

short summary:

relax; ground yourself to chi of earth and sky; rise above, and release, all disharmony, including repressions on meridians 1-15;
release repressed passive/aggressive/ungrounded/abandonment/hatred of mother. - pete

long summary:

- self-healing/releasing is not a matter of knowing, it is a matter of feeling; how you feel about yourself, the world, and the people in the world;
be in harmony with all the disharmony in the world; the conscious mind should have the intent to heal, the subconscious does the self-healing work.

- be in balance/comfortable on your scale of passive/accommodating and aggressive/anger behavior, across physical/emotional/mental/spiritual;
do not repress emotions, which leads to ungrounding of poles from chi of earth and sky, on vibe levels 0-infinity (Bovis magnetic scale).

- release repressions/reversals on poles 1-18 (vibes minus 0-minus infinity, each pole); release all disharmony on poles 1-18 (0-infinity, each pole) in soul/self (John Searle 2007 p33) and all parts of body; especially fear/anger/hatred about mother/father, conception to present.

- if you cannot find traumas, be in harmony with all disharmony, and rethink until disharmony harmonizes (Joe Wippich).

Self-healing principles (Bob Mahany, 1974):

If you release emotional traumas, you will heal physical, emotional, mental, spiritual.
You can use dowsing or intuition to sense and release traumas.
Ask all parts of your body to heal itself.

Joe Wippich: "rethink, rethink" until disharmony releases; "I am 100% that I am", if less than 100%, release and raise to 100%.

For my clients, traumas seem to start with mother. Now that I have found my traumas with my mother and released them, I can dowse them in others.

In 1990, I added a psychic structure of 18 polarities, and grounding to chi of earth and sky.

In 2000, I began dowsing this structure, in the four kinds of DNA.

In 2013, I dowsed the conscious mind in poles 1-18 but separate from the DNA.

Each pole has a range 0 to infinity on the Bovis scale (see pp 11-13 of paper).

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.

Clearing Emotions: Using the word lists and clearing traumas.

A more complex technique (than just dowsing for disharmony) 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 and clear 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.