every and all kind, type of physical trauma known and unknown, including but not limited to blunt, penetrating, falls, birthing, stress, excess weight, excess physical activity, every type of physical invasion, residue, heredity, infection, diet, food, beverage, environment, insect, animal, inoculation, vaccination, illness, disease, pathogens, toxins, poisons, broken bones, sprains, strains, tears, scaring and scar tissue as well as every and all affect of every and all type of physical trauma known and unknown, in every and all physical materials including but not limited to bone, ligaments, tendons, cartilage, tissue, skin, nerves from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise and every and all affect of these issues. T 49 works as a pair and in concert with R 49.

T 50 Resistance To Letting Go-Transformation-
The key to making effective, graceful shifts in life is being able to let go on all levels. True effective graceful
shifts are only possible if we are able to move forward without interference from the past. These remedies will help in many other areas as well. It has to do with letting go of old energy patterns and issues around control—letting go of everything that doesn’t serve your highest good. Letting go and letting our non-physical or God aspect is one idea. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) related to the cause(s) reason(s), resistance(s) and imbalance(s) and associated symptom(s), affect(s), and situations from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise related to one’s inability to let go of anything and everything at will— including but not limited to the past and everything associated with the past, ideas, thoughts, feelings, emotions, habits, behavior patterns, past lives, issues of need to be in control and all control related issues and their roots, and/or resistance to accepting guidance from non physical aspect including but not limited to any and all forms of resistance, slow energy thoughts, feelings and
emotions that would be resistance. T 50 works as a pair with AA 50 and in concert with T 51, 53 and AA51,53.

**T51  Resistance To Life Change Transformation-**

Life change especially what we would consider to be major life change can be difficult and traumatic. Most people don’t like change of any kind. Change pushes our comfort zones. To complicate the issue further, a subconscious resistance to change will exaggerate the change and make clear decision-making and thinking difficult. The resistances covered with this remedy are stored on many levels and are complexly woven into our being. This is a very exciting remedy for so many reasons. These remedies were initially thought to assist those going through a major life change. As the development and testing of these remedies continued many additional, wonderful applications were revealed. We as a planet and as humans are going through the greatest life changes in history. As we move closer to 2012 these changes will become more and more obvious, however we are shifting faster than anyone has predicted. This remedy will enable us to easily adjust and embrace the new energy and shifts as they happen organically.
Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) related to the cause(s) reason(s), resistance(s) and imbalance(s) and associated symptom(s), affect(s), and situation(s), from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise related to resistance to major and minor life change. T 51 works as a pair with AA 51 and in concert with T 50, T 53 and AA50, AA 53.

**T 52 Resistance To Self Love/ Positive Self Esteem-Transformation**- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) and resistance(s) related to including but not limited to the cause(s), reason(s), affect(s), resistance(s), thoughts, feelings, emotions, trauma(s), imbalances and associated symptoms, situations and manifestations related to one’s inability or resistance to unconditionally accept and love thy self and every and all aspect of poor or low self
esteem from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 52 works as a pair and in concert with AA 52.

**T 53 Old Energy Pattern Transformation**- Old, slow energy patterns keep one stuck in a cycle of repeating and manifesting the same slow energy events, situation and circumstances. Old, slow energy patterns also create resistance to allowing new, high-calibrated energy patterns. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all aspect of old, slow energy patterns and every and all resistance(s) to new, high calibrated energy patterns from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, subconscious and otherwise. T 53 works as a pair with
AA 53 and in concert with T 50, T 51 and AA50, AA 51.

**T 54  Ear/Nose/Throat Infection Transformation**
This is such a wide spread issue and based on demand it made sense to make a specific remedy to directly address it. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all type and form of ear, nose and throat infection from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 55  Respiratory Debris Transformation**- This is such a wide spread issue and based on demand it made sense to make a specific remedy to directly address it. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all type and form of respiratory system infection, issue and imbalance from every and all area,
organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 56  Adult Male- Endocrine System**

**Transformation-** This is such a wide spread issue and based on demand it made sense to make a specific remedy to directly address it. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all type and form of male endocrine imbalance and issue from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

**T 57  Adult Female- Endocrine System**

**Transformation-** This is such a wide spread issue and based on demand it made sense to make a specific remedy to directly address it. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the
high-energy form above 200 every and all type and form of female endocrine imbalance and issue from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T 58  Adult Female (missing one or more female reproductive organ)- Endocrine System
Transformation- This is such a wide spread issue and based on demand it made sense to make a specific remedy to directly address it. Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high-energy form above 200 every and all type and form of female endocrine imbalance and issue when one or more female reproductive organ is missing from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise. T 58 works as a pair and in concert with B 58 and R 58.
T 59 Slow Energy Broadcast/Psychic Attacks

Transformation- Formulated with the intention to transform upward in vibration and frequency from the slow or low energy form, below 200, to the high energy form above 200 every and all issue(s) and resistance(s) related to including but not limited to the cause(s), reason(s), affect(s), resistance(s), thoughts, feelings, emotions, trauma(s), imbalances and associated symptoms, situations and manifestations related to slow energy broadcasts and psychic attacks on every and all associated aspect from every and all area, organ, function, energy field, dimension and level, including but not limited to mental, physical, emotional, spiritual, subtle and gross, all lifetimes known and unknown, conscious, sub conscious and otherwise.

T F 1 Transformation Fusion #1 - is a fusion or combination of several Source Energy Medicines developed in June 2008 - T 64, T 65, T 68 and T 69. Transformation Judgment, Fear, Betrayal and Hatred respectively. T F 1 works in concert with AA F 1 and is designed with the intention to transform all judgment, fear, betrayal and hatred which are core, universal resistances, thoughts, feelings and emotions that prevent us from truly living a Source of All Creation realized
life and prevent awakening and fully manifesting an abundance of all things good in every aspect of life.

These issues are so deeply seeded and have such strong negative affect on energy levels that in most cases T F 1 enables overall energy levels to increase from below 200 to above 200 typically within a 30 day period of time. T F 1 does not replace the value or importance of ELP 1-9. They respectively work on different thoughts, feeling and emotions and incorporating both into a protocol will enable greater depth of transformation and increase in over-all energy level. Employing T F 1 in the first step of a protocol and ELP 1-9 in the second step enable the ELP remedies to be more effective and have greater potential.

T F 2  **Transformation Fusion #2** - is a fusion or combination of all Transformation SEM from step one of the original sample protocol shown in the first edition of “Heal Thyself” -T 7, 8, 10, 17, 28, 31, 32, 34, 36, 37, 38, 39 and 42 while adding T 22, 26, 27, 28, 30, 35, 48-53 to complete the formula. T F 2 transforms all of the universal resistances, all of the Key 10 Transformation series as well as all of the most commonly needed Transformation Source Energy Medicines. T F 2 works in concert with AA F 2.
T F 3  **Transformation Fusion #3** - is intended to help with acute issues- is a combination of T 1- T 13. 
Suggested dose- 250 ml or more- orally, per day. One to seven days is typical duration for complete effectiveness and is not a limitation as many have experienced positive results within an hour.

“I never did anything worth doing by accident, nor did any of my inventions come by accident; they came by work.”

- Thomas Alva Edison

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Balance
Source Energy Medicines

Formulated and designed with the intention to balance specific key elements organs, functions, systems, and principals. Achieving balance within the various organs, functions and systems is essential to vibrant health. Imbalance within organs, functions and systems leads dis-harmony and dis-ease. The human physical apparatus is an amazing instrument in so many ways. We can ingest huge amounts of sugar, alcohol, or food and the body is able to adjust and to achieve balance. I am constantly amazed at what the human apparatus can tolerate, adjust and balance to without serious consequences.

Most health methodologies focus on battling disease which can further the progression of the imbalance. Source Energy Medicines are designed to work within the organic operating system of the human apparatus to create ideal levels of balance, harmony, and function of all organs, functions and systems.
Please note: B1- B5 are designed and formulated with the intention to work in concert together. They cover certain general, keys aspects necessary to achieve vibrant, balanced health and are now included in B F 1.

Balance
Source Energy Medicines

B 1  Balance Polarity- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the bodies electrical system, including but not limited to levels of essential minerals related to the bodies electrical system including, but not limited to, Iron and Magnesium for optimal body, electrical system balance and function.

B 2  Balance Hydration- Formulated with the intention to create ideal balance and harmony within the every aspect, system and function related to the bodies hydration and fluid system, including but is not limited to ideal hydration with but not limited to cells, intracellular and extra cellular, blood, plasma, lymph, tissue, integumentary and every and all appropriate body
systems, organ and function including, but not limited to levels of essential minerals and electrolytes known and unknown associated with ideal balance within the bodies hydration system.

**B 3 Balance Body PH-** Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to body PH, alkaline / acid balance and functions including but not limited to, the construction, production, distribution, transport, storage, utilization, absorption, balance, proportion and function of electrolytes, and PH related minerals and material known and unknown including, but not limited to, bicarbonate (alkalinity), sodium, potassium, chloride, magnesium, calcium, copper, and zinc resulting in a state of PH balance and homeostasis for optimal cell, organ and system function and activity.

**B 4 Balance Body And Soul-** Formulated with the intention to create ideal balance and harmony between every aspect, system and function related to the body and soul or physical and non-physical creating ideal balance, harmony, interaction and function within and between body and soul.

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B 5 Balance Mental, Physical, Emotional And Spiritual- Formulated with the intention to create ideal balance and harmony within and between including but not limited to every aspect, system and function related to, mental, physical, emotional and spiritual aspects or bodies subtle and gross, creating ideal balance, harmony, interaction, flow and function within and between each aspect or body.

B 31 Balance Limbic System- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the Limbic System. Works in concert with T 31, R 31. See T 31 for more information. For best results take with T 32, T 42, B 32, B42, R 32, R 42.

B 32 Balance Cell Membrane- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the Cell Membrane. Works in concert with T 32, R 32. See T 32 for more information. For best results take with T31, T 42, B 31, B 42, R 31, R 42.
B 35  **Balance Sexual Energy**- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to sex and sexual energy. See T 35 for more information. Works in concert with T 35, R 35, AA 35.

B 42  **Balance Immune System**- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the Immune System. Works in concert with T 42, R 42. See T 42 for more information. For best results take with T31, T 32, B 31, B 32, R 31, R 32.

B 47  **Balance Sleep**- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to sleep. Works in concert with AA 47, T 47, R 47. See T 47 for more information.

B 48  **Balance Electrical System**- Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the bodies electrical system, including but not limited to every and all aspect known and unknown of the brain, central nervous system, nervous system, all aspects of the
bodies electrical system, neurons, neuronetwork, neuro pathways, hippocampus, circumventricular organs and system, locus cereulus, amygdala, limbic system, sub thalamus, striatum. B 48 works in concert with B 1- B 5, T 33, T 48 and R 33, R 48.

**B 58 Balance Adult Female (missing one or more female reproductive organ)- Endocrine System-**
Formulated with the intention to create ideal balance and harmony within every aspect, system and function related to the adult female endocrine system when one or more female reproductive organ is missing. See T 58 for more information. B 58 works in concert with T 58 and R 58.

**B F 1 Balance Fusion-** is a combination of every Balance Source Energy Medicine and is most effective when taken after T F 1 and T F 2 are complete.

“The universe is full of magical things, patiently waiting for our wits to grow sharper.”

- Eden Phillpotts
Attitude Adjustment
Source Energy Medicines

Designed and formulated with the intention to fill any void created by the Transformation Source Energy Medicines and introduce a high volume of the high-energy emotions of joy, love, hope, gratitude, faith, peace, compassion, generosity, forgiveness, humility. Each Attitude Adjustment Source Energy Medicine is self-explanatory so we do not include a description of each individual remedy. Attitude Adjustment Source Energy Medicines should be taken any time Transformation Source Energy Medicines are taken and are the key remedies to be used as maintenance once all issues have been transformed and energy levels are above 200. Attitude Adjustment Source Energy Medicines help the effectiveness of the Restoration Source Energy Medicines. Introducing high-energy emotions helps to negate slow energy and helps to create cell receptor site demand for high-energy emotions, which then unlock and unwind the DNA and look for like calibrating aspects of the DNA.
Attitude Adjustment Source Energy Medicines are some of the most exciting remedies of all. They give me a great deal of hope for counter-balancing negativity and slow energy of all forms and ultimately lead to unlock human potential.

**Attitude Adjustment Source Energy Medicines**

AA 1  Attitude Adjuster- General  
AA 2  Attitude of Joy  
AA 3  Attitude of Love  
AA 4  Attitude of Hope  
AA 5  Attitude of Gratitude  
AA 6  Attitude of Faith  
AA 7  Attitude of Peace  
AA 8  Attitude of Compassion  
AA 9  Attitude of Generosity  
AA 10 Attitude of Allowance  
AA 11 Attitude of Forgiveness  
AA 12 Attitude of Humility  
AA 13 Attitude of Self Love  
AA 14 Attitude of Trust  
AA 30 Attitude of Allowance our Non-Physical
Aspects- Works in concert with T 30

AA 34 Attitude of Allowance of Source Energy-
Works in concert with T 34

AA 35 Attitude of Allowance of High Calibrated Sexual Energy- Works in concert with T 35

AA 36 Attitude of Allowance of New Contract(s) -
Works in concert with T 36

AA 37 Attitude of Allowance of Prosperity and Abundance- Works in concert with T 37

AA 38 Attitude of Allowance of Transformation-
Works in concert with T 38

AA 39 Attitude of Allowance of Restoration-
Works in concert with T 39

AA 45 Attitude of Allowance of Activation and Embracing Extra Senses & Special Gifts –
Works in concert with T 45

AA 46 Attitude of Allowance of Activation and Embracing Starseed Abilities, Knowledge, Awareness & Gifts-
Works in concert with T 46

AA 47 Attitude of Allowance of Sleep and Rest-
Works in concert with T 35, B35, R 35

AA 50 Attitude of Allowance of Letting Go-
Works in concert with T 50
AA 51  **Attitude of Allowance of Life Change** -
Works in concert with T 51

AA 52  **Attitude of Allowance of New High Energy Patterns** -
Works in concert with T 52

AA F 1  **Attitude of Allowance Fusion #1** - is a fusion or combination of AA 3, 6, 11, 14, 64 Love, Faith, Forgiveness, Trust and Non-Judgment respectively. AA F 1 works in concert with T F 1.

AA F 2  **Attitude of Allowance Fusion #2** - is a combination of every Attitude of Allowance Source Energy Medicine. Please note there is no limit to the potential and possibility for positive results achieved and can be taken long term.
AA F 2 works in concert with T F 2.

“Intuition is the source of scientific knowledge.”

- Aristotle
Restoration
Source Energy Medicines

Designed and formulated with the intention to restore mechanisms, systems, organs and functions that control and regulate proper amino acid, protein, enzyme, and mineral construction, distribution, transport, storage, utilization, absorption, balance, and function, which will enable balance, harmony and the restoration of any and all known and unknown cells, body systems, parts, organs and functions including, but not limited to, the Endocrine system, Reproductive system, Skeletal system, Muscular system, Circulatory system, Lymphatic system, Blood, Nervous system, Respiratory system, Digestive system, Urinary system, Teeth, Integumentary system and Special senses. This series is key in restoring damage created by dis-ease or long-term imbalance.

R1-8 are designed with the intention to work for specific versions of human and animal forms, adult, child, male and female. Please see the list below for specific restoration Source Energy Medicines. Please note: taking the wrong restoration remedy will have no effect.
since there will be no similar vibrational attraction or calibration.

R 9-58 are designed and formulated with the intention to Restore specific organs, systems or functions as the case may be and work in concert with other Source Energy Medicines such as Transformation, Balance and Attitude Adjustment.

**Restoration**

**Source Energy Medicines**

R 1  **Restoration** - male adult humans
R 2  **Restoration** - female adult humans
R 3  **Restoration** - male children under the age of 14
R 4  **Restoration** - female children under the age of 14
R 5  **Restoration** - male canines (dogs)
R 6  **Restoration** - female canines (dogs)
R 7  **Restoration** - male felines (cats)
R 8  **Restoration** - female felines (cats)
R 9  **Restoration** – DNA- Works in concert with R 1-8
R 10 **Restoration** - RNA- Works in concert with R 1-8
R 28 Restoration - Subconscious Mind - See T 28
R 29 Restoration - Head Hair and Scalp - See T 29
R 31 Restoration - Limbic System - See T 31
R 32 Restoration - Cell Membrane - See T 32
R 33 Restoration - Neurons - See T 33
R 35 Restoration - Sexual Energy - See T 35
R 40 Restoration - Teeth and Gums - See T 40
R 42 Restoration - Immune System - See T 42
R 47 Restoration - Sleep - See T 47
R 48 Restoration - Electrical System - See T 48
R 49 Restoration - Physical Trauma - See T 49
R 56 Restoration - Endocrine System - Adult Male - See T 56
R 57 Restoration - Endocrine System - Adult Female - See T 57
R 58 Restoration - Endocrine System - For adult females missing one or more female reproductive organ - See T 58
R C 1 Restoration Fusion - is a combination of every Restoration Source Energy Medicine – for best results - orally take 250 ml or more per day for 90 to 365 days and is most effective when taken after T F 1 and T F 2 are complete.
Energy Level Progression
Source Energy Medicines

Medicines are designed and formulated with the intention to increase energy levels from 0-1000.

ELP 1-9 are designed with the intention of working sequentially from 0-250 in a stepwise manner. Regardless of current energy levels it is always helpful to follow the ELP 1-9 process. Please refer to special directions for how to take ELP 1-9. ELP 10-46 are designed with the intention of increasing energy levels from 250-1000.

Once ELP 9 is completed ELP 10 can be taken next or if a specific calibration is known the ELP that encompasses that calibration can be taken next. For example if at the end of ELP 9 the calibration is 425-ELP 18 (420-440) can be taken for 30 days then move on to ELP 19. This process and progression can be taken sequentially until ELP 46 has been reached and taken for 30 or more days. Each ELP 10-46 should be taken for 30 or more days. Whatever ELP is the highest desired continue taking that ELP as maintenance. For example if ELP 36 is taken for 30 or more days and that is for whatever reason the desired stopping point continue taking
ELP 36 to help maintain that energy level. If all ELP are taken 1-46, ELP 46 would be taken as maintenance.

“Faith, mighty faith, the promise sees, and looks to God alone; laughs at impossibilities, and cries it shall be done.”

- Charles Wesley
Chapter Fourteen: Frequently Asked Questions

Q: Can I use the Source Energy Medicine “charging” labels on other liquids?
A: Yes.

Q: The Source graphic itself seems to be very powerful and helpful. What else can I do with the Source graphic?
A: There is no end to the possible uses for the Source graphic. It can be used to harmonize any noxious energy like electro-magnetic fields from a computer, TV, electronic equipment, microwave, cell phone, hot water heater, and appliances. Several dowsers are using them to harmonize noxious energies in the earth from grids or underwater streams or power lines, etc. We encourage you to use the graphic widely and creatively and offer a
A template set up for clear mailing labels on our website as a free download.

Please note the template has three Source graphics on each label and only one graphic is need in most applications.

Q: How should I store my Source Energy Medicine?
A: They do not need to be stored in a refrigerator even once they are opened. They can be refrigerated if you prefer drinking cold water. Please note: many experts suggest drinking water at room temperature.

Q: What is the shelf life of Source Energy Medicine?
A: Provided that all directions are followed and that pure spring or good filtered water is used when reconstituting, the remedies have a shelf life of approximately one year. Visually check your remedy bottles periodically for any debris or mold. Discard any bottles containing anything other than water. Keep the bottle caps on the bottles.

Q: Can I take medication, homeopathic remedies, vitamins or supplements while taking Source Energy Medicine?
A: Yes. Any other helping methods of therapy are also fine.

Q: Do I have to wait 20 minutes before or after eating or drinking to take my Source Energy Medicine?
A: No, that is not necessary. In fact you can drink your Energy Medicine along with your meal.

Q: Can I use structured water to water my plants?
A: Yes. Plants love structured water.

Q: Can I give Source Energy Medicine to my children and pets?
A: Yes, you can. Please note species specific Source Energy Medicines for canine, feline and equine (dogs, cats and horses) are in development and should be ready for release in early 2009.

Q: Can I share Source Energy Medicine with other members of my family (spouse and children)?
A: Yes. To ensure everyone is getting the full amount of each Source Energy Medicine every day you will want to make a combined bottle of Energy Medicine for each member of the family.
Q: Can Source Energy Medicine be taken during pregnancy?
A: It is not recommended. It would be best to wait until after the baby is born.

Q: Can I mix more than a one-day supply of Source Energy Medicine at a time?
A: Yes, you can. It is best to use a separate container for each day and put a single Source Graphic on each bottle.

Q: Will electro magnetic frequencies (EMF) from electronic equipment or radiation from a microwave or computer screen or strong magnets affect Source Energy Medicine?
A: We have not yet found anything that will alter or degrade Source Energy Medicine in any way. The labels are designed with certain elements to maintain the efficacy of the remedy.

Q: What should I do with the ELP 1-9 Source Energy Medicines after I have completed the three days of each one?
A: Do not discard them just yet. It is often beneficial to repeat the ELP 1-9 process a second or even third time.
Q: Can you take more than the recommended dose within a day?
A: Yes, you can. There is no possibility of taking too much.

Please note: There are some who believe drinking too much water will stress the kidneys. Please use caution if you are considering drinking large amounts of water.

Q: How long does it take to make a Source Energy Medicine?
A: One hour

Q: How long after refilling my Energy Medicine bottles with water does it take for them to be 100% reconstituted?
A: One hour

“If I have been able to see further it’s because I have stood on the shoulders of giants”

- Sir Isaac Newton
Chapter Fifteen:
Praise

Stephen has come to my assistance many times over the years I have known him, all welcome contributions to my healthy recovery. I regard him as a serious and thorough professional with a broad understanding of the total human condition. He is able to integrate hard scientific data with his extensive knowledge of many other modalities to promote positive growth and resolution of an individual's distress. He works accurately with piercing attention to determine underlying causes affecting a client. He has a specific interest in current peer reviewed research that adds to his review and consideration of the queries brought to him so that he can design the best path for a person to follow.

AK, Ph.D. School of Technology and Industry @ New York University, Registered Nurse

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While having a session with Stephen I noticed as I was seated a familiar, nagging constriction across the left side around my chest and up my back. Years ago I had had a Thoracotomy for a benign tumor. The scar tissue left a tightness that had plagued me for almost 30 years. When I hugged someone it hurt. There were positions in Yoga that I couldn't do on the left side. But mainly, I couldn't really take a deep breath without feeling it. That day, for the first time I mentioned this restriction I was feeling to Stephen. He pendled it and found that I was not only the scar tissue but also surgical trauma surrounding the event. As soon as Stephen mailed me the Source Energy Medicines that addressed my issues, I started taking them each day according to his instructions. I wasn't really concentrating on what changes were taking place in my body--only that I had confidence in the waters helping me because of prior experience with other problems. After two weeks I had quite an eye opener while doing Yoga. I was in a seated position on the floor, legs spread, bending over and touching my toes on the right side. My head was resting on my knee. I then went to the left side. Until this point, I had only been able to go down half way. To my utter amazement, I could go all the way down--AND WITH EASE!
I was dumbfounded. I did it again and again I could easily touch my toes. And yes I can breathe deeply without restriction and yes I can hug tightly without pain. My husband says that my scar is thinner across my back. I am smiling. I am thrilled and my heart feels lighter. Thank you Stephen!

MS Arizona

On an interesting note, I took some combined Source Energy Medicine in a plastic bottle to the airport but forgot to get it out of my car. It is very cold here, so now that I am back, the bottle is frozen. It froze in the most unusual crystalline pattern!

My mother's depression has improved incredibly; she is down to a very low dose of antidepressants. She also noticed that her varicose veins seem to hurt less and if anything have receded. She had taken a lot of other brands of vein remedies with little impact.

DG, Virginia

A couple of months ago based on your (Stephen’s) suggestion, I put the Source Graphic on Thoracic 6 and Thoracic 7 and shortly afterward, these two disks that have protruded for most of my adult life
went into alignment and have been in place ever since. I've been doing some Physical Therapy because when the bones moved into place, my muscles weren't used to it and I felt discomfort turning my neck to look behind. The muscle discomfort dissolved within a week or two of PT. Anything, rather everything, can happen as your energy rises!
AR, New Jersey

I have been feeling better than I have been in years- I did have some anger pop up after taking the ELP anger but started taking it again and it really disappears fast—amazing.
Thanks
Love & Light
TW

After 2 months of no healing with my cat’s ears, then after 6 days on the Source Energy Medicines, she is almost completely healed. It's another miracle. She doesn’t have her cone on anymore, and she said to tell you that she feels soooooooooooo good and is so happy. She is a new cat. We both say thank you.
Miracles sure are fun.
MN Colorado
I called Stephen for an itching problem with my lower legs and knees that had been bothering me for several days and was getting worse. Creams and lotions were having no effect. I couldn't concentrate on my work. All I wanted to do was scratch the itch! It felt like my legs were on fire. Stephen asked me a series of questions as to changes in laundry products or perhaps new products I was using in various activities. I had been doing a lot of gardening and was using chemicals to keep away the elk and deer. Stephen pended and found that Liquid Fence was the culprit. He recommended certain Source Energy Medicines, all but one I had on hand, and told me to wash what I had been wearing several times. I got some relief after one day and after 3 days the itching was completely gone. After washing the clothes several times, and then wearing them, the itching came back. By then I had received T41. After taking the waters for just one day, I was completely back to myself again with no itching symptoms. Needless to say--the clothes went into the trash. It was and is amazing to me how quickly the waters worked!

MS, Arizona
Thank you so much for such a kind email. I'm enjoying being a "perfect" client as it has been life changing for me. Words can't express how life changing. WOW!!! Thank you for everything. I am eternally grateful that we met.

MN Colorado

Before we started the Source Medicines, my 16-year-old dog had Tuberculinium, which manifested itself as open sores on her appendages. The most current one was on her left arm and elbow. These sores were bloody, with the hair falling off. She licked and licked them. They were a mess! I used a holistic remedy for Tuberculinium had been working, but slowly. I took her off the Tuberculinium remedy when we started the Source Energy Medicines. The remedies were only a few of the "Ts" and the "AAs" that I was taking --nothing specifically for Tuberculinium. After only a week, the sores completely disappeared! The hair grew back. There was absolutely no trace of the sores anywhere. They have never reappeared. That was over two months ago. Also, I had treated my same dog with other brands of remedies for cataract and for the hardening of the organs. But the cataracts did not completely go away.
She had finished all these remedies for cataracts when we started the Source Energy Medicines. After taking the Source Energy Medicines for about two weeks, the cataracts are completely gone. Her eyes are completely clear and shiny.

From suffering severe physical and psychological abuse from a former "friend," (same dog) still had some spinal sensitivity to touch and she had severe difficulty going up and down stairs. Until recently she would quiver when her back was touched. Now, the twitching and quivering has stopped. I have treated her with several other brands of remedies, as well as for Rheumatoid Arthritis, and other issues with little if any results. She has had chiropractic care for a dislocated hip and three dislocated ribs. She has made a remarkable recovery, but now the last residue of the abuse is finally gone.

DR Colorado*

A side note regarding this very special woman and her dog: Stephen went to her house to do a welfare check on her after receiving a phone call from an associate who was concerned when this client didn’t show up for an appointment and was not able to reach her by phone for several days. Stephen arrived at her house in Denver with a huge pile of mail on her front
porch, dark house and no answer at the door. Stephen went around the back of the house to take a look. As he entered the back yard and turned the corner of the house he could see a large black dog inside the house with a doggy door in the patio slider a few feet from the dog. Stephen had not met this dog in person but he worked with her for several months long distance. Time seemed to stop as the large dog stood up, ran for the doggy door and out into the yard in Stephen’s direction.

Quickly scanning every conversation he had with his client regarding this dog- was she friendly? All he could recall is that she was having a great deal of difficulty ambulating, almost blind, lethargic, physically abused and traumatized and 16 years old. As this dog came literally tearing across the large yard toward him he kept thinking there must be two dogs. The gate to the yard was far enough away that he probably couldn’t outrun this dog so Stephen decided- friendly dog-crouched down, calling her name in a friendly voice as she barreled over to him, licked his face, picked up a ball and dropped it in front of him requesting a game of fetch. Stephen checked her tags and sure enough it was the dog he had been working with. Crystal clear eyes, running like a puppy, unafraid of him, no signs of sores
anywhere and seemingly pain free when petted. She was the healthiest 16-year-old dog he had ever met.

He threw the ball several times and began looking for her Mom. With no sign of her Stephen called 911, the police showed up, broke into the house and subsequently found out that she was killed in a car accident ten days earlier. Stephen ended up taking this dog home, as he felt she had been traumatized enough and probably wouldn’t do well at the animal control center nor would a 16-year-old dog stand much of a chance of being adopted. Stephen and Valerie welcomed this dog into their home and after one day it felt as if she lived with them forever. This dog and Stephen had an unusual bond, a fantastic friendship. Stephen and Valerie are very grateful to this client, her dog and for the unusual orchestration that brought this dog into their lives.

*I wanted to tell you about an interesting thing that happened last night. My husband and I went to return a video about 9:30 p.m.. On our way it started to rain. When he got out of the car and closed the car door I started to sneeze uncontrollably. My throat started to close up and I started choking. My throat felt like I inhaled pepper. It burned and got all mucousy. When
we got home I chugged the T 5, 10, 12 & 14. I was fine the next morning. My husband guessed that the rain was bringing the contrails down with the rain. Just the small amount of air that entered the car when he opened the door sent me into an attack. Thank God and You for the Energy Waters!
CR, Colorado

Thank you for the new remedies--I was getting ready for a studio show at our home and couldn’t come up for air. The remedies are working so fast--I feel fantastic. Bladder symptoms are disappearing and I am feeling more like me-only better. I’m up feeding the birds at 6a.m. Hope you and Valerie are doing well.
Love and light
MS Arizona

Stephen is the most talented, kind, and spiritual healer with whom I have had the privilege to work. He is mentor and healer to all creatures of Earth. My thanks to him is boundless for all that he has brought to help heal my family, my friends, myself, and our world.
A.R. New Jersey
Having serious health problems I met Stephen several years ago. His genuine interest and caring for people, combined with knowledge and intuition are very special and powerful. He is always willing to help find solutions. His friendship is something to treasure. I am blessed that he is crossing my path in this life. He always inspires me and helps me to feel better.

Blessings and Love
C.L. Chicago

In the four years I have known and worked with Stephen Pollitt, he has been many things: a searcher and a finder; a diligent student and an articulate teacher; a gifted and caring healer, a loving friend and one of the quirkiest, fun people to be around. I feel very privileged to know Stephen. He is a relentless researcher who enthusiastically plays with ideas and synthesizes what he finds into something totally new. He is on the cutting edge of applying quantum physics to the field of healing. Stephen is a true visionary.

C.J.R. Boulder, Colorado
Stephen's uplifting energy is a delight to be around. His ability to remain grounded and balanced through all situations makes him an incredible healer. Using compassion with a bit of humor, Stephen helps people overcome any obstacles they may be faced with. I have known Stephen for about two years and am so thankful for our friendship!

A.T. Colorado

“I want to know God's thoughts. The rest are details.”

- Albert Einstein
Chapter Sixteen: About Us

Source Energy Research was founded and Source Energy Medicines developed by Stephen Pollitt. Based in a small, beautiful foothills town in the Colorado Rocky Mountains, Stephen devotes his professional time to continued research, development and refinement of Source Energy Medicines, writing and lecturing around the world.

About the Author

Born in Morristown, New Jersey, Stephen Pollitt lived most of his adult life in New York City. He takes great pride and pleasure in having had the opportunity to marry the love of his life, Valerie, in 1985 and to spend so many wonder-filled days and years with her. Stephen considers himself a life long student with an endless thirst for new knowledge and experiences. He enjoys studying Kundilini Yoga, various forms of meditation, both internal and external, martial arts, Chinese Shaolin
Kung Fu, Tai Chi, Pa Kua and Qi Gong and, of course, nutrition, anatomy, physiology, physics, anything and everything that affects one's health and quality of life. Stephen makes several forms of art, and plays a few musical instruments with Celtic fiddle his true musical passion.

Stephen is a graduate of The Institute for Integrative Nutrition in New York City. After graduation, he worked as a staff nutrition counselor and mentor to graduate students, later co-founded Healing Spirits, a complementary, holistic healing arts center in midtown Manhattan. He moved to Boulder Colorado in August of 2001 just weeks before 9/11, and in 2004 he and his wife moved to the foothills west of Denver.

Being in service in community is very important to Stephen and shortly after moving in he found out that in his new town when you dial 911 it is your neighbors who volunteer at the fire department who show up for both fire and medical emergencies. After an unexpected conversation with the Department Chief Stephen he got involved and is now an Emergency Medical Technician, having served as Rescue Lieutenant and Rescue Captain, and on call 24 hours a day 7 days per week.

A much sought-after lecturer on a variety of health related topics, Stephen spent several years
working as a medical intuitive both in private practices in Boulder and with Healers Who Share. In May 2004 Stephen’s research began moving in a new direction. By October 2004, Source Energy Medicine was developed, being tested and perfected. Source Energy Medicine became his main focus and Source Energy Medicine was founded.

Stephen calls upon a wide group of well-known resources to help others understand the nature and science of Source Energy Medicines. He has been personally and professionally greatly inspired by the work of and in no particular order Jill Marie Wood, David Alan Slater, Hanna Kroeger, Dr. Wayne Dyer, Dr. David Hawkins, Bruce Lipton, Dr. Joe Dispenza, Esther and Jerry Hicks and the Teaching of Abraham. He credits each and every one of his clients as being his best teachers.

Feeling blessed and honored to be the steward of this body of work, Stephen is extremely thankful to be surrounded by so many wonderfully supportive, loving, caring and inspirational people. Stephen credits this work as being Divinely inspired. He nurtured, developed and tested every aspect of this work and doesn’t feel ownership of it. This methodology comes from the Source of All Creation and is here for the benefit of all
God’s creatures. Stephen is committed to the mission of keeping this work accessible and available to everyone and does not want a temporary lack of financial abundance to prevent anyone from accessing this material. Both “Heal Thyself” and files for making complete sets of Source Energy Medicine charging labels are available as electronic downloads directly from our website on a pay-what-you-can-afford basis.

“No matter how difficult the challenge, when we spread our wings of faith and allow the winds of God’s spirit to lift us, no obstacle is too great to overcome.”

- Roy Lessin
Chapter Seventeen: Conclusion

A large part of the success Thomas Edison experienced as an inventor is attributed to his insight to try to finish other people’s research. He took on projects that he thought had promise but that others had been unsuccessful, given up on and abandoned. After completing several of these projects, patenting and bringing them to market he realized he was on to something. Edison commented, in retrospect, if these scientists only knew how close they were to completion and success when they quit, they never would have given up.

Do not give up. Regardless of where you are on your journey, what condition you are dealing with, or the current appearance of life circumstances, there is great hope. See yourself as already having all the wonderful things you want. It is my intention and
greatest wish that you understand that you can be, do, and have, anything you want and choose. That you can achieve all your goals, and experience an abundance of all things good, on all subjects, each and every moment of your precious life experience.

With love, blessings and gratitude,

Stephen Joseph Pollitt

“When humans participate in ceremony, they enter a sacred space. Everything outside of that space shrivels in importance. Time takes on a different dimension. Emotions flow more freely. The bodies of participants become filled with the energy of life, and this energy reaches out and blesses the creation around them. All is made new; everything becomes sacred.”

- Sun Bear
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David Alan Slater

http://www.healerswhoshare.com/

9068C Marshall Court

Westminster, CO 80031

Esther and Jerry Hicks

The Teachings of Abraham

http://www.abraham-hicks.com/

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Bruce Lipton, PhD

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The Biology of Belief

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Lynn McTaggart

www.thefieldonline.com

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The Field
Appendix

From Wikipedia, the free encyclopedia.
http://en.wikipedia.org/wiki/Main_Page

History of dowsing

Dowsing has existed in various forms for thousands of years.[3] The original may have been for divination purposes — to divine the will of the gods, to foretell the future and divine guilt in trials. Dowsing as practiced today probably originated in Germany during the 15th century, when it was used to find metals. The technique spread to England with German miners who came to England to work in the coal mines. During the Middle Ages dowsing was associated with the Devil. In 1659 dowsing was declared Satanic by the Jesuit Gaspar Schott.[citation needed] In 1701 the Inquisition stopped using the dowsing rod in trials. In the late 1960s during the Vietnam War, U.S. Marines may have used dowsing to locate weapons and tunnels.[4] An extensive book on the history of dowsing was published by Christopher Bird in 1979 under the title of The Divining Hand.
Dowsing equipment

Many dowsers use simple brass rods bent in an "L" shape known as divining rods; others use wooden Y-rods and/or even bent wire coat hangers. According to some dowsers who use divining rods, brass allows the rod to attune to magnetic fields emanated by the target without the earth's EM field interfering, as would be the case with a metal such as steel. The end of the rod to be held by the dowser is often encased in a material that provides a constant electrical impedance, to prevent the dowser's own conductivity from interfering with the dowsing process.

Pendulums for divination and dowsing

Pendulums (these may be a crystal suspended on a chain, or a metal weight) can be used in divination and dowsing. In one approach the user first determines which direction (left-right, up-down) will indicate "yes" and which "no," before proceeding to ask the pendulum specific questions. In another form of divination, the pendulum is used with a pad or cloth that has "yes" and "no" written on it, and perhaps other words, written in a circle in the latter case. The person holding the pendulum aims to hold it as steadily as possible over the
center. An interviewer may pose questions to the person holding the pendulum, and it swings by minute unconscious bodily movement in the direction of the answer. In the practice of radiesthesia a pendulum is used for medical diagnosis.

From Wikipedia, the free encyclopedia

**Applied kinesiology**

Applied Kinesiology (AK) is a controversial method of medical diagnosis. It purportedly gives feedback on the functional status of the body. Proponents say that when properly applied, the outcome of an AK test, such as a muscle strength test, will provide for a low risk diagnostic method to help determine the efficacy of therapy for patients.

Applied Kinesiology is classified with alternative medicine, and is therefore different from academic kinesiology, which is the scientific study of human movement and its application. Applied kinesiology has been called a pseudoscience. [1]

AK draws together many similar therapies. It attempts an integrated, interdisciplinary approach to health care. George J. Goodheart, D.C., a chiropractor, originated AK in 1964. [2] Subsequently, its use spread 260
to other chiropractors, naturopaths, and a few medical doctors. In 1976, the International College of Applied Kinesiology [3] was founded.

**Basic Applied Kinesiology**

AK practitioners monitor muscles to determine if stress is 'on line'. It is not about 'testing' the muscle in a proper sense, the important thing is the ability of the muscle (more precise: the ability of the autonomous nervous system) to respond in an appropriate way to the gentle pressure. AK patients have their muscles tested in many different functional positions, although the arm-pull-down test is the most common. Typically during the arm-pull-down test, AK patients lie down and raise their dominant arm. Next, the AK practitioner instructs the patient to resist as the tester exerts downward force on the subject's arm. The tester subjectively evaluates not the force exerted by the subject to determine the strength of the muscle, but the smoothness of the response. A smooth response is sometimes called 'a strong muscle' and a response that was not appropriate is sometimes called 'a weak response'. Please note: this is a figure of speech and not about muscle strength.
Because nearly all AK tests are subjective, many regard the practice with skepticism. The AK practitioner applies the pressure, but this practitioner is also the one who decides if one push is stronger than another. This is considered by some a conflict of interest: the AK practitioner will benefit if AK is perceived by the client as effective, but the AK practitioner is the one who actually determines how effective the practice has been, because he or she subjectively applies pressure to the patient's muscle or muscles. This weakness in the AK system allows for the possibility of fraudulent practice.

The arm-pull-down test is considered by the International College of Applied Kinesiology (I.C.A.K.) to be a very poor form of muscle testing. The arm-pull-down test involves so many different muscles that no specificity as to the muscle with the problem can be ascertained upon testing. Those who wish to become applied kinesiologists, are strongly advised and encouraged to take the 'touch for health' courses, in which the specific muscles and the precise positions for each muscle are explicitly taught.

Applied kinesiologists theorize that physical, chemical, and mental imbalances are associated with a lack of smoothness in the muscle response. So after a muscle that shows a 'weak' response (i.e. a non-
appropriate response) many ways are open to find a way to restore the balance - for an imbalance is theorized to be responsible for a 'weak' response. After some form of treatment/ restoring balance has been applied, the muscle is again monitored, to evaluate the efficacy of treatment.

AK nutrient testing appears to reflect the nervous system's efferent response to the stimulation of gustatory and olfactory nerve receptors by various tested substances. There is considerable evidence in the scientific literature of extensive efferent function throughout the body from stimulation of the gustatory and olfactory receptors.

For example, the tester might repeat the test with a particular substance under the subject's tongue; if the muscle tests weaker than the first test, that substance is determined to be harmful. The tester may also have the subject touch a particular body part with the opposite hand. For example, to "localize" testing to the heart, the subject would place a hand over the heart. A strong-arm muscle test suggests a healthy heart, while a weak test suggests a problem. Instead of sublingual testing, some practitioners have the subject simply hold a substance or place the substance near a particular organ. Some AK practitioners go as far as to hold a sealed container of the
substance to be tested on the forehead, chest, etc. and then perform the test.

Another commonly used technique in AK is to have the subject wear colored glasses (blue, green, red, etc.) and perform the muscle monitoring while wearing each color of glasses. The color that causes the greatest perceived smoothness of reaction gains might be a color that is in some way beneficiaries to the client. There are many tests believed to reveal information about the subject's condition.