



NATURE'S TOUCH
A Method for Balancing & Wholeness

By

PAUL ESCH
205 Mill Wheel Drive
Villa Rica GA. 30180
Phone: 678-230-2103
email: [pjesch@ gmail.com](mailto:pjesch@gmail.com)

Table of Contents

Section	Title	Page
1	Overview	2
2	The Science of Spiritronics	3
3	The History of Radionics	4
4	Radionic Treatment Today	5
5	Lets Go Beyond Radionics	6
6	VERTICAL HORIZONTAL SCANNER INSTRUCTIONS	10
7	ATTITUDES AND BELIEFS	17

**And nutraceuticat supplementation (Glyconutrients)
Harper's biochemistry textbook has whole chapter on
glyconutrients. Chapter 56**

OVERVIEW

True healing comes when there is a change in outlook, peace of mind and inner happiness. Experience the Science of Spiritronics as the entire body relaxes. Then the particular virtues you need can flood your body and wash out the blockage that is causing any disharmony.

Spiristronics

- * The charts, diagrams and materials one needs to practice Spiritronics for balancing verifiable energy patterns within plants, animals, and humans are provided in this manual.**
- * Spiritronics allows practitioner to locate interferences quickly.**
- * Spiritronics combine Frequencies, Color therapy, herbs, nutraceuticals, homeopathic remedies, etc. to improve their performance.**
- * Spiritronics and Glyconutrients become the Health of the Future.**

RADIONIC INTRODUCTION

Radionics works in the energy fields which exist behind all forms. It can be used to provide energies to correct dysfunction's in the physical, emotional and mental.

Radionics is totally non-evasive and does not react with other forms of medication. It can be used to advantage with orthodox western and other forms of medicine.

As Radionics deals with energy it can be practiced at a distance and many practitioners have patients overseas.

The Radionics practitioner is concerned with a patient's overall level of health and well being. A patient's named disease or symptoms are like the visible tip of an iceberg; the remaining, unseen part of the iceberg represents deeper levels of the patient's being, of which he is often unaware. Since Radionics enables the practitioner to deal with the whole "iceberg" - that is to say the whole patient - he concerns himself with the total health of the person rather than just symptoms.

The initial training of Radionics practitioners lasts for three to four years, during which the practitioner learns to make an analysis of the health of the patient by taking readings of the physical, emotional, mental and, in some cases the spiritual states. The practitioner also measures the flow of energy, takes readings of the progression towards certain major diseases, and seeks to establish the causes for any disharmony found. The practitioner, using his instruments, then provides the energy to bring the patient back to a balanced state of health.

THE HISTORY OF RADIONICS

The principles of Radionics were first discovered by a distinguished American physician, Dr. Albert Abrams AM, LLD, MD. Born in San Francisco, California in 1863, Dr. Abrams took his medical degree at Heidelberg, graduating with first class honors and the Gold Medal of the University. He went on to become one of America's leading specialists in diseases of the nervous system, a respected teacher and writer of medical textbooks.

It was during the percussion of a patient's abdomen that Dr. Abrams discovered a dull note which could not be explained by the existing knowledge of anatomy and physiology, and after much research with sick and healthy people, established that some form of energy transference was responsible for the phenomena he had discovered. Additional research established a "map" of the abdomen, relating different areas to different diseases. It was later found that the same dull note was obtained when a healthy person held their hand over the relative type of diseased tissue.

Dr. Abrams had some difficulty in distinguishing between two particular diseases, but solved this by establishing a wiring circuit into which he introduced a form of resistance. Dr. Abrams taught his new system of diagnosis to doctors from all over the world and in 1924, the year of Dr. Abrams' death, his basic diagnostic techniques were investigated by a committee of the Royal Society of Medicine headed by Sir Thomas Horder. The committee found that Dr. Abrams' fundamental proposition to be "established to a very high degree of probability".

However, the physics generally accepted at that time could not provide an acceptable scientific reason for the phenomena.

Dr. Ruth Drown, an American Chiropractor, carried on Abrams' work and added a further dimension to Radionics with her discovery that it is possible to treat a patient from a distance, using a blood sample as a link between patient and instruments.

The early work of Dr. Albert Abrams and Ruth Drown forms the basis of many systems using a form of circuitry for diagnosis: e.g. Vega, MORA etc., but research into Radionics in the last fifty years, both in this country and in America has produced a system of analysis and treatment at a distance which is based on a deep understanding of energies and the latest information available in physics. In England, Dr. Aubrey Westlake, Malcolm Rae and David Tansley DC added to the efficacy and understanding of Radionics, but it was George de laWarr of Delawarr Laboratories in Oxford who was

The person requiring treatment for themselves, an animal, or in agriculture is first required to complete a case history form which is available from the practitioner. At the same time as sending responsible for most of the research which was necessary to obtain scientific understanding of how Radionics work.

RADIONIC TREATMENT TODAY

The person requiring treatment for themselves, an animal, or in agriculture is first is required to complete a case history form which is available from the practitioner. At the same time as sending the case-history forms the practitioner will advise the patient of the fees connected with his work. Now days most practitioners use a small snippet of the patient's hair to establish a link between patient, instrument and practitioner; the practitioner does not "analyze the hair" but merely uses the hair sample or blood spot as a connecting link. The hair or blood spot is provided by the patient when returning the case-history forms.

The practitioner will then make an analysis of the health situation of the patient. This analysis covers the main system and structures in the physical, the state of emotional, mental and spiritual aspects, the balance or imbalance in the flow of energy, the predisposition of the patient, the progression towards certain major diseases and the causes for any disharmony found.

After the initial analysis has been completed the practitioner will establish what treatment is necessary to improve the health situation, first ascertaining whether other forms of treatment or therapy should be recommended as well as, or instead of radionics.

In radionics the practitioner has many thousands of treatments from which to choose in his aim for returning the patient to a state of balance. The practitioner will tell the patient about his findings on the analysis and his plan for treatment.

One of Dr. Abrams' most valuable discoveries was the ability of his method to find disease in the energy fields before it manifested itself in the physical, and this is a very important aspect of the practitioner's work today in returning the patient to health and keeping them healthy during the trials and tribulations of everyday life.

The practitioner aims to enhance the natural healing ability of the patient by re-balancing the physical, emotional and mental state but he can also intervene by providing directly to the site of a disease condition wherever it might be in the patient.

The practitioner deals with the basic problems shown in the health analysis and also the day to day variations in health. It is very that the practitioner is kept informed as the health situation changes so that the treatment program can be adjusted as necessary.

There is no set time for a course in radionic treatment as radionics can deal with both chronic and acute conditions. Many patients have obtained so much benefit from the daily balancing treatments given by many practitioners that the enhancement of the quality of their lives warrants continuous treatment.

No system is one hundred percent, but experience over a number of years has shown that in a wide variety of cases radionic treatment is effective in alleviating, and sometimes eliminating the physical and psychological affects of many diseases. The aim of radionic treatment is to raise the patient's overall level of health and in doing this many long standing cases of asthma, hay-fever and other allergenic diseases have been helped by radionics. Mental illness, hyper-sensitivity, and psychological state often respond well. The efficacy of radionics may be judged by the fact that radionic practitioners are not permitted to advertise, and therefore their practice depends on referrals given by those who have been successfully treated.

RADIONICS and ANIMALS

Animals usually respond well to radionic treatment, and here the proportion is very high indeed. In these cases the same procedure of analysis and treatment is carried out. Again the pattern of cause and effect is identified and appropriate treatment given.

AGRICULTURE AND HORTICULTURE

Research into the use of radionics in agriculture and horticulture has shown that radionics has offered many advantages to farmers and growers and an increasing number of farmers and growers are reaping the benefits of the understanding of how energy can be used to enhance the health of their crops.

LETS GO BEYOND RADIONICS

Going beyond radionics is a technique of doing everything without the use of a radionic instrument. I call it Ascension. You can do it all within your mind. Some people call it soul communication. Your spirit communicates with the Soul Light or spirit of another person and makes agreements for some end result or for some physical manifestation. All Sound, Color, Frequency, Remedies, etc. therapies can be achieved with Ascension.

BIOGRATHY PAUL ESCH

Paul Esch was born in Lebanon, Pennsylvania and raised in a town called Ephrata. His parents were Mennonites. At the age of eight, His Family changed from the Mennonite Church to a Charismatic type Pentecostal church. At that church they did laying on of hands and healing.

When Paul was nine years old, he had an experience during church service when he felt the Presence of the light energy flowing from the heart of Jesus Christ into his own body. He cannot describe it human words, the power, the glory and the love is an experience within himself. In fact, the people who have never met Jesus cannot comprehend this. If anyone could feel the peace of His Presence they would forever be in awe.

When Paul was eighteen, a healing evangelist came to his church and prayed for healing of people's teeth. He would line people up, touch them on their mouth and cheeks and say, "In the name of Jesus, be made whole." He went through the line quickly and after he prayed for everyone, he would get out his flashlight and check their teeth. Some people had cavities filled with a white substance, crooked teeth straightened, or fillings turned to gold. His name was Willard Fuller. During this Paul had another spiritual experience of feeling the presence of Christ at that time.

Paul had traveled with Willard Fuller for several months. After this he went out and conducted his own dental healing meetings and other healing also, by laying on of hands and prayer.

After conducting his own meetings and so forth, he got involved with prevention of illness. He realized that prevention was better than cures because, if people would only take care of themselves, they would not need healing later. Paul got into homeopathic, herbal medicine, German acupuncture, nutrients, and machines that help to maintain health in the body. We know that using microcurrent in the body will even take care of any imbalance and certain essential oils will bring mankind back into perfect health. You've heard the statement, "there are no such things as incurable diseases, just only incurable people."

Paul had realize the human body is the mirror of the mind and the emotions. Anything going on inside oneself is the reflection of the environment outside oneself. When things are out of balance you have to go within to see what is upside down and correct it. When the inner feelings and emotions are in balance, the outer environment will balance.

Great men of the past, like Enoch, Moses, Elisha, Buddha, Krishna, they all had their days. One thing that has not been clear to mankind is what Jesus has done for humanity. He took on their illnesses, diseases, distress and burdens. He said "Come unto me or call upon me and I will give you peace. Not as the world gives it, but my peace I give unto you". Jesus already has paid the supreme price, paid the karmic debt for mankind. Paid for our illnesses and diseases. To really walk in it and have it a part of your life, you have to claim it. If you do not know what is in your contract with Jesus you could still be dealing with your sickness and illness. Once you realize that has all been taken care of, you can walk in the light of perfection.

Paul has an experimental shop and is doing a lot of research in microcurrent therapy, multiwave oscillators, frequency generators, static field devices, and biofeedback devices for measuring soul energies. He has worked with a lot of therapists in this country and other countries.

Since 1968 in the dental healing field he never had any documentation on the healings. He went to Virginia Beach and conducted a sing-a-long dental healing meeting. A lady walked up to him and said, "I saw you in Texas ten years ago and I got this Gold tooth. He again looked at it and said, "What about this other gold crown over here? She said, "I only had this one gold." Now she had two of them. So that night she received another one in Virginia. She received a gold crown in Texas and another in Virginia. But Paul never had anyone go to the dentist and have them documented. Jesus never documented his healing work so Paul didn't either. Now in other countries they are wanting proof of documentation before and after miracles. Paul have seen thousands of people who had silver amalgams turn into what looks like gold. It has a bright shiny inlay that was not there before. There again, he never asked them to go to a dentist and get documentation. He did have dentists come into the meeting and check people's teeth before he had the sing-a-long. Even some of the dentists got some gold fillings, but they would not put it down on paper because they feared losing their practice. So far, Paul has gotten some letters of testimony but no actual documentation.

That may be in the future, God willing, but Paul don't think we should have to prove God. God knows what happens. Other people have had it happen to them and they know.

Paul's greatest joy is doing presentations on the updated equipment, the advanced electronics for healing. But after doing a presentation with hands on experience and so forth, then Paul like to share with people how to go beyond the equipment.

People can do everything inside themselves, like the microcurrent generators, the multiwave oscillators and the frequency generators and the violet ray tube. People can even get into absentee evaluation and absentee healing. So everything can be accomplished, even more so without the equipment. Now, if you have an office and a clinical atmosphere, then it might be best to have the equipment. But, for home use, Paul has charts and diagrams and information which will be included in the book on how you can do color therapy, sound therapy, vitamins, nutrients, homeopathic, without the instruments and how you can do absentee healing with the herbs and vitamins and nutrients. So that is Paul's greatest joy is hands on experience with the equipment and then going beyond the equipment. You can do everything inside of yourself. All instruments are a reflection of what you can do inside yourself. Even a telephone is a reflection of what you can do telepathically with each other.

Multiwave oscillators and frequency generators are within you. You can generate those frequencies for maintaining health within the body. Paul's book will give you the charts and diagrams for going beyond the equipment.

Paul is a musician, a minister, an inventor and teaches people how to heal themselves physically, emotionally, mentally and spiritually. He likes to share with and teach people to energize into motion for themselves. It is way of life for him. When Paul was sixteen the inner voice said that it was imperative to clothe yourself in light and weave a cocoon of light around yourself. Not only for himself but for everyone. The light energy is getting more intense on the planet and those hidden, negative and deep-seated emotions will have to come to the surface, face the light and be transformed. That is a daily process and has to be worked with constantly, demanding the soul to come forth and help deal with this and face those emotions. That the God-power within (The Great I AM) should have mastery over the thoughts, feelings and actions. What came to Paul when he was sixteen was something like this, the inspiration that flowed through him.

“By and through the magnetic power of the Sacred Fire, now flowing through your own heart chalice and the Immortal Light that never fails to produce perfection within the world of form. Why do I say the world of form, because you know that there is the invisible realm, the formless realm from out of which the world of form was formed. You are not here upon this planet, in the world of form, this earth plane, by chance or by some happenstance, but you have chosen to be here at this time to usher in the greater light on this planet, for the ascension of this planet and the ascension of your own self. You are here to be the master over your own thoughts and feelings and spoken words. You are here to be master over the elements of your surroundings. You are here to take dominion over the earth and every creeping thing upon it. Primarily you are here to immortalize the physical body so you may carry out the greater works of God upon the earth plane.”

So this immortal light of God is expanding upon the earth, so that you can move into this realm and fulfill Jesus Christ's prayer when he says, “Father, make them one even as we are one.” I am in you and you are in me and we are in them. This oneness of consciousness, oneness of mind, that we may be as Jesus is in heaven so are we here on this earth. So we are moving into the crystal consciousness of Christ, to be the manifestors on the earth plane. Jesus said, “The works the miracles that I perform, you can do and greater than these you can do, because I go to the Father. By and through the magnetic power of the Sacred Fire that is now ablaze within your own heart chalice and by and through the Immortal Light of God, you can achieve perfection here in this world of form. We are here to be the masters over our environment, over our own thoughts, words and actions. It is through the divine light within. Like Jesus said, “of myself I can do no thing, but it is the Father within (the light energy ”I AM”) that does the work.” So the light energy manifests the miracles.

The following information is to clear out the negative emotions so we can be the Light of Christ in manifestation.

When you first wake up in the morning, claim your birthright, that divine health is the truth of your physical body. Claim your birthright, that you are the Christ of God in manifestation. Claim that you are a positive person, positive feelings. . As life responds to the universal energy of this whole creation, the substance of life corresponds to what you think, feel and say. That is why we are taught that if you want a certain manifestation in your life, the scripture says, “call things that are not as if they were, saying things that are not as if they were.” Capture the feelings of that thing as if it were already in existence and it will bring it into creation. Jesus said to ask for something as if you had already received it. This is manifestation in essence.

I saw gold manifest in people’s teeth so many times. I told God I wanted to see it manifest in my hand. So I said, thank you God, that gold is already there. I began to capture the feeling as though the gold was in my hand and envisioned gold coins falling into my hands. I did this for thirty days and suddenly a man in Texas sent me several hundred dollars in gold coins because he felt inspired to do that. I called him on the telephone and asked why he did that. He said he really didn’t know, he just felt inspired to do it. I told him how I had been practicing feeling gold coins in my hands so God worked out the details. This is the law of creation, to capture the feeling of a thing and maintain those feelings and the details will be worked out. This will work on anything, material things, relationships, anything. Just capture the feeling, don’t doubt and it will have to appear in your life. That’s what this book is about, to clear out the emotions so you can ascend into your rightful place.

VERTICAL HORIZONTAL SCANNER INSTRUCTIONS

STEP 1. Place photograph of person, animal, plant, etc, on top of the large GRID PLATE (lower left side), or have persons name on top of large GRID PLATE. Using a POST-IT pad, put pad in the square marked COMPUTER. Write your goal at the top of pad, (Divine Health, Perfect Balance, Clear Miasms. Obtain Money, Weight Loss; or whatever your desire may be). Next, beneath your goal on the upper left side, write V-, then under V write H-, under H write D-, then B-, C-, NPT, and G-. See example below.

EXAMPLE: COMPUTER

GOAL

V-
H-
D-
B-
C-
NPT-
G-

F-
C-
T-

PRACTICE: With light pressure, place the pads or tips of your fingers on RUB PLATE. (The far right lower GRID PLATE). While rubbing the RUB PLATE with back and forth motion, silently ask, “GOD give me a smooth on the RUB PLATE.” The plate should feel very smooth. Next, while rubbing the RUB PLATE, silently ask “GOD give me a stick on the RUB PLATE. “ You should feel a drag or a very good stick. The stick is your indicator of having located major blockages or the correct remedy when scanning or is a response to your yes or no questions. If you do not feel a stick, the stick will come with practice. Some people prefer using their pendulum over the RUB PLATE.

NOTE: When working or doing a scan on another person, ask if you have permission to scan that person by placing your pencil or finger over YES while rubbing the plate. If stick does not occur, the answer is NO.

This means there is little chance of helping that person. Some help may be given by scanning for BACH or other FLOWER ESSENCE.

STEP 3. To scan and pinpoint the location of a major blockage:
Repeat (a) and (b) with each knob VERTICAL, HORIZONTAL, DEPTH, BODY, CHARRA, NPT, and GENERATION. (a) begin by moving your pencil or finger over and around the knob that you are about to scan with from 0 to 10 and back to 0, (b) starting from 0. slowly move your pencil over 1, 2, 3, etc, around that knob while lightly rubbing RUB PLATE until stick occurs. When stick occurs, write that number on the computer Post—it next to the V-. EXAMPLE: For VERTICAL knob, it might look like this on your Post—it, V-5 1/2 or whatever the number happens to be when you got a stick. After scanning the above knobs, and, names and numbers are written on the computer pad, you are now ready to scan for the remedy(s) that will clear the blockage. Your post-it COMPUTER pad should look something like this.

EXAMPLE:	<u>COMPUTER</u>
	<u>GOAL: Divine Health</u>
	V- 5 1/2
	H- 6
	D- 4
Location of Blockage;	B- 3
	C- 5
	NPT- 3-5-11
	G- 4

	F-
	C-
	T-

NOTE: To see the visual location of blockage, take the VERTICAL & HORIZONTAL numbers (from computer post-it) and match them to those on the body chart grid lines to determine the location of the blockage.

The BODY knob are Levels of the body. 1) PHYSICAL, 2) MENTAL, 3) EMOTIONAL, 4) AURAL, 5) CAUSAL, 6) ASTRAL, AND 7) SPIRITUAL.

NPT: Negative Personality Traits. When scanning for NPT, there may be more than one.

STEP 4. You now have three options to find the remedy(s) for clearing the blockage:
A. Place possible remedies individually (herbs, vitamins, color, etc.) on the large GRID PLATE, while lightly rubbing the RUB PLATE. If stick does not occur, take that remedy off the GRID PLATE. Continue placing remedies on large left GRID PLATE until stick occurs, indicating remedy(s) is found. Leave remedy(s) on large LEFT PLATE. Next, you have two options: (i) with your finger press down on the spot marked, ENERGIZE LIGHT BE and silently say, ENERGIZE LIGHT BE or LET THERE BE LIGHT!!! Release your finger from the spot. This will transmit the remedy(s) energy through the air to the person to clear the blockage. Also scan for TIME; how many minutes, hours or days is it necessary to transmit the remedy(s) to clear the blockage, or (ii) you can give the remedy(s) to the person to take orally.

NOTE: To determine dosage, rub the RUB PLATE and ask “one drop?” “2 drops?” “3 drops?” etc. until stick occurs, then ask “once a day?” “twice a day?” “three times a day?” etc. until stick occurs. B. To determine remedy(s) and potency from your paper unit: (a) Hover your pencil over and around the FREQUENCY knob one digit at a time, 0 through 10 while rubbing the RUB PLATE until stick occurs. When stick occurs, write that number on COMPUTER pad. Repeat (a). If there happens to be more than one number, write them all on the computer pad. EXAMPLE: F-10579. Sometimes potency is required. The homeopathic potency scale is (X, L, C, D, M, LM,DM,MM). (b) To determine homeopathic potency, put a — after remedy number. Hover your pencil over the YES while rubbing the RUB PLATE and ask “Is there a potency number to be added to this remedy?” If stick occurs, (c) then hover your pencil over and around the VITALITY knob while rubbing the RUB PLATE and ask for the first potency number, when stick occurs, write that number on the COMPUTER pad next to the remedy number. Next, Hover your pencil over the YES while rubbing the RUB PLATE and ask “Is there another potency number to be added to this remedy?” If stick occurs, then repeat (c) for the second digit number. Repeat (b) and (c) until potency numbers are found and written on the COMPUTER pad. Next while rubbing the RUB PLATE, ask “is the potency number a X, L, C, D, etc. until stick occurs. Write the alphabet letter on the computer pad next to the potency number. Now your remedy number and potency might look like this, EXAMPLE F-10579 - 30X.

COLOR: If this is new to you, don't worry about it. Color balancing is something you are going to hear more about in the coming years. To determine color, hover your pencil over COLOR while rubbing the RUB PLATE and ask “is there a color remedy to help clear the blockage?” If stick occurs, then individually hover your pencil over a color while rubbing the RUB PLATE until stick occurs, (indicating a color has been found). Then write the name of color on the COMPUTER post-it under the frequency remedy number. Repeat color scan for the second color to accompany the first color, write the second color on the post-it next to the first color. Once remedy(s), potency and color are on COMPUTER pad. you have one option for clearing the blockage: See step 4 A (i).

Your COMPUTER post-it may look like this:

EXAMPLE: COMPUTER

	<hr/>	<u>GOAL: Divine Health</u>
		V - 51/2
		H- 6
		D- 4
Location of Blockage:		B -3
		C -5
		NPT - 3 - 5 - 11
		G-4
	<hr/>	
Therapy:		F 1079 30X
		C - Blue – Red
		T - 7 Mm.

C - To identify appropriate remedies from any remedy list (you can create your own herb, color, gems, vitamins, and or homeopathic list): Place your pointing-finger or pencil on the page number of your remedy list while rubbing the RUB PLATE. Then ask “Is there a remedy on this page to clear the blockage?”. If stick does not occur, then go to the next page and ask again “Is there a remedy on this page to clear the blockage?”. Continue through each page until stick occurs, indicating that there is a remedy on that page. Next, place your pencil or your finger on the name of remedy or code number of remedy while rubbing the RUB PLATE. If stick does not occur, put your finger on the next remedy while rubbing the RUB PLATE. Repeat to the next until stick occurs. When stick occurs (which indicates this is a remedy), then write in the full name or the code number on the COMPUTER pad. Then while rubbing the RUB PLATE ask “Is potency needed to be added with this remedy?”. If stick occurs, repeat option B (c) and (d) for determining homeopathic potency. You have two options for applying the remedy: See step 4 A (i) and (ii).

NOTE: The VITALITY knob can be used to check the vitality of organs, glands or any function in the body.

To determine the vitality of an organ, gland or function, write one of their names on the COMPUTER pad post-it: next slowly move your pencil over and around the VITALITY knob while rubbing the RUB PLATE until stick occurs. If vitality is over 5, that function is over active. If vitality is under 5, that function is under active.

OTHER OPTIONS FOR BLOCKAGE ELIMINATION

STEP 5. Once a remedy is determined and is either on COMPUTER pad, or remedy is on top of COMPUTER pad, place homeopathic blank substance (purified water or homeopathic pallets) on top of photograph.

NOTE: For preparing of the homeopathic blank substance, most people use 3 parts water, 1 part grain alcohol or peach brandy. For one ounce dropper bottle, purified water with 10 to 20 drops of grain alcohol or peach brandy. With your finger press down on the spot marked, ENERGIZE LIGHT BE and silently say, ENERGIZE LIGHT BE or LET THERE BE LIGHT!!! Release your finger from the spot after 7 seconds, This will transmit the remedy(s) energy to the large GRID PLATE and will impregnate your blank substance with the remedy(s). Now your energized substance is ready for use. To test whether the remedy is effective, leave the energized remedy on the left LARGE GRID PLATE while rubbing the RUB PLATE and ask "Is this remedy effective for clearing the blockage?". If the RUB PLATE gives you a stick, you have an efficient remedy. If stick does not occur, go back to STEP 4. and find a remedy to accompany this one, (you can put the second remedy in the same container as the first remedy). Repeat until there are no more remedies to be found for that blockage.

STEP 6. To find another blockage repeat steps 3 to 5 until all remedies are found to clear each blockage. You do not need a separate blank substance for each remedy. One will hold all remedies required to clear all the blockages.

NOTE: Once the remedy(s) are put in the blank substance, you can either place it on COMPUTER pad or large GRID PLATE, then repeat STEP 4 A (i), (the remedy energy will oscillate through the body to clear the blockage, or give it to that person to take orally).

COMPUTER pad. Repeat (a). If there happens to be more than one number, write them all on the computer pad. EXAMPLE: F -10579. Sometimes potency is required. The homeopathic potency scale is (X, L, C, D, M, LM,DM,MM). (b) To determine homeopathic~ potency, put a - after remedy number. Hover your pencil over the YES while rubbing the RUB PLATE and ask "Is there a potency number to be added to this remedy?" If stick occurs, (c) then hover your pencil over and around the VITALITY knob while rubbing the RUB PLATE and ask for the first potency number, when stick occurs, write that number on the COMPUTER pad next to the remedy number. Next, Hover your pencil over the YES while rubbing the RUB PLATE and ask "Is there another potency number to be added to this remedy?" If stick occurs, then repeat (c) for the second digit number. Repeat (b) and (c) until potency numbers are found and written on the COMPUTER pad. Next while rubbing the RUB PLATE, ask "is the potency number a X, L, C, D, etc. until stick occurs. Write the alphabet letter on the computer pad next to the potency number. Now your remedy number and potency might look like this, EXAMPLE F-10579 - 30X.

COLOR: If this is new to you, don't worry about it. Color balancing is something you are going to hear more about in the coming years. To determine color, hover your pencil over COLOR while rubbing the RUB PLATE and ask "is there a color remedy to help clear the blockage?" If stick occurs, then individually hover your pencil over a color while rubbing the RUB PLATE until stick occurs, (indicating a color has been found). Then write the name of color on the COMPUTER post-it under the frequency remedy number. Repeat color scan for the second color to accompany the first color, write the second color on the post—it next to the first color. Once remedy(s), potency and color are on COMPUTER pad. you have one option for clearing the blockage: See step 4 A (i).

Your COMPUTER post-it may look like this:

EXAMPLE: COMPUTER

	GOAL: Divine Health V - 5 1/2 H- 6 D- 4 B- 3 C- 5 NPT - 3 - 5 - 11 G-4
Location of Blockage:	F -1079 — 30X C - Blue - Red T - 7 Mm.

C. To identify appropriate remedies from any remedy list (you can create your own herb, color, gems, vitamins, and or homeopathic list): Place your pointing-finger or pencil on the page number of your remedy list while rubbing the RUB PLATE. Then ask "Is there a remedy on this page to clear the blockage?" If stick does not occur, then go to the next page and ask again "Is there a remedy on this page to clear the blockage?" Continue through each page until stick occurs, indicating that there is a remedy on that page. Next, place pencil or your finger on the name of remedy or code number of remedy while rubbing the RUB PLATE. If stick does not occur, put your finger on the next remedy while rubbing the RUB PLATE. Repeat to the next until stick occurs. When stick occurs (which indicates this is a remedy), then write in the full name or the code number on the COMPUTER pad. Then while rubbing the RUB PLATE ask "Is potency needed to be added with this remedy?" If stick occurs, repeat Option B (c) and (d) for determining homeopathic potency. You have two options for applying the remedy: See step 4 A (i) and (ii).

NOTE: The VITALITY knob can be used to check the vitality of organs, glands or any function in the body.

To determine the vitality of an organ, gland or function, write one of their names on the COMPUTER pad post-it: next slowly move your pencil over and around the VITALITY knob while rubbing the RUB PLATE until stick occurs. If vitality is over 5, that function is over active. If vitality is under 5, that function is under active.

OTHER OPTIONS FOR BLOCKAGE ELIMINATION

STEP 5. Once a remedy is determined and is either on COMPUTER pad, or remedy is on top of COMPUTER pad, place homeopathic blank substance (purified water or homeopathic pallets) on top of photograph.

NOTE: For preparing of the homeopathic blank substance, most people use 3 parts water, 1 part grain alcohol or peach brandy. For one ounce dropper bottle, purified water with 10 to 20 drops of grain alcohol or peach brandy. With your finger press down on the spot marked, ENERGIZE LIGHT BE and silently say, ENERGIZE LIGHT BE or LET THERE BE LIGHT!!! Release your finger from the spot after 7 seconds, This will transmit the remedy(s) energy to the large GRID PLATE and will impregnate your blank substance with the remedy(s). Now your energized substance is ready for use. To test whether the remedy is effective, leave the energized remedy on the left LARGE GRID PLATE while rubbing the RUB PLATE and ask "Is this remedy effective for clearing the blockage?". If the RUB PLATE gives you a stick, you have an efficient remedy. If stick does not occur, go back to

STEP 4. and find a remedy to accompany this one, (you can put the second remedy in the same container as the first remedy). Repeat until there are no more remedies to be found for that blockage.

STEP 6. To find another blockage repeat steps 3 to 5 until all remedies are found to clear each blockage. You do not need a separate blank substance for each remedy. One will hold all remedies required to clear all the blockages.

NOTE: Once the remedy(s) are put in the blank substance, you can either place it on COMPUTER pad or large GRID PLATE, then repeat STEP 4 A (1), (the remedy energy will oscillate through the body to clear the blockage, or give it to that person to take orally).

ATTITUDES AND BELIEFS

Rub Plate: “smooth” = not an issue “stick” = needs to be adjusted.

- (1) **FEAR**: Patterns of self-repressions repression of others~ self denials being tight~ rigid and constricted with oneself and others; too much is expected from oneself and others.

Positive statements to embrace are:

- (A) The light within me is flexible and I am flexible.
- (B) I accept truth.
- (C) The light within me is the power of my being and I claim my own power.
- (D) I am hopeful and assured.
- (E) I forgive and love others and I love myself.
- (F) I see beyond myself, with love and forgiveness.
- (G) I feel secure in joy and peace and extend it to others.
- (H) I understand myself and others. I am willing to listen and help.
- (I) It is safe to be adventuresome for myself and others.

- (2) **LONELINESS**: Feelings that one must struggle alone, is timid and shy, embarrassed, has stage fright; one is overly concerned for oneself, self-centered.

Positive statements are:

- (A) I am worthy of love and support.
- (B) I have courage under all conditions. I AM.
- (C) From my heart, it is safe to love others and let them love me.
- (D) I choose to be bonded in love.
- (E) I face challenges with humor and ease.
- (F) I am content to be myself.
- (G) I have love and understanding to overcome things I don't like or understand.

CONNECTEDNESS:

- (A) I am connected to my father.
- (B) I am connected to my mother.
- (C) I am connected to my sister/brother.
- (D) I am connected to my spouse.
- (F) I am connected to my grandparents. (include significant other.)
- (G) I am connected to my God.

- (3) **RIGIDITY**: Mentally inflexible, tense and over-structured; one is capable, but proud and aloof; over focused on oneself, living in the past, future, or both; self-martyrdom; physical rigidity.

Positive statements are:

- (A) I am confident and comfortable.
- (B) I am comfortably organized in all aspects of my life.
- (C) I honor my ideas as well as the ideas of others.
- (D) I am willing to work with others for the good of the group.
- (E) I choose to be light-hearted in all endeavors.
- (F) My feelings of joy and peace encourages and attracts others.
- (G) I live in the present and make appropriate choices for myself and others.
- (H) I am compassionate and sympathetic.
- (I) I accept change as beneficial.

- (4) OVERLY EMPATHETIC: Suffers behind a brave exterior, laughs nervously to cover sadness, dislikes being alone; one's mind won't quit chattering, preventing sleep; overworks and hides exhaustion; one has a feeling of "losing the battle," things are not clear.

Positive statements are:

- (A) I accept myself as I am, and am at peace with myself.
- (B) I have talents and use them effectively.
- (C) I allow others to see who I really am.
- (D) My life is filled with happiness.
- (E) I am strong, patient, gentle and positive with myself and others.
- (F) I appreciate rest and spend time for personal relaxation.
- (G) I can face and deal creatively with conflict.
- (H) I have confidence that all problems will be resolved.

- (5) DISTRUST: Doubts oneself and abilities, depends on others for advice, lacks confidence in self and others; one finds it hard to change, feels he must bear pain and suffering, blames "inherited condition" and others for his problems.

Positive statements are:

- (A) I trust myself and others.
- (B) I trust myself to make wise decisions, quickly and easily.
- (C) I follow and use my intuition wisely.
- (D) I trust my inner voice.
- (F) I have faith and hope in myself and others.
- (G) I am open to advice which is appropriate for me.
- (H) I make changes easily from my inner sense of knowing.
- (I) I have wisdom and adhere to good decisions.

- (6) OVERSENSITIVITY: Impatient, irritable, nervous, obstinate; one works with frustration, makes relentless effort to a breaking point; one is too concerned about the opinions of others.

Positive statements are:

- (A) I feel soothed in mind and body.
- (B) I am protected and at peace.
- (C) I accept the flow of life, and the pace of others.
- (D) I allow life's processes time to unfold.
- (E) I am useful, happy and appreciate myself. I am relaxed and gentle with myself and others.
- (F) I assimilate only those things I need.

- (7) DEPRESSION/QUITTING: Sadness interferes with ability to change; feels "it's useless to try" and withdraws from problems and people; one acts absent-minded; preoccupied with details.

Positive statements are:

- (A) I am fully present and in what I do here and now.
- (B) I am consistently me, no matter what conflicts arise.
- (C) I am the master of my own thoughts and feelings.
- (D) I am inspired to create what I want.

- (E) I choose to be light-hearted in all that I do.
- (F) My sense of humor helps me relax, let go, and be my true self.
- (G) Joy enhances my work, play, and interactions with others.
- (H) I feel the joy of being human and at one with life.

- (8) FEELINGS OF FAILURE: Discouraged, self-defeating, lack of confidence; one has difficulty finishing projects (school or work), and does not feel energetic support within or from others; may have addictive behavior.

Positive statements are:

- (A) I have confidence to meet new challenges.
- (B) I am free to move without limiting beliefs and attitudes.
- (C) I finish what I start without unnecessary distractions.
- (D) I accept the good times and bad times as part of my growth without negative feelings.
- (E) I am patient and accepting of mistakes, and am aware of the lessons I learn through them.
- (F) I have endurance, support and spiritual strength.
- (G) I have faith that with God I am accomplish anything; time is on my side.

- (9) OPINIONATED/ANXIOUS: Feeling aloof, a false air of superiority; tends to judge others, tends to judge oneself; has difficulty minding one's own business; afraid to grieve.

Positive statements are:

- (A) I am patient and accepting of the mistakes I make and notice in others.
- (B) I see what I have in common with others.
- (C) I am tolerant and calm in tense situations.
- (D) I honor thy ideas as well as the ideas of others.
- (E) I work well with others and understand them.
- (F) I trust myself to do the best that I can do and know others are doing the same.
- (G) I create boundaries, not barriers, between myself and others.
- (H) Crying is a good, healthy release which is followed by calmness.
- (I) I give myself humbly to the service of myself and others.
- (J) I allow God to support me in ways that are unknown to me now.
- (K) I allow myself to grieve from a loss, then let it go and accept is a change in my life.
- (L) I know and honor my strengths without thinking I am better than anyone else.

- (10) INDECISIVE: Decisions are difficult, choices aren't clear; unreliable and balanced due to constant changes in moods and energy; lack of direction stifles one's ability to act; one may show confusion and clumsiness.

Positive statements are:

- (A) I trust that I know what to do.
- (B) I make clear choices that are beneficial for myself and others.
- (C) I follow my inner knowing, standing firm and calm when challenges arise.
- (D) I allow my energy to flow with clarity, direction and balance.
- (E) I feel peace and harmony.
- (F) I feel joy and am interested in all aspects of life.

- (11) RESENTMENT: Bitter and angry; negative emotions, jealousy, self-pity; feelings of being a martyr; believes people are owed love for what they do; "look what I have done for you;" manipulates; needs to have control.

Positive statements are:

- (A) I give and receive love and forgiveness easily.
- (B) I am free of guilt, blame and shame in my relationships.
- (C) I give freely without expectation of something in return.
- (D) I am loved for who I am, not what I do.
- (E) I feel gratitude and joy in all aspects of my life.
- (F) I am appreciated.
- (G) I am secure in my relationships with others.
- (H) I let go of the need for other people to meet my expectations.
- (I) I acknowledge my desires and find appropriate ways to fulfill them.

- (12) DENIAL: Fear of letting others see the real me; lives behind a mask and feels trapped there; denies problems, runs from uncomfortable situations; hard to communicate honestly with others; lack of freedom and vision from self-imposed barriers.

Positive statements are:

- (A) It is safe to let others see who I am.
- (B) I am free to see and move anyway I choose without fear.
- (C) I acknowledge who I really am, and act in that knowledge with joy and peace.
- (D) I feel safe without my self-imposed barrier.
- (F) I acknowledge problems and deal with them effectively, easily and without fear.