

hi, this replaces my earlier email version. - pete

Self-healing principles (from Bob Mahany):

If you release emotional traumas, you will heal physical, emotional, mental, spiritual.

You can use dowsing or intuition to sense and release traumas.

Ask your body to heal all parts of itself.

I have added a psychic structure of 18 polarities, so my self-healing steps become:

1. ground the 18 polarities on the earth/sky chi.
2. clear the 18 polarities on all traumas.
3. ask the physical body to heal all parts of itself, on all 18 polarities.

Please take to heart the goals of self-healing

- (1) have unconditional love of self/others, no matter how mean or nasty;
- (2) be love and harmony, with all disharmony in world (Joe Wippich);
- (3) use your will power to create harmony (discord affect water in self and others);
- (4) be acceptable to yourself, no matter what; be in your safe place at all times;
- (5) conscious mind has the intent to heal (subconscious does the healing);
- (6) be in harmony/love, body aches/pains/etc. (don't fight them);
healing comes from inside you, not from outside;
- (7) release all blocks to absorbing all the energies you need, from earth and sky.

Self-healing steps.

- 1) vibes minus-infinity to minus-0: if you cannot find a person, dowse for repressed/reversed energy vibrations, and ask person to release all repressions.
- 2) infinity-200 million: please release all (repressed) self-hatred/fear/anger/etc.; all disharmony in identity (vibe rate 200 million).
- 3) 200-80 million: please release all disharmony in personality (100 million).
- 4) 80 million-8000: please release all mental repressions/stealth energies (JW); may cause poltergeist energies (12 million-750,000) to hit others.
- 5) 8,000-800: please release all disharmony on chakras/meridians, repressions may cause cords/link to hit others.
- 6) 800-80: please release all disharmony on etheric energies; self-healing blocking itself (vitality, vibe 100).
- 7) 80-5: please harmonize glands (vibe 80); release denials of reality, ground (50) all parts of body (digestive/organs/nerves/skin), and release denial of Self (self-reference, Joe Wippich); ask that psychic age be 26, for optimum dna healing; release fear of parents/others (30); empower being emotionally self-supportive (20); release self-hatred about not being emotionally self-supporting (15); release blocks (lack of emotional support from parents/others) to emotional self-support (10).
- 8) 5-1: please release all disharmony with other people, with all the dictionaries of vibrations (Joe Wippich) of the world (5); release weight control/ sleep control blocks, be in harmony with all food/drink/medications, ask the body to use what it needs and let the rest pass through (5); be in harmony with aches/pains/ills (5); release blocks to being in touch with your emotions, so you

can release all disharmony; feel love and harmony with all the disharmony in the world (5).

9) 1-0: please release self-hatred, fear of being oneself, and blocks to self-healing, blocks to bonding with mother-figure (in your body/spirit, may repeat steps 1-9, to release); release traumas of too much/too little generosity (Joe Wippich).

Clearing Emotions: Using the word lists and clearing traumas (from Bob Wade-Mahany, 1970s)

A more complex technique is to dowse for words such as fear, terror, panic, anger, rage, guilt, dread, etc. Then dowse who is feeling what toward whom, and when; then build a story of a trauma

out of these words, then ask that the trauma be cleared. The dowser should be as grounded as possible for this work.

Word List to Analyze Traumas, compiled by Robert J Wade-Mahany in 1975-76

PARENTAL APPROVAL	BETRAYED	GUILT
PARENTAL DISAPPROVAL	CONFUSED	CHEATED
UNWANTED	INFERIOR	APATHY
UNLOVED	HURT FEELINGS	INDIGNATION
UNREQUITED LOVE	LOSS OF PRESTIGE	IRRITATION

CASTRATION	LOSS OF PRIDE	AGGRAVATION
VIOLATED	FAILURE	ANGER
WORTHLESS	HEMMED IN	RAGE
INABILITY TO COPE	USED	FURY
GRIEF	PUT UPON	BOILING MAD

ILL HEALTH	STRUGGLE	APPREHENSION
DISLIKE OF SELF	CONFLICT	INTIMIDATION
SELF HATRED	ALTERCATION	FEAR
SIBLING RIVALRY	REPRESSED AGGRESSION	TERROR
PERSECUTION	SENSE OF LOSS	PANIC

FANATIC	ABANDONED	FRENZY
OBSESSION	SADNESS	ENVY
INTOLERANCE	BLASPHEMY	JEALOUSY
ARROGANCE	FRUSTRATION	COVETING
VULNERABLE	RESENTMENT	INDECISION

BARREN	REJECTED	INSECURITY
INVADED	TRAPPED	CONTRITION
ABHORRENCE	INADEQUATE	DISTRAUGHT
DEATH	SCAPE GOAT	THWARTED
LOSS OF FEMININITY	OVERBURDENED	SELF RECRIMINATION

SENSE OF INJUSTICE	DISCOMFORT	HATE, HATRED
FEELING STUPID	EMBARRASSMENT	EXASPERATION
POWERLESS	NON COMMUNICATION	DISAPPOINTMENT
DESERTED	AIMLESS	ANGUISH
ASHAMED	CONCERN	TORTURE

Added by Pete Warburton:

DEPRESSION, DELUSION AGITATED, ANXIETY STRESS
AMBIVALENT LACK OF SELF-INTEGRITY OVERLOAD, OVERWHELM

Affirmations (from the "Emotional Freedom Technique" folks)

Affirmations of the form "I am acceptable to myself and others, even if X" (some block), get the conscious and subconscious working together to clear disharmony in body and psyche. If affirmation fails (NO), clear blocks/emotions/traumas/etc. until affirmation holds (YES). You can make up these affirmations for your situation.

Samples: I am acceptable to myself no matter what; even if I have blocks to getting my energies together to do what is right for me; blocks to being in harmony with all the disharmony in the world (from Joe Wippich); blocks to unconditional love of self and others (no matter how mean or nasty). I am acceptable to myself, even though I am denying that I can heal myself.